

The News Spreader



June 2026



Quebec 4-H Members Shine at the Ormstown Fair



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ORMSTOWN
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CLUB CORNER

KEEPING UP WITH OUR CLUBS!

HOWICK



By Roewan Cosgrove



A few photo highlights
from the Howick 4-H Club,
including winning the
fitting competition at
Ormstown fair!





CLUB CORNER

KEEPING UP WITH OUR CLUBS!

ORMSTOWN



By Maeve McIntyre

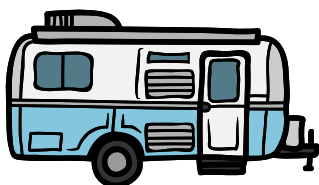
The beginning of June was an especially busy time for the Ormstown 4-H Club as we took on our local fair! We had 20 members showing dairy heifers, three showing rabbits, a few showing horses, and numerous members share their handicrafts in the life skills competition. As usual, our dairy booth was full of smiling members eager to serve the long, long line ups that came with the sunshine over the weekend. This year, our Agriculture Awareness Barn had something extra special, our very own members giving short presentations about subjects related to agriculture and 4-H. The Agriculture Awareness barn aimed to educate our curious visitors and allow them to feed and pet a wide variety of animals. Thank you to all our amazing parent leaders and volunteers who supported and encouraged all our members throughout this busy weekend!





PROVINCIAL UPDATES

RALLY NEWS



Camping Update

Camping is no longer available on the grounds

Lachute families are opening their doors to those looking for a spot to park their camper for the weekend! Water and power hook ups available.

Interested? Reach out to Gillian

Club Registration

Forms due Sunday, June 21st!



Meal Plans and Banquet Tickets

Family and Friends interested in purchasing a meal plan (\$100) or banquet ticket (\$35)? Fill out the form here. Deadline June 21st

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).

The News Spreader - June 2026 - Quebec 4-H



PROVINCIAL UPDATES



CANADA
4-H Quebec

CLOVERBUD DAY

Activities:

- Crafts, Games, Snacks & Fun!

Ormstown
Saturday, July 4th
9:30 to 4:00



Open to members aged 6 to 8 years old as of January 1st, Cloverbud day is a chance for participants to learn more about 4-H, connect with members from other clubs, and have fun!

Registration will be open from June 1st to 27th in Amilia - <https://app.amilia.com/store/en/quebec-4-h/shop/programs/134408?subCategoryIds=7011885>

Cost: \$10/participant

The News Spreader - June 2026 - Quebec 4-H



PROVINCIAL UPDATES



SUMMER JUNIOR CAMP



JULY 17 TO 19, 2026



**JOHNVILLE COMMUNITY CENTER
COOKSHIRE-EATON, QUEBEC**

OPEN TO JUNIOR MEMBERS

- **AGED 9 TO 12 YEARS**

REGISTRATION

- **JUNE 19TH TO JULY 3RD**

\$70 PER MEMBER



CANADA
4-H Quebec





PROVINCIAL UPDATES



Funny Farm

Why shouldn't you ever iron a four-leaf clover?

Answer:
Because you might press
your luck!

2026 Calendar of Events

Opportunity	Date	Host/Location
Cloverbud Day	July 4th	Ormstown
Summer Junior Camp	July 17 th to 19 th	Coakshire-Eaton
Provincial Rally	July 30 th to August 2 nd	Lachute
AJRQ Classique	August 14 th to 16th	Victoriaville
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

June's theme is... 4-H in Action

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.

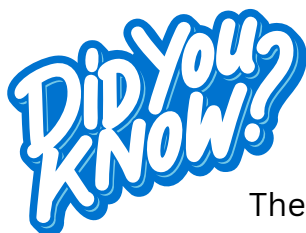


Winners will be announced in the following month's News Spreader. Photos entered may be used for promotional material and shared on social media.

The News Spreader - June 2026 - Quebec 4-H



PROVINCIAL UPDATES

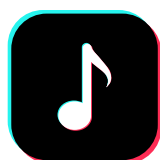


We have a Facebook Page
and a Facebook Group!
But what's the difference?

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 Gillian an email by June 6th!

Provincial Coordinator

Gillian MacDougall

coordinator@quebec4-h.com

819-650-2296



LEADER LINK



First Aid Requirements for Activities



- **For local club meetings and events**
 - It is recommended (but not mandatory) that at least one (1) adult leader has a current Emergency First Aid certificate (8 hour course), especially for cooking activities or when working with large animals.
- **For programming that requires a Activity Plan**
 - The name of the first aider should be documented on the Activity Planning Form.
- **For overnight programs or riskier activities**
 - At least one (1) adult leader needs to have a current Emergency First Aid certificate for overnight activities or those that include youth cooking with fire, specialized equipment, or local EMS response time is 30 or more.
 - The ratio of the first aider to participants is 1:25.
- **For remote locations, if the EMS response time is more than four (4) hours**
 - One (1) adult leader requires Wilderness First Aid, even if they are a health care professional.

*****It is recommended that health care professionals consult with their employer with regard to their professional insurance before taking on the role of the first aider.*****

We would like to make First Aid Training easily available to our leaders and your input helps to make that possible.

A survey was emailed to all registered leaders and volunteers.

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!



CANADA

COMMUNITY POST



CANADA

DIP STAMPEDE

July 18, 3 - 11 PM

at Chris Molgat's place

Invitation to all current and former
DIPs and FMTs, teachers and staff!

Come and spend the day with former classmates and nice people enjoying food, music, and good company! The invitation is open to anyone who ever attended or worked at the program as well as their families.

Bring your chairs and drinks, we will provide the pizza dinner and music.



\$10/person, kids are free

Music: Rhythm & Booze Band (after dinner)

1775 Ste Anne Rd, L'Orignal, ON K0B 1K0

On-site camping available.

Questions? 514-398 7679

Register here to help us plan:



Help us spread the word! We may not have the contact information of many former students, so please circulate this email within your contacts!

See you there!



NATIONAL NEWS



Looking for a new podcast? Check out 4-H Alberta's!



The 94th annual 4-H Canada **Members Forum** is heading to Regina, Saskatchewan, from November 21–26, 2026!

What: 4-H Canada Members Forum 2026

This unforgettable national event brings together 4-H members from across Canada for an inspiring week of connection, discovery, and growth. Youth will have the chance to build lasting friendships, expand their 4-H network, and connect with fellow 4-H'ers from coast to coast. Along the way, they'll explore career and life readiness, meet industry professionals and take part in hands-on learning experiences.

Where: Regina, Saskatchewan

- The Hotel Saskatchewan, Autograph Collection by Marriott
- Attendance at Canadian Western Agribition Included!!

When: November 21 – November 26, 2026!

Who: 7 Quebec members and 1 Chaperone

- Open to members from each province aged 15-21 (members aged 15 by the travel date must also be in a minimum of Grade 10) to attend.

Cost: Early Bird: \$635 by August 14, 2026 - Regular: \$675 by August 31, 2026

- Quebec 4-H will cover a minimum of $\frac{1}{3}$ of the early bird registration fee per member.

How: Put your name on the list by emailing Gillian at coordinator@quebec4-H.com before **July 1st**.

- Spots will be assigned on a first come, first served basis, with the exception of priority going to members who have not previously attended a national 4-H event.



JUNE'S GAME OF THE MONTH



Can you solve the question is?

A=

J=

S=

B=

K=

T=

C=

L=

U=

D=

M=

V=

E=

N=

W=

F=

O=

X=

G=

P=

Y=

H=

Q=

Z=

I=

R=

,



4 ?