



CANADA
4-H Alberta

Scoop

May 2023

Jump To:

Learn To Do By Doing

Members/
Parents

Leaders

Regions

Sponsors

Embracing the Magic of Spring in 4-H Alberta

As the snow melts away and the long-awaited warmth of spring graces our beautiful province, we find ourselves immersed in the most invigorating season for our 4-H members. It's that time of the year when we witness the extraordinary outcomes of the dedication, hard work, and passion our young 4-Hers have poured into their projects throughout the year.



In April, I had the pleasure of attending the provincial public speaking event, and I was simply astounded by the top-notch speeches and the variety of topics that were presented. From art to aviation, agriculture to mental health, our talented 4-Hers not only impressed the audience but educated us with their well-researched presentations. A heartfelt congratulations to all the first-timers who bravely took the stage, as well as our seasoned speakers – you did an outstanding job!

With around 300 events lined up this spring and summer, it's time to celebrate our youth's achievements and the dedication of those who mentored them throughout the year. As the saying goes, "Learn to do by doing," and our 4-H community exemplifies that motto in every way.

Don't forget, summer camps are fast approaching, and spots are filling up quickly! Our summer camp team has been working diligently to design an action-packed, fun-filled experience for campers at the 4-H Centre and across the province. Don't miss out on this incredible adventure – [register now!](#)

We're also thrilled to announce that our board of directors will be hosting the 3rd Annual General Meeting of 4-H Alberta at the end of May. Stay tuned to our social media channels and website for more details on how you can be a part of this important event.

Lastly, let us acknowledge that some of our community members continue to face challenges as we navigate the lingering effects of Covid. As you spot those first green shoots of spring, let them serve as a reminder that brighter days are ahead, no matter the struggles we may be facing at present. Extend a warm hug to your loved ones and consider inviting them to an upcoming 4-H event. Together, as a tight-knit 4-H Alberta family, let's embrace this spring season with enthusiasm and optimism!

Kurt Kinnear
CEO 4-H Alberta

Join Our 4-H Alberta Summer Programs Zoom Webinar!

Want to know more about 4-H Alberta's Summer Programs!? Join us for an interactive webinar where you will get to meet the summer staff, see the Alberta 4-H Centre, and learn a little more about what each summer program has to offer!

When: Wednesday, June 10, 7:00 pm

Zoom link: <https://us06web.zoom.us/j/81348065635>

Plan for some 4-H fun this summer before it's too late. Summer Camp Registration closes May 15th!

**Guest Registration Now Available for select Camps - For a list and how to register - click [Camps](#)
For a list of available camps and how to register - click [HERE!](#)**

4-H Alberta Summer Programs



REGISTRATION IS OPEN NOW

Register through the Online Registration System

Registration Closes May 15



Summer Program Registration is Open!

4-H Alberta's summer programs are now open for registration! Check out the fantastic programs for all ages on the 4-H website [HERE](#). [Select programs now open to guests](#), so grab your friends and add a little extra 4-H fun to your summer!

Unleash the Fun: 4-H Alberta's Exciting Summer Programs and Camps Await You! Discover an Array of Summer Experiences for All Ages - Register Now to Secure Your Spot!

Get ready for a summer to remember with **4-H Alberta's incredible lineup of summer programs and camps!** Designed to cater to members of all ages, these experiences offer a perfect blend of fun, learning, and personal growth. Don't miss your chance to make lifelong memories, forge new friendships, and explore your passions. Hurry – most program registration deadlines are May 15, 2023, and spots fill up quickly! **Also, select programs now available for Guest registration!**

- 4-H Alberta Junior & Combined Camps:** Get ready for non-stop FUN at our junior camps! You'll join other 4-H'ers for tons of exciting games, outdoor adventures, and artsy crafts. Plus, you'll learn how to be an amazing team player, a confident leader, and make friends that'll last a lifetime!
- Intermediate and Aspiring Intermediate Member (AIM) Camps:** Designed for Intermediate members seeking to hone their leadership skills, these camps provide valuable opportunities to build confidence, explore new ideas, and create lasting connections with fellow 4-Hers.
- 4-H Alberta Trek Camp (ages 11-14):** Embark on an exhilarating journey with the 4-H Alberta Trek Camp! This unique experience combines outdoor adventure, personal growth, and the chance to form deep connections with your fellow campers. Are you ready to take on the challenge?
- 4-H Alberta Inspiration Camp (ages 11-14):** Unleash your creativity at the 4-H Alberta Inspiration Camp! Dive into a world of innovation and imagination through hands-on workshops, engaging activities, and inspiring guest speakers.
- 4-H Alberta Club Week for Seniors:** Calling all Senior Members! Don't miss out on the ultimate summer program tailored just for you. Engage in group discussions, learn from guest speakers, and participate in a variety of activities and games designed to ensure a summer experience you'll never forget.
- 4-H Alberta Beef & Sheep Shows for All Ages:** Showcase your hard work and dedication at the 4-H Alberta Beef & Sheep Shows. Open to members of all ages, these events provide an excellent platform to display your livestock and celebrate your accomplishments.

Don't let these fantastic summer experiences pass you by! With registration deadlines fast approaching, now is the time to act. Register today to secure your spot and embark on an unforgettable summer adventure with 4-H Alberta. **Remember, spots fill up super-fast, so don't wait – join the fun and excitement this summer with 4-H Alberta's amazing programs and camps!**

Take Me to Available Programs

Take Me to Available Programs for Guests

4-H Alberta Celebrates 18 Members Honoured with Queen Elizabeth II's Platinum Jubilee Medal

In a truly remarkable display of community spirit and dedication, 4-H Alberta is delighted to share the news of eighteen individuals from our community who have been awarded the prestigious Queen Elizabeth II's Platinum Jubilee Medal (Alberta). These medals were created by the Province of Alberta to celebrate the 70th anniversary of Her Late Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. The Platinum Jubilee Medal recognizes those who have similarly dedicated themselves to the service of family, community, and country.

4-H Alberta proudly congratulates the following members of our community who have been honoured with this distinguished award: Helen Andrews, Tim & Lois Andrews, Sally Barkwell, Ellen Bonde, Mona Bristow, Dorothy Carlson, Joanne Gourley, Dwayne Grover, Sherry Howey, Bertha Kasbohm, Marie Logan, Leona Petherbridge, Bernie & Colleen Prefontaine, Marion Van Sluys, and Corine Verbeek.

These extraordinary individuals have each made a lasting impact on 4-H Alberta through their tireless efforts, leadership, and commitment to the organization. They have generously shared their time, talents, and knowledge with others, fostering a sense of unity and strengthening the 4-H Alberta community. In doing so, they have embodied the values of Her Late Majesty and have become shining examples of the power of service. Another member of our 4-H Community, Kurt Kinnear, was also awarded the medal for his many years of community service in Alberta and for serving as CEO of 4-H Alberta.

In a special moment, these individuals were notified of their esteemed recognition during a special online Zoom presentation hosted by 4-H Alberta CEO, Kurt Kinnear. The virtual event served as a heartwarming opportunity for 4-H Alberta to acknowledge and celebrate the accomplishments of these extraordinary members. To view the memorable Zoom video and share in the joy of this incredible milestone, please click this link: [4-H Alberta Platinum Jubilee Medal Zoom Presentation](#).

We invite you to learn more about these remarkable recipients by visiting the news story on the 4-H Alberta website by clicking [here](#), where you can explore their full biographies and discover the incredible stories that led to their recognition. Please join us in celebrating their achievements and expressing our heartfelt gratitude for their contributions to 4-H Alberta and the wider community.



Honoring the Legacy of Bruce Banks: A Cherished Supporter, Friend, and Mentor to 4-H Alberta

It is with deep sorrow and heartfelt condolences that 4-H Alberta recognizes the passing of a cherished supporter, dear friend, and inspiring mentor, Bruce Banks. Serving as the CEO of the 4-H Foundation of Alberta from November 2000 to April 2016, Bruce's unwavering commitment and passion for the organization left an indelible mark.



During his tenure, Bruce resided at the 4-H Centre for many years until it became more practical to convert the residence into office space and a suite. At that time, he and his wife Barb relocated to the idyllic Village at Pigeon Lake.

A driving force behind the Alberta 4-H Centre, Bruce took immense pride in fostering positive relationships that empowered 4-H members. His forward-thinking approach, negotiation skills, and courage to think outside the box propelled the organization forward. Bruce continuously sought new sponsors and cultivated relationships that bolstered the 4-H program not only in Alberta, but also throughout Canada. His dedication to the program remained steadfast even after his tenure.

Bruce took great joy in celebrating the accomplishments of 4-H members, as well as those of his own family. Our thoughts and prayers are with the Banks family during this difficult time.

In lieu of flowers, the family has kindly requested that those wishing to pay tribute to Bruce's memory consider [making a contribution to 4-H Alberta](#).

Calling all 4-H Alberta Supporters:

We are excited to be a participating charity for a third year in a row in the **2023 Shaw Birdies for Kids presented by AltaLink**.

Birdies for Kids (BFK) will match up to 50% of all Donations to 4-H Alberta. 4-H Alberta will receive 100% of all donations, which will go directly to supporting our youth programs. This opportunity also allows all monetary donations to be matched up to 50%, so your donation goes even further – it's a win-win!

If you would like to make a donation to 4-H Alberta and our first-class youth programming, then please click on the link to take advantage of the Birdies for Kids up to 50% matching opportunity:

<https://shawcharityclassic.com/4h-alberta/>

All donations will receive a charitable tax receipt through the Shaw Charity Classic Foundation. **Thank you for your support of our youth and youth programs!**



2023 Achievement Days

Achievement Days are underway! Our members have the opportunity to showcase their projects across the province. It's an exciting time in 4-H and we look forward to a busy, fun, and eventful Achievement Days season!



[Click on the banner to see the 2023 Achievement Days Information Sheet!](#)

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Members / Parents

4-H Alberta Scholarships

The 2023 4-H Alberta Scholarship Application **closed** on May 1, 2023 at 12:00 pm (Noon).

Thank you and good luck to all who applied for a 2023 4-H Alberta Regional & Additional scholarship through the 4-H Alberta Scholarship Program.

Please ensure you have submitted your most recent transcript prior to attending your fall 2023 post secondary term to scholarship@4hab.com no later than August 1, 2023 or you may be ineligible to receive scholarships.

We are always looking for ways to improve our scholarship application process.

Please feel free to email scholarship@4hab.com with any suggestions on improvements for the 2024 scholarship year.

Once again, we'd like to send a HUGE shout-out to [AgCall](#) for their design and launch of our new online scholarship application.

A great big thank you to all of our donors who make these awards possible. We could not do it without their support!



The Elmer and Ona Hansen Memorial Scholarship

The 2023 Elmer and Ona Hansen Memorial Scholarship application opens **on May 1, 2023!**

We are thrilled, honoured, and proud to continue the Hansen/ Ness Legacy in a meaningful way: we will again award ten (10) Elmer and Ona Hansen Memorial Fund Scholarships, worth a total of \$80,000! The scholarships will be awarded as follows:

- One (1) scholarship will be awarded at \$20,000;
- One (1) scholarship will be awarded at \$15,000;
- One (1) scholarship will be awarded at \$10,000; and
- Seven (7) scholarships will be awarded at \$5,000 each.

The following scholarship rules and criteria apply:

- Applicants must be Alberta rural farm young persons
- Applicants must be enrolled as first year students at an acknowledged post-secondary institution and **not** have previously started or completed a post-secondary program
- Applicants must have graduated from high school and be no older than 25 years of age
- Applicants must need to leave home to pursue a post-secondary education or trade
- This grant is open to all rural farm youth and 4-H experience is not mandatory to qualify for this award

If you meet these criteria, you are encouraged to submit your application no later than **Friday, June 30, 2023 at 12:00 pm (Noon)**. Please [click here](#) to access the application and carefully follow the guidelines outlined in the application.

Feel free to contact the scholarship team at scholarship@4HAB.com if you do have any questions.

Save the Date: 4-H Alberta Club Week - Provincial Summer Event 2023

Attention all Senior Members of 4-H Alberta! Are you ready for the most exciting summer event of 2023? Don't miss out on this year's **4-H Alberta Club Week, taking place from August 13th to 18th at Red Deer Polytechnic**. Mark your calendars and book time off now so you can join us for a week of engaging group discussions, guest speakers, activities, games, and entertainment that will guarantee an unforgettable experience!

Club Week has been designed exclusively for Senior Members, featuring a well-rounded program that covers a variety of relevant topics such as financial literacy, relationship building, leadership, and more! Delegates will spend time in small groups to facilitate meaningful discussions and foster deeper connections with fellow 4-Hers. In addition, you'll enjoy hands-on activities and a chance to bond over games and entertainment.

Important Event Details:

- Location: Red Deer Polytechnic
- Dates: August 13th - 18th, 2023
- Arrival and Check-In: 6:30pm on August 13th
- Check-Out and Departure: 12:00pm on August 18th
- Registration Deadline: May 29th, 2023
- Registration Fee: \$400.00 (includes meals, accommodation, programming, and delegate packs)
- Limited Spots: 65



Please note that registration is on a first-come, first-served basis, and your spot will not be reserved until full payment is received. More details on the schedule, what to bring, and other essential information will be emailed to delegates closer to the event date.

To participate, you must be a current 4-H Alberta Senior Member. Unfortunately, transportation to and from the event is not provided. When registering, please specify your t-shirt size for your delegate pack.

Don't miss this fantastic opportunity to learn, network, and create lasting memories with fellow 4-Hers! **Secure your spot by registering before the deadline on May 29th, 2023.** If you have any questions about registration or programming, please email programs@4hab.com.

We can't wait to see you there!

Introducing Project in a Weekend: A Unique Opportunity for 4-H Senior Members

Complete Your Project and Record Book in One Weekend and Focus on Other Club Requirements

Are you a Senior 4-H member looking for a time-efficient way to complete your project for the 2023-24 club year? Look no further! We are thrilled to introduce "Project in a Weekend," a fantastic opportunity for members like you to complete your project and record book in just one weekend. This innovative approach allows you to focus on fulfilling other club requirements while also exploring new project interests.

Project in a Weekend Guidelines:

- Open to Senior 4-H members only
- Participants must plan to enroll in the 2023-24 4-H club year
- Full weekend attendance is required (12-15 hours of project time)
- A project record book insert must be completed during the weekend

Upon completion of the weekend, participants will receive a certificate to present to their club leader, confirming the completion of their project. With your project and record book out of the way, you can concentrate on meeting the other requirements necessary to be a member in good standing, including:

- Communication activity
- Achievement Day
- Attendance at 70% of club activities
- Community service

Even if you're not looking to complete a project in a weekend, you're welcome to attend if one of the projects sparks your interest. This allows you to broaden your horizons and still choose another project within your club.

Don't miss out on this unique opportunity to make the most of your time as a Senior 4-H member! Stay tuned for more information on registration and scheduling for "Project in a Weekend." Embrace this chance to enhance your 4-H experience and accomplish more with the time you have.

[Project in a Weekend PDF Document](#)

Exciting Opportunities for 4-H Beef Members: Beef Breed Association Awards

Discover Provincial Beef Breed Associations' Awards for Winning 4-H Exhibitors

Attention all 4-H Beef members! Did you know that several Provincial Beef Breed Associations offer awards and recognition for 4-H members who excel in exhibiting and winning with specific breeds? These awards provide an excellent opportunity for you to showcase your hard work and dedication while earning recognition for your accomplishments in the 4-H Beef program.

To learn more about these awards and the specific breed associations offering them, we encourage you to conduct a simple online search for "Provincial Beef Breed Associations" and explore their official websites. By doing so, you'll be able to identify the various opportunities available to you as a 4-H Beef member.

Participating in these breed-specific awards programs not only highlights your achievements but also helps promote the breed and foster connections within the industry. Additionally, these awards can enhance your 4-H experience, expand your network, and potentially open doors to further opportunities within the agriculture sector.

Don't miss out on this chance to showcase your talent and commitment as a 4-H Beef member! Start your search today and uncover the exciting opportunities offered by Provincial Beef Breed Associations. Remember, your hard work and dedication deserve recognition, so seize this opportunity to let your achievements shine.

Calling All Young Agricultural Enthusiasts: 2023 Alberta Young Speakers for Agriculture (AYSA) Competition

Are you a young Albertan with a passion for agriculture and a knack for public speaking? If so, we have the perfect opportunity for you! **The 2023 Alberta Young Speakers for Agriculture (AYSA) Competition will be held on Monday, July 10th in Olds, Alberta.** This exciting event aims to bring together young, talented individuals who share a common love for the agriculture industry and are eager to speak up for its future.

The AYSA competition offers participants an excellent platform to enhance their communication and leadership skills, expand their agricultural knowledge, and showcase their enthusiasm for the industry. With the chance to compete for cash prizes, this province-wide, agriculture-focused event is an ideal opportunity for youth to put their speaking skills to the test while advocating for a cause close to their hearts.

Important Details:

- Date: Monday, July 10, 2023
- Location: Olds, Alberta
- Application Deadline: June 30, 2023

To enter the competition, simply contact AYSA at albertayoungspeakers@gmail.com for more information on how to apply or visit www.albertayoungspeakers.com. **Remember, the deadline for applications is June 30th, 2023, so don't miss your chance to make your voice heard and be a part of this significant event!**

Not only will the AYSA Competition provide you with an unforgettable experience, but it will also help you make lasting connections with fellow young agricultural enthusiasts from across the province. So why wait? Reach out to AYSA today and take the first step towards becoming a dynamic advocate for the agriculture industry in Alberta.

[AYSA Information Sheet](#)

Hello 4-H Alberta Cleaver Kids' Parents!



There is always room for one more aspiring young 4-Her and the Cleaver Kids program is an early introduction to 4-H Alberta through fun and hands-on learning appropriate for youth aged 6 to 8 years.

[Viterra](#) is a proud supporter of this amazing program and we truly appreciate their generous support and investment in Alberta's youth!

Pictures can be sent to development@4hab.com Please let us know if we have permission to use these photos in our publications and on social media.

Win Big with Calgary Sports and Entertainment Corporation

If you would like to sign up for exclusive ticket offers, giveaways, and draws for signed merchandise and prizes from the Calgary Sport and Entertainment Corporation, please click here: <http://www.calgaryflames.com/4h>.



CALGARY SPORTS AND ENTERTAINMENT CORPORATION

Leaders

4-H Alberta's Alumni & Friends Membership Program

4-H Alberta is capturing success stories from our Alumni & Friends membership to share and inspire our community. If you have an inspirational story about success in your life and/or career that you would like to share, or if you would be willing to volunteer to provide an educational session in your area of expertise, please complete the form and we will be in touch. Please click the link to fill out the [online form](#).

Any updates and opportunities to connect can be found in the online membership area via www.4hab.com/alumni or click the link to create your account here: <https://www.community.4hab.com/membership-area1608230731391/fe12eb5eb3b>.

Alumni



CANADA
4-H Alberta

Alberta Recycling and 4-H Alberta

Clubs **MUST** register for recycling **EACH QUARTER**. If you wish to register for Q1 (April 1, 2023–June 30, 2023), please fill out the **new online registration** form here: <https://forms.gle/YKGQPPLf67GjPsCz9>

More information on the recycling program can be found on the website [here](#).

A gentle reminder that tires and electronics are not to be stockpiled, and forms are due in the quarter the recycling is picked up. Any pickups from one location with more than 250 tires must be pre-approved. If you have any questions, please email admin@4hab.com.

Recycling forms for **Quarter 1 (April 1, 2023–June 30, 2023)** are due no later than **June 30, 2023**.

Please mail forms to: 4-H Alberta, RR1 Site 7 Box 1, Westeros, AB T0C 2V0

Regional News

Jump To:

[South](#)[Calgary](#)[East Central](#)[West Central](#)[Northeast](#)[Northwest](#)[Peace](#)

South Region



“Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that’s all people – have mental health.” Canadian Mental Health Association
<https://www.mentalhealthweek.ca>

Please take good care of you and those around you!

Upcoming Regional Programming & Events (Check out the [4-H Alberta Calendar](#))

Please check regularly and register for open programs in your online account under “programs”

May 20, 2023	CANCELED - BEEP Show – Taber, AB
May 24, 2023	South Region Regional Council Meeting (Zoom)!
May 2023	Achievement Days throughout the Region!
August 14-15, 2023	South 4-H Region Horse Show, Taber, AB

Achievement Days!

Achievement days are an exciting time for the South Region, with events scheduled throughout April, May, and June. For those who have already showcased their projects, we hope you had a fantastic experience! And for those preparing to celebrate in May, we wish you great success and, most importantly, loads of fun. Remember to express your gratitude to your leaders and parents, who look forward to Achievement Days just as much as you do!

A few tips and tricks for a successful day:

- Be in good standing
- Don’t forget to “check in” at your event sign in sheet
- Dress for success (and the weather)
- Stay hydrated!
- When a community member compliments you on a job well done - look them in the eye, shake their hand, say “thank you” and take that moment to feel proud, because you HAVE done a great job!
- Capture the memories with lots of pictures
- Most importantly - HAVE FUN! With your club, district, fellow 4-H members, and family 😊
- If you have time, send your Area Coordinator a group photo of your Club /District Achievement

South 4-H Region Multi Species Judging Competition - April 2023



Photo Credits: Jay Good

In April 2023, the South 4-H Region Multi-Species Judging Competition in Lethbridge, Alberta, welcomed over 100 eager registered members. Held at the bustling Perlich Bros. Auction, the event featured live classes with all five major species for the first time in years. Committee Chairperson Jay Good expressed his appreciation, saying, "Congratulations to the winners, and a heartfelt thank you to all the volunteers. Some judging journeys concluded yesterday, while others began anew. Kudos to all participants!"

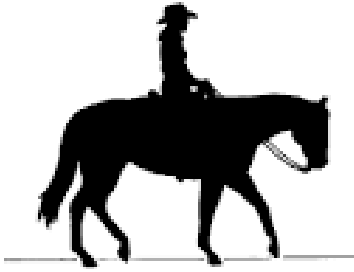
Event Placings (Overall):

Junior	Intermediate	Senior
1st - Claire H. Stavely-Parkland 4-H Beef	1st - Rylen G. Claresholm 4-H Beef	1st - Korben J. Jenner 4-H Multi
2nd - Clara M. Seven Persons 4-H	2nd - Mini H. Stavely-Parkland 4-H	2nd - Eleanor S. Green Acres Dairy 4-H
3rd - Gracie B. Del Bonita 4-H	3rd - Penny W. Nine Mile 4-H	3rd - Tasha K Milk River 4-H Multi

We'd like to extend our gratitude to our event sponsor, Gateway Livestock, and our gracious host, Perlich Bros. Auction. A special shout-out goes to the dedicated Judging Committee volunteers – without your support, events like this would be impossible. We eagerly anticipate next year's gathering and hope to see everyone again in April 2024!

2023 South 4-H Region Horse Show - August 14-15, 2023, Taber, Alberta

The Regional Horse Committee has started planning a 2023 show - for all current 4-H Alberta members who are registered in a 4-H Alberta horse project. Classes and events will be available for all skill and age levels.



The planning committee needs to know if there are horse project members / clubs who are interested in attending, before they pay deposits on facilities / judges and clinicians.

Members and Clubs interested in attending, or have any questions, are asked to please contact Sam K at s.cowgrlup@gmail.com or 403-894-9160 by May 20th, 2023. Official registration will open after that date.



South Region Reminders (Click on Active Links for More Information)



PROJECT STANDARDS - UPDATED

[Beef Standards](#), and [Sheep Standards](#) have been updated by your Provincial Advisory Committees. Please ensure your clubs and district / regional committees are aware of all changes for the 2022 year!

New Leaders

- ★ If you have new leaders, please have them fill in an adult registration form and send it to me! I can open a profile for them in the system so they can begin screening and training!

Activity Plans

- ★ Activities beyond the club level require an approved [activity plan](#).
- ★ If you club has a high-risk activity planned, it too will need an activity plan.

Being in Good Standing

- ★ It is important to be in good standing at every level of 4-H Alberta
- ★ If you have any questions about what you need to do (as a Member, Club, District etc) to be in good standing, please consult the [4-H Alberta Reference Guide](#).

South Region Consumer Decision Making – HELP WANTED

- ★ The South Regional Council is seeking senior members and leaders to help organize the South Region Consumer Decision Making event. If you are interested, please contact Connie Harder.

[South Region Page](#)



4-H on Parade: June 1-4 Everyone is welcome to come and cheer on those members who are competing. Family, friends, and neighbours are welcome to come out and cheer on the members who have worked so hard throughout this year. For more information, please contact the Calgary Regional Council at calgaryregional4hcouncil@gmail.com.



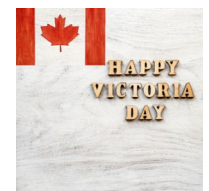
Calgary Region Livestock Multi Judging Competition: Saturday April 22, 159 members from across the Calgary Region got together at Olds College to learn and compete using the skills they had learned. The winners will be announced at 4-H on Parade in June.

World Laughter Day: This first Sunday in May every year (*May 7th this year*), is a day set aside to raise awareness of laughter and its many healing benefits. The day also marks an attempt to manifest World Peace and form a global consciousness through laughter. What is the gift of laughter? It improves positive emotion, strengthens the immune system, stimulates cognition, reduces stress, and improves positive coping. Did you know that one minute of laughing burns the same number of calories as 6-10 minutes on a treadmill?



Mother's Day: Celebrate the mother figure in your life on Sunday May 14. This day celebrates the contributions to families & society, of all mothers or mother figures in one's life. Did you know that in Canada the first Mother's Day celebration dates back to 1907, when a school teacher named Anna Jarvis, organized the first Mother's Day in honour of her own late mother. In 1915, this day became an official Canadian holiday.

4-H Alberta Office is closed & the 4-H Alberta Area Coordinator, Calgary Region is off Friday May 19 to Monday May 22, inclusive. Hope you enjoy your **Victoria Day** long weekend. Did you know that in 1845, during the reign of Queen Victoria, the queen's birthday was declared a holiday in Canada?



Questions?

You will find many answers to your questions in the [4-H Reference Guide](#). If you can't find your answer, please contact your 4-H Alberta Area Coordinator, Calgary Region, Jane Ellen Forbes at calgary@4hab.com.

If you have questions regarding Calgary Region events or programs, please contact the Calgary Regional Council at calgaryregional4hcouncil@gmail.com.



EAST CENTRAL 4-H REGION COMMUNICATIONS 2022-2023



EC REGION SR PUBLIC SPEAKING

1	Kiley S	Battle River 4-H Beef Club	Flagstaff District
2	Kara N	Battle River 4-H Beef Club	Flagstaff District
3	Olivia M	East Sounding Creek 4-H Beef Club	Hanna District

EC REGION INT PUBLIC SPEAKING

1	Kylar C	Stettler Silver Stars Horse 4-H Club	Stettler District
2	Anna R	Hanna Rangeland 4-H Multi Club	Hanna District
3	Aven D	Brownfield CRR 4-H Multi Club	Coronation District

EC REGION JR PUBLIC SPEAKING

1	Tulsa S	Byemoor 4-H Beef Club	Stettler District
2	Lexi J	Brownfield CRR 4-H Multi Club	Coronation District
3	Presley C	Altario 4-H Beef Club	Coronation District

EC REGION SR PRESENTATIONS

1	Aryann H	Erskine 4-H Beef Club	Stettler
2	Jaydon H	Erskine 4-H Beef Club	Stettler
3	Quinn F	Stainsleigh 4-H Club	Provost

EC REGION INT PRESENTATIONS

1	Dryton H	Erskine 4-H Beef Club	Stetter
2	Charlie M	Iron Creek 4-H Beef Club	Flagstaff
3	Rylan M	Battle River 4-H Beef Club	Flagstaff

EC REGION JR PRESENTATIONS

1	Claire S	Wavy Lake 4-H Beef Club	Flagstaff
2	Lane S	Wavy Lake 4-H Beef Club	Flagstaff
3	Hayden L	Czar-Metiskow 4-H Club	Provost

Coming Up (Click on Active Links for More Information)

June 17, 2023	EC Regional Heifer Show	Oyen, AB
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EC Regional Heifer Show – June 17, 2023

Crossroads Centre, Oyen, AB

COST: \$40 per member

- Includes first project animal, snacks, breakfast & lunch
- \$15 for each additional female project
- \$20 per Cleaver Kid
- \$10 per member – skills competition only

Register via your ORS profile [here](#).

Registration deadline: Jun 10, 2023

East Central Regional 4-H Heifer Show

June 17, 2023
Crossroads Centre
Oyen, AB

showmanship
Judging
Conformation
Team Grooming
Purebred & Commercial Classes

Welcome to all 4-H members with female projects
All Ages

Entry: \$40 per member includes first project animal, breakfast & snacks
\$15 for each additional female project
\$20 per Cleaver Kid
\$10 per member - skills competition only
Concession booth will be on site

Register via your profile in the ORS
at 4habregistration.ca
Registration Deadline: June 10, 2023

FUN Prizes

[Click image to view/download](#)

Spring Into Action with the EC Ambassadors' Inaugural Newsletter!

Get ready for an exciting update – the EC Ambassadors have launched their very own NEWSLETTER! Discover who these inspiring ambassadors are and how they can support you on your 4-H journey.

Dive into the March 2023 edition here: [EC Ambassadors March 2023 Newsletter](#)

Looking to get in touch with the EC Ambassadors? Don't hesitate to reach out: eastcentral.ambassadors@4hab.com.

Looking for Volunteers!

EC Region has a casino September 20-21, 2023 at the Jackpot Casino in Red Deer.

Contact Carole Tkach if you are interested at (403) 575-0483 or marvin.tkach@gmail.com.

If interested contact:
Carole Tkach
403-575-0483
Marvin.tkach@gmail.com

EC Region Casino
Sept 20-21, 2023
Jackpot Casino, Red Deer

Casino Volunteers Needed!

West Central Region

Coming Up (Click on Active Links for More Information)

May 28, 2023	Shadow Riders 4-H Club Fun Show	Benalto Ag Grounds
June 2-4, 2023	WC Region Horse Show	Westerner Park, Red Deer
June 11, 2023	WC Region Heifer Show	Lacombe Ag Grounds

Regional Public Speaking & Presentations



WEST CENTRAL 4-H REGION COMMUNICATIONS

2022-2023



WC REGION SR PUBLIC SPEAKING

1	Ben B	Bluffton West 4-H Beef Club	Ponoka District
2	Kolton H	Crestomere 4-H Multi Club	Ponoka District
3	Lexa P	Hazel Dell 4-H Beef Club	Rocky Mtn House District
4	Grace T	Hay Lakes Multi 4-H Club	Camrose District

WC REGION INT PUBLIC SPEAKING

1	Livia M	Paws R Us 4-H Canine Club	Lacombe District
2	Evangeline H	Crestomere 4-H Multi Club	Ponoka District
3	Sierra B	Rimbey 4-H Club	Ponoka District

WC REGION SR PRESENTATIONS

1	Declan S	Nebraska Multi 4-H Club	Lacombe District
2	Anna C	Rocky North 4-H Beef	Rocky Mountain House District
3	Elyse B	Noble Riders 4-H Club	Red Deer District

WC REGION INT PRESENTATIONS

1	Dani H	Rocky North 4-H Beef Club	Rocky Mountain House District
1	Ryley G	Rocky North 4-H Beef Club	Rocky Mountain House District
2	Daniel P	East Lacombe 4-H Beef Club	Lacombe District
3	Wyatt C	Rangeland 4-H Beef Club	Red Deer District

WC REGION JR PRESENTATIONS

1	Leah G	Shadow Riders 4-H Club	Red Deer District
2	Rylan H	Bluffton West 4-H Beef Club	Ponoka District
3	Avery M	East Lacombe 4-H Beef Club	Lacombe District

Shadow Riders 4-H Club

WHAT: Shadow Riders Fun Show

This is a fun show that gives members the opportunity to go to a show before the Regional horse show.

WHO: Open to all WC Members in an equine project
Cleavers Welcome

WHERE: Benalto Ag Grounds

WHEN: May 28, 2023
9:00am start time

REGISTRATION: Via [Google form](#)

Registration Deadline EXTENDED: May 8, 2023

COST: \$6 per class or \$30 for the day (includes all horses entered per member)

Members pay their club and one club cheque will be made payable to Shadow Riders 4H club to be dropped off the morning of the show when picking up your club's show packages by their designated person.

OTHER: The show is weather dependant so it will only run if it isn't raining
There will be a food truck onsite.

Any Questions please call Tara Bickley 403-396-4178 or DeeAnn Daniels 403-896-8150.

OPEN TO ALL WC MEMBERS IN AN EQUINE PROJECT.
CLEAVERS WELCOME!
\$6 PER CLASS OR \$30 FOR THE DAY.

SHADOWRIDERS
FUN SHOW

MAY 28, 2023 9:00 AM
BENALTO AG GROUNDS, BENALTO, ALBERTA
A FUN SHOW TO GIVE MEMBERS THE OPPORTUNITY TO EXPERIENCE A SHOW BEFORE REGIONALS!

REGISTRATION DEADLINE:
MAY 1ST, 2023
DON'T MISS OUT!

QUESTIONS?
CALL TARA AT (403) 396-4178
OR DEEANN AT (403) 896-8150

[Click image to view/download](#)

WC Region Heifer Show

WHAT: WC Region Heifer Show

WHO: Open to all WC Region Beef Members

WHERE: Lacombe Ag Grounds, Lacombe, AB

WHEN: June 11, 2023

REGISTRATION: Register via your ORS profile [here](#).

Registration Deadline: May 25, 2023

COST: \$40 per member - includes first project animal, snacks, breakfast & lunch

\$15 for each additional project (heifer or cow/calf pair)

\$20 per Cleaver Kid

\$30 per member - skills competition only (judgin, marketing, team grooming and showmanship)

\$10 per parent for meals

PAYMENT: E-Transfer entry fee to save your spot

WC Regional 4-H Council westcentralregional4hcouncil@gmail.com

[WC Region Heifer Show Information Poster](#)

EC Ambassadors: Get to Know Them Through Their Brand-New Newsletter!

Introducing the WC Ambassadors' captivating NEWSLETTER! Get ready to explore the March 2023 edition, where you'll learn all about these dynamic ambassadors and how they can assist you.

Check out the March 2023 edition here: [WC Ambassadors March 2023 Newsletter](#)

Eager to connect with the WC Ambassadors? Feel free to reach out: westcentral.ambassadors@4hab.com
or follow on Instagram [@4hwestcentral_ambassadors](#).

Northeast Region

NE Regional Council

- **April 29 Meeting Highlights**
 - Watch your inbox for the:
 - NE Approved 2023-24 Program Plan
 - NE Approved 2023-24 Budget
 - Hosting Rotation for 2023-24
 - Fall Fling Nov 24-25: St Paul District
 - You Be the Judge Feb 3: Minburn District
 - Communications Competition Mar 23: Lac La Biche & Wood Buffalo
 - Beef Learning Event/Regional Female Beef Show: Vermilion River
 - Spring Fling: Wainwright District
 - Horse Camp: Lamont & Smoky Lake District
 - Next Meeting November 4, 2023

NE Committee News

- **NE Beef Show Committee Meeting:** May 29, 2023; 7:00 pm
- **NE Horse Camp Committee Meeting:** June 8, 2023; 8:00 pm
- **NE Horse Committee Meeting:** TBD
- **NE SALTT Committee Meeting:** TBD

NE MEMBER PROGRAMMING

NE Region Spring Fling: April 14 & 15

34 members attended; 6 YLEAD assisted.

Thank you to the Two Hills District for hosting.





[Click image to view/ download](#)



[Click image to view/ download](#)



[Click image to view/ download](#)



[Click image to view/ download](#)

NE Female Beef Show: June 10th - Watch for Registration Details

NE Region Summer Camp (held at Moose Lake) Registration Deadline is May 15, 2023

- Junior Camp: August 2-6, 2023
- Intermediate Camp: August 7-11, 2023

NE Horse Camp

- August 23-26, 2023, Vermilion Ag Society
- Watch for registration details

Be sure to check out the Programs Section in the 4-H Online Registration System and register [Here](#).



CANADA
4-H Alberta

Learn To Do By Doing

2023 NE 4-H

FEMALE BEEF SHOW

JUNE 10, 2023

ST PAUL AG CORRAL

CLASSES

Heifer

2 yr old cow/calf

3 yr old cow/calf

Herdsmen

Supreme Female

SR Cattleman's Award

300-500 word Essay

Essay Topic: Discuss the popularity of the local food movement across Alberta: Benefits and concerns for the agriculture industry.

Prizes

**Cash payouts for
Grand and Reserve**

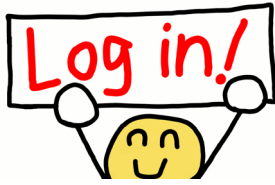
**Registration Opens: May 1st
Registration Closes: May 26th**

Registration Fee: \$60

Register online in the ORS

Hosted By: NE Beef Show Committee & Minburn District

Reminders



Members be sure to complete your forms in your [Online Profile](#)

Be sure to check out the Programs Section in the 4-H Online Registration System and register [Here](#).

Please reach out to your local Area Coordinator for help if you need it: crystal.dechaine@4hab.com

- Be sure to refer to the 4-H Alberta Reference Guide on our Website: <https://www.4hab.com/4-h-reference-guide/>
- Any club high risk activities or Interclub, District & Regional events please remember to fill out an activity plan <https://4-h-canada.i-sight.com/external-capture>.

**GOOD LUCK TO ALL MEMBERS ON
THEIR ACHIEVEMENT DAYS!!**



[NE Region Facebook Page](#)

[NE Region Calendar](#)

[NE Region Page](#)

Northwest Region

NW Committees - Meeting Dates

Get involved - Committees need volunteers to help provide & support programming for our youth! If you are interested in volunteering, please contact Pam at pam.gitzel@4hab.com or the Committee Chairs:

- NW Horse Committee - Leslie Majeau lmajeau4@gmail.com - TBA
- NW Beef Committee - Jocelyn Toronchuk djtoronchuk@gmail.com - Fall 2023
- NW Judging Committee - Colleen Whittal colleen.whittal@gmail.com - TBA
- NW SALTT Committee - Donna Zons donnazons@gmail.com - Fall 2023
- NW FOCUS on 4-H Committee - Tasha Erickson tashae0@gmail.com – May 29 @ 7:00 pm - ZOOM
- NW Camp Committee - Dorothy Carlson nicbar@telusplanet.net - TBA

NW Region Important Dates

June 30 – July 2, 2023 3-Day Event (Friday-Saturday-Sunday)

FOCUS on 4-H @ Barrhead Ag Barn - [ONLINE REGISTRATION IS OPEN](#) NW Region FOCUS Committee has the unique privilege of carrying on with a traditional annual regional level event to celebrate and showcase 4-H Members and their Projects and everything 4-H has to offer in a weekend of non-stop fun!

PLAY the  [FOCUS REEL](#) from 2022 & see all that awaits you!

DOWNLOAD & READ the  [FOCUS on 4-H EVENT BOOKLET](#) for 2023. It is packed FULL of information, show details, workshops, and so much more - **DON'T MISS OUT!**

Registration closes May 15th ~ Payment must be received by May 31st.

NW Region – Good News & Celebrations

NW Region - QUEEN ELIZABETH II PLATINUM JUBILEE MEDAL RECIPIENTS

The Queen Elizabeth II Platinum Jubilee Medal honors those who have emulated dedication to the service of family, community, and country through public service and enhancing our Province.

Congratulations to the following NW Region Volunteers

Leona Petherbridge

Bernie & Colleen Prefontaine

Dorothy Carlson

Helen Andrews

Corine Verbeek

Bertha Kasbohm

Thank you for all that you do for the Youth, NW Region, and 4-H Alberta. ~ Pam G

NW Region - CONSUMER DECISION MAKING & LIVESTOCK JUDGING APRIL 22, 2023

Get ready to celebrate an exceptional day of judging that truly showcased the 4-H community's spirit! We were thrilled to welcome 77 of the 82 registered members in attendance, demonstrating our community's commitment and passion.

Our engaging workshop hosted 20 enthusiastic young participants who thoroughly enjoyed the insightful tips and tricks shared with them. Rest assured, the certificates for individual classes and top judges are on their way and will be distributed soon.

A huge round of applause for everyone who participated, the dedicated judges, and the generous families who kindly donated livestock for the event. Your collective efforts made the day a resounding success!

Now, here are the much-anticipated results:

CONSUMER DECISION MAKING		
JR - 1ST	ALEX M. (T&M)	TOTAL POINTS 341
JR - 2ND	BRYN W. (BON ACCORD) DEREK S. (DOUBLE DIAMOND)	TOTAL POINTS 335 TOTAL POINTS 335
HONOURABLE MENTION	DAVA S. (DOUBLE DIAMOND)	TOTAL POINTS 329
INT - 1ST	SHELLEN G. (T&M)	TOTAL POINTS 337
INT - 2ND	SYDNEY C. (CHERHILL)	TOTAL POINTS 336
HONOURABLE MENTION	TACEE F. (MAYERTHORPE)	TOTAL POINTS 335
SR - 1ST	KARSTEN G. (T&M)	TOTAL POINTS 356
SR - 2ND	JENNA S. (DOUBLE DIAMOND)	TOTAL POINTS 344
HONOURABLE MENTION	TYE W. (BON ACCORD)	TOTAL POINTS 343

LIVESTOCK JUDGING		
JR - 1ST	ROYDIN C. (ANSELMO)	TOTAL PONTS 426
JR - 2ND	ALEX M. (T&M)	TOTAL POINTS 412
HONOURABLE MENTION	DAVA S. (DOUBLE DIAMOND)	TOTAL POINTS 411
INT - 1ST	SHELTEN G. (T&M)	TOTAL POINTS 448
INT - 2ND	DEAN S. (BOYLE)	TOTAL POINTS 442
HONOURABLE MENTION	RAYEL C. (ANSELMO)	TOTAL POINTS 436
SR - 1ST	TYE W. (BON ACCORD)	TOTAL POINTS 448
SR - 2ND	KARSTEN G. (T&M)	TOTAL POINTS 431
HONOURABLE MENTION	RORY M. (NAMAQ)	TOTAL POINTS 427

NW Region - ACHIEVEMENT DAY SEASON

This is your chance to Shine! At the end of your 4-H year, 4-H members get a chance to showcase their projects and share them with their family, friends, and even members of the public. It is a great way to show your pride in all of your hard work and wrap up your project.

The NW Region Achievement Day season starts in May and runs right up through September. Celebrate your year and say **“thank you”** to the **Leaders who have volunteered their time** and to **your family for giving you this opportunity**. **Remember to have fun and represent our Region Proudly! Congratulations ~ Pam G**

Members – In Good Standing

Being a 4-H Member is about having fun, making friends, learning new things, and so much more. A member in good standing completes 4-H member requirements annually, attends club meetings, finds an enriching project, and is involved in the community.

To be in Good Standing, a Member must:

- Abide by the Code of Conduct and Program Agreement
- Complete all required forms and information on the Online Registration System
- Ensure all fees are paid to a club in good standing
- Meet the **5 Member Requirements**:
 1. Must do one **Communication Activity** per club
 2. Must achieve **70% Participation** through attendance and involvement in your 4-H Club approved programming
 3. Must complete a **Record Book** per project
 4. Must complete a club-approved **Community Service Activity**
 5. Must participate in an **Achievement Day** for each club in which they belong

Peace Region

Coming Up (Click on Active Links for More Information)

June 15, 2023	Regional Planning Meeting TBA
June 24-28, 2023	Peace Region Combined Camp Camp Artaban

Upcoming Events

Register in the ORS: <https://4habregistration.ca/signin>

Reminders:

Interclub, District & Regional Events please remember to fill out an activity plan [4-H Canada Activity Plan Form](#).

Peace Regional Program Survey

The Peace Region Council is looking to gather feedback from our Members, Leaders, Volunteers and Parents. The Feedback will be used for the 2023/2024 Regional programming.

[Peace Regional Program Survey](#)



Sponsors

Thank You

We would like to express our sincerest appreciation to our partners and supporters for their continued investment and support. Thank You! We could not provide first-class youth programs without your help!

Diamond Clover Sponsor



Emerald Clover Sponsors



Useful Links

4-H Alberta website link: [4-H Alberta](#)
For Registration login: [4-H Alberta Registration](#).
4-H Canada website link: [4-H Canada](#)

Connect with 4-H Alberta on Social Media

