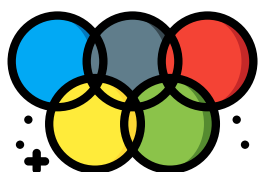


The News Spreader



July 2026

Summer Junior Camp 2026



IN THIS ISSUE

**SUMMER
JUNIOR CAMP**

CLOVERBUD DAY

CLUB CORNER

**RALLY
NEWS**

**PROVINCIAL
UPDATES**

**LEADER
LINK**

**NATIONAL
NEWS**

**MONTHLY
GAME**



SUMMER JUNIOR CAMP



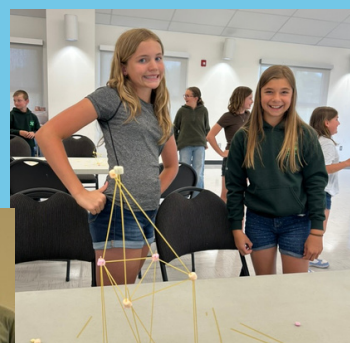
Theme: Olympics

When: July 17th - 19th 2026

Where: Johnville Community Center,
Cookshire-Eaton, Quebec

What did we do?

- Obstacle Course
- Crafts
- Soccer Baseball
- Minute to win it Challenges
- Movie night
- Jeopardy game





CLOVERBUD DAY



Cloverbud Day!

- It took place on July 4th, 2025 in Ormstown
- There was 9 Cloverbud participants
- We did lots of fun activities like:
 - Learning about the 4 “H’s”
 - Playing games
 - Going to the park
 - Decorating a 4-H crown
 - Making ice cream





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

RICHMOND



Our club has been having a bunch of fun these past few months!

By Aurelia Lemlin

On April 19th, we had a meeting at Elm Shake Soffolks in Danville to learn about sheep confirmation and showmanship, as well as different types of hay! A special thanks to Elm Shake Soffolks for hosting this amazing meeting.

On May 2nd, Richmond 4-H attended the Ormstown Square dancing competition. The Juniors and Pee-Wees did amazing! The Pee-Wees got 4th and the Juniors got 3rd. A special thanks to Erin Scoble for taking a bunch of time out of her weeks just for the square dancing activities/practices. We all appreciate it so much!!

On April 15th, we had a few members go to a camping life skills activity at a leader's home in Val-Joli. They all learned how to start a fire, or how to make a tent between trees and much more fun! Thank you Kelly Hodge for hosting and letting us use your house! We all found it so much fun!

On May 30th, some of our 4-H members went to the Wales Home Senior Residence to bring animals and have a few animal clinics for the 4-H members and the residents. There were activities like, holding and learning about rabbits, and sheep wool, some mechanic stuff and much more amazing stuff.

On May 30th, Richmond 4-H organized a benefit dance at RANCH ROBERT'S in Cleveland. Many people attended and we hired an amazing band: Slightly Haggard. They played great music and everyone had a great time line dancing and two-stepping. So a special thanks to the amazing SLIGHTLY HAGGARD for doing an amazing performance!

On June 6th some members attended to learn about goats, horses, horse shoes, and much more! There was also an amazing trimming clinic! Thank you to Brian Smith and Sarah Jones and Mike for all you did, we really appreciated it!





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

SAWYERVILLE



By Annabelle Delaney

It's been a busy and exciting few months for the Sawyerville 4-H Club!

Our spring kicked off in March as we hosted the Innovative Ag Tour, followed by judging preparation for Rally in April and a club prep day in May to help our members get ready for Achievement Day.

On June 28, we held our annual Achievement Day at Woodview Farms for the second year in a row. This year, our members showcased eight project areas: dairy, beef, goats, sheep, horses, rabbits, our new swine project, and life skills.

We were also thrilled to welcome back our Pre-4-H class for its second year. Nine youth, ages 3–5, participated by showing their animals gaining confidence and having fun while getting a taste of what 4-H is all about.

And seeing as that wasn't keeping us busy enough, 12 youth from Sawyerville 4-H and one youth from the Hatley 4-H Club are also busy preparing for an exciting 4-H exchange to Northern Alberta this August. They have been working hard fundraising and getting ready for an unforgettable experience representing Quebec 4-H.





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

SHAWVILLE PART 1



Members of the Shawville 4-H Club recently participated in the first half of the 4-H Canada Club-to-Club Exchange. On July 12, members from a Nova Scotia 4-H Club arrived in Ottawa, where they were greeted by several members of the Shawville Club. Once they arrived in Shawville, they received their Pontiac sweatshirts, generously provided by the MRC du Pontiac. The evening continued with a pool party and barbecue.

Day 2 focused on discovering Shawville and its community. Members visited several local agricultural businesses, including Apple Blossom Farm, Beck Farms, and The Little Red Wagon Winery. This was followed by an afternoon of socializing, square dancing, and a petting zoo with the residents of the CAP. The Club would like to sincerely thank the residents and employees of the CAP for the wonderful afternoon. The day ended with a friendly Farmers Olympics competition.

Day 3 focused on discovering the western part of the Pontiac. Members enjoyed a full day of fun at Aventure Hélianthe, where they floated along the lazy river, played on the beach, enjoyed an amazing barbecue supper, and finished the adventure with some axe throwing. After a short break, members also participated in an introductory square dancing class.





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

SHAWVILLE PART 2



Day 4 focused on discovering the Outaouais. Members enjoyed a hike to Luskville Falls in Gatineau Park, followed by an amusing round of mini-golf at Village Dunnd's. The day ended with supper from Casse-Croûte du Village and a movie.

Day 5 was dedicated to discovering our nation's capital, Ottawa. The day began with a tour of Parliament, followed by a tour of the city. Next, members explored the Canadian Museum of History. Finally, everyone enjoyed a soccer game at TD Place, where they watched Ottawa Rapid FC.

Day 6 was filled with mixed emotions. Members were happy to return home, but sad that this fun adventure had come to an end. Next month, Shawville Club members will have the opportunity to visit Nova Scotia. Everyone is excited to be reunited with their new friends and enjoy another week of fun!

The Shawville 4-H Club would like to express its sincere appreciation to the Shawville community and, in particular, to the Pontiac Agricultural Society, Pontiac Agricultural Society Bingo Committee, the MRC du Pontiac, André Fortin, and 4-H Québec for their generous support. We would also like to thank Staborn Farm for generously allowing the Exchange members to use their site as a home base.

We are incredibly grateful for everyone's support in making this unforgettable experience possible!





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

SHAWVILLE PART 3





ACHIEVEMENT DAY REPORT

SAWYERVILLE



By Annabelle Delaney



Our 4-H Achievement Day showcases the hard work, dedication, and accomplishments of our members throughout the club year.

This year, a new swine class was introduced to the program. We also continued with successful additions from last year, including Life Skills and Pre 4-H, both of which have been very well received.

We are especially proud to recognize 4-H members who supported newer participants in preparing for the show season. Through mentorship, they assisted others in sourcing or working with project animals when access was limited, helping ensure that all members had the opportunity to participate and learn.

Families, friends, and community members were invited to attend, cheer on our members, and celebrate another successful 4-H year. Over 100 people attended the event.





PROVINCIAL UPDATES

RALLY NEWS



Are you part of the 2026
Rally group on Facebook?



Look for

Quebec 4-H's 50th Provincial Rally - 2026

Here you'll find

- The weekend schedule
- Judging Tips
- The Club registration link
- The Meal reservation form (for friends and family)
- A list of classes and topics for the different divisions
- Judging ID Class

Vet Check



**Check your emails for a copy of the
Vet Check guidelines!**

Quebec 4-H will be following the **New Brunswick 4-H Standard Operating Procedures - Provincial Show Vet Check** guidelines again this year for the Quebec 4-H Provincial Rally vet check.

One Quebec 4-H staff member will be meeting clubs at their designated arrival time to check animal entries and accompany the vet selected to perform the vet check.

The decision to send the animal home will be made by the staff member based on the recommendation of the chosen vet(s), and their decision is final.

If a participant's animal is sent home, they may still participate in Rally, but may not participate in an animal project (taking another animal is not allowed).



PROVINCIAL UPDATES



HAHA!

Funny Farm

What do you call a grass-fed cow?

Answer:
A lawn moo-er

2026 Calendar of Events

Opportunity	Date	Host/Location
Provincial Rally	July 30 th to August 2 nd	Lachute
AJRQ Classique	August 14 th to 16 th	Victoriaville
4-H show your colour day	November 4 th	
Royal Agricultural Winter Fair	November 6 th to 15 th	Toronto, ON
Intermediate Leadership Conference	November 20 th to 22 nd	Orford
Members Forum	November 21 st to 26 th	Regina, SK

Quebec 4-H Summer Swag Give Away!

For June, July and August, we will be sending out a prize pack to one member.

For a chance to win all you have to do is send in a picture of yourself following the month's theme.

Member's will have until the 10th of the following month to email their picture to contest@quebec4-h.com

theme is... **show your 4-H spirit**

Capture yourself participating in a 4-H project, caring for animals, working in the garden, volunteering, attending an event, or practicing a skill you've learned through 4-H.

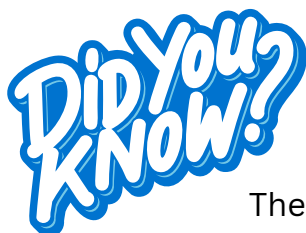


Winners will be announced in the following month's News Spreader. Photos entered may be used for promotional material and shared on social media.

The News Spreader - July 2026 - Quebec 4-H



PROVINCIAL UPDATES

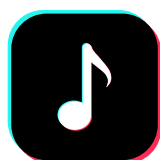


We have a Facebook Page
and a Facebook Group!
But what's the difference?

The 4-H Quebec Facebook Page
is where provincial updates and info is
shared, so follow along so you don't miss out!

The Quebec 4-H Facebook Group is where
our 4-H community can connect and share
club updates and upcoming activities!

Check us out on social media!



quebec.4h



4.H.Quebec



4hquebec

The 2026 Garden Challenge



Here are a few of the potential categories

- Heaviest Pumpkin
- Best Pumpkin Patch
 - garden presentation & care
- Most Unique Variety
 - heirloom, unusual colour/shape
- Jack-o-lantern Carving
- Pumpkin recipe challenge
- Funniest Pumpkin

Have an idea for another category?

E-mail Gillian to let her know -
coordinator@quebec4-H.com



Our new website is up and running!
Check it out at

Quebec4-h.com

More resources, events, and news will continue
to be added so make sure to keep checking in.

NEW ITEMS IN OUR E-STORE!



Back



Front

New
design
available in
adult and
youth sizes
and as
hoodies!



CHECK IT OUT

<https://4hquebec.fundytextile.com/4-h-quebec/shop/home>



Adult and Youth Aprons
now available in 3
colours!

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

Interested in submitting an article or
photo?

Send Sarah an email by August 4th!

Office assistant

Sarah Frost

office@quebec4-h.com

819-826-1574



LEADER LINK



Heatstroke Information

Summer time has some hot days. Here is some information to keep you informed about heatstroke.

What is heatstroke?

Heatstroke is when your body temperature gets up to 104 F degrees (40 C) or higher.



Symptoms:

- High body temperature
- Change in mental state of behavior
- Change in sweating pattern
- Nausea and vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache

If some is experiencing heatstroke they should:

- Go into the shade or indoors
- Remove excess clothing
- Cool down with cold water or ice packs



Source: Mayo Clinic

Wanted:
Members Forum
Chaperone

• Requirements

- Be at least 25 years of age
- Be available for the full duration of the event
 - including travel days
- Be a registered Quebec 4-H volunteer in good standing
 - Need help to complete your training? Reach out to Gillian!
- Be comfortable supervising and supporting youth ages 15–21
- Promote a positive, inclusive, and respectful environment for all participants
- Be able to work collaboratively with youth delegates, other chaperones, and 4-H staff
- Serve as a positive role model and representative of Quebec 4-H
- Be willing to participate in any pre-event meetings or orientation sessions

Where?

Regina, Saskatchewan

When?

November 21–26, 2026

Cost?

Free for chaperones!

The News Spreader - July 2026 - Quebec 4-H



LEADER LINK



Leaders we need your help!

Leadership Webinar Series Coming This Fall

4-H Canada has decided to replace their in-person Leadership Summit with monthly Leadership Webinar Series designed specifically for leaders across the country.

These series will explore practical topics to support leaders in their roles, including:

- Virtual leadership
- Diversity
- Equity
- Inclusion
- Accessibility (DEIA)
- Succession planning
- Urban clubs
- Club finances
- FCC funding opportunities

4-H Canada wants the series to reflect the topics that matter most to you.

If you have ideas for webinar topics or speakers, please share them with Catherine at cmillermort@4-h-canada.ca by July 24.



COMMUNITY POST



*CLASSIQUE DES JEUNES
RURAUX QUÉBÉCOIS CIAQ*

INSCRIPTIONS



OUVERTES



**Inscris-toi pour une fin de semaine
électrisante!**

When: August 14th-16th

Where: Victoriaville

You can now register online through
Assistexpo: [Click here to register](#)



NATIONAL NEWS



4-H Ireland Trip



When: May 14th - 21st 2027 (+/- a day depending on flights)

Cost: 2000\$ (excluding flights)

Age: 17-21 years old by time of travel

This year we have 4 spots to fill!

Visit will include:

- Balmoral Agricultural Show
- A variety of farms
- Activities such as Zip Lining, learning Irish sports
- Research farm
- A chance to meet with the Young Irish Farmers group
- Visiting Irish places of interest including castles

Deadline to apply: August 4th

Complete this online form:

<https://forms.gle/WRHiwMzbwbWyVhXQ6>



JULY'S GAME OF THE MONTH



I Spy...



5



2



4



7



5



2



3



4



4

