



CANADA  
4-H Ontario

Leadership In Action

# RESOURCE GUIDE

VOLUME 22 | ISSUE 01  
OFFICIAL PUBLICATION OF 4-H ONTARIO

**2022**

4-H'ers Grow Stronger  
with Support from P.14  
Kubota Canada Ltd.

4-H Ontario's Volunteer  
Conference Returns  
March 2022 P.30

P.22 4-H Ontario  
Presents THREE  
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**A Message from the Executive Director**

**"4-H'ers are known to be a crowd that do not shy away from adversity."**

It was a beautiful early Fall day when I made my way to my first in-person 4-H event. I attended the Region 5 Owen Sound Regional 4-H Show on September 11. This was my first taste of the 4-H experience I had heard so much about. Once there, I was warmly greeted by Brian O'Neill and his wife, Shelley Barfoot-O'Neill. They were surprised to hear that the event was my first, having started my position as Executive Director of the organization more than eighteen months prior. I was very excited to see them, to see the 4-H youth and their calves. I didn't know much about what I was looking at but a kind 4-H'er beside me described what the judges were looking for and why they lined the cows up the way they did. I was impressed with how the youth handled the animals, with confidence and pride.

I was at the event to present the Gay Lea Foods sponsored 4-H Ontario Outstanding New Club Leader Award to Jessica Bester of Grey 4-H Association. I had the chance to meet Jessica as well as Rob Goodwill of Gay Lea Foods. See below some of what I told the youth and volunteers that assembled that day:

"If there is one thing, we can all agree on, it is that this past year and a half has been one for the history books. These have been some of the most challenging times we have endured but through these challenges have shone incredible stories of excellence, leadership, community service and dedication.

4-H'ers are known to be a crowd that do not shy away from adversity, and I have seen that in every virtual event and club that has happened since March 2020. We have also heard remarkable stories of connection, youth that were away at work or school connecting online with their home club bridging that gap in the early days of social distancing to help them feel a little less alone.



I want to end this message by thanking each and every youth, volunteer and staff person who has showed leadership, resilience, and a willingness to Learn To Do By Doing this past year. It is this spirit of dedication and vision that has allowed 4-H to thrive for more than 100 years and I have no doubt it will continue to thrive for at least 100 more."

*Christine Oldfield*

Christine Oldfield, Executive Director

**The 4-H Pledge**

I pledge

My **Head** to clearer thinking,

My **Heart** to greater loyalty,

My **Hands** to larger service,

My **Health** to better living,

For my **club**, my **community**, my **country** and my **world**.

## What is 4-H?

4-H is a charitable positive youth development organization that spans 70 countries across the world and 10 provinces across Canada. For over a century, 4-H Ontario has been working to build youth as leaders within their communities and assets to the world. With roots in rural Ontario, today 4-H Ontario is open to youth of all backgrounds from across the province.

In Ontario, youth ages 6–21 and trained volunteer leaders come together to learn about selected topics through fun hands-on activities and mentorship. There are also provincial camps, conferences, competitions and national and international travel opportunities available to further develop skills in leadership, business, self-confidence and more. 4-H provides youth with a place they can be involved, accepted, valued and heard while developing valuable leadership and life skills.

## How can I become a 4-H'er?

### As a 4-H Youth Participant

Youth between the ages of 9-21, as of December 31, 2021, can participate in as many clubs as they like and sign up for as many provincial and national opportunities as they are eligible for. Youth ages 6-8, as of December 31, 2021, can take part in Cloverbuds.



#### Sign up using our online registration

Scan the QR code to find the online registration form



### As a 4-H Volunteer

Volunteers are an integral part of the 4-H program by changing lives and building leadership and life skills in thousands of youth across Ontario. There are so many rewarding opportunities, all unique to suit everyone and their interests!

1. **Application:** Go to [4-hontario.ca/volunteers/become-a-volunteer/](https://4-hontario.ca/volunteers/become-a-volunteer/) and fill out the New Volunteer Application Form online. You must be at least 18 years of age to volunteer with 4-H Ontario. Your application will be received by 4-H Ontario staff and your local 4-H association volunteer screening contact.
2. **Processing:** You will receive an automated response confirming your application has been received.
3. **Connection:** A welcome letter will be sent from the Volunteer Support staff for your area detailing the steps to completing the volunteer candidate process.
4. **Orientation:** You are required to attend a 4-H Ontario New Volunteer Orientation. The orientation (via webinar) takes about two hours and is facilitated by a Volunteer Support staff member. The session will provide you with the basics of volunteering with 4-H and is a great opportunity to get to know some fellow 4-H volunteers from across the province. Please register as soon as possible as webinars fill up quickly.
5. **Child Protection Online Training:** You will also need to complete Child Protection Training through a self-directed online platform. This is mandatory training that all 4-H club leaders and volunteers working with 4-H youth must complete as part of their volunteer onboarding process. This training is accessed through **4-H LEARNS: 4-h-learns.org**.
6. **Screening:** The screening contact from your local 4-H association will contact you to arrange an interview.
7. **Reference Checks:** The references that you provided on your application will be contacted.
8. **Finalization:** 4-H Ontario staff will issue provincial acceptance to the successful applicant and you will be considered a Volunteer in Good Standing. At this time you will also receive the login to access 4-H project resources and other supportive documents.

You will be required to complete a police record check and a refresher of the Child Protection Training every three years and a re-engagement learning opportunity every two years in order to maintain this status.



## Ontario 4-H Council

The Ontario 4-H Council Board of Directors develop the vision and governance policies for 4-H Ontario. Each of the 50+ 4-H Ontario Associations elect an Association Representative (AR) to speak and vote on behalf of the Association at the provincial level. Ten directors are elected from and by the pool of AR's to form the Ontario 4-H Council Board of Directors.

The Board of Directors have the responsibility of providing direction and vision for the 4-H Ontario program. The Board of Directors elects an Executive Committee annually. It is comprised of a Past President, President, Vice President, and Director-at-Large. The Board also includes a Director-Youth and a Community Director.

**Charitable Business No: 135887727RR0001**

## Ontario 4-H Foundation

The Ontario 4-H Foundation is a federally incorporated charitable organization.

The mandate of the Ontario 4-H Foundation is to receive and manage endowment funds, and to foster ongoing partnerships that will ensure the long-term sustainability of 4-H Ontario. Trustees of the Ontario 4-H Foundation are committed to sound financial management and ensuring 4-H is forever in Ontario.

**Charitable Business No: 888880226RR0001**

## For youth 6-8 years old: The Cloverbud Program

Can plastic be made out of milk? How can an apple tell us how much land is used for agriculture? Have you ever grazed like a cow, or made a vegetable skeleton? Get the answers with the Cloverbud Program!

The Cloverbud Program is a hands-on, activity-based program for youth aged 6–8 (as of December 31st, 2021) covering a variety of topics, including agriculture, food, crafts, lifeskills, the environment and science. Cloverbuds get a taste for the topics in 4-H projects and understanding of 4-H values. The program provides many opportunities to “Learn To Do By Doing”.

There are three distinct years of the Cloverbud program materials. Each year of programming contains over 24 units, with each unit covering a different topic. Youth participating in Cloverbuds for three years could cover over 72 topics, and there are more being added each year!

Cloverbud participants pay a participant fee to take part in the program — similar to traditional 4-H participant fees. To successfully complete a year as a Cloverbud, youth must finish a minimum of just 4 units, a total of 8 hours. However, participants can take as many units as are offered by Cloverbud leaders — up to 24 units!

In 2021, the following three Cloverbud Units were added to the Year Three Curriculum: Careers, Dairy and Field Crops. The development of these Cloverbud Units was made possible through the support of Syngenta Canada.

To find out if there is a Cloverbud program running in your area, contact your local Volunteer Support staff member, or call the 4-H Ontario office at 1.877.410.6748.

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## 4-H Ontario Project Resources 4-H Leadership Development Pillars

4-H in Canada is uniquely equipped to deliver engaging and high-quality national programs that foster positive youth development. Programming, at the local, provincial, and national levels, is organized within four leadership development pillars: Community Engagement, Sustainable Agriculture & Food Security, Environment & Healthy Living and Science & Technology.



Community Engagement & Communications



Science & Technology



Environment & Healthy Living



Sustainable Agriculture & Food Security



## Community Engagement & Communications

The Community Engagement & Communications pillar provides opportunities for youth to get involved in their community as active, engaged leaders to help affect positive change within Canada and across the globe.

Community engagement means:

- Effecting positive change in your community and beyond
- Seeking out ways to lend a hand
- Stepping up to the plate
- Exploring issues, finding your voice and speaking up about important matters that affect you and the world around you
- Acting as a role model for the change you want to see in the world

If this is something that interests you, you could join any of the following 4-H projects that are part of Community Engagement & Communications pillar:

- Careers
- Community Involvement
- Cultural Diversity
- Explore 4-H
- Get Growing - Marketing 4-H
- Innovation & Entrepreneurship
- Judging
- Leadership
- Marketing 4-H
- Our Heritage
- Your Best Foot Forward - Etiquette
- Youth Leader
- Youth Director

## The Environment & Healthy Living

4-H Ontario's programs and activities create opportunities for youth to succeed by letting them focus on exploration and self-discovery.

At the heart of the Environment & Healthy Living pillar is:

- Learning to be stewards of the environment by developing sustainable solutions
- Taking care of yourself and others
- Learning positive ways to stay healthy and active
- Making informed choices
- Digging in and getting your hands dirty
- Learning to listen to your heart



The following 4-H projects are offered as part of the Environment & Healthy Living pillar:

- A Sporting Chance
- A Sporting Chance - Dance
- A Sporting Chance - Focus on Fun
- A Sporting Chance - Something Different
- A Walk on the Wild Side
- All The World's A Stage
- Animal Friends
- Birdwatching
- Body Works Series
- Canine
- Cavy
- Craft Project
- Exploring Photography
- Eye on Energy
- Fibres & Fabrics
- Financial Fitness
- Fitness & Health PLAY
- Gardening
- Green Thumbs
- Home Décor Planning
- In And Around the Home
- Let's Landscape
- Looking Our For Number One
- Old Fashioned Square Dancing
- On Your Own - You Can Do It
- Our Great Outdoors
- Outdoor Living
- Personal Fitness
- Pollinator
- Protecting Planet Earth
- Quilting
- Scrapbooking
- Sew Easy
- Sewing Plus
- Sewing with Fleece
- Social Recreation
- Take A Kid Fishing
- Take A Kid Ice Fishing
- The Art of Photography
- To Your Good Health
- Trash to Treasure
- Watching Out For Wildlife
- Wearable Art
- Wheels in Motion - Mountain Biking
- Woodworking - Level One
- Woodworking - Level Two



## Sustainable Agriculture & Food Security

A century ago, 4-H youth were a strong force within our country's primary economic sector: agriculture. Today, it's no different—in fact, 4-H has grown and gained further reach. In recognition of 4-H as a global program, 4-H has expanded to include a focus on sustainable agricultural practices, as well as the vital importance of food security both at home and abroad. This is the focus for the Sustainable Agriculture & Food Security pillar.

Young people are taking an active interest in issues affecting people worldwide. This 4-H leadership development pillar is vital to the growth of young people, and to the food we eat around the world.

- Appreciating the food we eat and grow
- Learning about innovative and sustainable farming practices
- Learning new ways of improving nutrition and food security
- Exchanging ideas and solutions at home and abroad



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The following 4-H projects are offered as part of the Sustainable Agriculture & Food Security pillar:

- A Greener House
- Agricultural Awareness
- Agricultural Hazards
- All Manner of Red Meat
- Batter Up
- Beef
- Best of the Bakery
- Breadventure
- Breakfast Bonanza
- Cake Decorating
- Chocolate
- Dairy
- Farm Safety
- Farm to Table Connections
- Field Crops - Loyal to the Soil
- Field Crops - Species & Management
- Field Crops - Weeds, Insects & Diseases
- Foods
- Goat
- Good Foods Fast
- Great Chicken & Egg
- Healthy Eating 'Round the Clock
- Horse
- Let's Get Growing
- Llama
- Maple Syrup - Advanced
- Maple Syrup - General
- Milk Makes It Better
- Ontario's Tasty Fruits & Vegetables
- Pizza
- Plowing
- Potato
- Poultry
- Rabbit
- Real Dirt on Farming
- Sheep
- Spice of Life
- Swine
- To Your Good Health
- Working with Wool - From Fleece to Yarn
- Working with Wool - Knitting is Kool

## Science & Technology

4-H'ers are catalysts for change and drivers of innovation in science and technology. Engaging young people in hands-on science and technology-based projects is the focus of the Science & Technology 4-H leadership development pillar.

As an organization, we create opportunities for youth to explore connections between science, technology, society, and their own lives.

- Engage in the science and technology world
- Explore ideas you may have brewing
- Explain your reasoning using logic and evidence
- Extend your mind and reach for the sky!



The following 4-H projects are offered as part of the Science & Technology pillar:

- Adventures in STEM
- Building Blocks Engineering
- Computers
- Digital Photography
- Digital Video
- Farm Machinery - Harvesting
- Farm Machinery - Tractors
- Intro to Agricultural Biotechnology
- Machines & Machine Series
- Responsible Rider
- Snowmobile
- Safety & Tillage Equipment
- Small but Mighty Machines - Small Engines
- Technology & the World Around Us
- Technology Series
- Veterinary



## A Message from the Ontario 4-H Foundation

The Ontario 4-H Foundation has a simple goal – to acquire and invest funds through endowments and donations for the long-term benefit of the 4-H programs in Ontario.

Since its start in 1995, the Foundation has raised close to **\$3 million** for 4-H in Ontario. In the five years from 2015-2019, the Foundation has distributed \$635,600 with \$433,000 going to support provincial programs and \$202,600 going to support community programs and scholarships. Through two fundraising golf tournaments - one in Guelph and one in Ottawa, close to \$80,000 is raised annually.

In 2008, the Foundation started an **endowment fund** for each of the 50 local associations in the province by depositing an initial \$5000 (totalling a \$250,000 investment) to which the counties can add to build for the future. Each year the counties can withdraw a percentage to **support their local activities**. The funds also act as a vehicle for further charitable donations at the local level. In 2020, local associations withdrew nearly \$9,000 to assist in the delivery of 4-H programs locally.

Throughout the pandemic, additional funds from the Foundation have been released and sent to local 4-H associations and clubs to **pay fees for video conferencing**, something which allowed many clubs to pivot their programming successfully. The Foundation also disburses over \$3,000 in **scholarships** annually, including the Bertram and Hazel Stewart 4-H Dairy Education Award presented at the Royal Agricultural Winter Fair each year. Congratulations to Mary Brander, 2021 Award winner.

### How can you help the Ontario 4-H Foundation?

- Donate to the Foundation via webpage on the 4-H Ontario website.
- Participate in the annual golf tournaments by entering a team, donating an item to our charity auction, volunteering to help, or sponsoring part of the event.
- Become a Trustee on the Foundation Board.



# New Club Projects

## Released in 2021

4-H Ontario thanks the Ontario Ministry of Agriculture, Food and Rural Affairs for their support of all project resource releases.



**4-H Careers Project**

This is a great project for those entering the world of employment. By assessing your interests, skills and goals, you'll explore career and training opportunities that are a good match for you to find out what kinds of jobs will be a good fit for you. "Learn To Do By Doing" will be applied to resume creation and practice interviews to help you carve a path that will lead to your ideal job. Acquire the skills necessary to secure the job of your dreams! The development of this project resource has been made possible through the support of funding provided by Ontario Mutuals.



**4-H Dairy Project**

Milk production is big business in Ontario! Learn the ins and outs of a successful dairy operation by focusing on topics such as animal health, nutrition, housing, reproduction and genetics in addition to the business side of the dairy industry including marketing and regulations. The development of this project resource has been made possible through the support of funding provided by Saputo.



**4-H Field Crops –  
Species & Management Project**

This project provides a great introduction to Ontario field crops. Become well-versed in the various species of Ontario field crops and their production techniques throughout the growing season, develop skills in plant identification, explore various tillage, fertilization and pest control techniques and grow your very own crop (or observe a friend's). The development of this project resource has been made possible through the support of funding provided by Corteva AgriScience.





## Coming in February 2022



### 4-H Goat Project - Update!

The goat industry is a growing industry in Ontario with increasing demand for goat milk, cheese and other dairy goat products as well as chevon (goat meat). This project has full sections on health, nutrition, housing, reproduction & genetics and the business of goat farming including marketing & regulations. The development of this project resource has been made possible through the support of funding provided by Gay Lea Foods Co-Operative Ltd.



### 4-H Innovation & Entrepreneurship Project - New!

This project has been designed for the “go-getters”, the enthusiastic 4-H members across Ontario who want to make a difference. The difference may be in seeing a need or a problem and starting a new business venture. It may be about beginning a new service or event in the community. It may be about being a better employee or student. Go-getters carry an entrepreneurial spirit. This project begins by looking at successful Canadian entrepreneurs and innovators and the characteristics and skills they possess. The project then challenges 4-H member how to better develop what it takes to make a difference. The development of this project resource has been made possible through the support of funding provided by the Grand River Agricultural Society.



### 4-H Technology & the World Around Us Project - New!

This project provides a great introduction into the world of technology and how it affects our everyday lives by looking at new and emerging technologies such as robotics, GPS, genomics and precision agriculture. This project examines the implications of new and emerging technologies in the agri-food sector, such as decreased environmental impact, cost reductions, reduced labour requirements and production efficiencies. The development of this project resource has been made possible through the support of funding provided by the **Stanley Knapp Foundation** and Agriculture & Agri-Food Canada.



## Locally Submitted Projects

4-H Ontario provides opportunities to learn everything! If you don't see a project topic that fits what you are looking for – there is an opportunity for you to create an outline for consideration by 4-H Ontario. There may even already be an outline for a topic you want that was created by another volunteer. To find the list of Locally Submitted Projects that have been reviewed by 4-H Ontario or to find the information you will need to submit your own, please reach out to the Coordinator Programming & Resources at [resources@4-hontario.ca](mailto:resources@4-hontario.ca).



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## 4-H'ers Grow Stronger with support from Kubota Canada Ltd.

Written by Melissa Jimenez

This past summer, 4-H Ontario worked with Kubota Canada Ltd (Kubota Canada) to challenge communities to “grow” with Kubota Canada’s #GrowStronger project. Kubota Canada gave out Grow Stronger kits to support communities across Canada during the COVID-19 pandemic and more specifically, gave kits to some 4-H clubs across Ontario.

In the South Simcoe 4-H Association, two 4-H leaders shared their love for growing with the 4-H'ers of their own community. Lisa and Amber joined forces to create the South Simcoe 4-H Garden Club.

“We decided to use the kits as awards for our Garden Club Achievement Day,” said Amber, referring to the Grow Stronger Kits. Amber also mentioned, “We had a horticultural judge come in to do the judging.”

There were five classes for participants to enter in: 1) Vegetables, 2) Flowers, 3) Potted Plants & Arrangements, 4) Crafts / Artwork, and 5) Garden Journal.

“Each class had multiple sections (beets, carrots, flower arrangements, etc.) that were judged. At the end the judge awarded a ‘Best In Show’ for each class. This worked out well for awarding the five kits. We awarded a full kit to each ‘Best In Show’ except for the Garden Journal class. That class was not judged but as it was required for achievement, we broke one Grow Stronger Kit up amongst all the entries so everyone received something from the kit.”

In addition to the Grow Stronger Kits, Kubota Canada’s #GrowStronger project had a webpage with educational resources such as ‘How to Grow Indoor vs Outdoor’, ‘GrowStronger Colouring Sheets’, ‘DIY Natural Pesticides’, and more!

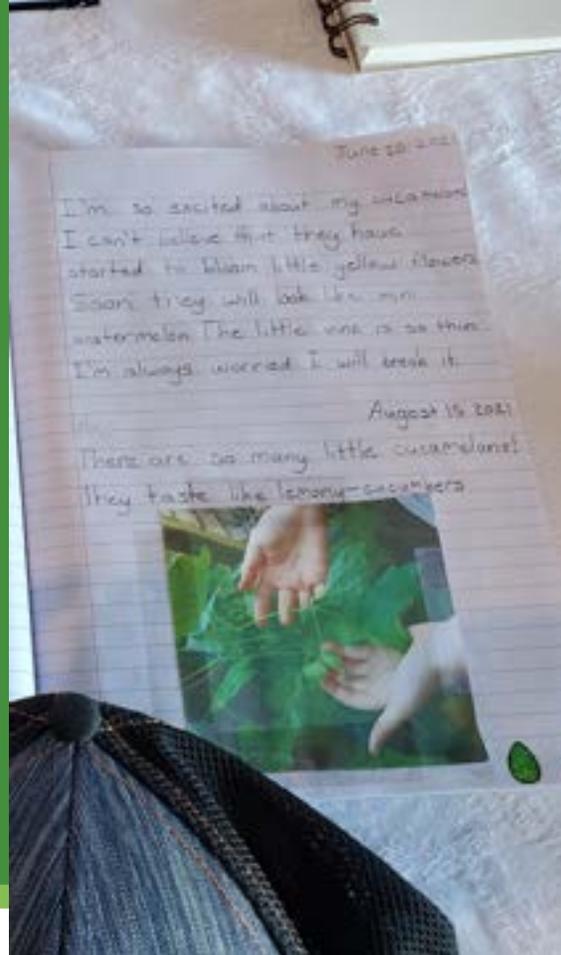
**“You know, the motto is; Learn To Do By Doing”**

“I think that the more people are connected to our earth- we would maybe take a little bit better care of our earth in general,” said Lisa. “I would like to think that being part of something like this changes the way youth see our responsibility to the earth.”

Lisa also mentioned, “Once you know how to grow things well, it’s a way to sustain yourself and your family and you don’t have to have a lot of space. You can even participate with container gardening! You can grow carrots, potatoes, and cucumbers- all sorts of things in pots.”

“You know, the 4-H motto is; Learn To Do By Doing,” added Lisa.

**Thank you,  
Kubota Canada Ltd., for  
sharing our same values  
of agriculture life, all  
while empowering youth  
of our nation to do more.**



"Isabella [4-H club participant] really enjoyed the gloves, face mask, shirt, hat and the packages of seeds from Kubota", said Isabella's father; one of the 14 youth participants in South Simcoe 4-H's Garden Club. "Wow, she just realized how many seeds are in the package" he continued.

"Isabella really enjoyed learning about how to grow moss and creating moss art work this year in the club. There were a lot of great meetings, but that was her favourite..." he exclaimed.

To anyone who might be nervous about participating in a local Garden Club, Isabella said "Why be nervous? Plant the seeds, water the seeds, go to the meetings, and have a great time playing games with new friends! The leaders are amazing and so friendly."

Thank you, Kubota Canada, for sharing our same values of agriculture life, all while empowering youth of our nation to do more.

"Kubota's commitment to our Canadian community drives us to do more for them and to make a positive impact", "This is Canada's opportunity to grow: Grow food, grow appreciation and grow stronger." said Yannick Montagano, Vice President of Sales and Marketing for Kubota Canada Ltd.

Kubota Canada Ltd. is an affiliate of Kubota Corporation, a tractor and heavy equipment manufacturer based in Osaka, Japan.



**Scan the QR code**  
Check out a video of 2021  
South Simcoe 4-H Garden Club  
Achievement Day

# 4-H Ontario Opportunities

4-H Ontario provides opportunities to young people to help them gain practical, hands-on skills in many areas — including critical thinking, parliamentary procedure, communication, leadership, teamwork, goal setting, and more. This is accomplished through programming such as camps, conferences, and leadership opportunities — all of which provide hands-on, experiential learning activities. Much like 4-H clubs, the environment created at 4-H camps and conferences allows each individual to express themselves, to learn a variety of skills, and to engage with friends and mentors in a meaningful way.

Senior leadership opportunities such as the 4-H Ontario Ambassador program, among others, give senior participants the platform to further enhance their leadership skills, public speaking and governance skills, as well as to gain confidence through new challenges.

Whether it's a 4-H participant or a friend interested in learning what 4-H is about, taking part in a camp, conference or competition with 4-H Ontario gives the opportunity to have a lot of fun while gaining valuable life skills.

As youth participate in opportunities such as these, they enhance their knowledge and skills. The benefits of attending camps and conferences are numerous and effect positive change in many aspects of their lives, from home and school to jobs and community involvement. In the competitive job market, 4-H involvement is often recognised as a differentiating factor for youth participants.

**Regarding COVID-19:** 4-H Ontario's top priority is the health and safety of its participants. Our goal is to offer programming in a way that is meaningful, filled with fun and learning experiences that encompass the core values and essence of 4-H.

In 2022 we are planning a return to in-person programming, planning includes the ongoing review of COVID-19 safety measures to follow the most up-to-date information from public health authorities.

At this time, with the nature of provincial programming being a combination of indoor and outdoor activities, 4-H participants who are eligible to receive their COVID-19 vaccine will be required to have received a full series of a vaccine approved by Health Canada at least 14 days prior to the event. Venues hosting the 4-H in-person programs have requirements that proof of vaccination must be shown. This is subject to update or amendment in response to the proof of vaccine requirements by the provincial government. To ensure the health and safety of all, the programming information provided here may change based on requirements associated with the ongoing COVID-19 pandemic. Please check out 4-H Ontario's e-newsletters, social media and website for updates and more information as it becomes available.

**4-H Ontario opportunities make a big difference for youth!**





## Discovery Days

Sponsored by Beef Farmers of Ontario



Discovery Days are a fantastic one-day 4-H experience for 4-H participants and for youth curious about joining 4-H or wanting to have a fun day.

Date	Registration Deadline	Location
July 23	July 11	Emo Legion, Emo
June 11	May 30	North Grenville Municipal Centre – Kemptville
June 18	June 6	Orono Fairgrounds, Orono
June 25	June 13	Brampton Fairgrounds, Caledon
July 9	June 27	Listowel Fairgrounds – Listowel
July 16	July 4	Emmanuel Congregational Church, Ridgetown

At Discovery Days, youth aged 6 through 12 years old explore the wide array of fun and interaction available in 4-H Ontario, through different activities and games.

This year with a focus of Healthy Living, try your hand at making your own fidget putty, use your creative side to decorate a gratitude journal, explore how to work as a team, showcase your trivia smarts in our famous Go For The Gold game, make a delicious snack that you can then enjoy, and test your skills at Discovery Days Olympics! All of this in just one day and for only **\$30!**

Along with all of this, you'll get a pizza lunch, a t-shirt you can decorate and take home with you, and you will meet new friends.

Each year is a new experience! Try them all!

## 4-H Clover Kits

Sponsored by Beef Farmers of Ontario

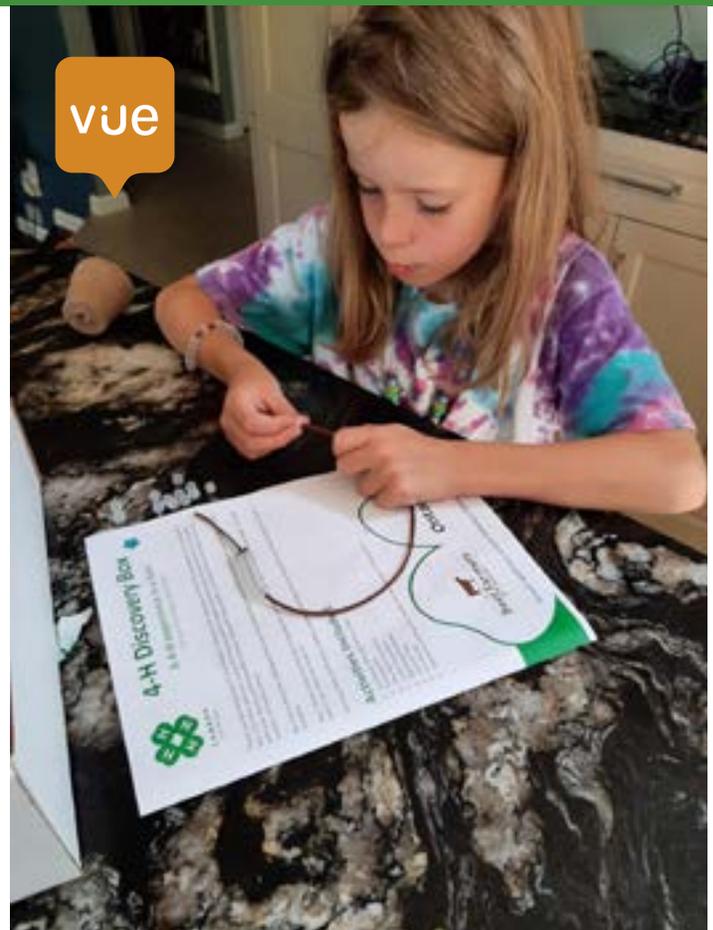


Explore the opportunities that 4-H Ontario has to offer by ordering your 4-H Clover Kits! Gather your family and discover the fun of 4-H in your own home. These kits will contain supplies and information for a variety of activities you can do yourself or with your family in the comfort of your own home. Clover Kits will be available for: 6-8 years old and 9-12 years old. Limited quantities available for each age group.

Keep an eye on the 4-H Ontario website and e-news for important dates and information!

## Online Explore 4-H Project and Cloverbud At Home Experiences

The Online Explore 4-H Project shares activities that highlight all of the amazing things youth between 9-21 can do and learn in 4-H Ontario while the Cloverbud At Home experience has youth between the ages of 6-8 exploring exciting activities developed specifically for them. You can expect fun, experiential activities that will build skills and showcase 4-H Ontario's vision of youth becoming contributing citizens who impact positive change in our communities. Check out the 4-H Ontario website for more details and to register for these experiences!



"YAC has been amazing, I've had a blast and I am definitely coming back next year."

## Youth Adventure Camp

4-H Ontario is planning for Youth Adventure Camp in August. This experience will encompass four days and three nights of learn to do by doing activities in leadership, teamwork, communication and more – all while enjoying the beautiful facilities. In addition to these activities, you will get to swim, canoe, play games, enjoy campfires and have camp challenge nights. There are many adventures awaiting you at Youth Adventure Camp. This opportunity will be open to youth between the ages of 12-15 prior to January 1, 2022.

Keep an eye on the 4-H Ontario website and e-news for important dates and information!

**Registration Deadline:** June 15, 2022

- For all youth ages 12–15
- \$345 +HST (\$389.85)
- Optional Chartered bus fee: \$45.00+HST (\$50.85)
- Optional Camp t-shirt \$18.00+HST(\$20.34)

**Supported by Beeler Family Fund**



YAC 2019

## Career Mania

4-H Ontario is hosting Career Mania from July 17-20. This experience will encompass four days and three nights of learn to do by doing activities in skills that will help you to get a job and set the course for your career. Sessions will include resume and cover letter creation, interview skills, introduction to different career and post-secondary school opportunities – all in a fun, experiential way. Come to take part in tours, hear from speakers and connect with friends at Career Mania. Past participants have shared that their experience at Career Mania has provided them with more opportunities to learn than their careers class (and is more fun!). This opportunity will be open to youth between the ages of 13-17.

**Registration Deadline:** May 30, 2022

- July 17-20, 2022
- For all youth ages 13-17 prior to January 1, 2022
- \$345 +HST (\$389.85)



Foundation

**Supported by RBC**

## Dairy Sen\$e

Join 4-H Ontario for the 2022 Dairy Sen\$e conference on May 5-7, 2022 at Durham College, in Oshawa. You will hear from a variety of industry speakers, go on farm tours and participate in networking opportunities with industry leaders, all while you gain practical skills that will assist in running a profitable dairy operation.

At Dairy Sen\$e, you will learn the impact of management decisions on the bottom line, gain management skills from some of the most successful dairy farmers in Ontario, find out the key elements of a succession plan and network with other young dairy farmers. Each year brings new speakers and tours for participants; a world of opportunities awaits you at this year's Dairy Sen\$e.

Dairy Sen\$e is co-managed with the Ontario Holstein Branch and supported by key stakeholders in the dairy industry.

**Registration Deadline:** March 30, 2022

- May 5-7, 2022
- For all youth ages 18-25
- Durham College, Oshawa, ON
- \$200 +HST (\$226)



## 4-H Ontario Ambassador Program

**Application Deadline:** January 16, 2023 to become a 2023 4-H Ontario Ambassador

**Other important dates for applicants:**

- Interviews will be conducted virtually on January 28, 2023
- Ambassador Reception and Ambassador Orientation are tentatively scheduled for March 2023

For over 10 years, the 4-H Ontario Ambassador program has provided 4-H Ontario participants with advanced training in leadership, citizenship, communication and public relations. 4-H Ontario Ambassadors channel their energy and 4-H experiences into sharing the 4-H story. This can include the Ambassador Instagram feed, sharing skills they have learned through 4-H via videos, creating blog posts, attending virtual and/or in-person events (as possible through the COVID-19 pandemic), and more! Up to six (6) current 4-H participants between the ages of 18–21 are selected each year to represent 4-H Ontario as 4-H Ontario Ambassadors.

Ambassadors manage busy schedules to achieve their goals – including schooling, work, 4-H and personal commitments. 4-H Ontario recognizes the tremendous impact Ambassadors have in the program and 2023 4-H Ontario Ambassadors will be eligible to apply for a scholarship to support post-secondary education thanks to the support of the Walker Wood Foundation. More details about this scholarship will be provided to the 2023 4-H Ontario Ambassadors upon selection.

The 4-H Ontario  
Ambassador program is  
proudly sponsored by FS.



## Future Leaders In Action

Join us on March 12-16, 2022 for five days and four nights of learn to do by doing experiences. You'll explore working with challenging personalities, your personal communication style, and group leadership techniques — as well as trying these new skills and techniques in a supportive camp environment. Along with all of this, you'll have the opportunity to plan evening programs, social recreation and challenge your-self on a high ropes course and find your way out of an escape room, all while making friends that will last a lifetime!

**Registration Deadline:** February 4, 2022

- March 12-16, 2022
- For youth ages 16-19
- Camp Kawartha, near Lakefield
- \$350 + HST (\$395.50)



Sponsored by  
Dairy Farmers of Ontario



## Leap Into Leadership

In this virtual leadership program, you'll connect with peers to explore tools that you can stock your skill toolbox with – from leadership to communication and critical thinking to creativity. Paired with games, activities and more, you'll be part of an immersive leadership experience. This experience comes with a conference kit that will give you the materials you need to participate and some fun surprises along the way!

Find more details and register by visiting the 4-H Ontario website.



Sponsored by  
Dairy Farmers of Ontario

Plans for Provincial 4-H Leadership Camp 2023 are in the works – keep an eye on the 4-H Ontario website for details about registration in Fall 2022.

FLIA 2018



# Competitions

## Go For The Gold 2022

Test your 4-H trivia smarts by participating in the 2022 4-H Go For The Gold (GFTG) Competition. Each year, the competitions are held at the local, regional and provincial levels. Local and Regional GFTG competitions are run locally, following which the fun continues as the six regional champion teams compete head-to-head at the day-long event for the title of Provincial Go For The Gold Champions. One team of up to five 4-H participants and two coaches can attend the Provincial Go For The Gold Competition from each region. Check out the 4-H Ontario website for details about which projects questions are coming from for this year's competition and helpful information for preparing for and running competitions.

Sponsored by Ontario Mutuals




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## Agribition Judging Seminar

**November 27-29, 2022**

**For 4-H participants ages 18–21**

**Application deadline:** July 1, 2022

**Registration fee:** approximately \$210 + flights

Show off your judging skills! Apply to compete as part of a team of 4-H Ontario participants at the Canadian Western Agribition in Regina, SK. Compete by judging livestock classes and presenting reasons. A maximum of 8 participants plus chaperones are selected from Ontario, noting that a 4-H Ontario team may not be sent if there are insufficient applications and/or the impacts of COVID-19 and the host organizations. For more details or to apply visit [4-hontario.ca/agribition](http://4-hontario.ca/agribition)

## Provincial 4-H Judging Competition

4-H Ontario is offering a 2022 Provincial 4-H Judging Competition! This virtual competition will test your critical thinking skills in classes from life skills to livestock and is open to all 4-H members in the province. Get excited and have fun preparing for what is sure to be an excellent competition! Keep an eye on the 4-H Ontario website and e-news for important dates and information! Registration will be open June 1, from the 4-H Ontario website. Judging will be open from July 15 to August 15. Results will be shared approximately one week following the completion of the competition. Competition classes will include four livestock classes and four non-livestock classes & a general knowledge quiz.

Sponsored by Kubota Canada Ltd.



## Amber Underwood Memorial News Competition

Calling all young writers! Entrants must write a 500-word news-style report on the following: **4-H in the community - How does 4-H impact your community?** This annual competition is presented in memory of Amber Underwood who passed away in 1989. Amber grew up on a farm in Norfolk County and was a graduate of the University of Guelph with a Bachelor of Science in Agriculture. Writing was Amber's first love and this annual competition was established to encourage 4-H youth in their writing and journalism efforts. This award is made possible through the Amber Underwood Endowment Fund created in Amber's honour to remember her strong commitment to 4-H and her love of writing. A \$100 prize will be awarded to the winner in each of the two categories: Junior, ages 9-14 and Senior, ages 15-21.

**Submission Deadline:** September 16, 2022

## Canadian Young Speakers For Agriculture

**November 2022**

**For all youth ages 11–24**

**Registration deadline:** September 30, 2022, check website to confirm. Application fees apply.

The Canadian Young Speakers for Agriculture (CYSA) competition is held annually as an opportunity to develop your public speaking skills and create a forum to express community concerns. Contestants prepare a 5–7 minute speech on one of the annual themes. There is a Junior (ages 11–15) and Senior Competition (ages 16–24) to compete for cash prizes. For more details and to register, visit [cysa-joca.ca](http://cysa-joca.ca)



## Virtual Youth Learning Opportunities

Did you know that 4-H Ontario has a Digital Programming page on its website that's home to many activities for you to try out? Be sure to check out 4-H Ontario's themed Monthly Activities to explore and play a variety of interactive activities. Each month contains four activities that provide you with the opportunity to build your skills in that month's topic and have a virtual Learn To Do By Doing experience.

Along with those, there are other virtual opportunities for you to explore throughout 2022. Watch out for things like virtual Scavenger Hunts and themed challenges to participate in with all youth across Ontario. Keep your eyes peeled for more details on these activities on our social media, website, and e-newsletters to see when our scavenger hunts and more are coming out.

## 4-H Ontario Virtual Art Show, Summer 2022

Roll up your sleeves and join our 2022 Virtual Art Show! Choose from a variety of a category options to learn from, create and show off your amazing skills. The Virtual Art Show provides fun, experiential ideas/activities for you to explore and apply new art techniques to your future pieces. This virtual art show is open to all youth in the province in the following groups: 6-8 years old, 9-12 years old, 13-15 years old, and 16-21 years old. Keep an eye on the 4-H Ontario website and social media for more details, you won't want to miss out on this amazing event.



## Youth Leadership

Leadership, communication, teamwork and mentorship are all key pieces to youth leadership in 4-H. 4-H Ontario offers two streams of youth leadership; **Club Youth Leaders** and **Youth Directors**.

Sponsored by Kubota Canada, Club Youth Leaders are senior 4-H participants who take on additional responsibilities within a club project. Youth Leaders must be at least 15 years old and no more than 21 years old prior to January 1 of the current calendar year.

Youth Leader engagement focuses on presentation skills and leadership styles. New Club Youth Leaders must participate in a Youth Leader Orientation webinar and are encouraged to do so prior to engaging in the Youth Leader Project. Youth Leader webinars will run from 7-8 p.m. (EST). 4-H participants wishing to become Youth Leaders should participate in one of the following Youth Leader webinars:

**Tuesday February 1**  
**Wednesday March 2**  
**Tuesday April 5**  
**Wednesday April 20**



To register for a Youth Leader Orientation webinar please contact your local Volunteer Support staff. There must be a minimum of six participants for the webinar to run. In order to ensure full engagement by participants there is a maximum of 20 participants registered for each session.

Re-engagement for Youth Club Leaders in 2022 will take place through online learning modules or through participation at designated provincial 4-H opportunities as confirmed by Sr. Manager, Youth Experience. It is important to note that all aspects of the Youth Leader project must be completed to the satisfaction of the local 4-H Association in order to receive completion credit.

Youth Directors work on association initiatives with a 4-H Association. They are required to be active 4-H members who are at least 18 and not more than 21 years of age at the time they are elected to the Board of Directors. Youth Director engagement focuses on governance, policy and Board basics. New Youth Directors must attend a New Volunteer Orientation webinar; while re-engaging Youth Directors must attend and participate in a local 4-H Association AGM, Volunteer E-Symposium or Association Requested Learning Opportunity.

Re-engagement for both streams is required every two years. 4-H participants are strongly encouraged to complete their re-engagement prior to beginning their project for maximum benefit and learning.

Note: Re-engagement **MUST BE** completed by end of the project in order to be granted credit for the project.

For more details, visit [4-hontario.ca](http://4-hontario.ca).



# Scholarships

## Weston Family 4-H Agricultural Scholarships

The Weston Family 4-H Agricultural Scholarship program is offered to 4-H members who will be an undergraduate or post-graduate student in an agricultural based certificate, degree or diploma program at a recognized Canadian post-secondary institution in the Fall of 2021. Applicants may re-apply each year to receive additional funding and apply directly to 4-H Canada. The scholarship covers one year of tuition at their institution.

**Application Deadline: May 31, 2022**  
[apply.4-h-canada.ca](http://apply.4-h-canada.ca)

## Scott Van Kampen and Don McCutcheon Memorial Award

The McCutcheon and Van Kampen families are excited to offer a scholarship in honour of Don McCutcheon and Scott Van Kampen. They are so happy to honour their lives and their love for agriculture through this scholarship. This \$1,000 scholarship is awarded to an individual interested in Agriculture who is currently enrolled in either College or University and is involved in 4-H currently or previously. Please note that applicants are only eligible to win this award once.

**Application Deadline: October 14, 2022 at 5:00 p.m.**  
[4-hontario.ca/scholarships](http://4-hontario.ca/scholarships)

## David Perrin Memorial Award

The Perrin Family, along with friends within the agriculture industry, are honoured to offer a scholarship in honour of David Perrin. The David Perrin Memorial Award honours David's life and his love for agriculture. Two scholarships valued at \$1,500 each, will be awarded to an individual who is currently pursuing post secondary education and interested in agriculture and farm safety. One award will be given in September and one in January of each year. Applicants will be required to submit a 500 word essay on farm safety along with their application.

**Application Deadlines : June 24, 2022 and October 28, 2022.**

## Coca-Cola 4-H Post Secondary Scholarship

Through the generosity of The Coca-Cola Foundation, 79 scholarships are available to 4-H youth across Canada pursuing post-secondary education in the 2021-2022 academic year. The Coca-Cola 4-H Post-Secondary Scholarship will help 4-H'ers explore their career interests, develop new skills, prepare for the workforce and become leaders in their communities. 79 scholarships of \$1,000 each.

**Application Deadline: May 31, 2022**  
[apply.4-h-canada.ca](http://apply.4-h-canada.ca)

Sponsored by: The Coca-Cola Foundation

## 4-H Canada Leadership Excellence Awards of Distinction

The Leadership Excellence Awards of Distinction (L.E.A.D) honours the accomplishments of four senior 4-H youth and showcases the outstanding accomplishments of Canadian 4-H'ers in the area of leadership excellence. L.E.A.D looks to acknowledge and honour confident, accomplished 4-H'ers who have gained critical life skills through their 4-H experience. Award winners will also demonstrate the positive impact they have had on their community through 4-H experience. Four national youth L.E.A.D Award Winners will be selected. Winners will also be paired with a mentor in the field in which they were selected and will subsequently receive a reference letter from this mentor. Each recipient will receive a \$20,000 scholarship for high education (\$5,000 annually for four years) and an all- expenses paid trip to attend the 4-H Canada Members Forum.

**Application Deadline: May 31, 2022**  
[apply.4-h-canada.ca](http://apply.4-h-canada.ca)

## Bertram and Hazel Stewart 4-H Dairy Youth Education Award & Bursary

The Bertram and Hazel Stewart 4-H Dairy Youth Education Award & Bursary honours Bertram and Hazel Stewart's deep commitment and passion for agriculture, education and 4-H. Open to 4-H Ontario members who have been a Dairy Club member for at least three years, this award is presented at the TD Canadian 4-H Dairy Classic Show at the Royal Agricultural Winter Fair in the year it is granted. \$1,000 payable upon completion of first year of post secondary studies.

**Application Deadline: September 29, 2022 at 5:00 p.m.**

[4-hontario.ca/scholarships](http://4-hontario.ca/scholarships)

## Ontario Dairy Youth Trust Fund Scholarships

Youth from all six dairy breeds are eligible for this award which is funded by Edward Morwick on behalf of the Ontario Dairy Youth Trust Fund and the Ontario Holstein Branch. Selection is primarily based on the applicant's agricultural background. Key components include 4-H and Junior Farmer involvement, community activities and future goals. Eight scholarships of \$1,000 are awarded annually.

**Application Deadline: May 2022**

[ontario.holstein.ca/youth/scholarships](http://ontario.holstein.ca/youth/scholarships)

## Justin Parish Memorial Bursary

This bursary honours the spirit of Justin's dream of one day attending the 4-H Dairy Classic Show at the Royal Agricultural Winter Fair (RAWF). Presented by Robin and Connie Parish, the Justin Parish Memorial Bursary will support a 4-H Ontario Dairy Club participant in attending the Classic Show at the RAWF as a team member, fitter, herdsperson for the first time. One award of \$1,000.

**Application Deadline: September 30, 2022**

[4-hontario.ca/scholarships](http://4-hontario.ca/scholarships)

## Henrike Foerster Memorial 4-H Entrance Scholarship

Awarded to a first year student in the Associate Diploma in Veterinary Technology Program at the University of Guelph's Ridgetown Campus who has demonstrated involvement in past and/or current 4-H activities in Ontario. One award of \$500.

**Application Deadline: October 7, 2022**



# Participant Awards

## 4-H Ontario Award of Achievement

Sponsored by: Gay Lea Foods Co-operative Limited

The 4-H Ontario Award of Achievement is awarded to participants who have completed 24 projects and a minimum of five years as a participant. Recipients of the 4-H Ontario Award of Achievement receive a framed limited-edition print.



## 4-H Ontario Youth Leader Award

Sponsored by: Kubota Canada Ltd.



The 4-H Ontario Youth Leader Award is awarded to active 4-H participants who complete a Club Youth Leader project and all of its eligibility requirements. For more details, visit [www.4-hontario.ca/youth-recognition](http://www.4-hontario.ca/youth-recognition).

## 4-H Ontario Long Standing Graduating Member Award

Sponsored by: Kubota Canada Ltd.



The Longstanding Graduating Member Award is awarded to current and active 4-H Ontario graduating participants who have completed clubs in the previous five or more years. Through this award, Associations are able to choose an award for each participant that best suits the recipient and will be a memento of their 4-H experience.



# 4-H Canada Opportunities

## 4-H at Home Outreach

The 4-H at Home Outreach Initiatives provide clubs, youth, and families – both within and beyond the 4-H program – with opportunities to take part in relevant and engaging activities that focus on experiential learning, leadership, and skill-building. Outreach Initiatives are packaged activity kits that include all curriculum and materials youth and families, as well as clubs and their leaders, need at home to run hand-on exploration activities related to the topic.

- Community Engagement & Communications – UN Sustainable Development Goal (SDG) #11 Sustainable Cities and Communities
- Sustainable Agriculture & Food Security – Dig Into Soil, SDG#13 Climate Action, SDG#15 Life on Land
- Science & Technology – SDG#7 Affordable & Clean Energy
- Environment & Healthy Living – SDG#14 Life on Land

Stay tuned for more information on each initiative and to download resources from past initiatives, visit [4-h-canada.ca/4-h-at-home](http://4-h-canada.ca/4-h-at-home).

4-H Canada, alongside several of our national partners, recognizes the importance of investing in the lifelong learning opportunities for our 4-H youth as integral to their success and the long-term vibrancy of our Canadian communities and economy. Thanks to these partnerships, 4-H Canada is proud to offer a variety of post-secondary scholarships for participants every year.

Scholarships available in 2022 will be announced in February 2022. Scholarship applications open March 1, and close May 31, 2022. For more information and application guidelines, visit [4-h-canada.ca/scholarships](https://4-h-canada.ca/scholarships).

## 4-H Canada Citizenship Congress - May 2022

**May 3-8, 2022**

**Open to:** 4-H Participants, 16-21 years old as of program date

**Application Deadline:** January 31, 2022

**Cost:** \$400 per person, due to 4-H Canada upon selection

**Space Available:** 4-H Ontario can send 10 participants. Apply through 4-H Ontario

**2022 is the 50th anniversary of Citizenship Congress!** Citizenship Congress will deepen your understanding of civic engagement, governance and public policy, parliamentary procedures, citizenship, and politics. This conference creates opportunities for you to network and learn from experts on governance and civic engagement while building your research skills, communication skills, and your knowledge on parliamentary procedure.

Workshops and preparation sessions will culminate with the annual debate where you and your fellow 4-H'ers from across Canada will construct insightful arguments and practice your skills of persuasion and public speaking. You'll leave Citizenship Congress having learned more about Canada, its government, and yourself.

**4-H Canada is excited for Citizenship Congress to return to Ottawa from May 3-8, 2022!** As with all of 4-H Canada's programs set for in-person delivery in 2022, Citizenship Congress planning includes the ongoing review of COVID-19 safety measures to follow the most up-to-date information from public health authorities.

Learn more and watch recordings of past debates at [4-h-canada.ca/citizenship-congress](https://4-h-canada.ca/citizenship-congress).

## Careers on the Grow

**Open to:** 4-H Participants, 18-25 years old

**Application Deadline:** For 2023 program: January 2023

**Cost:** No cost

For more information: [www.4-h-canada.ca/growingcareers](https://www.4-h-canada.ca/growingcareers)  
Careers on the Grow is a career exploration program where you can explore career paths, apply your skills, and gain hands-on work experience. Being part of your 4-H club prepares you for your future career by learning decision-making, communication, and leadership skills – which are in demand in today's workplace. Through Careers on the Grow, you can put these skills to work and grow them further through internship placements, networking, mentorship opportunities, and career exploration resources. As part of this program there are internship opportunities, e-mentorships, virtual workshops and career readiness learning modules.

**Watch for more information and learn more at [4-h-canada.ca/growingcareers](https://4-h-canada.ca/growingcareers)**

## National Members Forum - November 2022

**Open to:** 4-H Participants, 16-21 years old

**Application Deadline:** Sept 20, 2022

**Cost:** TBC, due to 4-H Canada upon selection

**Space Available:** 4-H Ontario can send 10 participants; Apply through 4-H Ontario

First offered in 1931, 4-H Canada's Members Forum is our longest-running program. Through experiential learning, workshops, and interactive activities, you will develop a deeper awareness, knowledge, and understanding of what it means to positively impact the environment and healthy living. You'll leave feeling energized and equipped to apply new knowledge and

skills to club projects in your community, and maybe even discover new career paths to explore or pursue. For information on the 2022 National Members Forum as it becomes available visit the 4-H Ontario and 4-H Canada websites.



## 4-H Canada Science Fair

**2022 competition registration entry deadline is January 14, 2022.**

**2023 4-H Canada Science Fair competition registration will open Fall 2022 and close January 2023**

**For more information: [4-h-canada.ca/sciencefair](https://4-h-canada.ca/sciencefair)**

**For 4-H participants in Grades 7–12**

The 4-H Canada Science Fair is an opportunity for you to explore, experiment, and discover! Through the Science Fair, you will plan, research, complete and submit a science project, independently or as a pair, on a topic that interests you. Some members may explore a topic that compliments their 4-H club project, or they may discover something completely unrelated!

For your project, you can conduct an experiment, design an innovation, or perform a research study. You'll showcase your project along with projects from members across Canada, with a chance to compete at the Canada-Wide Science Fair – the country's largest annual youth science, technology, engineering and mathematics (STEM) event.

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## We're Still Here



SCAN QR CODE  
to learn more

Every youth has the potential to become the next great leader, thinker and innovator provided they have the right tools and encouragement. Across the province, thousands of youth are learning about critical thinking and leadership skills through participation in 4-H programs. Through 4-H's "Learn To Do By Doing" motto, youth experience both successes and opportunities to learn, and most importantly, they become resilient. 4-H is passionate about preparing young people for the future and showing them that with the right skills and attitude, anything is possible.

Covid-19 has forced the world to examine everything, including how programs are delivered – and 4-H Ontario is no different. With over 100 years of delivering in person programming, our volunteers and youth stepped up during the pandemic and pivoted quickly to the virtual world by hosting online clubs, dropping awards off to participants' homes and staying engaged through virtual training. We introduced both self-directed and digital activities to help those with internet challenges. 4-H'ers got creative in how they could participate in 4-H and help serve their communities. 4-H volunteers and youth were still together - just a little further apart.

It took real dedication on the part of our volunteers and youth to adapt to the changes in such a hard time. These changes couldn't have happened without the incredible support of our 4-H community.

4-H Ontario remains committed to in-person programming. It has, and always will be, a fundamental cornerstone of the 4-H experience. There are 1800 dedicated volunteers who deliver the 4-H program at a local level in Ontario. These trusted volunteers lead local clubs and create unique opportunities for youth to develop positive relationships with caring adult mentors.

We have learned while navigating through this pandemic and beyond, that the world is changing, and 4-H Ontario needs to change with it. This is the time to embrace a change for youth and 4-H's moment to move into the future. Your trust and investment in developing a modern platform for youth means maintaining and growing a strong program that encompasses both digital and in-person opportunities, making for even stronger youth and leaders.

The Ontario Ministry of Agriculture, Food and Rural Affairs provides funding to support 4-H Ontario's main services; however, where there are gaps left by government funding, your generosity can build a bridge. The impact of 4-H Ontario's supporters can be seen in the programs we run and the services we provide for our volunteer leaders. Our donors make a life-changing difference in the youth who participate in our programs. We are still here, and we will continue to be for the next one hundred years with your support.

Together, we can create a future where every youth has the chance to thrive and unlock their full potential as leaders in their community, in the province and across the country.

# Volunteer Awards

## 4-H Ontario Outstanding New Leader Award



Sponsored by: Gay Lea Foods Co-operative Limited  
Submission Deadline: June 30, 2022.

These awards recognize club leaders who are new to 4-H and doing great things for youth members in their clubs. The award celebrates those club leaders who have been with 4-H Ontario for three years or less. Nominations are accepted from across the province, with only one nomination accepted per Association. One award will be given out per region. For more information visit <https://4-hontario.ca/volunteers/volunteer-awards/>.



4-H VOLUNTEERS

## 4-H Ontario Volunteer Recognition Program



Sponsored by: Bayer Canada-Crop Science Division

The Volunteer Recognition Program celebrates 4-H Ontario volunteers' years of service. Each 4-H Ontario volunteer receives a certificate of appreciation and pin for their first year of volunteering. Further recognition is given at five year increments. Milestone recognition starts at 20 years of service, and for every five year increment thereafter.

## 4-H National Volunteer Leader of the Year Award

Volunteer leaders are the lifeblood of the 4-H program. 4-H members can show their appreciation and nominate a club leader for this prestigious award! Nominations will be accepted in Fall 2022 through 4-H Canada and should be submitted directly to 4-H Canada at [apply.4-h-canada.ca](https://apply.4-h-canada.ca).

## 4-H Ontario Arbor Awards



Sponsored by: Bayer Crop Science Inc.  
Submission Deadline: November 30, 2022

4-H Ontario values the hard work, dedication and talent that volunteers bring to the program. Their service is instrumental in 4-H Ontario's success. The 4-H Ontario Arbor Awards are 4-H Ontario's most distinguished volunteer awards, given out each year at 4-H Ontario's Volunteer Conference in March. Volunteers are nominated by their local Associations, and recipients are chosen by a committee of past recipients. This award is open to all past participants who have positively impacted 4-H in Ontario and have served the organization for over 10 years (this includes both club leaders and non-traditional volunteers). Nominees must have shown significant leadership, initiative and made a positive impact on 4-H at various levels (club, local, regional, provincial and/or national). Nominees' involvement in other community activities and organizations is also strongly considered. Only one nomination per Association will be accepted. For more details, visit: [4-hontario.ca/volunteers/volunteer-awards/](https://4-hontario.ca/volunteers/volunteer-awards/).





# Volunteer Engagement

## New Volunteer Engagement 2022

Sponsored by: Ontario Mutuals

Completion of the New Volunteer Orientation (NVO) is a requirement for all 4-H volunteer candidates. NVO's provide a "Learn To Do By Doing" experience. This two-hour orientation provides hands-on experience and information in order to equip volunteer candidates with the necessary skills and knowledge they require to volunteer with 4-H.

Topics covered include: what is 4-H, club management, risk management, local association roles and responsibilities and programming opportunities for members. These sessions are designed for those who have not previously volunteered with 4-H, including Youth Directors.

## New Volunteer Orientation Webinar Sessions

Webinars will be held from 7 p.m. - 9 p.m. (EST). Please note that for maximum benefit and learning, participants must have functional webcams engaged on their computers. \*A minimum of six participants are required for each webinar session. To ensure participant engagement a maximum of 20 participants will be accepted on a first come first served basis. Additional webinars may be added if required.

### Webinar Session Dates

Jan. 19, 2022	Feb. 8, 2022	Feb. 16, 2022
March 8, 2022	March 16, 2022	April 12, 2022

## Child Protection Training

All 4-H volunteers in Canada are required to complete Child Protection Training. This is mandatory training that all 4-H club leaders and volunteers working with or in direct contact with 4-H youth must complete as part of their screening process. This training must be accessed through 4-H LEARNS: [4-h-learns.org](http://4-h-learns.org). A certificate will be issued upon successful completion of the online training and must be forwarded to 4-H Ontario before provincial volunteer acceptance can be issued. New for 2022, volunteers will be required to re-engage their Child Protection Training every three years with a one-hour refresher course.

## 2022 Volunteer E-Symposiums

These learning opportunities serve to inspire and invigorate 4-H Ontario volunteers while providing a forum to share ideas and best practices and find out how we can support each other as the 4-H family of staff and volunteers.

E-symposiums are open to all 4-H volunteers and Youth Directors. Participants will be required to connect via Zoom Conferencing and, for maximum engagement, have a functional webcam on their computer. Symposium attendance is capped at 20 participants. Advanced registration is required. Please register with your Volunteer Support staff a minimum of two (2) weeks in advance of the Symposium date via email or telephone. Details on how to connect to the e-conference will be sent when you register.

\*A minimum of six participants are required for each E-Symposium.

## The 4-H Ontario Volunteer Re-Engagement Process

Our “Learn To Do By Doing” philosophy is true for 4-H Ontario volunteers as much as it is for youth.

Volunteers are asked to re-engage consistently through our three-part process. Local Volunteer Support Staff will be in contact with instructions for completing these elements as needed.

- Participation in a re-engagement learning opportunity is required every two years.
- Completion of a police check (Criminal Record and Judicial Matters Check) is required every three years.
- New for 2022: Volunteers will be required to complete a 4-H Canada Child Protection refresher course every three years.

4-H Ontario offers a wide variety of learning opportunities for volunteers throughout the year. The volunteer re-engagement process serves as a check-in with fellow volunteers and 4-H Ontario staff. These sessions are part of the ongoing education and support of volunteers, to ensure the safety of all the youth participants and volunteers, as well as the quality of the 4-H program. Volunteers have their choice of re-engagement workshops offered throughout the year.

E-Symposiums will be offered on the fourth Monday from January to May, except in April, when two sessions will be offered.

Time is from 7 to 8 p.m. EST.

Date	Topic
January 17	Virtual Parliamentary Procedure
January 31	Virtual Judging & Critical Thinking
February 28	Mental Health – How Volunteers can Assist & Engage Youth
April 4	Insurance
April 25	Modelling Positive Behaviour at Shows & Show Planning in a Pandemic Age
May 9	Gender, Sexuality, & Identity

## 2022 Volunteer Re-Engagement Learning Opportunities

- Staff-led re-engagement workshops at local 4-H Association Annual General Meetings. (Check with your local 4-H Association or Volunteer Support staff for more information),
- E-Symposiums (see above),
- 4-H Ontario Volunteer Conference workshops (see page 30),
- Local Association-requested learning sessions on a topic of interest to volunteers in that 4-H Association, as determined by the local 4-H Association Board of Directors. These sessions can be scheduled at any time throughout the year in coordination with the local Volunteer Support Staff and focus on any topic,
- Web-based, self-directed learning options (Contact your Volunteer Support staff for more information).



# 4-H Ontario Volunteer Conference

**WHEN - March 25-26, 2022**

**WHERE - Sheraton Parkway Toronto North Hotel,  
600 Highway 7 Richmond Hill, ON**

The 2022 Conference theme will be 'Fuelling 4-H For The Future' and the Region 6 Volunteer Conference Planning Committee invites you to join in the learning, networking and celebrations at this year's event. Over the past few months, the 2022 Volunteer Conference Planning Committee has been working to prepare a networking and learning program encouraging volunteers to 'fill their 4-H tank' with new skills, knowledge, and relationships.

The Conference is filled with opportunities to learn, enhance skills and make valuable connections with 4-H volunteers from across the province. Volunteers will engage with fellow 4-H volunteers who share the same values and passion for youth engagement. The conference is designed to 'fuel' exciting new ideas to take back to local clubs, fellow 4-H volunteers and local 4-H Associations.

The conference will include presentations and interactive discussions on a variety of topics including: being a 4-H champion, accessibility and accommodation, gender identity, indigenous traditions and culture, hybrid meeting delivery, mental health, and 2022 new project releases. The conference will cap off with a banquet event honouring our 2022 4-H Ontario Arbor Award recipients.



## “FARMER TIM” May Keynote Speaker

**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.



More details, including a full workshop agenda and listing of our conference sponsors, can be found on our website. Scan the QR Code to find the Conference webpage.

## Volunteer Engagement: Teleconference Dates

### AR, P, VP Calls

January 27 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
May 5 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
October 13 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Membership Coordinators

RSVP: database@4-HOntario.ca or call 1.877.410.6748x484  
March 31 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
September 1 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Association Representatives (AR), Presidents (P) & Vice Presidents (VP):

Orientation for newly elected Association Representatives  
March 1 - 7:30 p.m. to 8:30 p.m.  
Orientation for newly elected Presidents & Vice Presidents  
April 7 - 7:30 p.m. to 8:30 p.m.

### Livestock Contacts

RSVP: livestock@4-HOntario.ca  
March 2 - 12 p.m. to 1 p.m. & 7 p.m. to 8 p.m.  
August 31 - 12 p.m. to 1 p.m. & 7 p.m. to 8 p.m.

### Association Treasurers

RSVP: finance@4-HOntario.ca or call 1.877.410.6748x467  
May 17 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
November 22 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Screening Coordinators

RSVP: standards@4-HOntario.ca or call 1.877.410.6748x464  
April 12 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
November 15th - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

## Increase your family's food literacy skills this winter with Six by Sixteen

This winter, stay warm in the kitchen by cooking up family favourite recipes while teaching your children skills that will last a lifetime.

'Tis the season for comfort foods like soups, stews, chilis, casseroles and Crock-Pot recipes. All of which use Ontario-grown produce, meats, grains, dairy and herbs.

Celebrate the holiday season and give thanks to our province's farmers by filling your plates with fresh, local, high-quality, Ontario-grown food.

Need food literacy resources? Our website, [sixbysixteen.me](https://sixbysixteen.me) has a bounty of locally-sourced recipes, youth activities, a downloadable recipe guide and much more.

When you and the family agree on a recipe to try - source local ingredients from the Farmers' Market, farm gate sales or look for the Foodland Ontario logo when shopping at the grocery store.

Let's use this time together to heat up the kitchen with cooking activities for the whole family.

To brush up on safe food handling practices, knife safety skills and learn how to make Six by Sixteen's eight signature recipes, visit [youtube.com/ontariofarms](https://youtube.com/ontariofarms).



## Join Us

Cloverbuds Age 6-8  
Participants Age 9-21



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