

The News Spreader



January 2026

2026 MEMBERSHIP REGISTRATION

A new 4-H year has started and it is time to register! Whether you're a returning member or thinking about joining for the first time, now is the time to register and be part of another exciting year with Quebec 4-H.

The upcoming 4-H year promises hands-on projects, leadership opportunities, fun events, and chances to make lifelong friends—all while living the 4-H motto: Learn to Do by Doing. From club meetings and achievement days to provincial activities and camps, there's something for everyone.

We encourage members, leaders, and adult volunteers to complete their registrations early to ensure you don't miss out (*and avoid the late fee that starts February 1st*).

Let's make 2026 a year of growth, learning, and fun—register today and be part of the Quebec 4-H adventure!

Questions? Don't hesitate to reach out to Gillian at coordinator@quebec4-H.com

**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

AMILIA STORE



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CLUB CORNER



TIPS FOR PLANNING A SUCCESSFUL YEAR

HODLING YOUR AGM

- If you haven't already - plan your AGM early in the 4-H year so your club can get off to a great start.
- Make sure all members know the date, time, and location well in advance.
- Share or discuss the roles of the club executive so everyone understands who they are electing and once elected, they know their role.
- Share the minutes as soon as possible so that members who missed the AGM can find out what decisions were made.

BUDGETTING

- Create a budget at the beginning of the year that includes expected income and expenses.
 - This can be done by the executive or a committee and be presented at a general club meeting by the Treasurer.
- Think ahead about costs for projects, trips, events, and achievement day.
- The Treasurer will keep track of money throughout the year and review the budget regularly with the Club.
- Ask questions and work as a team—budgeting is a shared responsibility.

PLANNING

- Make a yearly plan with meeting dates, activities, and special events.
- Set realistic goals and leave room for fun and flexibility.
- Share the plan with members, leaders, and families so everyone stays informed.
- Review your plan during the year and adjust if needed.

COMMUNICATION

- Share information early and often—don't wait until the last minute.
 - It is helpful when the President shares meeting agendas early enough that anyone missing can pass on their concerns or suggestions.
 - Following a meeting having the Secretary send out the minutes to keep everyone updated and informed.
- Use agreed-upon tools like email, group chats, or calendars.
 - Leaders don't forget to follow the rule of two when it comes to group chats
- Be respectful, clear, and positive when communicating with others.
- Remember: good communication helps everyone feel included and supported.

Tip for leaders and adult volunteers

Let the members lead the discussion, planning, and organization of club activities. Your support and encouragement give them the confidence to grow, learn, and empowers them to

Learn to do by Doing!



PROVINCIAL UPDATES



CANADA
4-H Quebec

WINTER JUNIOR CAMP

JANUARY 23 - 25, 2026

GAMES - CRAFTS - FUN

CHAPERONES NEEDED



E-MAIL GILLIAN TODAY TO HELP OUT!

COORDINATOR@QUEBEC4-H.COM

The News Spreader - January 2026 - Quebec 4-H



PROVINCIAL UPDATES



QUEBEC 4-H E-STORE

SWEATERS, COATS, HATS, AND MORE...
PERSONALISE THEM WITH CLUB OR
MEMBERS' NAMES!



CHECK IT OUT

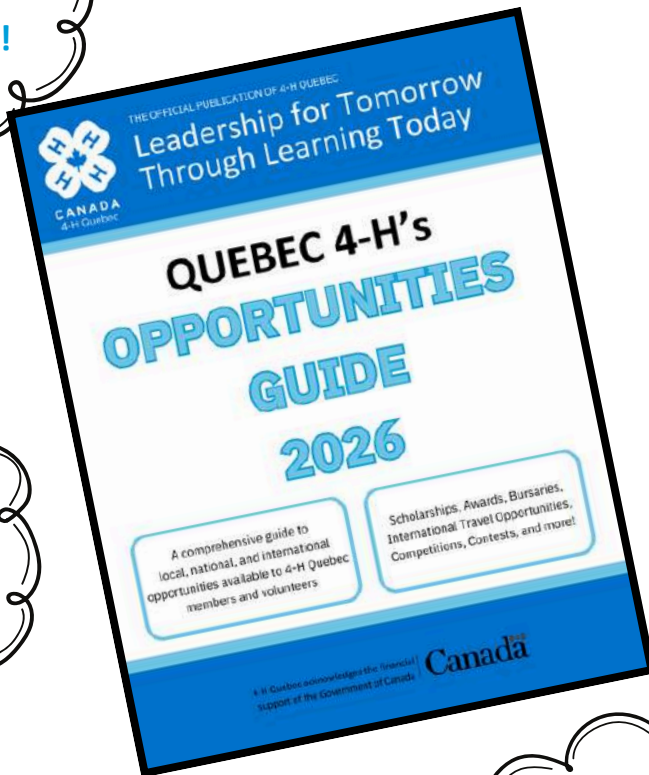
https://4hquebec.fundytextile.com/4-h_quebec/shop/home

Have you checked out our 2026 Opportunities Guide?

Provincial and
National
Programs!

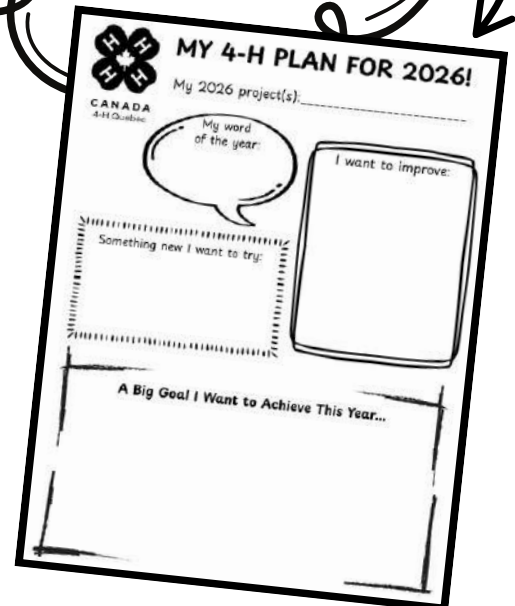
Competitions
& Contests

And
more!



Scholarships
& Bursaries

Fill out and submit your
4-H PLAN FOR 2026
to Gillian at
coordinator@quebec4-h.com
before February 1st for a chance
to win 4-H swag!





PROVINCIAL UPDATES



Funny Farm

What's a balloon's favourite New Year's story?

Answer:
One that is uplifting!

Winter 2026 Winter Calendar of Events		
Opportunity	Date	Host/Location
Winter Junior Camp	January 23 rd - 25 th	Saint-André-d'Argenteuil
Mini Mac Judging Competition	February 14 th	Ste-Anne-de-Bellevue
Innovative Ag Tour	March 13 th - 15 th	Sawyerville
Provincial Square Dance Competition	March 28 th	Ste-Anne-de-Bellevue

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

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

Interested in submitting an article or photo?
 Have an event you'd like to promote?
 Send Gillian an email by February 8th!

Check us out on social media!



quebec.4h



4.H.Quebec



4hquebec



PROVINCIAL UPDATES



REMINDER ABOUT ACTIVITY PLANS AND WINTER SAFETY



Our insurance coverage is reviewed and updated annually through 4-H Canada.

Many of the activity restrictions that have previously been in place have been removed, such as alpine skiing!

The only activity that is still restricted is trampolining.



FILLING OUT AN ACTIVITY PLAN

Activity Planning 101

- Activity planning is important to do when your club is planning
 - A multi-club activity
 - An activity that involves transportation or accommodations organized by 4-H
 - An activity with a third party that requires a waiver (archery, etc)
 - High-risk activities that are outside of your club's norms
- Link to the 4-H Canada Activity Planning and Incident Reporting Portal
 - <https://4h-canada.i-sight.com/portal>
- Once you submit your plan it goes to Gillian for review. The process is here to help make sure everyone is prepared and safe!
- If an incident does happen you can use the same link to submit an incident report.
 - Basic first aid does not require an incident report.

Have questions or need a proof of insurance certificate?

Reach out to Gillian for help!



PARTNER PROGRAMS



2026 Mini-Mac Judging Competition

Saturday, February 14th at 10:30 a.m.



Open to teams of 4 & individuals - \$50 per team or \$12.50 per individual.

Deadline to register Friday, February 6th.

Questions??

Contact Caroline Begg at caroline.begg@mcgill.ca



NATIONAL NEWS



4-H Canada

Citizenship Congress 2026

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*



CANADA

Register with the Provincial Office by January 19th

Quebec 4-H will help cover a minimum of 1/3 of the registration cost for members.

Interested in attending?
Reach out to the Provincial Office at coordinator@quebec4-H.com today!



NATIONAL NEWS



CONGRATULATIONS TO THE 2025 FCC 4-H CLUB FUND RECIPIENTS!

- Sawyerville 4-H Club
- Richmond 4-H Club
- Shawville 4-H Club



4-H Supervision Policy - Rule of Two Reminder

The purpose of this policy is to protect youth members, leaders, volunteers, and staff in potentially vulnerable situations.

The goal is to achieve the **green level** for all 4-H programming - in person and virtual.





JANUARY'S GAME OF THE MONTH



Can you solve this sudoku?

5	3			7			1	
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9