

## Cally Sample

### 2021 4-H Canada Leadership Excellence Award of Distinction Recipient, Environment & Healthy Living

Cally Sample of Kamloops, BC has grown up on her family's cattle and sheep farm where she helps them raise commercial Angus cattle, while also raising a small herd of cattle herself.

For the past nine years, Cally has been part of the South Thompson 4-H Club. She is grateful for the skills, knowledge, and opportunities that 4-H has given her, and has enjoyed her time spent doing community service projects and teaching youth about agriculture.

Outside of 4-H, Cally has been engaged in her school and community, getting involved with tutoring elementary and secondary students in math. She has also volunteered at the Kamloops Royal Inland Hospital in her spare time. When Cally is not volunteering or with her 4-H Club, you can find her paddleboarding, hiking, running, snowmobiling, skiing, and riding horses.

Looking to the future, Cally is focused on dedicating her efforts to studying nursing - ultimately planning to earn her master's degree in Nurse Anesthesia. After school, she hopes to hold a leadership role working in rural communities to help address the inequalities of rural healthcare. Cally is passionate about helping those who need it most and hopes to one day volunteer in Africa, working with underserved communities.

### L.E.A.D. Perspective

"I aspire to lead a healthy lifestyle, foster beneficial environmental growth, be a positive role model for others, become a leader in rural healthcare, and continue to promote agriculture. I deeply care for the environment, the well-being of others, and the importance of strong leadership. I have learned through 4-H, school, volunteerism, and those around me about healthful sustainability regarding the environment, care for others, leading an active lifestyle, and setting big goals for life."

