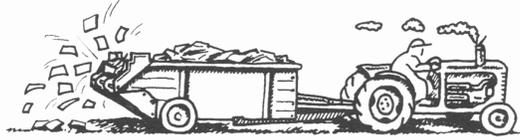


The News Spreader

October 2013



Summertime for 4-H, means **FAIRS**, Camps and a whole lot of **ADVENTURES!**



LEADERSHIP FOR TOMORROW THROUGH LEARNING TODAY

Canada 

Growing Forward | Cultivons l'avenir 



The News Spreader

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Quebec 4-H Motto:

Leadership tomorrow through learning today.

Canadian 4-H Motto:

Learn to do by doing.

I Pledge

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living

For my club, my community and my country.



What is 4-H?

Quebec 4-H is about developing self-confidence, learning skills in communications, leadership, problem solving and goal setting but most of all, Quebec 4-H is about having FUN! We're here to promote the personal development of youth aged 6 to 25 in agricultural and rural communities. With a focus on fun and learning, we provide opportunities to develop the skills needed in an ever-changing future. Using the talents and energies of our members, volunteers and staff we create innovative ideas and programs as well as maintain our successful traditional ones. Members can choose from projects ranging from livestock to square dancing. We work to spread the impact of 4-H and to help the youth of today become the leaders of tomorrow.

News from the Quebec 4-H Provincial Office

The end of summer brought changes to the provincial office staff as both Alyssa Fournieux and Sarah Enright left their employment with 4-H. We appreciate the contributions of both young women. We wish Alyssa all the best as she pursues education in Halifax. We look forward to Sarah’s help in a volunteer capacity; currently, she and Quebec 4-H president Mathieu Rouleau are busy evaluating possible 4-H promotional items and clothing.



Staff Members left to right: Angela Neal, Norma Toluhurst, Lorelei Muller, Chelsea Daniel

In September, we welcomed Norma Toluhurst as Office and Communications Assistant. A recent alumnus of Howick 4-H, Norma was a member for 12 years during which she undertook dairy, rabbit, square dancing, handicraft and collectors projects. Norma is currently completing her final year in Business Administration at John Abbott College and spent 5 weeks of summer 2013 in Annecy, France on an International stage where she helped to develop the marketing and promotional materials of a software company. Norma will be in the office a few hours each weekday to help with the following:

- Maintenance of membership, contact, and mailing lists
- Provincial activity registrations
- Production of the News Spreader
- Working with members to promote 4-H in their communities and across the province
- Website maintenance and social media messaging
- Sales of promotional items

Regarding any of the above, please contact Norma at office@quebec4-h.com.

As our provincial association has worked to augment the services we provide to our membership and increase 4-H awareness in the province, we have grown in staff size while also accumulating more files and supplies. It has been a tight squeeze in the office recently. In mid October, Quebec 4-H will also take up occupancy in the office across the hall from our current location on the third floor of Harrison House. We thank the Farm Management and Technology program of McGill University, Macdonald Campus, for their ongoing support of 4-H, and for providing us with the additional space.

I will be away from October 11 to 20. If you need immediate assistance during that time, please contact Chelsea at agliaison@quebec4-h.com.

As always, staff at the provincial office remain at your service and will do our best to answer any questions or concerns you might have. We’re only a phone call or email away. We look forward to seeing many of you at Annual General Meeting on Saturday, November 30 at the Centennial Centre, Macdonald Campus, Ste-Anne-de-Bellevue.

All the best for an amazing autumn,
Lorelei Muller, executivedirector@quebec4-h.com

On the cover:

1	2	3
4	5	

- 1– Members representing Quebec 4-H at the youth summit in Calgary, Alberta (page 11)
- 2– Hatley members participating in the Pig scramble at Ayer’s cliff fair (Fair reports, pages 5&6)
- 3– Lachute pee-wee member proudly showing off her goat (Achievement days ,page 4)
- 4– Junior members at summer camp (See page 7)
- 5– 4-H’ers from across the province enjoying the Back to School Pizza party at the provincial office (See page 10)

The Howick 4-H Achievement Day!

By: Jessica Rouleau

The members of the Howick 4-H Club participated in their annual Achievement Day which was held at Terrace Bank Farm on August 14th, 2013. The members in the Calf, Handicraft, Garden and Collectors Projects were all able to show how dedicated they have been with what they were working on throughout this year. Our Achievement Day started off with the members bringing their projects into the barn for preparing or into the tool shed for presentation. Following, the members judged three different classes which consisted of: a class of three year old Ayrshires, a class of flower centerpieces and a class of craft tools. We had many spectators and among them were special visitors from a big town called Winterthur, Switzerland. Everyone came to watch the members judge, enjoy lunch provided by all of the members and their families in the club and watch the calf members show in the afternoon. The members of this year had quite a show when there were eight alumni who showed in a showmanship class and had a great time! This year Howick 4-H is celebrating 80 years of greatness since 1933, and will be holding our banquet in October which is open to everyone who would like to come and celebrate with us! Thank you to all of the volunteers, spectators and sponsors who helped throughout our Achievement Day, it was much appreciated by all of the members!



Ormstown 4-H Members proudly showing off a hard days work at their Achievement Day!



The Lachute club Celebrates 100 years of 4-H with special classes for its members at their Achievement Day.

Ormstown 4-H Achievement Day

By: Ashleigh Cavers

On August 13th, 2013 the Ormstown 4-H Club held their annual Achievement Day at Caverhill Farms.

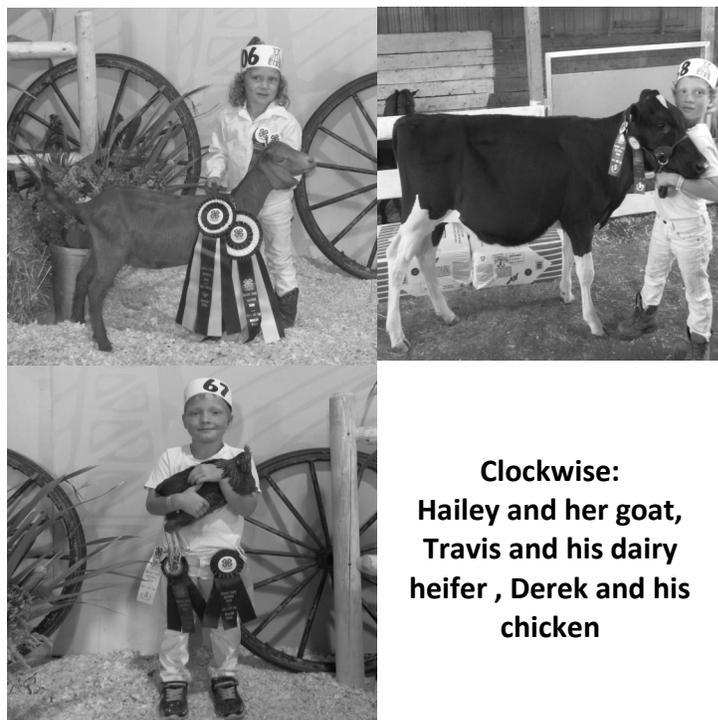
We had our usual classes of baking, flower arrangements, pee wee veggie monsters and with the addition of garden club, scrap booking club and a special alumni classes (memorabilia and showmanship) in celebration of the 100th anniversary of 4-H in Canada. Twenty-three peewee and registered 4-H'ers, and about a dozen alumni participated and family and friends attended. Thank you for the day goes to our judges Amanda Lukassen (Jersey & balage), Caitlin MacDougall (cauliflower), Carolyn Cameron (handicrafts), Debbie Dohman (flowers & vegetables) and to Jason Ness for the calf classes. Thank you also to the Cavers family for hosting and to the parents & spectators for coming out and supporting our group.



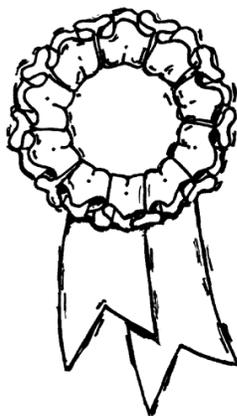
Ayer's Cliff Fair

By: Hatley Pee-Wee members,
Travis, Derek & Hailey Dolloff

Our time at the fair started on Tuesday when we cleaned the ice cream booth with Beatrice, Laurier, their mom and Gramma. A lady stopped in and took our picture for the journal! On Wednesday we brought all our chickens for the chicken barn. On Thursday we helped bring things to the Horticulture building. We didn't have a giant pumpkin for the fair but we'll have a pretty big one for Halloween! Thursday night I caught myself a real nice pig that I ended up trading for 6 ducks. On Friday I showed Derek's heifer because mine had ring-worm. Derek showed a chicken and Hailey showed a goat. I won 2 big ribbons and 2 trophies in the chicken barn. Derek won 2 big ribbons in the chicken barn and Hailey won highest points for baking under 16 in the horticulture barn. The fair was fun and we can't wait till next year!



Clockwise:
Hailey and her goat,
Travis and his dairy
heifer , Derek and his
chicken



Brome Fair 2013

By: Morgan Passmore

Adrienne and I brought our sheep and goat to Brome fair. It was pouring rain so all the classes were in the arena. The beef and dairy started showing at 9am. We were supposed to start at 9:30 but we didn't show until 12:00! I placed first in my age group and I got reserve champion sheep showman. My sheep got third in confirmation. Adrienne got first in showmanship and her goat got first in conformation. So we both did overall showmanship but neither one of us placed. We attempted some rides in the rain and watched some horse pulls before coming home. Thanks Brome fair see you next year!

Cookshire Fair

By: Jessica Everett

Cookshire fair took place from August 15 to August 18. On Thursday night, the judging competition was held. The competition was different this year with it taking place in the form of a quiz. Demonstrations on things such as corn and weeds took place and then members were quizzed on what they had learned. Friday was the big showing day where 4-H members proudly showed off their animals. The 4-H parade was held on Saturday in which members from each club paraded their animals in front of the Grand Stand. Throughout the week-end the Sawyerville 4-H held its annual ice cream booth which was a huge success thanks to the good weather and the hard work of members and their parents!



Left to right: Tiffany Nelson,
Alana McKinven, Kira Nelson

Richmond Fair by Devin Keenan

The Richmond 4-H Club hosted its annual Inter-Club Competition at Richmond Fair on Sunday, September 8, 2013. We had over 80 members showing from six different 4-H and AJRQ clubs. We had dairy, beef, sheep, goat, horse, rabbit and chicken. The garden project members showed off their work beside the Historical Display in the Ladies Building and poultry project members raised over \$950 for the CHUS, our local hospital. To celebrate the 100th Anniversary of 4-H in Canada, the Richmond club was featured on the front cover of the Richmond Fair booklet. We also sponsored a 100th anniversary class in this year's horse show and were happy to have 14 entries.

A great Richmond Fair weekend was had by all!

4-H Info Sessions at Shawville Fair

By: John Dagg

On Friday August 30th of the Shawville fair, Angela Neal hosted an educational presentation about 4-H for the kids from nearby schools and invited me to bring my chicken as an example of a 4-H member with a project to help the kids understand 4-H a little better. In the presentation Angela showed the kids the 4-H pledge and had them read it with her to start things off. Afterwards, she taught the kids how to judge and give reasons using a picture class of sunflowers. At the end of the presentation I showed my hen to the kids and talked a little bit about my project and myself and my experiences as a 4-H member, and different opportunities available for members. All the kids that came really enjoyed the presentation and if they didn't, at least they got to see and pet a real live chicken.



Special Thanks to the RBC Royal Bank 4-H Rural-Urban Youth Outreach Program

Junior Camp

By: Brittany Knox

Nineteen very excited kids from ages of 9 to 12, from 8 different 4-H clubs, arrived at the campsite at Camping du Pont Couvert, Waterville, QC, for the Quebec 4-H Summer Junior Camp. The camp lasted from Sunday, August 4 until Wednesday August 7. There were a whole lot of activities including swimming and a hike at the campgrounds, tie-dyeing, and visit to the Coaticook Gorge, where they have the world's longest suspended footbridge at 169 metres. The gorge is 50 meters deep. We also went to the Capleton Mines, where they used to mine copper. Only 1 level of the mines is open to the public because the rest is flooded with acid water. And right in between going to the gorge and the mines we went to the Coaticook Ice Cream Factory where we got to taste test. Yum! The purpose of this 4-H camp is to meet new friends from different 4-H clubs across the province.



Special thanks to Sears for helping to make this event possible!

HEY JUNIOR 4-H'ERS,

We are creating a special webpage just for you! "Junior Junction" will offer fun project activities based on our Junior Camp themes as well as the tips you need to prepare for camp. When you complete the activities send us your photos, news, and results and we'll recognize your efforts. Watch for more info coming soon. For now . . .

Keep Exploring!

Did you like climbing down into Capleton Mines, hiking the Coaticook Gorge and investigating the trails and river at Camping du Pont Couvert? Well, keep exploring and tell your fellow adventurers more about it. This fall, whether you visit an apple orchard or a pumpkin patch, hike through a colourful forest, or enjoy another journey, we want to know more about it. Send us a photo along with a note about where and when you enjoyed your outing. Let us know the most interesting thing you saw or learned. We'll feature these on the Junior Junction page. Send your stuff to office@quebec4-h.com by November 15.

Upcoming Events...

Discovery Days 2013!

Open to 4-H members, Leaders, Alumni and friends ages 16 +

Oct 19th starting at 10am– Apples and Aerials in the Chateauguay Valley! Visit an organic orchard and learn about the use of Chinoook wind machines to optimize weather conditions then have fun in an aerial course of zip lines and obstacle games up to 40' high. **Fee for members/leaders: \$15 | Fee for non-members:\$20**

Oct 26th, starting at 11 am– Cheese and Karting in the Eastern Townships! Tour a cheese making facility in Compton and hear about their 4th gen. dairy farm, then challenge your friends to a podium finish at St-Alphonse Karting! **Fee for members/leaders: \$40 | Fee for non-members: \$50**

Thinking of attending both? Rebated registration fees for members/leaders: \$50 | Fee for non-members: \$65

Forms can be found on the Quebec 4-H website, in the Oct Email Update and by contacting Chelsea, agliaison@quebec4-h.com

Registration deadline: Oct 9, 2013



National 4-H Citizenship Seminar

3 delegates aged 16-21 to spend one week in April 2014 in Charlottetown, PEI

Come celebrate the 150th of the 1864 Charlottetown Conference, which paved the way to Canadian Confederation

- Increase your awareness of the rights and responsibilities of Canadian citizens and the functions of the Canadian Parliamentary system.
- Develop an understanding and an appreciation of other Canadians and their 4-H programs
- Travel and become more familiar with another part of Canada.



Winter Junior Camp

February 14-16, 2014

Base de Plein Air des Cèdres

Theme: For the Birds

Don't miss the special presentation with LIVE birds of prey

Fee: \$60

Maximum of 30 participants; first come, first served

Deadline to register: Feb 1st



Annual General Meeting

Nov 30 at Macdonald College Ballroom, St-Anne-de-Bellevue, open to all. . Participate in the AGM, Board meeting, and committee meetings during the day, bid for events, and celebrate club and individual achievements at the 100th Anniversary Celebration that evening (see page 14 for more information). Awards for the top 10 judges for the year, Most Community Involvement, Most Improved Club, Best Public Speaker, and Leadership Award will

Deadline to apply: November 1st

You can contact Angela Neal, 100th Anniversary Project coordinator if:

- You have old scrapbooks or photos you would like to share for the compilation of Quebec 4-H's historical record.
- Your club has done or is planning any Acts of Community service, so they can be put on the webpage!
- You are interested in hosting an Alumni Day for past members of your club (Sawyerville 4-H has done one and Richmond had theirs in conjunction with their Achievement Day!)
- You or someone you know would like to buy tickets to the 100th Anniversary Celebration on November 30th, Ste-Anne-de-Bellevue. (Tickets are \$40 and are also available with your local board member)

Contact 100quebec4-h@gmail.com

Contests

News Spreader Contest: find subscription forms in April News Spreader. Have your friends/family subscribe & you'll be entered to win prizes.

Deadline Nov 15.

Canadian Citizenship Challenge asks youth to put their national knowledge to the test, by studying for and writing a citizenship exam. For students in Secondary I-V. Be eligible to win a trip to Ottawa, a celebration in your class and 100s of other prizes.

www.canadiancitizenshipchallenge.ca/

Deadline Dec 31

...and Opportunities!

2013 National Volunteer Leader of the Year

Has your leader made a difference in your life?
Show your appreciation by nominating them!
Deadline to submit nominations is:
December 18, 2013.

Visit:

<http://www.4-h-canada.ca/core/en/scholarships>

Larry Campbell Milton Memorial

Two \$2,500 scholarships for students enrolled in Canadian University in a Food Science, Meat Science or Animal Science discipline.
<http://www.4-h-canada.ca/core/scholarships>

Deadline Oct 23

Agriventure 4-H Scholarship

travel internationally. Win \$3,000.

<http://www.agriventure.com/>

Deadline Nov 1 2013

Trevor Vance Memorial Scholarship and the Dr. Allan A. Dixon Memorial Scholarship

Open to all youth involved in the beef cattle industry who are attending a post secondary institution in the application year.

<http://www.simmental.com/ycescholarships.htm>

Deadline Oct 1

Warren Grapes Foundation

Bursary to promote agricultural and silvicultural education and learning among the English-speaking farm and rural community of Quebec. Selection criteria based on exceptional achievement, talent or need.

<http://www.quebecfarmers.org/warren-grapes-foundation-en/description-en/>

Deadline Oct 4.



100th Anniversary Legacy Fund

Hold a fundraiser with your club and donate \$100 to the legacy fund.

Have you received a Scholarship that you heard about in the News Spreader? We'd love to hear about it! Send info to: agliaison@quebec4-h.com

WHEN YOU'RE DONE WITH THOSE BOXES...



GIVE YOUR IVOMEC® AND/OR EPRINEX® BOXES TO A 4-H MEMBER, AND MERIAL WILL MAKE A \$10 DONATION TO THEIR LOCAL 4-H CLUB.

For more information about how Merial is making good things happen in Canadian farm communities, go to:
www.ivomec-4h.com OR www.eprinex-4h.com



Canadian Junior Shorthorn Association Ian McRae Memorial Scholarship

Two \$500 awards available to members of the CJSA, must be attending their 2nd semester (at least) at a post-secondary institution. Based on extracurricular activities, career goals, association involvement and references .

Deadline Nov 1

Holstein Quebec Scholarship

Four \$500 scholarships available. Applicants must be the child of a Holstein Quebec member or a member themselves, registered in an agricultural program at a postsecondary school, have completed min. 1 year and will be returning to school in the next calendar year.

www.holsteinquebec.com/evenements/jeunesse

Deadline Dec 1.

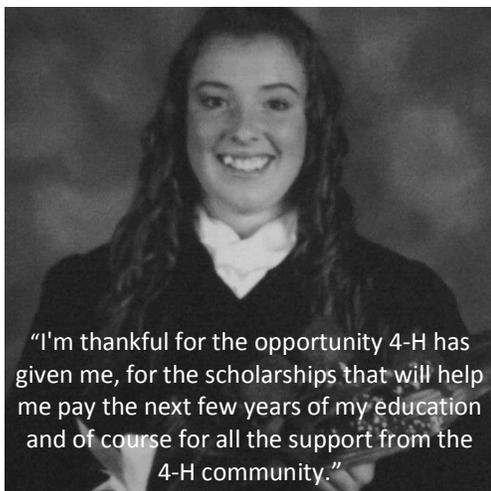
Be sure to check out www.quebec4-h.com/ for a calendar of all upcoming events and deadlines.

For information or questions about Events & Opportunities, Contact Chelsea: agliaison@quebec4-h.com or 514-398-8738

Congratulations to our Members!

Shelby Drew

Hatley 4-H



Shelby has received the Monsanto and John Deere scholarships to go towards her studies thanks to her involvement in 4-H.

On September 15th, Andrew Boersen, president of Richmond 4-H, received the Township's award. A distinction which draws attention to youth dynamism and involvement by celebrating young people from the region who serve as role models.

Andrew Boersen

Richmond 4-H



Pizza Anyone?

More than thirty people gathered on the gallery at Harrison House on Macdonald Campus for this annual event. 4-H'ers were joined by members of the AJRQ and other friends. Everyone was challenged to meet new people and reconnect with old friends by collecting signatures for a get-to-know-you game that posed questions about projects and experiences. As one of only two guests who have attended the Canadian Young Speakers for Agriculture competition at the Royal, Andrea Soesbergen's signature was much coveted while she anxiously awaited the arrival of fellow public speaker Shelby Drew to help fill in her own game card.

Attendees shared what they would most like 4-H to teach them now that they are senior members. Plans for Discovery Days were discussed so that members could express their opinions and indicate their preferences. Thanks to funding from the Agrium Youth Leadership Initiative Grant, members aged 16 and older will enjoy a couple of outings in October where they will learn about farm management and marketing then enjoy an adventurous activity. See Upcoming Events and Opportunities on pages 8 and 9 for more info.

The Quebec 4-H provincial office is located on the third floor of Harrison House and members who attend school in the area are encouraged to stop by to visit when free time in their schedule permits. Staff members keep the candy well stocked and are always looking for extra hands to help with a variety of office tasks.

The pizza party was followed by a meeting of the Quebec 4-H Board of Directors.



Global 4-H Youth Ag Summit By: Sarah Enright



From August 19th to 25th, 118 youth delegates gathered, in Calgary, to try to answer the question of how to feed a hungry planet. Through the conference, delegates had the chance to hear several guest speakers, see some great tours and take part in engaging discussions. It was an incredible experience to be able to meet people from all around the world and learn about their cultures, their 4-H clubs and hear their perspectives.

Everyone was split into groups of about 15 people and a few mentors. We were given guiding questions and topics which we discussed and each had a chance to share our opinions. Delegates were encouraged to ask questions to guest speakers. On Monday night, a round of “speed dating” was held, allowing delegates to meet and talk to a variety of professionals related to the ag business. Each discussion group had the task of coming up with a solution that they were to present to the rest of the delegation. After these presentations, a democratic vote was held to determine which solution YAS would work towards. We decided to go out into the world and to work towards “Increasing sustainable access to nutrient dense food for women and children worldwide to alleviate global hunger”.

Everyone has a huge responsibility in feeding a hungry planet. It is going to have to be a collective effort on a global scale. Every action helps. Mayor of Calgary, Naheed Nenshi, challenged each one of us to do 3 things. Therefore, each delegate went home with an action plan of 3 things that they were going to do. Imagine, 118 youth each doing 3 things to better the world. That is amazing! Therefore, I challenge you all to do 3 things as well, to make the world a better place and to work together to feed 9 billion people.

The first annual Youth Ag Summit was closed on Saturday night with a banquet and key note speaker Marc Kielburger – who gave an inspiring speech! He spoke of one concept that I found particularly interesting – it is called Aminga. Aminga is a gathering together of not just one community but of anyone and everyone to accomplish something amazing. Together we can Aminga!

Chainsaws and Chocolate and Semen....Oh my!

Our online auction is well underway, but not over yet! Place your bids before November 1st so you can satisfy your sweet tooth, breed your animals, enjoy family outings and SO much more. Since the initial launch of the auction, we have added an entire page of items to bid on, and still have many more to come. Why not check them out and place your bids to support your local youth!



Place your bids today before time runs out!
<http://steam.ca/auctions/quebec-4h>

LA CLASSIQUE DES JEUNES RURAUX QUÉBÉCOIS 2013

Dans le cadre de l'Expo provinciale Montmagny – du 16 au 18 août 2013
169 participants au volet laitier



De gauche à droite :

Isabelle Boulet avec Gladale Miss A Snowflake (mention honorable),
Louis-Philippe Hudon avec Doric Sid Laurianna (réserve), Philip
Tourigny avec Sablière Dreamer Lady (championnes) et Mme Sylvie
Grondin (La Financière).



De gauche à droite :

M. André Richard (juge), Anne-Marie Auger (mention honorable),
Maxime Montplaisir (réserve), Alana McKinven (championne) et
M. Mathieu Couture (La Coop fédérée).



Association des Jeunes Ruraux du Québec

65, rang 3 Est, Princeville, Qc, G6L 4B9 / Tél : 819-364-5606 / Fax : 819-364-5006
E-mail : info@ajrq.qc.ca / Site web : www.ajrq.qc.ca



★ Project of the Month ★

Sewing Project

As 4-H'ers learning to work with your hands is a golden principle; sewing is another great example of learning to become self-sufficient in today's prefab world. Sewing offers you a different kind of creative outlet and engages the engineer in you; you learn through experience to read and alter patterns, understand different kinds of fabrics and eventually transform something simple, like a piece of material into a real finished piece.

What you will learn:

- How a sewing machine works and how to thread it properly
- How to perform various useful stitches
- About different kinds of fabric and how they should be used
- How to read a sewing pattern and how to construct articles out of fabric.

Resources available to you:

- Exploring Fibers and Fabrics
- Discovering Tops and Bottoms
- Discovering Rag Time Patchwork Quilts
- Mastering Sewing Green



Sewing isn't necessarily all about making clothes, there are many other things that can be made while working on this project: you could make pillows for your room, personalized covers for text books, cases for your electronics, a bed for your pet, there are many, many things that can be made at home once you learn to sew.



Halloween is just around the corner, learn a new skill and try your hand at making your own Halloween costume this year!



Contact Chelsea

agliaison@quebec4-h.com

for more information!



Come join us in Ste-Anne-de-Bellevue for a semi-formal evening full of fun, good memories and dancing to the tunes of Slightly Haggard, on November 30th, 2013!

Haven't done anything to celebrate the centennial? That's okay, there's still time! Celebrate by letting me know about an act of kindness you've done!

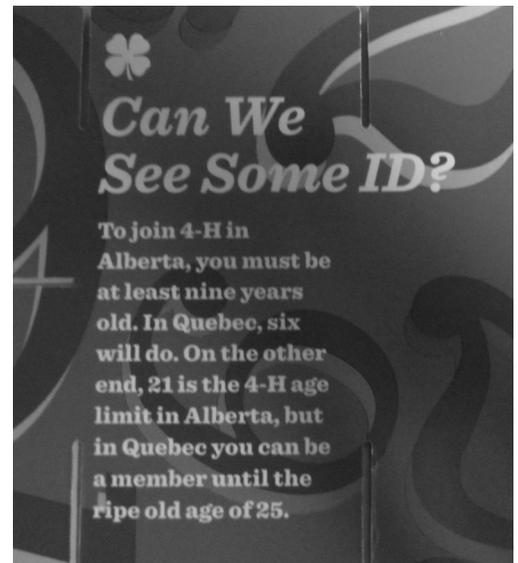
"No act of kindness, no matter how small, is ever wasted"
- Aesop

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."
- Dr. Seuss, *The Lorax*

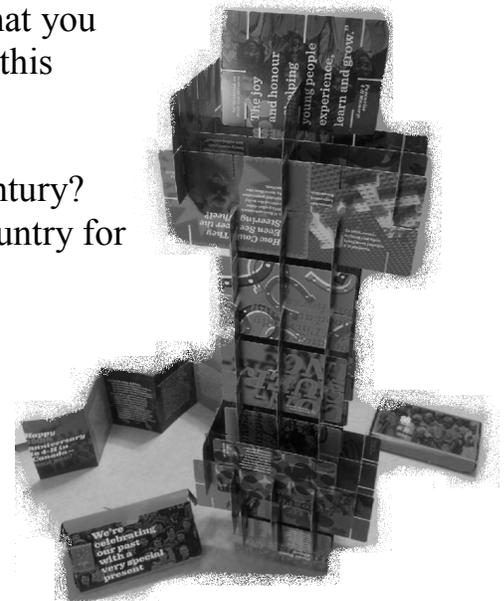
Help your club organize a food drive for a local food bank — remember, charity starts at home!



This initiative will be ending at the end of the month of November, so for any club who have banquets in the next two months, there's your chance!



What do you see in the future of 4-H? Build your vision! Your overall leader has received stackable cards that you can build things with—take a look at the rules for this contest, it's kind of a cool one!



What vision will your club create for the next century? Compete against other clubs from all over the country for 3 grand prizes:

- 1st place will earn \$5000
- 2nd place will earn \$2500
- 3rd place will earn \$1000!



A big thank you goes out to Enbridge, who have put a lot of time and energy into this project—it is much appreciated!

Celebrating 100 Years with 100 Acts of Kindness



WE BROKE THE 50 MARK!!! Let's keep 'em coming!



Brome club helped their community by cleaning up and recycling all the cans and bottles during Brome Fair.



The Hatley 4-H raised 6 turkeys that were auctioned off Sunday, August 25th, 2013. The 1st place turkey, raised by Shelby Darby and Colby Drew, was sold for \$500, re-donated and sold again for \$475. In total, over \$1500 was raised and donated to the Children's Make A Wish Foundation.



On August 29th, 2013, Lexie Tucker of the Valley Adventure 4-H club donated 9 inches of her hair to Pantene Beautiful Lengths, to make a wig for a cancer patient.



Beth Grant from Huntingdon donated blood at a local blood drive on August 28th, 2013—this is a great individual act that any member over the age of 18 can participate in! Each donation saves 4 lives!!!

Want to participate? Here's some suggestions:

- Volunteer: schools, hospitals and elderly homes are always looking for extra help!
- Get a food drive together for your local food bank.
- Make a donation to a local non-profit.
- Help someone out.
- Pay someone a compliment...
- The list goes on!

LET ME KNOW WHAT YOU'VE DONE!

100quebec4h@gmail.com

-Angela Neal Project Coordinator

Check out the rest of the initiatives at www.quebec4-h.com/100actsofkindness/



Canadian Heritage

Patrimoine canadien

Coming up next...



On November 6, 2013 let your green shine through!

Show your 4-H Colours by wearing green



On November 6th, 4-H members across Canada will be wearing green to show off their 4-H pride. Why not join in on the action! Send us your pictures of your club or group wearing green and we will feature it in the next News Spreader!



2012



Have an article YOU want to see in the next edition of the News Spreader?

Do you draw, write poems or have any other creative items we could include?

Deadline to submit for the December issue is November 15th!

Send all Submissions to : office@quebec4-h.com

