

The News Spreader



November 2025

TALQ

30 for 30

4-H Recipient



This year TALQ, previously the Quebec Community Group Network (QCGN), marked their 30th anniversary and to celebrate they reached out to the community looking for 30 individuals whose dedication and leadership strengthen Quebec's English-speaking community. One of the 30 recipients being selected was Quebec 4-H president, Christina Knox.

Christina Knox is currently serving her second term as President of Quebec 4-H, where she provides strong leadership and guidance to youth and volunteers across the province. A proud member of the Ormstown 4-H Club for over a decade, Christina has participated in numerous projects, including square dancing, public speaking, and garden club, which helped shape her passion for agriculture, leadership, and community involvement.

Christina is a graduate of the Farm Management and Technology program at McGill University's Macdonald Campus and now works in the agricultural sector. She has also served for several years on the Quebec 4-H Provincial Board of Directors, contributing to the development of programs and opportunities that empower English-speaking youth throughout rural Quebec.

Through her dedication and enthusiasm, Christina continues to make a meaningful impact on the 4-H community, inspiring the next generation of leaders while supporting the vitality of English-speaking rural communities across the province.

The formal celebration took place on November 13th in Montreal. We are so proud to celebrate this achievement!

Congratulations Christina!

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2025 RAWF RESULTS



TD Canadian 4-H Dairy Classic



Quebec South West

Back L to R: Preston Mason, Keith Quinn, Mathieu Proulx (AJRQ), Jacob Dunn, Rylee L'Ecuyer,
Front: Maeve McIntyre, Felix Loiselle, Ashton Bryson, Connor Bryson



Quebec South East

Back L to R: Annabelle Delaney, Cole McVety, Aleksa Govedarica, Peyton Delaney,
Front L to R: Anika McVety, Derrick Dolloff, Hailey Dolloff



Quebec North

Back L to R: Myanna Sally, Emily McOuat, Shawn McOuat, Hannah McOuat, Front L to R: Morgan Tracy, Payton St-Pierre, Lyle McOuat

Quebec 4-H was well represented at the TD Canadian Dairy Junior Classic which took place at the Royal Agricultural Winter Fair November 10th and 11th.

In showmanship Ashton Bryson, Ormstown, placed 12th and Felix Loiselle, Ormstown, placed 24th in the Junior Showmanship Class. Emily McOuat, Lachute, placed 2nd in the Senior Showmanship class.

The second show day focused on conformation.

Holstein classes

- **HOLSTEIN WINTER HEIFER**
 - 1st place - DELCREEK PAST CURFEW - Hannah McOuat, Lachute 4-H Club
- **HOLSTEIN FALL HEIFER**
 - 5th place HARVESTACRE HEARTBREAK HOTEL - Shawn McOuat Lachute 4-H Club
- **HOLSTEIN SPRING YEARLING**
 - 2nd place CERTIFIED WARRIOR IMMOBILIZED - Emily McOuat Lachute 4-H Club
 - 16th place LOOKOUT DREAMS COME TRUE - Cole McVety, Hatley 4-H Club

Ayrshire Class

- 4th place DOLLHAT CHALLENGER PRIMA - Hailey Dolloff, Hatley 4-H Club
- 7th SUGAR LEDGE MARSHA - Peyton Delaney, Sawyerville 4-H Club
- 8th SUGAR LEDGE MOONDROP - Annabelle Delaney, Sawyerville 4-H Club
- 11th DOLLHAT CATALYST STARLA - Derek Dolloff, Hatley 4-H Club

Jersey Classes

- **JERSEY WINTER HEIFER**
 - 7th place LOOKOUT BABY COME BACK - Anika McVety, Hatley 4-H Club
 - JERSEY SUMMER YEARLING
 - 17th place LOOKOUT CHOCOLATE LOVE - Aleksa Govedarica, Hatley 4-H Club
- **JERSEY SPRING YEARLING**
 - 10th place MISS MAC DOWNTOWN SCHNAPPS - Maeve McIntyre, Ormstown 4-H Club

Colour Breed Classes

- **Champion Colour Breed Heifer** - BONNIEGLEN MOKA ANNA - Preston Mason, Ormstown 4-H Club

Congratulations to Preston for not only winning, but having the first Canadienne to place 1st at the TD Classic and for being selected for the top 6 during the Champion Interbreed Class!

To finish off the show Hannah McOuat from the Lachute 4-H Club was Reserve Champion Interbreed Heifer.

Congratulations to everyone who participated!



2025 RAWF RESULTS



Masterfeeds National Junior Beef Heifer Show



Quebec

L to R: Amy Sheppard, Tyson Childs, River Morse, Megan McConnell

Photo provided by Amy Sheppard

Congratulations to Meagan, River, and Amy for making it to the Senior Showmanship Semi-Finals!

In Conformation

- Amy Sheppard placed 4th in the Shorthorn Class 5 with SHADYBROOK LINDY MEREDITH 8M
- River Morse placed 3rd in the Simmental Class 11 with J-STAR DONO
- Megan McConnell placed 2nd in Hereford Class 16 with STONEWOOD DREAMER 26M
- Tyson Childs placed 1st in the Angus Class 27 with J-STAR MISS ELSA 2401.



Square Dance Competition



Three members from the Lachute 4-H Club, Skye Campbell, Julia Silverson, and Bailey Clark, joined forces with Prescott County to put together a team to compete in the RAWF Square Dance Competition.

The combined team won first in both the 4-H and Open Classes, and their Caller Kelley Allen won the award for best Caller.

Photo credit: Erin Black



For the first time in recent history, The Shawville 4-H Club competed in the RAWF Square Dance Competition.

Placing 3rd in the 4-H Division and 8th in the Open, it was a wonderful experience for the team.

From L to R: Tyler McCann, Amy Sheppard, Laura Graham, Andie Heatlie-McLaughlin, Rosie McCann, Eloise Thompson, Kathleen Kelly, Ben Judd, Charlotte Graham, Grace Kelly, Gillian MacDougall

Photo provided by Amy Sheppard



2025 GARDEN CHALLENGE WINNERS



Reid Thompson, from the Shawville 4-H Club, tried his hand at making potato rolls and gave the recipe two thumbs up!

Check out the recipe below.



Buttery Pull Apart Whole Wheat Potato Rolls.

These rolls are easy, extra soft, buttery, doughy, and perfect. Made using a mix of whole wheat flour,...

halfbakedharvest.com

In August the Ormstown 4-H Club donate produces from their gardens for 3 consecutive weeks to La Bouffe Additionnelle.

Members also took part in a cooking day during their Garden Achievement Day. 4-Hers made a beef barley soup with their garden produces (including potatoes), buns, and carrot's cake.



Jake and Leo Fouquette, members of the Richmond 4-H Club, dug up over 900 potatoes. They were not very big because of the lack of rain but there were still a lot of potatoes to go through. They also found some tiny ones!



CLUB CORNER

Keeping up with our clubs!

SAWYERVILLE



By Annabelle Delaney



Sawyerville 4-H AGM Update 🍁

In October, we held our monthly meeting on the 26th with a tour of Trigenco Dairy Farm, followed by our Annual General Meeting and a fun Halloween costume competition. During the tour, we got to see some of the farm's coolest features, like their milking robots and of course, their awesome cows!

After the tour, we gathered in the farm's workshop for our meeting, where we elected our new executive team for the year:

- **President:** Brianna Rothney (re-elected for a second term)
- **Vice-President:** Neil Taylor
- **Treasurer:** Alisha Kirby
- **Secretary:** Kaley Morrison (re-elected for a second term)
- **Club Reporter:** Annabelle Delaney (re-elected for a second term)
- **Provincial Directors:** Alisha Kirby and Brianna Rothney

A big thank you goes out to last year's executive for the amazing work they did and congratulations to the new team! We can't wait to see what you'll accomplish this year. First up: Ag Tour in March 2026! 🚗

Once business was wrapped up, it was time for our much-anticipated costume contest! Members competed in five fun categories: 🎃 Cutest Costume 🦇 Scariest Costume 🧑‍🤝‍🧑 Best Group Costume 🏆 Best Costume 💡 Most Original

The competition was a hit, everyone had a blast, and the creativity on display was amazing! We handed out some Halloween treats and wrapped up the meeting on a high note.





CLUB CORNER

Keeping up with our clubs!

SHAWVILLE



By Eloise Thompson

📅 September 28 – We gathered for a business meeting followed by a fun baking afternoon!

Members learned about sourdough and then made their own sourdough dog treats. Each member was able to take home some sourdough starter to keep baking at home and to share with friends and family.

A big thank-you to Kayla for leading everyone through the steps. The members enjoyed seeing (and smelling) their treats come out of the oven. This project was part of 4-H Canada's Agri Food Challenge.



🎯 October 10 – A group of older members headed out for an evening of axe throwing!

There was pizza, snacks, and lots of laughs as everyone learned how to throw and keep score.

It was challenging but so much fun – definitely an activity we'd love to do again next year!

🎃 October 19 – We wrapped up the month with a visit to Saunders Farm!

Between the haunted houses and all the fun attractions, there were plenty of thrills (and a few screams!).

Everyone had an amazing day. The annual fall bus trip is a highlight for many members!





PROVINCIAL UPDATES



**NEXT OPPORTUNITY
WINTER JUNIOR CAMP
JANUARY 23 TO 25.**

**REACH OUT TO GILLIAN FOR
MORE DETAILS!**

OUR E-STORE IS READY FOR YOU!

SWEATERS, COATS, HATS, AND MORE...



CHECK IT OUT

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

**ORDER BEFORE NOVEMBER 27TH FOR
CHRISTMAS!!**





CANADA

PROVINCIAL UPDATES



CANADA



CANADA
4-H Quebec

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

FOR MORE DETAILS

CONTACT COORDINATOR@QUEBEC4-H.COM



Show Your 4-H Colours



This year **Show Your 4-H Colours Day** took place on November 5th and was a chance for 4-H members to show their 4-H pride by wearing green.

Everyone who sent in a photo or tagged Quebec 4-H on social media was entered in a draw for Quebec 4-H Swag.

Congratulations to **Caleb Herring** who is our draw winner!



NATIONAL NEWS



syngenta. AgriFOOD CHALLENGE

YOUTH LEADERS CREATE
SUSTAINABLE SOLUTIONS



Challenge closes November 30.

The application form is available on the 4-H Canada website.

Win \$500 with the AgriFood Challenge

To participate in this challenge, 4-H members (as individuals or as part of a group) must demonstrate how their actions can improve or contribute to food security or sustainable agriculture in their communities.

4-H Canada

Citizenship Congress 2026

OTTAWA, ON

MAY 11-16, 2026



May 11-16, 2026



University of Ottawa
Ottawa, ON

SAVE THE DATE

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*



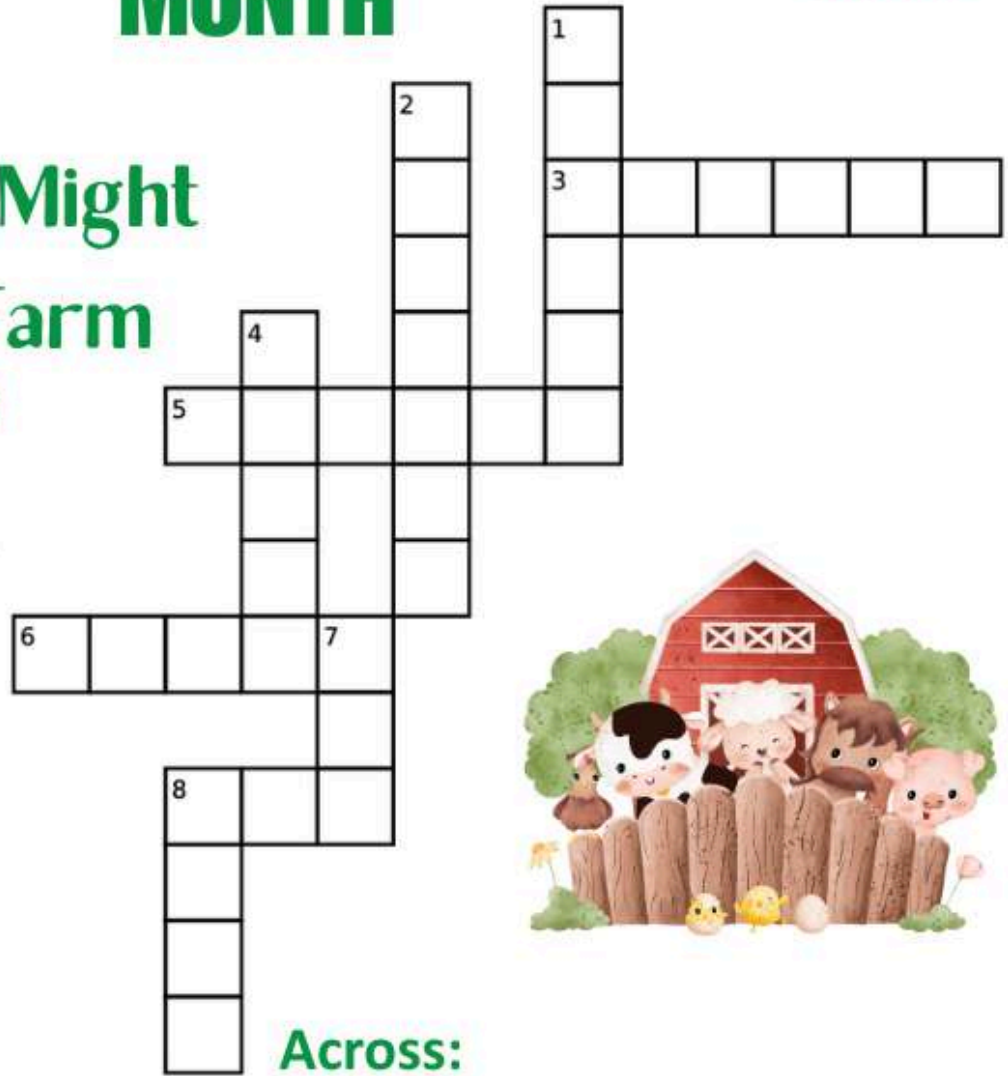
NOVEMBER'S GAME OF THE



MONTH

Animals You Might Find On A Farm

Cross Word



Down:

- 1. I am a type of bird that is often seen in fields
- 2. I lay eggs
- 4. You will see me at a rodeo
- 7. I have a curly tail
- 8. I like to be in water and I'm often seen at lakes

Across:

- 3. I hop around
- 5. When I'm a baby I'm called a foal but I'm not a horse
- 6. I sometimes get chased by dogs
- 8. I can be an inside or outside animal