



Still time to register for Selections 2018!

4-H Alberta's Selections - May 4-7, 2018 at Olds College

Join other 4-H senior members from across Alberta and experience a journey of a lifetime. A journey full of tear-creating laughter, life-altering experiences and friendships that will truly last a lifetime. Oh, and your journey may just take you to a national or international trip or conference. Oh, and what if we said your epic journey might even include being named a 4-H Alberta Ambassador or the Premier's Award Recipient? All truly awesome!

Trip opportunities that may be offered at this year's program:

- ◇ 4-H Canada National Members Forum (November 2018)
- ◇ 4-H Canada Citizenship Congress (May 2019)
- ◇ Northern Alberta & Northwest Territories Camping and Agriculture Development Tour (July or August 2018)
- ◇ 4-H California Leadership Conference (July 2018)
- ◇ USA National 4-H Members Conference (April 2019)

It's a weekend not to be missed!

Registration deadline: March 15, 2018

Register here: <https://www.4habregistration.ca/~login.php>

4-H Horsemanship Clinic (Levels 1-3)

June 16 & 17, 2018

Olds Regional Exhibition

Join equine leaders from across the province and gain a fuller understanding of 4-H Levels 1-3 in a hands on environment. Work with other leaders and the clinician to learn how to properly teach members the skills required for the Mounted Assessments. In pairs, one leader will be mounted and other teaching to practice the new techniques and skills learned. A limited number of rider participants will be accepted; spectators are welcome to join. Come and learn about the 4-H program rider mounted levels!

Registration will open April 1st through the online registration system.

WE'VE JUST MADE YOUR SUMMER PLANS!

We're excited to announce our provincial summer camp, show and program dates for the Summer 2018!!

Junior Camp: July 8 – 12 and July 29 – August 2
@ the Alberta 4-H Centre

Combined Camp: July 15 – 19 @ the Alberta 4-H Centre

Intermediate Camp: July 22 – 26 @ the Alberta 4-H Centre

AIM Camp: August 5 – 10 @ the Alberta 4-H Centre

Combined Camp: August 12-16 @ the Alberta 4-H Centre

Counsellors in Training: July 2 – 6 @ the Alberta 4-H Centre

Club Week: July 29 – August 3 @ Hinton AB

Check out our NEW [4-H Alberta Camp video!](#)

Sheep Show: July 10 – 13 @ Olds AB

Beef-Heifer Show: July 9 -12 @ Olds AB

Multi Species Judging: August 10 – 12 @ Vermilion AB



Proud to Bee a 4-H'er

4-H Canada and Syngenta Canada are excited to once again present Proud to Bee a 4-H'er for the fifth year. This fun and exciting club outreach initiative provides 4-H'ers from coast-to-coast with the opportunity to:

- Spread the news about 4-H and the fun, meaningful and engaging activities offered
- Learn all about the amazing and fascinating work of Canada's pollinators.
- Get outside and enjoy nature. Plant, grow and tend a bee-friendly garden.

To register visit <https://4-h-canada.ca/proudtobee>. Registration closes March 31, 2018.

COMING SOON...

CLICK EACH LINK FOR
MORE INFORMATION

March 2018

Selections

Date: May 4 – 7, 2018

Deadline: March 15, 2018

Location: Olds College, Olds AB

Who can apply: Senior Members (Delegates must be 16 years old by July 1, 2018)

*Note: your 4-H Diaries must be submitted to your 4-H Specialist no later than February 15, 2018

The Finnish 4-H Federation Exchange

Deadline: March 15, 2018

Canadian/Japanese Exchange Program

Outbound Application Deadline March 15 (Month-long) | Inbound Application

Deadline June 15 (Month-long)

Who can apply: Families, Intermediate (12-14 years old), Leaders, and Seniors (15-20 years old)

CAUTION: EVENT TIMES AND PLACES MAY CHANGE

Every event or opportunity listed above is a link to the 4-H Alberta Calendar or to a relevant website. **ALWAYS** check the link for updated information.

April 2018

Summer Programs, Camps and Shows Registration Opens!!!!

4-H Alberta Provincial Communications

Date: April 7, 2018

Location: Reynolds Museum, Wetaskiwin

Highway Clean Up

Date: May 5, 2018

Deadline: April 20, 2018

Always check the calendar of events on the 4-H Alberta website for a full list of updated events.



What's Happening In The Calgary Region

SHOUT OUTS!!

WOW- way to be **Calgary Region Senior 4-H'ers-** 20+ of you have registered for Selections and have sent in your diaries! Want to try this program out but missed the early-bird Feb 15th deadline? You can register until March 15th. I will need all diaries ASAP.

Congratulations to **Calgary Regional Curling Funspiel winners:**

A Event: Cremona 4-H

B Event: Balzac Beef 4-H Club

C Event: Foothills 4-H Sheep and Multi Club

Congratulations to two long-time Calgary Region 4-H volunteers!!!

Linda Gooch of Arrowwood was inducted into the 4-H Alberta Hall of Fame- which recognizes exceptional 4 H leaders for their exemplary service, mentorship and volunteerism. Candidates are nominated by their 4-H peers and are evaluated based on their demonstrated leadership qualities, community references, local volunteer work, and contributions to 4 H and agriculture.

Norma Ansloos of the Springbank Rawhides 4-H Club was chosen as the 2017 4-H Canada National Volunteer of the Year. This award, which is generously supported by The Co-operators, recognizes the significant and pivotal role volunteer leaders play in the 4-H program, is driven by nominations from 4-H members who want to share the positive impact their provincial 4-H leaders have had on them and their communities.

Thank-you for your talent and time dedicated to 4-H!

Regional Communications still needs your help!

Our Regional Communications Competition will be here before you know it and the committee needs some extra help on the day of the event! There are a number of member and adult volunteer positions still available!

In order to run the event, which will take place on Saturday, March 24th, 2018, we need over 75 volunteers to make it happen. We are hoping that you will consider volunteering in order to help us out. Prior to signing up, please be sure to take a look at the **brief description** of each position. If you would like to volunteer for one of the positions, please follow this link to the spreadsheet: <http://www.signupgenius.com/go/60b0e4aaea62fa2ff2-regional>

Regional events you may want to look into:

As always, check the right side for upcoming events. Below is some information to pique your interest!

Calgary Regional 4-H Junior & Intermediate Fun Day-

April 14th at Genesis Place in Airdrie, check in at 10am, lunch is included, \$10/person

Activities include:

- ZUMBA • SURPRISE THEMED YOGA • SURVIVOR CHALLENGE
- ART ATTACK

Consumer Decision Making Workshop:

April 22nd at Golden Rod Hall (just west of Airdrie) from 1-4 pm.

We all make decisions- from the moment we get up! Come out and learn how to apply this to consumer decision making (a competition) and learn how to explain why you made the decision you did!

Calgary Region clubs in the **Wheatland, Foothills and Rocky View Districts-** check out this opportunity!!

<https://www.chinookfinancial.com/community-impact/4H>

Casino - July 18-19, 2018

The Calgary Regional 4-H Council has received the dates for the next casino. Club contacts will be sent the sign-up form and any important information soon.

PLAN AHEAD...

Click each link for more information

Regional Multi-Species Judging

Date: **March 17, 2018**

Location: Olds College, Olds AB

Regional Communications Competition

Date: **March 24, 2018**

Location: Strathmore Civic Centre, Strathmore AB

Mountain View District Invitational Female Show

Date: **May 19, 2018**

Deadline: **April 01, 2018**

Location: Cow Palace, Olds

Regional Council Meeting

Date: **April 04, 2018 7:00 PM**

Location: Airdrie Ag Bldg, Airdrie

Regional Jr and Intermediate Fun Day

Date: **April 14, 2018 10:00 AM**

Deadline: **March 30, 2018 4:00 PM**

Location: Genesis Place 800 East Lake Boulevard NE, Airdrie

Consumer Decision Making Workshop

Date: **April 22, 2018 1:00 PM**

Location: Golden Rod Hall

4-H on Parade Leader Meeting

Date: **April 23, 2018 7:00 PM**

Location: Balzac Hall, Balzac AB

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



For more information about what's happening in the Calgary Region contact:

Alexia Hoy
4-H Specialist- Calgary Region
4-H Section Main fl Agriculture Centre
97 East Lake Ramp NE
Airdrie AB T4A 0C3
Phone: 403 948-8501 Fax: 403 948-2069
Email: alexia.hoy@gov.ab.ca

Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

What's Happening In The East Central Region

Looking forward to seeing 4-H families at **4-H Night at the Red Deer Rebels** on March 10th, when the Rebels will face off against the Medicine Hat Tigers.

Communication competitions are well underway within the Region. **Regional Public Speaking** is March 25th starting at 10 am at the Morrin School, Morrin. Strome Hall is the home of **Regional Presentations** on March 24th beginning at 10 am. Good luck to all members who have advanced to the Regional competitions! **Provincial Communications** is April 7th at the Reynolds Alberta Museum in Wetaskiwin.

The **Coronation District** hosted a Judging competition on February 10th at the Dryland Cattle Co. The day started with a workshop on "how to judge" and then into the competition. Members judged a number of different classes from dog food to stilts to yearling heifers. The overall winners are: Seniors - Kira Axley; Intermediates - Carson Sortland; and Junior - Jessica Vert! A shout out to the Consort Creative Hands 4-H Club for organizing the day.



The East Central 4-H Region's **Time Capsule** was opened at Fun Day! There were a number of interesting items from the year 2000 in the Time Capsule - a club hat, club photos, beef project show catalog, Fun Day participants and a number of other interesting and historical articles. The Ambassadors will be collecting items for the rest of the 2017-18 club year. Please connect with the East Central Region Ambassadors or send the items to the 4-H office in Stettler. Won't it be fun to leave behind some mementos for the next generation of 4-H members?!

Gramma Shirley's Horse Camp will be held May 18-22 at the Donalda Riding Arena.

PLAN AHEAD...

Click each link for more information

4-H Night at the Red Deer Rebels

Date: March 10, 2018

Location: Enmax Centrum, Westerner Park, Red Deer AB

Regional Presentations

Date: March 24, 2018 10:00 AM

Location: Strome Hall, Strome

Regional Public Speaking

Date: March 25, 2018 10:00 AM

Location: Morrin School, Morrin

Regional Council Meeting

Date: April 13, 2018 6:15 PM

Location: Coronation Hall, Coronation AB

Multi Species Judging - Drumheller District

Date: April 22, 2018 10:00 AM

Location: TBA

Multi Species Judging - Provost District

Date: April 22, 2018 10:00 AM

Location: TBA

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



For more information about what's happening in the East Central Region
Yvonne Yaremco
4-H Specialist - 4-H Section
Postal Bag 600
Stettler AB T0C 2L0
Phone: 403 742-7547
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email: yvonne.yaremco@gov.ab.ca

Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

What's Happening In The Northeast Region

From the Desk of Shelly Ann!

March is a busy month with, Regional Communications, Western Canadian Judging Competition and EASTER!

YOU BE THE JUDGE!!

Big Thank You to the Vermilion River District committee and the Lakeland College Judging Team for all their help in organizing, facilitating and providing a great learning experience for all members. There was a lot of learning and networking happening in a few short hours. Stay tuned for a new format next year as we introduce "Consumer Decision Making" into the program.

Regional Communications – March 3, 2018 (Lamont/Smoky Lake Districts Hosting)

Public Speaking and Presentation will be at the St. Michael Hall starting at 9 am. Colette McBride is the contact for the competition and would like all trophies sent to the Regional Office for collection. Best of luck to all members that will be representing your districts at the event!

Western Canadian Judging Competition (Lakeland College Hosting)

March 9th!! Members of all ages are welcome to participate and judge various classes of livestock as well as Consumer Decision Making classes, forages and seeds.

Northeast Provincial Qualifier – SENIORS Please insure you are entered!

Key Leader Cafe With Key Members - inviting Wednesday, March 14th, 2017 7 pm ****NEW LOCATION****

Two Hills Pizza & Wings Lounge (5009 50 Ave-corner in ATB Mall)
Mark your Calendar!! – Agenda to follow

Spring Fling (St. Paul District Hosting)

Will be held the weekend of April 6-7 at the St. Paul Senior's Centre, applications for both Junior Staff and Intermediate members will be emailed to members and on the NE Webpage! Watch for the DEADLINES!!

LAMB JAM 2018 – NEW DATE APRIL 8th, 2018 @ Vermilion Ag Grounds

Sheep and Goat Members, get ready for the annual LAMB JAM! Learn more about the Sheep Industry, nutrition, showing, and 4-H. Deadline is **April 3rd** this year, submit applications to the Regional Office.

Kirk Stierwalt Steer and Heifer Show and Spectators

The Clinic is full but there is still room for NE members to attend the Steer and Heifer show on Sunday. Beef members watch for entry forms and more information in your email and on-line. Deadline is **April 3rd**, submit applications to the **Regional Office**.

NE Regional Beef Heifer Show Saturday MAY 12, 2018 (Location to be announced)

Watch for more DETAILS in early MARCH!! Entry Deadline is **April 27th**

Keep 4-Hing!!
Shelly Ann

For more information about what's happening in the Northeast Region contact:

Shelly Ann Dodgson
4-H Specialist - 4-H Section
Box 24 4701 - 52 Street
Vermilion AB T9X 1J9
Phone: 780 853-8115 Fax: 780 853-4776
email: shellyann.dodgson@gov.ab.ca

Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

PLAN AHEAD...

Click each link for more information

Regional Communications Competiition

Date: **March 03, 2018 10:00 AM**

Location: St. Michaels Hall

Western Canadian Judging Competition

Date: **March 9, 2018**

Location: Lakeland College, Vermilion AB

Regional Communications Competiition

Date: **March 03, 2018 10:00 AM**

Location: St. Michaels Hall

Regional Executive Meeting

Date: **March 21, 2018 4:00 PM**

Location: Vermilion Provincial Building

Spring Fling Camp

Deadline: **March 29, 2018**

Date: **April 06, 2018 6:30 PM**

Location: St. Paul District

Lamp Jam

Date: **April 08, 2018 9:30 AM**

Deadline: **April 03, 2018 4:00 PM**

Location: Vermilion Ag. Society Sheep Barn

Regional Council Meeting

Date: **April 12, 2018 6:00 PM**

Location: Provincial Building, Vermilion

Stierwalt Clipping Clinic

Date: **April 20, 2018 4:25 PM End Date: April 22, 2018 4:26 PM**

Location: Myrnam Arena

WHAT IS HAPPENING IN March 2018

March 3

- ◇ Regional Communications (St Michael's Hall - Lamont)

March 9

- ◇ Western Canadian Judging (Lakeland College) **Senior Qualifier**

March 21

- ◇ NE Executive Meeting – Vermilion

WHAT IS HAPPENING IN APRIL 2018

April 6-7

- ◇ Spring Fling (St Paul District Hosting) **Application Early MARCH**

April 8

- ◇ NE Lamb Jam 2018 – Vermilion Ag Grounds **Watch for Applications in Early MARCH**

April 12

- ◇ NE Regional Meeting – Vermilion Prov Building ****6 PM START****

April 20-22

- ◇ Kirk Stierwalt Clipping/Fitting Clinic (Myrnam Arena)

WHAT IS HAPPENING IN MAY 2018

May 4-7

- ◇ 4-H Alberta Selections - 61st Annual - Olds College

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



What's Happening In The Northwest Region

Most clubs and districts have wrapped up their **communication** events and we are looking forward to the regional competitions. Congratulations to all members for stepping up to the challenge of speaking in front of a group and sharing your thoughts, knowledge, and passions! Special congratulations and good luck to those who have moved on in competition. Remember the top senior in each half of the region, in each of public speaking and presentations, will move on to the Provincial Communications Competition on April 7th.

The **Northwest Regional 4-H Council Meeting** will be held at **Lillian Schick School**, Bon Accord, on **March 17th**. The general council meeting will be called to order at **9:30 am**. Regional committee meetings will follow after lunch.

The **deadline** for the **Regional Fair** is **March 10**. **Thorhild** has some exciting workshops planned for **April 7th** and are looking forward to hosting members, leaders, and parents from around the region.

The regional **Consumer Decision Making and Multi-Species Livestock Judging** competitions will be held in **Barrhead April 21st**. Information is available on the 4-H website calendar, and has been sent to each club. There is a workshop for beginner judges as well, but space is limited. Registration **deadline** is **April 10th**.

Join us again in **Thorhild** from **July 5-8** for **Focus on 4-H**...the 20th anniversary edition! Registration will be open in the next few days. Watch your email!

Finally, a thought on the next piece of the pledge:

For my club: The year begins and we are enthusiastic, eager, and committed to making the year ahead the best one the club has ever had! We pledge our heads, hearts, hands, and health to think, do, and be, with loyalty, for our clubs. As winter drags on and other activities pick up it's easy to lose some of that enthusiasm. The basic 4-H Alberta member requirements include a minimum of 70% participation, and completion/participation in some basic activities. While 4-H does not ask for 100% commitment, like most teams, it is important to understand that your club is like a team. Without your involvement and presence, the club will not run as smoothly, or be as able, as it would be otherwise. 4-H understands that you are busy and being involved in other activities makes you a well-rounded person, but your club will only be as strong as the commitment you make to it. As clubs start planning for their achievement events and wrap up activities, whether a BBQ, awards night, or fun camping trip, remember that you've made a commitment to your club and people are depending on you to finish the year as enthusiastically as you began it! We all look forward to celebrating the year's successes!

Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

For more information about what's happening in the Northwest Region contact:

Stacy Murray
4-H Specialist - 4-H Section
2nd fl Provincial Building
6203 49 St
Barrhead AB T7N 1A4
Phone: 780 674-8250
Fax: 780 674-8309
email: stacy.murray@gov.ab.ca

PLAN AHEAD...

Click each link for more information

Western Canadian Judging Competition

Date: **March 9, 2018**

Location: Lakeland College, Vermilion AB

Regional Communications Competition (EAST HALF)

Date: **March 10, 2018**

Location: Westlock Memorial Hall

Regional Communications Competition (WEST HALF)

Date: **March 10, 2018**

Location: Niton Junction

Regional Council General Meeting

Date: **March 17, 2018 @ 9:30 am**

Location: Lillian Schick School, Bon Accord AB

Where's the Beef?

Date: **March 24, 2018**

Location: Josephsburg Moyer Recreation Centre, Josephsburg AB

Regional - 4-H Fair

Date: **April 07, 2018 9:00 AM**

Deadline: **March 10, 2018 4:30 PM**

Location: Thorhild Central School - 21410 Hwy 18, Thorhild AB

Consumer Decision Making Competition and Regional Multi Species Judging Competition

Start Date: **April 21, 2018 9:00 AM**

Deadline: **April 12, 2018 4:30 PM**

Location: Barrhead Seniors Centre

5103 53 Ave and Barrhead AG Barn 4802 67 Ave

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



Remember, that dates (and generally registration information) can be found on the 4-H website calendar (<http://www.4h.ab.ca/4hweb/public/calendar/calendarView>) for all the events happening in the region and province! You can filter the events you see with the checkboxes at the top of the calendar.

What's Happening In The Peace Region

From the Desk of Shelly Ann!

March is upon us and spring is hopefully just around the corner!! Plans are underway for the Peace Regional Days in June!

Regional Communications – March 17, 2018 (Fort Vermilion District Hosting)

Public Speaking and Presentation will be at the La Crete Public Schools starting at 1 pm. Dyan Froese is the contact for the competition 780-927-4219 or dave.dyan@ccewireless.ca

Districts winners need to be forwarded to the **Fairview Regional office by MONDAY – March 5th.**

Huge thank you to the counsellors, and the Winter CAMP committee for braving the extreme cold weather to put on the Camp Tamarack Winter Camp! Over 30 junior and intermediate members from across the Peace Region danced, made crafts and had a great time!

Keep 4-Hing!
Shelly Ann

For more information about what's happening in the Peace Region contact:

Shelly Ann Dodgson
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Box 24 4701 - 52 Street
Vermilion AB T9X 1J9
Phone: 780 853-8115 Fax: 780 853-4776
email: shellyann.dodgson@gov.ab.ca

Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

PLAN AHEAD...

Click each link for more information

Peace Country Classic Agri-Show

Date: March 10, 2018 9:00 AM

Deadline: March 02, 2018 4:00 PM

Location: Drysdale Centre Evergreen Park, Grande Prairie

Regional Communications

Date: March 17, 2018 1:00 PM

Location: LaCrete

Regional Council Meeting

Date: April 14, 2018 10:00 AM

Location: GPRC Fairview FAC 144

WHAT IS HAPPENING IN March 2018

March 5

- District Communication Winners to Regional Office

March 17

- Regional Communications (La Crete Public School – La Crete)

WHAT IS HAPPENING IN APRIL 2018

April 14

- PEACE Regional Meeting – Fairview College

WHAT IS HAPPENING IN MAY 2018

May 4-7

- 4-H Alberta Selections – 61st Annual – Olds College

May 5

- Highway Cleanup

WHAT IS HAPPENING IN JUNE 2018

June 15-17

- PEACE Regional Days - Valleyview

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



What's Happening In The South Region

I know that everyone has had much to focus on lately with winter not giving up yet (that groundhog was wrong.....) plus cheering on Canada at the Olympics (awesome job by Canadians!), so here's a bit of a **reminder** for a few things **from your Southern 4-H Regional Council**:

- Each district has now been billed for their **regional dues**. These are to be sent to the treasurer Marion Van Sluys as soon as possible. Questions – please contact blksheep@telusplanet.net
- Note that the **next Regional council meeting date is Saturday, March 10th** (not March 3rd) at the Lethbridge Research Station. Please ensure that your district has representation, and let Ginny know who will be attending to ensure that lunch (always fantastic) is available for everyone, plus quorum is on hand for voting and decision making. Questions – please contact council president David Bexte at davidbexte@gmail.com
- **Regional Communications** is Saturday, March 17th (will you be wearing green for 4-H or for St. Patrick's Day?) at the Medicine Hat College. All district advancing speaker information needs to be sent to Shari Wehlage at cswehlage@mrcable.ca by March 5th. As the competition will start at 12 noon sharp, all competitors and officials must be checked in by 11:30 am – if you can, please try to be there a bit earlier to ease congestion at registration. Speakers are reminded to please bring along an item for the snack table (labelled as to ingredients).
- **Regional Judging** – the final date and location is not yet confirmed so information will be forthcoming via email to each club leader as soon as available. This event is a great opportunity for members to gain confidence in decision making and the communication of their opinions. Stay tuned! (this is usually shortly after Easter).

Field trip anyone? or small engine opportunity - David Wyllie of Pioneer Acres tractor club near Irricana would like to offer to be a resource, or they are welcome to groups or individuals wishing to visit their facility. Please call 780-818-9019 for more information.

We know it is **Communications** season in 4-H but here's **another opportunity** for our very capable senior members to demonstrate their wonderful skills: Some of you may have heard of the **2018 Regional Skills Canada Competition** – check out <https://skillsalberta.com/>. This year, the **SOUTHWEST Alberta competition** is introducing a **Public Speaking competition** on Wednesday April 25 at Lethbridge College to go along with their other array of competitions. Check out their information - <https://skillsalberta.com/event/public-speaking-south-west-regional-0> and talk to your teacher. (Roughly the south western region covers areas including Vauxhall to Cardston to Crowsnest Pass to Vulcan and partnering school districts are Lethbridge District 51, Palliser, Horizon, Livingstone Range, Holy Spirit, Westwind, Kainai, Pikanni, as well as Calvin Christian and Coaldale Christian schools). Note that their deadline for submission/entry for this speaking competition is April 12.

Food safety is always worthy of attention, including when clubs are hosting or participating in events that may involve food and food preparation. Check out on-line <https://www.albertahealthservices.ca/eph/page3151.aspx#online> for some **Alberta Food Safety Basics** courses if you are interested.

Stay out of the snowdrifts!

PLAN AHEAD...

Click each link for more information

Regional Council Meeting

Date: **March 10, 2018 @ 10:00 a.m.**

Location: Lethbridge Research Station, Lethbridge AB

Regional Communications Competition

Date: **March 17, 2018**

Location: Medicine Hat AB

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.



Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

For more information about what's happening in the South Region contact:
Ginny Smith 4-H Specialist - 4-H Section
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What's Happening In The West Central Region

Looking forward to seeing 4-H families at **4-H Night at the Red Deer Rebels** on March 10th, when the Rebels will face off against the Medicine Hat Tigers.

The West Central Regional Multi Species Judging and Consumer Decision Making competition is scheduled for **Saturday, April 14th** at the **Bashaw Ag Grounds**. Registration deadline is April 1st. Members will have an opportunity to judge different livestock classes along with a class of jeans and breakfast cereals. Looking forward to seeing everyone at Judging!

Communication competitions are well underway within the Region. The Regional Intermediate Public Speaking Competition is on March 25th starting at 1 pm in the Moose Hall in Wetaskiwin. **Regional Senior Public Speaking** is March 24th at Ridgewood Hall, County of Red Deer. The event starts at 1:00PM. And, **Regional Presentations** are on March 17th at the Leslieville Community Hall. Good luck to all members who have advanced to the Regional competitions! **Provincial Communications** is April 7th at the Reynolds Alberta Museum in Wetaskiwin.

The **Horse Marketing Clinic** is scheduled for Sunday, April 8th in Ponoka. The workshop is open to all equine 4-H members who would like to learn more about marketing their equine project animals.

The **West Central Regional Horse Sale** is scheduled for June 23 in Delburne. [Terms and conditions](#) are available on the [4-H website](#).

Grama Shirley's Horse Camp will be held May 18-221 at the Donalda Riding Arena.

The **Regional Beef Committee** will be looking for volunteers to help with planning and running the Regional Beef Female Show. The show is scheduled for June 17. Please connect with Greg Coleman or the 4-H office.

West Central Regional 4-H Centennial Cookbooks are still available! These would make great communication judge's gifts or year-end. Cost is \$20. To purchase, please contact Sherry Wardley at wardleym@xplornet.com.

For more information about what's happening in the West Central Region
Yvonne Yaremcio
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Remember to check out the calendar at www.4h.ab.ca for up to date district, regional, provincial and national opportunities! Many districts offer workshops throughout the club year, check out these fantastic opportunities to have a well-rounded 4-H experience!

PLAN AHEAD...

Click each link for more information

Regional Junior Camp

Date: March 2 – 4, 2018

Location: Alberta 4-H Centre, Westeros AB

4-H Night at the Red Deer Rebels

Date: March 10, 2018

Location: Enmax Centrium, Westerner Park, Red Deer AB

Regional - Presentations

Date: March 17, 2018 1:00 PM

Location: Leslieville Community Hall, Leslieville

Regional - Senior Public Speaking

Date: March 24, 2018 1:00 PM

Location: Ridgewood Hall, County of Red Deer

Regional - Intermediate Public Speaking

Date: March 25, 2018 1:00 PM

Location: Moose Hall, Wetaskiwin

Horse Marketing Clinic

Date: April 08, 2018 9:00 AM

Deadline: March 29, 2018

Location: Hudson's Green Community Activity Center, 6210 61 St Ponoka AB

Regional Council Meeting

Date: April 11, 2018 7:00 PM

Location: Lacombe Memorial Center - 5214 - 50 Ave, Lacombe

Multi Species Judging and Consumer Decision Making

Date: April 14, 2018 9:00 AM

Deadline: April 01, 2018 4:00 PM

Location: Bashaw Ag Society (Bashaw is off Hwy 21)

Light Horse Committee Meeting

Date: April 24, 2018 7:30 PM

Location: Kozy Korner (5024 53 St), Lacombe

For all your District-specific events and opportunities check the calendar on the 4-H Alberta website.





4-H Council of Alberta

Cleaver Kids Lesson Planning Ideas

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. - Charles Dickens



March brings with it the First Day of Spring or the Spring Equinox or the Vernal Equinox. Whatever you call it, it occurs on March 20 this year. We don't feel the earth spinning and revolving, but it does. Equinox means "equal night" and, on March 20, daytime and night time will be about the same length. Remember the lesson planning suggestions for winter solstice we shared in the December SCOOP. The Spring Equinox is another opportunity to bring astronomy, science and star gazing into your Cleaver Kids meetings. And, the days are still short enough to star gaze in the early evening. If you missed that write-up in SCOOP, contact Council and we can forward a copy to you.

There are many traditions and legends around the world about the Spring Equinox. One funny, superstitious belief is that on the first day of spring, you can stand raw eggs on their end. It is based on an old Chinese tale that claims good luck would follow on the success of this feat. Are you going to try it? Mark your calendar for March 20, 2014 at 10:15 a.m. MDT (Mountain daylight time) and give it a whirl!

Although spring rarely arrives in Alberta as early as March, we generally can't wait for it to get here even if we do love winter. Who doesn't enjoy the first cleansing rains and the fresh, crisp, light greens that signal the waking up of the earth after winter's sleep? In anticipation of those freshening rains, here is an activity to welcome spring and, perhaps, as legend predicts, hasten those spring rains.

RAINSTICKS

(also see <https://buggyandbuddy.com/how-to-make-a-rainstick-instrument/>)

Written by: Andrea Mulder-Slater/KinderArt.com

Summary: Learn how to make a rainstick using a cardboard carpet tube, nails and sunflower seeds.

From the Author:

Legend has it that the Chilean Indians invented the rainstick to make rainy weather. The rainstick is a type of tubular rattle that throughout the ages, has been used by many cultures in various ways. The rainstick has an unusual internal structure. An interior maze formed of either cactus spines, wooden pegs, bamboo or palm slivers distinguishes the rainstick from other tube rattles. The cylinder is filled with pebbles, hard seeds, beans, sand, rice, or tiny shells. One traditional method of making rainsticks is to use cactus. The spines or thorns are "hammered" inward and lava rock is poured inside the hollow tube. The sounds created when the lava rock hit the many thorns inside the cactus tube, mimic the sound of rain falling on the leaves. You can make a rainstick using materials you and your kinderartists can find around the house.

What You Need:

- Cardboard tubes in a variety of sizes. Eg: Toilet paper rolls, paper towel rolls, gift wrapping, mailing or carpet tubes.
- Corrugated cardboard
- Packing or masking tape
- Hot glue or white glue
- Drill (only necessary if using carpet tube)
- Flat head nails or toothpicks
- Hammer
- Scissors
- Acrylic paint or poster paint
- Paintbrushes
- Fabric (a small amount of burlap, cotton, etc.)
- Decorations to glue on the rainstick (leaves, jute, twine, shells, yarn, sand etc.)
- Objects to put inside the rainstick (rice, corn kernels, sunflower seeds etc.)



What You Do:

1. Try to use 3" to 4" in diameter carpet tubes that you can find at any carpet and flooring store. If you are lucky, the stores will give you the tubes that they would otherwise throw away. The first step is to cut the tube to an approximate length of three to five feet. You can also use smaller tubes such as paper towel rolls.
2. Next, you should drill tiny holes (smaller than your nails) around the entire area of the carpet tube. This will make hammering the nails much easier and safer. **Note:** If you are using smaller tubes from toilet paper or wrapping paper, then all you need to do is poke holes with an awl or other sharp instrument.
3. Using a hammer, insert flat headed nails into the holes that you have drilled. When you look into your tube, you should see an absolute maze of nails. Note: If you are using smaller tubes ie toilet paper or wrapping paper, then all you need to do is stick toothpicks through the holes you poked earlier.
4. You are now ready to "plug" one end of your tube. You can use many different things but we find that the best material is corrugated cardboard. Simply place the tube on a piece of cardboard, trace around the tube and cut out the circle. Repeat the process so you have a circle for both ends. You can attach the cardboard circle using hot glue, white glue or tape.
5. When one end of your tube is sealed, put a few cups of sunflower seeds, rice, corn kernels or a combination of all three, into the tube. You will start to hear just how many or how few cups it will take achieve the desired sound. Remember, you don't want to make the rainstick too heavy, so take it easy on the filling.
6. Once you are satisfied with the sound, you can seal the other end of the tube with the second circle.
7. OK, now you are ready to paint using acrylic paint. The designs are entirely up to you. The key is to keep it simple and to repeat patterns and colors.
8. When the paint is dry, you might want to add some decorations using hot glue or white glue. Sand, shells, raffia or material are all good ideas.
9. All that's left to do is to play your rainstick and wait for the thunder.

Cleaver Kids resources for leaders are available online at <http://4h.ab.ca/Partners/council.html#CleaverKids>. There, you will find the **Cleaver Kids Leader's Guide**, the Cleaver Kids Quick Reference Guide and Resources sheet. **And, remember, if you think you have a great lesson and/or activity, please send it along to us and we may feature it in a future edition of SCOOP. You could win a prize!**

Reminder:

Mark your calendars and register for the next Cleaver Kids Webinar! The topic will be on the 4 skill development areas for Cleaver Kids. The Webinar will provide you activity ideas for each area. March 20, 2018 at 7 pm. You only need your computer with sound and internet connection. Its FREE!

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_Z7mGsx0qQXSj-KjCpe3mSQ After registering, you will receive a confirmation email containing information about joining the webinar.

Cleaver Kids Resources have been mailed or couriered to on of your clubs Cleaver Kids Leaders. If you have questions please contact us.

*To all our fabulous 4-H
Alberta Leaders who
completed leader screening!*

*thank
you!!*



Foundation News & Opportunities

Scholarships

4-H Alberta Scholarships

The 2018 4-H Alberta Scholarship online application is open as of March 1, 2018, closing on May 15, 2018 at 3:00 pm. When completing the application, please carefully read the instructions as the application has changed from years past. Instructions can be found in the online application and a webinar will be scheduled later in March. To access the application, click on the following link: <https://registration.4hab.com/Login.aspx>

Please feel free to contact Bianca von Nagy at scholarship@4hab.com if you have any questions.

The Elmer and Ona Hansen Memorial Scholarship

As mentioned in previous Scoops, we are pleased to announce that the Elmer and Ona Hansen Memorial Scholarship is currently under review. Exciting changes are underway, so stay tuned for a special announcement coming out later this month.

Growing Alberta Scholarship

Please note that the application deadline for the Growing Alberta Scholarship was **January 31, 2018**. Throughout the month of February, scholarship applications underwent a careful review and evaluation process and recipients will be notified in early March 2018.

Recycling

The 4-H Foundation of Alberta 4-H Rural Tire and Electronics Roundup is a partnership between the Alberta 4-H Foundation and the Alberta Recycling Management. Its purpose is to collect scrap tires and televisions, computers, printers, monitors, laptops and accessories from Alberta farms, acreages and residences.

The program runs year-round and clubs can register for both programs by contacting the Alberta 4-H Foundation at 780-682-2153 or via email at centre@4hab.com.

Submission of the tire and electronics forms that are fully completed without errors ensures efficient processing of all claims. It also ensures payment is issued without unnecessary delays.

Some things to keep in mind:

- Clubs must ensure full addresses are included on each form, not P.O. Boxes.
- Clubs must ensure that the full name of each collection site is used on each form. Shortened names or initials are not acceptable.
- Material **MUST** be claimed in the quarter that it is collected to ensure that payment is received. Any material being claimed from a previous quarter must be detailed on a separate summary sheet.
- Club leaders who gather material on an informal basis **MUST** track where it has come from. Club leaders are not permitted to claim all of this material as their own and submit one collection form. Each individual collection must be tracked.

Good luck with your collections!

Ribbons

As of March 1, 2018 4-H Alberta will no longer be distributing ribbons this show season. If you require a supplier orders can be placed with Pinz Plus of Lacombe. For more information contact info@pinzplus.com.

Show Numbers

It is now easy to create your own show numbers! A fillable show number template is available on the 4-H Alberta website.

Ear Tags

As of March 1, 2018, 4-H Alberta will no longer be distributing ear tags.

Fundraisers

Click [Here](#) to see information on Calahoo Meats, Phil's Fudge, Meadowbrook Greenhouse and My Deals Discount Card Fundraisers! Email fundraisers@4hab.com to see what is available! https://www.4h.ab.ca/News_Events/fundraisers.html

Ivomec BoxBack Program

We have been advised by 4-H Canada that the Ivomec BoxBack program has been discontinued. The 4-H Foundation of Alberta will continue to look for additional fundraisers to help clubs support their projects and events.

Thank You Sponsors Emerald Clover Sponsors



Communications

Congratulations to all of the Club Communications Winners and thank you for all of the photos and cards sent to AltaLink! As soon as funds are received, an email will be sent out indicating when the funds will be deposited via EFT (Electronic/Email Funds Transfer). Districts and Regions will also be receiving funds similar to last year and will be notified via email.

Nutrien

The following resource is offered through our generous partnership with Nutrien, and available to 4-H'ers across Canada:



Caring for our Watersheds™ contest, an environmental

educational campaign that encourages creativity and rewards students for the solutions they identify. This program partners with communities to create focused solutions to local watershed issues. 4-H members in grades 7-12 are invited to enter the Caring for Our Watersheds contest by detailing their ideas to improve their local watershed. If chosen as one of the top ten entries, they could win up to \$1,000 for themselves and \$1,000 for their club, plus funding to implement their idea!

Visit www.CaringforOurWatersheds.com to learn more

Alberta 4-H Centre

RR1 Westeros, Alberta, T0C 2V0
Bookings: 1-877-682-2153 or centre@4hab.com





Leader Screening

Again, we repeat the message that not all are hearing.

We hope you've been reading the SCOOP and the magazines and our other communications (including emails from leaderscreening@4hab.com) over the past months and, really, over the past two years. We have been writing about this and talking about it and trying our best to make sure you all know that this change is coming. And, this change is good! It is good for our 4-H members and

clubs and the 4-H Alberta program as a whole. This is ALL about keeping our members and the program safe and sound. The number one way in which we endeavour to provide a safe environment is by screening our volunteer leaders.

If your screening was **NOT** completed, you will find your status changed to volunteer. Your club's general leader will be advised of your change in status. **If you called and reported a delay due to fingerprinting, remember to forward your police check as soon as you receive it. Extensions granted for this or any other reason are not indefinite.**

When you are re-registered in the online system as a volunteer, you will receive new login credentials as your leader login will no longer work to access the online registration system. Volunteers' usernames and passwords allow them to log in to the system and register for events and opportunities such as Leaders' Conference. Volunteers are not able to screen or access club data in the system. Once your status has changed to volunteer, you will have to wait until next year to be re-elected and re-registered as a leader with 4-H Alberta.

Leaders re-registered as volunteers must not work with Members, Cleaver Kids or in other positions of trust without a screened leader present at all times. Volunteers also play an important role but it is different than that of Leader. You can find detailed definitions of the roles of Leader and Volunteer at www.4h.ab.ca.

4-H Alberta Leaders complete leader screening to help ensure a safe environment for delivering learning opportunities and mentorship for 4-H Members and Cleaver Kids. Until screening is completed, Leaders remain at Volunteer status and must be accompanied by a screened leader whenever working within the 4-H Alberta program. Non-certified (i.e. unscreened) leaders or volunteers must always have a successfully screened leader with them when they are working with 4-H members or in any perceived positions of trust.

For more information, call 1.877.682.2244 or 780.898.3037 or email leaderscreening@4hab.com.

Pheasants

This 4-H year registered for the Pheasant project, there are 115 members from 44 different clubs, within every 4-H region across the province! 11,180 chicks have now been ordered and will be arriving in Alberta from Wisconsin USA in approximately May, for these members to care for and raise for release. The exact date and the delivery route will be communicated with all of the registered members and leaders, once all details have been determined. Watch your emails!

The project has grown again this year, and our partner, the Alberta Conservation Association is very happy to see the continued growing interest as more and more members sign up. We've come along quite well from the project's revitalization in 2014 when we had 20 members in 3 clubs taking on 1400 chicks. Way to go everyone! And if you see a pheasant out there somewhere, it may have a 4-H connection!

A reminder to the Pheasant members to please ensure that you have a Premise Identification Number for the location of your facility. Many members already have a PID if they currently have livestock, or if you are sharing a facility, the landowner may already have one so please check with them first. If you don't have a PID, please have your parents assist to apply here: [https://www1.agric.gov.ab.ca/\\$Department/deptdocs.nsf/all/trace12354/\\$FILE/PID%20Application.pdf](https://www1.agric.gov.ab.ca/$Department/deptdocs.nsf/all/trace12354/$FILE/PID%20Application.pdf)

If you have any questions about the pheasant project, please contact ginny.smith@gov.ab.ca.

4-H ALBERTA STORE

UNDER NEW MANAGEMENT!

4-H Council of Alberta has taken over the management of 4-H Alberta Merchandise.

The 4-H Foundation of Alberta has led the charge of branding items with the recognizable 4-H Clover and providing merchandise for sale since the 90's. Thank you to all the Foundation Staff and Directors for their dedicated time to this service over the years.

Transitioning the management of merchandise will bring changes to how this service is administered. Please take note of these changes effective February 1, 2018.

- To purchase 4-H Alberta merchandise NOW contact: 4-H Council of Alberta Phone: 1.877.682.2244 or 780.682.2648
- Order payments and shipping will be only be processed on Wednesdays each week - Please don't delay if you require merchandise by a certain date.
- For February 2018, items will be in limited quantities only.
- New items or sales will be added each month - Visit www.4h.ab.ca for the most current catalogue.
- We will accept cash, cheques, Visa, MasterCard.
- No order will be processed without payment.
- Shipping costs will apply to all orders being sent by Canada Post and are subject to change, based on size and weight of the order. Please note: no orders will be sent through Government Courier services.
- Arrangements can be made to pick up merchandise at the Alberta 4-H Centre, Council/Foundation office with prior notice. If you are attending an event at the Alberta 4-H Centre, please pre-order items for pick up. Same day, walk in orders are not available at this time.

Don't forget that deals on **4-H Alberta Centennial Merchandise** are still available for larger quantities purchased. This is perfect for club prizes or gifts! T-shirts, caps, USB wrist bands, paintings and cards are available!

Youth Service Leader applications are now open!

Don't miss out on this chance to be part of a unique 4-H experience! Applications opened February 1st and run until March 16, 2018. As a Youth Service Leader, you will be ambassadors and role models for the Hands to Larger Service program, going across Canada to promote the value of service learning and volunteerism, and to mentor younger 4-H members through community service projects. This is a unique opportunity for 4-H members (aged 16-25) looking to give back to their communities and country on a whole new level. Get involved today by visiting <https://4-h-canada.ca/handstolargerservice>.

Connect with 4-H Alberta on Social Media

