

## Selections 2018 Deadline is fast approaching

Join other 4-H senior members from across Alberta May 4 to 7, 2018 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!

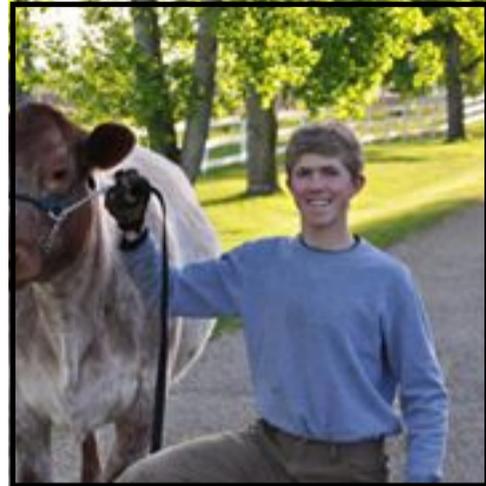
This year's program will focus on applying to university, resumes, careers, selling your ideas, as well as learn and practice strategies that will help you take your future by storm. You participate in a series of small and large group activities, discussions and challenges to help you identify who you truly are to take full advantage of your strengths. The weekend is topped off by a talent show and dance! It's a weekend not to be missed!

**How to register? Sign up through the Online Registration System:**  
<http://www.4h.ab.ca/Programs/ForMembers/Personal-Development/Selections.html>

Ensure you 4-H Diaries are received by your 4-H Specialist no later than February 15, 2018.

**Early Bird Deadline: February 15th**  
**Regular Registration Deadline: March 15th**

**4-H Alumnus, David MacTaggart**, has been named as one of the **2018 Top 30 Under 30** by the Alberta Council for Global Cooperation. David is a former member of the Central Lacombe 4-H Beef Club, 2015 4-H Alberta Communications winner, and current West Central Region Ambassador. The Top 30 Under 30 highlights extraordinary young people in Alberta and the World who are working towards a just and sustainable future for everyone. For more information on the Alberta Council for Global Cooperation visit <http://acgc.ca/>.



**Congratulations David!!**

## COMING SOON... CLICK EACH LINK FOR MORE INFORMATION

### February 2018

#### Senior Members' Conference (SMC)

**Date: February 2 – 4, 2018**

Location: Alberta 4-H Centre, Westrose AB

#### Selections

**Date: May 4 – 7, 2018**

**Deadline: Early Bird – February 15, 2018 Regular – March 1, 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**

#### Canadian/Japanese Exchange Program

**Deadlines: Outbound Application Deadline February 15 (Nihongo) | 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)

#### 4th Annual 4-H Night with the Calgary Flames

**Date: February 24, 2018 @ 2:00 p.m.**

Location: Scotiabank Saddledome, Calgary AB

#### **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.

### March 2018

#### The Finnish 4-H Federation Exchange

**Deadline: March 15, 2018**

The deadline for the Livestock Show and Sale is Feb 1, 2018. Make sure you have your forms sent to your specialist.

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



## What's Happening In The Northwest Region

Yay for winter! I know that not all are happy to see the snow and cold but if you live in a climate that has winter, we may as well have some of the white stuff.

The Northwest Region was well represented at this year's "**Back to the Basics**" **Leaders' Conference**. Those who attended - please be sure to share your knowledge with other leaders in your club, district, and region. Those who didn't - hope you can join us at another leader program in the future.

Thanks to those who supported **Winter Weekend 2018!** We had **57** members playing in the snow at Camp Nakamun on Jan 27 and 28. The turnout was wonderful to see and bodes well for the future of our regional camps. Thank you to Brian Huisman, Farel Albert-Puurveen, Jared Rajotte, Rebekah Erickson, Garth Beauregard, Alyssa Melanson, Amanda Punko, and Sarah Jackson for running the weekend.



**Senior members** are encouraged to apply to the annual **Selections** program. Not only is the program a valuable weekend of sharing, learning and fun; the opportunity to be awarded a trip, or be selected as an ambassador are the cherry on top of this amazing weekend!

The next month and a half are busy with all levels of **communications competitions**. Be sure to take the time to read the rules and guidelines (available at: <http://www.4h.ab.ca/downloads/>) as they have been updated for this year. Best of luck to all competitors! Regional competitions will be held on **March 10**. **East half** (Thorhild, Athabasca, Westlock, Sturgeon, Strathcona, and Leduc) will be held at the **Hazel Bluff Hall** just west of Westlock. **West half** (Lac Ste Anne, Barrhead, Parkland, Evansburg, Drayton Valley, Yellowhead) will be held at **Niton Junction**. More information will be emailed directly to clubs and districts.

The **Northwest Regional 4-H Council Meeting** will be held on **March 17, at the Lillian Schick School (Bon Accord)**. This is a change in location. As usual the meeting will start at 9:30 am, followed by lunch and the regional committee meetings. Agendas will be sent out after the regional **executive** meeting on **Feb 15**.

**Where's the Beef?** The regional beef learning day will be held at the Josephburg Moyer Recreation Centre on **Mar 24**. Registration deadline is **Feb 24**. More information is available on the 4-H website calendar.

**Northwest Regional 4-H Fair**, which is open to all, is being hosted for the second year by the Thorhild District at the Thorhild Central School on **Apr 7**. Registration deadline is **Mar 10**. More information is available on the 4-H website.

**Regional judging:** Again this year we will be hosting Consumer Decision Making (am) and Multi-species Livestock Judging (pm) in Barrhead on **Apr 21**. Information and registration forms will be sent directly to clubs in the next couple of weeks.

**Focus on 4-H:** The 20th annual Focus on 4-H is going to take place in **Thorhild, July 5-8**. An organizing committee is in place however, if you would like to assist one of the subcommittees, please let Stacy know. More help is always appreciated. Registration information will be available in March.

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

**HEALTH:** We pledge our "health to better living". Health will give you strength to enjoy life, resist disease, and work efficiently. It simply makes you happier as well. Commit to living a healthy life - not a new year's resolution but little things everyday - physically, mentally, and emotionally. Eat well, be active, be mindful, and cultivate friendships. Health opens the door to growth, creativity, and remaining youthful. I wish you good health in the months ahead.

## PLAN AHEAD...

Click each link for more information

### Regional Council Executive Meeting

**Date: February 15, 2018 @ 7:00 p.m.**

Location: Barrhead Provincial Building, Barrhead AB

### Where's the Beef?

**Date: March 24, 2018**

**Deadline: February 24, 2018**

Location: Josephburg Moyer Recreation Centre, Josephburg AB

### Western Canadian Judging Competition

**Date: March 9, 2018**

**Deadline: February 21, 2018**

Location: Lakeland College, Vermilion AB

### Regional Communications Competition (EAST HALF)

**Date: March 10, 2018**

Location: Hazel Bluff Hall

### Regional Communications Competition (WEST HALF)

**Date: March 10, 2018**

Location: Niton Junction

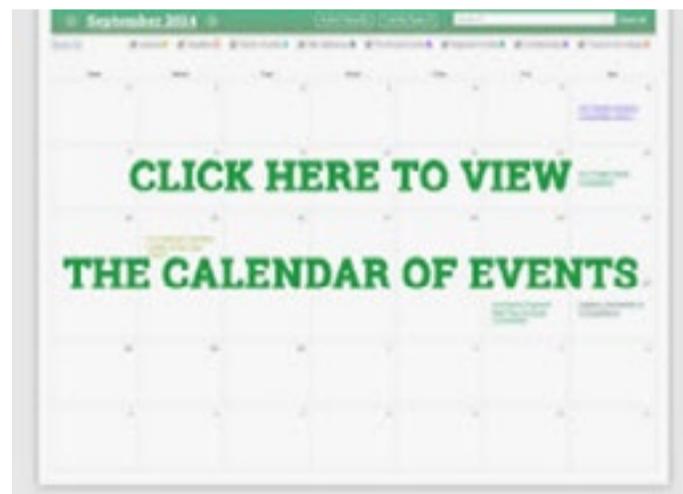
### Regional Council General Meeting

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

Location: Lillian Schick School, Bon Accord AB

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.

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](http://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](mailto:stacy.murray@gov.ab.ca)



CANADA  
4-H Alberta

## The countdown is on to the Olympic games in PyeongChang 2018.

Did you know that there will be 52 Canadian Athletes from Alberta participating in 2018 winter Olympics? In

February, you can have some fun with your Cleaver Kids by getting active and exploring your community!

We have come across a great tool for activities that showcase the Canadian Olympic Athletes and the sports in the Olympic games.

Visit <https://olympic.ca/education/> to sign up by creating a profile and receive access to free resources. You will find one of the activities listed below.

Now you are probably thinking how and what will relate to leading a group of 4-H Cleaver Kids to the Olympics Games. Having a sense of belonging to your 4-H club and community is one of the four focus areas for Cleaver Kids. Here are some tips to focus on this skill development.

Focusing on the Canadian Olympic team creates an opportunity to mix Cleaver Kids with 4-H members and families. Divide the Cleaver Kids and 4-H Members into mixed teams. (Parents and Leaders can play along also). Save 20-30 minutes at your next meeting or activity to host your 4-H Club Olympic Games! Select 3-5 stations that the team will rotate through and gather points for team spirit and or fastest times. These activities can be related to Olympic sports or some of the great projects 4-H has to offer. Some of the stations could be: how fast can each team member thread a needle, timed barrel race carrying a cup of water, a mini agility course that the team works their way through blind folded, or who can carry the heaviest hay bale the farthest. The cost for the mini 4-H Olympics can be free or very minimal by using supplies from around the home or barn. Have fun with it, get your older members involved in the planning and assisting to gather supplies. Don't forget the medals! You could use bagels, donuts or cookies on a gold, silver, bronze or green ribbon.

As for the community, your Cleaver Kids group can explore what type of sports (winter or summer) your community offers. Who supports or coaches those activities? Generally in smaller communities they are volunteer driven and sponsored locally. Select one or two of those activities and then get creative by making a thank you card with hand drawn pictures of that sport and short sentences on why that coach or group is important to your community. You can deliver as a group or each Cleaver Kid could deliver on their own.

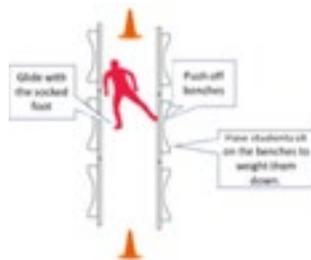
We all know that Cleaver Kids are active and like to keep busy! With an Olympic theme integrate manic minutes in your program to use some of their energy during a meeting or activity. Pick a sport and action. When you call Manic Minute follow it by an Olympic Sport! This activity will get the heart pumping. Here is a Manic Minute for Cross Country Skiing as an example.

### MANIC MINUTE Cross Country Skiing:

You only have a minute of time to get up and be active! Call out Manic Minute - Cross Country Skiing. As the Leader you would lead the actions that the Cleaver Kids would follow. For Cross Country Skiing you can do split jumps that work the muscles used in classic technique (diagonal stride) cross country skiing. Stand tall and take one big step forward with your right foot. You should now have your right foot forward and your left foot back. Both legs are bent at the knee. With a jump, bring your left leg forward and your right leg back. How many split jumps can you do in one minute?

### SLIDE FOR GOLD RELAY

At the Olympic Winter Games, cross-country skiing events change between classical and free technique. Athletes in the free technique events use a style that resembles ice skating. The forward motion comes from pushing out on the inside edge of the ski. This relay game lets students practice pushing and gliding in the gym.



Participants: 2-3 teams

Space: Larger space

Equipment: 1 pair of thick wool socks or 2 sliders (dish towels, face clothes, or J cloths) per team, 2 pylons for each team, benches/noodles or something similar to draw a line.



### ACTIVITY EXTENSION:

Make the relay more fun and challenging by having the students dress up before they do their leg of the Slide for Gold relay leg. Include ski clothing items like gloves, toques, ski pants, and ski jackets. Once they complete their leg, they must take off the ski clothing items, and the next person on their team must dress and slide the route.

Enjoy the month of February and creating a sense of belonging to your 4-H Club and your Community.

If you have any questions please contact Susann Stone at 780.898.4223 or [susann.stone@4hab.com](mailto:susann.stone@4hab.com). Also 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\\_Z7mGsxoqQXSj-KjCpe3mSQ](https://zoom.us/webinar/register/WN_Z7mGsxoqQXSj-KjCpe3mSQ) After registering, you will receive a confirmation email containing information about joining the webinar.

### Leader or Volunteer?

- Do you know whether your leader screening was completed?**
- Did all of your references respond?**
- Did you submit your ORIGINAL police check to 4-H Council of Alberta?**
- Do you realize that leader screening cannot be carried over more than one year?**



Well, we hope you've been reading the SCOOP and the magazines and our other communications (including emails from [leaderscreening@4hab.com](mailto: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.

Leader screening was to be completed by December 15, 2017 for both **new leaders** and **returning leaders** who were due to re-screen this year. Also, **leaders whose screening remains incomplete** due to a missing reference or current police check were also emailed at the start of the 2017-18 4-H year. If screening was NOT completed, you will find that your status has been 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](http://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](mailto:leaderscreening@4hab.com).



# Foundation News & Opportunities

## Scholarships

### 4-H Alberta Scholarships

Please note that the selections for the 2017 4-H Alberta Scholarships have been completed and all applicants have been notified of the status of their application. To access the latest listing of successful candidates, please click [here](#).

The 2018 4-H Alberta Scholarship online application is currently under review and will reopen on March 1, 2018. Please feel free to contact Bianca von Nagy at [scholarship@4hab.com](mailto: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 in March 2018.

### Growing Alberta Scholarship

Please note that the application deadline for the Growing Alberta Scholarship was **January 31, 2018**. The applications are now closed. We expect the eligible post-secondary institutions to forward the scholarship applications by mid-February. Scholarship recipients will be contacted in March 2018.

## Communications Banners

As you prepare for your Club Communication Competition, we would like to make you aware that AltaLink is continuing their generous support to one of the most important aspects of 4-H member development; 4-H Alberta Communications! AltaLink is continuing as the sole Communications sponsor across all Club, District, Region and the Provincial competitions for 2018 and 2019! Banners were handed out at Leaders' Conference. If you did not attend, please contact your Specialist to find out who has your Club, District or Region banner. **A reminder that these banners are good for 2 years!**

We ask that you recognize AltaLink during your Communication event in the following ways:

1. In your program guide/booklet/handout
2. Have the MC thank them
3. Hang the banner during the event
4. Take a group photo with the banner
5. If you know of an AltaLink employee in your community, please invite them to your event. **(Please do not email Scott Schreiner to invite him to the event. The email is only to send Thank you letters)**
6. Please email or mail a Thank you to AltaLink including a photo.

We sincerely appreciate your continued efforts in thanking AltaLink by sending photos via mail, email and on social media (remember to include their banner in the photos).

Thank you's can be sent to:

|                           |  |
|---------------------------|--|
|                           | <b>Contact:</b>  |
|                           | Scott Schreiner<br>Director, External Engagement<br>AltaLink                               |
|                           | <b>Address:</b>  |
|                           | 2611 3 <sup>rd</sup> Ave SE<br>Calgary, Ab T2A 7W7   |
|                           | <b>Email:</b> <a href="mailto:scott.schreiner@altalink.ca">scott.schreiner@altalink.ca</a> |
|                           | <b>Website:</b> <a href="http://www.altalink.ca">www.altalink.ca</a>                       |
| <b>Twitter:</b> @altalink |  |

Of course we appreciate receiving photos as well. Your photos can also be sent to the Foundation at [partners@4hab.com](mailto:partners@4hab.com). If you have any questions, please contact Lisa Patzer directly [patzer@4hab.com](mailto:patzer@4hab.com) or 780-352-1148.

Thank you for all your hard work to organize your club's Communications Competitions and developing 4-H members in Alberta throughout the year. Together with great Partners like AltaLink, we will continue to develop the future leaders of tomorrow.

## New Fundraisers

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

[https://www.4h.ab.ca/News\\_Events/fundraisers.html](https://www.4h.ab.ca/News_Events/fundraisers.html)

### Flames Night

Interested in going to a 4-H Night at the Flames Game?

Contact Spencer to purchase your tickets today at

403-777-4523 or email [slaird@calgaryflames.com](mailto:slaird@calgaryflames.com)

### Peavey Mart BBQ Application

Clubs have the opportunity to raise funds by BBQing at a Peavey Mart location on April 7, 2018. Click on this link to apply today! <https://4hab.wufoo.com/forms/peavey-mart-bbq-fundraising-application-form/>



## Alberta 4-H Centre

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

# 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](http://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!

## NEW ITEMS



The **2018 4-H Pheasant project** is ready to roll with lots of expression of interest in participating so far!

If you haven't already done so, please remember that the final date for indicating your desire to participate in the project, with forms signed is **FEBRUARY 9th**. This year, all club orders for their members' chicks are also due on **FEBRUARY 9th**, due to a shorter deadline put forth by the pheasant chick supplier. If you have questions please contact your regional specialist, or Ginny Smith at [gabby.smith@gov.ab.ca](mailto:gabby.smith@gov.ab.ca) or 403-381-5815 for more details!

Check out the interesting article written by club leader Heine Westergaard in our recent Winter 2018 issue of the 4-H Alberta Magazine! He had a very interesting new experience with pheasants that I am certain you will enjoy reading about.

**Alberta Lamb Producers (ALP)** is the provincial commission for sheep. Their mission is to be a dynamic partner in building a sustainable, thriving industry for sheep producers.

ALP offers a variety of free resources on their website ([www.ablamb.ca](http://www.ablamb.ca)) including full manuals on getting started with sheep, infrastructure, nutrition, reproduction, health, marketing, and predation, and more. ALP publishes a quarterly magazine, N'ewesletter, which can also be downloaded from the website. Other activities such as educational workshops and webinars are held throughout the year. Webinars and educational videos are posted on ALP's YouTube channel: SheepCentralAlberta

For more information, please visit the website or call the office at 403-948-8533 or email [info@ablamb.ca](mailto:info@ablamb.ca)

## Connect with 4-H Alberta on Social Media

