

The News Spreader



CANADA
4-H Quebec



October 2024

**NEW
DEADLINE**

YAC!

Are you 18 to 25?

Are you passionate about 4-H?

Do you want to be our next 4-H Canada Youth Advisory Committee representative for Quebec 4-H?!

Reach out for more info.
Submit your application by October 25th!

Garden Challenge 2025

We'd like to organize a Garden Challenge and would like input from you!

Is there something that you've always wanted to try growing?

Has your club had a successful garden project that you'd like to challenge other members to?

Do you want to learn more about a specific type of gardening?



Send Gillian an email at
coordinator@quebec4-h.com to share your ideas and suggestions!

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CLUB CORNER

Keeping up with our clubs!



HATLEY

By: Allison Morse



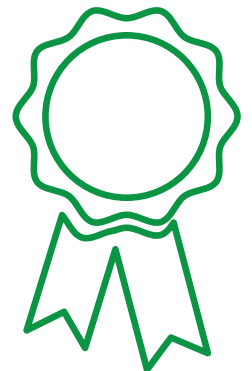
In the month of September, the Hatley 4H club held their achievement day.

We were very fortunate to have many prizes and donations for each member for their hard work all year long.



Special thanks to all the judges and parents for making this day happen.

We ended off the day with some dominos pizza and announcing our champion show persons!



Photos provided by: Allison Morse



CLUB CORNER

Keeping up with our clubs!

RICHMOND



Check out the photos from the Club's apple crisp fundraiser where they put together 240 crisp in one morning!





CLUB CORNER

Keeping up with our clubs!

SHAWVILLE By: Eloise Thompson



On October 17th the Shawville 4-H Club went to the Centre D'Accueil Pontiac as part of their Fall Fair. Members square danced at both the CAP and the neighboring hospital.

Amy called the junior square dance, which was Three by Three Waltz Chasse and Eloise called the Peewee square, which was Three Ladies Chain. At the end all the dancers did the Virginia Reel. The residents really enjoyed the music and the fast movements of the young dancers. The ladies also received lots of compliments on their beautiful outfits.

Outside on the patio pens were set up and some members brought animals. There were a few goats, rabbits, sheep, and heifers. The residents really enjoyed petting all the animals and the animals loved all the attention.

After all the dancing and visiting with the animals there was popcorn, cotton candy, hotdogs, and juice boxes for everyone. This is always the members favorite part!

Overall it was a great event and all the residents and members enjoyed themselves. The club looks forward to attending again next year.





CANADA

PROVINCIAL UPDATES



CANADA

Are you or someone you know interested in starting a 4-H Club?

Does your area need 4-H?

Curious what it would take to get started?

Contact Gillian at coordinator@quebec4-h.com for more information.



Contact Info

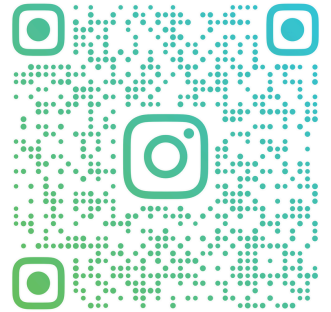
Provincial Coordinator

Gillian MacDougall

coordinator@quebec4-h.com

819-650-2296

Instagram



TikTok

[quebec.4h](https://www.tiktok.com/quebec.4h)

4HQUBEC

PROVINCIAL RALLY 2025

SAVE THE DATE

JULY 17TH TO 20TH

2025'S THEME:
MUSIC



CANADA
4-H Quebec

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 November 8th to be in the next edition!



PROVINCIAL UPDATES



Funny Farm
Did you hear about the magic tractor?



Answer:
It turned into a field!

Getting Ready for AGM!

AGM is coming up November 23rd and sets Quebec 4-H up for the year ahead. Did you know that Quebec 4-H is the only province who's Board of Directors is made up of youth members?

Board Directors

Provincial Directors are elected by their clubs to work together to represent Quebec 4-H's interests, attend all board meetings, and help out local clubs in their area when needed. Clubs can elect up to 2 directors annually and are encouraged to be 18 years old or older. Is your club facing challenges to find a director, or do you have a keen younger member who would like to join? Reach out to Gillian or Paige for more information!

The Quebec 4-H Executive

The executive committee is made up of the President, Vice-President, Past-President, Chair of the Finance Committee, and the Chair of the Programs and Regulations Committee.

The President and Vice-President are elected at AGM. The committees are appointed at AGM and they select their committee chairs the same day.

Finance Committee

This committee is made up of 3 to 10 members who help manage Quebec 4-H's finances, including budgeting, salaries, and expenses, while gaining valuable financial skills and experience.

Programs and Regulations Committee

Made up of 5 to 15 members, the committee helps shape Quebec 4-H programs and rules, reviews policies, and guide events like the AGM, Leadership Conference, and Junior Camps. Be part of important decisions, including delegate selection for National 4-H programs!

Advisory Committee

Do you know someone with great insight who can help guide Quebec 4-H's provincial board? Nominate them for the Advisory Committee, where they'll help review policies, bylaws, and offer advice on important decisions to the Provincial Board!

Interested in more information about any of the positions?

Reach out to coordinator@quebec4-h.com


AGM is an opportunity for all members to have their voices heard at the provincial level and help shape the future of 4-H!

Members will have the opportunity to present reports from their clubs as well as provincial and national opportunities.

Registration is open!
Head over to Amilia to sign up by October 25th!

Is your club interested participating in an exchange to another province?

Contact Gillian to see what we can do!





NATIONAL NEWS



Calling all 4-H leaders and members!

Our AgriFood Challenge has been **EXTENDED to Dec. 8, 2024!** In case you haven't heard, we're partnering up with Syngenta Canada to challenge youth leaders create sustainable solutions and think critically about sustainable agriculture and food security at the community level. 4-H'ers have what it takes to innovatively solve some of the biggest challenges facing our planet. This challenge is one way to make a difference, and you could win up to \$1000 in cash prizes for your club! Need some project inspiration? No act is too small!

1. Grow a community garden
2. Start a poster campaign about sustainable soil practices
3. Educate your community about minimizing food waste
4. Host a farm tour and demonstrate sustainable agricultural practices
5. Making a display board about sustainable agriculture or food security and talking to people at community events about these issues and how they can help!
6. Build Bee Hotels to support solitary bees. Place them at the appropriate height in sunny safe locations around your community.
7. Host a cooking night for youth where you share a sourdough starter with all participants. Teach them how to care for it and make some simple recipes using existing sourdough starter or discard.

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



syngenta®

AgriFOOD CHALLENGE

**PUT YOUR LEARNING INTO ACTION
FOR YOUR CHANCE TO WIN ONE
OF 15 x \$500 CASH PRIZES!**

THE CHALLENGE CLOSSES DEC. 8, 2024





NATIONAL NEWS



DEADLINE - OCTOBER 31!

APPLICATIONS FOR THE FCC 4-H CLUB FUND ARE NOW OPEN!

What could your club do with \$500?

Through the generosity of FCC, \$100,000 is available (up to \$500 per 4-H club, district, and region across Canada). These funds can go towards programs, activities, and more including the following eligible activities:

- Costs associated with promotion and advertising, such as promotion of a community-based 4-H club and new member registration;
- Costs associated with eliminating barriers to entry, such as ASL training for members;
- Costs associated with registration fees for leaders to attend 4-H conferences or seminars;
- Volunteer capacity building (first aid training, mental health first aid etc.)

Visit 4-h-canada.ca/clubfunds to learn more and apply today!

Applications close Oct. 31, 2024.



4-H Canada
**Leadership
Summit 2025**

COMING VIRTUALLY
NEXT APRIL



PRELIMINARY SURVEY

Leadership Summit 2025 Survey

Leadership Summit 2025 is just around the corner! Next year, we're bringing it back to virtual, and we're hoping to make it accessible to as many leaders as possible across Canada.

Help us make this the best virtual conference yet! Please use the below survey link to help us gather information on preferred dates, times, and more. Your help is greatly appreciated.

Survey [Link: forms.office.com/r/qv76Bc7Ygk](https://forms.office.com/r/qv76Bc7Ygk)



NATIONAL NEWS



**Tomorrow needs 4-H.
Today, 4-H needs you.**



FCC will match the first \$50,000 in donations!

Tomorrow Needs 4-H is a fundraising initiative of the Canadian 4-H Foundation.

Traveling to and attending national gatherings delivered by 4-H Canada have long been the pinnacle experiences for senior 4-H youth from across the country. These events truly help to build a national network of youth leaders from farm and rural communities. However, the economic challenges of the post-pandemic era are now affecting 4-H Canada's ability to financially support and deliver these experiences. As a result, some of this country's most promising youth leaders may miss out on critical skill and leadership development opportunities—opportunities that help build confident, engaged citizens, eager and capable to contribute to the world around them. Funds from this campaign will help address this challenge and ensure that 4-H youth, many of whom depend on 4-H programs for development opportunities typically found in urban areas, receive the support they need.

Tomorrow needs 4-H. Today, 4-H needs you!

Visit <https://4-h-canada.ca/product/donation/> to donate today.

How to Record Your Video for Show Your 4-H Colours

This year for Show Your 4-H Colours we're asking YOU to share how 4-H has shaped who you are today. Please record a 30 second to 1 minute video answering any of the following discussion points:



1. Describe how 4-H has shaped who you are today.
2. Describe how the skills you've developed through 4-H help you in your current career.
3. What has been your biggest takeaway while working with/being a part of 4-H?
4. What's one of your favourite memories as a 4-H member, leader, staffer, board member, or trustee?
5. What advice would you give to the next generation of 4-H youth members?
6. In your own words, what is the value of 4-H?



Mic Check

Testing testing 1-2-3... is this thing on? Make sure before you record your video that you test your microphone quality! Try to find a quiet space with minimal background noise (it's easier to get quality audio indoors; if outside, try find a spot with minimal wind), and make sure that nothing is covering your mic (including your own hand!). Connecting a separate microphone? A quick practice recording is key to preventing the need to re-record.



We want to show the faces of real members of the 4-H community! In order to do that, we need to make sure we can see you. The best filming conditions are facing towards natural light (i.e. a window). If that's not possible, make sure to avoid any backlighting and turn on any lights in front of you.

Lights

2

3

Camera

Please be sure to film yourself vertically, and NOT horizontally. This will maximize our use of the videos across all channels (Reels and TikTok especially). Make sure you are center frame with a generous border of space around you, we can always zoom-in when editing!



ACTION!

4

You're all set! Record your video and submit it via email to afelton@4-h-canada.ca, or, upload your video to this [Google Drive link](#).

LAST CALL FOR VIDEOS - OCTOBER 20th

SENDING THEM TO GILLIAN