

You're Invited to the  
**2020 4-H ONTARIO  
VOLUNTEER CONFERENCE  
& ANNUAL MEETING**



**When:** March 27-29, 2020

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

**Conference Hosts:** Region 5 volunteers and 4-H Ontario Staff

## **Greetings on behalf of the 4-H Ontario Conference Committee!**

You are invited to the 2020 4-H Ontario Volunteer Conference ‘**Sparking Our Way into a New Decade**’ with Region 5.

Over the past few months, representatives from across Region 5 have been planning an interactive and experiential learning program for you to enjoy.

Once again, 4-H Ontario is offering an early-bird registration as well as single-day and event-specific registrations. All registrations will be done on-line. When registering please be sure to click all aspects of the conference that you will be attending.

The Ontario 4-H Council Annual Meeting will be held on the Friday evening and all interested delegates are invited to attend. The Ontario 4-H Foundation Annual Meeting will take place on Saturday afternoon. The Saturday and Sunday agenda includes an exciting offering of workshops, a volunteer appreciation luncheon and dinner, motivational speakers and social & networking opportunities.

Follow the planning and excitement via Facebook and Twitter with our event hashtag: **#4HCAM2020**.

We hope you will join us at this exciting 4-H event as we spark our way into a new decade with 4-H at the 2020 4-H Ontario Volunteer Conference March 27-29, 2020 at the Sheraton Parkway Toronto North in Richmond Hill.

### **Region 5 CAM Committee**

Region 5

2020 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!’

## **Let's Spark Our Way into a New Decade at the 2020 4-H Ontario Volunteer Conference!**

The pre-conference activities begin on Friday, March 27, 2020 with hotel and conference registration, networking, resource displays, AR meeting, conversation café hosted by the Ontario 4-H Foundation, dinner and the Ontario 4-H Council Annual General Meeting (AGM).

The energy and excitement heightens on Saturday, March 28, 2020 with the Conference kick off. The morning activities also include regional 'jam session's and the first round of workshops. Lunch on Saturday will be a sit-down meal and presentation of the Volunteer Milestone Awards. The afternoon is filled with more hands-on type workshops and activities, and the opportunity to attend the Ontario 4-H Foundation Annual General Meeting. 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 where you can get an early start on your Christmas shopping! Saturday caps off with entertainment, social and networking opportunities.

Sunday, March 29, 2020 features a keynote address by 4-H Alumni & MPP Lisa Thompson. Wrapping up the 2020 conference is the closing and the launch of the 2021 conference and brunch by Region 6 before we home to share our CAM 2020 experiences with fellow 4-H volunteers!

## **Preliminary Agenda**

### **Friday March 27, 2020**

- Check in
- Sheraton facilities (pool, fitness centre, shopping etc.) open for delegate use
- Afternoon Activities
  - 4-H Conference registration desk opens at 1pm
  - Association Representative training
  - 'Conversation Café' facilitated discussion  
(*hosted by the Ontario 4-H Foundation*)
  - Dinner & AGM

### **Saturday, March 28, 2020**

- Breakfast
- Conference opening
- Program updates
- Regional 'Jam Sessions'
- Volunteer Recognition Luncheon
- Workshops - 12 sessions spread over 3 timeslots
- Ontario 4-H Foundation AGM
- 4-H Ontario Arbor Award Banquet
- 4-H Auction
- Entertainment
- Social and Networking Opportunities

### **Sunday, March 29, 2020**

Keynote Address

Launch of 2021 Conference- Region 6

Brunch

Safe Travels Home

## **CAM Workshop Topics**

1. **Mock Meetings:** The **Anywhere 4-H Association** is meeting, and you're invited to attend. Join this workshop and role play a real meeting from call to order to adjournment. Meeting facilitator Kim DeKlein will guide participants through a debriefing and high-level discussion on meeting attendees' roles and responsibilities.
2. **Sticky Situations:** Forget about the sticky buns - often we find ourselves in 'sticky' situations with fellow volunteers, parents, sponsors. In this workshop a **Volunteer Toronto** representative will advise participants how to address personality differences/conflict between volunteers, volunteers who are also parents of youth in a program, family members as volunteers and how to have conversations with volunteers in a non-threatening or negative manner.
3. **Know Your Audience:** The world around is constantly changing and as 4-H participants we must be prepared to adapt along with a variety of audiences. Knowing how to respond to challenging questions from non-agricultural audiences is important. This workshop will provide some direct and effective methods and responses to questions asked by non-agriculture audiences. Presented by Farm & Food Care, Communications Coordinator, Jessica Sills.
4. **It's About Everyone:** In 2019 4-H Ontario adopted the 4-H Inclusion Statement. This statement speaks to 4-H Ontario being an inclusive positive youth development organization. This workshop will take words on paper to actions in your 4-H clubs and activities and provide meaningful dialogue on how we speak and act inclusively.
5. **Explore the World of 4-H Projects:** Looking for a new or different project for your club? Join local 4-H volunteers and 4-H Canada in learning and exploring exciting, locally approved projects and e-learning opportunities offered through the on-line 4-H LEARNS portal on the 4-H Canada website.
6. **Spotlight on 2020 4-H Projects:** 4-H Ontario is pleased to release three projects in 2020: Canine, Plowing and Leadership. In this workshop delegates will have the opportunity to learn about Canine & Plowing & Leadership and engage in sample project activities.
7. **There's More to Explore with Cloverbuds:** 4-H Ontario is pleased to release three new units for Cloverbuds authored by Vanessa Stewart! Join Vanessa in a true 'learn to do by doing' workshop featuring activities from these new units.
8. **Discover the Fun of Judging and Go for the Gold:** How do you run a judging competition? What is involved in organizing Go for the Gold? Join the VS team as they coach participants through organizing a judging competition via a 'Go for the Gold' style competition .
9. **How Does Your Association Coffers Grow?** 4-H Associations are often looking for ways to enhance finances through fundraising ideas. Join this panel discussion of 4-H Association volunteers as they share some tips and tricks to successful fundraising.
10. **Safe Food - Safe You:** Have you ever wondered about proper food handling procedures and protocols at your 4-H club meeting or catering at a banquet? How about at your fundraiser,

snack table, or club BBQ? Rebecca Lyster, a Food Service Supervisor will share tips and tricks to make your next 4-H event a safe, tasty experience, for everyone.

11. [Amazing Ideas from Region 5](#): Region 5 only includes four associations, but they are full of great ideas with new adventures and projects. Hear from each association as they share ideas of what makes them so unique!
12. [Breath In, Breath Out ... Relax](#): What better way to wind down from a scheduled afternoon, than with a little movement and stretch? Pack your yoga mat, water bottle and comfy clothes for a session filled with your favorite moves that will energize you, followed by some well-deserved relaxation. After we get the blood flowing, you will experience a tranquil state in a calming environment. This time of self-care will leave you rejuvenated and ready to enjoy the remaining conference sessions!

## 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. 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 AGM's for the Ontario 4-H Council and the Ontario 4-H Foundation. These AGM's provide the opportunity to learn about the policy and fundraising arms of 4-H Ontario.

### Q. How do I register?

A. The online registration streamlines the process for both volunteers and 4-H staff. Direct accommodation registration with the Sheraton Parkway Toronto North Hotel Resort makes it easier for volunteers to arrange their accommodations directly with the host facility verses going through a third party (4-H staff). This way, you can choose your roommate and room yourself!

*Note: The Sheraton Parkway offers two styles of accommodation: family-oriented accommodations available in the adjoining Best Western Inn or traditional rooms at the Sheraton.*

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

**Conference Registration:** To register for the conference visit [www.4-hontario.ca/CAM](http://www.4-hontario.ca/CAM) and complete the on-line registration. Payment for the conference can be made at the same time using VISA or Mastercard.

**PLEASE NOTE: Only on-line registrations and credit card payment accepted. Incomplete forms and registrations without accompanying payment will not be accepted.**

***Accommodation:*** To book accommodations you can phone the Sheraton Parkway Toronto North Hotel Resort (phone Toll Free: 800-668-0101). When booking accommodations delegates will need to reference **4-H Ontario Conference** 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.

Association Representatives will receive separate communication about the conference registration.

**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 room availability.

The conference early bird registration ends January 30, 2020. The standard registration runs from January 31 to February 20. Late registration fee is offered February 21 to March 6.

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 26.

**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 Jan. 30	REGULAR RATE Jan. 31-Feb. 20	LATE RATE Feb. 21 to March 6
Full Registration with AGM Dinner	\$305	\$365	\$438
Full Registration without AGM Dinner	\$230	\$310	\$395
Saturday Only with Arbor Banquet	\$250	\$250	\$250
Saturday only without Arbor Banquet	\$175	\$175	\$175
AGM only	\$73.00	\$73.00	\$73.00

Saturday lunch only	\$50	\$50	\$50
Arbor Award banquet only	\$80	\$80	\$80

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

A. Yes there are separate registrations for the Council AGM, Saturday only, Volunteer Milestone lunch and Arbor Award Dinner.

**Single and Full Weekend completed registrations with payment must be received by February 20, 2020.**

**Volunteer Recognition Luncheon and 4-H Ontario Arbor Award Banquet tickets must be purchased by March 6, 2020.**

*To register please complete the on-line registration. Payment for the conference can be made at the same time using VISA or Mastercard.*

**PLEASE NOTE: Incomplete registrations without accompanying payment will not be accepted.**

**Q. I am not the voting delegate for my Association. Do I still need to attend the AGM?**

A. We encourage all 4-H volunteers to participate, however only voting delegates are required to attend the AGM. Conference delegates can arrange other dinner options if they wish. A list of restaurants close to the Sheraton can be obtained by contacting [events@4-hontario.ca](mailto: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 assessed from Highway 7, 404 or 401. For directions click [Sheraton Parkway](#).

*All participants are asked to make their own travel arrangements. Association Representatives travel expense for attending the AGM and Volunteer Conference are covered as per the Ontario 4-H Council Expense Policy. See [ww.4-hontario.ca/cam](http://ww.4-hontario.ca/cam).*

**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](mailto: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.**