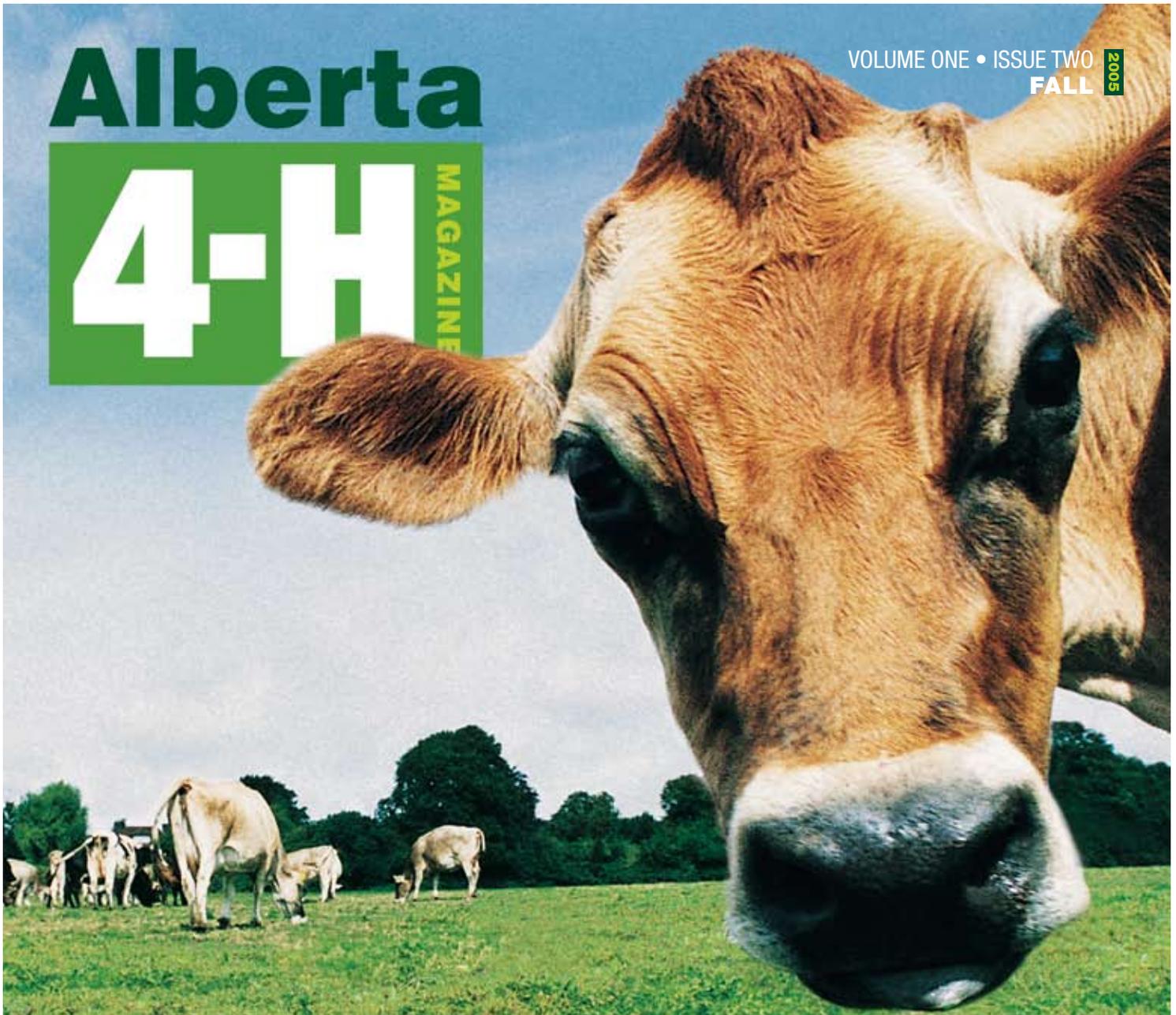


# Alberta

# 4-H

MAGAZINE

VOLUME ONE • ISSUE TWO  
FALL 2005



## Moovin' into a New 4-H Year!

Are you ready for what's in store?



**Win a trip to  
Toronto**

Travel & Exchange **22**

**Awards,  
Scholarships  
& Grants**

Page **23**



# FARM INSURANCE

## AMA Insurance



Proud 4-H Supporter

Proud to be a major  
4-H program sponsor

AMA offers farm insurance for your home, outbuildings,  
equipment, livestock, vehicles and liability needs.

AMA also has solutions for your health, accident, life and  
RV insurance needs, all in one convenient location.

Call today for a  
personalized quote  
**1-866-308-3708**

Sorry, Alberta residents only

So Many Ways To Use AMA



Alberta  
Motor  
Association

Insurance

Visit our website at [www.ama.ab.ca/go/farminsure](http://www.ama.ab.ca/go/farminsure) or e-mail us at [ins\\_quote@ama.ab.ca](mailto:ins_quote@ama.ab.ca)

### Submission Guidelines

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

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

**Please submit:**

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

**Please avoid submitting:**

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

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

### Alberta 4-H Magazine

**Editor:**

Mark Muchka  
*4-H Specialist – Communication and Marketing*

**Administrative Assistant:**

Cathrine Schriber

**Design & Layout:**

Perpetual Notion Inc. – [www.perpetualnotion.ca](http://www.perpetualnotion.ca)

Submit your article and photos (preferably in electronic form) to [magazine@4h.ab.ca](mailto: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:**

November 1, March 1 & August 1

**Distribution to public:**

December 1, April 1 & September 1

### Advertising Inquiries

Please contact the 4-H Foundation of Alberta at 780.682.2153 or [foundation@4hab.com](mailto:foundation@4hab.com)



# Contents

- 04** EDITORIAL
- 05** CONTESTS
- 06** PROVINCIAL EVENTS
- 09** SOUTH REGION
- 12** CALGARY REGION
- 12** EAST CENTRAL REGION
- 12** WEST CENTRAL REGION
- 13** NORTHEAST REGION
- 13** NORTHWEST REGION
- 17** PEACE REGION
- 17** 4-H FOUNDATION OF ALBERTA
- 19** FUN & GAMES
- 22** TRAVEL & EXCHANGE
- 23** AWARDS, SCHOLARSHIPS & GRANTS
- 27** AMBASSADORS
- 28** CLUB & DISTRICT ARTICLES
- 32** ALBERTA 4-H COUNCIL
- 34** FEATURES
- 37** FUNDRAISING

Publication Mail Contract #41132526. If undeliverable as addressed, please return with the forwarding address to 4-H Branch: Room 200, 7000 – 113 Street, Edmonton, Alberta T6H 5T6.

# Editorial

This year, Albertans have paid witness to a monumental and remarkable celebration – Alberta’s Centennial Anniversary. Not only has 2005 been filled with festivities, laughter and memories, but it also has been a year to reflect on the history and diversity that make our province so special.

Fittingly, the theme for this year’s 4-H summer programs was Alberta Bound – A Provincial Idea. More than 1,700 4-H members across the province attended these events and discovered their strengths and abilities, as well as the bountiful province that we call home.

As a new club year approaches, I challenge you to celebrate our province and rediscover our 4-H program and all it has to offer. 4-H truly is one of the best kept secrets in Alberta, and it is a treasure of experiences waiting to be revealed!

4-H is an incredible support system in helping youth grow. As a past 4-H member, I have seen this first hand. It is amazing to think that attending programs can open doors and provide the tools necessary to confidently succeed in life. Around every corner, a new door seems to open, whether it is receiving the Premier’s Award, obtaining a scholarship, or attaining a job because 4-H is listed on your resume.

I encourage every member in Alberta to really take the time to learn about and take hold of the opportunities available to you through the 4-H program. This year, discover 4-H, but more importantly, let 4-H discover you!

In the Spirit of 4-H,



**Danielle Schnurer**  
*Guest Editor and 4-H Summer Media Release Coordinator*

## 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.

<b>South</b>	<b>100, 5401-1 Ave S, Lethbridge, AB T1J 4V6</b>
Ginny Smith	Program Assistant P: 403.381.5815 F: 403.382.4526
Rob Smith	Regional Specialist P: 403.381.5815 F: 403.382.4526
<b>Calgary</b>	<b>909 Irricana Road NE, Airdrie, AB T4A 2G6</b>
Rob Smith	Regional Specialist P: 403.948.8501 F: 403.948.2069
<b>East/West Central</b>	<b>Box 600, Stettler, AB T0C 2L0</b>
Janet Kerr	Regional Specialist P: 403.742.7547 F: 403.742.7575
<b>Northeast</b>	<b>Box 24, 4701-52 St, Vermilion, AB T9X 1J9</b>
Leila Hickman	Regional Specialist P: 780.853.8115 F: 780.853.4776
<b>Northwest</b>	<b>Box 4560, Barrhead, AB T7N 1A4</b>
Jocelyn McKinnon	Regional Specialist P: 780.674.8250 F: 780.674.8309
<b>Peace</b>	<b>Box 159, 109-102 Ave, Fairview, AB T0H 1L0</b>
Stacy Murray	Regional Specialist P: 780.835.7537 F: 780.835.3600
<b>Airdrie Office</b>	<b>909 Irricana Road NE, Airdrie, AB T4A 2G6</b>
Karren Griffiths	Administrative Assistant P: 403.948.8509 F: 403.948.2069
Marguerite Stark	Branch Head P: 403.948.8510 F: 403.948.2069
Mark Shand	Programs Specialist P: 403.948.8508 F: 403.948.2069
<b>Edmonton Office</b>	<b>200, 7000-113 St, Edmonton, AB T6H 5T6</b>
Debbie Zonger	Reception P: 780.422.4444 F: 780.422.7755
Elaine Ash	Registrar P: 780.427.4426 F: 780.422.7755
Vanessa Belair	Youth Leadership Specialist P: 780.422.1834 F: 780.422.7755
Mark Muchka	Communications and Marketing Specialist P: 780.427.0753 F: 780.422.7755
Terri Potter	Leadership and Resource Development Specialist P: 780.427.4466 F: 780.422.7755
Cathrine Schribar	Administrative Assistant P: 780.415.8606 F: 780.422.7755
Corinne Skulmoski	Electronic Desktop Publisher P: 780.427.4340 F: 780.422.7755
Henry Wiegman	Sponsor Liaison and Ag Project Specialist P: 780.427.4532 F: 780.422.7755
<b>4-H FOUNDATION</b>	<b>RR 1, Westrose, AB T0C 2V0</b>
Bruce Banks	Executive Director P: 780.682.2153 F: 780.682.3784
Fran Foisy	Administrative Assistant P: 780.682.2153 F: 780.682.3784
Susann McGowan	Manager, Marketing and Special Projects P: 780.682.2153 F: 780.682.3784

# Win an iPod Shuffle!



Would you like to win the hottest new gadget from Apple? Mix things up with the unpredictable new iPod Shuffle. This iPod weighs .78 of an ounce, plays up to 240 songs and stores your data files. Take it anywhere, as it will be sure to give you hours of enjoyment.

Entering the iPod Shuffle contest is easy. All you have to do is find the four hidden Apple logos in this magazine (They are a little more tricky to find this time!). The Apple logos may appear anywhere including articles, headings, photos and the program booklet. So look through this magazine carefully to find them. They may appear in colour or black and white. 🍏 This one does not count! Once you've found all four, complete this form and send it to:

4-H Branch  
200, 7000 – 113 Street  
Edmonton, AB T6H 5T6

Please write down the pages the Apple logos appear on:

\_\_\_\_\_  
PAGES (DID YOU FIND ALL 4?)

\_\_\_\_\_  
NAME

\_\_\_\_\_  
MAILING ADDRESS

\_\_\_\_\_  
CLUB NAME

\_\_\_\_\_  
PHONE

This contest celebrates the creation of the new Alberta 4-H Magazine and is open to all registered 4-H members. If you have more than one member in your household, please photocopy this entry form and submit one for each person.

All entries from last issue and this issue will be placed into a draw, with the winner announced in the winter issue of the 4-H Magazine (distributed on December 1). Members who submitted last issue may submit again. Contest deadline is November 1, 2005.

## Photo Contest

Once again, we are giving members the opportunity to showcase their 4-H projects, friends and accomplishments. Send photos of you and your friends having fun in 4-H. With achievement days and numerous club activities, taking a unique and great photo should be no problem! Winning photographers will receive gift certificates to Future Shop. Members may submit more than one photo, however, they will only be eligible to win one prize. The top photographer will receive a \$50 Future Shop gift certificate. All other entries will be entered into a draw. The first two names drawn will receive \$25 Future Shop gift certificates.

Include this entry form with your photo:

\_\_\_\_\_  
NAME

\_\_\_\_\_  
MAILING ADDRESS

\_\_\_\_\_  
CLUB NAME

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
BRIEF DESCRIPTION OF THE PHOTOGRAPH. (EVENT TITLE, NAMES, ETC.)

This photo will appear in the fall issue of the 4-H magazine and possibly in other publications as well. Your signature below indicates that you agree to release this information. Please call (780) 427-4466 if you have any questions about this statement. Contest deadline is November 1, 2005.

Signature of parent or guardian (or 4-H member if aged 18 years or over).

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

Send submissions by mail to:

4-H Branch  
200, 7000 – 113 Street  
Edmonton, AB T6H 5T6

### First iPod Winner

Response to the iPod contest has been so great that we decided to give away more than one. The first winner is Jason Page of the Red Deer 4-H Beef Club. The next winner will be announced in the December issue of 4-H Magazine. A list of all current contests can also be found on the website ([www.4h.ab.ca](http://www.4h.ab.ca)).

## Win a Trip to Toronto See Page 22 For Details!

# Provincial Events



## Thorhild 4-H Members Take Top Spot at Provincial Presentations

BY MARK MUCHKA  
4-H SPECIALIST

On April 2, 2005, Christine Hittinger and Letisha Hodges from Thorhild took first place at the Provincial 4-H Presentations Competition for their first aid presentation "Saving Johnny". Second place went to Kathleen and Karilyn Schultz from Lac La Biche for their talk "A Creative Willow Project", and Jessica and Cayli Mocariski from Evansburg received third for their presentation "Ashes to Suds".

The presentations competition sees participants give either a demonstration or illustrated talk on the topic of their choice. Although presentations is in its early stages of development in most 4-H regions, the number of members participating in presentations events is growing very rapidly and the level of competition has become very exciting to watch.

Congratulations to all participants of the event. We look forward to seeing the creative ideas that are presented at next year's competition. 🍀

## Selections

126 of Alberta's top senior 4-H members attended the 48th annual 4-H Selections Program in early May. This year's theme, "Marketing Me", set the tone for the small and large group sessions, activities, and challenges where members would increase their skills and knowledge to prepare and succeed in their future career endeavors.

The theme of "Marketing Me" was very well accepted by delegates with each session being selected as a highlight from many delegates. In addition to the strong personal development component, Kristen Hedley of Consort was named the 2005 Premier's Award Recipient. 54 other senior 4-H members were also recognized for their 4-H involvement, leadership, and teamwork skills by being awarded one of nine Alberta 4-H Travel Opportunities. 🍀

## Leadership Through Counseling Seminar

Leadership Through Counseling Seminar (LTCS), July 4-8, 2005, brought a different atmosphere to the Alberta 4-H Centre. Over 80 delegates ages 15+ traveled from all across the province to take part in a very unique training program.

At LTCS, members were able to gain the skills necessary to become a volunteer counselor at one of the many summer camping programs,

and help make summer camps amazing for younger 4-H members. The theme "Sowing the Seeds... Reaping the Rewards" tied into the program perfectly, as delegates not only sowed the seeds of knowledge to be-

### FUN FACT

**A mole can dig over 250 feet of tunnel in a single night.**

come a successful counselor, but a successful individual as well. Delegates took part in various sessions that focused on organizational skills, first aid, time management, leadership, teamwork, communication, and of course, risk management.

Delegates were very enthused about absorbing this new knowledge, start working as a team, and start applying their newly gained skills. "LTCS is an amazing opportunity for senior members. Not only do you get to attend a program, but you also are able to counsel at a camp, and have another great experience," comments Chelsea Schnurer, senior member from Elk Point, Alberta. "The highlight of the program for me was the different scenarios that were presented to us during the LTCS journey. It really made me understand some of the situations I will see at camp, and at the same time, made me think crucially about my decisions." 🍀

## Club Week

From July 12-17, 2005, over 110 4-H members were part of what is referred to as the pinnacle of all 4-H programs – Club Week. Held at Olds College, Club Week is an once-in-a-lifetime opportunity that touches the lives of many senior 4-H members.



A definite highlight was the annual recognition of the Friend of the Provincial 4-H Beef Heifer Show award. This year was exceptionally special, as the recipients were the Honourable Shirley McClellan, Deputy Minister and Minister of Finance, and the Honourable Doug Horner, Minister of Agriculture. Another special guest that attended the show that evening was Doug Griffiths, MLA for the Wainwright constituency, who received a one-time-only recognition from the Beef Heifer Show in celebration of Alberta's Centennial and the Rural Development Strategy.

**FUN FACT**

**In relation to its size, the ordinary house spider is eight times faster than an Olympic sprinter.**

In this difficult time in the beef industry, it was gratifying to see so many new faces, along with some spectacular female projects. "I love the competition, and the fact that I am able to show my animal in front of an audience and be proud of what I've accomplished over my 4-H year," comments Anthony Murphy, member of the Lakedell 4-H Beef Club. "It's also great to get to know so many new people, and to have an awesome time with your friends that you've made at other Beef Heifer Shows." 🍀

## Provincial Dairy Show

From July 20-21, 2005, 64 members attended the 59th annual Provincial 4-H Dairy Show. Held at the Red Deer Westerner Park during the annual Westerner Days, the

event attracted a variety of people. There were smiles, laughter, and sheer interest from the audience as they all watched the 4-H members circle the show ring, walking backwards!

The event started off on Wednesday with the knowledge competition where delegates demonstrated their knowledge of dairy related subjects in a competitive setting. Members could participate in the Junior Dairy Bowl, Intermediate Dairy Jeopardy or the Senior Team Problem. Members also participated in the judging, clipping, print marketing, showmanship, and conformation classes. Chad Crest, an intermediate member from the Moo's on the Move 4-H Club received the awards for top Showman and top Female. "It is very exciting," Crest states, "and I truly can say that if you work hard to achieve your goals, you just might surprise yourself with your accomplishments!" 🍀

## Horse Classic

Horse enthusiasts gathered at Olds College in Olds, Alberta, from July 27-29, 2005, to participate in Provincial Horse Classic. Members demonstrated their horse project knowledge through various events that not only required specific knowledge of the project, but communication and teamwork skills as well.

Delegates participated in judging, illustrated talks, horse bowl, team problem, marketing, and identification station competitions. They also learned more about the horse industry, and what 4-H has to offer by listening to demonstrations on the sport of Polo Crosse, 4-H standard bred project, and Pregnant Mare's Urine (PMU) barns. "Horse Classic is the event that I look forward to every summer. It always meets and exceeds my



*Left to Right: Danielle Ringheim, Kaleigh Klammer, Breanna Fletcher*

## Innisfail Teen Named Province's Best Public Speaker

**BY MARK MUCHKA**

*4-H SPECIALIST*

On April 2, 2005, Danielle Ringheim, member of the Antler Hill Silver Stirrups 4-H Horse Club, earned the title as Alberta's best 4-H public speaker. Ringheim's speech, attributed the greatest Canadian achievement to the Famous 5 (Emily Murphy, Henrietta Muir Edwards, Louise McKinney, Irene Parlby, and Nellie McClung) and their liberation of women's rights.

As the Provincial Public Speaking Winner, Ringheim will travel to Toronto in November to compete in the Canadian Young Speakers for Agriculture (CYSA) Public Speaking Competition at the Royal Agricultural Winter Fair. The Alberta Friends of National 4-H Public Speaking sponsors this trip.

Second place honours went to Breanna Fletcher from Smoky Lake, and third place to Kaleigh Klammer from Vegreville.

4-H would like to congratulate all participants of the Provincial Public Speaking Competition for their success in qualifying for the event, and wishes Danielle the best of luck at the YSA competition. 🍀

expectations, and I especially look forward to seeing new demonstrations and guest speakers each year," comments Kaylie Bruner, member of the Lobstick 4-H Beef and Multi Club.

Each year, the top four placing participants in the hipology contest are awarded a trip to the National Western

Roundup in Denver, Colorado. Receiving this trip are Monica Lee from the Big Valley 4-H Outriders, Kelly-Dawn Clarahan from the Meadowview 4-H Multi Club, Meghan Patten from the Winfield 4-H Gait Riders, and Chelsea Schnurer from the Elk Point Multi Club. Monica Lee, Denver Award Trip Recipient comments, "There

are some very talented senior members on the team, and I am positive that Alberta will be represented well next January in Denver.”

For information on provincial programs, please refer to the Program Booklet in the center of this magazine, or visit the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and look under ‘News/Events’.

## Thank you to volunteers

There is no doubt that this summer was one of the busiest and best 4-H summers yet, especially when you include Alberta’s 100th Anniversary and the Time Capsule Celebration. The 4-H Branch would like to take this opportunity to thank all of the volunteers who helped make the camps and programs, concert series, travel opportunities and special events so memorable for the over 1,700 4-H’ers that participated in them this summer.

### Provincial Events

#### OCTOBER 8 – 9

Train N Train Levels 1-7

#### OCTOBER 14 – 16

Key Member Training

#### OCTOBER 28 – 30

Key Leader Training

#### NOVEMBER 4 – 6

Small Animal, Life Skills, Technology and Trade Leaders’ Update

#### JANUARY 13 – 15

Leaders’ Conference

#### JANUARY 27 – 29

Senior Members Conference

#### FEBRUARY 24 – 26

Provincial Equine Leaders’ Forum

# South Region

## A Great Day to Learn Something New

BY GINNY SMITH

4-H PROGRAM ASSISTANT

It was an early morning for 140 horse project members and leaders who attended the 3rd annual Southern 4-H Region Horse Project Learning Day, held April 30 in Brooks. Members and leaders from 15 different southern Alberta 4-H clubs arrived from as far as Cardston, Coutts, Foremost and Staveley to participate in diverse horse-related demonstrations and sessions.

The morning started with a fast-paced trick riding demonstration by the very talented Wild Angels from Bassano. Three of the riders, Vanessa Steinbach, Rae-Lynn Armstrong and Shelby Cummings, are members of the Bassano 4-H Club, and each one thrilled the audience with her flexibility and bravery.

A second demonstration brought a team of Polo Crosse players from Calgary, whom greatly entertained the 4-H members. Polo Crosse is a fast paced combination of polo and lacrosse, played by teams on horseback using racquets and a sponge rubber ball.

A number of instructional sessions also took place throughout the event. Steer riding, by Stewart and Jason Finkbeiner, proved challenging for some members as they took turns riding a bucking barrel, while others discovered that there is defi-

nately more than one way to tie a goat, at least successfully. Scott Sapergia helped some attendees discover that roping is an art requiring more than just a little luck, and Kathy McNiven enforced the adage “No leg, no horse” by teaching proper leg wrapping techniques. In addition, a creative new horse training technique during which, Ilse de Wit, from Millarville, demonstrated utilizing a “clicker” instrument.

Trail enthusiasts were encouraged to think in simple terms, when designing and practicing obstacles with their horses at home, and to make use of whatever materials were readily available including fence posts, barrels and buckets. After a simple trail class was constructed, it was redecorated to allow for miniature donkeys to demonstrate their amazing abilities to complete various jumps and obstacles.

Emphasis was also placed on the importance of vaccinations and knowledge of a horse’s vital signs in the session led by veterinarian Sara Berg. Many members had the opportunity to build their own versatile equine first aid kit. Last but not least, creativity was in abundance as demonstrated by members completing the Glass Etching session under the artistic leadership of Judy Pearson from Vauxhall.

The 3rd annual Southern 4-H Region Horse Learning Day enabled horse project members to learn about a multitude of horse-related topics. Hopefully, it has left each of them thirsting for more knowledge about their own horse and about the diversity of the equine industry. Every day is a great day to learn something new, especially if it includes a horse.

## Madame Chairman, Honorable Judges...

BY GINNY SMITH

They may all start the same, but from there on, they are tremendously different. And the key word is TREMENDOUS! Every 4-H member who completes either a speech or a presentation in front of a room full of people is developing wonderful skills that can continually be used throughout their lifetime.

The first quarter of Alberta’s birthday year saw each member in our region focusing on communications activities and competitions. First by competing at the club level, with winners advancing to the district level, and from there, winners moving on to the regional competitions in junior, intermediate and senior age categories. The southern region hosted two competitions, each for members from five districts in the southwest and southeast. It was no easy task for the judges, but champions were chosen.

### From the Southwestern competition (listed first to last):

#### Public Speaking:

Senior: Renae Mueller, Vulcan District; Roberta Templeton, Lethbridge District.

Intermediate: Rosie Templeton, Lethbridge District; Nathan Sereda, Lethbridge District.

Junior: Taya Keujer, Lethbridge District; Rees Fullerton, Pincher Creek District.

**Presentations:**

Senior: Ricki Fleming, Willow Creek District; Logan Nelson & Luanne Nelson, Pincher Creek District.

Intermediate: Charlie Main & Sarah Freeman, Pincher Creek District; Natasha Hochstein, Jessi Chrapko, Kelsie Simpson, Pincher Creek District.

Junior: Ben Puch, Pincher Creek District; Rebecca Taylor, Pincher Creek District.

### From the Southeastern competition:

**Public Speaking:**

Senior: Sarah Stober, Taber District; Meghan Murray, Newell District.

Intermediate: Jaden Bettcher, Taber District; Kevin Wehlage, 40 Mile District.

Junior: Bailey Hughson, 40 Mile District; Parker Weiss, 40 Mile District.

**Presentations:**

Senior: Avery Unruh & Lindsey Unruh, Taber District; Amy & Erica Musgrove, Newell District.

Intermediate: Jesse Baron, Newell District; Carmen Balog, Warner District.

Junior: Leah Murphy, Newell District; Katie Garber, Warner District.

From the regional competitions, the first place senior winners advanced to compete at the Provincial Finals. At this level, contestants must create a new speech, bringing their own thoughts, perspective and facts to an assigned topic, as well as give a two to three minute impromptu speech.

Madame Chairman, Honorable Judges... Where do they each go from here? Anywhere their imaginations may take them. 🍀



## First Aid on the Farm

BY GINNY SMITH

“What happened? Are you ok? I’m a first aider – can I help?” Assess the situation. Take control. Remember the ABC’s.

Thanks to the sponsorship of Farm Credit Canada, 4-H members ages 14 and over, and leaders had an opportunity to familiarize themselves with some first aid basic steps in a course presented by St. John Ambulance.

Entitled “First Aid on the Farm”, this course was recently held in the Cactus Country District (Medicine Hat area) and Lethbridge District. Instruction was presented and sufficient time allowed for practice to ensure everyone learned proper techniques.

The ABC’s, actually the ABCD’s according to one instructor (Airway, Breathing, Circulation and Deadly Bleeding), were taught with focus on possible emergency situations on a farm. Discussion covered tractor rollovers, suffocation in a grain bin, chemical burns and everything in between. Members were encouraged to think about preventative health and safety measures in a farm environment.

Everyone hopes that they will never have to use it, but it provides comfort to know that those around you have first aid training – on the farm or anywhere.

Consider booking a course for your members – check out information under *offers* on our website [www.4h.ab.ca](http://www.4h.ab.ca). 🍀



Farm Credit Canada  
Agriculture. It's all we do.

Canada



## Southern Belles and Beau take part in AEF Games

BY GINNY SMITH

The Southern 4-H Region had a skilled team of four ladies and one gentleman to represent them at the 2005 Alberta Equestrian Games, August 12 to 14 in Millarville.

Representing the Southern Region were Richelle Brau from the Coaldale Equestrian club, Amanda Andrews and Sarah Andrews, both from the Stavely Stampedes, Avery Unruh from the Taber Roughriders and Kenny Davey from the Coaldale Equestrian Club. The team spare was Lindsey Unruh from the Taber Roughriders, who was ready to compete in case any of the regular team members were unable to do so. Richelle Brau was the team spare on the 2004 team and provided insight into the do’s and don’ts from the previous competition in Rocky Mountain House. Dixie Crowson, from Vauxhall, once again provided coaching for these talented members.

Each of these members were awarded a team spot on July 17 after a tough competition between 12 of the top Level 4 to 7 equine members in our region. Points were accumulated in Trail, Western Pleasure, Western Horsemanship, Barrel Racing and Pole Bending. 🍀

# 400 Feet of Various Sizes

BY GINNY SMITH

Approximately 320 different feet, attached to 160 members from across the region, tramped around the Taber Agriplex during the 2005 Southern Region Multi Species Judging competition held on March 31.

Each member judged 16 assorted feet, legs and the rest of the connected bodies in each of the categories of dairy cattle, sheep, horses, steers and swine (that's 80 feet). When the dust settled, awards were presented by ATB Financial representatives to the top six senior, intermediate and junior judges

for the day. The top three (listed from first to third) are shown in the photos.

Since the Southern Region covers such a large area containing a multitude of 4-H clubs and members, it hosts two annual Regional Judging Competitions (the first being in Brooks in January). The results from both competitions were combined to determine the top 2005 Southern Regional judges. The top three (listed from first to third) are as follows:

**Senior:**  
Ricki Fleming – South Country Judging/Claresholm Beef; Julie Mokosch – Western Wranglers; Megan Baron – Bow River Riders.

**Intermediate:**  
Danny Hertz – John Ware Beef; Tyson Hertz – John Ware Beef; Emily Puch – South Country; Judging/Foothills Beef.

**Junior:**  
Quinn Connors – John Ware Beef; Nolan Sereda – Kreative Kidz; Stuart Smith – Coaldale Equestrian/Lethbridge-Coaldale Beef.

The top seniors qualified to attend the Provincial Judging competition in August, to compete for opportunities to travel and judge at different venues – anywhere from Agribition in Saskatchewan to the Stock Show in Denver, Colorado. The junior and intermediate members have a few more years to ramble around arenas perfecting their judging skills before following in this year's 2005 senior member's footsteps. 🍀



**Senior:**  
Meaghan Sayers – Lethbridge-Coaldale 4-H Beef Club; Rae-Lynn Armstrong – Bassano Beef Club; Ashley Brau – Coaldale 4-H Equestrian Club.



**Intermediate:**  
Stacey Kading – Dusty Plains Multi Club; Brothers Danny Hertz and Tyson Hertz – John Ware Beef tied for 2nd.



**Junior:**  
Jillian Krokosh – Readymade Beef; Quinn Connors – John Ware Horse; Danielle Vandenberg – Wild N Wooly.

## South Events

### AUGUST 8

South Regional Light Horse Show

### AUGUST 9

Regional Light Horse Committee

### AUGUST 20

Lamle's Gil Grand Concert

### SEPTEMBER 10

Cactus Country District 4-H Rodeo

### SEPTEMBER 23 – 25

Youth/4-H Team High Point Competition at the 2005 Foresters Charity Open Horse Show

### OCTOBER 6

Southern 4-H Regional Council Meeting

### OCTOBER 15

Equine Project Record Book Competition (deadline)

### NOVEMBER 5

Regional Celebration

### DECEMBER 1

Club Registrations (deadline)

### DECEMBER 8

Southern 4-H Regional Council Meeting

## Calgary Events

SEPTEMBER 23 – 25

Youth/4-H Team High Point Competition at the 2005 Foresters Charity Open Horse Show

# East Central Region

## Flagstaff District Show and Sale 2005

The Town of Killam was the host community for this year's Flagstaff District 4-H Beef Show and Sale. Heisler 4-H Multi Club, Wavy Lake 4-H Beef Club, Iron Creek 4-H Beef Club and Battle River 4-H Beef Club would like to thank our host club, Hastings Coulee 4-H Beef, for a job well done in organizing the show.

On Sunday, June 5, the clubs presented 26 yearly heifers, 10 two year old cow/calf pairs, and five three year old cow/calf pairs to the judge, Dave Longshore, who made the tough choice of the winners. Three members also showed a herd class of a yearly, two year old and three year old.

The morning started with a judging class of yearly heifer for the juniors and a class of cow/calf's for the seniors.

Results for the breeding show were as follows:

Supreme Champion Female – Dean Arntzen, Iron Creek 4-H Beef Club.

Reserve – Tanner Skoretz, Battle River 4-H Beef Club.

Champion Cow/Calf – Dean Arntzen, Iron Creek 4-H Beef Club.

Yearly Heifer Champion – Tanner Skoetz, Battle River 4-H Beef Club.

Herd Class – Miranda Skoretz, Battle River 4-H Beef Club.

Calendar Calf – Tyler Rawluk, Iron Creek 4-H Beef Club.

The second day of our show started bright and early with weigh-in. Katelyn Dietrich & Karlee Erickson, both from Hastings Coulee, led the 4-H Pledge to begin our show.

The judges for the show were: Conformation – Dennis Ecrison (senior judge), Ryley Mader (junior judge); Showmanship – Lorette Paget; Grooming – Darren Paget. Results were as follows:

Grand Champion Steer – Randy McGowan, Iron Creek; Reserve Champion Steer – Ryan Davidson, Battle River.

Senior Showmanship – Amber Marcinkoski, Wavy

### FUN FACT

**On average, elephants sleep for about 2 hours per day.**

Lake; Junior Showmanship – Katelyn Dietrich, Hastings Coulee.

Senior Grooming – Andrea Chromik, Wavy Lake; Junior Grooming – Cassie Davidson, Battle River.

Senior Record Keeping – Miranda Skoretz, Battle River; Junior Record Keeping – Dione Lang, Wavy Lake.

Senior Judging – Skylar Bieleny, Wavy Lake; Junior Judging – Kaylee Bieleny, Wavy Lake.

Senior Carcass Judging – Heidi Marcinkoski, Wavy Lake; Junior Carcass Judging – Dione Lang, Wavy Lake.

Rate of Gain – Dione Lang, Wavy Lake.

Group of Five – Battle River 4-H Beef.

Best Kept Stall – Battle River 4-H Beef.

Top Hand Award – Geoff Beddoes, Heisler.

Awards were presented by the donors with the sale of the calves following. We thank the donors for their continued support of our 4-H Beef Program in the Flagstaff County. The support of the community was great with an average price per lb of \$1.35. We thank the Buyers for their generosity.

The Carcass pictures from the Carcass project were on display for everyone to view. There were 11 4-H'ers taking part in this project. The results were as follows:

Grand Champion Carcass – Spenser Sommers, Heisler 4-H; Reserve – Aaron Hayes, Wavy Lake 4-H.

Special thanks to UFA, Battle River Credit Union/Sedge-wick Branch, ATB Financial (Killam), Bill's Farm Supply Inc, Forestburg & Galahad Ag. Societies, McGowan Welding and the Killam Ag Society for their support of this event. 🍀

## EC Events

NOVEMBER 19

Regional Council Meeting

DECEMBER 1

Club Registrations (deadline)

DECEMBER 9

Junior Winter Camp Counselor Applications (deadline)

JANUARY 7

Fun Day

JANUARY 23

Junior Winter Camp Applications (deadline)

# West Central Region

## West Central District News

BY KASSANDRA LOUGHEED

4-H MEMBER

At the recent Red Deer & District 4-H Achievement Day, local clubs, in partnership with Parkland Agri Services and Agrium Fertilizer, raised \$6,300 for Stars Air Ambulance. The Delburne Beef, Kneehill Valley Beef, Bow-Inn Beef, Red Deer East Beef and Red Deer West Beef clubs raised money through a silent auction with community donations. The auction brought in \$2,100, and then each fertilizer company matched the amount we raised. 🍀



## WC Events

### NOVEMBER 1

Regional Record Book Competition (deadline)

### NOVEMBER 19

Regional Council Meeting

### DECEMBER 1

Club Registrations (deadline)

### DECEMBER 9

Winter Camp Counselor Application (deadline)

# North East Region

## Northeast Regional News

BY LEILA HICKMAN

4-H SPECIALIST

On behalf of everyone in the Northeast Region we wish a fond farewell to Vanessa Belair. She will be moving to the Edmonton office where she will work on special projects. Thank you for your hard work and best of luck in your future endeavors.

With the start of the 4-H season upon us, let's take a few moments to recap this summer's events.

### Northeast Regional Horse Camp

Once again the Northeast regional horse camp was filled to capacity as 70 members from the region participated in the three-day learning event. Members were exposed to a wide variety of sessions including classes in working cow horse, gymkhana, dressage

and horse health. Thank you to our organizers from the Wainwright District for a fantastic job and of course a special thank you to ATCO Electric and our other sponsors for helping to make this event possible.

### 2005 Moose Lake Summer Camps

On August 8, 69 junior members gathered at Moose Lake for a junior camp that was appropriately themed "Exploring the New Frontier". Delegates not only were involved in a number of traditional camp activities such as a talent show and campfire but also challenged themselves with many new and exciting activities.

#### FUN FACT

The animal with the largest brain in relation to its body is the ant.

Intermediate members also had the opportunity to experience camp from August 15 to 19 at the "Ploughing the Plain" program. 4-H Summer Staff Chris Lindeman and Jayme Nelson did an excellent job of preparing for the action packed week which included canoeing, swimming, crafts and much more. 🍀

## Things to Think About

### Regional Membership Drive

Once again the Northeast region will hold a membership drive contest with the winning club receiving \$100 to be put towards a club activity. This will be awarded to the club with the biggest membership increase. Sec-

ond prize will be determined by a draw. There is no application form required, the Northeast Regional Specialist will simply compare the membership records from 2004 to the new ones submitted in 2005 and all clubs supporting new members will be entered in the draw. It's that simple, so go out and tell your friends about the fun and opportunities that 4-H can provide!

### 21st Annual Fall Fling Junior Camp

Interested in attending a really great junior camp in December? Ask for details from your leader and don't miss out on this fun weekend.

### Northeast Regional 4-H Council Meeting

The next Northeast Regional 4-H Council meeting will be held at the Vegreville Ag. Society Office at 1:00 p.m. on Saturday, November 5, 2005. Both the horse and beef committees will be having their committee meetings at 10:30 a.m. 🍀

## NE Events

### SEPTEMBER 14

Regional Council Executive Meeting

### SEPTEMBER 23

Project Book Competition (deadline)

### SEPTEMBER 23 - 25

Youth/4-H Team High Point Competition at the 2005 Foresters Charity Open Horse Show

### NOVEMBER 5

Regional Council Meeting

### NOVEMBER 19

Northeast 4-H Forum

### DECEMBER 2 - 3

Fall Fling

# North West Region

## Focus on 4-H 2005

BY JOCELYN MCKINNON

4-H SPECIALIST

The 7th annual Focus on 4-H produced many memorable moments for members, leaders, committees and families. Held July 1 to 3, at Northlands Park, members experienced competition, fun and friendships throughout the weekend.

Approximately 15 new clubs joined more than 30 returning clubs to participate in the horse, beef, canine, sheep and goat shows, as well as lifeskills workshops and the judging competition. New this year was Focus on Safety, which included tractor/bike rodeos, workshops and interactive displays. The program was full of great events and moments as captured by the audio-visual presentation at the closing ceremonies.

The committee wishes to thank the many sponsors and donors of Focus on 4-H who contributed time, funds, products and services to the individual shows, silent and live auctions, raffle and overall event.

### Judging Competition

Members had two hours to test their knowledge and luck in judging. Beef heifers, miniature horses, and meat goats comprised the livestock classes, and ride-on lawn mowers, lap top

computers and saddles comprised the consumer choice classes.

The sponsor of this event was Farm Credit Canada (FCC). Thank you to Alison Fehlauer and Jessica Maude from FCC for judging and then presenting the awards to the top contestants. Results for each class (from 1st to 3rd) are as follows:

Senior – Amanda Elzinga, Robert Dixon, Jordan Buba

Intermediate – Erik Heinz, Gregory Gonnet, Sarena Verbeek

Junior – Juliana Dobbie, Sarah-Jayne Ferguson, Megan Greenwood

## Focus on 4-H Entertainment

The evening events are often what make Focus on 4-H so special for the participants. This is the time the members get to mingle and have fun with members from other clubs and projects.

## Project Demonstrations

After a few hours of setting up in the stalls, horse clubs perform musical rides and drills. In addition, the Looma Lights 4-H Light Horse Club performed a square dance on horses, and the Edson 4-H Multi Club entertained the crowd with a Stock Dog demonstration.

## Talent Show

4-H members danced, sang, skipped rope, and entertained with sax and trombone. The Heisler Hemmers 4-H club's Team Busking project performed for 30 minutes with stilts, trick sticks, poi flags and poi glow sticks. It was a swirl of color set to music.

## Lip Sync and Dance

15 clubs provided hours worth of entertainment. Lobstick 4-H Beef and Multi with a tropical jungle extravaganza to the tune of Kiss the Girl won the Golden Mic Award.

The stage was also transformed to the land of magic, wizards, and munchkins with Strathcona 4-H Rein Riders' Wizard of Oz. Not to be forgotten was the Looma Light 4-H Light Horse as they danced to the fast paced Grease Lightnin'.

The Dance that followed the event let the whole audience mix and meet friends.

## Focus on Safety

A popular new addition to Focus on 4-H was Focus on Safety. The tractor and bike rodeos were a huge success. After passing a quick safety test, juniors completed the route made of pylons on bicycle, intermediates drove a ride on mower, and seniors and adults had to hook pull an extra attachment through the route. The team chal-

### FUN FACT

**A crocodile's tongue is attached to the roof of its mouth.**

lenge involved four members from a club, two at a time, loading bags of shavings into a wagon, driving the route without the navigator talking to the driver, unloading, handing the vehicle over to the other team members who reloaded and returned through the route. Thank you to Husquvarna for the use of equipment and on site support.

Several safety related groups also had interactive displays. Members who participated in these display activities received coupons that they entered into draws for safety equipment. Two 'Play it Safe' workshops on farm safety led members through the hazards of the farmyard through activities such as the wheel of misfortune, safety jeopardy and quizzes.

## Beef Show

This year's beef show saw an increase in participants and a change in format for the show. 10 first time competitors showed their skills in the freshman classes. They were followed by the Team Grooming competition where 16 teams of two were busy grooming their animals while their efforts were evaluated. The Clandonald 4-H Beef Club was granted the Herdsmanship Award for the Beef Show.

Both commercial and purebred classes had several entries. The showmanship classes that followed were highly contested and the members were in the ring for quite a while. Judge, John Ohnesty, put the senior members through quite a challenge to maintain their professional showmanship skills throughout the classes.

## Canine Show

The canine show at Focus on 4-H lasts three full days. Both members and project dogs were attired in costumes providing high quality costume classes on the first day. Outstanding Fly ball, Agility and Stock Dog demonstrations added a lot to the show as did the extra efforts from club members with their themed kennel and tabletop displays. Approximately 60 members participated in the agility and obedience workshops and classes.

# Lifeskills Workshops

## Crafts and Games

Once again a variety of food, craft and general workshops kept lifeskills project members involved and provided the opportunity for all members with other 4-H projects to have some craft fun. There were games, painting, stitching, food fun, tie-dyeing, stamping and a bath accessory session. The most popular this year was creative fun with clay. There were special sessions for woodworking and outdoors project members as well.

## Bench Show

The Bench Show had quilts, photography, scrapbook, several woodworking entries and a number of craft items. They were a good illustration of what clubs are doing as projects. Thank you to the bench show participants as well as to the clubs who put up special displays. Some of the extra displays were the feline project by RQB Rancheros 4-H Multi, the automotive display by the Gibbons Sew and Sos 4-H Multi and the woodworking display by the Strathcona Rein Riders 4-H Multi.

## Sheep Show

The Warden 4-H Light Horse and Strawberry 4-H Multi sheep project members presented a fine display of their project work at the Sheep Show. Alyssa Lalonde had a terrific showing, placing first or second in five classes with her flock of sheep named Pet, Whiskers, Whiskey and Spook. Samantha Creasy led the rest in the novelty dress-up classes. Reports were that the sheep race was too close to call.

## Goat Show

There was a small but enthusiastic group for the goat show. Members entered the showmanship and conformation classes and took part in workshops related to their goat project. The costume and obstacle course classes added a touch of fun to the event. The top award went to Megan Fraser of Lakewell 4-H Multi, showing her dairy goat named Sugar. 🌿

## Northwest 4-H Regional Horse Show

BY JOCELYN MCKINNON  
4-H SPECIALIST

On June 30, 2005, 190 4-H members moved into the Sportex at Northlands Park to prepare for the Northwest 4-H Regional Horse Show. Held as part of Focus on 4-H for the past seven years, this horse show is the highlight for many Northwest horse project members.

Stalls were decorated, tack rooms set up, and horses introduced to their home for the next three days. Advanced 4-H riders had the opportunity to demonstrate their skills at the AEF try-outs while other members tried their hand at stationary roping. Eight clubs participated in musical rides that included drills, a square dance and other creative moves to music.

Horse classes officially started the following afternoon. There were 71 classes at this year's show, with many of them split due to the large number of entries. During the day, four levels of Dressage classes and Hunter Over Fence and Jumper classes ran, as well as English Pleasure and equitation for all seven riding levels. Showmanship, Western Pleasure

and Equitation classes took place the next day. "Members in the Reining project put on quite a show," according to announcer Doug Wickham.

### FUN FACT

**The blood of a grasshopper is not red, but white.**

On the final day, Trail and Gymkhana classes kept the members involved and the judges busy as 128 riders completed the trail classes and approximately 155 riders competed in the barrels and poles classes.

After three days of judging stall decorations, cleanliness and safety, as well as each club's relations with people in attendance, stall awards were presented: Small club – Calmar Heart of the Country 4-H; Medium club – Hoofbeats 4-H; Large club – Lobstick 4-H Beef and Multi. Top record books were also awarded. Congratulations to: Senior – Jessica Verbeek, RQB Rancheros 4-H Multi; Intermediate – Christine Bugnet,

## NW Events

### OCTOBER 19

NW Finance Committee Meeting

### OCTOBER 25

Regional Council Executive Meeting

### OCTOBER 30

Beef Record Book Competition (deadline)

### NOVEMBER 1

NW 4-H Safety Grant (application deadline)

### NOVEMBER 19

Regional Council Annual Meeting (9:30 a.m.)

### NOVEMBER 26

NW Regional Fair

## Reanne Verbeek Receives the Gordon Fuhr Award

At the Sturgeon Beef Achievement Day, June 1, 2005, a 4-H leader and member were recognized in a very special way. 4-H Hall of Fame Inductee, Gordon Fuhr of Morinville, and 4-H member, Reanne Verbeek of Calahoo, were both acknowledged for their incredible commitment and volunteer efforts to 4-H and their communities.

The Riviere Qui Barre 4-H Beef and Bon Accord 4-H Clubs created the Gordon Fuhr Award to commemorate the exceptional contributions that Mr. Fuhr has made to 4-H. This award will be given annually to a 4-H member who best exhibits the community minded efforts demonstrated by Mr. Fuhr.

A 4-H Leader for 35 years, Mr. Fuhr volunteered at all levels of the 4-H organization, as well as for many community and agricultural organizations. Minister of Agriculture, the Honorable Doug Horner, presented Mr. Fuhr with a plaque while a long list of his achievements were announced.

Mr. Fuhr then presented the award to Reanne Verbeek, a member of both the Riviere Qui Barre 4-H Beef and the RQB Rancheros 4-H Multi clubs. Reanne is a most worthy recipient and follows in Mr. Fuhr's footsteps in her approach to volunteering. Reanne recognizes how his contribution as a leader helps the members of his club, and commented how he "takes pride in the members and what they can do."

Reanne promotes participation through example, helping younger members with their beef projects and running club events. A keen 4-H judge, she encourages other members to get involved in judging and the many aspects of club life. In her community, she coaches soccer and is involved with her church group. This eight-year 4-H member is definitely well on her way to becoming an outstanding community leader. 🌿

Lakewell 4-H Multi; Junior – Kassy Lalonde, Lobstick 4-H Multi.

The success for this 4-H horse show is partly attributed to the friendly atmosphere promoted at the event. Emily Lynas, Strathcona Rein Riders 4-H Multi, summed it up. "There's competition here, but it's fun. If a rider is having problems, everyone helps out."

All 22 4-H clubs at the show cooperated and volunteered to organize and run the event, and every club pro-

vided adult volunteers to manage the different parts of the show, work the gates and ramps, and ensure members got to the show rings on time. Several former 4-H leaders and members also gave up their work and weekend time to help.

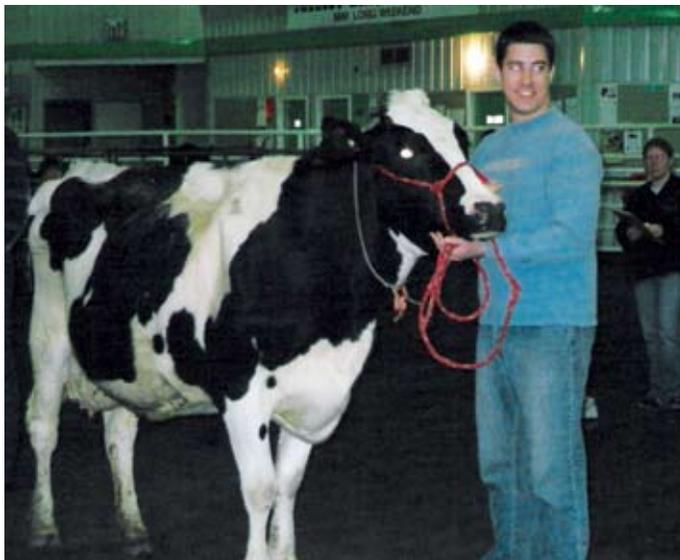
Thank you to all the volunteers for helping make this event a success. 🌿

## Bomber's Blowout

Bomber's Blowout is a weekend event aimed at preparing members and their beef projects for show. It is so much fun for the clubs involved that they have continued to do it for 10 years. "Bomber", Val Pullishy, is well known for her special way in handling cattle and working with 4-H members. She has a wonderful gift of getting members in tune with their projects.

For two days, members groomed and showed their beef projects. By the end of the weekend, even younger members that were initially uncomfortable with their projects were handling them with ease. They also benefit from the help of older members who provided them with grooming tips. Evenings were spent having fun at the pool and competing in the Robin Hood and show stick spin games.

Bomber's Blowout is a weekend camp out for the Bon Accord 4-H and the Riviere Qui Barre 4-H Beef Clubs. It takes place at the Cardiff Agricultural Grounds. Bomber's Blowout is always a great event for the members, leaders and families in attendance. 🍀



## U of A Judging Competition

BY JENNIFER WAKEFIELD

The University of Alberta Intercollegiate and 4-H Judging Competition was held on March 12 at Thorsby Haymaker Center. 45 4-H members spent the day judging 13 classes ranging from grains and forages, to livestock and eggs. The University of Alberta Judging Club organizes the competition annually for local 4-H clubs to come out and compete as individuals and teams.

4-H winners of the judging competition were as follows:

### Top Senior Individual

Lauren Hennig (Hoofbeats Light Horse), Kimberly Parker-Maull (Lin Berry Buck)

### Top Junior Individual

Bobbi Farion (Vegreville Horse & Goat), Justin Frei (Lin Berry Buck)

### Top Senior Team

Lin Berry Buck: Kimberly Parker-Maull, Krista Gagne, Robert Parker-Maull, Sarah Reich, Calmar Heart of the

County: Alyssa Clark, Amanda Hughes, Jill deWeerd, Laura Yewchuck

### Top Junior Team

Vegreville Horse & Goat: Bobbi Farion, Carly Schieke, Julliana Dobbie, Kim Farion, Lin Berry Buck: Anthony Kathol, Carli Raines, Desmond Berry, Justin Frei

The Judging Club would like to thank this year's participants for their support. We would also like to invite all 4-H'ers to the 11th annual University of Alberta Intercollegiate and 4-H Judging Competition that will be held on March 11, 2006. For information on the competition or judging club, contact Cayley Cunningham or Jennifer Wakefield at [uajudges@ualberta.ca](mailto:uajudges@ualberta.ca). 🍀

# Peace Region

## Peace Region News

BY STACY MURRAY

4-H SPECIALIST

Hi! I hope that you all enjoyed your summer holidays and are ready for another wonderful 4-H year.

It has been a busy couple of months in the Peace region; Achievement days were a big success and clubs have wound up operations for another year. Congratulations to all those who were winners at the local club, district and regional levels.

Peace Regional 4-H Days were held June 10-12 in Grande Prairie. The show was a great success with over 300 people in attendance. New this year was the 'Regional Idol' competition, which saw Jessica and Stephanie Kuester winning the right to be the opening act at the August Gil Grand concert.

Regional camps were well attended with 45 juniors and 50 intermediates enjoying a week away from home. Judging by the number of smiles, the activities were enjoyed

### FUN FACT

Snails can sleep for 3 years without eating.

by all. Even the weather cooperated for the most part. We also showed the true Peace 4-H's spirit with record attendance at some of the provincial programs this year. Keep up the good work and let's hope we can get even more members out to next year's events, particularly the Beef Heifer Show and Horse Classic.

Fall start-up will kick off with the annual Fall 4-H Leader's Forum. Held at the NAIT Fairview campus, the meeting will start at 9:00 a.m. on September 10. For more information, please call the office in Fairview at 310-0000 (780) 835-7537. 🍀

### Peace Events

#### SEPTEMBER 10

Regional Fall Leaders Forum

#### NOVEMBER 5

Livestock Handling and Safety Workshop

#### NOVEMBER 19

Peace Regional 4-H Council Annual Meeting

#### NOVEMBER 26

Frosty Fest

#### DECEMBER 1

Club Registrations (deadline)

# 4-H Foundation of Alberta

## 4-H Foundation Board of Directors

BY BRUCE BANKS

4-H FOUNDATION

Do you have experience in business or working with community organizations? Do you have a knowledgeable background in the Alberta 4-H Program? If so, we would like you to consider serving as a volunteer on the Board of Directors for the 4-H Foundation of Alberta.

The 4-H Foundation of Alberta operates the Alberta 4-H Centre and has financial administrative responsibility for a number of Alberta 4-H Funds. It also administers the Alberta 4-H Scholarship program, coordinates a number of provincial fundraising activities, assists 4-H groups with grant applications and works on sponsorship recruitment and retention.

The Board of Directors meets three times per year at the Alberta 4-H Centre. In addition, committees also meet as needed during the year.

For additional information and/or an application form, please contact Bruce Banks at (780) 682-2153 or [bruce.banks@4hab.com](mailto:bruce.banks@4hab.com). 🍀

## Sedgewick Co-op

### Grocery

- Produce
- Bakery
- Meat

### Home Centre

- Lumber
- Feed
- Hardware

### Agro Centre

- Fertilizer
- Chemicals
- Grain Bins
- Seed
- Custom Spraying



The store with more. . .

Box 160  
Sedgewick AB TOB 4C0

(780) 384-3877 Phone  
(780) 384-2757 Fax



Enjoy your vacation book your  
Leisure RV holiday today!!

Box 407  
Millet AB  
TOC 1Z0

[www.leisurerv.com](http://www.leisurerv.com)

4 kms West of Millet on hwy 616

Phone: (780) 387-5250 – Toll Free: 1-877-387-5250 – Fax: (780) 387-5018



# Gifts & Award Catalog Order Form

**PHONE: (780) 682.2153 FAX: (780) 682.3784 E-MAIL: FOUNDATION@4HAB.COM**

Club Name:		Club Contact:
Address:		Postal Code:
Phone:	Fax:	E-mail:

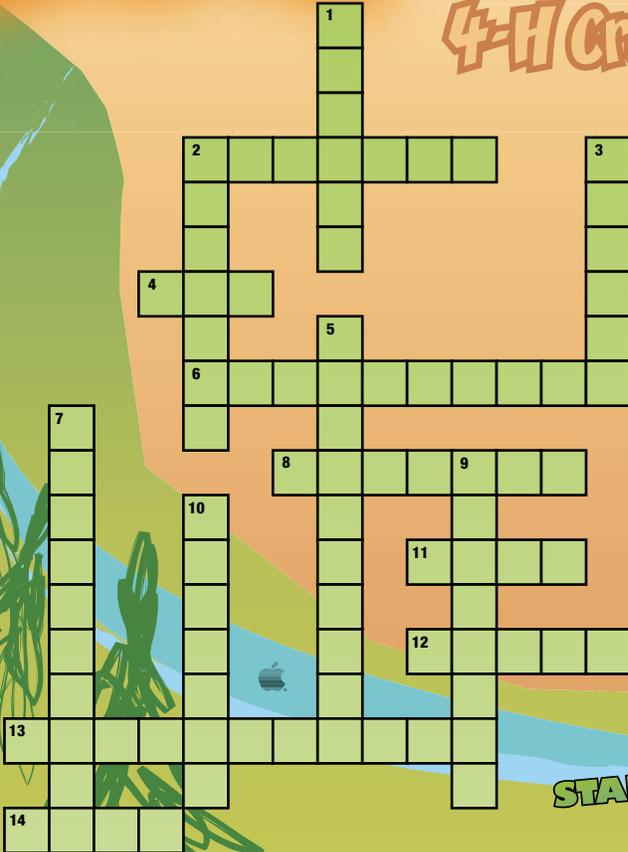
CODE	ITEMS (AS OF JANUARY 1, 2005)	PRICE	QTY.	\$ AMOUNT
05-001	Sports Bag	\$40.00		
01-009	Soft Sided Brief Case with Shoulder Strap (Green)	\$37.00		
01-008	Large 4-H Hard Cover Zipper Portfolio (11" x 14")	\$30.00		
99-003	4-H Zipper Organizer – 5" x 7"	\$15.00		
98-022	Judging Bi-Fold Clipboard (green only)	\$7.00		
04-001	14 oz. Thermal Mug (Green)	\$7.00		
02-002	Stainless Steel Thermal Mug	\$15.00		
01-002	10 oz. Clear Glass Coffee Mug	\$6.00		
01-003	Set of 6 – 10 oz. Glass Coffee Mugs (not shown)	\$30.00		
04-002	34 oz. Green Water Bottle	\$10.00		
02-004	2 Tone Satin/Nickel Picture Frame 5" x 7" Qty. Each [ ] Portrait [ ] Landscape	\$28.00		
05-002	Photo Frame/ Album (holds 100 photos)	\$28.00		
02-007	Alberta 4-H Council Pin	\$3.00		
03-004	PVC Cleaver the Beaver Key tag	\$5.00		
03-005	Key Chain with Plastic Tag (Cleaver the Beaver)	\$3.00		
02-005	Green Pen & Pencil set with Gift Box	\$12.00		
01-005	Thank-You Pen Qty. Each (Green only)	\$10.00		
01-007	Pen Gift Box (For Thank-You Pens)	\$2.00		
05-001	Cleaver the Beaver Beanie Baby	\$10.00		
05-003	Ariel Ball Point Pen	\$1.00		
05-003	Wood Pencils	\$1.00		
05-004	Rubber Eraser (White)	\$1.00		
02-001	Calculator	\$8.00		
03-001	Clip Stop Watch	\$12.00		
03-002	Travel Alarm Clock with Calendar and Calculator	\$18.00		
05-005	Pocket Tool	\$8.00		
01-011	Reprint of 4-H Favorites Cookbook (Limited Quantities)	\$18.00		
03-003	Family Treasures A Century of 4-H NEW cookbook	\$22.00		
01-012	Hormel Calculators	\$25.00		
02-008	Spur of the Moment - Ben Crane Western Artist book	\$22.00		
	Please enclose Cheque, Money Order or Visa/Mastercard with order. Please add a shipping cost of \$10.00 for orders that require mail delivery. (Does not apply to pick up orders)	\$10.00		

## RECEIPT

Date Ordered:	Date Required:	<b>GST # 108238130</b>
		<b>AMOUNT \$</b>
<input type="radio"/> Cash <input type="radio"/> Debit Card <input type="radio"/> Cheque <input type="radio"/> Money order <input type="radio"/> Charge Card		
Cheque number:		
Name on card:	<input type="radio"/> Visa <input type="radio"/> Mastercard	
Card number:	Expiry:	
Customer Signature:		

# FUN AND GAMES

## 4-H Crossword Puzzle



### ACROSS

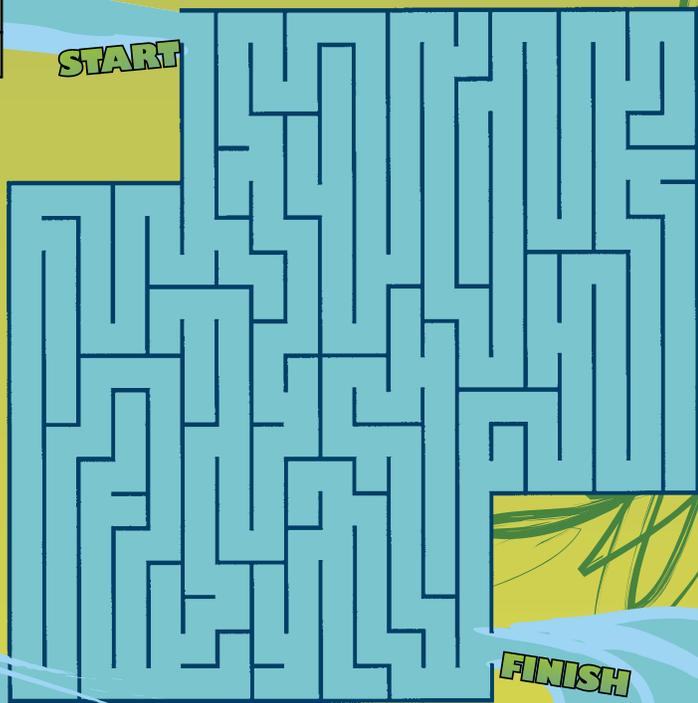
2. Clubs, community and \_\_\_\_\_.
4. 4-H project with nine lives.
6. Award of \_\_\_\_\_.
8. Where 4-H info can be accessed anytime.
11. Place to meet new friends.
12. Member's complete this for points.
13. Buried at Battle Lake.
14. Town where first Alberta 4-H Club started.

### DOWN

1. Provides funding for 4-H clubs.
2. Famous 4-H mascot.
3. Fastest growing 4-H project.
5. Program where trips are awarded.
7. Alberta's 100th birthday.
9. More than you ever \_\_\_\_\_.
10. Hands to larger \_\_\_\_\_.

## HELP CLEAVER!

FIND HIS WAY  
DOWN THE  
RIVER  
MAZE.



# Can you <sup>the</sup> Spot the Difference?

There are **10** differences in these two Cleavers. Can you find them all?

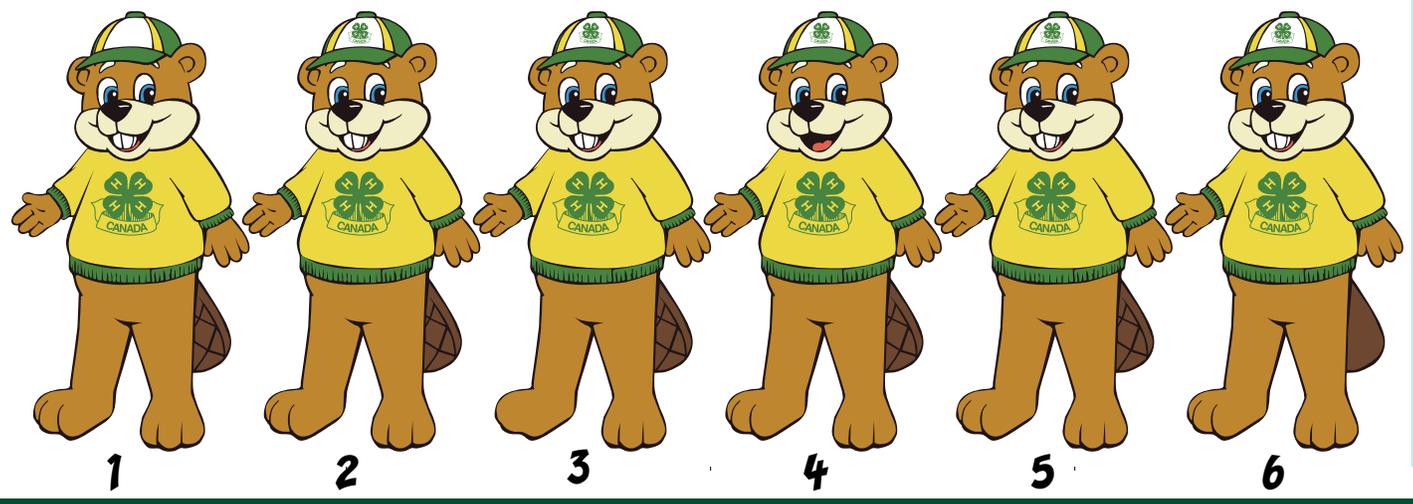


## Word Scramble!

Unscramble these 4-H projects!

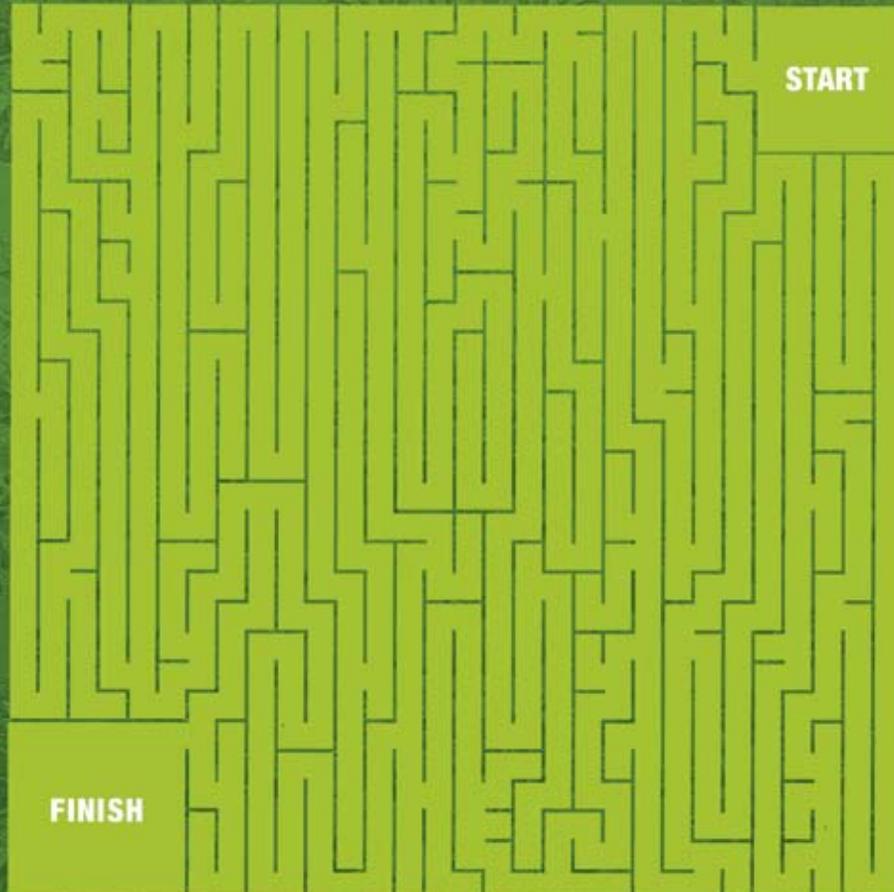
1. tarcfs
2. naceni
3. htgoopayphr
4. lsma sgneien
5. file sliksl
6. kodoorginww
7. dinagrenng

Which 2 Cleavers are the same?





# Help Mama Duck Find Her Ducklings!



## JOKES

**Can giraffes have babies?**

*No, they can only have giraffes.*

**How do rabbits travel?**

*By Hareplane.*

**Where do animals go when they lose their tails?**

*To the retail store.*

**What is the smartest kind of bee?**

*A spelling bee.*

**What is the best year for a kangaroo?**

*Leap year.*

**What kind of food does a racehorse eat?**

*Fast food.*

**Where do rabbits go to have their eyes examined?**

*The hoptometrist.*

**What bird never goes to a barber?**

*The Bald Eagle.*

**Why do cows wear bells?**

*Because their horns don't work.*

## Answers

### 4-H Crossword Puzzle

#### ACROSS

2. Country
4. Cat
6. Excellence
8. Website
11. Camp
12. Dairy
13. Timecapsule
14. Olds

#### DOWN

1. Grants
2. Cleaver
3. Cantine
5. Selections
7. Centennial
9. Imagined
10. Service

### Can you Spot The Difference?

- The button on the hat is missing.
- Cleaver's eyebrows are missing.
- Cleaver's eye colour has changed.
- Cleaver is missing a smile line.
- Cleaver is missing his tail.
- The hat's stripes are reversed.
- Cleaver's ear opening is missing.
- Cleaver has one tooth missing.
- Cleaver's shirt is blank.
- Cleaver's toes are missing.

### Which 2 Cleavers are the same?

Cleaver number 2 & 5 are the same.

### Word Scramble

- crafts – tarctis  
 canine – nacenti  
 photography – htgoopayphr  
 small engines – lsma sgnaeln  
 life skills – file silksi  
 woodworking – kodooqinmw  
 gardening – dinagrenq

# Travel & Exchange

**Congratulations to the 54 senior 4-H members who received award trips at this year's Selections program, held April 29 to May 2. 4-H wishes all of you a memorable and fun time on your trips over the next year.**

**A complete list of trip winners can be found on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under news and events.**

## Alberta Girls Parliament 34th Annual Session

**BY KELLI BURDEK**  
4-H MEMBER

From March 30 to April 3, 2005 I had the pleasure of attending the 34th annual session of Alberta Girls Parliament. The staff and delegates warmly welcomed me upon my arrival at the Star of the North Retreat Center in St. Albert.

Day 1 – We had our first caucus meeting, where we became acquainted with fellow delegates who would form our side of the government for the weekend, which was the opposition. We then were chartered off to the Alberta Legislature for a tour, where we met the speaker of the house, Ken Kowalski and even got to sit in the legislative chamber where our elected representatives do. After that we toured the MacKay School which 100 years ago served as the first gathering place

of the Alberta Legislature, and had our first practice debate to introduce us to the debating procedure that would be used during the Alberta Girls Parliament. Following this was a collection of guest speakers who gave our group information on the different opportunities available to girls in the travel, scholarship and prestigious award subject areas.

Day 2 – We spent the morning at West Edmonton Mall engaged in an activity of our choice. After returning to the retreat center we had a caucus meeting to prepare for our first real debate on the topic of whether smoking should or shouldn't be prohibited in all public places in the province of Alberta. That evening was our debate and opening of parliament at which the Honorable Lieutenant Governor Norman Kwong was in attendance. His wife, the Honorable Mary Kwong, acted as our honorary Lieutenant Governor for the evening.

Day 3 – We had caucus first thing in the morning to prepare for the second debate, which was on the topic of government surplus being equally dispersed among taxpayers each fiscal year. Later, an instructor was brought in to provide instruction in our Pilate's active learning session. I very much enjoyed the opportunity to learn hands on something totally new and foreign such as Pilate's. We then had our third debate on the topic of whether post secondary tuition costs should be determined based on individual achievements and economic need in the province. Following this was a formal banquet for all the delegates, leaders, sponsors and par-

ents. After the banquet the group walked to the St. Albert Bowling Center for a few hours of bowling fun. As the last event of the evening, the girls who were seeking election to government positions such as Premier or Leader of Opposition for the next year's parliament session gave candidate speeches.

Day 4 – On my last day at Alberta Girls Parliament we

had our final debate, which was the fun debate. The topic of this debate was as follows: Be it resolved that due to the current BSE crisis, all cows should be replaced with ostriches. Parliament was officially closed following this outrageous and fun debate.

Having had the privilege of being able to attend Alberta Girls Parliament for the past two years, I would like to stress the great fun and learning experience one weekend at Alberta Girls Parliament can be. 🍀

## Win a Trip to Toronto

Are you between the ages of 8 and 21 and would you like to visit the largest city in Canada? If you are, then charge up your camera batteries and load up on film (or memory storage).

The face of Canada has changed significantly since the Charter of Rights and Freedoms was fully implemented 25 years ago. As a result, diversity has sprouted everywhere. Tai Chi masters are leading classes in the local parks. South American folk musicians play their panpipes at summer festivals. Canadians pay tribute to International Women's Day, Year of the Veterans, Black History Month and Aboriginal Week ... And how about the food! Grocery stores now have falafel, plantain, wasabi and fajitas on store shelves.

Agriculture and Agri-Food Canada and Canadian 4-H Council would like to celebrate this diversity with a nation-wide photo contest. Your photo must illustrate how diversity enhances your community.

The winner receives a free trip to Toronto. Travel and accommodation is included in the prize as well as tickets to the Royal Agricultural Winter Fair. The winner will also attend the Friends of 4-H Banquet on November 5, 2005. The winning photo will be displayed at Agriculture and Agri-Food Canada's corporate exhibit and then in future promotional products such as brochures, posters and exhibits.

For full contest details, or to download the entry form, visit [www.4-H-canada.ca](http://www.4-H-canada.ca). Deadline for entries is Thursday, October 13, 2005.





## Montana 2005

BY BRENDA CAMPBELL

4-H MEMBER

On July 10, Raymond Gonet, Jordan Lessner, Megan Baron and myself (Brenda Campbell), along with our chaperones Mark and Deanna Muchka met in Airdrie to begin our trip to the Montana 4-H Congress.

Before we left Airdrie, we were given markers to decorate the van with great Alberta slogans. Then it was off to a quiet evening in Cardston where we spent our first night. Bright and early the next morning we crossed the border into the U.S. and traveled to West Glacier National Park in Northwestern Montana where we enjoyed a wild ride in the West Glacier River rapids before heading to our cabins to play some cards or hang out by Flathead Lake.

The next day it was off to the Montana 4-H Congress. When we reached the Montana State University in Bozeman, there were 600 American 4-H'ers waiting eagerly to meet "the Canadians" when we arrived.

The next two and a half days of the congress were packed full of activities, beginning with the opening ceremonies, where we were introduced, and listened to an amazing guest speaker Guy Rice-Dowd, who talked about his less than ideal childhood upbringing and the obstacles

he has overcome to become one of the most highly regarded teachers in the United States. There were also jugglers, nightly dances, laser tag, an outdoor fair and motorcycles in the closing ceremonies. The congress was a very educational and cultural experience. We learned a lot about the way Montana 4-H operates.

On the way back to Canada we stopped at the Lewis and Clark Caverns where we traveled down 400 ft into a mountain and explored many amazing rock formations. We also spotted a few bats flying a little too close for Raymond's liking. Then it was on to Deer Lodge where we toured the Old Prison and Auto Museums.

Later on we traveled to Helena, found a basketball court where we enjoyed a few games, and settled in for the evening. The second last day of our trip was spent shopping in Great Falls before heading to Lethbridge for our final night.

Sunday signaled the end of our trip and although by then we were all tired we agreed that it was an amazing trip and we would have memories to treasure for years to come. We would like to say a big thank you to sponsors ITS Travel and Alberta 4-H for making this trip possible, and to our chaperones that made the trip the absolute most fun it could possibly have been. It would not have been the same without them. 🍀

# Awards, Scholarships & Grants

## Alberta 4-H Award of Excellence

BY HENRY WIEGMAN

4-H SPECIALIST & SPONSOR LIAISON



The 4-H Award of Excellence is a series of four awards (bronze, silver, gold and platinum) that recognizes 4-H members for their project work, leadership and community service achievements.

The Alberta 4-H Legacy Builders (ATB Financial, Alberta Agriculture Food & Rural Development, and UFA) and 4-H Partners (4-H Branch, Alberta 4-H Council and 4-H Foundation of Alberta) support the Award of Excellence. Since the programs inception in 1988, over 22,000 medallions have been presented.

Either an ATB Financial or UFA representative should be invited to present the awards on your awards night. If they are unable to attend, then contact a 4-H council member from your area.

Order forms for these medallions are in the Leader's Information Manual and on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under the heading 'Applications'. Clubs are encouraged to order these medallions at least six weeks in advance of the date they will be presented to ensure that they arrive on time. 🍀

ATB Financial®



Alberta  
AGRICULTURE, FOOD AND  
RURAL DEVELOPMENT

## Golden Clover Award

The Golden Clover Award recognizes individuals or groups who have exhibited outstanding leadership while initiating a special contribution such as an innovative idea, program, activity or event that has made a significant difference to Alberta 4-H.

### Who can be nominated?

Anyone who has done something great for 4-H (E.g. members, leaders, sponsor representatives, clubs, district councils, alumni, staff or regional councils. Nominee(s) will have displayed outstanding leadership skills while initiating their special contribution to 4-H at the club, district, regional or provincial level.

### Examples of special contributions:

- Creating and piloting a new project or program.
- Starting or re-organizing an event at the district or regional level.
- Creating a new sponsorship program.
- Creating a new program, activity or partnership at any level.

### The award is based on:

- Innovation and initiative demonstrated by the nominee(s) through their special contribution.
- Positive impact and outcome of the nominee(s) efforts.
- Leadership role of the nominee(s).
- Involvement in the community.

A selection committee consisting of Alberta 4-H Council members will review applications and select a winner.

### Presentation

Up to three qualifying nominations will be invited to attend the Alberta 4-H Leader's Conference where the winner will be announced. The selected candidate will receive:

- Re-imbursement of their accommodations and registration fee to the Leader's Conference.
- Their name added to a plaque that is to be displayed at the Alberta 4-H Center.
- A take home award and pin.

For complete information on the Golden Clover Award, or to obtain an application form, please visit the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and look under 'Application/Forms'. Completed applications must be submitted by November 1 to:

### Golden Clover Award

909 Irricana Road N.E.  
Airdrie, Alberta  
T4A 2G6

**For inquires, please contact Julie Ulseth (403-256-7656, [julseth@shaw.ca](mailto:julseth@shaw.ca)) or Stacy Price (403-946-5373, [gp\\_rice@telus.net](mailto:gp_rice@telus.net)).**



*Kristen Hedley and Robert Dixon, last year's PA recipient*

## Consort 4-H Member Named Premier's Award Recipient

BY MARK MUCHKA

The Alberta 4-H program's highest honour has been presented to Consort teen Kristen Hedley. Chosen from among 126 of the province's top 4-H members, Hedley was named as the Premier's Award recipient during the annual 4-H Selections Program at Olds College, April 29 – May 2.

Hedley, an 18-year-old high school student, has stood out in Alberta's 4-H program, demonstrating the highest standards of leadership, communication and personal development skills. For the last 10 years, Hedley has been an active member

of the Consort Creative Hands 4-H Club, and has held positions at the executive level. She has also been an avid participant in various regional and provincial 4-H activities.

In addition to the Premier's Award announcement, 14 4-H Ambassadors were selected to serve a two-year term promoting youth and 4-H in Alberta. An additional 54 4-H members were chosen to represent 4-H at major educational programs throughout Canada and the United States over the next 12 months. ♻️

## Provincial 4-H Scholarships

At the beginning of September, the Provincial 4-H Scholarship Selection Committee met to determine this year's scholarship winners. Between 110 and 120 senior 4-H members will receive a combined total of more than \$80,000 to help fund their post secondary education. Scholarship applicants will be notified in late September as to the results. Funds will

be dispersed to recipients in November and December.

Next year's application forms on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) in mid-February 2006.

### TD 4-H Scholarship

Deadline: October 4

The TD 4-H agriculture scholarship program, valued

at \$20,000, recognizes 10 students from across Canada that will be attending a Canadian college or university for agriculture-related or agri-business studies.

TD 4-H Agriculture Scholarships are open to all active 4-H members who have reached the age of 16, and are awarded based on academic standing. 🍀

**To learn more about or obtain application forms for scholarships available through 4-H, please visit the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and look under the heading 'Applications/Forms'.**

## 4-H and the Duke of Edinburgh's Award Can Work Together for You!

**BY CLAYTON ROSS**

4-H MEMBER

The Duke of Edinburgh's Award, Young Canadian Challenge is an exciting opportunity put forth to all youth ages of 14 to 25. Being an active member of 4-H can help you achieve this award.

There are four different sections of this challenge: Service, Adventurous Journey, Skills, and Physical Recreation. Participants meet goals in each of these areas to achieve their Bronze, Silver and Gold Awards.

The section of Service means to help others, perform a community service and always be there to help out by offering guidance and support. With all the different projects available in 4-H, the Skills section is easily obtained, whether you are in are foods project, photography, etc.

Going to a 4-H camp may give you access to some of the preliminary training for your Adventurous Journey. Skills like orienteering will help you when you are trekking through forests, up mountains, or wherever your journey may take you. 4-H can also help you complete your residential project by offering the opportunity to attend a 4-H camp or program with many of your peers, where you will be developing maturity and accepting responsibility for your actions.

So if you choose to take up the challenge, remember that your involvement in 4-H can help you out along the way. Always carry your "Duke of Edinburgh Award Young Canadian Challenge" book around so that if you fulfill one of these requirements you can receive credit towards achieving the award. I just recently received my Gold Award from H.R.H. Prince Philip (The Duke of Edinburgh) in Edmonton. 🍀

**For more information about the specific requirements necessary to achieve the award, contact the office at 1-800-668-3853 or visit the website at [www.dukeofed.org](http://www.dukeofed.org).**

# Grants

## Alberta 4-H Legacy Fund

**Deadline: December 15**

This fund helps clubs, districts, regions, alumni, programs or events with the following types of initiatives:

- New club start up
- New and unique programs
- Project workshops
- Capital Projects
- Club exchanges
- Leader development
- Club achievement days
- District and Regional Days

The goal is to create a fund of which the interest will be made available annually for grants that improve the quality of the 4-H program in Alberta and provide opportunities for youth well into the future.

### Application Process

Submit the following to the 4-H Foundation of Alberta:

- Project description
- Project time frame
- Project budget
- Sources of project finances
- Benefit to the group submitting application
- Contact information of individual responsible for the project
- Application signed by group president and treasurer. Club applications to include general leader signature

## Agrium 4-H Youth Leadership Initiative

**Deadline: October 3**

4-H members, leaders, councils, and partners (Branch, Foundation and Provincial Council) can apply for project funding from the Agrium 4-H Youth Leadership Initiative Program. Key areas of focus are: youth

asset building, career planning, communication skill training, and organizational leadership.

## Sears Young Futures 4-H Club Grant Program

**Deadline: November 1**

Interested in accessing funds to enrich your 4-H experiences and inspire your club members to be the best they can be? Sears Young Futures 4-H Club Grant Program provides financial support for projects/programs that encourage the development of youth and/or provide innovative 4-H program opportunities for youth.

### Eligible Initiatives

- New club start-up costs
- Enhancing an existing program (E.g. purchasing materials)
- Sustaining an existing program (E.g. workshop/project costs, supplies, etc.)
- Community service initiatives (E.g. club exchange trips)
- Providing learning opportunities for youth

Individual 4-H clubs or groups of 4-H clubs (I.e. districts or regions) that are registered and in good standing can apply to receive up to a maximum of \$1,000.

### Restrictions on Funding

The following projects or activities are not eligible for funding:

- Projects that confer a private benefit upon the members or leaders of the applying club or group
- One-time projects or programs or events
- Provincial membership fees and program registration fees
- Capital projects

Successful grant projects must commence and be completed between June 1, 2005 and May 31, 2006

## Technical Knowledge Opportunities

### Deadline: October 3

Sponsored by the Imperial Oil Foundation, this program seeks to educate and enrich youth experiences by supporting projects/activities that focus on the development of technical skills. 4-H clubs, districts, regions or partners are eligible to apply. \$13,500 is available for all submissions in total.

### Eligible Initiatives

This grants program will support projects that:

- Expose 4-H members to new and different technologies

- Provide training to aid 4-H member's existing skills related to 4-H project work
- Plan training opportunities in order for 4-H members to teach the new technical knowledge they have learned
- Ensure that 4-H members are receiving up-to-date technical knowledge and instruction from 4-H leaders

Projects must be commenced and completed between January 1, 2006 and December 31, 2006. Applications can only be made to one Canadian 4-H Council funding source (E.g. Applicants requesting funding from Technical Opportunities Program cannot submit an application for the same project under the Agrium 4-H Youth Leadership Initiative Program, Renewal Opportunities Program, etc.)

## Renewal Opportunities Program

### Deadline: October 3

This program is partially funded with financial assistance from Agriculture & Agri-Food Canada.

4-H clubs, districts, regions or partners are eligible to apply. Total funding available for 2006 - 2007 program is \$70,000.

### Eligible Initiatives:

This grant program will support projects that reflect the philosophy and objectives of 4-H and meet one or more of the following categories or activities:

- Leadership, citizenship and personal life skills development
- Business skills emphasizing on farm and rural application (E.g.

how to run a beef farm operation)

- Technical skills (E.g. how to operate machinery and equipment)

**To obtain the application forms for the preceding grants, or for more information on eligible initiatives or conditions on funding, please visit the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and look under the heading 'Applications/Forms'** 🍀

### FUN FACT

**A starfish can turn its stomach inside out.**

Proud of our western roots. Proud of our youth.  
Proud to be your neighbour.

EnCana. 4-H. WPCA. A great team!

[www.encana.com](http://www.encana.com)



# Ambassadors

## The Role of a 4-H Ambassador

BY KIMBERLY PEARSON

4-H AMBASSADOR

Each year at the Provincial 4-H Selections program, 14 4-H members (two from each of seven regions) are chosen as Ambassadors. The Ambassador program is an opportunity for members who have been through the 4-H program to gain further leadership and marketable skills and to share those skills with members throughout the province. Ambassadors spend a two-year term working to enhance, educate and promote opportunities in 4-H to members and non-members through leadership and representation.

The Ambassador group is an awesome resource full of hardworking and reliable young adults. You'll often see our presence at provincial events, but we also attend regional and district events, as well as a number of non-4-H events. We market the 4-H program by setting up displays, answering questions that people may have, and donning the ever-popular Cleaver the Beaver costume for all to enjoy. We have attended events like Spruce Meadows, World Final Chuck Wagon Races in Red Deer, and many other community fairs and rodeos.

If you, or someone you know would like assistance planning or facilitating a district or regional event, please let your regional Ambassadors know. Send us an email with the date, location, and specifics of what you would like help with, as well as your contact information to [ambassadors@4h.ab.ca](mailto:ambassadors@4h.ab.ca). Alternatively, you can contact

one of us by using the information below. We look forward to participating in your event! 🍀

### Ambassador Listing:

#### South

Ricki Flemming  
[ricki\\_flemming@hotmail.com](mailto:ricki_flemming@hotmail.com)

Meaghan Sayers  
[mlazys@telus.net](mailto:mlazys@telus.net)

Jessica Wilkinson  
[sendcashstome@hotmail.com](mailto:sendcashstome@hotmail.com)

Nancy Zirnhelt  
[lil\\_rugby\\_girl@hotmail.com](mailto:lil_rugby_girl@hotmail.com)

#### Calgary

Matt Kumlin  
[raftak@hotmail.com](mailto:raftak@hotmail.com)

Taryn Parkinson  
[rugby\\_chick\\_87@hotmail.com](mailto:rugby_chick_87@hotmail.com)

Debra Stark  
[debra\\_d\\_stark@hotmail.com](mailto:debra_d_stark@hotmail.com)

Lyle Weigum  
[weigl\\_14@hotmail.com](mailto:weigl_14@hotmail.com)

#### West Central

Justin Janke  
[jejacer69@yahoo.ca](mailto:jejacer69@yahoo.ca)

Shari Hagstrom  
[swimmergirl987@hotmail.com](mailto:swimmergirl987@hotmail.com)

Amanda Stoyberg  
[a\\_stoyberg@hotmail.com](mailto:a_stoyberg@hotmail.com)

Kim Pearson  
[peppyfreckles13\\_@hotmail.com](mailto:peppyfreckles13_@hotmail.com)

#### East Central

Kristen Hedley  
[kbbbh@hotmail.com](mailto:kbbbh@hotmail.com)

Tanis Longshore  
[tanis\\_longshore@hotmail.com](mailto:tanis_longshore@hotmail.com)

Kerry Molzan  
[molzan87@hotmail.com](mailto:molzan87@hotmail.com)

Jessi Sunderman  
[fualcker\\_11@hotmail.com](mailto:fualcker_11@hotmail.com)

#### Northeast

Robert Dixon  
[rdixon86@telus.net](mailto:rdixon86@telus.net)

Lacey Fowler  
[cowgirl29\\_87@msn.com](mailto:cowgirl29_87@msn.com)

Kim Headon  
[wolverine\\_910@hotmail.com](mailto:wolverine_910@hotmail.com)

Alison Kumpula  
[babe\\_mango@hotmail.com](mailto:babe_mango@hotmail.com)

#### Northwest

Katelyn Fehlauer  
[katiebear52@hotmail.com](mailto:katiebear52@hotmail.com)

Mathilda Gabert  
[gabert\\_17@yahoo.ca](mailto:gabert_17@yahoo.ca)

Shanna Holmes  
[slholmes66@hotmail.com](mailto:slholmes66@hotmail.com)

Marissa Verbeek  
[goldengirl300@hotmail.com](mailto:goldengirl300@hotmail.com)

Stacy Young  
[stacy\\_lee\\_young@hotmail.com](mailto:stacy_lee_young@hotmail.com)

#### Peace

Jeffrey Binks  
[jbinks@hotmail.com](mailto:jbinks@hotmail.com)

Greg Hearn  
[baconbits\\_97@hotmail.com](mailto:baconbits_97@hotmail.com)

Monika Ross  
[cowgirl4\\_316@hotmail.com](mailto:cowgirl4_316@hotmail.com)

Theresa Yuha  
[theresayuha@hotmail.com](mailto:theresayuha@hotmail.com)

## National Ambassador Conference

BY DANIELLE SCHNURER

4-H SUMMER MEDIA  
RELEASE COORDINATOR

Ambassadors traveled from all over Canada to represent their home province at the National Ambassadors Conference. Held May 27-29 at the Alberta 4-H Centre, delegates partook in various sessions including personality dimensions, time management and organizational skills, and marketing yourself.

It was not only an educational weekend, but beneficial to the possible development of Ambassador programs and a national network across Canada. Members were able to explore the diversities within the 4-H program, discover its strengths and weaknesses, and develop plans to implement upon their return to their home provinces.

Kerry Molzan, Alberta 4-H Ambassador, comments, "Not only did we learn a lot from the other provinces about what Alberta 4-H can change, but the other provinces also gained knowledge about what they can incorporate using Alberta as a guideline. The conference was a huge success, and each Ambassador gained skills that we will not only apply to our lives immediately, but that we'll use in the future as well."

The presence of youth at the Annual General Meeting was applauded and appreciated by all in attendance, and many look forward to the continuation of this conference. 🍀



# Club & District Articles



## Community Service Project

BY JORY STENGER

4-H MEMBER

The Medicine Hat 4-H Multi Club lent a hand at the Medicine Hat Food Bank for our Community Service Project. Club members washed cans, sorted and put away food items and helped clean the premises. We learned how the food bank operates and how local people benefit from its existence. It was a great experience enjoyed by all. 🍀

## Cactus Country 4-H Rodeo

Saturday, September 10, 2005

Medicine Hat Exhibition & Stampede Grounds

Grand Entry – 9:45 a.m.

### EVENTS:

Steer Daubing	Barrel Racing	Goat Tying
Breakaway Roping	Pole Bending	Keyhole
Team Roping	Flag Picking	Steer Riding

The events are open to all 4-H Members. Deadline for entries is Monday, September 5, 2005. (Fees double for late entries). For more information call Cheryl (403) 528-2721 or Ronda (403) 937-2221.

## Moos on the Moove

BY KATELYN CREST

4-H MEMBER

Where do cows go for fun? To an a-moo-usement park! Hi I'm Kateyln Crest and I am going to let you in on what the Moos on the Moove 4-H Club has been up to.

From July 19-21, members from our club traveled to the Provincial 4-H Dairy Show in Red Deer to compete in competitions with other dairy clubs from all over Alberta. On the first day, we set up our stalls and washed our animals, then wrote a dairy quiz and participated in a dairy products relay and water balloon fight.

The next day was action packed. We were organized into groups and played games like Jeopardy that had a cool buzzer to hit when we thought we had the right answer. After the games came the Judging Competition where we judged three classes (junior members only judged two classes) and gave

oral reasons. Then we took part in the clipping competition.

The third day was show day where each club brought its top three placing animals to the show. Our club did very well. Then, the first and second animals from each class came back to compete for the Grand Champion award. Chad Crest won top honors with his senior calf, Skycrest Dundee Nemo, and Reserve Grand Champion with his intermediate calf, Skycrest Carisma Cucumber. To finish off an already awesome day, our club won the Group of Three.

So that's about it for the Moos on the Moove. We have had a busy year that was a lot of fun. I have enjoyed writing our news to you and would like to finish with this joke: What do you call a cow that can't produce milk? An udder failure. 🍀



First place Group of Three at the Provincial Dairy Show. Back Row: Jan Van de Brake, Damaris Rottier, Katelyn Crest, Gord Ell (judge), Chad Crest, Metty Van de Brake; Front Row: Kyla Barendregt, Henriet Van de Brake, Casey Morey.

## South Country Judging Club

BY EMILY PUCH

4-H MEMBER

All 14 members of our club enjoyed our second year of operation under the direction of our general leader, Cecillie Fleming. This year's project was to pick a species or item to judge and plan a judging clinic around it. Members did the organizational work to plan their own clinic, and we held a judging day in May to compare good and bad characteristics on a species or item. Tracy Gardener, from Olds, spent the day critiquing us on our oral reasons. Thank you Tracy, we all came away more knowledgeable and confident as a result. We are truly a club that follows the motto, "Learn to do by Doing" and are having fun doing it! 🍀



Back Row: (L to R) Bonnie Motycka, Emily Puch, Gayle Motycka, Keira Breeschooten, Joyce Motycka. Front Row: (L to R) Matt Bolduc, Kevin Bolduc, Amanda High, Meaghan Sayers, Ricki Fleming, Jessie Hein.

## Pincher Creek 4-H District

BY DEIRDRE SCHOENING

KEY LEADER

4-H livestock members in the Pincher Creek District enjoyed unprecedented high prices for their projects this spring. Support for 4-H by the businesses in our community has always been excellent, and is appreciated by our members, families and leaders.

This year saw amazing monetary support with a steer being sold for \$6.50/lb and a lamb for \$10.00/lb. These amounts were shared,

in some way, among all the participating members of the respective clubs. The Chinook Multi Club donated money earned on its Achievement Day to the Windy Slopes Health Foundation and STARS Air Ambulance, and also placed funds in a scholarship account. The Foothills Club placed its funds in a pro-rating pool.

Pro-rating has been in effect in the Foothills Club since its inception more than 50 years ago, and it is our understanding that the Foothills club is one of the few clubs in Alberta to adhere to this policy. In brief, the average price per pound of the sold animals (excluding the

price for the top seller) is determined. Half the excess funds of any calf that is sold above the club average price (including the top seller) is placed into a pool.

For example, a calf sells for \$1,200, but the club average is \$1,000 per calf. Therefore the excess funds amount to \$200. Of this \$200, \$100 goes to the member and \$100 goes to the pool.

Club activities throughout the year are assigned points. These points are divided into the number of dollars available from the pool and distributed amongst all of the members according to their enthusiasm and participation. A panel of leaders determines the points. In this fashion, money earned simply because it is a 4-H animal is fairly distributed throughout the membership. However, the winner of the Club Champion steer still gets a nice bonus on his or her cheque.

This policy is explained to members annually and voted on at the club's organizational meeting each fall. Members whole-heartedly support the pro-rating policy. Doug McClain, this year's buyer of the Club Champion steer, was familiar with the policy and wanted all the members to benefit from his generosity.

### FUN FACT

**A giraffe's neck contains the same number of vertebrae as a human.**

Nathan Bruder, a second year member of the Foothills Club and this year's excellent and deserving winner comments, "I didn't expect Grand Champion. The judge just slapped my calf and he went crazy. When I sold my

steer, I had no idea how much per pound I got. When I found out, I was amazed. I had \$3,100 dollars taken off my cheque, but I was happy because I was sharing my money with fellow 4-H members of my club. I was even happier when I found out how much my pro-rating check was. It's only fair with pro-rating."

If you have any questions regarding pro-rating, please contact any member or leader of the Foothills Club. 🍀

## Millarville Stockland

BY JACQUELINE STEPHENSON

4-H MEMBER

The Millarville Stockland Beef Club is a very long running club that has been going for 54 years. Suzon Watkins and Susan Jeffery, who have led the club for the last 11 years, do a wonderful job. We are an active group that participates in most areas of 4-H, and have members at multi judging, grooming competitions and the Provincial Beef Heifer Show. With the help of our leaders, a number of our clubs senior members have helped teach at District workshops.

We were not as large a group as we have been in the past but we still had 18 members. Right now we have more seniors which is different from a lot of clubs. We enjoyed preparing projects for Achievement Day and 4-H on Parade and held grooming and showmanship clinics to help us get ready. I think the Jubilee year should be an exciting one for Alberta and a great one for 4-H. Have a great year and good luck at all 4-H activities. 🍀

# Redwater 4-H Multi Club Members go to Costa Rica

BY CHRISTINA WALKER

4-H MEMBER

On December 8, 2004, three members of the Redwater 4-H Multi Club traveled to Costa Rica for 12 days to hand out Christmas presents to impoverished children for our senior members' opportunities project. Daniel Caruthers, Jacob Vander Meulen, and myself (Christina Walker) created a project where we volunteered to help with Operation Christmas Child's shoebox distribution in Costa Rica. Operation Christmas Child is a project of the Christian international relief organization Samaritan's Purse. The project collects shoeboxes filled with gifts from schools, churches, and other community centers throughout North America and some parts of Europe, and distributes them as Christmas gifts to impoverished children in over 100 Second and Third-World countries around the globe. We, and the 90 other volunteers from across North America, hand-deliver several thousand of these shoeboxes bringing joy to the children of Costa Rica. For many of the children, it was the first Christmas present they had ever received.

To raise money for the trip, Jacob, Daniel, and I collected used tires through the 4-H Tire Recycling program. We also organized a silent auction/pie auction and dessert night in our community and spent a day at a couple of Wal-Marts selling chocolates. Before flying to San Jose, Costa Rica, the group of volunteers spent a few days training in Houston, Texas. There we spent time learning hip-hop dances and short dramas, how to sing songs in Spanish, and clowning skills that we would use to entertain the kids.

While in Costa Rica, we generally completed two distributions a day where we performed a short concert and then handed out the shoeboxes. Most distributions ranged from about 100 to 300 kids. We always spent extra time getting to know the kids and playing with them. Often, in the places that we distributed shoeboxes, the houses would only be flimsy sheets of tin with dirt floors and a house's sink would be only a piece of carved stone on the ground. In one of the villages we went to, the road was impassable for a vehicle and the sewage from all of the houses ran down the streets where the children played. Some of the population in Costa Rica have lifestyles very similar to the average North American but there is also a great deal of poverty that exists.

Finally, the moment for these children had arrived. Sitting on a grimy concrete floor in the sweltering heat, the children hear a woman's voice shout, "Vamonos!" Which means, "Let's go!". The room erupts in a frenzy as the children open their long-awaited packages. Watching the kids open their shoeboxes was everyone's favorite part of the trip. Jacob described the moment as being "life changing". Even though many of the kids had very little, they were still very generous. Often they would insist on giving us some of their candy or "treasures" out of their shoeboxes. When they weren't looking, we would slip them back in the box.

Out of the thousands of children we gave shoeboxes to, one little boy still stands out in my mind. He was about nine years old and his hair



was falling out in large patches. Many of the children at that particular distribution site had a strange skin disease and rotting teeth. Accidentally, we had given him a girl's shoebox instead of a boy's. Despite the mix up, he was so excited and grateful to receive a gift. Realizing our mistake, we offered to give him a boy's shoebox instead but he refused, satisfied with his box. He then began to play with the toys and treated them like treasures.

Besides handing out shoeboxes, we also painted churches, performed in concerts, and gave out new clothing. Some of the children we gave clothes to had previously only owned two sets of clothing; one they wore on Sunday, and the other they wore the rest of the six days of the week. We also ran free medical and dental clinics. At the medical clinic, we would assist the doctor by administering blood sugar tests or testing urine. We also assisted the pharmacist and entertained the children who were waiting to see the doctor. Those working at the dental clinic sterilized the dentist's equipment between patients.

While in Costa Rica we stayed at two locations. The first was in a college in San Jose, which is the capital of Costa Rica, and the second was at a camp in between two volcanoes. The latter was quite the experience. Upon our arrival at the camp we were instructed to check under our mattresses for

scorpions. My roommates and I entered our room to find it flooded. In an attempt to solve the problem, we stuffed a mattress in the window, which was fairly effective. We became quite accustomed to bugs crawling in our belongings and on our beds. However, none of us ever got used to the tarantulas and other large spiders that would show up occasionally.

During our trip, we had enjoyed authentic Costa Rican cuisine. We had rice and beans (a very popular dish in Costa Rica) twice a day, every day. It would have been three times but, because we were traveling, sandwiches were easier to pack for lunch.

All too quickly, our time in Costa Rica came to an end. Our experience in Costa Rica offered us an opportunity we will not forget and made us realize how blessed we are in Canada. We returned home four days before Christmas, exhausted but happy. We made many new friends, experienced a new culture, brightened the lives of many impoverished children, and had our perspective changed and our eyes opened to other ways of life. It was a trip and a project that we will never forget. The whole experience was definitely the highlight of my 4-H career. Jacob summarized our thoughts when he said, "The experience has truly changed me, and for that, I am forever grateful." 🍀



The power you need to climb is under the hood. The control you need to descend is at your fingertips.



The 2005 Ford Super Duty. It's got everything you need for towing in one great looking package.

- Best-in-class gasoline engine horsepower – 355 hp • Best-in-class torque – 455 lb. ft. • Best-in-class payload on F-350 – 5,800 lbs.
- Best-in-class conventional towing – 15,000 lbs. • Best-in-class fifth wheel towing – 17,000 lbs. • Best-in-class GVWR – 13,000 lbs.
- Best-in-class GCWR – 23,500 lbs. • The first available factory installed trailer brake assist



# Alberta 4-H Council

## Alberta 4-H Partners

On April 12, representatives from the Alberta 4-H Partners (Branch, Council and Foundation) traveled to the Alberta legislature to meet the Honourable Doug Horner, Minister of Agriculture. We really enjoyed talking with Mr. Horner and sharing our vision of where the 4-H program is headed. During our conversation, we also learned that he is a past Alberta 4-H member.

We appreciate the support Alberta Agriculture has given us over the years, and continue to look forward to a long and vibrant partnership. 🍀



Left to Right: Henry Wiegman, Jamie King, Greg Hawkwood, Honourable Doug Horner, Marguerite Stark, Tim Church, Maryanne Sandberg



Mel Clark and Marguerite Stark



Marguerite Stark and Brenda Biesenthal

## Thank You

BY MARYANNE SANDBERG

Retirees were honored with a Certificate of Appreciation for their dedication and time spent as representatives on the Alberta 4-H Council.

Marguerite Stark presented certificates to Brenda Biesenthal of the West Central Region, and Mel Clark of the Northwest Region. Other outgoing council representatives that will receive certificates, but were not in attendance, are Lorraine Neal of the West Central Region, Cheryl May of the Calgary Region and Danielle Schnurer, 4-H Ambassador from the Northeast Region. 🍀

## 2005 Alberta 4-H Council Highlights

The Alberta 4-H Council endeavours to keep the 4-H family informed. Therefore, we have written this article to update you on Council initiatives. We would like to hear what you have to say, so please feel free to contact your Council Representatives about any of the items mentioned below.

- Boundary changes—Council appreciated feedback from the seven 4-H regions regarding the proposed regional boundary changes. There was strong support for keeping the existing boundaries, and to increase administrative support to the East/West Central and Northwest regions. Council has recommended that if there is to be a boundary change in

the future, all regions will be considered and an effort will be made to ensure that it is equitable for all.

- Supply Distribution – Council supports the 4-H Branch's decision to continue with supply distribution from Edmonton. If clubs experience difficulty this fall, please contact the Branch as well as your council representative. If the supply distribution system is not efficient, council will push for changes.
- Ag Societies – Council is pleased with the work being done on clarifying the partnership between Agriculture Societies and 4-H. We look forward to building this partnership further.
- Friends of 4-H Public Speaking – Council is committed to retaining this program, but will have all administration moved to the Branch. Council will continue to promote and actively seek sponsorships from councils, and set some specific guidelines with respect to what to pay for.
- Golden Clover – Council is committed to go at least one more year with this program. A new application form has been developed and is on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). Council would like to see this award presented the Friday evening at Leaders' Conference.
- Operating Funds – Council set aside a reserve fund equal to the cost of one year's operation. Council did not ask for grant funding this year since it was felt that the Branch could better use the funds.
- Casinos – Casino funds were allocated to the Legacy Fund for the Time Capsule Opening, the Canadian 4-H Council AGM (held May 25 to 29, 2005),

and the Leader's Development Fund.

- Policies – Several policies were approved at the July 16 council meeting including: Leader Screening, Beef, Equine and Fundraising. There has been a call for policies covering the Sheep and Canine projects. In addition, Council members will talk to the regions and grassroots levels to see if there is a need for a Marketable Projects policy (I.e. on how to handle the marketing of projects that are eventually sold).
- Awards of Excellence – Will now be available through a joint venture with the 4-H Legacy Builders and 4-H Partners. The Council agreed to contribute \$2,500 annually towards maintaining the Awards of Excellence.
- Freedom of Information and Privacy (FOIP) – Before members enter a record book competition, they and their parents/guardians must sign a statement agreeing to have the books on display. All Regional and District Councils, and clubs should have something in place for members regarding the Freedom of Information and Privacy Act with respect to documents being on display. For further information on this decision contact your Key Leader or Regional Specialist.
- Communications – The Communications Committee would like feedback on the use of Power Point presentations and computers in communications competitions.
- Council Handbook – is currently under revision to make it a working document.
- 90th Anniversary – In 2007, the Alberta 4-H program will be 90 years old.

Council would like feedback as to whether we should commemorate this occasion. If yes, does anyone have any ideas for us to pursue?

### Other Council Highlights:

- April 12 – The 4-H Partners had a great meeting with the Honourable Doug Horner, Minister of Agriculture, at the Legislature in Edmonton.
- May 25 to 29 – The Canadian 4-H Council AGM and the first-ever Canadian 4-H Ambassadors' Conference were both held at the Alberta 4-H Centre. Council was pleased to support these events along side the Branch and Foundation.
- May 27 – The Alberta 4-H Council received the "Friend of 4-H" Award from the Canadian 4-H Council. We are honoured to be the first Provincial Council to receive this award.
- July 15 – The 4-H Partners participated in Highway Cleanup by cleaning the stretch of highway (Highway 13) that runs past the Alberta 4-H Centre.
- Council's next meeting will be held November 26, 2005 at the Alberta 4-H Centre. There will be a workshop on communication and board roles for all Provincial Council and Foundation members. 🍀



Back row: Carole Tkach (Past President), Marie Logan (Canadian Council Representative), Kristine Hansen (Secretary), Colleen McPhee, Pay Sayers, and Leona Petherbridge. Standing to the left of stairs: Julie Ulseth, Sylvia Mathon. Sitting on the stairs – Back row: Marguerite Stark (Head – 4-H Branch), Maryanne Sandberg (President), Marianne Caouette, and Debra Stark. Front row: Jamie King (Vice President), Fred Graham, and Anita Mappin (Treasurer). Standing to the right of stairs: Janet Litun, and Sherry Howie. Missing: Stacy Price, Bryan Kumpula, Eran Hawkwood, and Kristen Hedley.

Photo taken on July 16, 2005 at the Alberta 4-H Centre

# Features



## The Queen's Visit

BY LYLE WIEGUM

4-H AMBASSADOR

The Centennial Celebration Royal Visit Committee bestowed an exciting honor to Alberta 4-H. We were asked to have several 4-H members and a Jersey cow to meet Queen Elizabeth II on her walkabout after addressing the Legislative Assembly. On Tuesday, May 24, 2005, John, Anthony, Lisa and Katie Murphy, the 2005 Premiers Award Winner, Kristen Hedley, along with brother Kennan and sister Kelsey, Jan Van de Brake, Casey Morey with her 5-year-old 4-H cow Ariel (who both received international media coverage) and myself were privileged to don 4-H jackets and be part of the Alberta Centennial Royal Visit.

4-H was honored with a prominent position on the Queen's walk-about on the south grounds of the Alberta Legislature. After arrival and briefings on protocol and where to stand we enjoyed a small lunch and some free time on the grounds. Around 12:30 Queen Elizabeth



emerged from the south doors and began the walk-about. What an amazing experience for Ariel and us. I can say that standing that close to one of the most famous women in the world and our country's Monarch is truly awe inspiring.

After the walk-about, Adam Gregory treated us to an open-air concert. Marguerite Stark, Alberta 4-H Branch Head, Mark Muchka, 4-H Specialist, and Danielle Schnurer, 4-H Summer Staff, guided us through the day. 🌱

## National Agriculture Awareness Conference

Alberta is pleased to be the provincial host for the 2005 National Agriculture Awareness Conference (NAAC) to be held November 13-15 at the Fantasyland Hotel in Edmonton. This progressive conference is a forum to share the latest information, experiences and insights on agriculture education, awareness, communications and public relations in the agri-food industry in Alberta, Canada and the world.

Day one will showcase speakers David Foot, Andrew Nikiforuk and Guy Dauncey; well-known, respected writers who will collectively enlighten delegates on the issues facing agriculture today. Bruce Kirby, Adventure Author, Photographer and motivational speaker will wrap-up the day with his address, "The Spirit of Adventure: Lessons from the Wild".

Day two will highlight food safety and survival strategies using market intelligence. There will be a variety of sessions for educators, environmentalists and community relation specialists. James Lukaszewski, President of The Lukaszewski Group in New York and leading counsel to companies and industries worldwide, will conclude the conference with a session on crisis communication management.

"We hope to stimulate discussion and ideas about how to approach our consumers, the media and other interest groups with the messages we need to deliver," says Betty Grudnizki, Co-Chair of NAAC 2005. "It is not specific to any one type of agriculture operation – we are targeting a variety of agriculture segments of the industry so that we not only learn but also have a chance to share in the global, overlapping issues that affect the industry as a whole."

Please visit the website [www.naac-cnsa.ca](http://www.naac-cnsa.ca) to register. 🌱



**COMETOGETHER**  
NATIONAL AGRICULTURE AWARENESS CONFERENCE 2005



## Conquering the Scene Stealers: Running Effective Meetings

BY TERRI POTTER

4-H SPECIALIST

The Canadian 4-H Council – National Resource Network (NRN) has been busy developing resources that all provinces are able to use for their 4-H clubs.

Among the projects that have been shared and developed, one in particular, used the largest portion of time and funds allotted. This was the video/DVD *Conquering the Scene Stealers: Running Effective Meetings*. Alberta Agriculture Food and Rural Development staff was key in getting the project going.

4-H clubs from across Alberta were asked to send applications from their Performing Arts Project members to us for screening to fill the roles in the video. It is always difficult to have to choose from a group of talented young 4-H members, all were excellent candidates, but we only had 10 roles to fill. The cast consisted of the following 4-H members: Connor Brown, Forestburg 4-H Multi Club as Bored Brayden; Jeryn Church, Millarville Mutts 4-H Club as Busy Belinda; Hilary Davis, East Ponoka 4-H Beef Club as Patty Procrastinator; Kalynn Dobos, Kelsey Stars to Be 4-H Club as Interrupting

Iris; Jerrid Driedger, Millarville Mutts 4-H Club as Conflicting Colin; Jessica Greer, Delia 4-H Multi Club as Negative Nellie; Lauren Gust, Kelsey Stars to Be 4-H Club as Brianna the Bulldozer; Connor Martineau, Spruce Grove Beef 4-H Club as Inarticulate Andy; Jessie Niles, Millarville Mutts 4-H Club as Distracted Diane; Ryan Roth, Forestburg 4-H Multi Club as Forgetful Fred

We also had a few actors that were not 4-H involved: Tom Bradshaw as AI the Club Leader; Darren Bachynski as Male Host; Danielle Edge as Female Host

During the filming of the video, the cast of characters



## Canadian Council Annual General Meeting

BY DANIELLE SCHNURER

4-H SUMMER MEDIA RELEASE COORDINATOR

Alberta 4-H was proud to host the Canadian Council Annual General Meeting (AGM) and National Ambassadors Conference from May 26-29, 2005. Over 130 people from across Canada travelled to the Alberta 4-H Centre to celebrate our province's Centennial Anniversary and learn about our 4-H program.

Each night, both Canadian Council Representatives and Ambassadors enjoyed various social events that highlighted the true nature of the Alberta 4-H program – the most popular being the 4-H Rodeo demonstration. Further social evenings included the annual AGM Banquet, a silent auction, and 4-H night in the country, where many projects were put on display for all to see.

The Canadian 4-H Council presented the Alberta 4-H Council with the Friend of 4-H Award, marking the first time a provincial council has been recognized as an important sponsor of 4-H. This truly reflects Alberta 4-H's commitment to the successful future of the 4-H program.

The Alberta 4-H Partners were very pleased with the success of the AGM. With such a memorable weekend, it can be guaranteed that the Alberta experience will be in the minds of many Canadian Council representatives and National Ambassadors for years to come. ♣

were able to learn how to perform in a studio setting, to use a teleprompter, to recount scenes of a failing 4-H Club and have a lot of fun while creating a learning tool for 4-H members to use-across Canada. The video shows members what to do and what not to do to make 4-H meetings more effective and include all of the mem-

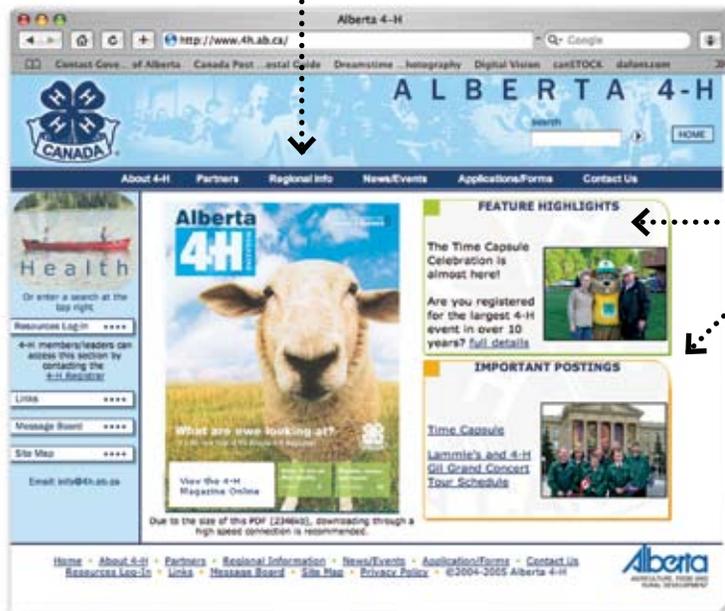
bers. The studio days were fun and exciting at times but on the seventh and eighth try to make one scene just right, some of our actors were thinking that a day at school might have been more enjoyable (well, maybe not).

After all the production and review of the video, we are finally able to release this funny rendition of several 4-H meetings gone bad, and how to make things work more smoothly, for public consumption.

It is recommended that this video be used in conjunction with the 4-H Meeting Pack, 4-H Fun Pack, and 4-H Communications Pack to facilitate more effective meetings.

Order your club copy today and learn how to conquer your 4-H club's "Scene Stealers"! ♣

BY: MARK MUCHKA  
4-H SPECIALIST



The 4-H website (www.4h.ab.ca) is proving to be one of the most useful tools for members, leaders, and families to access 4-H information and resources. Application forms, project resources, program information, and 4-H news can all be found whenever you need them, 24 hours a day.

Below are a few tips to help you utilize the website to its full potential.

**1** Read the right hand side of the main page. This will ensure that you don't miss out on a terrific 4-H opportunity. The most current and important information for the specific time of year will be highlighted here. For example, public speaking and presentations resources will be located on the main page from January to April, the time frame of when com-

munications activities take place (this information, as well as all other information can also be found year round under one of the main topic headings or in the resources section of the website).

**2** Read your region's webpage (located under the main heading called 'regions'). Here you can learn about offers and events taking place specifically within your region.

**3** Visit the resources section to download club resources, project books and leader information. To access this section, click on resources on the left hand side of the page. The username is alberta4h and the password is clever.

**4** Check back regularly. Updates are continuously being made.

To give easier access to applications, a new heading called 'Applications and Forms' has been created. Look under this heading for information and application forms for scholarships, award opportunities, programs and club grants, as well as project related forms. In addition, the online Leader's Quiz can be found under this heading. ♣

**The resources section of the 4-H website (www.4h.ab.ca) is password protected and is for the use of 4-H members and leaders only.**

**The username for the resources section is alberta4h and the password is clever.**

## Centennial Celebrations

30 4-H'ers from Northwest and Northeast played a special role at the Alberta Centennial Celebration on May 23, 2005 in Edmonton.

Four 4-H leaders, Colleen Prefontaine, Norm Withers, Audrey Andrashewski and George Andrews, and 26 members were chosen to represent 4-H families, projects, interests and achievements. All were recognized as contributing 4-H members or leaders to their 4-H clubs, districts and region.

The 4-H group met at the Sportex at Northlands Park on Sunday, May 22, for a dress rehearsal where they gained their accreditation and met the other designated groups (Veterans, War Brides, IODE, artists, athletes, treaty elders and selected individuals). Later, they enjoyed the full production of the Celebration Concert at Commonwealth Stadium as various groups sang and danced for over two hours. The bands added extra excitement to the parade of Albertans representing the many cultures in the province. It was "Awesome, absolutely awesome!" 4-H members commented as they described the costumes, singing and dancing.

The day of the event, Monday, May 23, was wet and windy. This hampered activities but not the enthusiasm of the 4-H group. The members and leaders, formed part of the corridor of welcome to greet Queen Elizabeth II, HRH Prince Philip, Premier Klein and his wife, and other honorable guests. It was a honour to represent the 4-H program for special recognition at the Alberta Centennial Celebration. The group had a great time and it will be one Alberta Centennial Event they won't forget. ♣

**HINT:** Designate a member from your club (typically the club reporter) to visit the links on the main page as well as the club's respective region's page before each club meeting. This person can then provide this information to club member's to ensure that they all know of the opportunities available.

# Fundraising

## Alberta 4-H Successfully Takes on the Scrap Tire Challenge

Alberta 4-H rounded-up scrap tires from farms and private residences across Alberta to celebrate Earth Day in April 2005.



Recently, Alberta 4-H clubs collected approximately 8,500 passenger, light/medium truck and off-road tires plus an additional 155 tonnes of tires that contained mixed loads, raising more than \$22,000 for their organization. There are more tires that have been collected so the final figure is still to be determined.

The Alberta Recycling Management Authority (ARMA), the organization responsible for managing Alberta's Tire Recycling Program, pays Alberta 4-H clubs. "This year, we're expanding the pro-

gram to include all 4-H regions in the province because of the interest level," said Brad Schultz, Director of Tire Recycling Alberta (TRA), a division of ARMA. "It's a great fundraising opportunity that provides youth with environmental stewardship experience in Alberta and is a true benefit for all partners involved."

- Tire Recycling in Alberta: Alberta's Tire Recycling Program is increasingly recognized as a leader in Canada and around the world. Since 1992, close to 35 million scrap tires have been recycled in Alberta, minimizing environmental, health and safety risks, as well as saving Albertans well over \$200 million in landfill costs. Since 2000, more than \$3.5 million has gone directly back into Alberta communities for value-added community enhancement projects

(that use recycled scrap tires) such as: playgrounds, parks, buildings, and walkways.

- About ARMA: Created in 1992, Alberta Recycling Management Authority (ARMA) is a not-for-profit organization, delegated by the Government of Alberta to manage the recycling of tires and electronics in Alberta. Visit [www.albertarecycling.ca](http://www.albertarecycling.ca) or call 1.888.999.8762 (toll free). ♻️

**For a complete list of 4-H sanctioned fundraisers, look in the fundraising package sent in the fall mail out, or visit the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and look under 'News/Events'.**

# LAKELAND COLLEGE

*discover our values: small classes, dedicated instructors, comprehensive student services.*

# NO LIMITS

**... to knowledge, to career opportunities, to transferability, to challenges, to your potential...**



- Liberal & Performing Arts
- Environmental Sciences
- Health & Human Services
- Business & Computers
- Agricultural Sciences
- Trades & Technology
- University Transfer
- Tourism

### Interested?

Call or email today and get the whole picture with our viewbook.

**1 800 661 6490**  
**[lakelandc.ab.ca](http://lakelandc.ab.ca)**

Vermilion  
Lloydminster  
Strathcona County



# FREE \$\$\$ FOR YOUR LOCAL 4-H CLUB?!?

Alberta 4-H and ITS Travel & Cruise have teamed up to support 4-H programs and clubs around the province of Alberta.

Book any type of travel (flight, holiday package, travel insurance, cruise, etc.) and ITS Travel will donate 20% of the commission sales back to Alberta 4-H. From a personal vacation, group travel or corporate travel, ALL reservations apply.

### Here's how it works:

1. Contact ITS Travel and ask for the "Alberta 4-H Travel Department" and identify which 4-H Club you are with.
2. An ITS Travel consultant will arrange your travel needs.
3. ITS Travel will donate 20% of the commission sales back to Alberta 4-H (10% to local clubs and 10% to the provincial 4-H organization).



**Australia/New Zealand \*Escorted Departures\*** Farm and Ranch Tour  
Christchurch, Auckland, Cairns, Brisbane, Sydney... plus more. 12 different departures to choose from - January to March 2006.  
Call for a full color brochure

**South America \*Escorted Departures\***  
Rural & Cultural Tours  
Peru, Chile, Uruguay, Argentina & Brazil  
February / March 2006

Call for a full color brochure



**Mexican Riviera Cruise - 11 Days**  
February 08 - 18, 2006  
San Diego, Cabo San Lucas, Mazatlan, Puerto Vallarta, Catalina Island & San Francisco  
From ONLY \$1249.00 CAD per person / DBL / Cruise only

**Ask about Package Holidays to:**  
Mexico, Cuba, Hawaii, South Pacific, Caribbean, Europe, Cruises... plus more

We are your complete world wide travel office.



**Huatulco, Mexico**  
January 27 - February 10, 2006 \*15 Days  
ALL inclusive / 5 Star / Gala Royal Beach Resort  
From ONLY \$2569.00 CAD per person including airfare from Calgary

**NFR Rodeo In Las Vegas**  
December 02 - 11, 2005

3 Different packages to choose from.  
Call for more details.



[www.itstvl.com](http://www.itstvl.com)

**Toll Free 1-877-227-4348**

**5056-50<sup>th</sup> Street, Innisfail, Alberta T4G 1S7**



# FOR WORK OR PLAY

Wrangler



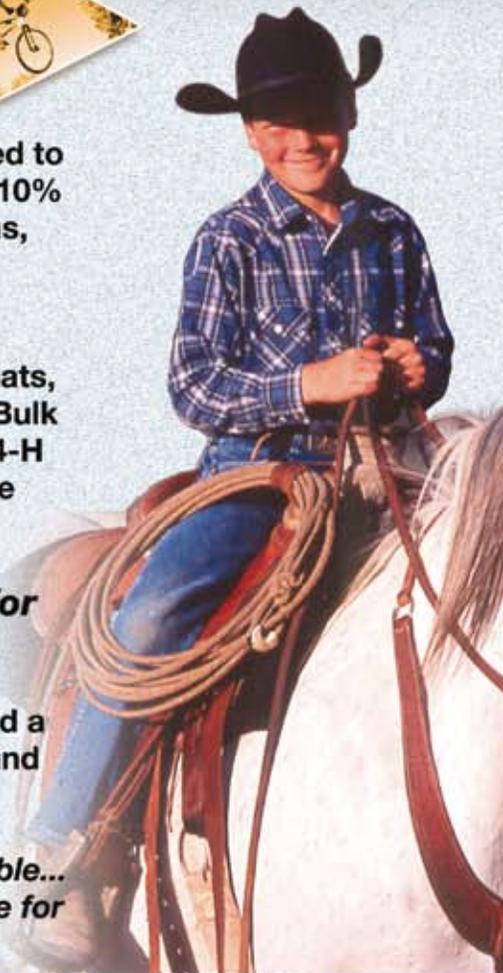
Lammle's Western Wear is pleased to offer 4-H members a discount of 10% off sale and regular priced items, including saddles (excluding advertised sale items).

If your club needs shirts, jeans, hats, boots, or tack we can help you. Bulk buy special prices available for 4-H clubs! Contact your local store manager for details.

### **Special Shopping Nights for 4-H**

Lammle's would be proud to hold a special shopping night for you and your local clubs...

*Special one time discounts available... Contact your local Lammle's store for details.*



**Lammle's Western Wear is a Proud Partner of Alberta 4-H**



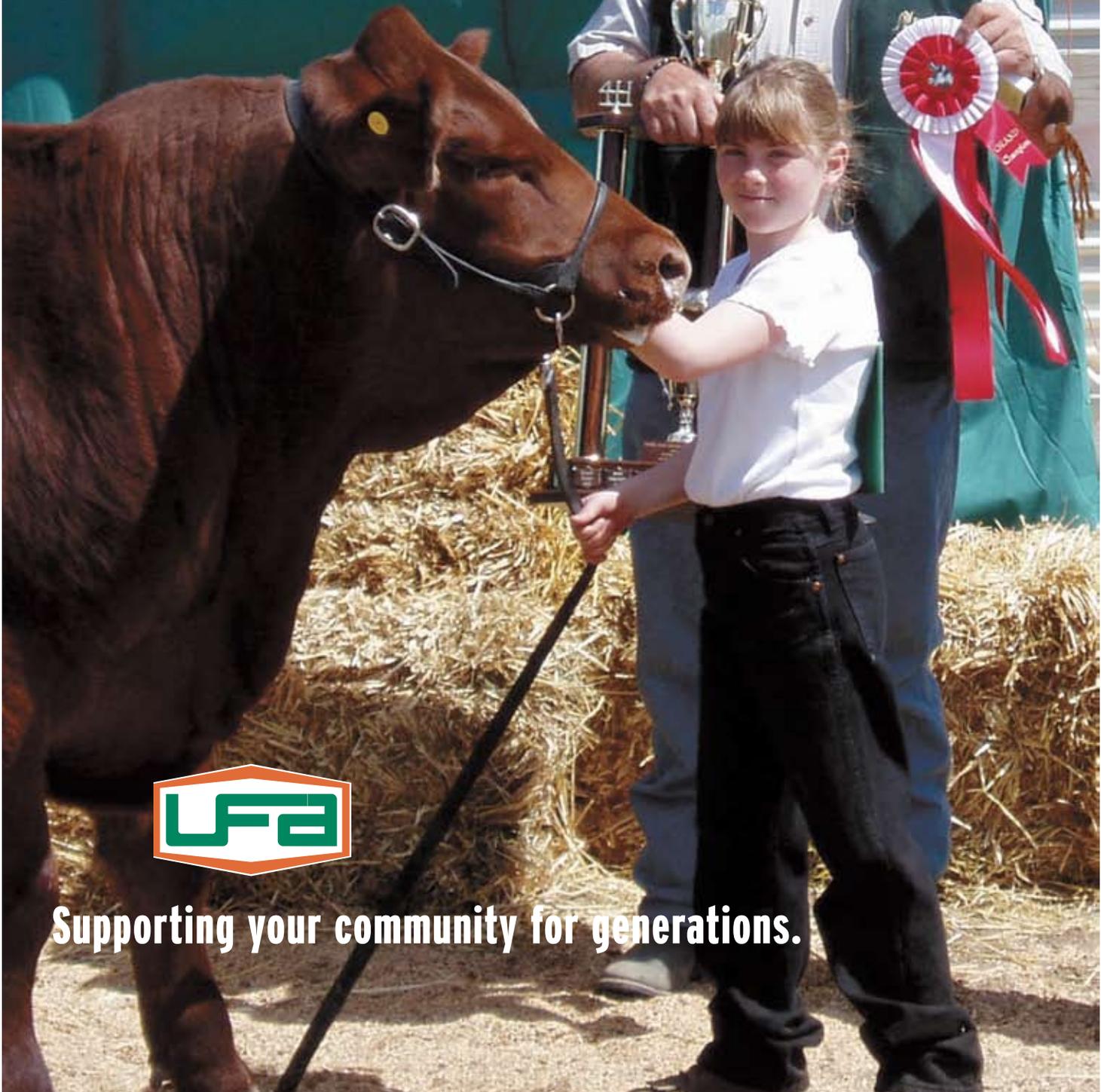
Proud 4-H Supporter

Calgary • Edmonton • Fort Saskatchewan • Red Deer • Lethbridge • Lloydminster • Camrose • Medicine Hat • Banff

SCA DISTRICT  
4-H



4-H and UFA -  
working together for  
youth in your community.



Supporting your community for generations.