



# Giving Guide



Building Future Leaders

# 4-H is...

A non-profit positive youth development organization that builds youth as leaders within their communities and assets to the world.

For over a century, 4-H Ontario has built youth into leaders in their communities and positive contributors to the world. With roots in rural Ontario, 4-H Ontario welcomes youth of all backgrounds across the province. 4-H youth ages 6–21 and screened, engaged volunteer leaders come together to learn about selected topics through fun hands-on activities and mentorship. We provide a variety of provincial camps, conferences, competitions, as well as national and international travel opportunities to further develop the skills in leadership, business, self-confidence to give back to their community and more.

## Building a Culture of Philanthropy

Philanthropy is...giving for the love and betterment of humanity, through a generous donation of money, time and talent.

[www.4-HOntario.ca/Donate](http://www.4-HOntario.ca/Donate)

4-H Ontario provides a charitable tax receipt for donations valued \$20 or greater.

## Core Competencies of 4-H Programming

- 1 Parliamentary Procedure (Meeting Management)
- 2 Communications & Public Speaking
- 3 Judging (Critical Thinking)
- 4 Hands-on Skill Development
- 5 Community Service



## Clear Head

Members are able to develop their leadership and critical thinking skills through their clubs and the many camps and conferences offered by 4-H.

## Loyal Heart

4-H gives young people the opportunity to discover their passions and learn more about themselves.

## Serving Hands

Across the province, you will see examples of 4-H'ers using their hands to serve others, from packing food at the food bank to highway clean-up.

## Better Health

Through clubs such as To Your Good Health, 4-H'ers learn to make healthy decisions while having fun.

## 4-H Leadership Development Pillars



### The Environment & Healthy Living

The 4-H program ensures youth have opportunities to succeed by keeping exploration and self-discovery at the forefront of all programs and activities.



### Sustainable Agriculture & Food Security

For more than a century, 4-H'ers have been a strong force within Canada's primary economic sector: agriculture. Over time, the movement has grown to include a focus on sustainable agricultural practices and the importance of food security both at home and abroad. This 4-H leadership development pillar is vital to the growth of youth and the food we eat worldwide.



### Science & Technology

4-H'ers are known as catalysts for change and drivers for innovation in science and technology. Engaging youth in hands-on science and technology-based projects is an important aspect of 4-H. 4-H creates opportunities for youth to explore the connections between science, technology, society and their own lives.



### Community Engagement & Communications

4-H provides youth with opportunities to get involved in their community as engaged, active leaders who affect positive change within their club, community, country and world.



# A Culture of Inclusion

Written by: Nitasha Asnani

What does it mean to create an inclusive environment at 4-H Ontario? The 4-H 4-All committee is answering that question and having meaningful discussions about how to improve our youth's experience on the ground level.

4-H 4-All is a group of diverse individuals with different perspectives and experiences who have come together to work towards a common goal of making 4-H a place for everyone. The group is made up of volunteers, youth, alumni and staff from all over Ontario who bring insightful and meaningful conversations to the table. We are excited to see the insight and strategies that are identified by this important committee. The committee is looking forward to presenting all findings and recommendations to attendees at the 2023 Volunteer Conference.

Diversity and inclusion are a big topic on many organizations' agenda, but it's not a simple checklist. It is about examining the culture of the organization and making sure it continues to adapt to make everyone feel included. In our committee's first meeting, our members shared their personal experiences with 4-H and discussed ways these experiences could be improved. The committee wants to fill gaps by providing knowledge and resources so that every individual at 4-H can feel seen and included, no matter their culture, race, religion, age, sex or gender identity, sexual orientation and mental or physical disability.

Every individual who is part of 4-H must understand their role in the organization's culture in order to create meaningful change. This could look like providing a youth with support and resources, making an adjustment to a club project ahead of time so that it allows for equal opportunity for each participant, or calling out inappropriate behaviour at camps that discriminate against minority groups.

We're all different, but these differences can provide valuable perspectives that contribute to creativity and innovation. 4-H has changed the lives of so many people and 4-H 4-All wants to see our organization progress in the right direction.



“Creating a diverse, equal and inclusive environment with 4-H Ontario and its associations is not only important but will improve and maintain 4-H as a beacon for all to follow in the future.”

It is imperative that the committee and everyone involved understand that we are here 4-ALL. We must ensure our mission is clear and devoted to creating positive experiences within the organization and our clubs. By working together, not only will we create a safe place, but we will build a stronger bond with everyone who takes part in 4-H.”

- Joseph Carrubba (He/Him)





# 4-H Ontario Statistics



of Dairy SenSe® participants reported to have developed strong business plan development skills after participation at Dairy SenSe



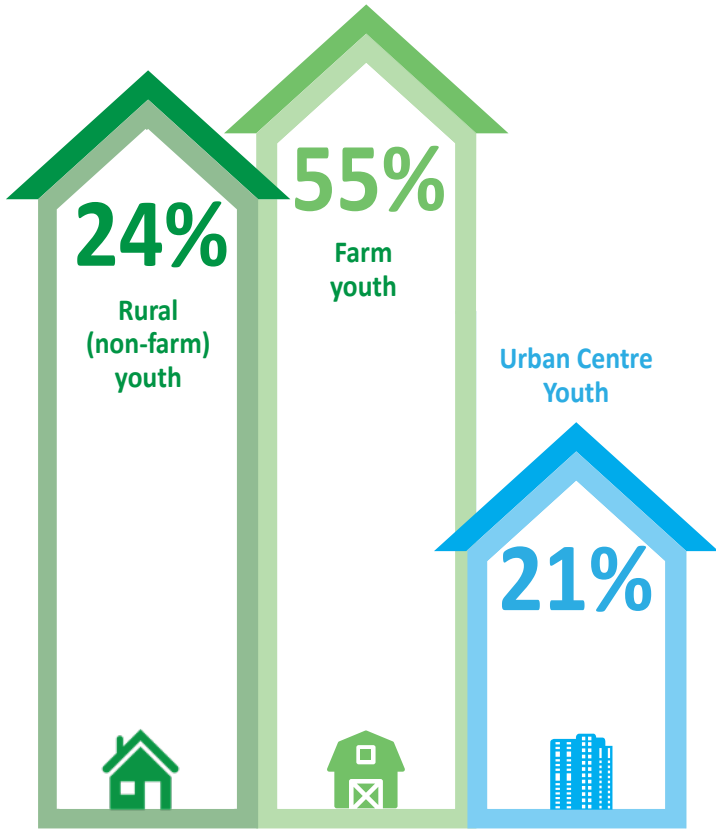
of Future Leaders in Action (FLIA) participants said that FLIA increase their confidence in personal decision making skills



of Virtual Art Show participants were more confident in their strengths to achieve goals after participating in the Virtual Art Show



## Where Youth Live



\*2021 Data

Supported by

1789



volunteers



“

4-H had given my the confidence and opportunities to branch my passion of this program beyond my associations. I strongly believe that 4-H gave me the life skills that got be through grade school and college.

- Ashley McClellan, 2022 4-H Ontario Ambassador

”

### NAME OF CLUB

Dairy ..... 1071 participants

Beef

Sheep

Foods

Veterinary

Goat

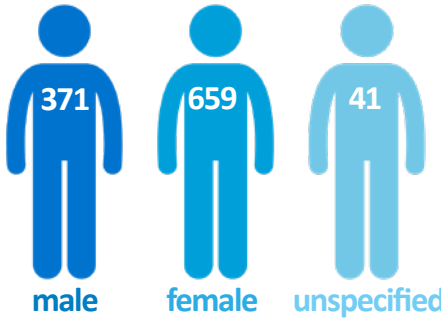
Poultry

A World of Food in Canada

Pasta

Horse

\*2022 Data



## Top 10 Projects by Enrollment



“

4-H has given me the opportunity to take on various leadership roles in both clubs and my community. I have been able to step outside my comfort zone and gain valuable life skills, while making some great friendships along the way.

- Allison French, 2022 4-H Ontario Ambassador

”





MAKING

AN

AN

IMPACT







# Indigenous chef and now-farmer brings Indigenous farming practices and culture to urban farm

Charles Catchpole is the founder of Gitigaanes, the Ojibway word for ‘Little Farm’

Written by: Laura Goulding

Close your eyes and picture this: the buzz of overhanging powerlines, the sun touching the balconies of nearby apartments and the rumble of the Don Valley Parkway in the background. Open your eyes. Did you guess you were standing alongside sunflowers in an acre full of garden beds and fresh vegetables? I bet not.

Gitigaanes is an urban farm located near Flemingdon Park in North York, just minutes from the Don Valley Parkway. The farm is owned by Charles Catchpole, an Anishinaabe farmer and chef bringing a farm to table experience to those in Canada’s largest city, Toronto.

Charles is a member of Couchiching First Nation. He studied at Loyalist College and George Brown College and now owns and operates CharGer Foods, selling a unique line of hot sauces and salad dressings, as well as a catering company specializing in Indigenous cuisine.

Like many when the pandemic struck in 2020, Charles embraced a trial of new experiences and ways to pass

10 Giving Back to 4-H

the time, ‘Learn To Do By Doing’ as we know it. He fondly remembers spring cleaning and looking in the back of his pantry to find a stray potato that fell out of a container. As potatoes do, they had started to grow ‘eyes’ or in more technical terms, sprouts, and Charles decided to try out his own Covid experiment. Charles picked the sprouts from the potatoes and planted them on his balcony in Toronto to see if they would grow.

“We got about five or six pounds over the season,” says Charles. “I thought that was pretty cool, I grew potatoes in a Rubbermaid bin on our balcony.” Little did Charles know this mere Covid experiment would be just the beginning of a new adventure.

As time went on and so did Covid, in early 2021 Charles’ wife noticed an advertisement for an Indigenous Farmer posted by Flemo Farms. She immediately shared the posting with Charles. “Why are you showing this to me, I’m not a farmer,” Charles laughed. But then he thought about it and thought about it some more. “I guess I could try,” he noted.

Fast forward a few months later, Charles founded

Gitigaanes. Gitigaanes is the Ojibwe word for ‘Little Farm’. Charles is one of six micro farmers at Flemo Farms located in North York. Each micro farmer has a plot of land at Flemo Farms designated for them to grow their own plants, produce and more.

The other half of the produce at Flemo Farm is grown by the Farm director and staff as a community farm plot. The harvest from the community farm plots is distributed to 200 families in the community on a bi-weekly basis. 100 families receive a produce box one week and another 100 families receive a produce box the following week. The Flemo Farm project is managed by Foodshare and the Flemingdon Health Centre.

“There wasn’t a day where people didn’t walk up to me along the fence and ask, ‘What is this?’, ‘What’s going on?’,” Charles shared. He noted the interest from those in the community and the 40 to 50 new people he has met through this experience. Charles says, “I think people appreciate the fact that this is in their neighborhood.”

Charles has not only enjoyed the learning that comes each day in his experience as a farmer, but also has leaned into his Indigenous culture and brought it directly into his farming.

At Gitigaanes, Charles uses the **three sisters planting** method, a companion planting method where corn, beans and squash are planted together to help one another thrive. When walking through Gitigaanes, you can see mounds about three to four feet in



“Every child matters.”



diameter, each with squash, beans, corn and sunflowers. The beans use the corn stalk to climb and grow tall, while the corn uses the nitrogen from beans to flourish. The squash grows big leaves that



shade the soil and deter weeds. Lastly, the sunflowers are sacrificial in that the birds flock to them instead of the corn stalks. In 2021, Charles used amaranthus to fulfill this role.



The beans, squash and corn represent their own unique capabilities and healing properties, while this planting method symbolizes community and the importance of supporting one another in order to thrive.

Charles also incorporated the Indigenous Medicine Wheel into his farm. The Medicine Wheel represents the continuous alignment between one’s physical, emotional, mental and spiritual realities. The Medicine Wheel is made up of four elements, each represented by a colour: white (north), yellow (east), red (south) and black (west). Each element is also represented by a plant that Charles has planted within his plot of land. To the north you will find sweetgrass, to the east you will find tobacco, to the south you will find cedar and to the west you will find sage.

Throughout the other rows lie several varieties of peppers and tomatoes, straw beds filled with garlic, onions poking through the surface and potatoes, some of which originated from Charles’ Covid experiment before he knew what was to come on his journey. Charles uses the produce grown for his own catering business, but also for farmers markets within Toronto.

One market he has attended is called the Deeply Rooted Farmers’ Market, Toronto’s first Black and Indigenous Farmers’ Market. The market aims to highlight Black and Indigenous farmers while advocating for food sovereignty in Canada.

In response to the findings of mass graves on the grounds of previous residential schools in Canada, Charles built a garden alongside the exterior fence at Flemo Farm in honour of the lost Indigenous children. Charles cut the mesh garden lining into letters and filled each letter with orange

marigold flowers to read, “**Every child matters.**” Charles plans to hold a ceremony in honour of the children who never returned home and survivors along with their families who continue to be impacted by the trauma and abuse experienced at residential schools.

4-H Ontario is committed to promoting diversity, equity and inclusion diverse voices and one way we can do that is by sharing stories of those who have traditionally been underrepresented throughout history. We share Charles’ story to not only celebrate his achievements as an Indigenous farmer, and chef and, but also as an advocate in the most urbanized city in the country. To learn more about Charles and Gitigaanes, find him on Facebook at @Gitigaanes or visit Charger Foods online.



# TOMORROWS LEADERS.

## LEARN TO DO BY DOING

Support Today: [4-hontario.ca/supporters/donate-to-4-h-ontario/donate-to-the-ontario-4-h-council/](https://4-hontario.ca/supporters/donate-to-4-h-ontario/donate-to-the-ontario-4-h-council/)

FEATURED MEMORIAL TRIBUTE

## Why Evelyn Chambers Gives

“ Both my parents got involved in 4-H as a result of my participation as a youth and continued their involvement long after I had graduated from the program. Collectively the three of us have close to **100 years of involvement.** Dad has been part of my 4-H journey since I was 12 years old and joined my first 4-H club and continues to be a supporter of both the 4-H program and myself. I appreciated the opportunity to celebrate and **honour my Dad’s** contribution to the 4-H program with a **special donation.**



Evelyn Chambers



# I give to 4-H Ontario...

## Symbolic Giving



“ I am very aware that programs like 4-H only run if we can have a funding base that allows us to run. I want to make sure we have a secure funding base for the future. By becoming a monthly donor, that adds to that base and supports the organization by committing to that **[monthly]**. ”

- Laurie Farquharson

“ 4-H is recognized as a very important institution focused on developing strong skills for our young people within our rural communities. Learning to do by doing, has proven to be an effective way to grow our young generations through so many years, including our days! It is a great source of leadership development and many of us have grown from our own 4H experiences. As such, we believe it helps prepare individuals to serve the agricultural sector in Ontario and beyond. ”



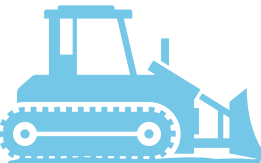









- Growmark



### WALKER WOOD FOUNDATION

“ The Walker Wood Foundation is honoured to support the 4-H Ontario Ambassador Program. It has been immensely rewarding to hear from and learn about the Post-Secondary Scholarship Recipients over the years. We are thrilled to be able to relieve some of their financial burden and acknowledge their hard work and achievements as they journey towards their lifelong learning goals. ”



 OUR EARTHLY PLANET	 FARM SAFETY	 MACHINE SAFETY	 DAILY NUTRITION	 OUTDOOR SKILLS	 DREAM BIG
\$20 	\$25 	\$30 	\$40 	\$45 	\$50 
\$20 can support youth opportunity to learn about nature's diverse ecosystem, recycling, and the natural world around them. With helpful tools, resources, and insights, kids will discover how they can respect and interact with animals and nature.	\$25 teaches youth the importance of safety on the farm. Kids learn how to be respectful of the livestock, equipment, and procedures that keep people safe at the farm.	With \$30 you can help youth learn about the history, function, and safety in small engine and machinery. Resource and experience development can continually provide youth the opportunity to gain the knowledge and passion in working with machines.	When you give \$40, your gift provides youth resources on food, cooking skills, balanced diets and teaches them the benefits of healthy eating. Your support allows 4-H'ers and Cloverbuds to gain the knowledge on the importance of nutrition and food security in their daily diets.	Getting kids outside has never been more critical. That is why your gift of \$45 will support in providing youth with safe, fun, and easy activities to do outdoors. Build a child's curiosity and desire to learn about the outdoors and teach them about nature and basic skills of outdoor exploration.	Help develop a youth's entrepreneurial thinking. Your gift of \$50, helps youth enhance their intellectual curiosity around even ordinary things, creative thinking, and developing innovative products. Teach kids how to create a positive business leader in their communities.



### Give a Symbolic Gift that Helps Others

By donating today, you support the growth in opportunities for youth to

**EXPLORE, LEARN, and HAVE FUN.**

\*Gifts are unrestricted. We use your gifts in the areas needed to support our youth within their 4-H hands-on learning programs.



# 4-H's sold-out Youth Adventure Camp welcomed campers in-person for the first time since 2019

Written by: Laura Goulding

After two years of patience, 80 youth from across Ontario packed their bags and boarded the bus for 4-H Ontario's Youth Adventure Camp this past August. Nestled along the shoreline of Lake Simcoe, campers arrived to YLCC outside of Orillia, ON where they would spend the next four days and three nights learning new skills, building friendships and making new memories.

"Youth Adventure Camp was one of my favorite things I did all summer," says Payton, 2022 camper. "I think what makes Youth Adventure Camp so unique is how the activities we participated in were mostly group activities that brought us together. I think working in groups is one of the best ways to build your confidence as a leader and to make new friends. I made some new friends because of the group activities."

While campers had the chance to step out of their comfort zone and try high ropes, canoeing and archery, each activity they participated in is purposed or framed in such a way where leadership, communication, teamwork and goal setting lie at the core.

## Camper Payton specifically notes a few skills she learned at Youth Adventure Camp:

- 1. Learning to know what my comfort levels are and how to step out of my comfort zone;
- 2. How to be a leader in any situation such as in problem solving, playing a team game, and in real life situations as well; and
- 3. How to talk to others and make new friends along the way

"The best part of was seeing all the youth make lasting friendships and learning valuable skills that they will use in the years that come," says Nicole French, Coordinator, Programming, 4-H Ontario.

In addition to YLCC staff, 4-H Ontario welcomed 10 facilitators to assist in the 2022 camp program. "I think Youth Adventure Camp is really special because it is such a high energy camp and that's why I always come back to facilitate. My favourite memory at camp this year was hosting the talent show and seeing all the tremendous talents that our group of 4-Hers shared," says Logan Emiry, 2022 Youth Adventure Camp facilitator.

Logan also notes that, "4-H camp is a place where everyone is the best version of themselves and that's a great thing to be around. What I love most about facilitating 4-H camp is the sense of family. Most campers come in shy and don't know many other but seeing the bonds created at camp is always rewarding."

Youth Adventure Camp is 4-H Ontario's summer camp for youth ages 12-15, typically hosted every August. The camp is the largest offered by 4-H Ontario and is sponsored by the Beeler Family 4-H Ontario Endowment Fund. For more on 2023 Youth Adventure Camp, check out the 2023 Leadership In Action Resource Guide coming January 2023.

## Giving Back to 4-H



Donate



Fundraise



Legacy

# Ways to Support

## Honour a Loved One

Celebrate a loved one or a friend with a gift in their honour and they will receive an acknowledgement. Donations can also be made in lieu of gifts for your special occasion.

Holidays  
Grandparents' Day  
Retirement  
Anniversary  
Wedding  
Birthdays  
Graduation

## Be Honoured

Tell your loved ones that you want to create a lasting legacy with your memorial donations by supporting the future of youth within 4-H programming.

## Memorial Giving

Make a memorial gift to comfort a grieving family.



"4-H has been a part of my life since I was 9 years old; it has provided me countless opportunities to learn, grow, and discover. I wouldn't trade a moment of the past 11 years for anything!"  
- Rhiannah Gallagher, 2022 Amabassador





## To Support 4-H Ontario

Contact

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**[www.4-HOntario.ca/Donate](http://www.4-HOntario.ca/Donate)**

Ontario 4-H Council Charitable # – 13588 7727 RR0001

Ontario 4-H Foundation Charitable # – 88888 0226 RR0001