

The News Spreader



June 2024



Photos provided by Mackenzie Peddie: The 4-H Canada members and chaperones in Ireland

2024 International Rural Exchange 4-H trip to Ireland

By Mackenzie Peddie

This May, from the 17 to the 23, I had the incredible opportunity to be a part of the first ever International Rural Exchange along with Liberty. As we represented Quebec 4-H, we got to travel across many parts of Ireland with 29 other members from across 4-H (It took about three hours to get from the East side to the West!) and visit many agricultural establishments, such as dairy farms, a research center focused on beef, and even a water buffalo farm.

When we weren't learning about Irish agriculture, we were exploring and bonding together, from ziplining to visiting the Cliffs of Moher (highly recommended), and even seeing the ruins of a castle.

Thank you to everyone who was involved in making this a reality for the both of us. It was the experience of a lifetime to be able to travel, represent Quebec and Canada 4-H on a national level, and make new friends from coast to coast.



Above - Quebec 4-H Members Mackenzie Peddie and Liberty Lloyd.

Below - 4-H Canada members and chaperones in Ireland



IN THIS ISSUE

IRELAND TRIP

PROVINCIAL
UPDATES

ACTIVITY
PLANNING 101

CITIZENSHIP
CONGRESS

NATIONAL
NEWS



PROVINCIAL UPDATES



Provincial Rally
June 27 to June 30
Hosted by the
Richmond 4-H Club

Summer Jr Camp
July 19 to 21
Held in the
Chateaugay Valley

**AGM & Leadership
Conference**
Nov 22 to 24
Hosted by The Shawville
4-H Club

PROVINCIAL COORDINATOR'S MESSAGE

The final count down is on until Rally and I am both excited and nervous! But mostly excited!

While I grew up in the Ormstown 4-H Club, my mom came from Richmond and was part of the original group of members who first hosted Rally. In 2022 my two oldest children became 3rd generation Rally participants, so to be heading to Richmond in less two weeks for my first Rally as Provincial Coordinator seems like a full circle!

Programming is my favourite part of my job and I looked forward to putting activities together for members to take part in. This year I am very thankful to be working with such a great team to be putting Rally on.

The Richmond Club, with their combined passion and experience, really stepped up this year during the staffing transition to make sure that Rally will be an amazing experience for all participants.

Having Paige back in the office as Event Coordinator for a second summer, has also been wonderful, and I have no doubt Rally will be a success with these powerhouses behind the scenes.

While Rally seems to be the main focus right now don't worry there are lots of other things going on in the background, like Summer Junior Camp planning! Keep reading to find out when registration opens :)

- Gillian

Office Manager



**Erika
Ellison**

Hi everyone, I'm currently a student at Concordia University in the Bachelor of Commerce major in Economics program. I also have a DEC in Natural Science from Heritage college.

So far this summer I've been supply teaching at McDowell and Onslow elementary schools, which has made me realize how much I love working with children.

Another fun fact about me is that I love all things plant related. I started collecting house plants a couple of years ago and have recently taken an interest in vegetable gardening.

I look forward to working with an organization that deals with my main interests and I can't wait to start preparing for the Provincial Rally.

Finance Committee Chair



**Rebecca
Weldon**

Rebecca is the Chair of the Finance Committee for the Quebec 4-H Board. She is also the Quebec representative on the 4-H Canada Youth Advisory Committee (YAC).

She holds a Bachelor of Commerce from McGill University and is currently pursuing her CPA designation.

Outside of her involvement with 4-H, you can find Rebecca baking and spending time outdoors.

Curious about who else is on the Quebec 4-H Provincial board? Check out the list of board members on our [website](#).



New Rally App!

RALLY NEWS



"The host club is going green! 🌍
We're aiming for a zero-waste weekend. Bring your water bottle and download our app to help minimize our impact.



SCHEDULE OF EVENTS

Thursday, June 27th

1:00 p.m. - 4:00 p.m.	Arrival of Animals/ Vet check & Registration
1:30 p.m. - 4:30 p.m.	Life skills drop off
4:00 p.m. - 4:30 p.m.	Chaperone Meeting
4:30 p.m. - 6:00 p.m.	Supper - <i>Sponsored by CIAQ</i>
6:30 p.m.	Opening Ceremonies
7:30 p.m.	Farmers' Olympics - <i>Sponsored by Alsum & AB-SM</i>

Friday, June 28th

7:00 a.m. - 8:30 a.m.	Breakfast - <i>Sponsored by DLF</i>
8:00 a.m. - 9:00 a.m.	Compulsory Life Skills Class
9:30 a.m. - 12:00 a.m.	Public Speaking
11:30 a.m. - 1:00 p.m.	Lunch
12:30 p.m.	Fitting Teams may set up their spaces
1:15 p.m. - 1:30 p.m.	Meeting with Group Leaders for Judging competition
1:30 p.m. - 3:30 p.m.	Judging Competition
4:00 p.m. - 4:30 p.m.	Announcement of Public Speaking & Life Skills Winners
4:30 p.m. - 6:00 p.m.	Supper
6:15 p.m. - 7:00 p.m.	Costume Class
7:30 p.m.	Fitting Competition

Saturday, June 29th

6:30 a.m. - 8:00 a.m.	Breakfast - Sausages sponsored by Les Gars des Saucisse
8:00 a.m.	Rabbit Showmanship and Confirmation
9:00 a.m.	Sheep, Horse, Goat, & Beef Show
9:30 a.m.	Dairy Showmanship
11:30 a.m.	Overall Showmanship
12:00 a.m. - 1:30 p.m.	Lunch - <i>Sponsored by The Rally OGs and Coaticook Ice Cream</i>
	(All showing will be paused from 12:30 p.m. - 1:00p.m.)
1:00 p.m.	Dairy Confirmation
7:00 p.m.	Banquet and dance

Sunday, June 30th

7:00 a.m. - 9:00 a.m.	Breakfast - <i>Sponsored by Richmond 4-H Families</i>
8:00 a.m. - 11:00 a.m.	Life Skills Pick-Up
11:00 a.m.	Maximum time for departure

Contact Info

Provincial Coordinator
Gillian MacDougall
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819-650-2296

Event Coordinator
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Office Manager
Erika Ellison
office@quebec4-h.com

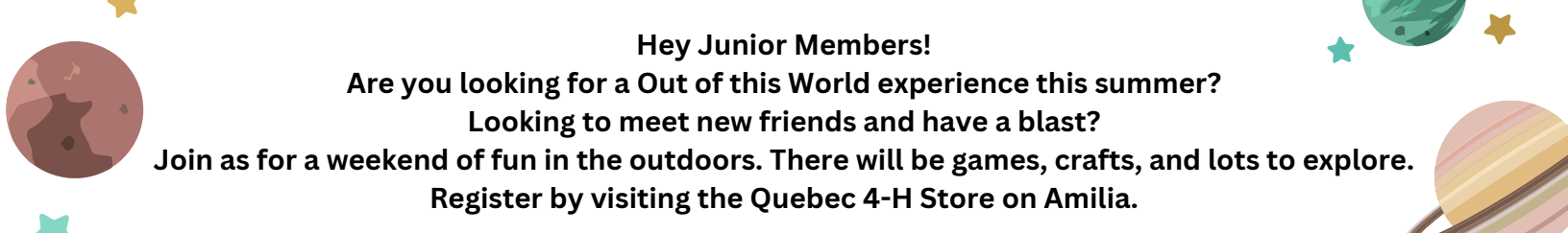
Administrative Assistant
Quynh Anh Tran
quynh@quebec4-h.com



Flashback to Farmers' Olympics! Recognize anyone?

Interested in submitting an article or photo to The News Spreader? Have an event you'd like to promote?

Send us an email at coordinator@quebec4-h.com by August 6th to be in the next edition!



Hey Junior Members!

Are you looking for a Out of this World experience this summer?

Looking to meet new friends and have a blast?

Join as for a weekend of fun in the outdoors. There will be games, crafts, and lots to explore.

Register by visiting the Quebec 4-H Store on Amilia.

July 19th
to
July 21st

SUMMER JUNIOR CAMP

GAMES - CRAFTS - FUN

Open to Junior members

Aged 9 to 12 years

Registration

June 20th to July 4th

\$70 per member

DUNN MEMORIAL SCOUT CAMP

2572 1st Concession

Elgin, Quebec



Activity Planning - 101

When do we submit a plan?

- When an activity includes more than just your club.
- When transportation and/or accommodations are organized by 4-H
- When third-party service providers that require a waiver are involved (i.e. archery or trampoline)
- High risk activities that are outside your club's norm (i.e. a cooking club would not have the practiced skills to go on a trail ride, while an equestrian club would be developing the required riding skills)

Who should submit the activity plan?

- The trained leader or staff planning the event

How do we submit an activity plan?

- Online at 4-hcanada.ca/youth-safety
- Or by reaching out to Gillian at coordinator@quebec4-h.com

What happens after the activity plan is submitted?

- It will be reviewed by provincial staff
- Once approved, you will receive a copy that can be shared with members, leaders, and families prior to the event.

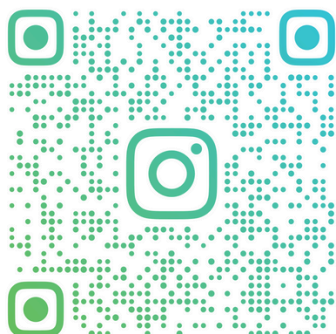


Check out the [4-H Canada Activity Planning Quick Reference Guide](#) for more info!



CANADA
4-H Quebec

Check us out
on Instagram
and tag us to
enter!



4HQUEBEC

PHOTO CONTEST

Winners to be included in the
2025 CALENDAR!



CONTACT US :

819-650-2296 | coordinator@quebec4-h.com

1. Eligibility

- a. The contest is open to all members of Quebec 4-H.
- b. Members must be in good standing with their membership fees paid.

2. Entry Period

- a. Deadline for photo submission is 12 pm (noon) October 7th.

3. How to Enter

- a. Photos can be submitted by email to contest@quebec4-h.com or by tagging Quebec 4-H on Instagram [@4hquebec](https://www.instagram.com/4hquebec)
- b. There is no limit to the number of entries.
- c. When submitting your photos please include a photo caption, full name of member, and club.
- d. Ensure that all people in the photo have consented to have their image shared.

4. Photo Requirements

- a. Photos must be original and taken by the member submitting them.
- b. Photos should not contain any watermarks, signatures, or any identifying marks.

5. Judging

- a. All photos submitted will be uploaded to a contest album on the 4-H Quebec Facebook Page. Once uploaded, the voting period will be open from noon October 11th to noon October 18th.

6. Prizes

- a. The thirteen (13) photos with the most likes in the dedicated contest album on Facebook will be selected for the Quebec 4-H 2025 calendar.

7. Winner Notification

- a. Winners will be announced on Quebec 4-H's website, Facebook, and Instagram.

8. Usage Rights

- a. By entering the contest, participants grant Quebec 4-H the right to use their photos for promotional purposes.

9. Disqualification

- a. Any photos with inappropriate content will not be accepted.



CANADA

NATIONAL NEWS



CANADA



Citizenship Congress

Established in 1972 to unite 4-H members from across the country, 4-H Canada's Citizenship Congress provides 4-H members with knowledge and insight about Canada, its history, and its governmental systems.

This year, Shawville 4-H member, Kathleen Kelly was the sole delegate representing Quebec 4-H.

Photo by 4-H Canada: Quebec 4-H member Kathleen Kelly (far left) at Parliament Hill in Ottawa, Ont during 4-H Canada's Citizenship Congress

How can members and clubs participate in the AgriFood Challenge?

Step 1: DO. Use the Proud To Bee A 4-H'er, Dig Into Soil, and Food For Thought activity books to learn more about sustainable agriculture and food security. Try out some activities.

Step 2: REFLECT. Talk with your challenge group members about what you learned from the activity books and the activities you completed. How do these issues affect your community? Brainstorm ideas for how you can use what you've learned to take positive action.

Step 3: APPLY. With the support of your club leaders, choose what your action will be and make a plan for your challenge. Do you need any permission? Do you need supplies? How long will it take to complete your action? Who can you ask for help? What community resources can you make use of? When do you need to start? How can you involve others? What will the role of your challenge group members be?



Divide the work, roll up your sleeves and get started! There's no better time to create positive change in your community than right now! Via the online challenge portal, clubs will submit their application(s) in hopes of being selected to receive one of **15 x \$500 cash prizes** (*note: no club will be eligible to win more than \$1,000 in total cash prizes).

Learn more today and register your project at:
4-h-canada.ca/programs/agrifood-challenge

My Career, My Future

offers 4-H Canada members and their clubs across the country the opportunity to learn about the United Nations' Sustainable Development Goal (SDG) 8: Decent Work and Economic Growth and how they can play a role in supporting full and productive employment and decent work for all. This resource is perfect for 4-H members to discover their personal role in ensuring that everyone can benefit from entrepreneurship and innovation in their community, their country, and their world! **DEADLINE JUNE 23, 2024**

<https://4-h-canada.ca/programs/outreach-initiatives/my-career-my-future>

