

Alberta

4-H

MAGAZINE

www.4h.ab.ca

VOLUME FIVE • ISSUE TWO
FALL

2009

**Check out what
4-H is doing for
the environment**

page **42**

**Alberta 4-H's Sponsors
show their 4-H pride**

page **13**



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Submission Guidelines

Your articles are important to us and we can't wait to see them in the next issue of the Alberta 4-H Magazine!

We spent considerable time working with members and leaders like you to determine what types of articles captivate 4-H'ers attention. To keep with the recommendations of your fellow members and leaders, please use the following guidelines:

Please submit:

- Pictures – We want to see you and your friends taking part in fun activities. Remember to include the names of the people in the photo.
- Feature stories such as a large fundraising effort, special trip or innovative activity.
- Articles 325 words (1.25 pages double spaced) or less in length, highlighting only the most relevant activities of your 4-H activity, trip, exchange etc.
- Articles that encompass the 5W's: who what where when and why.

Please avoid submitting:

- Long lists of results
- An overview of all activities your club has taken part in; please highlight only the most important ones
- Information on regular club activities that take place more than two months before the submission deadline

Although we will make every effort to accommodate each article received, articles may be reduced in size or withheld.

Alberta 4-H Magazine

Editor:

Jessica Hainstock

4-H Specialist – Communication and Resource Development

Administrative Assistant:

Toni Harley

Design & Layout:

Perpetual Notion Inc. – www.perpetualnotion.ca

Submit your article and photos (preferably in electronic form) to magazine@4h.ab.ca, or by mail to:

4-H Branch

Room 200, 7000 – 113 Street
Edmonton, Alberta T6H 5T6

**Please label photos with name, 4-H club, article, and return address.*

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on the cover

(l to r) Emily Ritchie, Derek Scheler and Karly Guichon leap for the stars (or a gigantic inflatable ball!) at PDP2, an Alberta 4-H provincial summer program.

Photo credit: Lindsey Meredith

VISION: 4-H in Alberta is the organization of choice to develop marketable skills and outstanding community leaders.

MISSION: To develop youth as self-reliant, contributing individuals with marketable skills to succeed in today's society.

Editorial

When my second semester of university was beginning after a glorious three-week Christmas vacation, my parents began grilling me about getting a job for the summer and becoming a “self-sufficient young adult”. I had to start seriously contemplating what I wanted to spend my summer doing. Reminiscing on my previous stints as a fast-food employee, a janitor, and a cook’s assistant, I knew I definitely didn’t want to do anything like that again.



Then, I noticed my crisp copy of the *Alberta 4-H Magazine*, which had just arrived and saw that the organization that I hold near and dear to my heart was looking for summer staff and who better to work for them than me? So, I figured I would put my first year as a biology student to good use and apply for the media position!

Fast forward through the interview and the phone call where I was offered the job, and suddenly, exams were over, it was May and I was moving from Lethbridge to the big, scary city of Edmonton. What I had gotten myself into? I can honestly accredit my surviving the first few weeks in the big city to my time in 4-H. While I was petrified to move somewhere where I knew no one, my communications skills gleaned from the numerous aspects of the 4-H program made making new friends pretty easy.

So while 4-H helped me both get and survive this summer job, it also amplified the overall experience. Being that, throughout my career as a 4-H member, I had never attended a provincial program, each time I headed out the 4-H Centre to take photos, I had no idea what to expect. As such, each trip, each program, each event was both amazing and unique.

Meeting members from all over the province may sound exhausting, but not when the members who you are meeting prove to be as awesome as you all are! Every program that I attended (and I made it to almost all of them!), was so much fun. I loved working alongside my fellow summer staffers, the permanent 4-H staff, and of course, you members.

In closing, enjoy reading the fall 2009 issue of *Alberta 4-H Magazine*. I put everything that I could find into it (delegate comments, member stories, feature articles, club summaries, and lots of photos!), so truly, it is a collective production!

Happy reading, and best wishes for a wonderful fall.

Sincerely,

Lindsey Meredith

GUEST EDITOR

COMMUNICATIONS AND MARKETING ASSISTANT

Contact Us

4-H has a number of resource people to answer your questions and provide you with assistance. Below is a contact list for the Alberta 4-H Branch and 4-H Foundation of Alberta.

Marguerite Stark P: 403.948.8510 F: 403.948.2069
Branch Head E: marguerite.stark@gov.ab.ca

Airdrie 97 East Lake Ramp NE AIRDRIE AB T4A 0C3
Karren Griffiths P: 403.948.8509 F: 403.948.2069
Branch Administrator E: karren.griffiths@gov.ab.ca

Mark Shand P: 403.948.8508 F: 403.948.2069
Programs Specialist E: mark.shand@gov.ab.ca

Calgary 97 East Lake Ramp NE AIRDRIE AB T4A 0C3
Rob Smith P: 403.948.8501 F: 403.948.2069
Regional Specialist E: rob.g.smith@gov.ab.ca

East and West Central Box 600, 4705-49 Ave STETTTLER AB T0C 2L0
Janet Kerr P: 403.742.7547 F: 403.742.7575
Regional Specialist E: janet.kerr@gov.ab.ca

Edmonton RM 200, 7000 113 ST EDMONTON AB T6H 5T6
Toni Harley P: 780.422.4H4H(4444) F: 780.422.7755
Administrative Assistant E: toni.harley@gov.ab.ca

Cameron Horner P: 780.427.0753 F: 780.422.7755
Communications and Marketing Specialist E: cameron.horner@gov.ab.ca

Corinne Skulmoski P: 780.427.4340 F: 780.422.7755
Electronic Desktop Publisher E: corinne.skulmoski@gov.ab.ca

Jessica Hainstock P: 780.427.4466 F: 780.422.7755
Communications and Resource Development Specialist E: jessica.hainstock@gov.ab.ca

Shari Smith P: 403.340.5375 F: 403.340.4896
Manager, Resource Development and Delivery E: shari.smith@gov.ab.ca

Northeast Box 24 4701-52 ST VERMILION AB T9X 1J9
Leila Hickman P: 780.853.8115 F: 780.853.4776
Regional Specialist E: leila.hickman@gov.ab.ca

Northwest Box 4560 BARRHEAD AB T7N 1A4
Jocelyn McKinnon P: 780.674.8250 F: 780.674.8309
Regional Specialist E: jocelyn.mckinnon@gov.ab.ca

Peace Box 159 109 102 AVE FAIRVIEW AB T0H 1L0
P: 780.835.7537 F: 780.835.3600

South 100 5401-1 Ave S LETHBRIDGE AB T1J 4V6
Ginny Smith P: 403.381.5815 F: 403.382.4526
Program Assistant E: ginny.smith@gov.ab.ca

Rob Smith P: 403.381.5815 F: 403.382.4526
Regional Specialist E: rob.g.smith@gov.ab.ca

4-H Foundation RR 1 WESTEROSE AB T0C 2V0
P: 1.780.682.2153/1.877.682.2153 (toll free)
F: 780.682.3784
E: foundation@4hab.com (unless specified)

Andrea McFadden Manager, Client Services
E: foundation@4hab.com

Joan Stone Manager, Finance & Administration
E: joan.stone@4hab.com

Jackie Mann Executive Assistant
E: jackie.mann@4hab.com

Pauline Copithorne Corporate Partnership Coordinator
C: 587.999.2240 E: copithorne@4hab.com

Susann Stone Manager, Marketing & Special Projects
C: 780.898.4223 E: susann.stone@4hab.com

Henry Wiegman Director, Fund Development
C: 780.499.4186 E: wiegman@4hab.com

Bruce Banks Chief Executive Officer
C: 780.621.8265 E: banks@4hab.com

National News & Events

News from the Canadian 4-H Council

Show Your 4-H Colours on November 4

Don't forget to mark your calendars for November 4, 2009, as we officially kick off National 4-H Month in November.

Wear green to school, work, or just around the house, and help Show Your 4-H Colours to the rest of Canada! Last year we had a tremendous response from across the country, and green was the colour of the day! Visit www.4-h-canada.ca for more details about this year's event, and how you can get involved!

National Office Welcomes New Staff

The Canadian 4-H Council and the Canadian 4-H Foundation recently welcomed Gabrielle Duchesne as the new Fund Development Manager. Gabrielle brings a wealth of talent and experience to the position, and we are extremely excited to have her onboard!

New FCC Program

Are you interested in helping out your 4-H club? Apply today for the new *FCC 4-H 4-Ever* program and you could receive up to \$500 for your 4-H club. For more details about the program, please visit www.4-h-canada.ca/forever, and apply today for the *FCC 4-H 4-Ever* program!

Stay Connected with 4-H Canada

At 4-H Canada, we are constantly looking at new ways to stay connected with 4-H members. By visiting our website (www.4-h-canada.ca), you can find out some of the ways to stay informed about what is going on at the national level.

You can visit our 4-H blog, check out our Facebook page, and even read our updates on Twitter.

Also available on our website is the national 4-H magazine, *L'avantage 4-H Advantage*, as well as information about some of the program opportunities available to 4-H members!

Back to School with 4-H

Since this is the time of year that students are heading back to school, 4-H Canada thought it would be a good idea to help outfit all those 4-H members who want to show their 4-H pride.

Available now in the 4-H Store (www.4-h-canada.ca/store) is a brand new line of back to school products. Some of the items include pencil cases, lunch bags, rulers and backpacks. Check out the store today, or contact 4-H Canada for more details.

Head back to school in style. Head back with 4-H! 🍀



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FYI

4-H aims to boost safety awareness

Be on the lookout for an emphasis in safety awareness and education this year throughout the Alberta 4-H program.

Safety is a big part of 4-H. Whether members are working with 1000 pound animals, fueling an ATV or sitting for any length of time in front of a computer, there can be issues that deal with health and safety.

By working together and encouraging best practices in all 4-H activities, many of the hazards that are present in the programs and projects can be reduced or eliminated.

If you have any safety ideas or would like to share some of the safety activities or events that your club has organized, please contact Kenda Lubeck, Farm Safety Specialist, by email at kenda.lubeck@gov.ab.ca.

EXPRESS MEANS

WHAT 4-H TO YOU!

PROSE

- POEM
- SHORT STORY
- ESSAY/RESEARCH PAPER

IMAGE

- PHOTO COLLAGE
- ILLUSTRATION
- PAINTING
- POSTER

AUDIO

- SONG, WITH/WITHOUT LYRICS

VIDEO

CALLING ALL 4-H MEMBERS:

USING YOUR ENDLESS NUMBER OF SKILLS AND YOUR BOAT LOADS OF TALENT, CREATE A PIECE OF ART - WRITTEN, VISUAL OR AUDIBLE - TO EXPRESS WHAT 4-H MEANS TO YOU.

SUBMISSIONS WILL BE ACCEPTED UNTIL **OCTOBER 15, 2009.**

FOR COMPLETE CONTEST DETAILS, PLEASE VISIT THE 4-H WEB SITE AT **WWW.4H.AB.CA**



Provincial News & Events



The newly named Ambassadors at Selections.

Ambassador Report

KRISTINA HUISMAN

NORTHWEST AMBASSADOR

As summertime begins to draw to a close and your time to relax by the beach and lay on the grass is near an end, you know that it is time to transition into the rush that is fall 4-H season. Now, however, is time to reflect upon the laughs you have had and the memories you have shared with your fellow 4-H members this summer.

At the 2009 Alberta 4-H Selections program in May, fourteen new Ambassadors were selected, and they are as follows:

- **South:** Rosie Templeton (PA Winner) and Jesse Wall
- **Calgary:** Avery Parkinson and Jared Hunter
- **East Central:** Lindsey Grover and Kennan Hedley
- **West Central:** Alynn Hagstrom and Amy Schockenetch
- **Northwest:** Reanne Andersen and Kristina Huisman
- **Northeast:** Ian Brousseau and Matt Yakemchuk
- **Peace:** Jennifer Alexandre and Kristy Oatway



Northwest Ambassador Kristina Huisman practices her bowling technique.

This spectacular new Ambassador group joined up with the 2008 team, and together have been busy running around the province this summer, promoting and celebrating the 4-H spirit with members from across the province. This year, you may have seen us at 4-H on Parade, Focus on 4-H, Provincial Beef Heifer Show, Provincial Dairy Show, Horse Classic, Provincial Judging, and many other smaller events. You may have even seen us at Safeways in Calgary, Edmonton and Camrose over the month of June!

We have been, and will continue to be, on hand to assist clubs, districts, and regions in any way that we can. So as your clubs get going again this fall and you start to plan out your year, think of us when you need a hand with anything as we are quite good at assisting with workshops and attending celebrations.

As one of these spectacular fourteen, I can assure you, we've had a terrific summer and we look forward to whatever awesome events are in store for the fall! 🍀



(l to r) Reanne Andersen, Kennan Hedley, Rosie Templeton, Ian Brousseau and Amy Schoenknecht at the 2009 edition of Ambassador training.



4-H Bursting Out in Song

LINDSEY MEREDITH

COMMUNICATIONS AND MARKETING ASSISTANT

Junior Camping Program – Striking a Chord

Members from across the province flooded Battle Lake the first week in July to attend Junior Camp 2009. For some, it marked their first-ever time at the Alberta 4-H Centre, while for others, it was a return to the place of summertime memories from years before.

This year's junior camp theme, "Striking a Chord", challenged members to find their inner song and provided members with the "notes" they would need to begin building their 4-H foundation, and laying the ground work for a successful 4-H career. During the week, delegates divided their time between skill sessions and activities, with the sessions including "4-H Awareness", where delegates discussed opportunities to enhance their club's participation levels; "Agriculture Awareness", where farm safety and proper clothing attire for farm work and Alberta weather was the focus; and "Environmental Awareness", where the members learned about species' fluctuation and human-specific influences on ecosystems.

The remainder of the delegates' jam-packed five-day camping program revolved around time spent canoeing, at the beach front, and building yarn "octopuses" at the crafts activity.

Combined Camping Program – Feel the Rhythm

Designed to accommodate both junior and intermediate-aged members, Combined Camp is a popular program, with there being enough registrants to warrant the running of two weeks of Combined Camp programming. The sessions and activities at Combined Camp are similar to that of the Junior camping program; however, as delegates begin "Feeling the Rhythm",



Far left: Delegates from Combined Camp built teamwork skills on the low-ropes course.

Above: 4-H summer camping programs are a definite balancing act!

Left: The infamous slip n' slide.

Combined Campers put their acquired skills to use and begin making more decisions about the activities they will participate in.

Intermediate Camping Program – Fine Tuning Your Talent

Intermediate Camp continued to set the stage for the overall summer theme of "4-H Bursting Out in Song," by encouraging Intermediate-aged members to "Fine Tune Their Talent".

Delegates spread their time between Farm Safety "Jeopardy", which aimed to raise awareness of agriculture and safety on the farm, an Environmental Awareness session that focused on bioaccumulation in ecosystems following human interaction, and a Positive Environment Session, targeted towards identifying bullies. This year's "must-have" craft was the plastic bag lanyard, which looked awesome and made use of unused plastic bags that would likely have ended up in the trash otherwise.

Between all of these information-packed sessions, there was still time for delegates to try their skills on the new low ropes challenge course, as well as splash in the lake during beach-front time. Concerted efforts were also made to kick, toss, and hit the gigantic new ball up and down the hill at the Centre!

Overall, this year's edition of Intermediate Camp was a success, which was evidenced by the grins and smiles of all the delegates who attended.

This is the 84th year of the Alberta 4-H Summer Camping Program, which would not have been possible if it wasn't for the generous sponsors who support Alberta's #1 youth program. The title sponsors for summer camping programs are Apache Canada Ltd. and Penn West Energy Trust. The programs are co-sponsored by Canadian Natural, the Government of Alberta, and Peavey Mart. The 4-H Foundation of Alberta also supports these programs. 🍀

Clubs Pledge Hands to Larger Service at the Alberta 4-H Centre



Refurbishing the walking trails.



The hard-working clean up team!



Members still found time to laugh and pose for the camera after all their hard work.

During May 2009, several 4-H clubs gathered at the Alberta 4-H Centre to participate in the spring site clean-up work bee. Clubs stayed at the 4-H Centre from May 1 – 3, and enjoyed tasty meals and fun activities free of charge. While there was ample opportunity to enjoy the 4-H Centre and mingle with fellow 4-Hers, participants were also put to work. On Saturday, site clean-up activities included sprucing up the teepee area, refurbishing walking trails with fresh wood chips, raking rocks off the grass, and straightening up the lakeside cabin and canoe shed. By the end of the weekend, the 4-H Centre had been truly whipped into shape, and was in great condition for the arrival of the first 4-H summer program delegates, who were set to arrive in the coming months.

After their hard work, the “worker bees” were free to enjoy activities, games and the challenging low-ropes course. After supper, popcorn and a movie was enjoyed by all. It was a productive weekend filled with plenty of fun – and provided 4-Hers with a chance to connect with old friends and also meet new ones. One club was able to make excellent use of the weekend by also fitting in their monthly club meeting. Participating clubs were Ardrosson Creative Hands 4-H Multi Club, Prairie Winds 4-H Club, 881 Outriders 4-H Club, Tofield 4-H Beef Club, and Winfield 4-H Gait Riders. If your club is interested in participating in the Alberta 4-H Centre site clean-up next spring, please contact the 4-H Foundation at 1-877-682-2153 or foundation@4hab.com. 🍀

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*Presentations winner
Jenalee Blackhurst*



*Public Speaking winner
Rosie Templeton*

The Capacity to Communicate: Alberta 4-H's Provincial Communications Competition

On April 4, 2009, the success of Alberta 4-H's communications' program was exemplified by 43 senior-aged 4-H members, who were in Vermilion to talk, present and compete at the 33rd Annual Provincial Public Speaking competition, and the 7th Annual Provincial Presentations competition, both of which happen under the umbrella competition of "Provincial Communications".

On the public speaking side of things, the top two competitors from each of the seven regions rose to the occasion, with 14 4-H members delivering prepared speeches on the assigned theme of "Today's Youth". After 28 speeches in total, as each competitor had to deliver a prepared as well as an impromptu speech, the judge's pencils came to a rest and the top three competitors were announced: Chris Loomis, member of Two Hills 4-H Beef and Multi Club, was awarded third place; Ted Andrew of the Dryland 4-H Multi Club took second, and top honours went to Rosie Templeton, seven-year 4-H veteran and member of the Readymade 4-H Beef Club.

"It was an honour in itself to go to Provincials, and so winning was more than I could have imagined. It was definitely worth the six hour drive and countless hours of preparation!" explained Rosie, following the announcement of her winning the 2009 Alberta 4-H Provincial Public Speaking Competition. "As a 4-H member, I feel very lucky to have the opportunity to compete in these events and improve my abilities as a speaker. I have been working towards an accomplishment like this over my entire 4-H career."

After nearly three hours of competition, audience members and judges left the Presentations component of 4-H's Provincial Communications competition better informed on a number of topics, ranging from first aid to mummification to worms.

The 2009 top three finishers in the provincial Presentations' competition were as follows: Karli Keujer, who is a member of the Lethbridge Coaldale 4-H Beef Club, did a presentation on "Colitis", which placed her in a tie for third place with Michael Lawrence of Moutainview 4-H Dairy Club, whose session topic was titled, "TB or not TB". Second place was earned by New Pine Equine and Multi 4-H Club member Samantha Pedersen, who presented a "Wormy Affair". Jenalee Blackhurst, member

of the Bits and Spurs Equine Youth 4-H Club and the Gilby 4-H Beef Club, was awarded first place, for her entertaining "Daily Dairy" presentation.

For Jenalee, much like all 4-H members who have worked hard at advancing within 4-H's communication program, these skills are already being put to good use. "I've been approached by Key Leaders who want me to put on Presentations' workshops for the junior members in their clubs. Being asked to do this means a lot to me because it affirms what 4-H is all about: people helping people."

The Alberta 4-H Provincial Communications competition is title sponsored by AltaLink, and is co-sponsored by Agrium and the Calgary Exhibition and Stampede. 🍀

Province wide Horse Enthusiasts attend 4-H Horse Classic



Mounted shooting was one of this year's demonstrations at Horse Classic.

With 81 members from 22 Alberta 4-H light horse clubs across the province, and over 40 volunteers on hand, the 15th Annual Provincial 4-H Horse Classic was a resounding success. Many new faces and clubs were evident at this year's event held July 29 - 31 at Olds College.

"The way this program is run, it encourages participants to use their knowledge and experience as much as possible. We are able to have three industry/project clinics during the program because of generous support from Apache Canada Ltd., Penn West Energy Trust, the Government of Alberta, Gas Alberta and Lammle's Tack and Western Wear. The programming at Horse Classic actively develops 4-H members skills by testing their horse knowledge and working on team and individual activities," says Janet Kerr, 4-H Specialist and event organizer.

Some contests are designed for individuals and others for teams. Everyone who registered for the event was automatically entered in the hippology contest, which tests members' equine knowledge through four phases - quizzes, judging, identification stations, and a team problem.

The top four members—based on individual hippology points—qualified for the Denver Western 4-H Horse Classic Award Trip, to be held in January 2010. Matthew Paton (Bits and Spurs), Katie Garber (Milk River Multi), Sarah Richards (Midnight Express 4-H Horse) and Lindsey Grover (Big Valley Outriders) are this year's trip recipients.



The competitors and their parents eagerly await the announcement of the winners

Matthew Paton was the top category three member in the hippology contest. The top category two member was Lauren Crick (Blindman 4-H Lighthorse) and Molly Dyck (Blindman 4-H Light Horse) was the winner in category one.

The top category two / three hippology team consisted of Lauren Crick, Lauren Hughes (Calmar Heart of the Country) and Ben Davis (Lakedell 4-H Light Horse).

The top category one team included Isabella de Goeij (Lakedell 4-H Light Horse), Austin Perreault (Leslieville Trail Trotters), Desiree Kelts (Neutral Hills Rodeo Wranglers) and Emma Russian (Stavely Stampede).

In the horse bowl team final, the team consisting of Cassandra Crick, Lauren Crick, Molly Dyck, and Lindsey Salomons (Blindman 4-H Light Horse) placed first and the team of Megan Beierle, Rheanne Beierle, Sarah Richards, and Sierra Scheidt from Midnight Express 4-H Horse were runners up.

The Print Marketing category one winner is Bailey Hofstra (Lakedell 4-H Light Horse). Category Two, Jennifer Wrubleski from Lakedell 4-H Lighthorse, and Category Three, Stacey Parker from Coaldale Equestrian.

Marketing competition winners were as follows: Category A was Lou-Ann de Goeij (Lakedell 4-H Light Horse), Category B was Isabella deGoeij from Lakedell 4-H Lighthorse, Category C was Savanna Koebisch from Big Hill West Lighthorse, Category D was Jennifer Wrubleski from Lakedell 4-H Lighthorse, Category E was Chad Cena (Big Hill West Light Horse), and Category F was Brittany Kroening (Lakedell 4-H Lighthorse).

For more information, visit the 4-H website at www.4h.ab.ca or contact Janet Kerr, East and West Central Regional Specialist at (403) 742-7547. 🍀



The 2009 Denver Judging trip team!

Online Bowl Contests Conclude

The annual 4-H Online Bowl contests recently concluded. Entries were received from over 180 4-H members from across Alberta, who participated in the contests to test their knowledge of their project area. 4-H members registered in either the Beef or the Horse contests and were given the opportunity to answer a number of questions related to their area of interest.

In the Beef Bowl contest over 65 members registered and the results were as follows:

Juniors

- 1 - Virginia Harvey (East Ponoka Beef)
- 2 - Tyler Beaulieu (Crossfield Madden Beef)
- 3 - Melissa Fletcher (Crossfield Madden Beef)

Intermediates

- 1 - Jonathan Wrubleski (Armena Beef)
- 2 - Carson Blackhurst (Gilby Beef)
- 3 - Jennifer Wrubleski (Armena Beef)

Seniors

- 1 - Jenalee Blackhurst (Gilby Beef)
- 2 - Mackenzie Bodie (Readymade Beef)
- 3 - Cathryn Thompson (Riviere Que Barre Beef)

Over 120 4-H members from across Alberta registered in the Horse Bowl Contest. The results are as follows:

Juniors

- 1 - Tyrell Perreault (Leslieville Trail Trotters)
- 2 - Shanna Lorenzen (Stavely Stampede)
- 3 - Quinton McMillan (881 Outriders 4-H Horse)

Intermediates

- 1 - Austin Perreault (Leslieville Trail Trotters)
- 2 - Rebecca Taylor (Silver Springs Light Horse)
- 3 - Jessica Perreault (Leslieville Trail Trotters)

Seniors

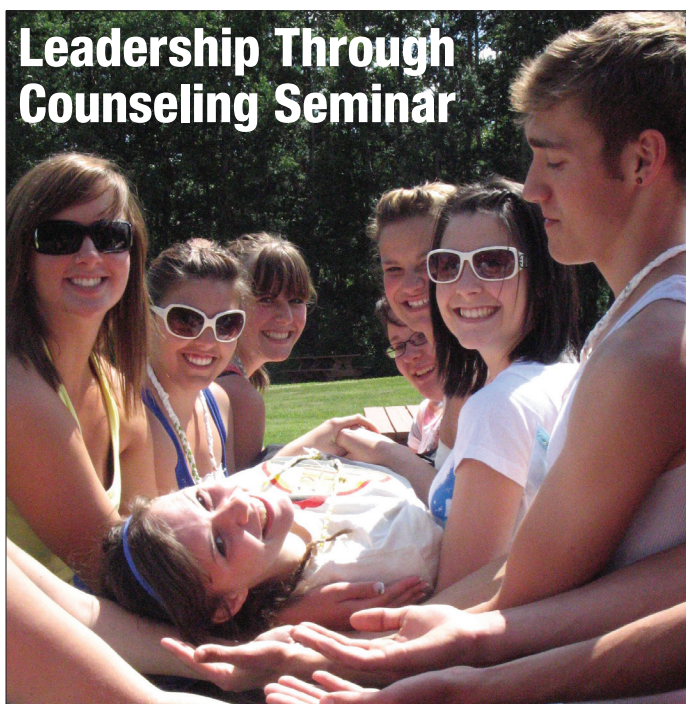
- 1 - Jennifer Ruskowsky (Lakedell Light Horse)
- 2 - Haley Scott (Blindman Light Horse)
- 3 - Matthew Paton (Bits and Spurs)

Thanks go out to the sponsors of these contests: Apache Canada, Lammle's Tack and Western Wear and Olds College.

KNEE SLAPPER

Which job is a cow best suited for? Baker, because they are good at making cow pies!

Leadership Through Counseling Seminar



Delegates at this year's LTCS program practice team building.

Enthusiasm and vigour were in the air between June 28 and July 3 as 76 senior members from all corners of the province came together for the immensely popular counselor-in-training program, Leadership Through Counseling Seminar (LTCS).

At LTCS, senior members' well-developed leadership skills are optimized through hands-on training that will see them become counselors for the programs that take place at both the regional and provincial level throughout the summer. Delegates were kept busy while epitomizing 4-H's "learn to do by doing" mentality.

The theme for this year's LTCS program was "Sharing the Beat", and delegates wasted no time harmonizing their way to teamwork through a variety of technical and personal skill sessions focused on behaviour management, first aid and conflict resolution. They also worked on trust building exercises, decision making, their leadership skills and crisis management. The members then put their skills to use in planning activities for the program. Events planned by the delegates



Caught ya! Delegate Riley Corcoran demonstrates proper spotting technique.



Kennan Hedley proves he trusts this group... maybe a little too much!

included beachfront activities, mini Olympics, a talent show, the final dance, among others.

"LTCS is a crucial rung on a 4-H member's ladder to success because they receive valuable training that helps to enhance their overall 4-H experience," explains Rita-Marie Leask, Summer Program Assistant. "In return, our organization benefits by developing leaders who can serve as mentors at camps and programs."

At the end of the program, delegates were assigned to a summer camping program to counsel at and spent their summer continuing their personal development, while mentoring the future counselors of the 4-H program.

Programs like LTCS exemplify Alberta 4-H's commitment to seeing its members' communication and leadership skills, confidence and self awareness flourish and develop.

The LTCS program is sponsored by Penn West Energy Trust, Agrium, the Government of Alberta, Monsanto, and Olds College, as well as supported by the Alberta Wheat Board and the 4-H Foundation of Alberta. 🍀



Alberta 4-H's Premier's Award Winner

ROSIE TEMPLETON
2009 PREMIER'S AWARD WINNER

Rosie and Premier Ed Stelmach holding the Premier's Award Trophy.

The 4-H program has always been a prominent influence in my life and family, but I did not realize the true enormity of its affect on our province until I was given the privilege, as the 2009 Premier's Award Winner, to visit the Legislature this June.

My parents, two sisters and I arrived in Edmonton after a six-hour drive the night prior, and wasted no time in getting the full Edmonton experience. We woke up early and took a self-guided tour of the University of Alberta and then headed over to the 4-H office to meet with Cameron Horner, Alberta 4-H Communications and Marketing Specialist, and Rob Smith, Alberta 4-H Regional Specialist for Calgary and South (mine!).

En route to the meeting, we were treated to a great Italian dinner, and then it was time to make our Legislative appearance.

Upon our arrival at the government buildings, we were introduced to the Minister of Agriculture and Rural Development, George Groeneveld. A tour guide then met us and showed us every floor of the building and we all got a much-needed history lesson. The most fascinating part of the Legislature had to be the “magic spot”, where a trick of the acoustics in the building makes it sound like the water in the fountain is running right over your head!

What will stand to be one of the most thrilling and honourable experiences of my life would have to be our appearance in the Speaker's Gallery while the Legislative Assembly was taking place. I was given a formal introduction by the Minister of Agriculture to the Speaker and members of the Assembly, and my family was asked to stand while the members of

the house banged their desks in recognition. We even got to stay to see a little of the action.

After this, in one of the most nerve-racking moments I have yet to experience, we got to sit down with Premier Ed Stelmach and swap some 4-H experiences and farming stories. I was accompanied by my family, as well as MLAs Barry McFarland and Arno Doerkson, and the Premier's assistant. We seemed to have a lot in common, primarily our appreciation for the 4-H program and the many benefits that membership offers the youth in our province.

To think, that this is one of the first experiences that I have had as Premier's Award Recipient! I cannot wait to see what else 2009 has in store for me. The 4-H program continues to provide me with amazing opportunities, and I strongly encourage any other members to see what the program can do for them! 🍀

Corporate Sponsors Continue to Enhance the Alberta 4-H Program

As all Alberta 4-Hers know, corporate sponsors generously provide funding that allows 4-H members and leaders to attend provincial programming at minimal cost. What Alberta 4-Hers may not realize is that many of 4-H's corporate sponsors also are involved with extra-special projects, above and beyond straight program funding, that benefit the 4-H program. This article serves to highlight many of these special initiatives and provides an opportunity to thank all Alberta 4-H sponsors for their dedicated support!

ALTALINK Alberta 4-H and AltaLink were off to the races at the 2009 Calgary Stampede Rangeland Derby. Thanks to AltaLink's generous donation of a chuckwagon tarp for the July 8 races, Jerry Bremner and Alberta 4-H galloped across the finish line, placing 14th overall that evening.



Apache is a proud Alberta 4-H Supporter who is not afraid to show it! Apache displays “Proud Alberta 4-H Supporter” stickers on every company vehicle. This is a great way for Alberta 4-H to get its name and logo out around the community!



Canada Safeway has contributed some much-appreciated marketing promotion by displaying Alberta 4-H signage at customer service desks in all 80 of their Alberta-based stores, as well as recently including a story about the Safeway and 4-H partnership in one of their internal newsletters. Safeway also invited Alberta 4-H volunteers to attend several prostate cancer fundraiser barbecues, which were held at select stores in June. At these barbecues 4-H representatives had the opportunity to increase awareness of the 4-H organization and promote the 4-H benefit. In August, 4-H volunteers helped out at the Big Valley Jamboree Safeway/Johnsonville barbecue, which was a fundraiser benefitting Alberta 4-H entities.



If you watched or attended a hockey game at Edmonton's Rexall Place during the 2008/2009 season, then you likely noticed the Alberta 4-H rink board signage. This advertising space was made possible thanks to EnCana. During summer 2009 4-H clubs

from around the province hosted EnCana barbecues in Brooks, Ponoka, Bonnyville, Strathmore and Drumheller. Through organizing and hosting these successful fundraising events, 4-H members were given the opportunity to demonstrate their leadership and communication skills.



Farm safety is a very important issue. Farm Credit Canada has a program, in conjunction with their “First Aid on the Farm” initiative, where 4-H clubs are invited to organize and host a FCC First Aid workshop and invite interested participants from their local communities.



Next time you are shopping in a Lammle's store, look for the “Proud Alberta 4-H Supporter” stickers displayed in the front entrance of all Lammle's store locations. Gestures like this are a great way to increase awareness of the Alberta 4-H program in Alberta communities.



Delegates attending the Intermediate summer camping program in August enjoyed a field trip to the Canadian Petroleum Discovery Centre in Devon, Alberta. Thank you to Penn West for making this great educational experience possible!



UFA celebrated their centennial anniversary with barbecues at events in Grande Prairie, La Crete, Ponoka, Vermilion, Strathmore, Red Deer, Westlock and Lethbridge over the summer. Local area 4-H clubs were invited to volunteer at these milestone celebrations, and each participating club received a UFA honorarium. As well, UFA has generously committed to donating a percentage of funds from the in-store sale of Nanton water, these funds will be contributed to the Alberta 4-H Legacy Fund.

Thank you to all Alberta 4-H sponsors for their generous support of Alberta 4-H. If you have any questions about sponsors or sponsor initiatives, please contact the 4-H Foundation of Alberta at 1-877-682-2153 or foundation@4hab.com.

People Developing People – Crank Up the Chorus

People Developing People (PDP) is the summer program where delegates take the song that they began to learn the words to in Junior camp, got the feel for in Combined, and fine tuned in Intermediate camp, put it all together and apply it for what results in a week of exceptional learning, awareness and fun.

While there are three opportunities to experience PDP – 1, 2, and Plus – all three programs culminate with an event called the Forum. The PDP Forum follows a week of sessions, which are designed to give PDP delegates the information necessary to tackle the issue that they have been challenged with at the start of the program; PDP 1 and 2 had an environmental-based forum, where their challenge was to update an existing farm and make it sustainable, while the Plus edition of PDP is focused on community engagement. The Forum acts as a finale to these information sessions, with each small group having to make a presentation to a crowd consisting of peers, sponsors, and program staff.

“I expected to be PDP awesome,” Intermediate member Michelle Schuebach commented, “and PDP was amazing! It completely exceeded my expectations.”

Following sessions on solar energy, watershed alliances, and energy efficiency, delegates got to select the special interest session of their choice: waterfront, where delegates went on a canoe trip and then attempted supervised canoe-tipping; Outdoors, where the members followed tracks, used GPS, and attempted an overnight camping trip; Healthy Living, a session where healthy cooking and yoga was the focus; and Arts, where delegates created crafts, tried their hands at acting, and learning to dance.

2009 marked the 22nd year of the PDP programs, which are sponsored by AMA Insurance, Apache Canada Ltd., the Government of Alberta, Lakeland College, and Peavey Mart. As well, the programs are supported by the 4-H Foundation of Alberta. 🌱



Above: Delegates worked as a group to manoeuvre the “electric fence” activity.

Below: It’s all fun and games until someone gets wet – evidenced during beach front time.



These 4-H members are having far too much fun!

Alberta Girls Parliament

KRISTINA HUISMAN

ALBERTA 4-H AMBASSADOR

On April 1-5, I represented the Alberta 4-H program at the annual Alberta Girls Parliament event. Being the only 4-H member in the group of Girl Guides (who after the program that 4-H takes part in) was slightly overwhelming, but the entire experience was filled with fun activities and awesome learning experiences.

During the first couple of days, we were able to sit in the actual chairs of our MLAs, and we got to go inside the Premier and Lieutenant Governor's offices. This set a very high precedent for the remainder of the program, and it did not disappoint! We held numerous debates at the program. During our first debate, where we discussed the usage of hand-held cell phones in vehicles, the debate got quite heated; my side (the opposition) unfortunately ended up losing the bill.

Throughout the next two days, we continued with two more debates on nuclear power and the funding of Charter schools. We were also lucky enough to have a number of guest speakers come and discuss the troubles that females face when trying to get elected in the democratic government. The speakers were very informative and persuasive when they were speaking to us about government, and when they were teaching us about how democracies are becoming more accepting of the

female population.

We then had time to head to the world-famous West Edmonton Mall. Even though our group consisted of Girl Guides from all over the province, and even Japan, many of us were overwhelmed by the mall.

Partway through the program, one of the delegate's parents came and set up a telescope so that we could see the moon, the star constellation "Beetle Juice", and Saturn. It was the neatest thing that I have ever experienced.

On the last day, we had one last fun debate and it was here, in the last debate, that my party was able to pass a bill. Our last day was filled with tears and smiles as we had all enjoyed our time together very much. Alberta Girls Parliament was an event in which I was able to tell so many people about the 4-H program, and I was able to learn so much about myself and my government.

Any senior-aged 4-H female who has the opportunity to go to Senior Girls Parliament should not pass it up. 🍀



(l to r) Kristina Huisman, Breanna Hankinson, Tracy Kitz.

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Just a glimpse of the amazing-ness that can happen in a small group discussion!

Let Your Song Soar Club Week 2009

A community is defined as being a group of people living in a localized area. However, the 106 delegates who united at Olds College for the 68th Annual Alberta 4-H Club Week found their makeshift community to be much more than just a shared living space – they found it to be life-changing.

"I've been to a tonne of programs and this is the best one by far," said an enthusiastic Jenalee Blackhurst, Club Week delegate and a member of the Gilby Beef and Bits and Spurs Equine Youth 4-H Club, "I have met so many amazing people, have learned so much and had an awesome time."

Club Week participants flooded the Olds College campus between July 21-26, 2009, for what many members would consider to be the highlight of their 4-H career. Deemed Alberta 4-H's most substantive self development program for Senior Members, Club Week focuses on group discussions, awareness forums, team work session and of course, a ridiculous amount of fun as a means of aiding and complementing delegates' personal growth.

Bookended by morning and evening reflection sessions, program participants started their days in the gym, using the Club Week song, Miley Cyrus' "The Climb", as the background music to their daily debriefs as they mulled over their day's activities, conversations and discussions, and made projections for the day ahead.

"The designated reflection times are pinnacle to the member's Club Week experience. There is so much being presented to the members, so many ideas being brought up and discussed," said Kari Bergerud, Summer Program Assis-

tant and Club Week Coordinator. "Many previously held notions are being challenged and re-evaluated in these discussions. Members need to have time to digest it all and make sense of it so that they are able to take what they have realized and begin to incorporate it into their day-to-day lives."

Without so much as a beat skipped, delegates moved seamlessly from Morning Reflection to "News and Views", an informal "news cast" of program events. This was followed by small group session time that ranged in topics from "Family" to "Pop Culture" to "Self Awareness" and Physical Activity blocks, which included volleyball, dance, weight room and an abs class. All of this before lunch time! Afternoons sped by with continued small group discussions and leisure activity time (yoga, croquet or craft time, anyone?).

Awareness forums proved to set days apart; delegates were moved, informed and affected by the talks and presentations delivered by a variety of inspirational individuals. "Overcoming Adversity" featured the stories of four exceptional people who, despite having encountered outstanding cases of misfortune, all refused to become victims of their misfortune. The wisdom imparted and the perspective given was invaluable, and was, no doubt, the topic of many conversations for days to follow.

The Human Rights session was one of great insight and humility. Speakers from the Central Alberta Refugee Effort (C.A.R.E.), which is an organization that works to support refugees and immigrants who have moved to central Alberta, shared their experiences with delegates about their lives prior to coming to Canada. Appreciation for Canadian rights and freedoms and encouraging members to remember to speak up for those who are without a voice of their own were the messages members took away from the presentations.

As a means of providing balance to the week's programming, and in order to fulfill one of Alberta 4-H's #1 objectives, Club Week also provided delegates with ample opportunity for fun! From mini-Olympics and a Wild West BBQ, to a Masquerade dance and a County Fair, to Fun Frolics and a talent show, Club Week-ers had the time of their life, reconnecting with old friends and establishing connections to new ones.

"This year's Club Week was a success, not only in terms of the number of del-

egates in attendance and the amount of fun that was had, but also accounting for the program's main objectives having been met," reviewed Mark Shand, 4-H Programs Specialist and Club Week Program Director. "The programming at Club Week attempts to enhance members' levels of self awareness, facilitate the groundwork for a positive outlook on life and instill in them the confidence needed to navigate life's challenges and realize the goals that they have set for themselves."

The warning "all good things come to an end" proved true for the Club Week community, with delegates leaving on Sunday afternoon after having rounded out their week with Saturday night's banquet, Keynote Speaker presentation and a dance. An exhausting week indeed, but Club Week is also a time of great realization, immense growth and inevitable change.

Club Week is title sponsored by EnCana, and co-sponsored by Agrium, AMA Insurance, Government of Alberta and Monsanto. In-kind volunteer contributions were also made on behalf of AltaLink, ATB and UFA. 🍀



Members display their Print Marketing entries at Provincial Dairy Show.

An Udderly Amazing Dairy Event

Red Deer Alberta 4-H celebrated their 63rd annual Provincial Dairy Show July 14-16 at Westerner Park in Red Deer.

The event kicked off with the knowl-

edge skills competition, followed by a number of social activities designed to encourage interaction between the competitors. Highlights from the evening activities included the dairy relay, salt block toss, straw bale hurdles, and calf nipple bobbing. Truly a spectator's delight!

On Wednesday, the competition began early with the clipping competition, then the judging competition took place, with dairy husbandry quizzes and a print marketing competition rounding out the evening. The top six members from the afternoon's judging competition were invited back to the ring to compete in the Show Ring Judging competition. Each member was paired with another top judge and between the two of them, they had to decide who would be the judge and who would be the ringman. The pair was then challenged to maneuver and judge a class together and make comments on the placing for the audience. The team was judged on their ability to work and communicate together effectively, as well as their abilities on the microphone. The champion show ring judging team was crowned at the end of the evening, with Casey Morey of Moo's on the Moo-ve and Micheal Haeni of Mountain View Dairy claiming the title.

While competitors began their mornings at 4:00 a.m. to wash their show cows, Thursday morning officially kicked off with its Parade of Clubs at 9:00 a.m. Led by Claire Chiang Chia-Hua, a Taiwan summer exchange student, 56 members representing five of the province's dairy clubs proudly opened up the showmanship and conformation competition.

Non-stop competition ensued following the ceremonies as members scrubbed, snipped, sprayed, and showed their way to many successes throughout the day. Some members won their classes, while others members defined success in terms of achieving their own personal goals. Sportsmanship and camaraderie levels were visibly noticeable, as older members stepped up to help where needed without being asked.

This event is generously sponsored by Gas Alberta Inc. and Westerner Park as Title Sponsors, and co-sponsored by The Government of Alberta, the Alberta Dairy Industry, Kubota Canada Inc., and the Westgen Endowment Fund. 🍀



Smile! The judge gives official comments following the class

Beefing up Competition and Fun

More than 100 beef female project members descended on the Olds Agricultural Society Grounds on July 6-9 for the 33rd Annual Provincial Beef Heifer Show to showcase their project and skills, to learn more about beef female competition, to make new friends and to have a lot of fun.

Even though participation was on par with the levels from 2008, the committee was "bowled over" with how high the participation rate was, considering the difficult environmental factors faced by the province this year.

"We were concerned that the dry conditions affecting many producers in the province would impact the Provincial Beef Heifer Show, but thankfully the skies opened up and we received some much needed moisture," said Rob Smith, 4-H Regional Specialist and Provincial Beef Heifer Show coordinator. "It is outstanding to see the commitment of the youth and their parents to both the cattle industry and 4-H, despite the challenges they have been facing."

One of the highlights of this year's event was a visit from Maria Stevens, Denver National Judging Competition High Point Champion, who traveled from her home state of Kansas to attend the show as a judge.

The show team judging class, where two competitors are paired up and one acts as the judge and the other as the ring person, was an intense competition. In the end Riley Sharp (East Lacombe 4-H Multi) and Zane Bennett (East Lacombe 4-H Multi) took first place in the junior division, Tyler Dietrich (Hastings Coulee 4-H Beef) and Andie Hadway (West

Didsbury 4-H Multi) won the intermediate division, and Anthony Murphy (Lakedell 4-H Beef) and Tyson Hertz (John Ware 4-H Beef) took home top honours as the senior team judging champions.

Member interaction was regarded as being at an all-time high, which can partially be accredited to the new "Buddy System" that was established this year. This unique initiative paired returning Provincial Beef Heifer Show competitors with new entrants so that they could get acclimated to the show's atmosphere.

The third year of the senior member "You're Hired!" session saw 32 of 46 members participating in the personal development activity. During the session, members submitted a cover letter, job application and resume to the judges who, upon review of the documents, provided constructive criticism to all of the applications. Twelve outstanding members were selected for an interview-based challenge that tested their skills.

"I was extremely impressed with the interviews," commented Kacie Guse one of the "You're Hired" judges. "The quality of the applicants' interpersonal skills and confidence was phenomenal."

At the end of the show, two Supreme champions were crowned. Taking home the ultimate top prize for Supreme Purebred Champion was Rhianna Congdon (Nebraska 4-H Multi), and the Supreme Commercial Champion honours went to Tyson Hertz (John Ware 4-H Beef).

Those that attended the 2009 Provincial Beef Heifer Show said that they thought the event was a tremendous success. The show's planning committee is already back at work ensuring that next year is as good, if not better, than this year's event.

Generous sponsorship for the Provincial Beef Heifer Show was provided by Alberta Agriculture and Rural Development, Alberta Beef Producers, AMA Insurance, Apache Canada Ltd., Gas Alberta Inc., Kubota, Lammle's, Penn West Energy Trust, and WestGen Endowment Fund.

For more information on the Provincial Beef Heifer Show, or the Alberta 4-H program, please visit the website at www.4h.ab.ca 🍀



(l to r) Ted Andrew, Dustin Coleman, Robyn Fisher, Rebecca Joseph, Owen Burdek, Adeleen Bayes, Avery Parkinson, Lindsey Meredith

Alberta 4-H's International Youth Day Involvement

International Youth Day (August 12, 2009) began as a United Nations General Assembly's endorsement of the positive efforts made by youth in 2000, and has since grown into a global celebration to recognize youth's efforts in their communities. August 12 further serves as a holiday that promotes awareness of opportunities for youth to become engaged at all levels of volunteerism and citizenship. As the #1 rural youth organization in the province, Alberta 4-H participates in this global movement as a means of showing its support for the initiative, and giving testament to the organization's belief in 4-H members' potential.

On August 11, provincial 4-H Ambassadors Adeleen Bayes, Owen Burdek, Lindsey Meredith and Avery Parkinson, and 4-H Key Members Ted Andrew, Dustin Coleman, Rebecca Joseph and Robyn Fisher, were selected to represent 4-H by the Honourable Norman L. Kwong, Lieutenant Governor of Alberta, and his wife Mrs. Mary Kong. This group of Alberta 4-H delegates, along with representatives from other youth

organizations, scholarship recipients, and advisory panel members, attended a Keynote Address on August 11 at the Royal Alberta Museum, as a means of representing some Alberta's brightest.

The entire room recognized tradition by rising for the Lieutenant Governor's entrance, which was accompanied by the sound of bagpipes. The Honourable Norman L. Kwong officially began the celebration by recognizing the efforts that had already been made by the youth in the room. At the end of his address, he challenged each young leader to continue their volunteer efforts in the community, and to continue to be good citizens by remaining informed on what is happening around them. When he concluded, he introduced the Keynote Speaker, Canadian Olympic Champion rower, Adam Kreek.

Adam spoke to the assembly on a variety of important issues including the importance of having a "portfolio of passions". Adam emphasized the importance of having many goals, but explained that to excel, focus on one's main goal is required, and that the oth-

ers in the portfolio may end up having to be shelved temporarily. He referred to finding "the sweet spot," where society's needs overlap with one's passions and "surrounding oneself with success" as people with similar goals can strive to reach them together. He explained his theory regarding the "capacity bubble" and the importance of failure and also the "positivity switch," which represents the choice to be positive when faced with adversity, and to persevere through challenging times.

Following the rousing address, the Ambassadors, Key Members, members from fellow youth organizations and Adam Kreek transitioned over to the Government House, which is located directly adjacent to the Royal Alberta Museum, for an amazing reception hosted by the Lieutenant Governor and his wife.

Following the reception, in closing, Adam imparted to members one final bit of wisdom: "Achievement is not a destination; it's a mindset. Always remember who and what matters." 🍀

Regional News & Events



South Region

Although Mother Nature has been unpredictable, questionable weather didn't hamper the enthusiasm of 4-H members as they sprinted through spring and summer in the South!

The 2009 Regional Communications competition, sponsored by KPMG, Telus, AltaLink and Lethbridge College, ran smoothly at the college's facilities with the appreciated assistance of many volunteer parents and leaders. After winning the senior age category of the regional competition, Rosie Templeton, Readymade 4-H Beef Club & South Country 4-H Judging Club member, advanced to provincials, where she became Provincial Public Speaking champion. Lethbridge-Coaldale 4-H Beef Club member Karli Keuier received winning accolades at regional presentations and placed third at the provincial competition with her presentation "Colitis". Congratulations to all members who completed public speaking and presentations – your speaking abilities will help you throughout your lifetime.

Approximately 100 members competed in the second of our regional competitions at the 2009 Meyers Norris Penny (MNP) Southern Regional Multi-species Judging in Claresholm during the Easter break. We are looking forward to the continuation of the sponsorship of Meyers Norris Penny for the 2010 competitions!



Delegates at the 2009 Southern Regional Multi-species Judging competition

Running the 2nd Annual Beef Learning Sessions prior to the Regional Heifer Show at the Taber Agriplex on May 16 gave members an opportunity put some of their new skills into immediate action. The sessions included great information on preparation for show, showmanship and proper ring etiquette, along with an interesting presentation on ultrasounding cattle. The Heifer Show ran smoothly, with member attendance proving to represent almost all of our districts. Congratulations to all for raising some topnotch female projects! You do the Alberta beef industry proud.

Achievement Day shows prevailed throughout June as many clubs wound down their 2008/2009 club year, leading into a summer filled with excitement! Junior and Intermediate regional camps at Elkwater were both full, with our awesome cook Shirley Jago feeding the masses, once again. Thank you as well to volunteer Camp Moms, Shari Wehlage and Cynthia Holthe, who were on-hand to fend off feelings of homesickness.

August saw Claresholm hosting the annual Regional Horse Show, which was, as always, three and a half days filled of fun, laughter, camping, friends and horses – what more does one need?

Club re-organization will be highlighted by the Regional Fun & Learning Day and Celebration Evening, which recognizes members on their achievements and thanking leaders for their time and dedication. It will be held on October 10 at the Taber Agriplex. Stay tuned for details! ♣



Calgary Region

4-H on Parade

The energy, excitement and competitive spirit of nearly 600 Calgary region 4-H members set the 33rd annual 4-H on Parade up for great success in 2009. In all regards, the weekend was a success: members from competing clubs were seen helping one another out in the show and sale rings, parents made sure that there was plenty of food throughout the entire weekend and the amazing staff of the Calgary Stampede worked hard to ensure that everyone enjoyed their weekend.



4-H on Parade brings the agriculture history of the city into the downtown core.

The most innovative event at this year's 4-H on Parade was the newly introduced Art Show. Over the show's three days, lifeskills members' projects were put on display for the public to view, with 16 pieces of photography and artwork put up for silent auction. At the end of the event, the pieces sold for a combined total of \$1725.00. As Rob Smith concluded, "4-H on Parade is rural Alberta at its finest."



(l to r) Rebecca Shuttleworth and Hannah Tiel, both of the Airdrie Helping Hands 4-H Club, chill out during down time at the show.

Horse Classic winner Denver-bound!!!

We must send our congratulations to Sarah Richards of the Midnight Express 4-H Horse Club. Sarah competed at the Provincial 4-H Horse Classic program and was awarded one of the four spots on the Alberta Hippology Team that will compete at the Denver National Western Horse Classic this January. Congratulations Sarah!

Calgary Stampede and sponsors make a \$26,500 + investment in rural youth!

A number of our Calgary 4-H Region members were recognized through the Calgary Stampede Youth Show scholarship and bursary program:

Intermediate Scholarships

\$1000 Scholarship Recipients:

Jodi Graham (Heavy Horse)
Samuel Haeni (Dairy)
Kylee Hebbes (Sheep)

\$500 Scholarship Recipients:

Taylor Giles (Beef), JT Ross (Beef),
Megan McLeod (Beef), Clinton Miller
(Beef), Dale Palsson (Sheep), Miranda
Ross (Beef)

Senior Scholarship Candidates

Arisjan Appel (Dairy) - \$2000
Michael Haeni (Dairy) - \$2000
Lars Iversen (Dairy) - \$2000
Lindsay Parker (Sheep) - \$2000
Wyatt Hanson (Beef) - \$1000
Sarah Hunder (Heavy Horse) - \$1000

Marissa Kemp (Beef) - \$1000
Amy Kraemer (Beef) - \$1000
Hal Nixdorff (Beef) - \$1000
Cameron Olson (Beef) - \$1000
Kelty Whelan (Beef) - \$1000
Piper Whelan (Beef) - \$100

Congratulations to our Calgary 4-Her's who decided to enter their 4-H projects in the Calgary Stampede this year and vie for scholarship honours. You made out very well!!!



Winners from the Judging competition.

From the Rockyview District Key Leader:

Airdrie is celebrating its 100th anniversary with an old time home-coming fair being held at Nose Creek Park on the weekend of Sept 11-13. This would be a great opportunity for the Calgary Region clubs to set up booths and promote 4-H. Our own 4-H alumnus, Laurie Jacob Toews, has been working tirelessly on the centennial committee for many months now. It would be great to see 4-H represented at the Home Coming Fair.

East Central Region

Winter Camp

East Central Winter Camp will be held February 19 to 21, 2010, at Circle Square Ranch near Halkirk. Registration forms have been sent out with Club Start-Up packages, and are also posted on the 4-H website (click on "Regional Events" – "East Central"). In addition to campers, we are looking for 4-H members who have been to LTCS and would be interested in counseling at the camps. Applications for counselors are also available on the 4-H website.

Regional Council Meeting

The first East Central Regional Council meeting of the new club year is scheduled for November 20, 2009, at the Coronation Community Centre. Regional Council will provide pizza

for those who attend. The exact times and agenda will be available in late October. If you are interested in attending, contact Janet Kerr at the 4-H Office in Stettler (403.742.7569) and an agenda will be sent to you.

West Central Region

Winter Camp

West Central Winter Camp will be held February 26 to 28, 2010, at the Alberta 4-H Centre. Registration forms have been sent out with the Club Start-Up packages and are also posted on the 4-H website (click on "Regional Events" – "West Central"). In addition to campers, we are looking for 4-H members who have been to LTCS and would be interested in counseling at the camps. Applications for counselors are also available on the 4-H website.

Regional Council Meeting

The first West Central Regional 4-H council meeting of the year will be held on November 21, 2009, at the Lacombe Memorial Centre. The exact times and agenda will be available in late October. If you are interested in attending, contact Janet Kerr at the 4-H Office in Stettler (403.742.7569) and an agenda will be sent to you.

Executive Workshop

The Ponoka District is hosting a Regional Executive Workshop on November 21, 2009. The exact details will be posted on the 4-H website and will be distributed in an email blast to 4-H clubs in the West Central Region. Watch for them!

New Horse Leader Workshop

The West Central Regional Horse committee will be hosting a new horse leader's workshop on Saturday, November 28. This workshop will give horse leaders an introduction to the 4-H horse project and what happens regionally regarding the 4-H horse program. It is open to all 4-H horse project leaders. More details will be available closer to the event.

Northeast Region

NE Horse Camp and Show

Unquestionably one of the highlights for Horse project members was the annual Horse Camp and Show, which was held in Vermilion from August 5 – 9. The St. Paul District jumped right up to the challenge and organized a fantastic event with the support of the Two Hills District. Approximately 70 members learned a variety of horse skills that ranged from basic horsemanship and cattle events to English riding. The horse show

FUN FACT

Sharks are the only known species never to have suffered from cancer.

was hosted by the Elk Island Horse Club of the Lamont district and was held on the final day. This proved to be a fantastic venue to put many of the members' newly learned skills to the test. Both events, while combined on the calendar, were organized separately and many individuals put countless hours into their success, thank you so much.

Moose Lake Camps – 2009

Camp has always been a highlight for many 4-Hers, and 140 members from across the Northeast called Moose Lake "home" for a week. Our junior and intermediate camp weeks were well attended and members lined up to get their week started early. Much of the success of the Moose Lake program lies in the exceptional summer staff who programmed and ran the camps, assisted by counselors and camp volunteers who gave up a week of their time to mentor younger members. The Northeast Regional council's dedication to supporting this regional camping program is appreciated, as it offered these amazing camp weeks at a significantly reduced rate. On behalf of the Northeast, I would like to thank everyone involved in ensuring that both Moose Lake camps were so memorable. Thanks to all the members who participated as well.

CONTEST Reminder - Parade Float / Promotion Photo Contest

If you and your club are out promoting 4-H and your club in the region this year, make sure you take a picture and either email it or send it to the Regional 4-H Office in Vermilion for a chance to win! One entry per event, but clubs can attend multiple events and send in multiple photos for multiple chances to win! The draw will be made at the Annual Regional Council meeting in February. So go and promote and don't forget the camera!!

NEW Contest!

As explained by Northeast Regional Specialist, Leila Hickman

I am excited to announce a new contest for anyone in the Northeast Region! Each issue of the 4-H Magazine will highlight a different 4-H club in the Northeast Region. I will give you a bit of history, some facts and ask the club FOUR questions. In next September's issue, be ready for a trivia contest relating to the information that was given on Northeast clubs throughout the 4-H year.

Our first club to be featured in the "Northeast Club Contest" is... Fort McMurray Multi Club!

The Fort McMurray Multi Club formed in 2006. This dynamic club has 13 members and two leaders. The club has offered a variety of horse, craft, clothing, small animal, vet science and Exploring 4-H projects. Members meet regularly throughout the club year and all project areas share experiences together.

Northeast Events

SEPTEMBER 15

Deadline for Regional Project Book competition

NOVEMBER 7

Regional Council Meeting - Vegreville Ag Society Office, 1:00pm.

Regional Horse and Beef Committee meetings - 10:30am

NOVEMBER 21

Northeast Forum

NOVEMBER 27 - 28

Fall Fling

1) What is the biggest challenge your club faces?

Finding leaders for our club.

2) What is the most memorable thing your club has done?

Speeches!

3) What regional and provincial events have members or leaders attended?

Distance does become a factor, but we have had leaders who attended Leaders' Conference, and members who went to Club Week and the Northeast Regional Horse Camp.

4) As a club, what are you most looking forward to?

Growing and expanding.

Northwest Region

Northwest Leader is an event that is organized by the Northwest 4-H Regional Council. Registration forms will be distributed at Learning Day. Leaders have an opportunity to spend October 17 at Westlock learning about 4-H. A full day of select-a-sessions will address 4-H leader training requirements, general 4-H topics, ideas for working with 4-H members, and relevant social issues. Proposed topics include leader level training workshops, yearly diaries, organizing judging events and scoring reasons, recognizing signs of child abuse, youth in distress and tips for completing 4-H forms correctly. All leaders in the Northwest region are invited to attend.

Northwest 4-H Fair

Life Skills' 4-H members will be on the road early on the morning of Saturday, November 28 for the annual 4-H Fair. The Gibbons 4-H Sew and Sos and the Sturgeon district will be hosting this year's event at Lillian Schick School. Choosing from approximately ten workshops, the members will craft, cook and create all day. Special sessions for the adults will allow them to share ideas for club project sessions. A huge bench show will display relevant 4-H projects. Registration will be distributed in the fall mail-out.

Since 1992, the program has moved into the Northwest community and different districts host the Fair for two years. The event is for members taking Life Skills and Other Animals projects. Approximately 250 members, leaders and parents attend the Fair each year, proving its popularity.

Summer Camps

With much anticipation, the Northwest region hosted two summer camps during August 2009. For 2009, the Northwest region offered a Junior camp at Camp Mack and introduced an Intermediate Camp at Camp Wohelo. A great response was received from the members and the camps are expected to return again in 2010.

Northwest Regional Council

The Northwest Regional member fees were adjusted to reflect a motion made at the March 2009 meeting. Clubs are now asked to pay a "per member" regional fee of \$10, which will be distributed as follows: \$1 to Focus on 4-H, \$1 to the 4-H Centre

and \$8 to cover 4-H insurance. The next regional meeting is November 21, 2009 in Villeneuve.

Focus on 4-H

The Omnplex in Drayton Valley welcomed the Northwest Region to 11th Annual Focus on 4-H 2009. The program was held July 3 to 5 and featured a new location with new events and new participants.

Friday start at 9:00 am with English and hunter over fence classes. Reintroduce to the show were poles and cavaletti classes. Western and Showmanship classes filled the day on Saturday, while and Trail and Gymkhana ran all day on Sunday. Awards were pencil sketches representing the class and ribbons.

The Parade of Clubs held on Saturday morning welcomed RCMP members, local dignitaries, organizers, and 4-H members. Carrying club banners, the 4-H members wore bright yellow Focus on 4-H shirts.

After a busy day of competition, the members returned to the arena for the highly sought after Golden Mike Trophy, won through a Lip Sync Contest. In the end, Gibbons 4-H Light Horse took home the award with their rendition of Shania Twain's "Man! I Feel Like a Woman."

More than 100 members had fun in the newly introduced Greased Pig Contest, and at the end of the night, six lucky 4-H members took home their newly-earned pigs.

Sunday was another busy day of competition, complemented by many group activities. The Bike and Tractor Rodeo and Iron Member Decathlon contests entertained many observers while the members competed in the skill-testing stations. Congratulations to all the members who placed in these events. Iron Member will be return due to the positive response received by all who participated.

The Life Skills project workshops kept many members entertained throughout the weekend. The lobby of Omnplex Two was full of members doing pencil art sketching, no sew pillows, garden floral arranging, painting, fun with food, making soaps and creams, accordion mini album, clay figurines, embroidery and decoupage. Several other members dropped in to complete crafts of their choice. The bench show featured many photographs and craft projects and the barn board



Equine project members impressed the judges in the Showmanship classes.

branding proved to be very popular for its second year.

The Regional Beef Heifer Show attracted a number of new exhibitors as evidenced by the high level of participation in the freshman classes. Teams challenged one another in the team grooming and the team marketing contests. These events complemented the heifer and cow calf conformation and showmanship classes.

For 2009, the Focus Canine Show also introduced high-point participant awards for junior, intermediate and senior members. The altered show schedule had workshops held on Friday evening, followed by obedience and rally obedience on Saturday. Agility was run on Sunday, and this proved to be a positive move for competitors as the large crowd gathered to watch. The small Sheep Show persevered through another year of low attendance, and featured conformation and fun races.

Thank you to the major sponsors the Community Initiatives Grant, Conoco Phillips, the Northwest region, Drayton Valley Agricultural Society, Servus Credit Union. Focus on 4-H also thanks over 50 event and show class sponsors.

Peace Region

It was a busy summer up here in the Peace. Thanks to everyone who came out to programs, or traveled to provincial ones!

Selections

Selections 2009 was a great weekend. Jennifer Alexandre of the Smoky River 4-H 4EVER Club and Kristy Oatway of the East West Woking 4-H Multi Club were named as new 4-H Ambassadors, joining second-year Ambassadors Heather Polasek and Dean Kosheiff. Your district council or regional office would be happy to help you contact the Peace region's Ambassadors for any provincial or regional events you are needing a hand with, or Key Members, if you would like help with something at the club or district level. Trip awards were presented to Talisa Chelick (National Citizenship Seminar) and Kasey Reber (Alberta – North West Territories Agriculture Development Tour), with Jennifer Alexandre and Robyn Fisher being named to the alternate list. Congratulations everyone!

Peace Regional 4-H Days

This year marked the 20th anniversary of our regional show. Hosted by the Valleyview District for the first time, it was an excellent weekend. The grounds were busy as all of the rings and grassy areas were utilized. As always there was a bench show and shows for beef, horse, and canine. New this year was the tractor rodeo, coordinated by regional summer program assistant, Jennifer Taylor. Those interested in learning the proper methods for showing a beef or horse at halter were invited to participate in the Interactive Showmanship classes. For those not interested in showing an animal during the day

Peace Events

SEPT 12

Fall 4-H Leaders' Forum (Leader Level 1 will be offered here)

OCT-NOV

District council meetings

NOVEMBER

Regional meeting

NOVEMBER 28

Frosty Fest



Three girls from Fox Creek relax during some down time from Peace Regional Days.

were encouraged to take part in Carpenter Capers (where members were supplied with material and instructions to build a beautiful planter box), the Seek & Snap photo scavenger hunt (which allowed members to tour the grounds and see their photos displayed in a power point at breakfast on Sunday), and Scrapbooking. For the second time in the history of the show we also had a Dog and Pony Show. This team event sees a horse and rider paired with a canine and handler. The rider must maneuver their mount through a course and when they cross the finish line, just as in a relay, the canine handler must guide their dog through an agility course. A combined time is used to determine the winners. Great fun for both participants and spectators! As always, another favourite activity was the Saturday night dance. Congratulations to each of the participants!

Thanks to the organizing committee. The whole event ran smoothly and we look forward to the next time Valleyview hosts. We'd also like to say a special thank you to everyone who volunteered that weekend to help run the events. Your help was invaluable! Thanks also to the sponsors: Annette Mulligan, Brytec Oilfield Services, Co-op Bulk Fuel, Deerline John Deere, Donna Chorney, EnCana Ltd., Gateway Farm Equipment, Grande Prairie Livestock Mkt., Horizon Motel, KTC Contracting, MD of Greenview, Misty Valley Horses, Niemi Lumber, Old Country Inn, Partners Naturally, Peace Fuel Distributors, Peace Regional 4-H Council, PennWest Energy, Pequinox Equine Dentistry, Prairie Rose Light Horse 4-H, S and L Scribner, Sabrina Rocheleau, Sasha Perron, Tony Wolfe and Wolfe Farms, Totem Building Supplies, Town of Valleyview, Valley-Teq, Valleyview & District Ag Society, Valleyview Building Supplies, Valleyview Co-op, Valleyview Subway.

Summer Camps

Two weeks at Camp Artaban this summer saw 46 juniors 'Striking a Chord' and 47 intermediates 'Fine Tuning Their Talent'. Seeing members have fun and build their network of lifelong friends, while learning about themselves, agriculture, 4-H, safety, and camping skills is always a joy. Thanks to the 4-H summer staff, the senior member counselors, and the camp parents and cooks for planning and delivering excellent programs as always.

FUN FACT

Hamsters blink one eye at a time.

FYI

The Ins and Outs of Interviews

BY LYNDSAY THORLACIUS

COMMUNICATIONS ADVISOR, ALTALINK



Good morning Ms. Thorlacius, to start off, can you please describe for me a time when you had to use your problem solving skills to resolve an issue in the workplace?

Well there was that one time when I couldn't figure out how to fix the printer.... no wait, don't say that... oh no... palms are getting sweaty... not good for shaking hands before leaving... um, well...

Yes, the job interview. For some of us, giving a good interview comes naturally and is the perfect opportunity to have someone's undivided attention while you talk about yourself! But for many of us, it is an intimidating experience where you are stuck in the spotlight without a script. Whether you are applying for your first job or practicing for interviews down the road, there are some definite tricks of the trade that will help you along the way.

First off, the interview is your time to shine and allows you to give the employer a dynamic reason why you are the best person for the job. From an employer's perspective, it is their opportunity to see how you process and respond to questions, giving them a better idea of your qualifications and suitability for the position. Think of the interview as dialogue rather than a question and answer test. It will help you feel more comfortable and the conversation will flow more naturally.

Second off, remember to listen, think and breathe. Although answering questions at an interview can be nerve-racking and the desire to blurt out the first thing, and everything that comes to your head can be tempting, one of the most important keys to a successful interview is the ability to thoughtfully respond to a question. Lucky for you, 4-H members are ahead of the game on this one because it is just like doing the impromptu component of public speaking. After hearing an employer's question, take the time to think through your answer and then respond. It might feel like 10 minutes of awkward silence, but in reality, only a few seconds have gone by.

Finally, do your homework! "It is really impressive when candidates come in for an interview and have researched the company and the job and have looked at the company's website. By asking intelligent questions, it shows that you have come prepared," says Linda Shea, Senior Vice President of Human Resources at AltaLink.

So get your resumes and hand shakes ready, you now know the keys to interview success!

FYI

4-H Clubs are Communities

The nature of communities is changing. Previously, communities were based on the place where people came to together but more and more communities are based not on place, but common interests. 4-H clubs are communities - families come together with a common interest in a project or improving personal skills.

Although families come together to form the community of a 4-H club, it is important to remember that the club belongs to the members. The 4-H motto is "Learn to do by Doing". The "doing" in the motto refers not only to learning projects skills, but learning how to work in groups, how decisions are made in groups and ways to improve leadership abilities. Members should be making the decisions about what will happen in their club. The role of adults involved with a club is to provide guidance and support to the members, not to make decisions. Adults have responsibility to be good role models for by modeling the behaviour they would expect their members to exhibit. This can be done by assisting members to work effectively on commitments, helping them to prepare reports for club meetings, respecting the wishes of the majority even when it does not agree with yours and communicating effectively with members and adults in the club.

According to the "Creating Communities Australia" website "a functioning community is one which "the resources and energies of a community are harnessed and focused in common directions." 4-H clubs also function best when the resources and energies of the club are harnessed and focused in common directions. Communities that don't function well are always in turmoil. People can't agree on any sort of direction for the community to go in. In 4-H clubs, this dissension usually occurs between the adults. Rarely when we hear of problems in 4-H clubs does it originate with members. Adults have a responsibility to model effective conflict resolution methods. Stop and take a look at where you are coming from in the conflict. What are your personal biases and triggers? What would the successful outcome of the conflict be? Usually in any conflict there are two sides and both have perceptions that may or may not be correct. Usually "right" is somewhere between the two sides and there may be ways to come to a "win-win" solution. Find a safe place to negotiate. Don't argue loudly in front of members. This usually does not accomplish anything except to discourage members from wanting to continue their membership in the club. Hone your listening skills. Take the time to actively listen to what others are saying. State your needs clearly and specifically using "I" messages. Identify the issues clearly and concisely, generate options, be open to tangents and clarify criteria for decision making. If you come to an impasse, clarify feelings, focus on needs and if necessary take a break, and finally build an agreement that works.

Remember that a 4-H club is a community – make it one that you would like to be involved with!

UFA and 4-H Working Together in Your Community

BY MEGAN CANTWELL UFA Community Investment Coordinator

This year UFA is celebrating 100 years of supporting Alberta's rural communities and 92 years of supporting Alberta 4-H. With both organizations so close in age and committed to their communities, it's easy to see why our partnership has grown so strong and lasted so long.

In celebration of our centennial, UFA has had events taking place across the province from May to August; we wanted to celebrate with the people who made our co-operative a success – our members and customers. Celebrations also offered an opportunity for one of our community partners to play a pivotal role in our celebrations.

4-H clubs in areas near Grande Prairie, La Crete, Ponoka, Vermilion, Strathmore, Red Deer, Westlock and Lethbridge stepped up to help serve food, hand out popcorn and balloons and assist with set-up and tear-down at our eight centennial celebrations.

"4-H members volunteer in their community year round, but the chance to participate in UFA's centennial only comes around every 100 years," says Shannon Ohama, manager, Community Investment at UFA. "The enthusiasm and commitment of 4-H volunteers and their families helped make our events a success."

4-H's commitment to volunteerism goes beyond their work with UFA. 4-H members and alumni play a key role in volunteering throughout their communities. In 2008, UFA created the 4-H Alumni Volunteer Service Recognition program to recognize those who continue to make a difference in their community, after their career as a 4-H member comes to an end.

The 4-H Alumni Volunteer Service Recognition program awards five 4-H alumni aged 20-35, with a \$2000 UFA gift certificate. Nominees have received a post-secondary education, returned to a rural community after graduation and continue to volunteer their time to 4-H.

There are a lot of exemplary 4-H alumni who meet these criteria. If you know a 4-H alumnus in your community who exemplifies community volunteerism, please take the time to recognize them for their commitment. Deadline for nomination is November 2, 2009.

Thank you to all the volunteers who contributed to the success of our eight UFA centennial celebrations.



Travel & Exchange



The entire crew before zip-lining... do we look scared?

Five Canadians in Montana, eh!!

AVERY PARKINSON

TRIP DELEGATE

At this year's Selections program, Lindsey Grover, Kennan Hedley, Cody Harrison and I were awarded a trip to the Montana 4-H Congress, which is held in Bozeman, Montana. Now, as I am writing this just freshly returned from our stint across the border, I can say with confidence that the trip was an amazing time that none of us will ever forget. We laughed, learned, sang, overcame fears and made memories that will always be with us! Mark Shand was appointed our fearless leader and chaperone, and will agree that he was lucky to be able to hang out with all of us for the entire trip!

On July 5 we all piled into what would become our sweet ride for the journey, a green Dodge Minivan. We all knew we were extremely privileged to be able to ride in this vehicle, especially after we found out that this was Mark's "baby." The first night we stopped in the town of Cardston, AB, where we did a grand tour of the small town. The next morning our first checkpoint was Missoula, Montana, where the journey was just about as amazing as the destination! Along the way, we travelled through Glacier Park, where the views are spectacular! We stopped in Whitefish the next day, and got to go zip-lining. Of course, as we were gearing up, we learned that three of us were afraid of heights but that didn't even come close to stopping us from overcoming the fear – who knew when we would get another chance like this? Zip-lining went by super fast, and we saw amazing views the whole way down. We even managed to get a few races in on the lines! It was then time to finish our drive to Missoula, where we drove through tons of construction, learning the hard way that rough roads are not for those with weak bladders. On the seventh day, we passed through Missoula, and finally made it to Bozeman, where our ultimate destination – the Montana 4-H Congress – was tak-

ing place, but first we had to tour the Smoke Jumpers home base.

The motto for this year's Congress was "Youth Moving Mountains." These mountains could be anything in your life and during these intense three days, we grew and learned how to overcome anything thrown at us. The four of us gave a presentation on Alberta 4-H and although we had to improvise, it went incredibly well. We taught the Montana 4-H members how to play our all time favourite camp game, "Mount Your Camel", we taught them that Smarties are candy-coated chocolate, that ketchup-flavoured chips may sound disgusting, but are actually pretty good, and we even managed to convince the members that poutine is delicious! While at the Congress, we also listened to some superb speakers such as Grant Baldwin and Jeff Yaldin, and participated in some really cool workshops. Lindsey became certified in American First Aid, Kennan learned about American Agriculture, Cody learned about the wilderness and went on an "extreme" hike, and I learned about art. Even Mark enjoyed the sessions, as he learned how to make a film. We all had a fun time at the Congress, met a lot of great people and learned the differences and similarities between American and Canadian 4-H. The Montana 4-H Congress cannot be thanked enough for inviting us to attend.

On the trip back we did some more mind-blowing tours and a lot of shopping, and it appeared that the guys enjoyed the shopping even more than us girls! The C. M. Russell Museum was mind-boggling with its beautiful and spectacular artwork. Overall, however, the best tour that we took was the Lewis and Clark Caverns tour – talk about a one-of-a-kind experience! We went 300-feet deep into the mountain and saw some amazing structures. It definitely gave all of us a different perspective. The most comical part was when the guys hit their heads because they were too tall. Seeing Cody freak out over a pigeon, which he thought was a bat, was pretty hilarious as well! Somehow, we managed to have a relaxed drive home, which was topped off by a group rendition of "Alberta Bound" while crossing the border.

All in all, it was a trip of a life time and I, along with my fellow delegates, will never forget the good times and memories we made together. 🍀



The boys bought swords on their shopping adventure... need I say anything more?

Waterloo hosts Ontario's Conference & Annual Meeting (CAM)

JANET LITUN

4-H LEADER, VEGREVILLE 4-H MULTI CLUB



Sylvia Mathon and I traveled to Toronto and then shuttled to Waterloo for the Ontario 4-H Council's Annual Meeting this year themed, "Come to the Fair" from February 27 to March 1. During this time we were among 4-H volunteers and supporters from across the country and beyond, experiencing an exhilarating weekend of speakers, workshops, information session and idea-sharing sessions with other volunteers.

The first night of our attendance was spent enjoying a supper and an evening of fun and games reminiscent of an old fashioned "Country Fair".

Saturday morning's breakfast was followed by the Annual Meeting, and the rest of the day was devoted to a variety of workshops led by a talented group of presenters and facilitators. During the noon hour break, there was Monsanto Volunteer Recognition Luncheon to honour volunteers for their long stand-

ing service to 4-H, as well a presentation by Olympic Rowing Champion, Brian Price, the keynote speaker.

During the afternoon, sessions continued with a short break before supper. At the Syngenta Arbor Awards banquet, a group of volunteers were honoured for their exceptional contributions. Following these ceremonies, there was a live auction and entertainment by the Country Singing Competition finalists.

Following breakfast Sunday morning, the final keynote speaker, Rob Nickel spoke on protecting our youth from the "wired world". After a 14-year career with the Ontario Police, Rob retired and is now globally recognized as an expert in the field of undercover investigations as they related to the internet.

I would like to thank my sponsors for allowing me to attend this awesome Conference and Annual Meeting. 🍀

Top left: (l to r) Stephanie Craig, Resource Coordinator with 4-H Ontario, Sylvia Mathon and Janet Litun. Bottom left: Sylvia and Janet "milk" their experience at this year's CAM.

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Six of the 8 Alberta delegates at the National 4-H Citizenship Seminar.

National 4-H Citizenship Seminar

BRIANNA BLOCK

AWARD TRIP DELEGATE

The National 4-H Citizenship Seminar is an award trip offered at Selections. This program took place March 27 to April 2, 2009, and is said to be an experience of a lifetime in the city of Ottawa. With eleven months of waiting for this program, Jane Becker, Scott Blahun, Jerrid Driedger, Lorne Howey, Lindsey Meredith, Derrick Plante, and Kayla Tollefson and I had plenty of time to build up the anticipation of this program. Since we had so much time to think about the possibilities of what could happen, the standards were set pretty high, and luckily no one was disappointed.

I was fortunate enough to be awarded this trip and it has become one of the highlights of my 4-H career. Never did I think that by actively participating in a program that I love, I would be awarded such a great opportunity. I had never been to Canada's capital city before, even though I have always had an interest in the Canadian government. This trip was the perfect opportunity for me to learn more about Canada and its government system, as well as what it means to be a Canadian citizen.

Delegates were able to experience many opportunities on this trip. One of the first tours we went on was of Fulton's Sugar Bush Farm, where we were able to see how maple syrup is made. This was very interesting to those of us from the prairies, as it is hard to believe how different farming communities are, despite them only being a few provinces apart.

We also toured some of the best-known museums in Canada, including the Canadian War Museum and the Canadian Museum of Civilization. Each of these tours were enlightening and we all learned a lot! The Canadian War Museum was very moving; being at the museum truly made us realize how lucky we are to be Canadian.



Derek and I at the Museum of Civilization – learning, I swear!

The Museum of Civilization showed us some of the amazing history that makes up our country's heritage.

Of course being in Canada's capital city, one must take in Parliament Hill. Until you have actually seen these buildings for yourself, you do not understand the vastness of them. I believe that by actually seeing these buildings, and seeing firsthand what goes on with our Canadian Government, I have a greater understanding of what it means to be Canadian.

Sometimes I think that as Canadians, it is hard for us to realize the importance of our citizenship and what other people go through in order to become Canadian citizens. We were privileged to bear witness to the swearing in of 50 new Canadian citizens, and let me tell you, this really moved me. Seeing those peoples' thousand watt smiles as they received their citizenship papers and reflected on all of the struggles and challenges they had faced in order to receive their citizenship made me see how lucky I am to have been born in Canada.

Through many guest speakers and presentations we also learned that all rights granted to us as Canadian citizens do come with responsibilities. Before this program, I never truly understood my responsibilities as a Canadian. Now I have opinions on federal topics that affect me and am willing to vote to elect my own leader in order to keep democracy in Canada strong.

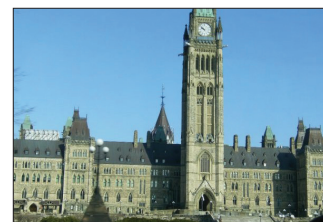
The 2009 Citizenship Seminar was the perfect blend of sight-seeing, learning about the Canadian Government and meeting other delegates from across the country. This program truly was an experience of a lifetime. I have made lifelong friends from across the province and made memories that I will cherish forever. I believe that I left Ottawa with a renewed sense of what it means to be Canadian and, since then, have implemented what I have learned into my everyday life. 🍀

US National 4-H Conference

KARI BERGERUD

ALBERTA 4-H AMBASSADOR

I spent the first three days of the US National 4-H Conference in Ottawa with my fellow delegates, touring several of the National museums there. We were joined by the delegates from the National 4-H Citizenship Seminar for two days, until we left the city for the next leg of our trip. Arriving in Washington D.C. was overwhelming as the other delegates from all 50 states plus Puerto Rico were there to welcome us. We spent the rest of the trip trying to keep up with the new names and faces to remember!



Did you know that no building in Ottawa can be taller than the Peace Tower? And that the new National War Museum's tip points towards the Tower?



Kari from the top of the Canadian Embassy, with the Capitol Building in the background.

Each day was filled with events to better our knowledge of the 4-H program and understand how we can influence the world around us, using the various traits we have enhanced through our 4-H years. Our roundtable discussions were focused on how the United States Department of Agriculture (USDA) supports the 4-H program and what the delegates can do to strengthen this support through advocacy of different needs on a national level. Delegates were then to take back the generated ideas to their communities and implement them. Throughout the week there were assemblies to convey the Four Essential Elements of 4-H: Independence, Belonging, Mastery and Generosity.



Washington trip delegates in front of the Parliament Building.

Some of the fun activities which we participated in were the 5K Run/Walk, visiting the National Air and Space Museum, the National Spy Museum and touring Washington D.C., where we saw various attractions and monuments around the city. In smaller groups, we toured the city and saw such attractions as the Whitehouse, the Lincoln Memorial, the Washington Memorial, the Arlington Cemetery and the Franklin D.

Roosevelt memorial. The final day was Capitol Hill Day, and we visited the USDA and presented our information and ideas to the Senators and Representatives. The day concluded with a Clover Cruise on The Odyssey, a cruise boat on the Potomac River, where we enjoyed dinner and danced the night away.

This was an absolutely amazing trip, and I would encourage any member who is looking at applying for Selections in May 2010 to put this trip down as one of their choices. Not only was I informed about 4-H at an international level, but I met some of the greatest people at this program from Canada, and the United States. I would also like to thank the Canadian 4-H Council for making this trip possible. 🍀



Trip delegate and 4-H Ambassador Kari Bergerud stands alongside the Potomac River, with the Monuments set in the background.

KNEE SLAPPER

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Club & District Articles

4-H – Building Leaders, One Youth at a Time

BY HAILEY COLE
CLUB REPORTER



John Quincy Adams, American diplomat and politician, once said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

The Alberta 4-H program does just that – encourages the development of leadership qualities in its members. The 4-H Pledge motivates leadership, clearer thinking, greater loyalty, larger service and better living.

I have seen the effects of 4-H firsthand. Shy members who join 4-H clubs in the fall are like new people at the conclusion of the project year. They create healthy relationships with their fellow members and leaders, acquire self confidence through the communications program, and they learn the importance of community service from club volunteer activities.

4-H has taught me respect. Respect for myself, others, and the environment. I realize that I need to try my best and work hard and eventually, my efforts will pay off. I cannot try to be exactly like someone else, I only need to accept and be myself. I have learned to respect others. I respect the judges at competitions and trust their opinions, I respect my leaders and admire all the work they do, and I respect my fellow members with whom I share a passion for 4-H. My respect for the environment has improved a great deal; Highway Cleanup has taught me that one small action, like throwing one gum wrapper out the window, can negatively impact a number of environmental aspects.

These are just some examples of the many ways that Alberta 4-H has helped me to become a leader. 🍀

Left: These 4-H members are having fun while developing their leadership skills.



A member of the Silver Stirrups demonstrates a trick riding maneuver.

A Year to Remember

JAQUELYNNE WARNE
CLUB REPORTER

This past 4-H year, the loud and proud Silver Stirrups were pleased to welcome several new members to the club, and, as always, we were beyond excited that the club has not only continued to grow, but that we were able to maintain our previous members as well.

2009 has been a very involved year, with everyone chipping in by volunteering at trade shows and bottle drives. The older members have taught the younger ones new skills, and the younger members have continued to surprise the older ones with their newfound passion for the 4-H program.

Everyone is thrilled about how they and their horses have grown together, pass-

ing levels and overcoming challenges. Our club has always been fun more than anything else, and that's what we continue to be all about. The glory of bringing home a ribbon is always amazing, but, as a club, we feel like we have always had the best time, even when all we bring home is a smile.

This has been one of the most fun-filled years, and I will personally remember it as being so, as it's my last year. It will be the one that sticks out in my memory as being most friends-filled year, ever. 🍀



4-H truly is a "balancing act!"



Krista Cadrain, Matthew Paton, Emily Green, Jenalee Blackhurst, Morgan Overgaard, Amanda Green, Jessica Morrill, Nico Gelderblom, Lily Gelderblom before the Parade of Clubs at the Regional Horse show.

Bits and Spurs Equine Youth 4-H Club

EMILY GREEN

CLUB REPORTER

My name is Emily Green and I am the Club Reporter for the Bits and Spurs Equine Youth 4-H Club in Rocky Mountain House. This year our club was composed of nine members and our horses.

We had many highlights this year and our club was made very proud. We had quite a few clinics, two put on by a veterinarian, a judging workshop and a communications' clinic, and we also learned a fair amount at a couple of theory and/or "help" nights. Plus we enjoyed a "Mounted Shooting" demonstration.

This spring most of us took to the Mane Event in Red Deer. Our two fundraisers were a bottle drive, which was extremely cold but lots of fun, and Highway Clean-up. Both were very successful.

We participated in the Parade of Lights in Rocky Mountain House; we decorated ourselves in lights and glow sticks and walked the route.

When it came to Public Speaking and Presentations, our club excelled, with many members moving on to higher levels. One of our members, Jenalee Blackhurst, won first place at the Provincial Presentations competition!

We rode almost every Friday and any day of the week that we could fit in. Our project leaders, Stacey Harrison and Christine Merrills taught and helped us throughout the year. We

KNEE SLAPPER

**Where do cows go when they want a night out?
To the MOO-vies!**



Bits and Spurs Achievement Day and Awards Night (l to r) back row - Krista Cadrain, Amanda Green, Lily Gelderblom, Nico Gelderblom, Matthew Paton. Front row - Morgan Overgaard, Jenalee Blackhurst, Emily Green, Jessica Morrill.

were very grateful for their help and all the effort they put into the club.

Our Achievement Day was held on June 19. We presented the Best Kept Record Book awards and riding awards, to name a few. We also handed out what we call the "Spirit Award", which goes to the member with a positive attitude, good attendance and who shows the greatest spirit throughout the year. This year it was awarded to a first-time member, Morgan Overgaard.

These are just a few of our highlights. This 4-H year was full of adventure, excitement, new friends and new skills. Overall, the Bits and Spurs Equine Youth 4-H Club is a GREAT club to be part of!



Members receiving their Awards of Excellence (l to r) back row - Matthew Paton, Krista Cadrain, Amanda Green, Lee Parkins (ATB Representative). Front row - Jenalee Blackhurst, Emily Green.



Our club at the rodeo!

Cadogan 4-H Light Horse Club

DEBBIE GANSER

GENERAL LEADER

Our light horse club has been very busy this 2008- 2009 season. Starting with a Christmas party on December 9 and two fundraisers: an auction in February and an oil filter drive in May. Club and district-level public speaking competitions, coupled with riding dates, kept us busy throughout the winter months, with bingo at the Nursing Home in March, a Scott McClelland's two-day clinic in April, clean-up in Cadogan in May and our Achievement Day on June 13 kept us on our feet for the spring and early summer months. Plus, some of the members were in the Provost Parade on June 20.

In May and June our Drill Team performed at two rodeos. The members and their horses did such a great job! I would like to thank the 4 adults that volunteer their time to ride with them.

We hosted the East Central Regional Light Horse Show on July 17-18, 2009. On Friday night the members who arrived, plus their siblings, played games. Saturday, despite being a hot day, turned out to be a great day. We had 16 members participate in the show. The show consisted of Showmanship in Halter, Grooming, Western Horsemanship, English Equitation, Hunt Seat, Trail class, Costume plus time events.

We would like to thank all of the people who made these 2 days a big success.

Our year end wind up supper/party was on August 19, 2009.

Cadogan 4-H Light Horse Club would also like to thank our sponsors – UFA, AltaLink, Safeway, Sears Canada, 4-H Legacy Fund for your support 🍀



Scott McClelland's Clinic

Geocaching with the Clairmont Multi 4-H Club

AUSTIN C PAYEUR

CLUB SECRETARY

My club's Outdoors' project is led by my parents, Miles and Sheila Payeur. This past year, our club went snow-shoeing and hiking, built numerous fires and watched our leader (my dad) skin an animal (it was super gross!). Basically, we did all the things you would expect to find in a typical Outdoors group. But, there is one project we did that very few people know about, and it was probably the most memorable thing we did this year. We did what is known as "geocaching".



Clairmont Multi 4-H Club members Savannah Payeur, Kole Polasek and Adam O'Connor have a little fun while on the hunt.

Geocaching is a world-wide treasure hunt that uses high-tech Global Positioning System (GPS) equipment to locate a hidden "cache" filled with trinkets. You must enroll through the official geocaching website in order to participate, and then once you're signed up, you can hunt for hidden caches all over the world! They can be concealed deep in the woods, out in a field, strewn in the streets, and just about anywhere else you can imagine.

Once you find a cache, if you want to take something, you have to leave something behind of equal or more value. The point of the cache items isn't that they are truly valuable - frequently they are just a wind-up toy or a pin. The point of geocaching is to explore an area and look for something. This activity really is about the searching, not the actual finding.

Sometimes you will find an item that is a dog-collar tag that has a bug on it. This is a "Traveling Bug". Items with these tags have been all over the world, and should you take it, you must deposit it in another cache in order for it to continue its journey. The fun isn't in the value of the object (or in gloating if you find it first!) The true fun is in the actual hunt for it, with friends and fellow members.



Cache found!

Next year, we'd like to form our own geocache, and keep track of who's visited. 🍀



The Consort 4-H Beef Club at the Coronation District 4-H Show and Sale.

Consort 4-H Beef Club Raises \$12,000 Plus!

On June 3, 2009, the Coronation District 4-H Show and Sale was held at the Consort Sportex Arena. It was at this sale that the Consort 4-H Beef Club sold a steer, the proceeds of which going to the Consort & Community Senior's Rec. Center.

The steer was sold for \$10,000 to a group of buyers whose individual contributions to the purchase of the steer will be matched through the Community Spirit government grant.

In effect, this means that the sale of the calf raised \$20,000. The steer was then resold and was purchased for \$2000 by Ledcor Pipeline Division.

The Consort 4-H Beef Club would like to thank the following supporters of their community service project. Without these continued Alberta 4-H supporters, this would not have been possible: Ledcor Pipeline Division, Willy & Anastasia Doolaege

Rick & Marilyn Deagle, Bill Kostawich, George Greenfield, David & Maria Mohr, Jim and Patricia Wiechnik, Doug and Joan Hadwin and family, Dave and Maureen Gould, Leonard and Marilyn Babcock and Pat and Irene Rutledge

The club paid for the calf and its feed through fundraising efforts such as Ham Bingo, the battery drive and the Highway Clean-Up. A special thank you goes out to Willy and Mark Dolaage for feeding and caring for the steer all year.

The Consort 4-H Beef Club is pleased to be able to give back to the community by helping to support the Consort and Community Senior's Recreation Centre Project. 🌱

FYI

Roll Call Ideas

A Year of the Club Initiative

Roll call is more than a way to take attendance. Roll call can be a good source of fun and also a great way to gather information for the club.

Announce the roll call topic at the beginning of the meeting or give the topic to be used at the next meeting. Or, better yet, state it on your program plan. Remind members to keep their responses brief, yet lively! Have the members stand when they respond so they practice being on their feet for public speaking. You may also want to consider making the questions/topics more difficult for Intermediate and senior members.

There are many benefits to varying the roll call procedure. Interest is held, everyone feels engaged and involved, and it permits shy members to take part and build confidence. A good roll call can give the proper setting for a lively meeting.

The nature of the response might be seasonal, historical events, current events, project and club happenings, facts about the community or country, health or safety, or any other themes. Be creative with the topic ideas!

Here are some suggestions for roll call:

- The 4-H event liked best in the year
- My project plans
- One way club work has helped me.
- Name a vegetable, flower, etc.
- A community service project

- Hobby
- Name of an athlete
- My favourite magazine
- A wild animal I saw today
- Where I would like to travel
- My most enjoyable winter pastime
- What summer sport I like
- A tongue twister
- What I would do with \$10,000
- What I would like to be when I grow up
- My favourite TV program
- My favourite song
- Favourite school subject
- Favourite holiday
- Favourite food
- Club tour ideas
- Club activity ideas
- Favourite 4-H project
- My favourite season of the year
- Favourite meal
- A famous Canadian
- Name an Alberta town (not the one you live in!)
- Project terminology
- Which 4-H summer camp you plan on attending?
- What is the topic of your speech or presentation?
- Favourite Christmas dish or treat
- Your favourite book, movie, etc.
- Where I would like to travel
- What I want to be when I grow up
- Community service ideas
- Why I joined 4-H this year
- A healthy snack food
- Name a 4-H provincial, regional or district program
- Name a leader or member and the position held in club or district
- Give an idea for a new club activity
- Give the president or your leader a 'high five' after their name has been called
- How to touch someone's life

FUN FACTS

Oysters change from male to female gender several times during their lifespan.

Hummingbirds are the only birds who can fly backwards.

It's possible to lead a cow upstairs, but not downstairs.



Cleaver was on hand for the celebrations.

90 Years of 4-H, Fun, and Family

The East Lacombe Beef Club celebrated its 90th Anniversary on June 13, 2009. More than 150 past and current 4-H members, leaders, and guests attended the party, drawing alumni from as far away as Prince George, B.C. The event gave strong testament to the fact that 4-H's influence resonates long after a 4-H member's senior year.

The celebration kicked off with a Welcome Tea, where former members mingled with old friends, and made new connections with the current members. Memory lane was set up in an old barn at the Lacombe Research Station, with scrap-books, record books and a lot of photos on display.

At 4 pm, the official cake-cutting ceremony began. Current president Allison Zuidhof, along with first year members Darren Fodor and Hannah Oro and fourth generation 4-H member Riley Sharp, were joined by past president Dean Chessor and former member Bob Sharp to cut two gigantic birthday cakes for the club. Mingling resumed, this time with cake, and the reminiscing and story sharing continued long into the night.

"It was really cool to see how the club has progressed over the years," club President Allison Zuidhof commented. "I am so proud to be a part of a club that has been around for so long, and am so grateful to all of the people who have kept it running for so long."

The East Lacombe Beef club exemplifies many of Alberta 4-H's core values, one of them being family. Fourth generation 4-H member Riley Sharp, who is a currently a member of the beef club, was accompanied to the celebration by her father and grandfather, who are both past members. Riley's great-grandfather also was a member of the club, and despite him being unable to attend the event, he sent his well wishes to all who were able.

"It is with a great deal of pride that I watch my granddaughter Riley participate in 4-H and continue our family history," Bob Sharp, Riley's grandfather, commented. "From caring for and showing cattle, to competing in public speaking, she has an enthusiastic approach to all that is Alberta 4-H."

The evening concluded with the club's annual awards' night, as well as several special presentations from Alberta 4-H, the County of Lacombe and the Government of Alberta. Bruce



Past and current members joined together to cut East Lacombe's two birthday cakes.

Banks, CEO of the 4-H Foundation of Alberta, presented the club with an Award of Recognition. Lacombe County Councillor Bill Knight presented a plaque on behalf of the county for 90 Years of Contributions to Youth, and Ray Prins, MLA for Lacombe-Ponoka presented a 90th Anniversary certificate on behalf of the Government of Alberta. Wetaskiwin-area Member of Parliament Blaine Caulkins attended the event with his wife, and both spoke highly of 4-H and the Lacombe district.

"East Lacombe 4-H can be proud of the 90 years that it has been enriching the lives of young Canadians," Caulkins commented. "Meeting new friends, building confidence and learning from 4-H leaders all serve to enhance and enrich the communities where we live and work. I was honoured to attend the 90th anniversary yearend meeting, and I know that East Lacombe will continue to thrive as a successful 4-H club." 🍀



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4-H First Aid Report

KASSITY LALONDE

CLUB REPORTER

On April 19, 2009, the Lobstick 4-H Beef & Multi Club welcomed Andrew from St. John's Ambulance to teach us all about first aid. All of the members from our club who were over the age of 12 were allowed to partake in the training, which started early Sunday morning, and finished that evening with a written exam. What a full and information-packed day! Luckily, everyone from the club passed, and Andrew presented the club with a first aid kit. Meanwhile, the junior members had their own session led by registered nurse Maria Smith.



The members with their new first aid kits



The junior members with RN Maria Smith

We were able to utilize the money we earned from the Alberta 4-H Tire Recycling program to provide each member with a first aid kit to be used at home. We all feel very fortunate to have been able to take such a relevant course and we really appreciate the support we received towards this goal.

We'd like to thank Andrew, Maria, the Northwest region and all of the Alberta 4-H sponsors who have helped with this very important personal development training. We all feel much more prepared if a situation were ever to arise. It is our club's goal to hold a course similar to this every three years, so that we can train all new members how to be prepared to provide first aid if ever necessary. 🍀



First aid at work!



Fun was the main focus of The Scruffy Puppies third year, as demonstrated here by two members during the club's Halloween Party

Our Club, in a Minute

ALYSSA BERGO

CLUB PRESIDENT

Another year has come and gone. In Lakeland Scruffy Puppies Club's third year of operation, we have done a lot! Our club had a huge variety this year, with breeds ranging from a Great Dane to a Chihuahua. Here is a review of our club's year in a minute...

This year, our club participated in two fundraisers, Tire Recycling and The Canine Good Neighbour Testing, which is offered through the Canadian Kennel Club. We had two testers and, out of 23 dogs tested, 21 passed! These fundraisers did really well for our club. Our club's community service project was for each member to donate dog food to the local Humane Society.

For our project work, we all started out doing obedience with our dogs. After we were split into groups, advanced and beginners, we began to practice the skills needed for the Achievement Day show. Our club got some close-up looks at agility when we volunteered for pole setting at a canine trial in Cold Lake. All of the spring's practice and experienced gained from the trials helped us to make it to May 9, which was the Scruffy Puppies' Achievement Day. The day was very successful and included classes like rally obedience, showmanship, and agility.

That's our year in a nutshell! We have had a lot going on for us but it's been so much fun and so rewarding. Our leaders Georgena and Lindsay Graham were tremendous, leading us and helping us through this year. We all look forward to another great year coming up in the fall, and hope to see all of our members returning for another year. 🍀

Strathmore Rusty Spurs 4-H Club

BREANNE GREY

CLUB MEMBER

In March, the Strathmore Rusty Spurs 4-H Club participated in a very exciting Rob Heiland Clinic. It's a three-day weekend where members bring their horse to a clinic and learn many skills to help their horse. Rob Heiland is a great teacher, as evidenced by just a few of the tricks that I learned, including how to make your horse back-up by shaking a lead rope.

Jennifer Lynn came in to one of our general meeting to demonstrate and talk about a saddle stand clinic, which was held on April 4, but I was unable to attend. Everybody had a lot of fun making their own saddle stands and learning the proper way to clean tack.

Farrier Chad Lausen came on March 24 to give a presentation on why we shoe horses and different types of shoes. We also learned about hot-shoeing.

Finally, the "Is Your Horse a Rock Star?" clinic was held on April 14. Here, we sent one horse at a time into the arena and Dessa decided the type of personality each horse had. Personalities ranged from a Wall Flower and Solo Artist, to a Macho Man, Worker Bee and a Lone Wolf. We also had an Accountant, a Reluctant Rock Star and a Macho Rock Star (a cross between a Macho Man and a Rock Star). It was really cool to see the differences in all of our horses.

In April and May, our club participated in a Mini-Pony Demonstration, a Polocrosse clinic, many riding lessons, a trail class and a grooming clinic. We were also busy at 4-H on Parade, where new members Shelby Stout and Breanne Grey attended for their first time. 🍀



Members of the Rusty Spurs 4-H Club participate in the saddle stand clinic.



Members of the Rusty Spurs 4-H Club participate in the Rob Heiland clinic.

The 4-H Pledge in Action

STEPHANIE MILLER

CLUB REPORTER

I Pledge

*My head to greater thinking
My heart to greater loyalty
My hands to larger service
And my health to better living
For my club, my community
And my country.*

The members of the Starlite 4-H Multi Club have come to truly understand how to use their hands to better their community and their country. This year the Starlite club has committed to two projects to help better their community and help the environment.

Their first endeavour was the Electronics Round-Up. The club chose to participate in the roundup because far too many electronics are thrown into garbage dumps where they can break and leak toxic chemicals into the ground and contaminate the soil. After some scrounging and heavy hauling, Starlite members, leaders and parent volunteers managed to take an entire van full of electronics to the ECO station, where they were properly disposed of.

The second activity was a community service project. The club went to Jackie Parker Park, a local park enjoyed by many two and four-legged explorers. It is a picnic and off-leash area, as well as a scenic woodland area inside the city of Edmonton. After a demonstration on how to properly plant the little saplings, the club went to work. Five members, two leaders and their family members managed to plant 50 of the little Spruce trees, that are now on their way to contributing to the local park and the greater environment.

Starlite 4-H Multi Club had a wonderful experience with becoming involved, and they feel as though they have made a difference in the Edmonton community. 🍀




Learning proper planting protocol.



All who assisted in planting the saplings had a great time.

Members of the Stavely Stampeders model their new club uniforms.



Celebrating 25 Years!

SIDNEY WEICH
CLUB REPORTER

The Stavely Stampeders Light Horse 4-H Club held their first meeting on March 9, 1984 at the youth hall. Their first uniforms were pale blue shirts, navy silk bandannas and good blue jeans. There were 17 members with Audrey Egger as leader and Denise Scott as her assistant. Leaders since then were Fred Gould, Terry Olsen, Reece Kindt, Rea Wilkinson, and Lynda Attwood.

Today the Stampeders are lead by Trudy Andrews, Sheri Hosker, Teresa Russian, Robyn Lorenzen and Sarah Andrews. The club has 16 members for 2009. New Uniforms for the club were ordered for 2009, they are a teal blue with black and silver embroidery work, with black hats and good jeans. Our club has had three members selected to represent the South region as Ambassadors, Louanna Macleod in 1989, Erin Kindt in 1999 and Lindsey Meredith in 2008. To celebrate the club's 25th Anniversary a trail ride is being organized for September at the Lucasia Ranch west of Claresholm. 🍀



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Most of the crew proudly showing off their truck

Small Engines?

This past club year a group of five Small Engines' project members made the decision to do something "really cool". These members put forward a number of ideas before settling on the ultimate one... a Pull Truck! Not your usual small engine project, but for this group of five, nothing is impossible.

What an endeavour!

Our hard working members were involved in every step of the transformation of a 1961 Dodge truck. Finding all the parts and pieces took some time. Our members brought, pushed, pulled and dragged donated parts and pieces into the shop. While rounding up the new pieces needed for their project, they also worked with what they had. The members were then involved with the complete rebuilding of the major components of the truck, including the engine, transmission and rear end. Our members completely stripped the body of the truck, adding the reused and new components. While doing so, our members learned about body work and finished their project with a complete truck.

Hundreds of untracked hours, a lot of help from dads and moms, and special instruction from Fred Corfe Sr. (machinist), Jack Morton (body man) and Fred Corfe (mechanic), helped our group to learn to do by doing.

No one had guessed at the hours needed for such a transfor-



Preparing to pull...

mation. In May things looked questionable for our June finish date goal. With a last push of late Thursday nights and long Saturdays, the truck was completed just in time.

"4-Heavy Pullin'" was completed in 8 months, in time for its first pull at the Wanham Plowing match June 12-14. What an excellent debut! We won second place in the distance, and were voted "Best Performance" truck.

We are very proud of the success that was achieved and can't wait for it to continue at the Bonanza Fair, where many pulls will happen. Hats off to Ryley Dreger, Becky Corfe, Amber Moss, Chuck Bunton and Duncan Boomgaarden for working so hard this year.

As any 4-H club knows, a project of this scope can only be completely successful when paired with the support of community businesses, and we wish to thank ours:

- Efroc Industries (Spirit River)
- NAPA Auto Parts (Grande Prairie)
- Precision Machining (Grande Prairie)
- Lighthouse Promotions (Rycroft)
- Corfco Manufacturing (Sexsmith)
- Gregg Distributors (Spirit River)
- Neufeld Petroleum (Grande Prairie)

Watch out for us next year! The Small Engine members are already looking at some changes for 2009-2010. 🍀



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Features



Danny visiting work on a Saturday



Danny in front of the Washington Monument

Canadian Embassy Internship = Dream Job

DANNY HERTZ & LINDSEY MEREDITH

Many 4-H'ers in Alberta already know Danny Hertz as a 4-H Ambassador, a Provincial Judging Champion and a USA National 4-H Conference award trip delegate. What many don't know is that Danny has recently added the title of Intern at the Canadian Embassy onto his list of notable accomplishments.

In May of this year, Danny embarked on a dream job in Washington D.C. Working alongside major players in the Canadian and United States governments, as well as researching topics that will eventually become talking points for Canadian Cabinet Ministers would be enough to intimidate most people, but it's yet to faze Danny.

"The communication skills and confidence that I have were first developed by participating in 4-H related activities like public speaking and taking part in many of the summer programs and the Key Member program," says Danny. Most significantly, these experiences have helped me to reach out to new people and strike up a conversation about pretty much anything."

Aside from the exciting work that Danny gets to do in his role as intern, he is also experiencing what it's like to live in the famous Capital City.

"The experience of living in an incredibly historic city has been very rewarding. There is always something new to discover and I enjoy learning about American history, especially as it relates to politics and the wars that the US have fought in over the years," Danny says. "Also, the thrill of working at the centre of one of the world's oldest and most powerful democratic nations is phenomenal. Whether it's attending policy events hosted by think tanks or watching a Congressional hearing on Capitol Hill, you are always right on the cutting edge of political affairs here."

Danny spends most of his days monitoring American and Canadian stock markets and news outlets for stories relating to

his work and attending Congressional hearings. He also keeps busy in his office doing a lot of research.

"There are a wide variety of tasks that I work on here at the Embassy. Not surprisingly, one of the most pressing files in the Economic and Trade section right now is the 'Buy American' provisions in the American Reinvestment and Recovery Act. I have been researching the various sectors such as Renewable Energy, Energy Efficiency and Smart Grid Technology, and drafting reports on why trade with Canada is important to the US," says Danny.

Danny is taking this information and working to show how protectionist provisions hurt both countries in the long run. When he is not doing that, Danny is working on planning a biotechnology conference showcasing Canadian businesses, which is slated for September."

Luckily, it is not all work for Danny, as he does have Friday afternoons and his weekends free.

"I've been trying to make the most out of my summer here, and this usually keeps me pretty busy. I've been to most of the museums in the city, Arlington Cemetery three times, Mount Vernon (George Washington's Estate), several baseball games and a few other random events. Next month I am planning to travel to New York and hopefully Philadelphia, if I have the time that is," says Danny.

Danny is excited for the challenges that lay ahead next summer, as he moves on to new and exciting projects, hopefully in an equally excited geographic area.

"I would like to get some business experience next summer, and right now I am looking to work either in Quebec or overseas," says Danny. "Ideally, I'll find another challenging but rewarding job in a cool city and meet some exciting people. That's been the best part of this one!" 🍀

Highways + Trees + Electronics + Tires + Alberta 4-H Clubs = A Winning Formula!

LINDSEY MEREDITH

COMMUNICATIONS AND MARKETING ASSISTANT

From its conception in 1917, Alberta 4-H has prided itself on its members' community service efforts, its agriculturally-based programming and the organization's lean towards environmental awareness.

And so in 1977, when the Alberta Highway Cleanup was initiated on the first weekend in May, 4-H members supported it wholly. Highway Cleanup was, and still is, a volunteer opportunity that clubs can choose to participate in to serve their community and the environment. Thirty-two years later, 4-H continues to support and participate in the annual event, with this year's efforts resulting in 7100 kilometers of highway being cleaned and 47,313 garbage bags being filled!

"I thought it was a lot of fun," Olds Outlaws 4-H Horse Club member Taylor Schaber commented. "It was cool to have the entire club picking up garbage as it made the highway look cleaner and nicer, and hopefully even more people will want to help out next year too!"

And 4-H's "green" efforts don't stop at highways. This year was the 25th anniversary of the Trees for My Community, another community service initiative. This year, 19 clubs participated in planting more than 1800 tree saplings across the province.

The tree saplings are supplied, for free, by the Tree Canada Foundation; the saplings are then planted on community or public land as an independent green space initiative.

"It was a wonderful experience for our 4-H club to be involved in such an important aspect of our environment. We feel as though we have made a difference in our community, and we had a lot of fun while doing so. Planting trees was an easy way to help make our environment just a little bit greener!" summarizes a member from the Starlite 4-H Multi Club.

The newest green initiative headed up by 4-H, now in its fourth year, is the tire and electronic waste recycling program, which runs collections twice a year. The tire recycling program began as a pilot initiative in the Northwest region, to implement recycled rubber mats at the 4-H livestock shows in the Northwest and Northeast regions. This initiative was made possible by the Tire Recycling Management Association (TRMA). After the success of that project, a plan came into effect for a region-wide tire collection effort. The purpose of this effort was to collect tires from agricultural sources only, in spring and in fall, as a club fundraiser that benefited the community.

In fall of 2005, tire collection was extended to the rest of the province. By fall of 2007, over 62,000 tires were collected. In

Highway Cleanup comes with some snazzy outfits!



A member from the Starlite Multi club demonstrating proper planting technique!



spring of 2008, more than 45,000 tires were collected. From 2005-2007, the tire recycling program has generated almost \$300,000 for Alberta 4-H clubs.

Ninety-two years after inception, Alberta 4-H continues to embrace its members' community-minded spirits, and continues to explore the various ways that clubs and communities can partner, flourish and subsequently benefit. For more information on how your club can get involved with an Alberta 4-H fundraising initiative, please contact Joan Stone at the Alberta 4-H Foundation, toll free at 1-877-682-2153. 🍀



Trees for My Community planted these baby saplings across the province

This year, the Rockyford 4-H Beef and Multi club collected almost 1000 tires from mainly farm clean-ups. The club raised over \$1500 from this initiative!



That certainly looks like a "tire"ing load!



YOU ALREADY HAVE WHAT IT TAKES





CONSTABLE REBECCA FAHEY: Women's World Hockey Championship gold medalist Rebecca Fahey knows all about perseverance and teamwork. Managing her time and building strong relationships were key to her success. These skills are critical to her new career as a patrol officer with the Calgary Police Service.

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Marie is fourth from the right in red.

Where are they now?

Name: Mrs. Marie Stelmach

Club(s): Andrew 4-H Beef, Andrew 4-H Multi, Mundare 4-H Beef

Years in 4-H: 10 years as a 4-H leader, 15 years as a 4-H parent

What was your highlight of your 4-H career?

Mrs. Stelmach had a number of valuable experiences during her time as a 4-H leader. But, the biggest highlight was something she experienced throughout her time as a part of 4-H. As a leader, Mrs. Stelmach saw how the program, through activities such as public speaking, builds confidence in its members. Even the shyest children began to come out of their shells, eagerly talking to other members and speaking in front of a group.

A highlight was also seeing these positive changes in the Stelmach children. All four kids grew up in 4-H, and activities were a part of their time together as a family. Membership in 4-H also reinforced the values the Stelmachs wanted to teach their children, including the importance of being an active contributor to the community.

Mrs. Stelmach also enjoyed learning and sharing with other leaders during conferences. She remembers one such event in Diefenbaker Lake, Saskatchewan as a great opportunity to interact and network with other leaders to obtain new and innovative ideas to share with the club and make the experience for her home club even greater.

What are you doing now?

Mrs. Stelmach is now an ambassador for Alberta, lending her support as a honorary patron for a number of important charities dedicated to helping children. She also accompanies her husband, Premier Ed Stelmach, to various events throughout the province. These events give her the opportunity to meet Albertans from all walks of life, including many 4-H members past and present.

In her free time, Mrs. Stelmach enjoys spending time with her children and grandchildren at the family farm and their home in the city.

What skills do you use every day that you gained through 4-H?

The number one skill both Mrs. Stelmach and Premier Stelmach use is public speaking. The ability to write a speech that engages an audience and deliver it with confidence is a fundamental part of public life. Whether you are speaking to a neighbour or a room full of hundreds of people, it is vital that you are able to communicate well.

How would you describe the 4-H program to someone who is unaware of it?

Mrs. Stelmach describes the program as an opportunity for youth to join with others who share a common interest in their local community. By running meetings, interacting with other youth, and learning responsibility and time management skills, 4-H members are equipped with the tools to make them outstanding members of their communities and successes at everything they do. Last, but certainly not least, 4-H is a place to grow and have fun as a family and as a community. 🍀

FYI

Reminders, deadlines and leads on cool initiatives and projects, which will

hopefully help you to stay informed, as well as allow you to reclaim your kitchen table as an eating space rather than a bulletin board.

Senior Members Conference applications are available now! The deadline is not until December 1, but this program always fills up fast! Apply early so you can be part of SMC 2010!

Nomination forms for the 2010 Golden Clover are available on the 4-H website (www.4hab.ca). The deadline to apply is Nov 1, so if you know of a person or group that has done outstanding for 4-H, get nominating!

Did you know that a short distance from your club, there is an individual who would like to mentor your club's younger members, assist with planning fun events, and do a variety of presentations and/or workshops?

Alberta 4-H is proud to announce that we have KEY MEMBERS spread across the province who are waiting to hear from you! To find out more about your district's Key Member, give your Regional Specialist a call today.

SALT - Don't let this year's Small Animal, Lifeskills, Technology and Trade workshop pass you by! Look for more information in the Program Booklet, or online (www.4hab.ca)



Amy Schoenknecht



Leila Hickman



Cleaver



Susann Stone

Ask an Expert

Have all your 4-H questions answered by these seasoned pros!

4-H Ambassador – Amy Schoenknecht

As Ambassador, what events do you get to be a part of?

Well, my first major task as an Ambassador was to attend a spectacular weekend out at the Alberta 4-H Centre called “Ambassador Training”. It was a great way to celebrate becoming an Ambassador, and to set a good atmosphere for the next two years of service. We had so much fun with the second year Ambassadors, and we learned a lot. It’s safe to say that I put what I learned to good use this summer! The first event after training that I got to attend was a BBQ at Safeway in Camrose, where I volunteered to man the grill in support of prostate cancer research. Cleaver and I also got to attend Monday Morning Magic, which is an event put on by Edmonton’s Capital EX. At the end of October I will be attending the Growing Alberta’s Harvest Gala Supper in Edmonton. These were just a few of the opportunities I’ve been a part of or am looking forward to doing. I am excitedly awaiting next year’s training to meet the next group of talented Ambassadors!

Regional 4-H Specialist – Leila

I heard that there are some schools that are starting to have 4-H as part of their curriculum – can my school do that too?

Absolutely! The first school to register as a 4-H club was the Ardmore Wolverines 4-H Club in the 2007 – 08 club year. Since this time, the number of school-based clubs has continued to rise and school administrators are recognizing the benefits that 4-H offers their student body. Like all 4-H clubs, there are no two schools alike. A smaller school may see this as an opportunity to offer more options to their students, while a larger school may look at the communication and life skills development that 4-H provides and wish to utilize this component in their current education structure. There are endless possibilities! We are currently developing a “tool kit” that will assist anyone interested in talking with their principals or school boards about this sort of opportunity. For more information on how to start a school-based 4-H club in your area, please contact your Regional Specialist.

Fun Advocate – Cleaver

I saw you at a lot of events this summer. You are far too much of a hard worker to hibernate once the snow hits the ground, so what do you do and how do you do it all?

Once the mercury starts to drop and the summer programs end, many people think that I spend the entire winter recovering from my nonstop summer. I’d like to clear this up: I don’t! My winter is spent running from club award nights and theme parties, to trade shows and awareness nights. They may tell you that it’s impossible to be in two places at once, but with my special Cleaver powers, I can be in *three* places at once! My booking agent Toni likes to make sure I get as much face time as possible, and you members already know how much I love handing out my tattoos and pencils! If you’re interested in having me be part of your event this winter, give Toni a call at 780.422.4H4H.

4-H Foundation of Alberta – Susann

I’ve read about tire recycling, oil filter recycling and electronic recycling; how do I get my club involved in these projects?

Getting involved with environmentally friendly fundraisers is a great idea for any 4-H club because its results are two-fold: clubs are able to raise money for their upcoming year, and communities are able to support their local 4-H club. And of course, clubs and community members like to help “green”ify the environment. The 4-H Foundation of Alberta, in partnership with recycling organizations, have carefully analyzed a number of fundraisers to ensure that they are safe and profitable for 4-H members to participate in. All fundraisers advertised on the 4-H website are 4-H approved, meaning that a committee has looked at the pros and cons of each fundraiser and has developed a system for each that will make the fundraiser run smoothly and efficiently for all parties involved. All fundraisers have been given guidelines, which clubs are required to follow.

For more information on any fundraiser, your club can contact the 4-H Foundation of Alberta at 1-877-682-2153. Be sure to ask a lot of questions before your club commits to ensure have all the necessary information for your club. Clubs should vote on the participation of any fundraiser prior to starting.

Any fundraiser that helps the environment is profitable for any club. Go Green, Go 4-H!! ♻️

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It's more than being a good neighbour. It's about strengthening a community.

And we couldn't strengthen the community without the help of our community partners such as Alberta 4-H and the World Professional Chuckwagon Association (WPCA).

➤ EnCana would like to recognize all of the 4-H members and the following WPCA drivers who participated in this year's mentorship program:

Buddy Bensmiller	Shane Cartier	Chad Harden	Codey McCurrach
Chance Bensmiller	Troy Dorchester	Barry Hodgson	Mark Sutherland
David Bensmiller	Rick Fraser	Layne MacGillivray	Léo Tournier
Jerry Bremner			

EnCana, 4-H and the WPCA developed a mentorship program that gives 4-H members an up-close and personal look at the life of a chuckwagon driver.

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