

The News Spreader



May 2026



Quebec 4-H Launches New Advanced Learning Retreat

Spearheaded by the 2025–2026 Program and Regulations Chair, Keith Quinn, Quebec 4-H held its first-ever Advanced Learning Retreat (ALR) on Saturday, May 23rd.

So, what is an Advanced Learning Retreat? Designed for Senior and Proven 4-H members, the ALR program is a next step from our Innovative Ag Tour. While both programs provide members with the opportunity to visit Quebec agricultural businesses, the Advanced Learning Retreat focuses on a single business and offers members a more in-depth, behind-the-scenes look at how the operation functions. The goal is to give participants a deeper understanding of the many aspects involved in running a successful agricultural enterprise.

For the inaugural ALR, members travelled to Quinn Farm in Île-Perrot, where a dozen participants took part in an afternoon of workshops and tours organized by the Quinn Family.

The retreat began with an introduction to Quinn Farm and an overview of agritourism and direct sales. Members then explored several important areas of business management throughout the afternoon, including human resources, advertising and marketing, financial management, and risk management. Members also learned about the importance of customer engagement.

Continued on page 2

IN THIS ISSUE

**ADVANCED
LEARNING
RETREAT**

**ANNUAL GENERAL
MEETING**

**2026 IRELAND
TRIP HIGHLIGHTS**

**CITIZENSHIP
CONGRESS**

**CLUB
CORNER**

**PROVINCIAL
UPDATES**

**NATIONAL
NEWS**

**MONTHLY
GAME**



Quebec 4-H 2026

Advanced Learning Retreat

Featuring Quinn Farm!



A production tour of the fields got members outside, giving them a firsthand look at the farm's operations and seasonal activities. The day concluded with a food processing tour, followed by a question period, where members discussed key takeaways from the retreat.

The first Advanced Learning Retreat was a great success and provided members with valuable insight into the many moving parts involved in operating a modern agricultural business. Quebec 4-H looks forward to continuing to grow this new program and offering more opportunities for hands-on, advanced agricultural learning in the future.

Thank you again to Quinn Farm for being our first featured business!

A behind the scenes tour of the food processing



Learning about pest management



All set for a wagon ride through the farm!



While in Ireland, Laura crocheted 4-H clovers to share with members

Dinner together to wrap up the day!

The indoor sessions



Quebec 4-H 2026 Annual General Meeting



1	Edward	Mason	Ormstown	1048
2	Cole	McVety	Hatley	999
3	Julia	Silverson	Lachute	997
4	Preston	Mason	Ormstown	981
4	Ben	Judd	Shawville	981
6	Hailey	Dolloff	Hatley	967
6	Kathleen	Kelly	Shawville	967
8	Emily	McOuat	Lachute	957
9	Shawn	McOuat	Lachute	938
10	Grace	Kelly	Shawville	934

Top 10 Judges for 2026



2026-2027 Provincial Executive

President

- Christina Knox

Vice-President

- Maeve McIntyre

Past President

- Paige Frost

Chair of Finance

- Keith Quinn

Chair of Programs and Regulations

- Cole McVety

Congrats!

Award Winners

Most Improved Club



Sawyerville 4-H Club

Most Community Involvement



Richmond 4-H Club

Best Presentation



Shawville 4-H Club

Leadership Challenge Award



Bianna Rothney

The News Spreader - May 2026 - Quebec 4-H



IRELAND 2026



"I had an amazing trip to Ireland and enjoyed making connections with 4-H members from across Canada!"

- Emily, Lachute



"I had the best time in Ireland and came home with unforgettable memories, new friendships, and a greater appreciation for Irish culture. One thing this experience taught me is that you never know what opportunities await unless you take the chance and try. I almost didn't apply because I doubted I'd be accepted, and I can't imagine missing out on such an incredible adventure."

- Brianna, Sawyerville



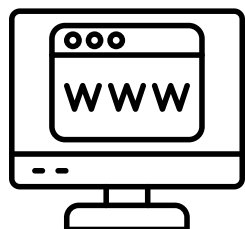


IRELAND 2026



The Ireland 4-H trip was an incredible experience that I would highly recommend to any 4-H leader. The passionate 4-H delegates continue to demonstrate why the organization develops some of the best leaders of tomorrow. I appreciated every moment of the trip and the opportunity to experience Ireland's culture, agriculture, and tourism. Thank you again to 4-H Quebec and 4-H Canada for making this experience possible.

- Devin Keenan, Chaperone



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.

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

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!

Check us out on social media!



quebec.4h



4.H.Quebec



4hquebec



CITIZENSHIP CONGRESS



What were
some of your
Citizenship
highlights?

The mock debate in the senate, the Photo Scavenger hunt where we got to run around Ottawa to compete against other teams with cameras and a group of friends. Among many pictures taken, we had to capture a photo with a stranger, proposing to them, and the last night's dance listening to everyone's favourite tunes as a final goodbye.

- Grace, Shawville





LEADER LINK



A FEW TIPS FOR A SMOOTHER SHOW SEASON

As show season approaches a few reminders to help during fairs.

- Be clear with your members and families to make sure everyone is on the same page of what is considered a 4-H activity during the fair and what isn't.
 - For example
 - A member's shift in the 4-H booth would be a 4-H activity. While they are working, the members would be following 4-H rules and be looked after by volunteers.
 - If a member is participating in the 4-H show then they would need to adhere to the 4-H rules. Be clear on when 4-H volunteers will be present. Make sure parents are aware that outside these hours parents/guardians are fully responsible for their children, even when they are in the 4-H barn.
- Share a reminder that all members agree to the code of conduct when they register for 4-H which includes the following
 - I will:
 - Represent 4-H and myself in a positive way
 - Ensure all actions, including social media activity, is positive and reflects the integrity of 4-H.
 - Refrain from using drugs or alcohol during any 4-H youth events.
- Have a conversation with members about their behaviour and actions while representing 4-H.
 - Behaviour or actions that could reflect poorly on the 4-H image
 - Drinking, fighting, swearing, etc.
 - When are they representing 4-H?
 - Anytime they are in the 4-H barn, booth, show ring, etc.
 - When they are wearing 4-H branded clothing while in public.

What happens when people aren't following the rules?

- If able to address the issue at club or event with quick resolution or corrective coaching.
 - Concerning actions, such as:
 - Disrespectful speech, action, or behaviour
 - Unsportsmanlike conduct
 - Failure to provide appropriate animal care
- Fill out an incident report if
 - This is a repeated issues or behaviour that raises safety concerns
 - Involves the use of drugs or alcohol at a 4-H youth event
 - <https://4h-canada.i-sight.com/portal>



CLUB CORNER

KEEPING UP WITH OUR CLUBS!

ORMSTOWN



By Maeve McIntyre



April with Ormstown 4-H!

April was another busy month for the Ormstown 4-H club! The month began with the horse club's second meeting where our members began building their equine anatomy knowledge, and practice some grooming skills. They also had the opportunity to do some leading exercises that will be the basis for their showmanship skills!

The following weekend we held a dairy and rabbit showmanship clinic. Our senior members shared their knowledge and expertise with our younger members, teaching the basics of washing, feeding, clipping and showing dairy heifers.

Our craft club met and built some very creative scarecrows to decorate our Agricultural Awareness barn at the Ormstown Fair and later members' gardens!

Finally, our square dancers have been very busy! We had 4 square dance teams dancing in both Vankleek Hill and the Ormstown competition. The club put on a great competition with 13 teams participating. The successful day could not have been possible without our great dancers, leaders, parents, and volunteers!

The News Spreader - April 2026 - Quebec 4-H



PROVINCIAL UPDATES



Office Assistant

Joining us for a second summer, Sarah Frost will be the Quebec 4-H Office Assistant. Sarah will be working on social media and communications, while supporting provincial programs such as Rally, Cloverbud Day, and Summer Junior Camp!

Sarah will be starting on June 23rd and can be reached at

- office@quebec4-H.com



NEW ITEMS IN OUR E-STORE!



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



CHECK IT OUT

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



Adult and Youth Aprons now available in 3 colours!

NEED A NEW WHITE POLO FOR UPCOMING SHOWS?
CHECK OUT OUR OPTIONS ONLINE!





PROVINCIAL UPDATES



CANADA
4-H Quebec

CLOVERBUD DAY

Activities:

- Crafts, Games, Snacks & Fun!

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



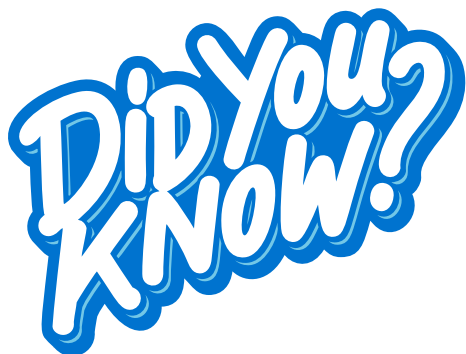
Open to members aged 6 to 8 years old as of January 1st, Cloverbud day is a chance for participants to learn more about 4-H, connect with members from other clubs, and have fun!

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

Cost: \$10/participant



PROVINCIAL UPDATES



Did you know that 4-H has a Transportation Policy?

It is important for members and families to understand that transportation is not part of a leader's role.

Parents and guardians are responsible for transporting youth to and from 4-H meetings and events, and for ensuring two (2) trained leaders or screened volunteers are present before departing.

Personal travel is not considered part of the 4-H program.

Families who wish to arrange to carpool with other families do so at their own risk and should review their personal automobile insurance.

Travel as a club to a sanctioned event is considered to be part of the 4-H program and is insured if the commercial transportation or carpooling is documented in an Activity Plan, is reviewed by the provincial office, and is shared with parents in advance. The Rule of Two applies in each vehicle and all drivers transporting 4-H youth must be screened volunteers and at least 21 years of age.



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



PROVINCIAL UPDATES



Funny Farm

What is a scarecrow's favorite fruit?

Answer:
Straw-berries!

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

June 1st Deadlines

Quebec 4-H Project Registration

- <https://www.assistexpo.ca/quebec-4h-projects-registration>

Quebec 4-H Rally - \$40 Late fee starts

- <https://www.assistexpo.ca/quebec4-h>

TD Canadian Dairy Classic - Pre-registration required to compete at the 2026 Royal

- <https://www.assistexpo.ca/rawf>

Masterfeeds Junior Beef Heifer Show - Pre-registration required to compete at the 2026 Royal

- <https://www.assistexpo.ca/rawf>



NATIONAL NEWS



Will you be pursuing a post secondary education in one of the following areas?

- business
- field crop production
- crop-science.
- trade-based program/apprenticeship, supporting the agriculture sector.
- agriculture, ag-science, or agri-business
- food security, the food system, or value chain.

Check out the scholarships available at
<https://4-h-canada.ca/scholarships-awards/scholarships/>

1 MONTH
TO GO!



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 ⅓ 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.

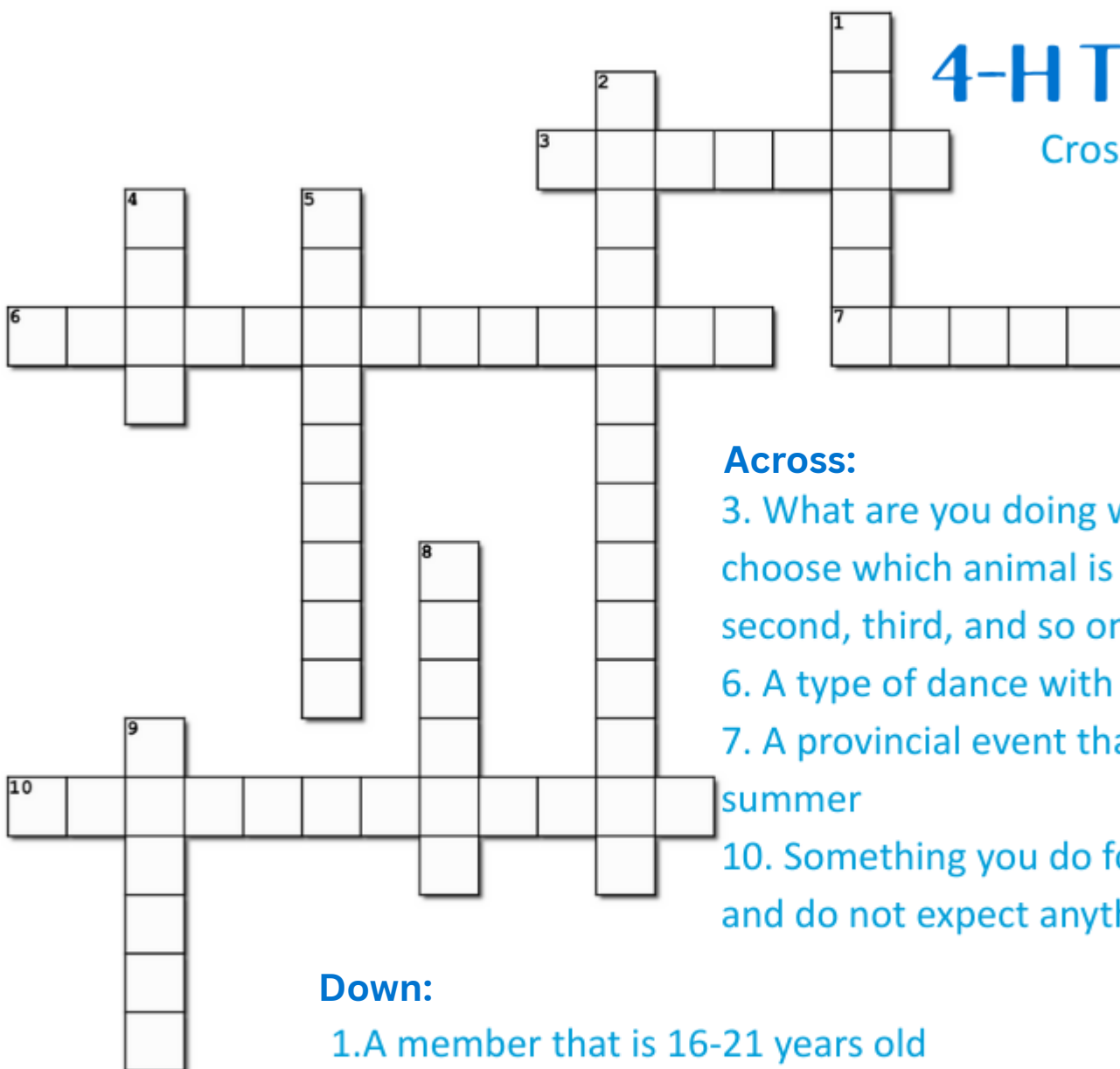


MAY'S GAME OF THE MONTH



4-H Themed

Cross Word



Across:

- 3. What are you doing when you choose which animal is in first, second, third, and so on?
- 6. A type of dance with 8 people
- 7. A provincial event that is held in the summer
- 10. Something you do for someone and do not expect anything in return

Down:

- 1. A member that is 16-21 years old
- 2. Getting up in front of a crowd to give a speech
- 4. A group of people in a specific area
- 5. The group of people who help make decisions about things related to 4-H
- 8. Once you join 4-H you are a _____
- 9. The 4-H logo is a 4-leaf _____