

# The News Spreader



## February 2026

Photos provided by Chelsea Laframboise & Gillian MacDougall



## Winter Junior Camp 2026

From January 23 to 25, 26 enthusiastic junior members from five Quebec 4-H clubs — Howick, Ormstown, Richmond, Lachute, and Shawville — gathered at Camp des Iles for our annual Winter Junior Camp. Accompanied by three chaperones, members embraced a true Canadian winter weekend filled with friendship, learning, and plenty of outdoor fun.

Despite the cold temperatures, the energy stayed high! Members bundled up and made the most of the snowy setting, enjoying outdoor hockey games, time in the snow, and adventures on the playground. Laughter could be heard across the camp as everyone took advantage of the fresh winter air.

This year's Olympic theme brought an extra level of excitement to the weekend. Members got creative with crafts, building paper cup bobsleds and enjoying themed snacks and games inspired by the Olympic spirit. One of the highlights of the weekend was an interactive escape room challenge where members worked together to solve clues and discover who had "stolen" the medals. Teamwork, communication, and problem-solving skills were on full display as groups raced against the clock.

Junior Camp continues to be a wonderful opportunity for our younger members to connect with 4-H friends from across the province, try new activities, and build confidence in a supportive environment.

A special thank you to Chelsea and Julia for volunteering their time and helping make this year's Junior Camp possible. We appreciate your enthusiasm and dedication to our members!

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# WINTER JUNIOR CAMP 2026



Photos provided by Chelsea Laframboise & Gillian MacDougall



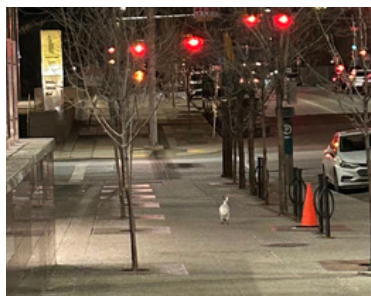
# LEADERSHIP SUMMIT 2026



This year's Leadership Summit took place February 6-8, 2026, in Calgary, Alberta.

Volunteer leaders Maria, Erin, Tim, Samantha, Erin, Amanda, and Jennifer, along with provincial executives, Christina and Paige, staff, Gillian, and Quebec YAC member, Mackenzie, took advantage of this wonderful opportunity to connect with 4-Hers from across the country, participate in a variety of sessions, attend keynote speakers, as well as 4-H Alberta's 4-H night in the country to learn new ways to better serve our 4-H community.

Everyone came back with a renewed energy and excitement for 4-H!





# PARTNER PROGRAMS



## 2026 Mini-Mac Judging Competition Results.



Group photo: Samantha Oliveras



Photo: Samantha Oliveras



Photo: Samantha Oliveras

### Top Teams

- 1<sup>st</sup> - Ormstown
- 2<sup>nd</sup> - Shawville
- 3<sup>rd</sup> - Lachute
- 4<sup>th</sup> - Hatley 2
- 5<sup>th</sup> - Hatley 1
- 6<sup>th</sup> - Sawyerville B
- 7<sup>th</sup> - FMT
- 8<sup>th</sup> - Sawyerville A
- 9<sup>th</sup> - Lachute ind



Shawville & Ormstown - photo: Julie Mason



Ormstown - Photo: Julie Mason



Hatley 2 - Photo: Meghann Hatch



Hatley 1 - Photo: Meghann Hatch



Sawyerville - Photo : Samantha Oliveras

### Top 10 Individuals

- 1<sup>st</sup> - Edward Mason (Ormstown)
- 2<sup>nd</sup> - Shawn McOuat (Lachute)
- 3<sup>rd</sup> - Ben Judd (Shawville)
- 4<sup>th</sup> - Ava Hartley (Hatley 2)
- 5<sup>th</sup> - Cole McVety (Hatley 1)
- 6<sup>th</sup> - Grace Tannahill (FMT)
- 7<sup>th</sup> - Julia Silverson (Lachute ind)
- 8<sup>th</sup> - Spencer Mason (Ormstown)
- 9<sup>th</sup> - Kathleen Kelly (Shawville)
- 10<sup>th</sup> - Grace Kelly (Shawville)



Edward Mason - Photo: Julie Mason



# CLUB CORNER

## KEEPING UP WITH OUR CLUBS!

# LACHUTE



By Alicia Plouffe and Olivia McOuat

### Christmas crafts and card decorating

In December the Lachute 4-H club held a meeting at the flea market restaurant. We did cards, cookie decorating & decorated snowglobes. The 4-H club did this for the residence. It was a fun meeting and a great opportunity to help make the elderly's Christmas more enjoyable.



### Sports Night

This year our first 4-H meeting was held at the L.R.H.S. high school on January 30th, 2026. There were a few new people that joined. We started the night off with a little game of ice breaker and then got in teams and played dodge ball and then to finish off the night we split the big gym in two and one side played floor hockey while the others played basketball.





# CLUB CORNER

KEEPING UP WITH OUR CLUBS!

## LACHUTE



### Rally Fundraiser

The Lachute 4-H is hold a fundraiser dance for Rally this summer.  
Join us for a great time!

*The County Lads*



# LACHUTE 4-H CLUB'S

*Fundraiser Dance*

**When: March 7 @ 8pm-1am**

**Where: Grenville Community Centre  
(21 Rue Tri-Jean Grenville QC)**

Scan the QR Code for more information AND to book your tickets:

**Ticket Price: \$20**





# CLUB CORNER

## KEEPING UP WITH OUR CLUBS!

### RICHMOND



By Aurelia Lemelin

On January 3rd, Richmond 4-H gathered at the Danville Curling Club to hold our annual Christmas party. We all enjoyed a delicious pot luck, followed by a fun curling lesson given by Matthew Sutor and Sierra Mastine. Thank you to everyone that brought the delicious food and to our excellent curling coaches! We all enjoyed it!



On January 21st, we all met at St. Francis Elementary School and had a fun life skill activity... CAKE DECORATING!!!! We had an amazing time learning how to decorate cakes. It looked so easy when the presenter showed us how to do it, but when it was our turn, it was so hard. A special thanks to Amber Redburn for teaching us how to decorate a cake!



On January 24th most of our club put on our dancing shoes for line dancing!!! We all met at St Francis Elementary School. We had LOTS of fun boogying around, and we learned many new line dances! A special thanks to Lili Pothél for teaching us the line dances. We all had a great time!



We have two members from our club that went to the 2026 winter junior camp. The members said that they had an amazing and fun time there.



On February 7th, a bunch of members attended a tubing activity at Mont.Gleason. All the members had a blast, even though it was a very snowy, cold day. A big thank you to all the adults who came to help with the kids!

Q: Why Do Cows Have Hooves Instead Of Feet?

A: Because They Lactose!



# CLUB CORNER

## KEEPING UP WITH OUR CLUBS!

# SAWYERVILLE



By Annabel Delaney



### Sawyerville 4-H has kicked off the year in a BIG way!

On January 17, we hosted a fundraiser dance to help support Brianna Rothney on her upcoming trip to Ireland, where she'll be representing Quebec 4-H as a provincial delegate.

Then on January 25, we held our annual banquet, featuring a delicious potluck supper, awards, and certificates recognizing the incredible accomplishments of our members over the past year. In 2025 we launched a Pre-4-H class for kids who aren't quite old enough to join 4-H yet but are eager to take part alongside their older siblings. Each of our Pre-4-H members received a keeper trophy to celebrate their achievements and we couldn't be prouder!

Meanwhile, our club has been busy planning the Innovative Agriculture Tour happening March 13-15. The committee has secured some amazing stops, and rumor has it there may even be a sweet treat waiting at one of them.





# LEADER LINK



## Did you know we have a Quebec 4-H Leaders Facebook group?

Here you can connect with leaders from other clubs to share successes, challenges, and ask questions.



## Are you a 2026 club leader?

### Have you registered for the 2026 year in Amilia?

- If not please take a few minutes to head over to the membership section of Amilia to complete your registration for the year.

This helps us keep track of currently leaders to ensure that they have a valid police check, up to date training, have signed the code of conduct for the year.

**Adult volunteers are also invited to register in Amilia to stay in the loop.**

4-H has an open-door policy for reporting concerns of misconduct, harassment, or abuse and takes any claims very seriously. A confidential Incident Report may be made by a youth member, leader, staff, parent, participant, or member of the public using the link above. Reports will be delivered directly to the provincial organization.

**DID YOU KNOW?**

## FILLING OUT AN INCIDENT REPORT

- Regardless of best intentions, accidents can happen - as well as conflicts or behaviours that you need assistance to address. When these situations come up, to best support everyone involved, please complete a confidential incident report and submit it to your provincial organization.
- Need to fill out an incident report?
  - Check the 4-H Canada Youth Safety Page for more info or head directly to the youth safety portal with the link below.
    - <https://4h-canada.i-sight.com/portal>
- Once you submit your plan it goes to Gillian for review.

**\*\*Basic first aid does not require an incident report\*\***



# PROVINCIAL UPDATES



**SIGN UP NOW**

REGISTRATION FEE  
**\$50**

## Innovative Ag Tour

March 13th to 15th, 2025

Sawyerville

- Provincial Members 12 to 25 years old

**REGISTRATION NOW OPEN!**

February 13<sup>th</sup> to 27<sup>th</sup> in Amilia

### WEEKEND SCHEDULE

#### Saturday

- Virgin Mady
- Ferme Sabot d'Or
- Ferme Breault et Frères
- William Houde Ltée
- Keystone Livestock
- Guest Speaker - TOGO Traction

#### Sunday

- Ferme piscicole des bobines
- Charpentier Holsteins



Check out our event app [here](#) or by scanning the QR code for more information on the businesses we're visiting



# PROVINCIAL UPDATES



## PROVINCIAL RALLY

SAVE THE DATE

**JULY 30TH TO AUGUST 2ND**

LACHUTE, QUEBEC - THEME: SPORTS

OPEN TO 4-H AND AJRQ MEMBERS AGED 10 TO 25

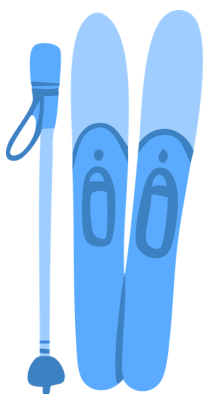
REGISTRATION: MAY 15 TO JUNE 1, 2026

### Time to pick your club's 2026 Rally!

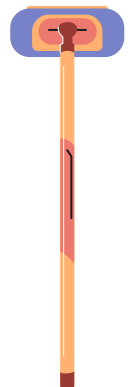
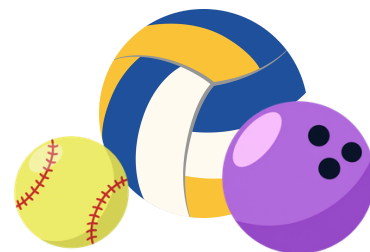
Themes can be based on team or individual sports, extreme sports, water sports, this is your chance to have fun and put a creative twist on your club's theme!

As the host club, Lachute will have first pick for theme.

We will be doing theme selection based off of the club's aggregate placing from Rally 2025.



Ormstown  
Shawville  
Sawyerville  
Hatley  
Howick  
Richmond  
JRVS  
Granby



If your club did not attend Rally and are planning on participating in 2026 please send me your top 3 choices as well.

**Choices are due March 9th!**  
coordinator@quebec4-H.com

If you have any questions please don't hesitate to reach out!



# PROVINCIAL UPDATES

## PROVINCIAL RALLY



### Life Skills Classes

1. Diorama of your favorite sport playing field/pitch using a shoe box or other container as a base. (Maximum size 12"x12")
2. Decorate a one-layer cake, any shape, decorated with a sport theme (Maximum size 12" in length or diameter.)
3. Sew and decorate a stuffed pillow to look like a sport ball. (Maximum size 12"x12".)
4. Create your own trading card representing yourself as a 4-H member. (Size 3"x4")
5. Wood burning art – theme representing 50 years of Rally. (Dimensions: 8"x10")
6. Prepare a healthy snack tray for watching the game. (Min 6 items and with awareness of being on display in warm weather conditions.)
7. Create a functional bobble head figure using craft materials. (Maximum 8" tall x 4" wide.)
8. Create an Olympic-theme medal, on a lanyard or similar for presentation. (Medal dimension 3" in diameter and lanyard maximum 35" in length.)

Ages 6-12:

1. Create a sport-themed bookmark. (Dimension 2" x 8")
2. Create a wind chime from recycled material

### Public Speaking Topics

#### Host Club Topics

1. What both sports and agriculture can teach us about failure and resilience.
2. The history of rural sports.
3. If farming were an Olympic sport, which would it be?
4. Why livestock showing is a sport.
5. How do sports rely on agriculture?

#### CYSA Topic

- A topic related to Agriculture, Aquaculture, Food Science or Food Safety within a Canadian context

### Judging Classes

#### ID Class:

- Sports teams logo identification

#### Life Skill Classes:

1. business cards - oral reasons
2. wool - written reasons
3. 4 welds on a piece of metal - placings

#### Livestock:

1. lactating cows, 2nd calvers - oral reasons
2. Simmental heifers - written reasons
3. mini horses - placings

#### Mystery Class



# PROVINCIAL UPDATES



## QUEBEC 4-H E-STORE

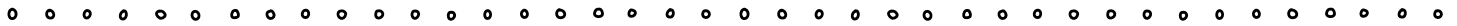
SWEATERS, COATS, HATS, AND MORE...

PERSONALISE THEM WITH CLUB OR MEMBERS' NAMES!



**CHECK IT OUT**

[https://4hquebec.fundytextile.com/4-h\\_quebec/shop/home](https://4hquebec.fundytextile.com/4-h_quebec/shop/home)



Thank you to everyone who filled out and submitted their 4-H Plans for 2026!  
Here are our Quebec 4-H swag winners for participating.

**WINNER**

- Cloverbud** - Joseph McConnell from Sawyerville
- Junior** - Syllas Barter from Sawyerville
- Intermediate** - Molly Dowe from Shawville
- Senior** - Meagan McConnell from Sawyerville

2026 WORDS



OF THE YEAR



# PROVINCIAL UPDATES



HAHA!

**Funny Farm**  
What do you call a pile of cats?

Answer:  
A meow-ntain.

2026 Calendar of Events		
Opportunity	Date	Host/Location
Innovative Ag Tour	March 13 <sup>th</sup> - 15 <sup>th</sup>	Sawyerville
Provincial Square Dance Competition	March 28 <sup>th</sup>	Ste-Anne-de-Bellevue
Summer Junior Camp	July 17 <sup>th</sup> to 19 <sup>th</sup>	TBA
Provincial Rally	July 30 <sup>th</sup> to August 2 <sup>nd</sup>	Lachute

Provincial Coordinator  
**Gillian MacDougall**  
 coordinator@quebec4-h.com  
 819-650-2296

Do you have dates you would like to see added to the calendar?

Interested in submitting an article or photo?

Send Gillian an email by March 10th!

**50% OFF**

**FOR NEW MEMBERS JOINING IN 2026!**

### MEMBER REGISTRATION

- FIND YOUR CLUB UNDER THE ACTIVITY SECTION OF AMILIA
- THE SYSTEM WILL AUTOMATICALLY ASK YOU TO ADD THE 2026 QUEBEC MEMBERSHIP TO YOUR CART, WHICH INCLUDES THE \$50 MEMBERSHIP FEE.

### LEADER AND ADULT VOLUNTEER REGISTRATION

- UNDER THE MEMBERSHIP SECTION OF AMILIA

### Check us out on social media!



quebec.4h



4.H.Quebec



4hquebec



# NATIONAL NEWS



4-H Canada

## Citizenship Congress 2026

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OTTAWA, ON  
MAY 11-16, 2026

 **May 11-16, 2026**

 University of Ottawa  
Ottawa, ON

 Ten (10) members (age 15-21) and  
one (1) chaperone from each province

 \$675/member - includes meals, flights,  
accommodations, & programming

*\*pending approved funding*



**4-H Canada still  
has a few spaces  
to fill!**



<https://4-h-canada.ca/programs/4-h-conferences/citizenship-congress/>

**Sign up now before spaces fill up!**

## Agents of STEM!

A brand new, hands-on activity kit that helps youth explore science, technology, engineering, and math through fun, engaging missions.



### Each kit contains:

- Selected Materials
- Mission Manual that offer step-by-step instructions for missions, challenges, and activities

**Register now!**

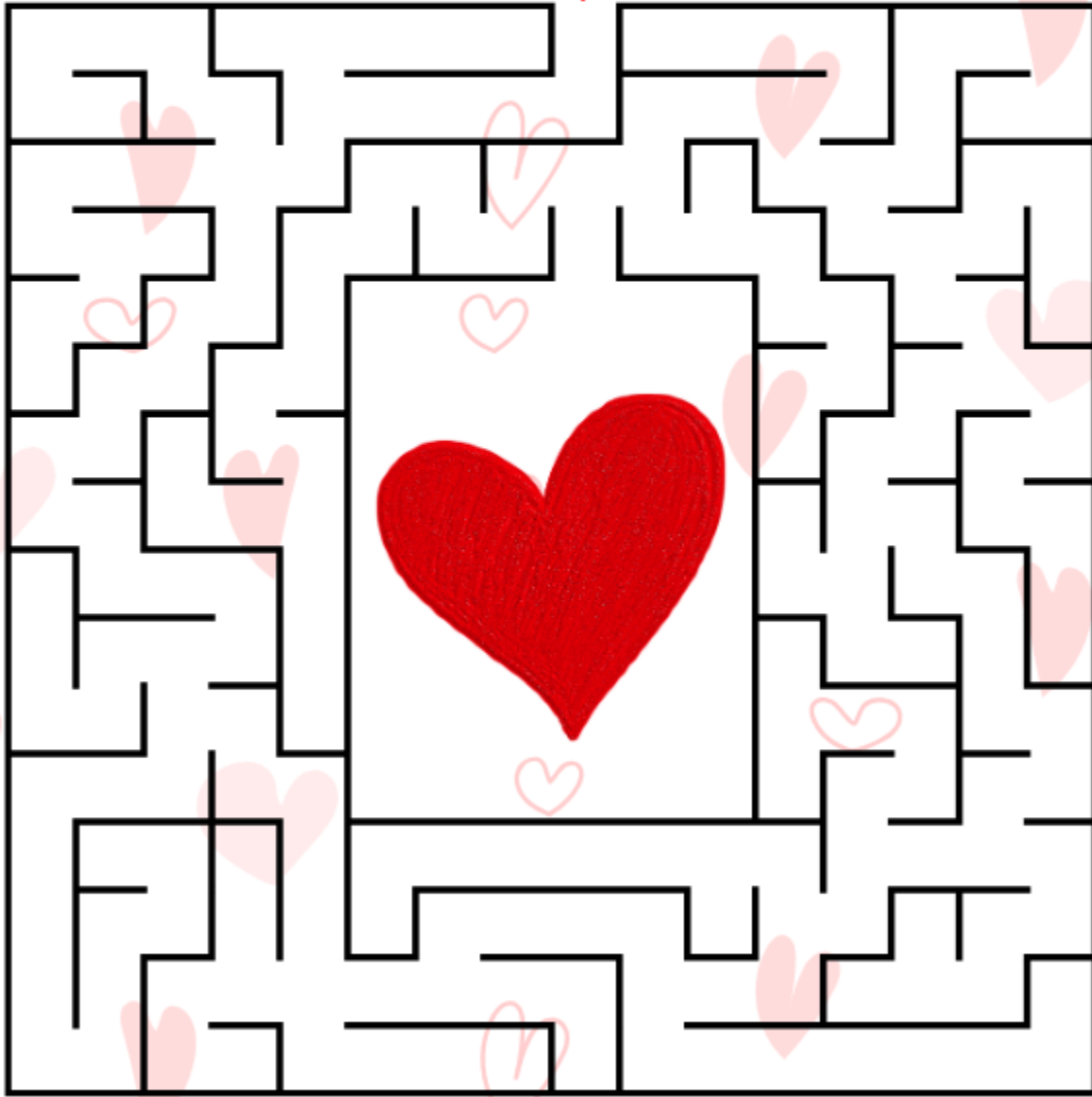
Limited number of kits available.



# FEBRUARY'S GAME OF THE MONTH



**START  
HERE**



**Find your way through the  
maze to reach the heart.**