

# First Nations 4-H

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## Hats off to the Curve Lake 4-H Club!

Eight 4-H Members and two 4-H Leaders successfully completed two 4-H Projects in the fall of 2006; "Animal Friends" & "Home for the Holidays". The Curve Lake 4-H Club will expand to 10 4-H Members this year and will start "A Sporting Chance" in January. This project is designed to promote a love of sport and a commitment to a healthy, active lifestyle. Each meeting includes info on health, nutrition and an introduction to a fun new sport that is accessible to every child.



## Congratulations to... Curve Lake 4-H Leaders:

Gwen Olver  
Alisa Pierson



## Curve Lake 4-H Members:



Brittany Coppaway  
Melissa Gravelle  
Amy Jacobs  
Robyn Pierson  
Ryan Robertson  
Dustin Taylor  
Billy Williams  
Lilly Williams

There are 60 different 4-H Projects to choose from or with our help, you can create your own!

**If you know of someone who is dedicated to the young people of your community and can organize a group of young people to complete a "4-H Project", give us a call or send an email and we can tell you more about how to kick-start First Nations 4-H.**

Here are some of the many "4-H Projects" that are available to your community...



## "Breadventure"

You'll bring home the bakin' during this project. There are recipes for pizza dough and pizza pockets, quick breads, French bread and more. The feel of kneading bread and the smell of it baking has long been associated with happiness in a home. Help kids in your community have fun with bread!

## "The Art of Photography"

There were 3 million digital cameras sold in Canada for the 2005 Christmas season! 94% of these were digital. How can we turn this new phenomenon into something kids can make into a powerful tool? A new 4-H Photography Project brings all of the best ideas together for 4-H Leaders. Today young people can say lots with some digital pics of their community. Help them learn to capture their world with a camera! They can learn how to take different types of photos such as action, still life, and landscapes. You don't have to be the expert! You might have someone in your own community who would be glad to show young people how to use a digital camera.



## "Take a Kid Fishing"/"Ice Fishing"

As a 4-H Leader for the 4-H Fishing Project, you can find fishermen in your own community to help young people understand aquatic ecology, stewardship of resources and how to catch and release fish safely and responsibly.



If you would like to help plant the seeds of leadership in your community, email or call Marnie @ 1-800-663-6912 or [iapo-marnie@on.aibn.com](mailto:iapo-marnie@on.aibn.com) Check out our new website @ [www.firstnations4-h.ca](http://www.firstnations4-h.ca)