

Alberta

4-H

MAGAZINE

www.4h.ab.ca

VOLUME FOUR • ISSUE ONE
SPRING 2008



AltaLink – Alberta 4-H's Newest Legacy Builder

page 35

**New Cleaver the
Beaver contest!**

page 5



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See page 28
for details on a Farm
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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

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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.*

Deadlines for submissions:

February 27, July 25 & October 24

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

Please contact Susann at the 4-H Foundation of Alberta at 1.877.682.2153 or foundation@4hab.com

Deadline for submissions are February 15, July 15 & October 15

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on the cover

Nils Welk, from the Bergen 4-H Multi Club, was one of many 4-H members who participated in the WPCA – 4-H Mentorship program. For more details on how you can become involved please go to page 16.

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



You all know the old saying "Time flies when you are having fun"; well I've now been on the job for close to six months and it seems like only yesterday when I first sat down at my desk. What a whirlwind ride and it only keeps getting better.

It has been a fantastic winter in the Alberta 4-H world. As you will read on page 9 the 90 for 90 was a grand success. It is a true testament of 4-H pride.

We were honoured to welcome five new members into the Alberta 4-H Hall of Fame. Marion Van Sluys and the group of Milo Barfuss, Doug Norman, Mahlon Weir and Ted Youck now grace the hall's wall. Congratulations to everyone of you and thank you for your devotion to the 4-H program.

Alberta 4-H is also very excited to welcome two new sponsors. Alta Link is the latest sponsor to join the Legacy Builders category. Their sponsorship will concentrate on all regional, district and provincial communications programs. In addition, Penn West Energy Trust has partnered with Alberta 4-H to provide rural youth with opportunities of a lifetime. Pages 34 and 35 has all the latest information on the partnership between Alberta 4-H and these two great companies.

In January and February leaders and members travelled back to the future for Leaders' Conference and Senior Members' Conference respectfully. Having attended both conferences I admit they were equally entertaining and enjoyable but the passion and competitiveness some leaders show during a game of spoons is simply unrivalled. One word comes to mind – "WOW". To find out all the good things that happened at these events please turn to pages 10 and 14.

Are you looking to attend LTCS, Club Week, PDP, the Provincial Beef Heifer Show or any of the other numerous programs, events and camps that are available this summer? Please look through the program booklet insert about all the opportunities that are available to you.

I also wanted to thank everyone for submitting their news pieces. We have had a tremendous response from clubs and districts but unfortunately we ran out of pages to get all these awesome articles printed in this edition. However, because your items are very important to us, we have posted them on the 4-H website – www.4h.ab.ca.

Please enjoy the magazine, enjoy all the events you partake in and have a WONDERFUL summer.

Until next time...

Cameron Horner

EDITOR
COMMUNICATIONS AND MARKETING SPECIALIST

Contact List

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.

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Contest

Navigate the 4-H Web Site with Cleaver

Contest Deadline: October 15, 2008

Ever wonder what Cleaver is up to when he is not busy showing up at your regional and district events, shaking hands and kissing babies? His schedule has been so hectic this last year that he feels like he is not keeping up with what is going on with 4-H, so he has decided that in his down time, he is going to cruise through the information on the pages of the new 4-H web site.

For the next 6 months Cleaver will be surfing around on **www.4h.ab.ca** and we want you to find him! Between the 5th and 15th of every month (beginning on May 15 and ending on October 15) he will make an appearance on a particular web page. To find Cleaver and complete the entry for that month you will be asked a question and the answer is located on the page when Cleaver is located. He might be on the main page or perhaps a Regional page or maybe he has gone to read up on the Legacy Fund. It's anyone's guess! To get the question on where Cleaver is located for the month, go to the **4-H Calendar** and check out the entry Navigate the 4-H Web Site with Cleaver for that month.

All you have to do is make sure that you visit the 4-H web site between the 5th and 15th of every month (and any other time that you just want to see what's new with 4-H), fill out the application and state the answer to the question posed each

month. Only one submission is allowed per navigator. The entries with the most correct answers will be entered into a draw. The diligent navigator whose name is drawn will be rewarded with a Future Shop \$100 gift certificate.

Please mail the application (postmarked by October 15, 2008) to the:

**4-H Branch
Room 200, 7000 113 Street NW
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T6H 5T6**

Fax: 780-422-7755



Official Entry Form

Only one submission per person will be eligible to win.

Please mail the application (postmarked by October 15, 2008) to the:

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MAILING ADDRESS _____

CLUB NAME _____

CITY/TOWN _____

PHONE _____

EMAIL ADDRESS _____

ANSWERS:

MAY 5 – 15 _____

JUNE 5 – 15 _____

JULY 5 – 15 _____

AUGUST 5 – 15 _____

SEPTEMBER 5 – 15 _____

OCTOBER 5 – 15 _____

SIGNATURE OF PARENT OR GUARDIAN (OR 4-H MEMBER IF AGED 18 AND OLDER) _____

Personal information on this form will be used for publicity and administration of the 4-H program. It is collected under the authority of the Freedom of Information and Protection of Privacy Act. Information provided is protected under the Freedom of Information and Protection of Privacy Act.

National News & Events

Volunteer Leader of the Year Award Winner

BY CHRIS FORREST

COMMUNICATIONS MANAGER, CANADIAN 4-H COUNCIL

(Dec. 3, 2007 - Ottawa, ON.) – 4-H Leaders across Canada were honoured for their dedication to local youth as winners were officially announced today in the 7th annual The Co-operators / 4-H National Volunteer Leader of the Year Award. June Switzer, of Hillsburgh, Ontario, was named the National 4-H Leader of the Year.

More than 29,000 4-H Members across the country depend on more than 8,500 volunteer Leaders to run clubs and oversee projects and fundraising efforts. The award was established through a partnership between The Co-operators and Canadian 4-H Council to celebrate the dedication shown by 4-H volunteers in helping youth achieve their goals.

“The lives of countless young people have been greatly enriched thanks to the volunteers who give so generously of their time,” said Bob McAuley, president of Canadian 4-H Council. “At a time when we are looking to increase our volunteer numbers, we are reminded of the crucial role our volunteers play in ensuring the 4-H program is offered to new generations.

The Co-operators and Canadian 4-H Council are proud to acknowledge the selfless efforts of these volunteers through this annual award.”

Nine provincial winners were declared, and from these a national winner was selected. Provincial winners will be awarded a certificate, \$100 cash prize, plus Co-operators and Canadian 4-H merchandise. The Grand Prize - a \$1,100 cash award - goes to June Switzer, of 4-H Ontario. June has been a 4-H Leader for more than 13 years, and was nominated by more than 25 members of her various Clubs, which include: square dancing, black light theatre, and life skills. June was also instrumental in assisting the national 4-H organization in creating a public service announcement for television in 2001. The PSA, also sponsored by The Co-operators, earned an Ontario advertising award. In nominating her for the award, her Club members wrote: “She gets involved in every aspect of the Club, and then some. She takes it upon herself to start new Clubs that no one has thought of before, and she keeps them going. June has taught us valuable life skills that will help us in our futures!”

“Leaders are the foundation of the 4-H program,” says Kathy Bardswick, President and CEO, The Co-operators. “These unsung heroes who give one of the most precious resources - their time - in order to help develop our youth deserve to be recognized. The winners of The Co-operators / 4-H National Volunteer Leader of the Year Award epitomize what has made 4-H Canada's longest-running rural-based youth development organization. I'd like to commend all the Leaders for their commitment.”

Bill Kehler Memorial Awards

Applications are now being accepted for the Bill Kehler Memorial Awards. Up to four (4) awards of \$2,500 each will be awarded this fall and announced at Canadian Finals Rodeo, November 5 to 9, 2008.

The awards are open to students who have completed Grade 12 and are pursuing post-secondary education. To honour Bill Kehler's memory, awards will be distributed to students with academic interests in broadcasting or agriculture. Individuals in professional rodeo are also eligible to apply for an award to support their post-secondary studies.

Application forms are available on-line at:
www.canadianfinalsrodeo.ca/bill_kehler.html

For more information, please call 780.471.7336
Deadline for applications is August 29, 2008.



The 2007 winners are: Melody Kouwenhoven - Kelowna, BC, Shirley Armitage - Red Deer, AB, Lynette Richards - Lashburn, SK, Norma Wood - Mordan, MB, June Switzer - Hillsburgh, ON - National Winner, Kirk Jackson - Saint Anicet, QC, Sheila Lappage - Belleville, NB, Corin Hagmaan - Hants County, NS, Grace MacLaurin - Miscouche, PE

Based in Guelph Ontario, The Co-operators is a group of Canadian companies focusing on home, auto, life, group, commercial and farm insurance, as well as investment products and property development. Owned by a group of Canadian co-operatives, credit unions and like-minded organizations, The Co-operators has assets of over \$7 billion.

The Co-operators is well known for its philanthropy and community involvement.

4-H is one of the country's longest-running youth organizations, offering fun, excitement and learning for youth in communities large and small across Canada. More than 8,500 trained volunteer Leaders help about 29,000 4-H Members develop self-confidence and learn a wide variety of skills through hands-on project work. The Canadian 4-H Council was established in 1933 to co-ordinate all national 4-H affairs.

For more information, contact: Chris Forrest - Communications Manager, Canadian 4-H Council, (613) 234-4448 or cforrest@4-h-canada.ca or Jayne Russell - Manager, Public Relations, The Co-operators Group 1-877-795-7272, ext. 2455. 🌸



Some fun activities from Manitoba Leaders' Conference

Manitoba 4-H Leaders Conference

BY CRYSTAL MARTENS

This conference never had a dull moment. Upon arrival I was greeted as if I was part of their team. We started the weekend with a 4-H rally where we manoeuvred around the hotel looking very silly at times doing tasks and challenges. Some of our challenges had us in washrooms counting stalls, can you imagine some of the looks we received standing in there counting stalls (ha-ha what a blast to start our adventure).

Later that evening after all the delegates arrived, was our opening ceremonies with the pledge and the carrying of the provinces flags and 4-H flags. I had the honour of taking our flag to the podium.

We lit candles to represent each of the unities of 4-H as we passed our flames from member to member we made a bigger unity in ourselves and as leaders.

Our first keynote speaker spoke about how important our 4-H leaders are for our young people in today's society as we help them build a sense of value and worth in their community. Our second speaker was a very informative individual with 10 years in 4-H himself and an educator. He demonstrated how role modeling is powerful in building self-esteem and developing motivation in our youths.

Overall the conference was a great opportunity for me as I have walked away from this learning experience with new ideas and skills that I will use in our 4-H meeting and even at home. 🌸

National 4-H Update

It has been a year of change at Canadian 4-H Council. For the first time since its inception in 1933, the Canadian 4-H Council membership voted this past fall in favor of introducing significant changes to the organization's governance structure. At a Special General Meeting of Member Representatives, the membership unanimously approved the introduction of new By-laws which will change the Council's Board governance structure from 'operational' to 'visionary'.

"The rationale for making this change is to allow for more effective and efficient national 4-H decision making," said Bob McAuley, president of Canadian 4-H Council. "This change will bring the Canadian 4-H Council's governance structure into line with most other national associations which adhere to a policy board governance model."

Under the new structure, the Board will be responsible for setting policy and end goals, and the organization's staff will be responsible for achieving those goals and providing measurable results. This will allow the Board to focus on areas such as strategic visioning and organizational stewardship.

Communications and marketing efforts at the national level this year focused on the second phase of the Canadian 4-H Council's multi-year awareness campaign to increase member and volunteer numbers. In 2006 the organization launched its largest ever advertising campaign aimed at new member recruitment. While the award-winning 'Make Your Escape!' campaign registered thousands of potential new members, in many cases a lack of volunteer 4-H Leaders meant there was no local 4-H Club to which registrants could be referred.

Rather than attempting to recruit volunteers from the general public, it was determined that Phase II would target those who had benefited most from the program. The resulting campaign, titled 'Join Again', encouraged former 4-H Members to re-connect with the organization that played such a significant role in their own early development. The campaign launched in the fall with a blitz of print advertising in all major agricultural publications; a series of public service announcements (PSA) posted to every community newspaper in Canada; a series of testimonials from former 4-H Members; the distribution of 50,000 posters and handout cards to provincial 4-H organizations; and a website where alumni could provide contact information and sign up for volunteer materials.

Other significant initiatives in 2007 included the first ever 'Show Your 4-H Colours' event to launch National 4-H Month in Canada, held in conjunction with Alberta's celebrations. With participation from the Prime Minister and many provincial government leaders, the inaugural event earned 4-H considerable media and community attention. Show Your 4-H Colours will now become the annual focal point for National 4-H Month. Thanks to all who helped make the event such a great success.

There are many exciting initiatives planned for 2008 and beyond, including the launch of a new national 4-H magazine in the fall of 2008 and many exciting updates to national programs. 🌸

National 4-H Leaders and Members Conference in Toronto

BY LORI SEREDA

LEADER, PRAIRIE ROSES 4-H MULTI CLUB

Recently 6 leaders and 10 members from across Alberta had the opportunity to attend the National 4-H Leaders and Members Conference in Toronto. Not only did the Alberta leaders have a chance to meet each other but we also met 37 additional leaders from across Canada.

This conference is similar to our own leaders conference but on a much more intimate setting. With only 43 leaders and 4 days of sessions, lunches and tours you get to know many of them and you become friends.

Our conference for both leaders and members started off with supper (one of the few things we did together), followed by the traditional pin swap, committee meetings and closed off with "the mingles" room. The next day we were all up bright and early with our news committee giving us highlights of the previous days travel woes and current weather forecasts (coast to coast). After a day of sessions the group headed off for the 21st annual mystery dinner theatre. This evening was truly one of the most memorable part of the trip. Upon returning to the hotel it was Alberta's turn to host "the mingles" room. After a few trivia questions, we broke into a game of spoons. Although we didn't have many playing, those that stayed quickly learned

to play – the Alberta way – sliding across or diving under the table or taking more than 1 spoon. I know PEI and Nova Scotia leader's retreats will have a new tradition. During our Friday morning session we learned many new things including how to "wax on wax off" - also known as learning to juggle, as well as how to increase our memories. Our tour to the John Deere Eastern North America Distribution centre was very interesting. It's amazing what a staff of 20 – 25 can accomplish. This plant is very organized and runs very efficiently. Our tour ended with an afternoon/evening in Niagara Falls. What a spectacular sight. Saturday was spent at the Royal Winter Fair. Here everyone went in every which direction. Some to the cattle shows, a lot to the horse shows, some met members that were just arriving for the junior competition and some met old friends while the rest shopped. Our final morning was spent doing evaluations and saying good-bye. I remember Mark Shand saying on our conference call prior to the trip that Sunday would be a rough day emotionally. Although I didn't shed many tears, it was tough to leave such a wonderful conference and say good bye. It's amazing how close you can come some people in such a short time.

Should you ever have the opportunity to go on a leader's trip or chaperone a program – take it – the benefits are "more than you imagine".

I would just like to conclude by saying thank you to the many sponsors who support this conference, the program directors (who are volunteers) and Alberta 4-H for giving the six Alberta leaders the opportunity to attend. 🍀

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Provincial News & Events

\$90 for 90 Years Reaches Goal!

Alberta 4-H is pleased to announce that the \$90 for 90 Years project was a rousing success. The campaign, which concluded at this year's Leaders' Conference, raised an astonishing \$97,662.71.

"It is a testament to our 4-H community that we were able to not only achieve our goal of \$90,000 but to exceed it," commented Alberta 4-H Foundation's CEO, Bruce Banks. "We received a tremendous amount of support from past and present members, leaders, clubs, councils and the corporate sector."

In addition, Banks hopes that by 2009 interest accrued from Legacy Fund will provide direct funding at the club level in addition to funds allocated to districts and regional councils.

The Alberta 4-H Legacy Fund supports Alberta 4-H by using the interest earned by the fund. The 4-H Foundation of Alberta manages this fund on behalf of all Alberta 4-H members, leaders, clubs and councils. 🌸



Calling All Consumers!

BY STACY MURRAY

REGIONAL 4-H SPECIALIST

Regardless of your age, you are a consumer. The process of identifying your need, researching the possible solutions, and ultimately making your decision; whether it takes 30 seconds or 30 days, is what "Consumer Decision Making" is all about.

Set to launch August 8th -10th, the 1st annual Consumer Decision Making workshop and competition will explain the ins and outs of this exciting initiative. While not altogether different from livestock judging in some respects, this program will be good practice for making decisions and being a smart shopper; important life skills.

The skills required to make solid consumer decisions, given that ads, peers and media are constantly sending messages to 'buy, buy, buy' are very important. Hopefully, with a little bit of Consumer Decision Making background, 4-H members will be able to tell the difference between a good deal and a bad one, a want and a need, and an emotional purchase versus a rational one. These skills are invaluable because decision making is a tool that we use everyday. Making a poor choice will cost members nothing at the Consumer Decision Making

workshop. Hopefully this helps prevent them from making costly consumer decisions in the future.

Member delegates, aged 15+, will be provided with 'study guides' in advance in order to prepare them with information about what to look for. Combining their personal experiences and the information provided in the 'scenario' accompanying each class, will allow members to make informed decisions. These decisions will then be defended to an official judge via oral reasons. Members will also be given information to assist their leaders in teaching consumer decision making skills once they return home.

Leader delegates will be provided with information on running a competition, teaching members the basics of smart shopping, and marking reasons. They will also be asked to assist with the competition portion of the program.

For more information on the program, please contact Stacy Murray at the Fairview Regional 4-H Office or check out the 4-H website at www.4h.ab.ca. 🌸

Key Member Update...

BY LEILA HICKMAN

REGIONAL 4-H SPECIALIST

Congratulations to Kalynn Dobos and Luke Wrubleski as the winners of the first ever 'Key Member Arm Band Challenge'. These two members will be representing the Key Member program at the 4th Annual Rural Roots Conference in Gull Lake, AB. This weekend program hosts youth from all over Alberta to talk about global issues through hands-on workshops, motivating keynote speakers and other creative mediums.

To be awarded this honour, Kalynn and Luke both committed to wearing a green 4-H arm band for the entire month of November in order to increase the awareness of the 4-H program. With evidence gathered, I am proud to acknowledge the participation of these to key members. Thank you to all the key members that wore the arm bands and engaged in other activities to spread the word. I look forward to our next challenge! 🌸



Kalynn Dobos proudly spreading the 4-H word

Back to the Future for 4-H Members

BY CAMERON HORNER

4-H MARKETING AND COMMUNICATIONS SPECIALIST

From February 1-3, 95 4-H members travelled back to the future or in this case to the Alberta 4-H Centre, to attend Senior Members' Conference 2008. Though temperatures were cold member's spirits could not be deterred as they were treated to a weekend of learning, meeting new friends plus fun and games.

"Senior Members' Conference continues to be one of the biggest events of the 4-H program and this year was no exception," stated Alberta Agriculture and Food 4-H Specialist Janet Kerr. "It's amazing how this conference has grown and evolved in such a relatively short period of time. It really speaks to the value that our 4-H members gain from this event."

At Friday night's registration and orientation delegates met new friends and caught up with old acquaintances. After some games, marshmallow roasting, popcorn and a movie, delegates went to bed thinking about tomorrow's activities.

Saturday was a jammed packed day that saw members "enjoy" a 30-minute aerobic activity and a chair-less breakfast before the day's sessions began. In relation to this year's theme – Back to the Future – Mahlon Weir, former Alberta 4-H staff member, discussed with the delegates the changes 4-H has gone through since its inception and where he sees the program going forward.

After enjoying some fun tobogganing and tubing delegates were back in the classroom with select-a-session. This year's sessions focused on financing, nutrition, careers, along with a presentation on the Green Certificate Program and the Ropin' the Web website.

Traditionally the highlight of the weekend revolves around Saturday night's activities and this year was no different. The evening commenced with a word from the program's sponsors and a wonderful banquet. "It is always a pleasure to address such a fine group of 4-H members," stated UFA Cooperative Limited's Tim Church. Immediately afterward, Dr. Frank Robinson left members in stitches with his informative talk on everything "chicken". No "Back to the Future" conference would be complete without an array of costumes to decorate the retro dance that concluded the evening.

Sunday saw Susann Stone of the 4-H Foundation educate the members on the many

post-secondary scholarship opportunities that are available. Former Ambassador, Kristen Hedley, then gave a grand speech on the finer points on maintaining healthy relationships. After a quick lunch it was time for everyone to pack up their belongings and say goodbye to their many friends.

Senior Members' Conference is an annual event that hosts 15-20-year old 4-H members for a weekend of skill learning and applying, socializing and realizing that was created on the initiative of the 4-H Ambassador group who wanted to see a conference geared directly for members who were on the cusp of entering the "real world." Being that 4-H is renowned for creating leaders for tomorrow, the 4-H Branch paired with Alberta 4-H Ambassadors to ensure that senior member's learning experiences were taken to the next level—both for those who are participants and those who are planners.

"SMC is an exciting event in the 4-H program that many members look forward to attending," stated Ambassador and organizing committee chairperson Brianne Bergerud. "It gives members the opportunity to take a look into their future, and provides them with valuable information regarding school, life skills, career opportunities and maintaining a healthy lifestyle. Its success is measured on the quality of information, as well as the recreational events and friendships that are created."

Major conference sponsors include EnCana, Alberta Agriculture & Food, ATB Financial, Livestock Identification Services, Olds College, and UFA Cooperative Limited. The partnership of government, industry, and 4-H members and leaders enables Alberta 4-H to flourish, and facilitates training functions such as this conference.

For more information on Senior Members' Conference, contact 4-H Specialist with Alberta Agriculture and Food, Cameron Horner at 780.427.0753 or visit the 4-H website at www.4h.ab.ca. 🌸



Ambassadors are instrumental in organizing SMC. Pictured are some of those fine individuals dressed in their Sunday best

Provincial Equine Leaders' Forum (PELF)

The Alberta 4-H Centre and Lakedell Centre were hosts to the 5th Biannual Provincial Equine Leaders' Forum (PELF) from February 22 – 24. 4-H Leaders from across Alberta were joined by leaders from British Columbia, Saskatchewan, the Yukon and Montana to learn about various equine activities. Friday began with a presentation by Jeff Goodwin, Head of the Colorado 4-H program on horses, kids and ethics. This session provided leaders with lots of food for thought and also lots of laughs. The other activity for Friday night was a sneak peek of the upcoming 4-H video. Muffy Knox discussed the video, how it might be used by 4-H clubs and she also reviewed Level 1 – 3 assessments.

Saturday consisted of a variety of select a session on topics ranging for games to teach horse theory to bits and biting. Select a session continued on Sunday with topics such as equine photography and nutrition to name a couple.

Sunday concluded with another presentation by Jeff Goodwin, this time focusing on Commandments for 4-H Leaders which once again involved lots of laughter along with a great message for 4-H leaders.

The conference was planned by members of the Provincial Equine Advisory Committee with assistance from the 4-H Branch. 🍀

4-H Welcomes New Staff Member

Hi, my name is Ashley Eckel. I grew up in a small town outside of Regina in Saskatchewan called Raymore. I was raised on farm with both grain and cattle. Although I was more in favour of the animal side of things, I still loved driving equipment. I was also in light horse 4-H when I was younger and loved it. After graduating I went on to the University of Lethbridge where I obtained my Bachelor of Sociology in the fall of 2007. I miss the farm a lot but still bring my horse Kalem with me wherever I go. Since graduating from the University of Lethbridge I have worked at a high school outside of Lethbridge as a learning assistant. I am really looking forward to the opportunity to work with the Alberta 4-H, as well as working with and meeting all of you!



Ashley is the 4-H Intern for the East and West Central Regions and working out of Stettler. Please join us in welcoming her to the 4-H family. 🍀

As a 4-H member, you learn to do by doing.

As a Lakeland College student, you'll live the learning.

- Run a combine on our student managed farm
- Host a math fair in a school
- Fight fires on our training site
- Give a therapeutic massage
- Manage a play program for young children

***Book a tour for your 4-H club today.
Phone Becky at 1 800 661 6490, ext. 8579***



LAKE LAND COLLEGE

lakelandcollege.ca

Recycling! A great way to clean up your community and earn a little money!

BY SUSANN STONE

4-H FOUNDATION OF ALBERTA

Way to go Alberta 4-H Members and leaders! In the fall collection season you collected over 50,000 tires and over 2,200 electronic units equally more than \$72,000. That is impressive; can you imagine the positive impact you have had on the environment in your community?

The Alberta 4-H Tire Recycling and Electronics round ups will run again this spring. Continued success through these recycling fundraisers keeps them being fun and profitable for Alberta 4-H Clubs. These programs are made possible by the partnership with Alberta Recycling. Their ongoing support and dedication to develop these programs is deemed to be very beneficial to Alberta 4-H members and leaders.

Tire Recycling and Electronics Roundup will take place from April 22 through to June 30, 2008.

How do you get involved?

Discuss fundraising initiatives at you next club meeting and find the best fundraiser that will suit your clubs needs. Visit www.4h.ab.ca to find out your options, we encourage you to ask questions.

Determine a club goal: How much money do you want to raise? What will your club be using the funds for?

If you would like to participate in Tire Recycling or Electronics roundup your club must register each season with the 4-H Foundation of Alberta at 1-877-682-2153 or foundation@4hab.com.

Upon Registering

The 4-H Foundation of Alberta will coordinate with your local landfill and ensure they are aware of the program details and that they are prepared for large amounts of electronics and or tires your club is about to bring.

We will also send your club a package. Your club must not start collecting until this package is received as it will include the collection forms, landfill information and important steps to follow.

Your club will receive names and phone numbers of individuals that have contacted the 4-H Foundation of Alberta indicating that they have items to be picked up if applicable in your area.

Points to remember

- Register your 4-H Club each season
- Collection from tire retailers is not allowed
- Fill out all collection forms correctly and completely prior to submitting
- Ask questions throughout the program if needed.

For more information on these recycling fundraisers or other approved Alberta 4-H fundraising opportunities for your club please contact the 4-H Foundation of Alberta at 1-877-682-2153 or foundation@4hab.com. 🍁



Eagle 4-H Beef Club built strong community relations throughout their collection. In addition, their hard work and dedication to the program will enable the club to register all their members to attend and participate at 4-H on Parade.

Alberta's 4-H Website Undergoes Redesign

BY CORINNE SKULMOSKI

ELECTRONIC DESKTOP PUBLISHER

It doesn't seem that long ago that the current 4-H website was launched in January 2005. So now, three years later, in February 2008, a new look for the 4-H web site has been launched. All the previous information is still available but the look and feel is crisp, clean and fresh. Open your web browser and type in the 4-H web address: <http://www.4h.ab.ca>, press enter. Welcome to our home page. We invite you check out the web-site to see the new look and the new features.

There are more items to choose on the left hand side navigation. Have you checked out what is available on Resources lately? This section is password protected so please call (780) 427-4426 for access.

4-H Calendar – on the home page navigation select News/Events and then Calendar. The current month is always going to show up when you initially enter the 4-H Calendar. To obtain more detailed information, cost, the application or contact information select the link Details.

Another area we've redesigned is the regional web pages. Select Regional Info from the home page navigation. This takes you to the Regional Map a page with the map of Alberta broken down into the various 4-H regions. Select the area on the map or the word listing to the right of the map to go to that particular region. Each region will automatically show the current monthly Calendar for this Region. The tab Info will take you to the regional page listing of information provided for that region - Upcoming Programs and Events, Newsletters, Scholarships, Minutes, Constitutions, Rules and Guidelines. Clubs provides a listing of the 4-H clubs available in that region, the towns they are associated with and the projects offered.

I hope you have enjoyed surfing the 4-H web site. Would you be interested in receiving a monthly e-mail when information is updated on www.4h.ab.ca? Please send your e-mail address to corinne.skulmoski@gov.ab.ca and you will be added to our e-mail listing. ❀



4-H Awards Available from Beef Breed Associations

BY CORINNE SKULMOSKI

ELECTRONIC/DESKTOP PUBLISHER

Each of the beef breed associations listed below offer a product or prize to 4-H clubs that have members showing a beef animal of that particular breed. 4-H leaders may apply for as many awards as applicable for your club. Be sure to supply the associations with names, addresses, phone numbers and pictures as requested by each association. When contacting a breed representative, please allow enough time (6 weeks) for shipment of product or prizes if you are awarding these at an awards night. More information as well as the application form (Beef Product and Breed Association Application) is available on the 4-H web site at www.4h.ab.ca. (Access this information by choosing Applications on the main page navigation, then Project Related then Beef Breeds).

Beef breed associations:

Alberta Angus Association
Alberta Blonde d' Aquitaine Association
Alberta Charolais Association
Alberta Galloway Association
Alberta Hereford Association
Alberta Limousin Association
Alberta Maine-Anjou Association
Alberta Piedmontese Association
Alberta Pinzgauer Association
Alberta Salers Association
Alberta Shorthorn Association
Alberta Simmental Association
Alberta Texas Longhorn Association
Beefbooster
Canadian Dexter Cattle Association
Canadian Galloway Association
Canadian Murray Grey Association
Canadian Red Angus Promotion Society
Canadian Red Poll Association
Canadian South Devon Association
Canadian Speckle Park Association (CSPA)
Canadian Tarentaise Association
Canadian Welsh Black Association
Gelbvieh Association of Alberta
Salers Association of Canada

If you have any questions please contact Corinne Skulmoski at the provincial 4-H office.

corinne.skulmoski@gov.ab.ca

Tel: 780.427.4340 ❀



Two Ontario puppeteers Darrell and Rick enjoying the festivities

Travelling Back to the Future at Leaders' Conference 2008

BY CAMERON HORNER

4-H MARKETING AND COMMUNICATIONS SPECIALIST

With their Deloreans packed 279 Alberta Volunteer 4-H leaders from Alberta, along with guests from across Canada, as well as Montana, made their way to Red Deer on January 11-13 for the 65th Annual 4-H Leaders' Conference. With this year's conference appropriately themed Back to the Future, leaders joined together to learn from the past as they prepare to take 4-H into the future.

Terri Potter, conference director and member of the organizing committee felt that the weekend was a rousing success, which in itself is no small feat being it spans three days, has over 30 sessions and includes the Premier's Award luncheon and the 4-H Hall of Fame induction ceremony. "Everything went really well," reported Terri. "It never amazes me how smoothly things run when you have such great people lending a helping hand."

As a result of the vast selection of sessions, presentations and forums, Saturday was broken into four sections, with each section giving leaders a choice between nine different options. Topics covered ranged from consumer decision making to team building to bullying to laughter in life, with time given in-between for mingling, networking and exercising. Sunday's keynote speaker, Donna Tona, received rave reviews from conference attendees for her topic "Re-UP-Holster Your Emotional Couch!" - a presentation that concentrated on sorting out the wheat from the chaff in your life.

An annual Leaders' Conference highlight is that of the official Alberta 4-H Hall of Fame induction ceremony. This year's re-

cipients included long-time 4-H volunteer Marion Van Sluys of Fort MacLeod and four former Alberta 4-H employees, R.T. (Ted) Youck, Mahlon Weir, Doug Norman and Milo Barfuss. (Please see page 17 for more information)

Also handed out at Leaders' Conference is the Alberta 4-H Council's Golden Clover Award, which recognizes organizations that have greatly contributed to 4-H. This year's award was given to the County of 40 Mile District & Cactus Country 4-H District for their involvement in the Elkwater 4-H Summer Camp.

Major conference sponsors include AMA, Alberta Agriculture & Food, ATB Financial, Encana, Netkaster, Olds College, UFA and Viterro. The partnership of government, industry, and 4-H members and leaders enables Alberta 4-H to flourish, and facilitates training functions such as this conference.

No doubt next year's planning committee is already feverishly at work drumming up ideas to make Leaders' Conference 2009 even better. We hope to see you all there!

For more information on Leaders' Conference, contact 4-H Specialist with Alberta Agriculture and Food, Terri Potter at 780.427.4466 or visit the 4-H website at www.4h.ab.ca. 🍀



Dwayne Fulton and a lady friend



You don't have to wear a suit if you don't want to.

There's more to life at UFA.

Coming from the farm doesn't mean you have to stay on the farm. And it doesn't mean giving up the life you love for a rewarding career, either.

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UFA is a progressive, multi-billion dollar organization with deep rural roots and a bright future. Today, UFA offers career opportunities in retail operations, petroleum and construction services. Positions are available in rural communities across Alberta at more than 35 Farm and Ranch Supply stores and 120 Petroleum locations.

There are exciting opportunities in departments ranging from IT to Finance and HR to Corporate Affairs at the Calgary head office. Or, choose the opportunity to help build the rural landscape with the recently launched UFA Construction division.

The UFA working environment blends small-town values with big business. It comes from an understanding that there is more to a UFA employee than their job. Flexible hours, store discounts, a social club membership, a comprehensive benefits package and an employee reward program are just a few of the ways UFA supports and encourages work-life balance.

Want to be your own boss one day? Through the UFA Emerging Leaders program, paid management training is available to help young leaders develop their managerial skills. This program offers full salary and benefits during the training program, and provides an opportunity for emerging leaders to start in assistant manager and yard manager positions.

Work part-time while you go to school, or kick-start your career in agriculture. You can get this and more from UFA.

Visit www.ufa.com or email your questions or resume to work@ufa.com to find out more.

work@ufa.com



WPCA – 4-H Mentorship Opportunity

WPCA – 4-H Mentorship Opportunity sponsored by EnCana.

4-H members and World Professional Chuckwagon Association drivers join together to share their knowledge, learn from each other while 4-H members have the opportunity to see the behind the scenes of chuckwagon racing. 4-H members might be grooming, tending and walking horses, helping to hook up wagons, cleaning and maintaining the harnesses, pre and post race preparations feeding horses, and working with the family and interacting with tarp sponsors. The WPCA – 4-H Mentorship Opportunity will provide members with a unique hands-on experience in the dynamic and exciting world of chuckwagon racing.

TOUR DATES/LOCATIONS: NOTE: THERE WILL BE A 4-H STAFF AT EACH OF THE LOCATION FOR THE MEMBERS TO CHECK IN WITH EACH DAY.

Grande Prairie Stompede, May 28-June 1, Medicine Hat Exhibition and Stampede, June 6-8, Rocky Mountain Turf Club Derby June 13-15, North American Chuckwagon Championship(High River) June 19-22, Ponoka Stampede, June 26- July 2, Bonnyville Chuckwagon Championship, July 17-20, Badlands Dinosaur Derby(Drumheller) July 17-20, WPCA Dodge Pro Tour Championship & Strathmore Heritage Days, July 31- Aug 4, Battle of the North(Dawson Creek), August 6-10, Red Deer Chuckwagon Championship, August 14-17, World Chuckwagon Championship and Edmonton's Chuckwagon Derby, August 27-31

WHO IS ELIGIBLE?	WHO IS SELECTED?
• <i>An active/registered 4-H member from any project</i> • <i>12 years of age or older</i> • <i>Experience with horses</i> • <i>Able to demonstrate initiative</i> • <i>Interested in chuckwagon racing and horses</i> • <i>Able to provide written consent from a parent or guardian if under 18 years of age</i> • <i>Must be able to commit to one entire Dodge Pro tour stop.</i> • <i>Must provide post experience feedback to the 4-H Foundation of Alberta in a timely manner.</i> • <i>4-H Member in good Standing that will promote Alberta 4-H.</i>	• <i>4-H Members that best suit the eligibility criteria</i> • <i>4 – 4-H members at each of the 11 Dodge Pro Tour locations (If there are not 4 members at one location, then the members will be balanced out to have a total of 44 members over the course of the summer. As some locations are more central than others.)</i> • <i>Maximum Total = 44 4-H members</i> • <i>Above average essay submission that includes all of the needed information.</i> • <i>Drivers have all been screened and approved to participate.</i> • <i>Members will be notified that they have been accepted in late May with an information package.</i> • <i>Members will not be notified of their driver until the week of the event as per drivers' request.</i>

HOW TO APPLY:

Deadline: Received by May 15, 2008. Send submissions via mail, email or fax to the 4-H Foundation of Alberta

Write an essay (300 – 500 words)

- Detailing why you would like to participate and why you should be selected.
- How will you promote Alberta 4-H through this opportunity?
- Be sure to highlight any previous experience with horses and chuckwagons.
- Include: name, club, address, phone, alternate phone number, email, fax, age and parents name, preferred location to participate. (visit www.wpca.com for tour dates and locations)

FOR MORE INFORMATION OR TO APPLY:

4-H Foundation of Alberta
WPCA – 4-H Mentorship Opportunity
RR 1
Westerose, AB T0C 2V0

Phone : (780) 682-2153
Toll Free : 1-877-682-2153
Email : foundation@4hab.com
Fax: (780) 682-3784



4-H Hall of Fame Welcomes Newest Members

BY CAMERON HORNER

4-H COMMUNICATION AND MARKETING SPECIALIST

On November 21, 2007 five remarkable individuals were officially announced as the newest members to the Alberta 4-H Hall of Fame - long-time 4-H volunteer Marion Van Sluys, and four former Alberta 4-H employees, R.T. (Ted) Youck, Mahlon Weir, Doug Norman and Milo Barfuss.

"I was in complete shock when I received the call informing me of my induction," commented Van Sluys. "To be recognized by my peers for contributions to an organization that I love so much is truly a great honour."

On January 12, 2008, at the Alberta 4-H Leaders' Conference, the inductees were formally welcomed into the Hall of Fame and presented with plaques honouring their great achievement.

"When you are truly enjoying the work you do, one never needs to ask, 'How much time is left before I retire?'," stated Weir. "Having enjoyed my 4-H work that much and then later finding oneself inducted into the 4-H Hall of Fame is nothing short of a great - but very pleasant - shock!"



(l to r) 2007 Hall of Fame inductees – Marion Van Sluys, Milo Barfuss, Ted Youck, Olana Norman (on behalf of her dad – Doug Norman) and Mahlon Weir

These five individuals join the ranks of 65 Alberta men and women inducted to the 4-H Hall of Fame since it began in 1971. Each inductee made outstanding contributions to the 4-H program development and/or its members and leadership. 🍀

BUILDING ALBERTA'S 4-H LEGACY

With support including sponsorship, scholarships and a specially designed loan program, we're here to help Alberta 4-H members succeed.

Contact us today to find out more. Visit your local branch, call us at **1-800-332-8383**, or visit us on-line at **atb.com**.



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Agriculture and
Agri-Food Canada



Building Councils

Key Leaders and Key Members presented a series of Building Councils workshops at district council meetings. These workshops provided valuable information that would benefit the District Council.

Some of the important keys to a successful District Council are:

1. Have a **program plan** in place. The program plan lets everyone know what is planned for the year and who is responsible for what tasks.
2. Prepare a yearly **budget**. A budget is a plan for spending money on activities and events planned by the District Council.
3. **Involve all of the representatives** from the clubs in the district. People are more likely to attend the meetings and take on jobs if they know what is expected from them.
4. **Have fun!** Plan activities for the meetings that will have people looking forward to attending instead of dreading "another meeting".

If you have any questions about your District Council, contact the Key Leader for your district.

4-H Building Councils would like to thank Agriculture and AgriFood Canada, Alberta Agriculture and Rural Development, 4-H Branch, and Apache Canada for their generous support of this successful project. 🌸

Provincial Events

DECEMBER 1

Workshop Day

MAY 2-5

Provincial 4-H Selections

MAY 3

Highway Clean Up

MAY 5 (DEADLINE)

Provincial and Regional 4-H Scholarships

JUN 1 (DEADLINE)

Wanted 4-H Alumni/Volunteers

JUN 14 (DEADLINE)

Canadian/Japanese 4-H Exchange Program

JUN 30-JUL 4 (DEADLINE MAY 15)

Leadership Through Counselling Seminar

JUL 5-9 (DEADLINE MAY 15)

Combine Camp 1 for 10-13 YO (5 day camp)

JUL 6-9 (DEADLINE JUN 1)

Provincial 4-H Beef Heifer Show

JUL 9-13 (DEADLINE MAY 15)

Junior Camp for 9-11 YO (5 day camp)

JUL 14-18 (DEADLINE MAY 15)

Combined Camp 2 for 10-13 YO (5 day camp)

JUL 15-17 (DEADLINE JUN 29)

Provincial 4-H Dairy Show

Provincial Events

JUL 15 DEADLINE

Alberta 4-H Hall of Fame

JUL 20-25 (DEADLINE MAY 15)

People Developing People

JUL 22-27 (DEADLINE MAY 15)

Club Week

JUL 25 DEADLINE

Alberta 4-H Magazine Submissions due

JUL 27-AUG 1 (DEADLINE MAY 15)

People Developing People (PDP 2)

JUL 30-AUG 1 (DEADLINE JUN 1)

Provincial 4-H Horse Classic

AUG 4-9 (DEADLINE MAY 15)

Intermediate Camp for 12-14 YO (6 day camps)

AUG 8-10

Provincial 4-H Judging Competition

AUG 8-10 (DEADLINE JUN 13)

Provincial 4-H Consumer Decision Making Workshop and Competition

AUG 11-15 (DEADLINE MAY 15)

Combined Camp for 10-13 YO (5 day camp)

AUG 17-22 (DEADLINE MAY 15)

People Developing People Plus

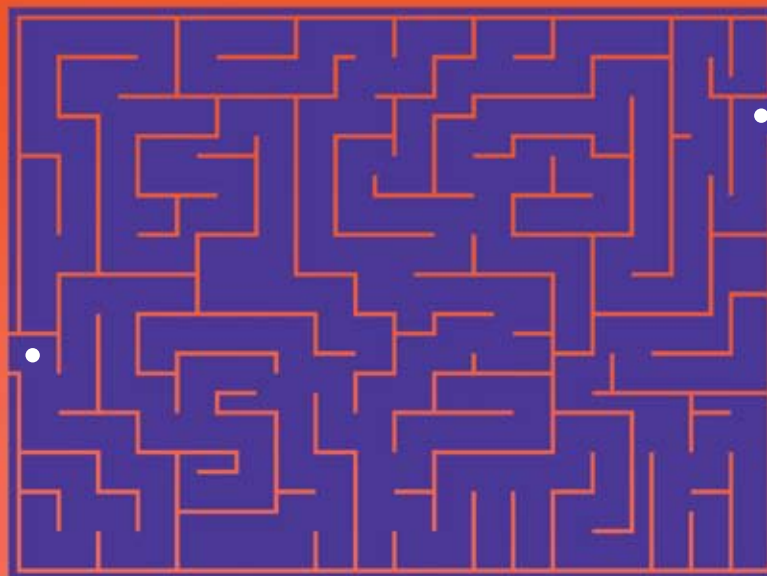
AUG 17-23 (DEADLINE MAY 15)

Youth Entrepreneur Camp

Can you lead the chick
through the maze?



start



finish

South Region

Danny Hertz Inspires Delegates at the Tiffin Conference Series

BY GINNY SMITH

4-H PROGRAM ASSISTANT

Agriculture and 4-H are moving into the future together and one of those leading the charge is Danny Hertz, Southern 4-H Region Ambassador and 17 year old member of the John Ware 4-H Beef Club.

Danny was the After Dinner speaker discussing "Youth in Agriculture" at the February 2008 session of the Tiffin Conference Series, established in honor of Ronald W. Tiffin and funded by the Tiffin Agricultural Endowment Fund. The overall goal of the diverse sessions is to provide world-class learning opportunities to primary producers, agri-business and agricultural students.

Speakers are imported from various worldwide organizations, and Danny provided a young perspective of agriculture in the future and its ties to the 4-H program. "We need to get the message out to young people that there are an infinite number of careers in the agricultural sector just waiting for people like them to pursue," Danny commented.

Alberta and agriculture will be stronger, if 4-H members like Danny continue their strong commitment to this great way of life. ♣



Conference organizers Vincent Ellert and Kathy Waddell from Lethbridge College with 4-H Ambassador Danny Hertz (centre)

FUN FACT

The largest known fish in the sea is the Whale Shark. It weighs up to 20 tons and grows to a length of 40 feet.



2008 Lethbridge Hurricane Hockey Night – (from l to r) Key Leader Mark Sayers, Cleaver and Rosie Templeton

Snowfest Winter Camp

BY LORI SEREDA

LEADER, PRAIRIE ROSES 4-H MULTI CLUB

Feb 22 - 24 was a weekend of snow fun for 60 intermediate campers and counsellors for the annual South Region's Snowfest Winter Camp held at Whispering Pines Camp in Elkwater. Campers participated in skiing, sledding, counsellor challenges, Navy Seals and many more exciting activities for a great weekend. The weather was great which made the outdoor fun even better! We look forward to seeing you all again next year! ♣

South Events

MAY 17

South Regional 4-H Heifer Show and Beef Learning Day

MAY 30-JUN 1 (DEADLINE APR 1)

4-H on Parade

JUL 9-12 (DEADLINE MAY 15)

South Regional Junior Camp – Elkwater (9-11 YO)

JUL 13-17 (DEADLINE MAY 15)

South Regional Intermediate Camp – Elkwater (12-14 YO)

AUG 10

South Regional 4-H Horse Show



Participants of the Snowfest Winter Camp



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Or you could
post your job
with us.

We introduced the Green Certificate – a hands-on agriculture youth training program, now we're bringing you the **Green Certificate Employment Directory**. A no-nonsense, free way to post jobs and find trained and talented staff fast.

Visit **agriculture.alberta.ca/GCED** to place your free ad today or if you know someone who is looking for work, send them our way. But don't worry; if you don't have access to the web or don't like using it, we will accept faxes or regular mail and post the jobs for you.

Visit **agriculture.alberta.ca/GCED** or call **780.427.4183** to try out the new, free Green Certificate Employment Directory.

Green Certificate Employment Directory.
Your link to trained and talented agriculture workers.

RENEWAL

FUN FACT

On average there is about 3,000 feet of electrical wiring in every car.

Calgary Region

Happy Birthday Stetsons!

BY CARLYNN STOUT

Formed in 1982 the High River Stetsons is in its 25th year as a 4-H Club and we look forward to a banner year in celebration of this special anniversary.

The Stetsons have always been a vibrant part of the High River community and have welcomed many area residents as part of its membership over the years. Several of our instructors and clinicians have spent their 4-H careers in the Stetsons – and have then come back to share their experience and knowledge with current members.

Our Club is recognized for its activity in the community as we share our members' varied talents with residents of the local Seniors' Centre, pick up our share of garbage during Highway Clean-up, tidy up the Agricultural Society grounds after the rodeos, and ride the L'il Britches Rodeo Parade route each spring.

As a Light Horse Club our focus, of course, is on our horses and our horsemanship and we are lucky to have the opportunity to participate in a variety of equine activities including both English and Western riding lessons, Jumping and Gymkhana, Ranch Horse Versatility and Western Trail, as well as Trail Rides, Horse Shows and Parades.

Out of the saddle we also enjoy the many activities 4-H has to offer such as Public Speaking, Multi-judging, Curling, Camps and Conferences, Paintball or Laser tag, Lip Sync and workshops such as Natural Horsemanship, Backcountry Outfitting and Clicker Training.

As part of our Anniversary Celebration we are looking for High River Stetsons Alumni to join us in the L'il Britches Rodeo Parade in High River on May 19. Bring a horse or join those on the float - we would love to share this celebration with you!

We have all grown through our 4-H experience and thank those who, back in '82, put the time and effort into organizing the Stetsons as well as those leaders, parents and sponsors who over the last 25 years have supported the Club and made it into what it is today.

Here's lookin' at 50! 🌸

Calgary Events

MAY 30-JUN 1 (DEADLINE APR 1)

4-H on Parade

JUL 25

Regional 4-H Horse Show

East Central Events

JUL 18

Regional Light Horse Show

East Central Region

BY JANET KERR

REGIONAL 4-H SPECIALIST

Rodeos

The East Central Region will once again be hosting a series of 4-H Rodeos. Tentative dates and locations are:

Sunday, May 11	Big Valley
Saturday, June 7	Halkirk
Saturday, June 21	Gooseberry Lake

Exact details will be sent to horse clubs in the East Central region in late March or early April and they will also be posted on the 4-H web-site in the East Central Section.

East Central Horse Show

The East Central Regional 4-H Horse Show will be held Friday, July 18 and Saturday, July 19 at the Big Country Riding and Roping Club – south of Hanna. Registration forms and class lists will be coming out to clubs in the near future. 🌸

Stettler Multi Species Judging Completion

BY KARI BERGERUD

KEY MEMBER

The multi species judging competition on January 26 was held at the Stettler Agriplex. After registration, members listened to Janet Kerr give a basic judging workshop before the members split into groups and started to judge.

Participants judged: Chilli (Provided by: Jenna Longshore and Dakota Penner), Sheep (Ashbacher Family), Horses (The Houstine Family), Beef (Various ranchers around the Stettler Area), Seed Identification (Nemitz Seeds).

After the judging, members were treated to pizza donated by Five Star Fuels in Stettler. Then the judges gave their official placing and reasons.

Thank you to all our volunteers and judges - we could not have done it without you! 🌸



Members writing comments during multi-species judging competition

West Central Region

BY JANET KERR

REGIONAL 4-H SPECIALIST

Beef Heifer Show

A committee is diligently working on organizing a Beef Heifer show for the West Central Region. It will be held Friday, June 27 to Sunday, June 29 at the Benalto Ag Grounds.

The tentative schedule of events for the weekend is as follows:

Friday, June 27

3:00 p.m. Registration
6:00 p.m. Team Event (tentatively a Hands-on Relay)
8:00 p.m. Information Session and Program Orientation

Saturday, June 28

9:00 a.m. Showmanship (Dry Brush)
12:15 p.m. Individual Judging
3:00 p.m. Marketing
6:00 p.m. Supper and Social

Sunday, June 29

9:00 a.m. Show
Noon Awards Presentations

Classes available will be Yearling Heifer, Two Year Old with calf at side, Three Year Old with calf at side and Novice Beef. There will be classes for Purebred and Commercial females.

Application forms will be available on the 4-H web-site and will also be sent to all Beef clubs in the region.

Regional Horse Show

The West Central Regional 4-H Horse Show will be held on Friday, May 30 to Sunday, June 1 at the Red Deer Westerner grounds. The majority of classes on Friday are English riding, Saturday focuses on Western riding and Sunday is reserved for games and gymkhana events.

Members wishing to participate must register through their club. The deadline for applications is April 15th. 🍀

West Central Events

MAY 30

Regional Horse Show

JUN 27

Regional Beef Heifer Show

FUN FACT

160 cars can drive side by side on the Monumental Axis in Brazil, the world's widest road.

Northeast Region

Cold Winter Has Not Slowed Members Down

BY LEILA HICKMAN

REGIONAL 4-H SPECIALIST

You Be the Judge

Over 100 individuals took part in this year's 'You be the Judge' workshop on February 16, 2008. Hosted once again by the Mannville 4-H Multi Club, the members and leaders were treated to a fantastic day of learning. Members were provided the opportunity to practice judging on a wide variety of classes including consumer decision making, five livestock classes, and feedstuffs. Separated by age category the members were able to develop and enhance their judging skills in both written and oral reason. Adults were also invited to participate in a session that taught the principles of consumer decision making and exploring 4-H project material. On behalf of the Northeast Region we would like to send a special note of thanks to the Lakeland College judging team for all of their advice and leadership.

Communications Competitions

The Lamont District hosted the NE regional communications competition on March 8, 2008 at the St. Michael Hall in St. Michael, Alberta. Congratulations to all the speakers in both the public speaking and presentation categories, all competitors were well prepared and deserving of the recognition they received for making it to this level of competition. Eighteen judges were treated to a variety of topics and presentation styles and the day was fully enjoyed by all that attended.

Northeast Spring Fling

The 2008 Northeast Spring Fling was hosted by the Bonnyville District and saw approximately 60 intermediate members from across the NE come together for an overnight program. This fun filled program had campers enjoy large group games



Delegates at the West Central Regional 4-H Junior Winter Camp

and a series of creative sessions that included dancing, crafting, getting to know others. Thank you to the Bonnyville District for a fabulous weekend, and a special thank you to the junior staff that volunteered to make this weekend a highlight for their fellow 4-H members.

Upcoming Events and Deadlines

Provincial 4-H Selections – Eight Northeast senior 4-H members will be heading down to Olds for Selections at the beginning of May. After a fun filled weekend of group challenges, discussions, learning and socializing, the members from across the province will earn a number of award trips that will have them travel all over North America. These trips are a reward for the years of service in their 4-H communities.

Deadlines – Just a reminder that May is an important month for deadlines. Keep this in mind as many application deadlines occur on this month, including Moose Lake camps which always fill up quickly and of course SCHOLARSHIPS! 🌸

Northwest Events

JUN 15 DEADLINE

Regional Horse Record Book Competition

JUN 27-30 (DEADLINE MAY 15)

Focus on 4-H

JUL 31 DEADLINE

Life Skills/Other Animals Project Book Competition

AUG 19-23 (DEADLINE MAY 15)

Northwest Regional 4-H Combine Summer Camp – Mackinicholea (9-13 YO)

Northeast Events

MAY 17

Northeast Regional 4-H Horse Show

JUN 28

UFA Slow Pitch Tournament

JUL 9 (DEADLINE MAY 1)

Northeast 4-H Regional Horse Camp

AUG 11-15 (DEADLINE MAY 15)

Northeast Regional 4-H Summer Junior Camp – Moose Lake (9-11 YO)

AUG 18-22 (DEADLINE MAY 15)

Northeast Regional 4-H Summer Intermediate Camp – Moose Lake (12-14 YO)

Northwest Region

BY JOCELYN MCKINNON

NORTH WEST REGIONAL 4-H SPECIALIST

The northwest region offers a variety of activities for members. Whether it is competition or fun as the main attraction, there's enthusiasm to plan and participate.

Frosty Fun Weekend

Lost in the Frost - at Camp Nakamun – almost is the best kept Northwest secret. It was a very frosty weekend but that didn't stop NW and NE members to get involved February 8 to 10th. Friday night there were ice breaker mixers, building shelters of ice cream, creating flags for the teams in this frosty winter camp. They were introduced to a camera challenge to point out clues to their location. Saturday, to build up fitness, there were opportunities for outdoor skating, curling, human foosball and group games. An outdoor trek to five station of discovery helped to build teams spirit. Special features were a campfire, cooking outdoor snacks and a session on outdoor winter safety. Indoors there were games, swimming, gym

time, crafts and movies. Thanks to Brittney for her leadership and pool safety roles. The team exercise of making and racing of the rescue vehicles on Sunday always ranks the highest with the participants. Our enthusiastic counsellors Barry, Mark, Jenna, Kendra and Kristina kept both intermediate and senior aged campers so entertained that they made comments such as "It rocks" "I had a great time thanks" "really enjoyed this camp" and "It was great". Sign up for Frosty Fun 2009.

Summer Camp

Fantastic fun for junior and intermediate members has been the norm for the Northwest Regional Summer Camp. The Combined camp at Camp Mackinicholea starts August 19 and continues until August 23, 2008. The week features large and small group activities, games, swimming, and excellent food. When campers describe the worst part was "Leaving" and the best "Almost everything" we know the comment "I had a great time. I learned lots and I hope everybody has fun next year." It is great encouragement to sign up for the 2008 NW summer camp. The fee of \$100 is due May 15th. It is a great start to the 4-H camping program.

Focus on 4-H

2008 marks the tenth year of Focus on 4-H. From move in day June 27, a full schedule on Saturday and Sunday, and special show events on June 30th. There are lots of activities to do and see so plan on traveling to Mayerthorpe for all or any of the days to take in the horse, beef, canine and small project animal shows. The Life Skills projects open their workshops to all participants May 28-29. Members can try roping, swimming, singing, dancing, lip syncing, or joining in the games and parade of clubs when they are not taking care of their projects in the shows. For \$35 members get 5 meals, and the opportunity to participate in project events of their choice. Check the Northwest regional page of the 4-H Website www.4h.ab.ca for the registration and program details. The committee is an enthusiastic group of leaders and members with new faces at planning meetings every time. Focus on 4-H is where you want to be any time June 27- 30, 2008.

Key Members

Giving workshops in their district, visiting clubs, participating on program committees are all part of a Key Member's experience as they promote 4-H and encourage other 4-H members to get involved. It's time for district councils to select Key Members for next year. All Key Members in place by the end of June can take advantage of an earlier Key Member training session and be ready for club start up. District councils select Key Members based on a resume submitted to their regional specialist. Enthusiastic, interested and informed are words to describe senior members who might fit the Key Member role. We have 7 Key Members in Northwest districts for 2007-2008: Kristina Huisman, Kristina Szybunka, Krista Van Sickle, Caleb Corcoran, Sarena Verbeek, Karra Dubule and Kasara Van Hecke. 🌸

FUN FACT

Apples are more effective at keeping people awake in the morning than caffeine.

Peace Region

BY STACY MURRAY

REGIONAL 4-H SPECIALIST

Leader's Conference

As always, the Peace region (with a couple of always welcome guests from the NW) traveled by bus to the annual conference in Red Deer. Judging by the conversations on the way home, the leaders from the Peace learned a great deal while thoroughly enjoying themselves. Thanks to the partners hosting committee! If a leader from your district attended the conference (and there was someone from every district) be sure to have them share their knowledge.

Winter Camp

The Peace Region hosted a "Back to the Future" camp in the deepest cold of winter. Despite the -40 weather 65 members, aged 9-15, filled David Thompson Bible Camp for the weekend of Feb 8-10. The alumni based at Grande Prairie Regional College met a couple of times to plan a program including paper airplanes, cardboard time travel machines, and rockets. Special thanks to alumni Briana Rigler and Lanze Oatway for ensuring the program ran with the enthusiastic assistance from the dedicated junior staff: Dean, Erik, Sherman, Caitlyn, Marisa, and Talisa. 🍀

Peace Events

MAY 1

North Peace District Fun Day

MAY 5 DEADLINE

Peace Regional 4-H Council
Bursary/Grande Prairie District/
NADC Partnership Scholarship

JUN 13

Peace Regional 4-H Fun Days

JUN 27

Peace Regional Horse and Beef
Shows

JUL 22-26 (DEADLINE MAY 15)

Peace Regional Junior Summer
Camp – Artaban (9-11 YO)

JUL 28-AUG 1 (DEADLINE MAY 15)

Peace Regional Intermediate
Summer Camp – Artaban
(12-14 YO)

FUN FACT

The world's largest amphibian is the giant salamander. It can grow up to 5 ft. in length.

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Alberta Electric System Operator

Keep your eyes open for a copy of Powering Albertans - Spring 2008, the second edition of a magazine the Alberta Electric System Operator (AESO) has created to help inform Albertans about the electricity industry.

The first printing of Powering Alberta was mailed to approximately 500,000 residents in Alberta. This second edition is being mailed to 1.5 million Alberta homes this week and incorporates additional information and improvements.

The AESO is pleased to support one of our province's great organizations. Alberta's 4-H has an admirable track record of making a positive difference in the lives of our youth and young adults, and that's something we at the AESO whole-heartedly support.

The future of Alberta's youth is at the heart of our long-term plans for the province's power system. We want to make sure that the youth of today can continue to depend on electricity to power their lives. It's our mission to take care of Alberta's power system and play an essential role in continuously improving the quality of life for future generations.

At the AESO, our job is to lead the safe, reliable and economic planning, development and operation of Alberta's interconnected power transmission system for the benefit of all Albertans today and in the future. We are a not-for-profit company with no financial investment of any kind in Alberta's power industry.

We don't own or operate any power lines or power plants. Our mandate is to act in the public interest of all Albertans. That means we are driven in all our business activities to plan, develop and operate the power system in a way that is in the best interests of all Albertans.

If you would like to learn more about the AESO or provide comments on Powering Albertans feel free to contact stakeholder.relations@aeso.ca or 1-888-866-2959.



FUN FACT

Dogs only sweat from the bottoms of their feet; the only way they can discharge heat is by panting. Dogs and wolves yawn as a sign of contentment.

Spread the Word Cleaver Winner: Julia Fruson

Age 13

Outlaws 4-H Horse Club

Favourite part of 4-H – “Riding my horse”

Congratulations Julia for correctly identifying Cleaver's locales as Hawaii, China and Toronto.

Thank You to Casino Volunteers

The 4-H Foundation of Alberta directors and staff would like to thank the following volunteers for assisting with our Casino in Calgary on February 20 & 21.

We would like to thank Jerry Hall and Greg Hawkwood who contacted and scheduled all the volunteers.

Jerry Hall	Feb 20 & 21
Greg Hawkwood	Feb 20 & 21
Janice Hawkwood	Feb 20 & 21
Margaret Hall	Feb 20 & 21
Jane Mason	Feb 20 & 21
Della Burke	Feb 20
Henry Wiegman	Feb 20 & 21
Carol Arntzen	Feb 20 & 21
Sue Hawkwood	Feb 21
Joan Stone	Feb 20
Gord MacCuaig	Feb 20
Rosemarie Enslin	Feb 20
Jennifer Price	Feb 20
Terri Nixdorff	Feb 21
Linda Gooch	Feb 21
Julie Ulseth	Feb 21
Lorraine Parkinson	Feb 21
Pat Pringle	Feb 20
Bert Pringle	Feb 20
Nancy Hall	Feb 20 & 21
Stanley Eleniak	Feb 20
Bill Bancroft	Feb 20 & 21
April Walters	Feb 20
Tim Church	Feb 21
Megan Hawkwood	Feb 21
Melissa Elves	Feb 21
Carole Tkach	Feb 21

The funds received from this Casino will be used for maintenance and enhancements at the Alberta 4-H Centre. 🍀

FUN FACT

In the movie of the Titanic, when Jack walks through the french doors for dinner with Rose and her family, a camera man's reflection can be seen on the glass

AltaLink's The Power of Words

The greatest speeches throughout history have inspired, motivated, caused change and started movements. The most famous speeches, like Martin Luther King's *I Have a Dream* or Winston Churchill's *Never Give In*, are remembered for decades and even centuries to come.

What do these speeches have in common? Certainly a significant message. But another equally important reason they make an impact is because of the speaker. Words don't carry power unless the person speaking them is passionate, confident and believes in what he or she is saying.

Through the Alberta 4-H communications program members learn these essential skills that are integral to a great future. Going through the process of writing a speech or presentation – from choosing a topic, to developing an introduction, and wrapping it up with a provoking conclusion – gives members the chance to learn about their passions. Writing and delivering speeches gives them the opportunity to learn about their voice and how they can make an impact on their communities.

AltaLink wanted to play a greater role in the communications program in its new three-year agreement with Alberta 4-H for these reasons, and became the title sponsor of all regional, district and provincial communications for the next three years.

As the newest Legacy Builder sponsor of Alberta 4-H, AltaLink knows the value the program provides our province's youth. AltaLink and Alberta 4-H make a great partnership because we share the same values – the majority of AltaLink's operations take place in the rural parts of our province, and Alberta 4-H is an organization with deep seeded rural roots.

AltaLink couldn't be more pleased in its ongoing relationship with Alberta 4-H and the rural families and youth in our province. The members that finish this program can truly be spotted at 150 paces, ready to inspire, motivate, cause change and start movements.

ALTALINK



FUN & GAMES

JOKES!

Q) What did the keyboard say to the typist?
A) You're really pushing my buttons!!!

A man got in a taxi cab to be driven to work. They were about to turn a corner, but had to wait for the light. The taxi cab driver wasn't sure his blinkers were working so he said to the man "will you look out the window and make sure my blinkers are working?" As requested, the man stuck his head out the window and responded "yes, no, yes, no, yes, no..."

Q) What did the chef give his wife on Valentine's Day?
A) A hug and a quiche.

Two friends are talking and one says to the other; "I am so tired of people not understanding what I'm talking about. His friend asks; "What do you mean?"

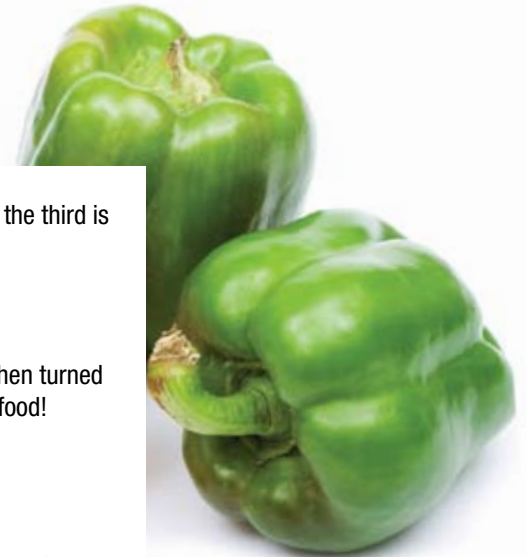
This young man was elated when he turned eighteen in a province where curfew is 11:00 p.m. for any one under seventeen years of age. He told his Dad how happy he was that now he could stay out until 3:00 a.m. if he wanted. "Yes you can stay out as late as you want, but the car is under seventeen and it has to be in the garage by eleven." His father said.

Papa Bear tossed and turned, but could not fall asleep. When his restlessness woke Mama Bear, she cried in exasperation; "How many times do I have to tell you? No coffee after September".

When the waitress in a restaurant brought him the soup of the day, George was a bit dismayed.
"Good heavens," he said, "what is this?"
"It's bean soup," she replied.
"I don't care what it's been," he replied. "What is it now?"

BRAIN TEASERS

1. Kenny's mother had 4 children. She named the first Monday, the second one Tuesday and the third is named Wednesday. What is the name of the fourth child?
2. Which is heavier? A pound of feathers, or a pound of rocks?
3. Johnny left his campsite and hiked south for 3 miles. Turned east and hiked for 3 miles. Then turned north and hiked for 3 miles, at which time he came upon a bear inside his tent eating his food! What color was the bear?
4. In a year there are 12 months. 7 months have 31 days. How many months have 28 days?
5. Your mom tells you that she will pay you \$6.00 an hour for the 6 seconds that you take to wash your hands before dinner. How much did you make for washing your hands?
6. What can run but never walks, has a mouth but never speaks, has a head but never weeps, and has a bed but never sleeps?



1) Kenny "KENNY'S MOTHER had 4 children!" 2) Neither. Both weigh a pound! 3) White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole. There are only polar bears in the North Pole, and they are white! 4) They all do. 5) 1 cent. 6) A river!

WORD

SEARCH

I E D C D C A T A C O H O T P E A S
E D O R U H U T U R A D I S H H G U
S N A F S N N C O R T B E R N D R O
P H P A O A D A U M N L B W O H E G
C A U I L R G A B M A I A A F H E E
L Q N P A A E N R B B T P T G T N I
S O G L B U D E U O C E O E O E P S
T G L A R E O C S K E K R R H C E P
E O T R O S D A S R M O E C L P P I
C U V R C M T U E A R H S R O O P N
R E L F C E N L L E N L T E T T E A
B E E T O L D I S E L R O S S A R C
C H E Q L O R F P I Q A E S A T R H
K A W N I N N L R E C B U S A O L O
P A R S N I P O O C S I G A R L I C
J O L R P N Y W U A S P A R A G U S
C A H E O I L E T T U C E B E A N R
E D O T C T E R O R H U B A R B I E

ASPARAGUS
BEAN
BEET
BROCCOLI
BRUSSEL SPROUT
CABBAGE
CARROT
CAULIFLOWER
CHARD
COLLARD
CORN
CUCUMBER
EGGPLANT
GARLIC
GREEN PEPPER
KALE
KOHLRABI

LETTUCE
MELON
OKRA
ONION
PARSNIP
PEAS
POTATO
RADISH
RHUBARB
RUTABAGA
SPINACH
SQUASH
TARO
TOMATO
TURNIP
WATERCRESS

U E I C E C R E A M E O B I E H I C
C E R A P P L E F C E P E A N U T S
E E E S O Y C C L A M S J D H O E A
H N N S L N A N R D Z V E H O F P M
A N D N E E M D U A S T F B T R O E
N H W A T E R M E L O N E R M F P D
E S P O S H R I M P A O H O F U C I
S L H C R A C K E R S T Y W D D O P
E P A P M A C L M I H C H N H G R G
O O E F T E A E O A A S N I T E N D
D P T R L T N E E D A A T E R N C E
A S L P I E D E O A T E N D T H H A
C I S E B E Y P I E N M A A O S E R
O C T H T C O O K I E S H T T T E E
R L U I E I H S L C Y U R E R A S B
U E E F C M E C H I P S S U M U E I
N E D O N O H A Z P I Z Z A A R W O
B C S C A K E O E C A Q R U E F T E

find answers on
page 36

APPLE
BROWNIE
CAKE
CANDY
CHEESE
CHIPS
CLAMS
COOKIES
CRACKERS
DATE

DIP
FUDGE
ICE CREAM
PEANUTS
PIE
PIZZA
POPCORN
POPSICLE
SHRIMP
WATERMELON

FARM LIFE PHOTO CONTEST

Calling all shutterbugs!

CONTEST DEADLINE: JUNE 30, 2008



 **AMA Insurance**

The Alberta Motor Association Insurance Company is having a photo contest and anyone who is involved in Alberta 4-H is invited to participate. We are looking for photos that capture life on the farm and showcase the rich diversity in Alberta's agricultural community.

The top three entries will receive a cash prize (\$250 for first place, \$150 for second place and \$100 for third place) and the winning photo will be used in an AMA Insurance advertisement in the September 2008 issue of *Alberta 4-H* magazine.

All contest entries may also be used in other AMA Insurance promotional material, including brochures and advertisements. As well, a selection of contest entries will be published on AMA Insurance's website once the contest has ended.

This contest is open to 4-H members, 4-H leaders and anyone else who is currently involved in some aspect of 4-H.

Digital photos only please! To enter the contest, and for full contest rules, go online to www.ama.ab.ca/FarmPhotoContest.

AMA Insurance has been a major program sponsor since 1999 and we believe AMA Insurance is a perfect fit with 4-H, as we support 4-H's core values: Encouraging the personal growth and development of rural youth through community service.

Sponsorship of programs such as 4-H allows AMA to support the communities we have been a part of since 1926. In the early days, AMA relied on the goodwill and heavy equipment of farmers to help pull stranded vehicles from ditches.

Now, AMA strives to return the favour to Alberta's rural community by giving farmers the specialized support they need.

With the wide diversity of agriculture in Alberta, each farm operation's needs are unique and members requested an insurance program that met these diverse needs. In response, AMA began offering farm insurance in 1997.

We designed a farm insurance product that is flexible to help protect farmers' livestock, farm vehicles, outbuildings and homes from a wide variety of hazards including wind damage and hail.

We are members helping members, Albertans helping Albertans. It's how we began and is our continuing commitment to Alberta communities. It's our roots, our ongoing commitment and our future. And it's why we believe in and are proud to support members of the 4-H community. Let's keep "learning by doing" together.

Now grab your camera and start shooting!

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Travel & Exchange



Hippology team doing Alberta 4-H proud in Denver

Denver Hippology Team

BY CAITLIN SMITH

There was judging, tests and quizzes, identification stations aplenty at the 88th annual Western National Roundup Conference, 4-H Horse Classic Division, in Denver Colorado. More than 800 youth from more than 30 states were in attendance to compete in diverse categories of competitions. One Canadian team – Alberta – competed against Hippology (horse knowledge) teams from across the United States, including Hawaii, and in the end tied for 8th place overall with Texas.

The Alberta team consisted of Stacey Kading, Devann Crick, Caitlin Smith and Martine Anderson who won their spot on the Hippology team back in August at Provincial 4-H Horse Classic in Olds.

Kading, who wanted to win the trip to Denver for the past 4 years, stated that she had a good time and enjoyed meeting people from a different country.

The competition included 4 team problems, ten identification stations, one written test, one slide show where competitors had to name what was being shown and 4 judging classes. "The hardest was definitely the team problems where we had to design an exercise plan for a horse," stated Kading.

The team had to prepare for a non pro-reining competition, design a new feed and tell what amounts of nutrients were in it. In addition, the team had to think of a vaccination program for a breeding barn and describe the components of good hay. All of this was tough, but to make it tougher, the team was not allowed to bring anything in with them, meaning that everything had to be done like an impromptu speech."

FUN FACT

Sälen in Sweden opened the first SKI-THROUGH McDonald's in the world.

The last part of the competition, the judging, was a different experience for the team members. Once the class had been placed, no reasons had to be thought of which came as a surprise to the team because back home oral reasons were a must for every class. This made it somewhat harder though, because if you did not place the class just as the judge did you would lose marks fast because you had no reasons to back up your placings.

Overall the team had tons of fun and did an exceptional job at showing and telling the Americans how our Alberta 4-H program works. Everyone had an awesome time representing not only Alberta but Canada too. Thank-you to our sponsor, the Alberta 4-H Program Trust, for helping us with this wonderful opportunity! 🌸

Raymond's Trip to Japan

BY RAYMOND GALLELLI

My name is Raymond Gallelli. I am 12 years old and a member of the Crossfield-Madden 4-H Beef club. This past summer I went to Japan on a 4-H exchange trip. I left on July 11 and came back on August 9. When I was in Japan, I got to go to a Samurai castle, ride a bullet train, and I learned how the Japanese live. My host family, the Akazawa's, included two brothers, Shota (13) and Kenta (9). They were awesome and made me feel like one of the family. I had lots of fun, I made new friends, and I learned a lot about the country, the people and myself. I recommend the trip to all 4-H members – you will love it! 🌸



Raymond, Shota, Dad, Kenta and Mom, dressed in Samurai outfits in front of the castle.

Denver Livestock Judging

BY JOCELYN TEMPLETON

The trip to the Western National 4-H Roundup held in conjunction with the Denver Western National Stock Show was definitely more than I could ever imagine. After qualifying from Provincial Judging in Olds, Crystal Anderson, Andrew McRae, Kevin Bolduc and I set off to take part in the multi-species judging competition in Denver, Colorado.

We were greeted with that famous southern hospitality and enjoyed the first night with dinner and dancing. The day before the big competition, our judging team set off to Colorado State University for a practice judging, accompanied by the Ohio state judging team, who had worked together for years. Our team soon learned that judging in the US is extremely different than judging in Canada. The competition was much steeper and the practice was much appreciated. I am pleased to report that Canada was very competitive, beating the sunny states and holding our own against many very experienced state teams.

The huge trade show and endless livestock exhibits was a great way to end the trip. I highly recommend the National Western Round-up for anyone interested in attending Provincial Judging. The competition showed us Canadians the differences in judging styles just south of the border and improved all of our judging skills.

I would like to say thank-you to ATB Financial and the Alberta 4-H Program Trust for providing the necessary sponsorship to make this trip happen. I would also like to say a special thank-you to our chaperones, Kate Puch and Ginny Smith. Their organizational skills and our witty banter kept us all sane. I speak on behalf of all my teammates when I say it truly was an unforgettable experience. 🌸

Eating with chopsticks is not as easy as it looks

BY JENNA LOGAN

HORIZON 4-H MULTI CLUB

My name is Jenna Logan and this is my story of a Japanese Exchange. In July 2006 Rina Sasaki came to stay at our house. Rina was my exchange student through the labo 4-H Japanese exchange. Rina and I did many things together. At 4-H camp we went canoeing and played water basketball. We took her golfing, fishing, to a rodeo and horse back riding.

One of Rina's favorite things about Canada was the wild-life. Every time Rina saw an animal like a moose or deer she became very excited. There are a lot of things that are different between Canada and Japan. One of the biggest differences is the food. Japanese food varies vastly from Canadian food. Rina told us that her favorite Japanese food is Miso soup. At home she was used to eating Miso soup for breakfast and for supper each day. They eat rice at every meal and usually have fish every second day. Rina was very willing to try everything we ate and she never seemed to dislike anything she tried. Some of Rina's favorite foods in Canada were fried chicken, pizza, brownies, marshmallows, and potato chips. Her favorite thing to drink was Coke. Rina loved marshmallows most of all. My mother became very nervous about all of the sweets she would eat. Especially since Rina's father is a dentist.



Jenna Logan and her Japanese exchange Rina Sasaki

A few days before she left Canada Rina made our family a meal. The meal was called Udon. It was noodles in a broth which was extremely difficult to eat with chopsticks. I had to switch to a fork because my food kept landing on the table. Rina brought a lot of food with her, just in case she didn't like Canadian Cuisine, but that wasn't a problem. Rina was a lot of fun and we did many things together. The exchange was a great experience. 🌸



Members of the Hippology and Livestock Judging teams in Denver, CO

FUN FACT

There are 6,000 new computer virus's released every month.



THE

MANE EVENT

EQUINE EDUCATION & TRADE FAIR

April 25 - 27, 2008**Westerner Park, Red Deer, AB**

Dr. Cesar Parra
Dressage



Frank Madden
Jumping



Jonathan Field
Horsemanship



Jerry Tindell
Mule & Donkey



Doug & Kathy Vouchell
Horsemanship

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Presented By:

**3 Judges - 3 Trainers - 1 Champion**

Awards by: Tymarc Art Studio - Horses: Lukacs Farms



Craig Cameron
Texas



Steve Rother
Oregon



Jon Ensign
Montana

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and Tack to Trailers

Stacy Westfall
Reining &
Horsemanship



Charlie Cole
Hunter Under Saddle
& Western Pleasure



Dale Myler
Bits & Biting
Myler Bits



Robyn Hood
TTeam & TTouch



Bill Lower
Driving

Hours

Fri: Noon to 9:00pm

Sat: 9:00am to 9:00pm

Sun: 9:00am to 6:00pm

Cowboy Church 8:00am

Tickets

	Adult:	Door	Advance (by April 4)
Day		\$ 15	\$ 12
Weekend		\$ 35	\$ 30
Youth (7-12):			
Day		\$ 10	\$ 8
Weekend		\$ 25	\$ 20
6 & Under			Free

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4-H on PARADE

May 30-June 1

Canada's Largest 4-H Event



Sheep & Steer Sale, Sunday, June 1

Beef
Dairy
Sheep
Horse
Canine
Rabbit
Lifeskills



Calgary Stampede



4-H RODEO

September 13-14

A weekend of clinics, new experiences, and competition

Safety and Sports Medicine Clinics

Barrel Racing
Pole Bending
Thread the Needle
Key Hole
Goat Tying
Steer Riding
Breakaway Roping

2008



The International Youth Livestock Show is committed to facilitating a unique and valuable agricultural experience for youth ages 9-20 to showcase their personal and professional talents as contributing members within the livestock industry.

International Youth Livestock Show

July 10-13

Conformation
Showmanship
Marketing
Multi-Judging
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Sponsorships

Local 4-H "WINS" Big

The St. Paul and Bonnyville 4-H Districts are all smiles after the employees of Canadian Natural Resources Limited selected each of these two organizations, along with three other youth groups, to be the recipients of the 2008 Field Matching Donations program.

As the name implies, any and all funds that are earned by the employees are then matched, dollar for dollar, by Canadian Natural Resources Limited. Therefore, this unique program provides the employees of CNRL to directly fund and support a number of local charitable agencies in their community.

The employees select the recipients of the donation based on the difference and benefits the organization will make to the community, the organization must be a registered charity and fit the areas of health, education, youth, social issues, arts or sports.

Throughout 2007, the employees, contractors and service providers in the Bonnyville area raised money for five selected charities by organizing employee donations, events, contests and friendly competitions. The combined efforts of the fundraising yielded \$37,643.90 which was matched by CNRL to total \$75,287.80! Due to the hard work and vision of all individuals involved, each of the five selected charities received a total of \$15,057.56 each.

The catch slogan of CNRL is "delivering the future" and thanks to these funds the Bonnyville and St. Paul districts can help their 4-H members to grow and provide opportunities they may otherwise not have. 🌸

Farm Credit Canada Continues Strong Tie with 4-H

To help mark Ag Day in Canada, FCC donated \$85,000 to provincial 4-H clubs. Alberta 4-H will direct the allocated funding towards Club Week, PELF, SALTT, BUD and the Alberta 4-H Magazine. Clem Samson, FCC's Vice President, Western Operations presented Alberta 4-H with a cheque on January 23, 2008 at FCC's Ag Day in Canada seminar in Lethbridge.



Bruce Banks, 4-H Foundation of Alberta, Mark Sayers, Alberta 4-H Council, Marie Logan, Canada 4-H Council, Samson, Henry Wiegman, Alberta 4-H Branch



Left to Right: Carole Tkach – Chair, 4-H Foundation of Alberta; Anita Mappin – President, Alberta 4-H Council; Marguerite Stark – Head, Alberta 4-H Branch; Nicole Collard – Supervisor, Community Investment, Penn West Energy Trust; Keith Luft – V.P Land and Legal, Penn West

Penn West and Alberta 4-H Team Up

Penn West Energy Trust ("Penn West") is proud to be recognized as an Alberta 4-H Enhancer – the second highest support level for the Alberta 4-H Program.

Penn West has partnered with Alberta 4-H to provide rural youth with opportunities of a lifetime. The enhanced partnership will support 4-H councils and the development of 4-H Clubs, 7000 members and 2400 volunteers in 1500 rural Alberta families. The partnership annually includes support at the regional and provincial levels for the next 5 years totaling \$360,000 from Penn West. Through this partnership, Alberta 4-H and Penn West are able to collaboratively build synergies in their communities.

Bruce Banks, Chief Executive Officer, 4-H Foundation of Alberta explains that, "This partnership is great for Alberta 4-H. Penn West's contributions will enhance 4-H member and leader programs that build leadership and communication skills of today's rural youth. 4-H members will be able to embark on new opportunities and enhance personal development through the outstanding support of Penn West. This partnership will take rural communities to new heights with the skills their youth possess."

"Penn West has operated throughout Alberta for many years and recognizes the capabilities and qualities of the youth in our communities. We appreciate the tremendous success of the 4-H program in developing our leaders of tomorrow. Penn West believes that community investment succeeds when it is built in partnership with strong grassroots organizations such as Alberta 4-H" said Keith Luft, Senior Vice President, Stakeholder Relations, Penn West Energy Trust.

About Penn West Energy Trust

Based in Calgary, Alberta, Penn West operates throughout Western Canada with operations in British Columbia, Alberta, Saskatchewan and Manitoba. Penn West is an actively managed trust with a large and diversified asset portfolio, experienced and specialized technical teams, and an extensive in-

ventory of internal opportunities. The Trust has considerable interests in large light/medium oil pools, an in situ oil sands project, a large inventory of enhanced oil recovery opportunities, as well as other developing conventional and unconventional opportunities.

Penn West begins 2008 stronger than ever as it embraces Canetic Resources Trust and Vault Energy Trust in a dynamic new entity. The combination of the three will form the largest conventional oil and gas trust in North America and create a world-class Canadian platform to compete against global energy companies.

Penn West's field personnel and head office employees are committed to leadership in workplace health, safety and environmental stewardship as well as to maintaining open communication with residents, regulators, communities and other parties affected by our operations. We strive to ensure our operations are understood and issues of possible concern are brought forward and addressed.

Penn West trades under the symbol PWT.UN on the Toronto Stock Exchange and under the symbol PWE on the New York Stock Exchange. ❀

Alberta 4-H and AltaLink Extend Partnership

Calgary, AB- Alberta 4-H and AltaLink, Alberta's transmission leader, are pleased to announce a partnership extension that sees AltaLink committing to provide more than \$300,000 to Alberta 4-H over the next three years. AltaLink is now at the highest level of sponsorship, a Legacy Builder, and is providing Alberta 4-H with funds and in-kind services to the end of 2010.

"We're excited to continue with our support of 4-H," says Scott Thon, President and CEO of AltaLink. "The partnership gives AltaLink the opportunity to support rural Alberta, where the majority of our operations take place, and we find tremendous value in being able to give back to the communities in which we work."

AltaLink is the new title sponsor of all regional, district and provincial communications and public speaking programs. The communication programs are a unique part of the Alberta 4-H organization, which help to prepare our province's youth for their careers. The sponsorship comes at time when members begin preparing for their communication activities.

"The 'Communications' experience in Alberta's 4-H program is one of our 'crown jewels'," says Marguerite Stark, Head of Alberta's 4-H Branch. "Wherever they go or whatever they do, the ease with which past 4-H members are able to get their point across, and assist others in doing the same, is a hugely

marketable skill, and one we are intensely proud of. AltaLink becoming Alberta's title 4-H Communications sponsor is a perfect fit; just as AltaLink is Alberta's leader in transmitting power across the province, this sponsorship provides support and recognition for each and every one of Alberta 4-H's public speakers and presenters."

"We are particularly happy to be the title sponsor of the communications and public speaking programs, an area we think is vital to develop," says Mr. Thon. "Members of 4-H finish the program as engaging, articulate leaders ready for their futures."

AltaLink, Canada's only fully independent transmission provider, is responsible for the maintenance and operation of more than 11,600 kilometres of transmission lines and approximately 260 substations in Alberta. As Alberta's largest supplier of safe and reliable transmission, AltaLink is moving forward to provide a transmission system that will continue to meet the needs of Albertans. AltaLink has been a proud supporter of Alberta 4-H since 2003, and as a Legacy Builder it is the title sponsor of all regional, district and provincial communications and public speaking programs. ❀

ALTALINK



EnCana employee Pat Manor and his family were on hand for the cheque presentation. The Manor family are active participants in the Prairie Winds 4-H Multi Club.



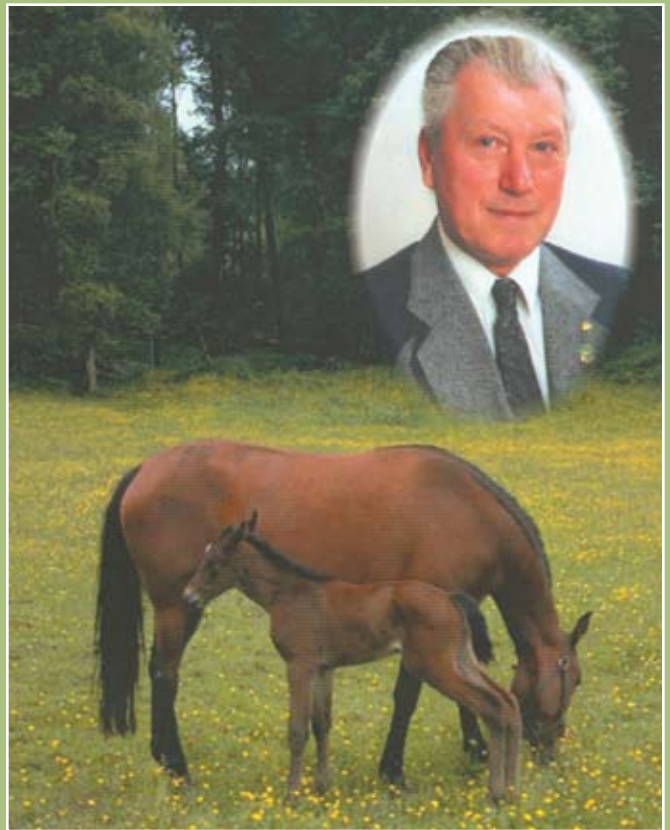
Scott Thon, President and CEO AltaLink; Marguerite Stark, Head 4-H Branch; Henry Wiegman, Fund Development Director; 4-H Foundation of Alberta, Bruce Banks, CEO 4-H Foundation of Alberta; and Tayler Giles, Jumping Pound 4-H Beef Club.

In Memory...

The Northeast 4-H Region and the Alberta 4-H program together mourn the loss of one of the greatest leaders of our time. Norm Withers dedicated much of his life to a program that he believed in, and as a result he touched the lives of many.

4-H was a big part of who Norm was. Often referred to as "Mr. 4-H", Norm always made 4-H members and their growth a top priority. Norm began his 4-H career in the Ranfurly 4-H Grain Club and a year later he joined the Viking Dairy 4-H. In 1963 he assumed the roles of general leader and dairy project leader. As a registered leader for over 42 years, Norm contributed to every level of 4-H in Alberta.

To honor the memory of this man, an evergreen tree was planted at the Lavoy Cemetery on July 17th, 2007. The tree was donated by Clinton and Lorraine Ziegler of Vegreville, and a marker was donated by Value Cemetery Monuments. Norm will also be remembered as an inductee to the NE Award of Distinction and the Alberta 4-H Hall of Fame.



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Club & District Articles

Big Hill West Light Horse 4-H Club Staying Busy

BY MELANIE MEERT

CLUB REPORTER

Big Hill West Light Horse 4-H Club has been extremely busy since the fall and enjoying the year so far. For this year's Christmas fundraiser our club made bee's wax candles in many different colors. All of our profits went to the Children's Wish Foundation and it was a huge success. Next year we will have to make more candles in order to fill the huge demand. Another event our club participated in was the annual workshop day at Haworth which was very interesting and enlightening.

On December 27 we went to an equine emergency, first aid clinic and tour of Moore and Company where we saw all the different facilities used to treat sick animals and we learned how to recognize different sicknesses in horses. On February 2 our club held our annual public speaking competition. This year's competition was a huge success and we welcomed many different presentations. Congratulations to those who went on to regional and provincial competitions.

Our senior members are looking forward to the 4-H ski trip in Golden, B.C. and we are excited for all the coming events, including our penning clinic with Greg McAlister. Our club has participated in steer riding clinics from Mr. Dave Shields and this spring we started going every month to learn about steer riding in order to better our skills. 🌸



Members of the Calgary 4-H K-9's and Calgary Police Canine Unit

Field Trip Time for the Calgary 4-H K-9's!

BY JANETTE COBB

The Calgary 4-H K-9's went on an inspiring adventure. We visited the Calgary Police Canine Unit for a few hours to learn how they train with their dogs. Our group had tons of questions for the police officers and they were happy to answer them all. One thing I found interesting is when a dog is first brought to the Canine Unit the dog is tested to see if it is good enough to stay and train. Sometimes after 6 months and up to a year, if the dog is not showing any improvement it is shipped

back to the breeder and another dog is chosen. The officers explained to us the different jobs the dogs are trained for – some are trained to sniff out drugs, some are trained for detecting explosives and some are trained to be trackers. They showed us some of the training techniques used with two novice dogs and then one of the officers brought his dog in that is 5 years old and is totally trained. It was amazing how well his dog behaved and how well it was trained to listen to every command.

It was an amazing field trip, a lot of hard work goes into the Calgary Police Canine Unit and I definitely have a new respect for the officers and their dogs that dedicate their time for all our safety. 🌸



Savanna Koebisch listening to the heartbeat of a horse which was a patient of Moore & Company when the members went on a tour, along with Dr. Shaun Mattson

Millarville Saddle Sores

BY NEVADA ROWE

Our club the Millarville Saddle Sores 4-H Horse has its meetings every second Saturday. During our winter workshops we worked on making saddle stands with materials sponsored by the Hasselaars Family.

After one of our meetings we were taught by Mr. Rowe and Mr. Ritchie how to tie a quick release knot with a half-hitch – a necessity when tying up a horse! Because no matter how hard your horse pulls against the rope your knot does not tighten up and you can still get it undone quick without a hassle. Immediately after lunch and the rope tying session we had our level testing, judged by Mrs. Fuller our new club riding instructor.



A saddle stand made by a member of the Millarville Saddle Sores

At our January 25 meeting we decided which song we are doing for our lip sync performance at the district fun night in High River in April. District fun night happens once a year, and all the 4-H clubs in the area come together for a dinner and a kid's auction and lip sync competition. Last year the The Millarville Saddle Sores came in 1st place, with "I'm a Barbie Girl". It's been really hard to pick a song for this year, possibly because we did so well last year.

We also decided on what our stall decorating theme is go-



Mr. Kenny Kindt teaches members of the Millarville Saddle Sores about horse's hoof and foot problems

ing to be for 4-H on Parade this year. The theme that we've picked for this year is pretty awesome...but you will have to come see us at the stampede grounds to see it!

We then had a guest speaker Mr. Mark Barrett of "Strong Cowboy", and we learned the importance of nutrition and to take care of our bodies in order for us to stay healthy and so we're able to do sports and activities we love doing for the rest of our lives. Another person who came and spoke to us was Mr. Kenny Kindt an awesome Ferrier who taught us about horse hoof and foot problems and how to fix and prevent them with some simple common sense. 🌸

Charity is a success!

BY MARISSA LOGAN

CLUB REPORTER

At last year's achievement day Austin Fedchuck from the Horizon 4-H Multi Club had a calf named Charity. Austin approached his East County District with the idea to raise a calf to auction at the East County Achievement days and donate the money to charity. The other clubs in the East County district thought it was a great project to do and decided to share equally in the costs to feed the calf.

He chose to donate the auction money from the calf to Kev's Kids, a program from radio station rock 97.7 that helps needy children in Grande Prairie and area. Austin decided to do it because he likes this charity as it helps kids, and also so he could have a calf to keep company with the other cow he was raising. He sold the Red Angus cow (starting weight was 600lbs, it was 994lbs at the sale) at the East County sale on May 23, for \$4.10 a pound to Neil Withers Trucking. Austin is fourteen years old, lives on a farm in Sexsmith and has been in 4-H for five years. East County plans to sell another calf with the proceeds going to a local charity again this year.



Austin Fedchuck with his calf Charity



Members of the Prairie Partners 4-H Multi Club

Prairie Partners 4-H Multi Club Still Going Strong

BY TRAVIS HUNTER

CLUB REPORTER

The Prairie Partners 4-H Club has been in operation for 47 years in the east Didsbury - Carstairs area. We presently have 15 members engaged in primarily beef and rabbit projects. In past years we have also participated in light horse, small engines, Vet sciences, food, ATV safety and goat. For the last few years we have enjoyed entertaining at a senior's home for our community involvement. Our members partake in public speaking and multi judging, several members have recently participated at the provincial level as well. We continue to collect old batteries to recycle to help our environment and our club, many thanks to all our supporters. We are all looking forward to our achievement days and love learning to do by doing! 🌸

Rockyford 4-H Multi/Beef Club

BY BLAKE WENSTROM

Another great year for the Rockyford 4-H Multi/Beef Club is in full swing. The beef members have handed in their record books and enjoyed making halters at our March meeting. It took us a while but we finally found a hall board rep, thanks Darcy. Amy did a great job as our emcee for our public speaking workshop, thanks Amy. At the workshop Alex, Wase, Mark, Kale, Ashton, Nathan, Travis, Amy and Blake practiced impromptus. We look forward to spring and know that it brings with it more fun activities for our club.

Outlaws 4-H Horse Club – A New Year and New Members

BY JULIE FRUSON

CLUB REPORTER

The Outlaws 4-H Horse Club started our year with 15 new members joining us. This was a result of our summer of advertising in the local paper and surrounding tack shops. We now boast a very happy club of 21 enthusiastic english and western riders.

Marissa Pratt, a senior member and Amy Richards, an intermediate, organized a fun ride in November which included incredible costumers for both horses and riders. The members also played games on horseback and off. These include “supplies” for the games such as toilet paper, water, eggs and more fun stuff.

Our western coach, Dean Peachment hosted our club Christmas party in December. Everyone had fun on the horse drawn sleigh rides. The day was wrapped up with lots of food and a gift exchange. The gift exchange always provides a lot of entertainment.

Julia Fruson, an intermediate in our club was very excited to win the Cleaver the Beaver contest in January. She received a backpack full of goodies at the Calgary Regional Multi-Judging event held in Olds in February.

We have been busy with our club events and rides. Our members have taken part in public speaking and multi-judging clinics as well as competitions. We also held a movie night at one of our member's house. It was fun to see how many members we could get into their basement. This spring our club will be participating in Project Porch Light, the Mountain View District Horse Show and 4-H on Parade in Calgary. 🌸



4-H Regional Horse Show held in Olds, AB July 27/28. It was a VERY hot day, but Caylee Webb (L) on the paint and Marissa Pratt (R) on the bay from the Outlaws 4-H Horse club had a great time!

Features

4-H Members – Where Are They Now?

Name: Patricia McLeod

Club: Ardrossan Creative Hands 4-H Club

Number of years as a 4-H member: three (1982 - 1984)

Project: 1982 - cooking, 1983 and 1984 - sewing



Patricia McLeod now



Patricia McLeod back in her 4-H days

What was your 4-H highlight throughout the years you were involved in 4-H?

The two things I recall most vividly are the public speaking competitions, particularly 1983 where I won the junior district championships (pictured above), as well as going to summer camps (fun!)

What are you doing now?

I am the senior corporate counsel at AltaLink, which is Alberta's largest electricity transmission utility. In this role, I provide and manage all legal services required by AltaLink, including corporate and commercial law, compliance, privacy, employment and labour, land and real estate, pension, corporate finance and insurance.

What skill do you use everyday that you gained through the 4-H Program?

Without a doubt, the public speaking, presentation and speech preparation skills, plus the confidence that 4-H brings to having new experiences.

How would you describe the 4-H Program to someone that is unaware of its benefits?

4-H allows kids to learn new skills, both in their chosen projects as well as public speaking. 4-H has clearly responded to today's world by increasing its range of projects and opportunities for kids to experience and grow from. I think 4-H gives kids a reason to feel good about themselves and to learn and grow in a supportive environment. 4-H is really a vibrant, safe and positive place to learn social skills, and to prepare for future careers. 🌸

Endless Opportunity

BY KARI BERGERUD

The opportunities truly were endlessly available for five 4-H members from across the province, as they attended the Alberta's Promise General Meeting and the Calgary and Chamber of Commerce Evening with General Colin Powell.

On November 7, 2007, Cole Andrew, Adeleen Bayes, Lindsey Meredith, Myranda Stewart and myself Kari Bergerud, proudly represented Alberta 4-H at the events, both sponsored by EnCana. The Alberta's Promise meeting was held at the McDougall Centre in Calgary, and outlined the initiatives of Alberta's Promise and honored their award recipients who characterized volunteerism at its best. Included in these recipients was Canada Safeway Ltd, a proud sponsor of 4-H in Alberta. The recent vignettes soon to be released by Shaw were also viewed; showing success stories of Alberta's Promise's many accomplishments.

The Evening with General Colin Powell was held at the Jack Singer Concert Hall in Calgary. In the pre-reception to this event, we were introduced to Premier Ed Stelmach, which proved to be inspiring for everyone! Colin Powell's speech was incredible; hearing someone of his status and knowledge speak on leadership was no less than inspiring. Speaking of experiences and leadership within his own life and on his initiative into the creation of America's Promise, General Colin Powell's ease with which he spoke of the topic and answered current questions exemplified the positive leadership necessary in society and the importance of youth involvement in their community.

This opportunity was made possible by generous sponsorship from EnCana. We were fortunate to briefly meet General Colin Powell, however just by hearing his speech we were motivated to be strong leaders of tomorrow. His charismatic and captivating public speaking skills and passion for leadership was truly inspiring. 🌸



(from l to r) Myranda Stewart, Adeleen Bayes, General Colin Powell, Lindsay Meredith, Kari Bergerud

Robert Huff – Friend of 4-H

BY SUSANN STONE

4-H FOUNDATION OF ALBERTA

Robert Huff was raised on a farm and knows all about hard work. He also knows the rewards in giving back to his community.

Huff's Maple Leaf Dairy, located at 144 Avenue and 97 Street, was operated by his grandfather. As a young boy Robert delivered milk from wagons when extra help was needed.

Huff always had an interest in farming and purchased his first quarter section near Camrose. It was at this location he started his successful egg business. In 1960 he moved his thriving business to 20 acres located at 163 Avenue and 97 Street in Edmonton. In 1966 Robert called the first meeting of egg producers and created the Egg Marketing Board and acted as president for the first few years. Robert also spent time in the cattle industry. After 10 years as a cattle farmer he tried his hand as a grain farmer.

Huff's four children were involved with the Namao 4-H Beef Club where he seen the benefits of the 4-H program. His children grew and developed their personal skills during the time that they were 4-H members.

In 1974 he purchased a quarter section of land . . . last July a developer made him an offer for it he couldn't refuse. As a result Robert Huff was able to donate a total of \$1 million to charities in 2007 including \$500,000 to the University of Alberta Hospital Foundation to help the electro-physiologist acquire a state of the art machine. He also donated \$250,000 to the Stollery Children's Hospital; \$75,000 to Lakeland College and \$25,000 to the Alberta Cancer Foundation.

We feel very fortunate to be able to announce that Robert Huff has contributed \$150,000 to the Alberta 4-H Scholarship Program. Mr. Huff felt that the Alberta 4-H program is very beneficial to rural youth and young people perusing a post secondary education. In the fall of 2008, nine - \$1000 scholarships will be awarded to deserving Alberta 4-H members. Our sincere thanks to you - Robert Huff.

For more details about these scholarships, please visit www.4h.ab.ca. 🌸



(from l to r) Robert Huff, Susann Stone (4-H Foundation) and Bruce Banks (4-H Foundation)

Ukrainian 4-H Moving Ahead

BY JOCELYN MCKINNON

4-H REGIONAL SPECIALIST

Four Ukrainian Oblasts (provinces) continue to establish and increase their 4-H programming since starting in 2006. Thirty-one clubs are now actively operating thanks to some dedicated leaders, four part-time 4-H staff, and the support of the FARM program offices, and the local schools and villages.

4-H in Ukraine is closely connected with school extra-curricular activities and features projects related to crafts, horticulture and heritage. Located in western Ukraine, the Volyn Oblast has 11 4-H clubs who keep connected thanks to a 4-H newsletter, local tours, participating in the Oblast Fair and Exhibition and lots of enthusiasm. Some clubs actively embrace projects such as landscaping and growing flowers, vegetables and houseplants so their Achievement Days were in September. Others feature many different types of crafts such as embroidery, drawing, beadwork and woodcraft. The 4-H members sell many of their project items to support the 4-H club and school. Over 30 members take a tourism and country study project.

Rivne Oblast, situated just to the east of Volyn, has clubs that combine horticulture and crafts. Some clubs create house blessings, and other items from flowers and natural materials and others do embroidery and handicrafts. Gardening projects take the form of Garden on the Window, Medicinal Herbs, and flower beds. With two clubs having theatrical arts project, achievement days last May were concerts and plays. The 4-H clubs in 7 villages are well on their way.

In southern Ukraine, close to the Azov Sea, in Dnipropetrovsk Oblast are six 4-H clubs. These clubs have had exhibitions, sales and excursions in support of their leadership, history and country study, grooming, indoor plant and craft projects. Adults with the local children's art centres or the school lead beadwork, embroidery and knitting and house blessing crafts.

In the Sumy Oblast, in northeastern Ukraine, the rayons (counties) of Lebedin and Yampil have 7 active 4-H clubs who have participated in ambitious project activities, national events and tours. Two of the clubs established apple and pear orchards, while others marketed their vegetables, mushrooms, flowers and herbs. Two clubs connected with the National Gathering of Young Naturalists, another traveled to Kyiv for an international Agro Exhibition and a fourth toured in support of their country study project. Other projects include leadership, dancing, history, sport and stitch work.

Members of two Alberta 4-H clubs, Pembina Horticulture 4-H and Bremner 4-H Horse wrote letters to Ukrainian 4-H members. These letters were delivered to Volyn and Sumy oblasts, the most active oblasts. The members and English teachers translated them and write their peers back. We have received some of the Ukrainian 4-H members' letters. I have heard that the Ukrainian members would like to get more, so if you are interested, please contact Jocelyn McKinnon at 780 674-8250 or jocelyn.mckinnon@gov.ab.ca. Some Albertans have expressed an interest in an international 4-H exchange to Ukraine and hope to get this established. 🌸

4-H experience has global reach; Villagers in Uganda reaped benefit of John Pattison's valuable years with venerable rural institution

EDMONTON - What John Pattison learned as a boy in rural Alberta, he used as a man working in rural Uganda, exploding one of the myths that surround 4-H.

For some, the name 4-H conjures up photographs of smiling youngsters proudly showing off prize farm animals at local fairs.

Pattison says it's much more, calling it an enduring institution with principles that are far-reaching and as relevant today as they were nine decades ago.

The organization has deep roots in Alberta, where it has been almost a rite of passage for thousands of rural youngsters. Last year, there were more than 6,700 members across the province.

Recently, it celebrated its 90th anniversary as one of Alberta's most recognized and valued youth programs.

"It's not just about the raising and the marketing of animals," said Pattison, who grew up on his family's farm in Kingman,

between Camrose and Tofield, where they raised beef cattle and horses and grew grain."You learn about those things, sure, but there are a lot of other aspects to it as well. It's about public speaking, it's about projects, but it's also about getting involved in issues, not only in your own community, but beyond."

Pattison, 24, is taking a master's degree in rural economy at the University of Alberta.

He was 10 when he became involved in 4-H, following the example of his parents Will and Marion -- both 4-H leaders -- and his three older siblings.

What he learned in the ensuing seven years continues to serve him, never more so than last year when he travelled to Uganda for an eight-month stint with the Canadian International Development Agency to help teach sustainable farm practices and use of water to local villagers.

He applied the basic principles of agriculture he learned as a youngster in 4-H. They proved to be invaluable to other members of the CIDA team who often sought his advice on crucial issues.



Photo: John Lucas, The Journal / John Pattison on his family's farm near Kingman. He says his 4-H training taught him a lot more than how to care for animals.

"I found that the principles and basics of agriculture are all-encompassing, and really helped in my work over there -- organizing community meetings, promoting ideas in sustainable agriculture and methods of farming.

"Because of 4-H, I have more of an understanding of community dynamics and how to get people involved," Pattison said.

Ultimately, he would like to make a difference closer to home.

"My hope is to move back to the farm and back to the community and do what I can to maintain the rural lifestyle and make it a viable option for young people and to the population as a whole," he said. "The rural community is very important. It's part of Alberta's heritage and Canada's heritage."

Roger Epp said people like Pattison epitomize what organizations such as 4-H represent in keeping rural life viable and vibrant.

"Part of its strength is about developing strong rural leadership," said Epp, dean of the U of A's Augustana campus in Camrose and a professor in political studies with a special interest in the patterns and challenges of rural life and development.

"It's also one of those rare organizations that engages an older generation with a younger generation by passing on very practical skills to young people, whether it's in animal husbandry or other kinds of skill sets," Epp said. "That's crucial to the resiliency of rural communities." ❀

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Ardmore School 4-H Program Going Strong

BY LORETTA BERGO

ARDMORE SCHOOL

On page 42 of the Winter 2007 issue of the 4-H Magazine, we provided an update on the Ardmore School's exciting venture of offering the 4-H program as part of their school's curriculum. Now well into their second-term projects Loretta Bergo provides us with an update on how things are proceeding.

Since Christmas holidays, our school club has been involved in second-term projects which include small business, performing arts, crafts, and photography. These projects have been going terrific – some of the stuff that has been happening has been awesome (especially for a first crack at it). The business groups are literally on the run as time is coming to an end and they are all trying to complete sales, etc. Some of the businesses include selling firewood, hot chocolate and popcorn sales, sundae sales, selling baler twine ropes and dog leashes, a photo business taking and selling pictures (framed or not), and a group providing our school with a service business of operating our annual dodgeball tournament. These students have learned so much already, they are required to keep up their record books, along with a weekly journal that describes all business meetings, decisions made, action items such as tasks to complete and deadlines, and a skills list that describes what skills they have used during the week and what

needs to be improved upon. These students (if necessary) have learned about a loan and loan contracts, business plans, etc – it is wonderful. Our craft group spends one period per week on a project as designated by the leader and the other 2 days for their own creations. Some leader designated projects have included card making, batik painting and designing paint smocks; the remainder of the time they work on record books and their projects with the assistance of the staff leader. During the photography sessions, these students learn a variety of skills and then spend time taking their own pictures based on the information provided in the project books. The leader has them put together a group of pictures with specific requirements that must be handed in with their record books at the end of the term – they are learning a great deal about what's involved in a great picture. Finally, in performing arts, these students worked on the basics of performing and now they are working on a production complete with props, etc.

Also during this term, we have had our communication activity which turned our fabulous despite the large numbers we were dealing with. We had 26 speeches and 19 presentations and 5 emcees (who used this as their activity because they have also been in a second club for more than 1 year) with approximately 70 participants overall. This was quite a day, we had 12 judges that did a phenomenal job starting at 9:30 am and finishing around 2:30 – wow!! The members were very nervous as for most this was their first time speaking in front of an audience but now they are thanking us because now they feel more confident to do it again; in my mind that's what it's all about.

By the middle of April, we will be making our final switch of the year – the projects to be offered will be crafts, outdoorsman, gardening, and nestboxes. In June, we will be holding our Achievement Day which is another first and ought to be interesting organizing. We will have around 92 displays of 3 projects each – how we will do it, I am not sure yet but as with everything else it will work out.

This year has been one of the most exciting I have seen and 4-H in our school has proven to be a real benefit for everyone involved. Looking back, would I take on the work load that I have this year to see it happen (knowing what I know now??) – absolutely – in a heart beat – this was one of the most rewarding experiences; it has been by far the biggest undertaking I personally have ever done but I have truly loved every minute and would never even hesitate to do it again.

If your school is doing something neat to help promote 4-H and you want the province to know about it, please email us at info@4h.ab.ca. ❀

FUN FACT

Dolly Parton once lost a Dolly Parton Look-Alike contest.

FUN FACT

Cats see so well in the dark because their eyes actually REFLECT light. Light goes in their eyes, and is reflected back out; their eyes actually work as built-in flashlights.



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Cleave the Beaver



Mark Shand



Brandon Eisenreich



Corinne Skumolski



Vanessa Goodman

Ask An Expert

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

CLEAVER – Official 4-H Flag Waver

I am 9 years old and wanting to attend junior camp this summer but I am worried that I will get homesick. What can I do to insure this will not happen? Do you ever miss your family when you are away from home?

Good question and I am glad you felt comfortable enough to ask me. Let me start out by saying that I always miss my family when I am away from home and I even get homesick from time to time. There are a couple things that I like to do that may help you feel more comfortable when you at camp. Firstly, become involved in a lot of activities. These are a great way to take your mind off of things and an awesome way to meet new friends. Secondly, remember you are not alone. You can always talk to the camp counselors. They are always more than willing to help someone out. Chances are though, that once you get to camp, you'll have such a wonderful time you will not want to leave when it is over.

4-H SPECIALIST – Mark Shand

I am interested in volunteering to chaperone for one of the many trips offered to 4-H members, how do I get involved?

Each region does things a little different when it comes to leader travel opportunities. While some leave it up to the Specialist for the region to select leaders, other regions have an in-depth application process. We have a wide range of opportunities available including attending Provincial/State 4-H conferences and the Western Regional Leaders Forum (leaders from all across the Western States) or you could chaperone one of our many member award trips. All of the trips are an amazing opportunity to gain and share ideas, visit another State or Province, build friendships and potentially provide you with some revitalization in your role as a 4-H leader. It is also important to know that in order to participate you must have two years of leadership experience for chaperone opportunities and five years of leadership experience for leadership development opportunities.

4-H MEMBER – Brandon Eisenreich

I turn 9 next year and would like to join 4-H. What makes it so much fun?

There are a lot of reasons why 4-H is fun. For me, 4-H has given me a chance to experience new things and meet new people. For example, I am in a horse club and I have learned a lot about horses and riding. I've also learned how to speak in front of an

audience and make positive contributions to my community. 4-H camps are awesome! I have met kids my age from all over our region. When I get older I would like to participate in other 4-H events such as exchange trips. 4-H has been great for me and I would recommend it to anyone!

4-H STAFF – Corinne Skumolski

I would like to attend a number of 4-H events this summer and would enjoy registering for them using my new computer. Is online program registration available to members?

This is a very timely question. Not only have we updated the look but we are currently in the process of building an On Line Event Registration. Once we have this area built you will be able to access it through the 4-H Calendar. The current month is always going to show up when you initially enter the 4-H Calendar and by using the drop down month listing you can select a different month to view. Once you have the month you are looking for you will see a listing of the events occurring in that month by Title, Date, Deadline, Location and Who can apply. To obtain more detailed information select Details and you will obtain a more detailed description, the application as a PDF or contact information. It is here within Details that you will shortly find a link to the On Line Event Registration. So the answer - On Line Event Registration will be available shortly.

4-H LEADER – Vanessa Goodman

I am new leader and one of my biggest challenges is keeping our monthly meetings interesting and fun, any advice?

One of the easiest ways to keep members interested in your business meetings is to keep them short. Half an hour is the perfect length and an hour is the maximum I would recommend. If the meeting runs longer or if you can see that the members need a break, take 5 minutes and have the senior members lead a short activity (game of charades, shuffle your buns, etc). During the meeting, offer treats (candy works best!) for members who make motions or second motions. Perhaps after each section on the agenda, have a skill testing question or fun fact. But most importantly, let the members run the meeting and lead all the discussions. They'll enjoy it much more if they play an active role. Good luck! 🍀

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In 2006, Alberta 4-H, the World Professional Chuckwagon Association (WPCA) and EnCana developed a mentorship program that gives 4-H members an up close and personal look at the life of a chuckwagon driver. At each stop on the Dodge Pro Tour, 4-H members are paired up with WPCA drivers and their families. They become a working member of the driver's team and gain a whole new understanding of the exciting sport of chuckwagon racing.



EnCana would like to thank all the 4-H members and the following WPCA drivers who participated in the program in 2007.

Buddy Bensmiller
Chance Bensmiller
David Bensmiller
Kurt Bensmiller

Jerry Bremner
Shane Cartier
Troy Dorchester
Rick Fraser

Chad Harden
Barry Hodgson
Layne MacGillivray

Obrey Motowylo
Grant Profit
Mark Sutherland

If you're interested in learning more contact the 4-H Foundation of Alberta at 1-877-682-2153 or visit www.4h.ab.ca.



"It was an incredible experience to undertake the lifestyle of a chuckwagon driver . . . my favorite part of the weekend was getting to know the family and learning about the racehorses and the care they need."

- 4-H member



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