

You're Invited to the
2022 4-H ONTARIO
VOLUNTEER CONFERENCE
& ANNUAL MEETING



When: March 25-26, 2022

Where: Sheraton Parkway Toronto North Hotel, 600 Highway 7 Richmond Hill, ON

Conference Hosts: Region 6 volunteers and 4-H Ontario Staff

Greetings on behalf of the 4-H Ontario Conference Committee

You are invited to the 2022 4-H Ontario Volunteer Conference 'Fueling 4-H for the Future', hosted by Region 6.

Over the past few months, representatives from across Region 6 have been planning an interactive and experiential learning program for you to enjoy.

Once again, 4-H Ontario is offering an early bird registration, due on February 4th and all registrations will be done online, with a mandatory covid screening protocol included. Guest room reservations are the responsibility of the conference delegate. See the FAQs for more information.

The Ontario 4-H Council Annual General Meeting will be held on the Friday evening at 6pm and all interested delegates are invited to attend. The Ontario 4-H Foundation Annual General Meeting will be taking place virtually at a later date. Saturday at the conference offers a full agenda, including an exciting offering of workshops, Ambassador recognition, the Arbor Award dinner, a fantastic keynote speaker and other social and networking opportunities

Follow the planning and excitement via Facebook and Twitter #4HONT22.

We hope you will join us at this exciting 4-H event, as we fuel up our volunteers and make the 2022 4-H Ontario Volunteer Conference (March 25-26, 2022 at the Sheraton Parkway Toronto North in Richmond Hill), a great reunion!

Region 6
2022 4-H Ontario Volunteer Conference Planning Committee

Here is what past delegates said about previous 4-H Ontario Volunteer Conferences:

'An excellent, positive conference – thank you!'

"Great conference/weekend! I learned lots and am definitely going home refreshed! "

'Thank you so much, I had a blast! I'm coming back next year!'

'Fueling 4-H for the Future' at the 2022 4-H Ontario Volunteer Conference!

The pre-conference activities begin on Friday, March 25, 2022 with hotel and conference registration, networking, resource displays, hands on project activities, and early bird sessions. Followed by the Ontario 4-H Council Annual General Meeting (AGM), the conference kick off, and social activities to close the opening day.

The energy and excitement will fuel up on Saturday, March 26, 2022 with the famous “Farmer Tim”, who will ‘push the gas’ on the morning, after breakfast, as the conference keynote speaker. The 4-H Ontario Volunteer Support Staff team will then lead the morning sessions with some practical best practice sessions. Lunch on Saturday will be a sit-down meal, for the 4-H Ontario Ambassador induction and recognition celebration. The afternoon is filled with more educational workshops and activities. All delegates are invited to attend the prestigious 4-H Ontario Arbor Award dinner and presentations. Be sure to bring your bidding arm to participate in the 4-H Ontario Live Auction. There is also a silent auction throughout the weekend, that we encourage everyone to check out. Saturday caps off with entertainment and a social and networking time.

PRELIMINARY AGENDA

Friday March 25, 2022

- Check in
- Sheraton facilities (pool, fitness centre, shopping etc.) open for delegate use
- Afternoon Activities
 - 4-H Conference Registration Desk opens at 1pm
 - Early bird sessions at 2pm & 3pm
 - 4-H Ontario Council Annual General Meeting
Dinner is on your own for Friday evening
 - Conference Kick-Off and Delegate Mixer

Saturday, March 26, 2022

- Breakfast
- Keynote Speaker Farmer Tim
- Workshops - 12 sessions spread over 3 timeslots
- 4-H Ontario Ambassador Recognition Luncheon
- 4-H Ontario Arbor Award Banquet
- 4-H Auction
- Entertainment
- Social and Networking

4-H Ontario Volunteer Conference Keynote Speaker

“FARMER TIM” May

Saturday March 26th, 9am

FARMING THE FIELDS OF SOCIAL MEDIA - SPECIAL 4-H EDITION:

Volunteering for 4-H puts you in a position to be the ultimate ambassador for agriculture. In his presentation, Tim will highlight why we all need to be advocates and he gives practical tips on how to speak up for agriculture in a positive way while breaking out of our own echo chambers.

Farmer Tim has worldwide social media followers and is extremely excited to share his tales with the 4-H Ontario Volunteer Conference attendees.



4-H Ontario Volunteer Conference Workshop Topics

subject to change

1. **A Project Fireside Chat:** Chatting with Others in your Selected Projects Gather for a facilitated discussion with your fellow volunteers around specific project areas that you have interest in volunteering with! Share wonderful Achievement Day ideas with your fellow Livestock Leaders, talk with those who have lead virtual projects about their best tips, or take part in some great best-practice sharing with those working on Locally Submitted Projects! Tables will be created based on the attendees in the session's interests and discussion questions will get the conversation flowing!
2. **Filling Up Your 4-H Tank; Making the Most Out of Tools and Resources for 4-H Volunteers:** Come and gather with your fellow volunteers to discuss what tools and resources volunteers are using in their 4-H programming across the province that might benefit you! Learn how to get the most out of the 4-H Ontario website resources! Discover what 4-H Learns is all about! Gain some insight into innovation and experiences that you can bring home to your clubs!
3. **Championing the Organization You Love!!:** If you have a strong passion and belief in the 4-H program and the skills that it provides to Youth, then it's time you officially became a 4-H Champion. Join us as we discuss what it means to be a 4-H Champion and work together to build a tool kit of resources and tips that you will be able to carry with you as you promote the program throughout your Network and the Community.
4. **Building Relationships/Partnerships In and Out of 4-H:** We will take a look at some of our current partnerships with businesses and players that we would normally consider a good fit with 4-H Ontario. On the other side of the coin, we will be looking at partnerships that we may not expect to be a fit with 4-H. I hope that you will find this presentation to be food for thought when we consider who our partners are or could be.
5. **Spotlight on 2022 4-H Projects:** Join us to see what's new with 4-H Ontario resources as we launch the newly created: 4-H Innovation & Entrepreneurship project, the newly created 4-H Technology & the World Around Us project and the updated 4-H Ontario Goat project as well as three new Cloverbud units, also about Innovation & Entrepreneurship, Technology & the World Around Us and Goats, to add to our Year One of Cloverbud curriculum. Come to see and hear about the new and updated materials, see what activities are available, and have your questions answered about 4-H projects and the Cloverbud program.

6. **Fill Up Your Tank on Accessibility Activities:** Come put yourself in the shoes of a member with added challenges who may sign up for your club. See, listen, move and think through a sample of meeting activities. Discuss, encourage and share ideas at this workshop to find out the right balance for inclusive 4-H programming. This workshop will focus on how to make 4-H experiences accessible for all youth, volunteers and parents. Disabilities can include both physical and intellectual disabilities. Discussion will focus on mending several limitations. Presenters will share first hand knowledge and experiences as well as share tips in hope that everyone has a positive 4-H experience.
7. **Gender, Sexuality & Identity:** This workshop will attempt to bridge the gap between the inclusion of LGBTQ+ and Two-Spirit members, leaders, and staff in the 4-H community. This workshop will be presented through stories, visuals, and statistics about our ever-changing world. Following this workshop participants will have a chance to ask questions during the question period.
8. **Clearer thinking: Mental Health in Ag:** Foster a better understanding of mental health to increase comfort in supporting those who experience challenges.
9. **Building a Hybrid 4-H Discussion:** 4-H Ontario members and volunteers learned how to be adaptive and resilient during the pandemic, in order to continue with their 4-H clubs; resulting in some pretty fantastic clubs, results and stories. Learn about how continuing to go virtual could be advantageous or incorporate a hybrid feature to your club meetings, in the upcoming year.
10. **Indigenous Traditions and Cultures:** Learning the history, importance, and value of the Indigenous community, is an incredible and inspiration story. A reflection of the past and present, discovering the traditions of the Indigenous culture.
11. **In the Know – Agricultural Community Mental Health Literacy:** Join us to learn about mental health resources developed by the agriculture community for the agriculture community. We know that farmers face unique challenges and whether you are a farmer yourself, a family member, or an ally to the agriculture community in another way, we have tailored resources for you!
12. **Fueling Up Your Local Association Endowment Fund:** The Ontario 4-H Foundation will be hosting a session aimed to further educate local Associations about what supports are available through the 4-H Ontario Foundation to support and financial grow their Local Association.

4-H Ontario Volunteer Conference Speakers

subject to change

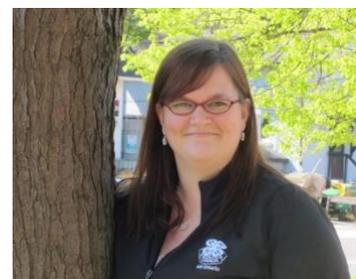
“FARMER TIM” MAY: (Keynote) Tim May – also known as Farmer Tim – is a proud fourth-generation dairy farmer, multi-award winning “agvocate”, and 4-H alumnus from Rockwood, Ontario. He graduated from the Ontario Agricultural College at the University of Guelph in 1994 with a degree in Animal Science and has been managing his family’s herd of Holsteins ever since. Tim is extremely passionate about spreading positive messages about farming through social media. He uses humour and his genuine compassion for people and animals to both entertain and educate his over 150,000 followers across the world.



Lindsay Bebbington: Lindsay is the In the Know Program Manager, Canadian Mental Health Association – Ontario Branch. Lindsay joins us from the programming team at CMHA Ontario. A 4-H volunteer and alumnus herself from the Peel 4-H Association, Lindsay has a passion for agriculture advocacy and mental health literacy. She recognizes the importance of learning to prioritize your wellbeing and that this is a unique journey for all. Lindsay is excited to share some opportunities tailored to the agriculture community that are available through CMHA Ontario that could impact your own wellness journey.

Megan Burnside-Poitras: Megan is a long-time 4-H member, leader, facilitator, and staff member. She has been a volunteer in a wide variety of 4-H projects including Beef, The Region 3 Senior Member 4-H Club, Relay For Life, Judging, Virtual Lifeskill Programs, etc. and has been a facilitator at a wide variety of 4-H Camps, with her favorites being the March break camps. She considers the 4-H members around her a part of her family, and particularly loves working with senior members.

Megan enjoys showing her herd of purebred and percentage beef cattle throughout Ontario. Having grown up in a 4-H family, with her parents as role models and leaders, she continues to volunteer in Hastings County, where she currently resides, with her husband David and daughter Noelle. When she is not busy with 4-H, she loves to hang out with her dogs, Goose and Harley, and can often be found baking and decorating cakes for birthdays, under-water ballet recitals, and weddings for family and friends. Megan loves to curl and is also an active volunteer for the Canadian Cancer Society.



Shirley Caron: Shirley has been a teacher at the W. Ross Macdonald School for the Blind and Visually Impaired in Brantford for the last 25 years. In her position, not only does she accommodate students' vision but we also assist students with a wide range of abilities to access all of the Ontario Education Curriculum. Shirley is a 4-H alumnus, leader and mom to two teenage boys who were a part of the Brant 4-H Association. Shirley has been married for 19 years and her family are avid summer and winter campers. She is currently enjoying raising one very busy little Australian Shepherd puppy.

Marilyn Charlton Marilyn was raised on a family dairy farm just outside of Brantford. She was a member of 4-H community in Brant County from age 12 to 21, with clubs from homemaking to agriculture, focusing on dairy clubs. She is currently a high school teacher and has spent the 19 years of her career with the Grand Erie District School Board. Most of her time has been spent teaching “At Promise” (formerly known as “At-Risk”) students. She coaches basketball, volleyball and Track and Field.



Cam Crogie: Cam is the Coordinator of Volunteer Support for Regions 1 & 2. 4-H has always seemed to be a part of his life, as a member, according to Cam’s children, in the olden days when you had to be 12 years old to join. Cam graduated from the program at the age of 21 and wasn’t really involved much outside of judging some of the 4-H beef shows. As his family came along and reached 4-H ages, they became members. One of the local beef leaders retired and convinced Cam and his wife to take over the club. That was 18 years ago and the club is still going strong. As fate would have it, Cam was between jobs when the position for Coordinator of

Volunteer Support for Region 2 was advertised. He applied and, as they say, the rest was history. Cam will be 10 years working with 4-H Ontario in July 2022 and still enjoys it as much as when he started.

Lesleigh Elgie: Lesleigh is a graduate of the 4-H program in Brant County, having completed a multitude of clubs, and has been leading clubs since her graduation from the program in 2012. Lesleigh is the Brant’s 4-H Association Representative and on the 4-H Ontario Council Board of Directors. Lesleigh’s favourite clubs to lead are quilting & community involvement clubs and she had the great honour of being one of six 4-H Ontario Ambassadors in 2008. Lesleigh has attended 4-H opportunities from regional to national levels.



Lesleigh graduated from Wilfrid Laurier University, Brantford in Contemporary Studies, Children's Education Development option), and post graduate studies Conestoga College, Brantford (Human Resources Management). Outside of 4-H, Lesleigh serves on a number of community boards and is an avid curler, curling 2-3 times a week, often referring herself as a 'curling nerd & proud of it'. Her other hobbies include horse back-riding, swimming, quilting and spending time with family & friends. In her professional life she is a very busy Administrative Assistant to a Developmental Pediatrician at Lansdowne Children's Centre (Children's Treatment Centre, Brantford), and is looking forward to sharing he experience as a 4-H member and leader!



Rosalyn Fast: Rosalyn grew up in BC’s Central Interior and joined a HomeArts 4-H club as a shy 10-year-old. Her first speech was 7 seconds shy of the necessary 3-minute mark – A Stitch in Time. Her time in 4-H spanned 8 years competing at the local, district, regional and provincial levels in various dress revue, judging, demonstrations and public speaking competitions.

Rosalyn is trained as a teacher with a Bachelor of Education with a major in Physical Education and has an extensive aquatics background. She has a passion for recreation and helping others around her. Presenting has allowed her to travel to new places, to meet new people and share her family’s story. With life’s heightened stress after the crash, Rosalyn’s life was in overdrive; enough time has gone by that she can now focus on herself. In late 2017, her family moved from Canada’s west coast to Central Canada (Ontario): She continues to take on life’s new

challenges and wants to explore her new home and the surrounding areas. She currently volunteers on a virtual community advisory board with NYU Langone Health Rusk Rehabilitation -TBI Model Systems Research Department. The advisory board is working together to create a toolkit for those who have sustained a brain injury, their care partners/caregivers and health professionals.

Rosalyn is excited to be facilitating this workshop at the Volunteer Conference and is very much looking forward to sharing tools and resources with volunteers that she knows will be of benefit in the program!

Elizabeth Johnston: Elizabeth is the Coordinator of Programming & Resources with 4-H Ontario. She is also a 4-H volunteer and past 4-H member. Within her role with 4-H, Elizabeth creates new 4-H projects and updates older projects and administers the Locally Submitted 4-H Project process. Elizabeth grew up and still lives on a beef farm and is a graduate of the University of Guelph. She is a director with the local Perth County Beef Farmers organization and has been a director with the Listowel Agricultural Society for the past 19 years where she now serves as their President.



Faith Kirk: Faith is the Volunteer Support Coordinator with Region 4 and Region 3 West, where she supports 4-H volunteers in their roles and provides leadership and engagement opportunities for them.

Faith has achieved her Diploma in Business Admin & Marketing and has a strong background in marketing and event planning in both the private and public sector.

As a Registered Social Service Worker (R.S.S.W) Faith runs her own company (E.B.Jules Balance & Mental Health) that has a mandate of removing the stigma of mental health in the workplace, development of workshops for adolescents and teens who are suffering from body image and self-esteem issues and the development of wellness workshops for men and women. For many years Faith has been a champion for Mental Health and research to find cures for Diabetes and Cancer. Faith relocated to Barrie in 2010, to complete a field placement with Canadian Forces Base Borden, where she lives with her partner Paul and their two fur babies.



Deborah VanBerkel: Deborah is a registered psychotherapist and an active partner on her husband's multi-generational dairy farm. She worked for more than 15 years in the non-profit mental health and addictions sector before opening her private practice, Cultivate Counselling Services. Deborah developed the Farmers Wellness Program (FWP) in partnership with the regional Lennox & Addington Federation of Agriculture (LAFA) in 2019. In addition, Deborah conducted the pilot sessions of the University of Guelph's mental health literacy program, In the Know and recently authored the resource training manual for the program and trained mental health professionals to deliver the program nationwide. Deborah was recently awarded the 2020 national Brigid Rivoire Award for Champions of Agricultural Mental Health.

Frequently Asked Questions

Q. Who is eligible to attend the Volunteer Conference and AGM?

A. All 4-H volunteers are invited to attend. Each Association is encouraged to send at least two people. One person should be the Association Representative (AR), or designate, who will be the voting delegate for the Ontario 4-H Council Annual General Meeting. 4-H volunteers must be Volunteers in Good Standing. (See 4-H Ontario Policy O-V-14 – Volunteer in Good Standing).

Q: Do I need to be double vaccinated to attend the conference?

A: A: Yes, all conference attendees are required to have received a full series of a COVID-19 vaccine approved by Health Canada at least 14 days prior to the Conference. Attendees will be required to show proof of COVID-19 vaccination upon in-person registration at the conference.

Q. What's in it for me?

A. The 4-H Ontario Volunteer Conference is an opportunity to acquire enhanced leadership skills at workshops and network with other 4-H Ontario volunteers. At the conference, you will meet other 4-H volunteers who share a passion for positive youth development and obtain new ideas to take back to your club, Association and Region. In addition you will have the chance to share knowledge and expertise with others and have some fun too! The weekend also includes the AGMs for the Ontario 4-H Council and the Ontario 4-H Foundation. These AGMs provide the opportunity to learn about the policy and fundraising arms of 4-H Ontario.

Q. How do I register?

A. Online registration streamlines the process for volunteers to register for the conference. All guest room accommodations and reservations are made directly with the Sheraton Parkway Toronto North Hotel. This makes it easier for volunteers to arrange their accommodations directly with the host facility versus going through a third party (4-H staff) and to choose their roommate and room themselves.

There are two steps to the registration: conference and accommodation:

1. Conference Registration: To register for the conference, visit www.4-hontario.ca/VolunteerConference and complete the online registration. Payment for the conference can be made at the same time using VISA or Mastercard.

PLEASE NOTE: Only online registrations and credit card payment will be accepted. Incomplete forms and registrations without accompanying payment will not be accepted.

2. Accommodation: To book accommodations you can either:

1. Book online:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1634304046228&key=GRP&app=resvlink>

2. Or phone the Sheraton Parkway Toronto North Hotel Resort (phone Toll Free: 800-668-0101).

When booking accommodations, delegates will need to reference our **group block code, which is 144965**, in order to receive the conference accommodation rate. NOTE: Delegates are responsible for booking their own accommodations. Room rates vary from \$135-\$185 per night, depending on your room type preference.

Q. Is there an early bird registration?

A. 4-H Ontario is pleased to provide an early bird registration. This provides an opportunity for individuals and Associations to save money by registering early. It also guarantees that delegates, when booking accommodations at the Sheraton Parkway Toronto North Hotel Resort, will be assured availability.

The conference early bird registration ends February 4, 2022. The standard registration runs from February 5 to March 4. Unfortunately, registration after March 4th will not be accepted.

The Sheraton Parkway Toronto North Hotel Resort is holding a block of rooms at a conference rate for 4-H Ontario conference delegates until February 26. The reduced rate or room availability will not be guaranteed after February 24.

REMEMBER: All delegates must book their own accommodations directly with Sheraton Parkway Toronto North Hotel Resort. The Sheraton Parkway Toronto North Hotel Resort has specific policies regarding reservations and cancellations. Please ask about these cancellation policies when making your reservation.

Q. What are the conference registration rates?

	EARLY BIRD RATE by February 4	REGULAR RATE February 5 – March 4
Full Registration	\$180 + HST	\$230 + HST
Arbor Award banquet only	\$70 + HST	\$80 + HST
Annual Meeting only	\$0	\$0

Q. What is included in the conference registration rates?

A: The conference registration rate includes: early-bird sessions on Friday afternoon, the 4-H Ontario Council Annual Meeting on Friday evening, Saturday morning breakfast, keynote speaker, 12 educational workshops throughout the day, Saturday luncheon, Saturday evening Arbor Award banquet, in addition to other social and networking opportunities.

Q. I only want to attend part of the weekend. Is there a separate registration for different events?

A. There is only one conference rate available for 2022. However, there is an option for an additional Saturday evening banquet ticket on the registration form, if required.

Q. I am not the voting delegate for my Association. Do I still need to attend the Annual General Meeting (AGM) ?

A. We encourage all 4-H volunteers to participate, however only voting delegates are required to attend the AGM. Reminder: All conference delegates will be responsible for their own dinner on Friday evening. A list of restaurants close to the Sheraton can be obtained by contacting events@4-hontario.ca.

Q. How do I get to Sheraton Parkway Toronto North Hotel?

A. The Sheraton Parkway Toronto North Hotel is located right at 600 Highway 7. The Hotel is easily accessed from Highway 7, 404 or 401. For directions click [Sheraton Parkway](#). ADDRESS: 600 Hwy 7, Richmond Hill, ON L4B 1B2

All participants are asked to make their own travel arrangements. Association Representative travel expenses for attending the AGM and Volunteer Conference can be reimbursed as per the Ontario 4-H Council Expense Policy.

Q: Is there a cancellation policy for the conference and accommodations?

A: 4-H Ontario recognizes that from time to time, extreme circumstances occur where you may not be able to attend the conference. To avoid cancellation fees, you are encouraged to recruit another 4-H volunteer to take your place. This must be arranged through the 4-H Ontario Coordinator, Events by emailing events@4-hontario.ca or by phoning 519-221-8445 no later than 14 business days prior to the conference. If a replacement is not possible, 4-H will charge a \$100 cancellation fee. No refunds will be available after March 20.

The Sheraton Parkway Toronto North Hotel Resort has specific policies regarding reservations and cancellations. **Please ask about these cancellation policies when making your reservation.**