

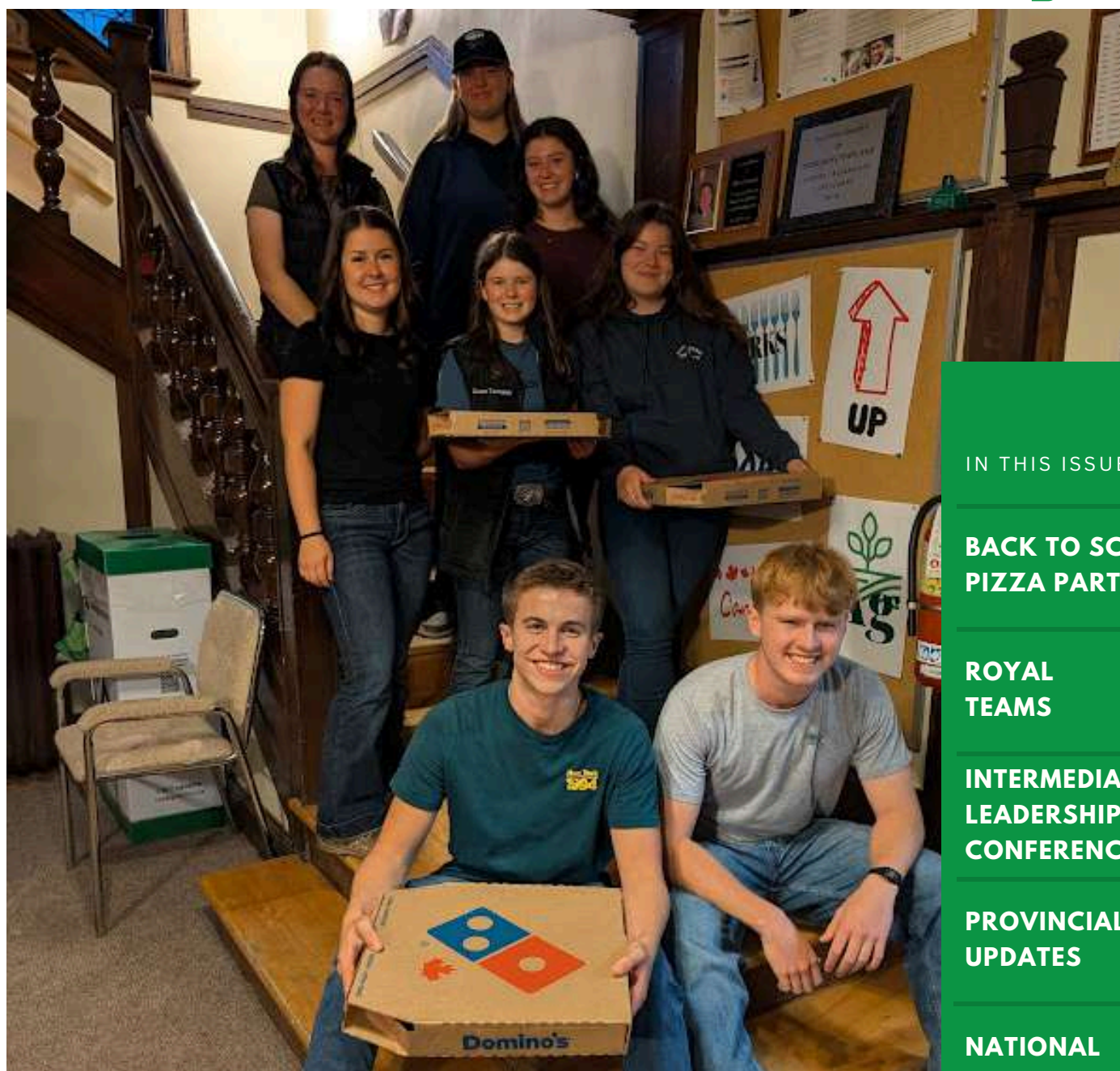
The News Spreader



October 2025

CANADA
4-H Quebec

2025 Back to School Pizza Party!



IN THIS ISSUE

**BACK TO SCHOOL
PIZZA PARTY**

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MONTHLY GAME

Senior members had a chance to connect and enjoyed a pizza supper together on September 18th at Harrison House, located on the Macdonald Campus and the home of the Quebec 4-H Provincial Office.



2025 ROYAL TEAMS



ANNOUNCEMENT

Masterfeeds National Junior
Beef Heifer Show

Quebec 4-H

Amy Sheppard
James Stephens
Meagan McConnell
River Morse
Tyson Childs

TD Canadian 4-H Dairy Classic

Quebec South East

Aleksa Govedarica
Anika McVety
Annabelle Delaney
Cole McVety
Derek Dolloff
Hailey Dolloff
Peyton Delaney

TD Canadian 4-H Dairy Classic

Quebec North

Emily McOuat
Hannah McOuat
Lyle McOuat
Morgan Tracy
Myanna Sally
Payton St-Pierre
Shawn McOuat

TD Canadian 4-H Dairy Classic

Quebec South West

Ashton Bryson
Connor Bryson
Félix Loiselle
Keith Quinn
Maeve McIntyre
Mathieu Proulx
Preston Mason
Rylee L'Ecuyer



PROVINCIAL UPDATES



INTERMEDIATE

LEADERSHIP CONFERENCE

WORKSHOPS . ACTIVITIES . GAMES

GUEST SPEAKER

JOSEF AZAM

NOVEMBER

28-30

2025

REGISTRATION

Open in Amilia Oct 17-31

\$75 per member

PARKSIDE RANCH
ORFORD, QUEBEC

MEMBERS 13 TO 16 YEARS OLD



PROVINCIAL UPDATES



HAHA!

Funny Farm

What do you have if your dog can't bark?

Answer:
A muzz puppy!

| 2025 Calendar of Events | | |
|------------------------------------|---------------------|---------------|
| Opportunity | Date | Host/Location |
| Show your 4-H Colours Day | November 5th | Across Canada |
| MNJBHS | November 7th-8th | Toronto |
| TD Classic | November 10th- 11th | Toronto |
| Intermediate Leadership Conference | November 28th-30th | Orford |

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 October 10th!

Check us out on social media!



quebec.4h



4.H.Quebec



4hquebec



PROVINCIAL UPDATES



Adult chaperones and senior member counsellors, we're looking for you!

We need your help to make Intermediate Leadership Conference happen!

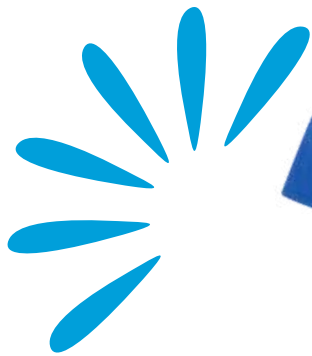
ILC is taking place in Orford November 28th to 30th.

Interested in more information?? Send Gillian an email at coordinator@quebec4-h.com



OUR NEW E-STORE IS READY FOR YOU!

SWEATERS, COATS, HATS, AND MORE...



CHECK IT OUT



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





PROVINCIAL UPDATES



Thanks to everyone who participated in our give away!



Congrats to Avery Porter from the Richmond 4-H Club for being our September Swag Give Away winner!



Grace Porter (left) - Richmond, with buddy Quentin at the Ormstown square dance competition.

In the photo are: Avery, Olivia, Aurelia and Madison at the 4-H show at the Richmond Fair.



Brianna Rothney (left) - Sawyerville 4-H Club with 4-H bestie Olivia Rothney.



Violet Porter - Richmond 4-H Friends pictured: Violet, Zoe, Grace and Autumn at the Richmond Fair 4-H show.



PROVINCIAL UPDATES



LAST CHANCE

The 2025 Garden Challenge



POTATOES!

Submit your photos by **October 31st** for a chance to win a prize!

The Largest yield

(number of potatoes and pounds of potatoes)

The Biggest Potato

The Weirdest Shaped Potato

What are you going to do with all these potatoes?

Clubs who donate potatoes to a food bank or other organization will be entered into a draw!

Is gardening not your cup of tea?

All members will be invited to participate in a **Potato Stamp Art Contest** this Fall
or

put on your chef's hat and submit a photo of you testing out a **Potato Recipe!**
(Bonus entry if it is a club activity or you share with your club!)

Send your photos to Gillian at coordinator@quebec4-h.com



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.

APPLICATIONS FOR THE FCC 4-H CLUB FUND ARE NOW OPEN!

These funds can be used to:

- Build volunteer capacity
- Promote 4-H and eliminate barriers to participation
- Support and expand existing programs
- Cover costs for local events and volunteer support
- Purchase resource materials

4-H Canada and Farm Credit Canada (FCC) are proud to once again offer the FCC 4-H Club Fund, providing a total of **\$100,000 in grants of up to \$500 each** for 4-H clubs, districts, and regions across Canada.

The fund supports projects that align with 4-H's strategic priorities of growth, inclusion, and volunteer capacity building, helping to create responsible, caring, and contributing youth leaders across Canada. Encourage your clubs, districts, and regions to apply and take advantage of this fantastic opportunity to strengthen their local 4-H communities!

Application forms are [here](#) and the deadline for submitting applications is October 31, 2025.



NATIONAL NEWS



4-H Canada

Citizenship Congress 2026

OTTAWA, ON
MAY 11-16, 2026

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***





NATIONAL NEWS



New Brunswick 4-H is inviting 10 leaders from Quebec to attend their **Leadership Weekend** – an event geared towards providing sessions and resources to our wonderful volunteer leaders.

Saturday, November 15th - Sunday, November 16th
The Fredericton Inn

Event Session Overview:
How to run effective meetings
Conflict Management
Thank You Cards
Evening Banquet
Keynote Speaker - Shauhin Davari
Mental Health

The conference will cost \$100/leader. This will include all meals as well as access to all sessions.

Hotel \$129+taxes per night

To help with the cost Quebec 4-H will be offering \$250 to registered participants. Travel will be the responsibility of the individuals.

Register with the Quebec 4-H Office by October 20th.



NATIONAL NEWS



Leadership Summit 2026

Calgary, Alberta



Leadership Summit 2026

Boots on the ground. Eyes on the Horizon

When: February 6-8, 2026

Where: Calgary, Alberta

The agenda for Leadership Summit 2026 is full of great speakers that you aren't going to want miss!

Our first keynote speaker, Tyler Smith, has a personal story that revolves around resilience, healing, and hope. Smith, a mental health advocate, former Humboldt Bronco, and Amazing Race Canada winner will talk about how to identify barriers that prevent people from seeking help and learn about practical strategies for managing self-induced stress caused by anxiety, worry, and insecurity.

Our second keynote speaker, Sara Austin, will take a deep dive into the realities facing youth today and what they need most to thrive in an ever-changing world. She'll highlight the unique role that 4-H programs play in developing leadership skills, fostering resilience, and creating meaningful opportunities for growth.

Additionally, the following workshop topics will be presented:

- Capacity building session for 4-H Canada's new Agents of STEM initiative
- Square Dancing as a Tool for Teamwork and Confidence
- Inclusion strategies for autistic and neurodivergent youth
- Taking your leadership to the next level
- Conflict management
- Short-Term, Big Impact: How 4-H Intro Clubs Are Growing Membership in New Ways
- Sports & 4-H Alberta: We don't have to compete for time!
- Succession Planning 101
- Planning for Success

A graphic consisting of a blue circle with a white border containing the number "5" in white, with the text "Spots left!" written in white, slanted, below it.

5
Spots left!



NATIONAL NEWS



To be included in the 4-H Canada celebration of **SHOW YOUR 4-H COLOURS** during the month of November!

SHARE YOUR 4-H MEMORABILIA

This year for **Show Your 4-H Colours**, we're asking YOU to share a pic of your 4-H memorabilia - past or present! Whether it's a well-worn jacket, a prized ribbon, a project book, a vintage photo, or your current 4-H gear, we want to see it. Tell us the story behind your item and how it's been part of your 4-H journey. Your memories help celebrate the traditions, pride, and impact of 4-H across generations and we can't wait to share them all November long! Here how you should do it:

1



Find your favourite piece of 4-H memorabilia

2



Take a photo of you and your memorabilia

3



Tell us what it means to you and how it's a part of your 4-H journey

4



Submit your photo and story to 4-H!

*submit your photo to areis@4-h-canada.ca

**WEDNESDAY
WE WEAR
GREEN**



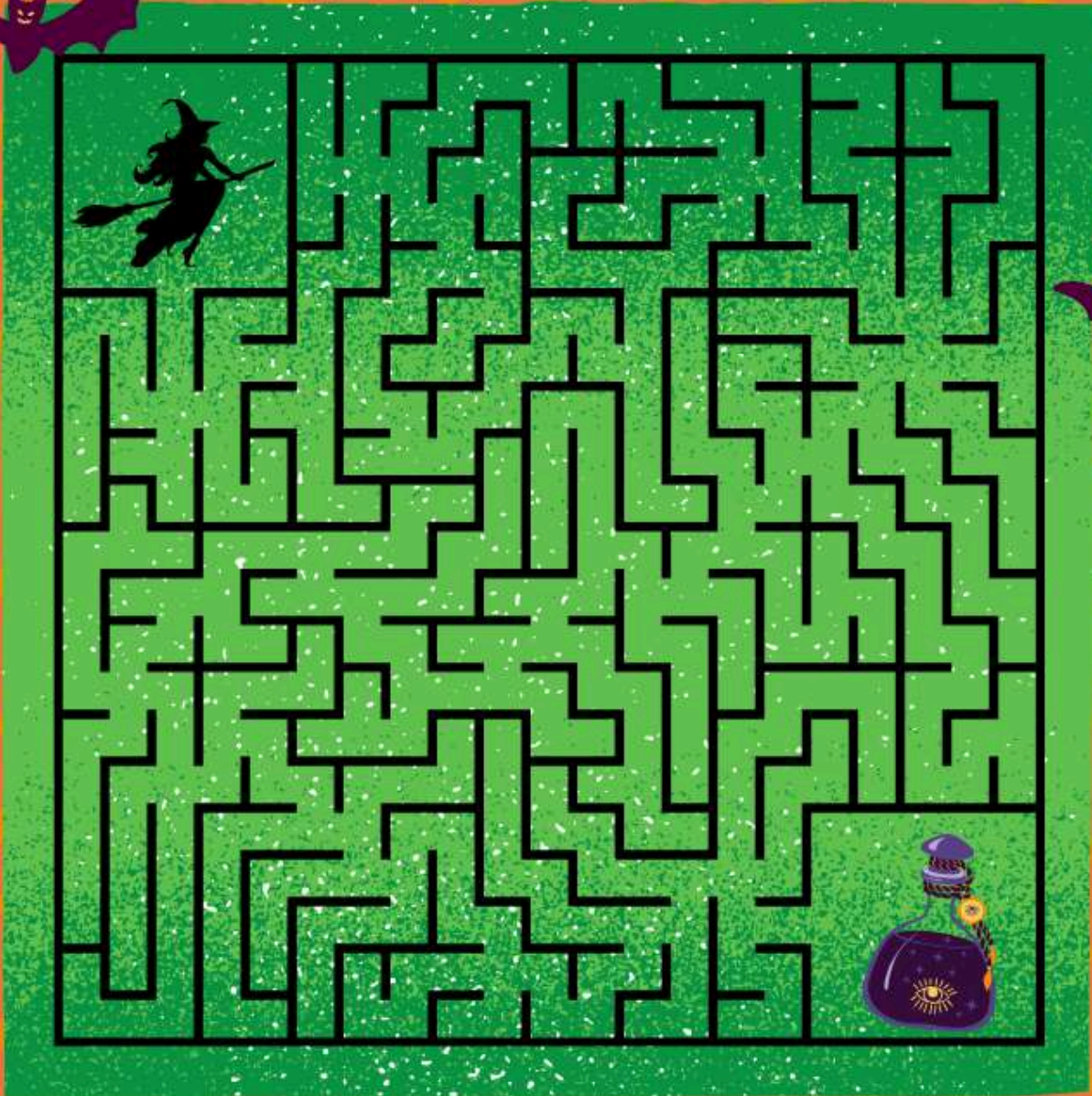
CANADA
4-H Quebec



November 5th is **SHOW YOUR 4-H COLOURS** day and we encourage everyone to wear **green** to show off their 4-H pride. Take a picture and tag us on social media or send it by email to be entered in a draw for some 4-H Swag



OCTOBER'S GAME OF THE MONTH



MAZE CHALLENGE

help the witch find her magic potion

