The News Spreader



September 2026

CANADA
4-H Quebec



2026 MAC/JAC Back to School Pizza Party!

Senior members from clubs across the province came together in Ste-Anne's for our Annual MAC/JAC Back to School Pizza Party on September 17th at Harrison House.

The evening was a chance for members to enjoyed dinner together, play games for 4-H prizes, connect, and tour the Provincial Office.













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MONTHLY GAME

CLUB TO CLUB

QUEBEC - NOVA SCOTIA EXCHANGE

By Eloise Thompson





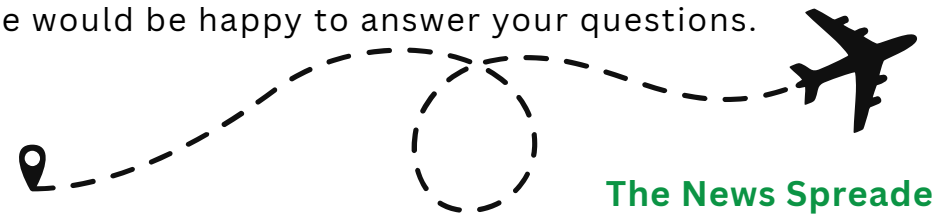
Our 4-H Exchange to Nova Scotia

After hosting our exchange partners in July, Shawville 4-H members were excited to head to Nova Scotia in mid-August! For many of us, it was our first time travelling on an airplane, which made the experience even more exciting.

Our home base was the residences at Acadia University in Wolfville, Nova Scotia. During our trip, we explored the beautiful Annapolis Valley, as well as Halifax and Peggy's Cove. We visited many interesting farms and museums, learned about Nova Scotia's history, and even tried donair for the first time!

Overall, it was an amazing experience! We learned lots of new things, visited some great places, and made many new friends along the way. If you ever get the chance to take part in a 4-H exchange like this, I highly recommend it!

If your club is thinking about applying for 4-H Canada's Club to Club exchange program and has any questions, feel free to contact Jennifer Enright from the Shawville 4-H Club. She would be happy to answer your questions.



CLUB TO CLUB

QUEBEC - NOVA SCOTIA EXCHANGE





Club to Club Exchanges are coming back for 2027!

Keep reading to find out how your club can apply to participate in this wonderful opportunity!









CLUB CORNER

KEEPING UP WITH OUR CLUBS!

SHARE

Discover 4-H!

NEW

4-H Quebec

INTRO CLUB WEST ISLAND

SIX WEEKS. NEW SKILLS. NEW FRIENDS. LOTS OF FUN!

Learn to do by doing!

WEDNESDAYS
OCT 7 TO NOV 11
6:00 PM – 8:00 PM
@ Macdonald Campus

Youth aged 9 to 15 years old as of January 1st 026.

Questions?
coordinator@quebec4-H.com
819-650-2296
https://quebec4-h.com/en/



CANADA
4-H Quebec

TELL a FRIEND

SPREAD THE WORD

PROVINCIAL UPDATES

HAHA!

Funny Farm

Why is it so easy to trick autumn leaves?

Answer: They fall for anything!

2026 Calendar of Events

Opportunity	Date	Host/Location
4-H Show Your 4-H Colours Day	November 4th	Across Canada
Royal Agricultural Winter Fair	November 6th to 15th	Toronto, ON
Intermediate Leadership Conference/ Senior Members Weekend	November 20th to 22nd	Orford
Members Forum	November 21st to 26th	Regina, SK
Provincial Rally 2027	July 22nd to 25th	Shawville

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 October 12th!

Provincial Coordinator
Gillian MacDougall
coordinator@quebec4-h.com
819-650-2296
Quebec4-h.com

Check us out on social media!

quebec.4h | 4.H.Quebec | 4hquebec

COLD WEATHER ESSENTIALS
QUEBEC 4-H E-STORE!



Back



Front

New design available in adult and youth sizes

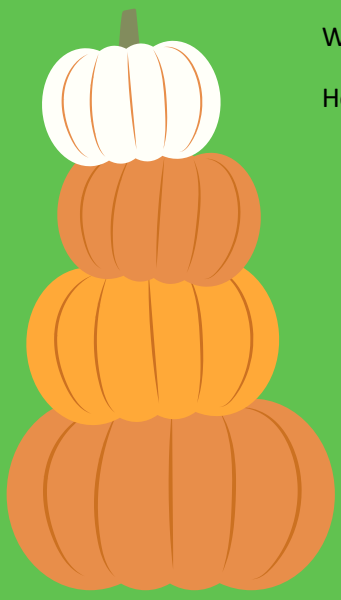


CHECK IT OUT

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

PROVINCIAL UPDATES

The 2026 Garden Challenge



With Fall just around the corner the 2026 Garden Challenge will be wrapping up!

Here are the 2026 categories

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

Have an idea for another category? E-mail Gillian at - coordinator@quebec4-H.com before October 1st to submit a category suggestion.

Entries can be submitted to contest@quebec4-H.com and must include at least one photo.

****UPDATED DEADLINE - Now November 1st 2026****

2027 Opportunities Guide

With 2027 only a few months away the development of the next Opportunities Guide is underway.

If you have a date or opportunity you would like to share with Quebec 4-H members, whether it's offered through 4-H or another organization, please send Gillian an email at coordinator@quebec4-H.com to include it in the 2027 Opportunities Guide.

The Opportunities Guide is a comprehensive guide to local, national, and international opportunities available to 4-H Quebec members and volunteers. This includes Scholarships, Awards, Bursaries, International Travel Opportunities, Competitions, Contests, and more!

The Guide will be available digitally and hard copies will me sent to members.

Throwback to the 2012 Back to School Pizza Party!



Can you spot any familiar faces?

PROVINCIAL UPDATES



LEADER LINK

Growing Our Volunteer Team

Behind every successful 4-H club is a dedicated team of volunteers. From organizing meetings and coordinating events to mentoring members and preparing activities, every helping hand makes a difference.

While our leaders play a vital role, they don't have to do it all alone.
As we move into the busy fall season, now is a great time to look around your club and identify opportunities for parents, alumni, and community members to get involved.
Remember, not every volunteer needs to become a registered leader. Consider creating small, manageable opportunities such as:

- Assisting with a single project or workshop
- Helping organize a fundraiser or community service activity
- Taking photos at events
- Transporting supplies or equipment
- Sharing a special skill or career with members



When volunteers start with a small role, they're often more comfortable taking on additional responsibilities in the future.
Don't forget about your alumni! Former 4-H members already understand the values of the program and often enjoy giving back to the organization that helped shape them.
Most importantly, remember to recognize your volunteers. A simple thank you, a handwritten note, or a public acknowledgement at a meeting can go a long way in making people feel appreciated and encouraging them to stay involved.

Strong clubs aren't built by one or two people—they're built by a community working together. By welcoming new volunteers and sharing responsibilities, we create a stronger, more sustainable future for Quebec 4-H and the youth we serve.

Leader Challenge: At your next club meeting or event, ask one new person to help with one specific task. A personal invitation is often all it takes to turn a parent, alumnus, or community member into your club's next great volunteer.

Need help with volunteer screening or leader training?? Reach out to Gillian at coordinator@quebec4-H.com

NATIONAL NEWS

4-H Logo Guidelines

The 4-H logo in Canada is made up of

- a four-leaf clover, without a stem, with the letter H on each leaf,
- with a maple leaf in the centre,
- and Canada written underneath.

The logo can include the province name underneath Canada and the name of the club above the clover.

4-H Canada has a Logo Generator that is free to use.

Check it out here

https://4-h-canada.ca/resources-education/club-logo-generator/

Why does it matter? Because consistency makes us look professional, recognizable, and united—and it helps build trust with our members, families, volunteers, sponsors, and communities.



Watch out when using AI, it has a very hard time with the 4-H Canada logo!

Looking for more information? 4-H Canada has a handy Visual Identity Guide available on the same page as the logo generator.

Still not sure? Reach out to Gillian at coordinator@quebec4-H.com

NATIONAL NEWS

FCC 4-H Club Fund

Applications opened September 1st, 2026

4-H Canada and FCC are providing a total of $100,000 for financial support to 4-H clubs, districts, and regions across Canada. Grants up to $500 will be available to support intiatives focused on growth, inclusion, and volunteer capacity.

Funding can be used for a variety of activities, including volunteer development, promoting 4-H in your community, reducing barriers to participation, supporting local events, purchasing resources, and more.

Applications deadline: October 31st ,2026!

NEW
4-H Canada Helmet policy



Coming into effect this Fall the following activities will now require helmets for all youth and adult participants.

- Baseball, Softball, T-Ball
- Bicycling
- Curling (under 12)
- Downhill skiing
- High ropes course, canopy tree walks, or challenge courses
- Hockey and ringette
- Equestrian Activities
- Ice skating
- Rock Climbing on a natural rock face
- Skateboarding rollerblading/skating
- Snowboarding
- Sledding, tobogganing, snow tubing
- Zip Lining

For the full policy please reached out to Gillian

Leaders Learn Series

Sessions will take place on the third Wednesday of each month at 7:30 p.m. ET.

Sessions will include:

- **October 21:** Urban Clubs: Short-Term, Big Impact: How 4-H Intro Clubs Are Growing Membership in New Ways with 4-H Alberta's Lori Neilson
- **November 18:** Running a Virtual Cooking Club and make some pizza with 4-H ON Leader John Drummond
- **January 20:** 4-H Canada's Youth Advisory Committee
- **February 17:** Agents of STEM: Mission Ready Leader Training with 4-H Canada's Chelsea Crawford and 4-H MB YAC Ashlyn Whetter
- **March 17:** DEIA session, details to be confirmed

Agents of STEM
Program Returning in 2027

This fall, members can connect with real STEM professionals during the Meet a Real Agent of STEM webinar.

A virtual leader training session will take place in February 2027, helping volunteers prepare for the official relaunch of the Agents of STEM kits in early 2027.

NATIONAL NEWS



Club to Club is back for 2027

Ready to connect with 4-H members from across Canada, explore a new community and create unforgettable memories?

Club to Club gives 4-H members the opportunity to travel, learn and experience 4-H in a whole new way alongside another 4-H club from across the country.

Dates and Deadlines

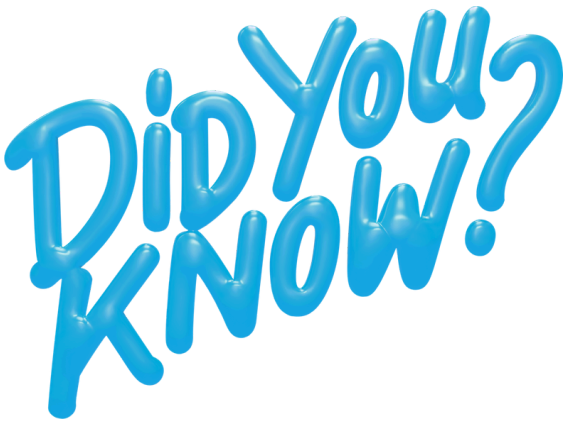
Applications open September 14
Apply by October 19, 2026
Information Webinar: October 7

Stay tuned to learn more about the 2027 Club to Club experience!



https://bit.ly/4mlDmzR

COMMUNITY POST



Quebec 4-H is recognized an a minority language association, being an English organization in Quebec, and a large portion of our annual funding comes from Canadian Heritage.

Are you familiar with our Mission Statement?
4-H Quebec is a community-based organization, which is dedicated to developing life skills such as leadership, cooperation, responsibility and independence for the English-speaking youth of Quebec through skill development and achievement.

But we also have several purposes

- The purpose of the association shall be to promote the personal development of English-speaking youth aged 6 to 25 in agricultural, rural, and urban communities.
- A further purpose shall be to foster positive relations with French speaking rural youth.
- A further purpose shall be to explore and encourage possibilities for exchange with youth in Quebec, Canada and the world.
- A further purpose shall be to maintain a mutual understanding and good working relationship with the 4-H community and the Canadian 4-H Council.

2026 Cross-Canada Official Languages Consultation - Have your say!

The Department of Canadian Heritage is seeking public views on official languages to contribute to the development of the next federal strategy, which will succeed the Action Plan for Official Languages 2023–2028: Protection–Promotion–Collaboration.

A short questionnaire, approximately 10 to 15 minutes to complete, is open to anyone who would like to share their views on the subject, regardless of their level of knowledge of the topic.

Participation is voluntary, and your responses will be kept confidential. You can also share your views and ideas on the next federal official languages strategy itself by writing to Consultations_LO-OL_Consultations@pch.gc.ca.

The online questionnaire is open to all Canadians and will be available until November 2026.



COMMUNITY POST



ERA's 9th Annual Kids Poster Contest is here!

ERA's 9th Annual Kids Poster Contest invites students across Canada to get creative and show what Reduce, Reuse, Recycle means to them.

Submit an original poster for a chance to win a laptop and help inspire a more sustainable futre.

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Contest Dates: September 1 - December 15, 2026

www.era.ca





GAME OF THE MONTH

	3		4				8	5
8		4		3	2			1
	1				5	7		
	4			9	1			7
	6	9			7	5	2	4
5			6					
		1		7			5	9
3	2			4	8	1		
	9				6			2

Can you solve this sudoku?