

Summer 2022

LEADERSHIP IN ACTION



CANADA
4-H Ontario



PLAY

10 activities, recipes and more!

MEET THE NEW AMABASSADORS

Learn more about our 2022
ambassadors!

DON'T MISS OUT

Check out our upcoming
scholarships, opportunities and
more!



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4-H Ontario Staff *As of June 2022

LEADERSHIP SUPPORT	Executive Director Christine Oldfield Employee Engagement Specialist Jocelyn Wells Director, Professional Practice Evelyn Chambers
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VOLUNTEER & COMMUNITY ENGAGEMENT	Manager, Volunteer Support and Database Megan Burnside-Poitras Coordinator, Database Kelly Clark Coordinators, Volunteer Support: Cam Crogie Faith Kirk Brianna Dracup Melinda Scott



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Managing Editors: Laura Goulding and Autumn Unwin
Design: Autumn Unwin

For subscriptions and further information:
 LEADERSHIP IN ACTION c/o 4-H ONTARIO
 111 Main Street N, Box 212, Rockwood ON N0B 2K0
 1.877.410.6748 | www.4-hontario.ca
 communications@4-hontario.ca

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A Message From The Executive Director

When I woke up this morning it was -2 degrees. For late April this feels like a punishment. Still the sun is shining, and I know that warm weather is on its way. In this way I find myself feeling a sense of hopeful anticipation about the year to come. While COVID is still very much a daily reality, I have had glimpses of a future where we can be together again. I attended my first in-person AGM and Volunteer Conference at the Sheraton in Richmond Hill. We hosted our Future Leaders In Action (FLIA) camp in Kawartha Lakes during March break and a number of staff and volunteers had the opportunity to attend the 4-H Canada Leadership Summit in Halifax. While I marvelled at the creativity, economy and convenience of virtual events and meetings, I am very happy to have the opportunity to meet and interact with youth, volunteers, and staff in person.

and make the important decision of what we want to bring with us into the future.

It feels cliché to say the world is constantly changing but it is also true. Our communities are changing, and our young people are growing up in a world that looks vastly different than the one their parents grew up in. This is a reality that existed prior to COVID and while 2020 saw us adapt to a swiftly changing social reality we need to continue to adapt to our continually changing environment to ensure our relevancy as a positive youth development organization and as a global movement. I was very moved by the words of Dr. Dorothy McCargo Freeman who provided the Opening Keynote address at the 4-H Canada Leadership Summit this year. Dr. Freeman spoke about why and how to create an inclusive environment within 4-H because, as she said, 'every child deserves 4-H'. These sentiments were further highlighted by Jeff A.D. Martin at the Closing Keynote address who talked about purpose and helping others find their full potential. As volunteers and staff in the 4-H program we have the ability to bring this amazing program to more people and people for whom their involvement in 4-H could impact their life trajectory in ways we have probably never contemplated. I encourage each and everyone of you to think about what you can do to ensure that, '4-H is for Everyone' is not just a tag line but a reality.



"4-H is for everyone."

- Christine Oldfield,
Executive Director

We have amazing stories of success from the past 2 years. From virtual clubs that engaged 100+ youth from across the province to the launch of our 'boxed' experiences and DIY activities, to Association and the Council boards conducting meetings from the comfort of their own homes and virtual art contests and judging competitions. We engaged in new ways. But we didn't just engage in new ways. We also engaged new and different people, including youth in urban centres and university towns that would not have had local clubs to attend and volunteers who would not have been able to travel long distances to meetings and events. If 2020 was the year of lock down and 2021 was the year of the pivot, I feel that 2022 is the year of the hybrid, wherein we figure out what worked and what didn't work in the last two years

Christine Oldfield

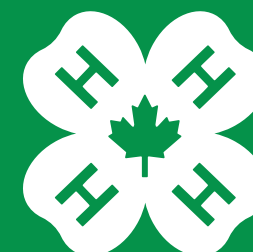
Christine Oldfield
Executive Director, 4-H Ontario

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4-hontario.ca/supporters/donate-to-4-h-ontario/donate-to-the-ontario-4-h-foundation/



FOUNDATION



CANADA
4-H Ontario

Upcoming Provincial Opportunities

Go For The Gold

Local Association and Regional Competitions:

4-H Association-level and Regional-level Go For The Gold (GFTG) competitions are hosted by local 4-H Volunteers every year. This quiz style competition is one of the most popular 4-H events. 4-H Volunteers and Members who want to prepare for, compete in and run a GFTG competition can get more information in the 2022 GFTG Handbook.

Local Competitions:

We're excited to announce that Go For The Gold is back and in person! 4-H Ontario is asking that the local competitions take place between May 1st – August 6th, in order to allow enough planning for the regional competition.

Book your game buzzers online, as soon as possible, as the buzzers are reserved on a first come, first serve basis!

Regional Competitions:

4-H Ontario will be moving forward with in person competitions. The regional competition is hosted by one association within the region and will be inviting all other associations within the region, once details are confirmed.

Provincial Competition:

Following the Association- and Regional-level competitions, the fun continues as the six Regional Champs compete head-to-head for the title of Provincial Go For The Gold Champions! One team of up to five 4-H members and two coaches can participate from each region.

Open to current 4-H Members 9-21 years old **Registration deadline:** September 9th, 2022 **Event date:** November, 2022
Location: To be determined **Entry fee:** \$50

4-H Ontario values the relationship and support from the Royal Agricultural Winter Fair (RAWF) as hosts for the Provincial Go For The Gold competition for many years.

Go For The Gold Handbook

To find the 2022 Go For The Gold Handbook to learn more about GFTG's instructions and guidelines. Visit the 4-H website at the link below or scan the QR code.

To learn more about GFTG, visit:
4-hontario.ca/youth/4-h-events/competitions/



Scan Me



Provincial Judging

4-H Ontario is offering a 2022 Provincial 4-H Judging Competition! We are continuing to provide the virtual Provincial Judging for our youth to stretch their reasoning skills through an easy, and accessible platform all while staying in the comfort of their home. Take your time, explore, and learn while taking on the virtual challenge! The virtual Provincial Judging 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!

Judging will open from July 15th to August 15th, results will be shared approximately one week following the completion of the competition. There will be a total of 6 classes for participants to judge.

The class listing includes:

- Dairy Cows
- Breeding Ewes
- TBD
- Breeding Heifers
- Landscape
- TBD

To learn more about Provincial Judging, visit: 4-hontario.ca/youth/4-h-events/competitions

Thank you to our sponsor, **Kubota Canada Inc.**



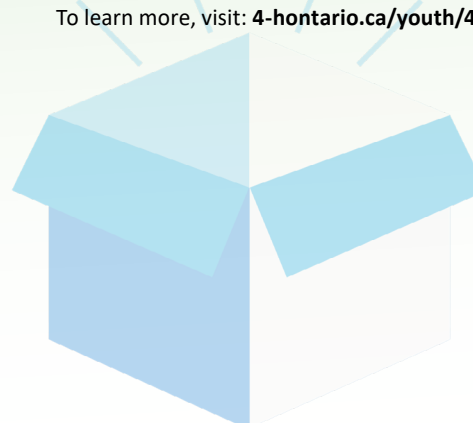
Scan Me

NEW THIS YEAR!

This year, 4-H Ontario launched our official **Clover Kits**! Explore the opportunities that 4-H Ontario has to offer with 4-H Clover Kits! Gather your family and discover the fun of 4-H in your own home. 4-H Clover Kits highlight 4-H Pillars through a wide variety of activities that will allow you to get active, explore your community, stretch your mind and muscles while having some 4-H fun!

These kits 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: 6-12 years.

To learn more, visit: 4-hontario.ca/youth/4-h-events/camps



Youth Opportunities

Scholarships

NEW - Central Canada Exhibition Legacy Scholarship

Application Deadline: August 1, 2022
4-hontario.ca/central-canada-exhibition-legacy-scholarship-application-form/
central-canada-exhibition-legacy-scholarship-application-form/

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

Application Deadline: September 29, 2022
4-hontario.ca/bertram-and-hazel-stewart-4-h-dairy-youth-education-award-bursary-application-form/
central-canada-exhibition-legacy-scholarship-application-form/

Justin Parish Memorial Bursary

4-H Ontario Dairy Club Member in support of attending the Classic Show for the first time.

Application Deadline: September 30, 2022
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Henrike Foerster Memorial 4-H Entrance Scholarship

Application Deadline: October 7, 2022
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Scott Van Kampen and Don McCutcheon Memorial Award

Current/previous 4-H'er interested in Agriculture who is currently enrolled in either College or University.

Application Deadline: October 14, 2022
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Competitions

Amber Underwood Memorial News Competition

Write a 500-word news-style report on the following topic: 4-H in the community – How does 4-H impact your community?

Registration: September 16, 2022
4-hontario.ca/youth/4-h-events/competitions/

Canadian Young Speakers for Agriculture

The Canadian Young Speakers for Agriculture (CYSA) competition is an opportunity to develop your public speaking skills and express community concerns.

Registration Deadline: September 30, 2022
4-hontario.ca/youth/4-h-events/competitions/

Provincial Go For The Gold

Registration Deadline: September 9, 2022
Entry fee: \$50
4-hontario.ca/youth/4-h-events/competitions/

Provincial 4-H Judging Competition

Registration Deadline: September 9, 2022
Event date: June
4-hontario.ca/youth/4-h-events/competitions/

Youth Positions

4-H Ontario Ambassador

Registration Deadline: September 9, 2022
4-hontario.ca/youth/youth-positions/

Did you know you can also apply to take part in any 4-H Canada opportunities? 4-H Canada offers conferences, exchange, and programs that you can take part in within your community, country and on a global scale. Learn more at:

www.4-h-canada.ca

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Local Matters

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4-H Stories

Together Again

WRITTEN BY NITASHA ASNANI

In March 4-H Ontario held Future Leaders in Action (FLIA), marking the first in-person camp since 2020! FLIA is an advanced level leadership development camp that combines leadership training and fun, yet challenging activities at a five-day, four-night experience. Throughout the week, youth learned about leadership, teamwork, facilitation skills and communication, while participating in many hands-on learning activities.

“One memory that stands out was on the third morning when a group of campers led an energizer for the whole group. To the facilitators’ surprise, the entire group of campers started line dancing to Cotton Eye Joe. They had used their free time the night before to teach every single camper the line dance. None of the campers were left out which was amazing to see,” says Nicole French, Programming Coordinator at 4-H Ontario.

There were so many great moments throughout camp. After the first couple of days, the campers became more confident and fully engaged in the activities. The facilitators witnessed new friendships and bonds form among the campers. When some of the campers felt uncomfortable with the height for the high rope activities, their peers were supportive and cheered them on.

French wanted to say a special thank you to all the youth that participated this year. “They were honestly one of the best groups of campers we have had,” says French.

We would also like to give a huge thank you to our fantastic facilitator team, Taylor Black, Evan Pearson, Lindsay Bebbington, Rebecca Posthumus, Ryan Baan, Bruce Sargent, and Megan Burnside-Poitras! Without this incredible group of leaders, FLIA could not have happened. FLIA 2022 was an incredible experience for our youth. They were all excited to meet in person to create lasting camp memories. 4-H Ontario is so grateful for the opportunity to provide the hands-on learning experience that we are known for.

“They were honestly one of the best groups of campers we have had.”

- Nicole French, Programming Coordinator



New Project Releases

4-H Innovation & Entrepreneurship Project

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 and the World Around Us

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**.

4-H Goat Project

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.**

Getting Involved - Meet Kayla Emmerton

WRITTEN BY RACHEL WOOLSEY

With the world rapidly changing, both skills and unique experiences are becoming more and more important for children and young adults to have. Passionate about preparing young people for the future, 4-H provides an abundance of opportunities for its youth, where they learn different hard and soft skills, become leaders in their communities, and are given the opportunity to partake in unique experiences. Like so many successful 4-H youth and alumni, one 4-H'er references 4-H for helping her strengthen her hard and soft skills, make connections, grow her confidence, and increase her preparedness for the professional world. Beyond that, 4-H has provided her with opportunities to travel and attend unique events both locally and abroad.

Meet Kayla Emmerton. Kayla has been part of the Peel 4-H Association for 10 years. During her time with 4-H, she has completed over 64 projects in both life skills and livestock. Alongside that, Kayla has participated in events spanning the local, provincial, and national levels. Some of these events consist of the Go For The Gold Provincial Championships in 2019 and the US National 4-H Conference in Washington, DC. Most recently, Kayla attended the 4-H Canada Leadership Summit in Halifax where she was the Master of Ceremonies for the Friday night dinner, speaking in front of more than 250 people.

Currently, Kayla is in her second year as the Ontario Representative for the 4-H Canada Youth Advisory Committee (YAC), where she holds the position of Vice Chair, and sits on the 4-H Canada Board of Directors. With that, Kayla is heading into her third year at Queen's University, where she is pursuing a degree in Concurrent Education.

As a future educator and a Vice Chair, Kayla is passionate about making an impact in more substantial ways and meeting people. Kayla has learned about 4-H and the way it is governed on a local, provincial, national, and even an international level. This was made possible through meeting other 4-H youth and staff, making connections, and travelling to conferences and other events. In addition to her accomplishments and experiences, Kayla reflects on her transferrable skills, both personally and professionally that she has enhanced during her time with 4-H. Most notably, Kayla recalls how 4-H has helped grow her confidence, her public speaking skills, her networking skills, and her love for meeting new people and hearing their stories.

Although getting involved in national opportunities may seem daunting, in terms of advice, Kayla has a simple, yet impactful answer: Do it! For Kayla, her love of 4-H motivated her to continue to move up and get involved, even when it seemed intimidating and difficult. For Kayla, continuing her involvement in 4-H has changed her life and has given her the best experiences. These experiences come with different opportunities and meeting amazing people from across the country. Most importantly, by joining clubs, attending events and conferences, travelling, and getting to know more people, Kayla notes how much fun she has with 4-H!

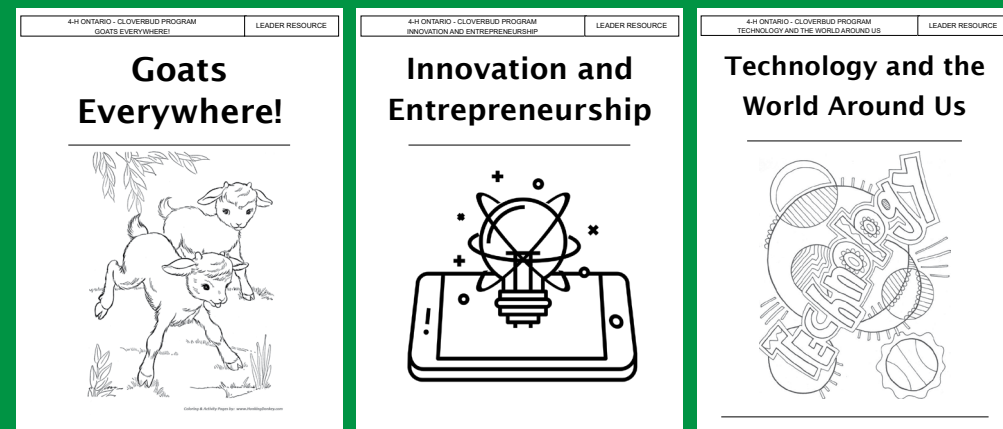
Interested in getting involved with 4-H Ontario and your local 4-H Region? Check out 4-H Ontario's website, 4-H Ontario's social media accounts, or your local 4-H Association's social media accounts for more information.



Do it!

New Cloverbud Units

In 2022, the following three Cloverbud Units will be added to the Year One curriculum: **Goat, Innovation & Entrepreneurship** and **Technology & the World Around Us**. The development of these Cloverbud Units was made possible through the support of **Syngenta Canada**.



4-H Stories

Bell Homestead Club Publishes Children's Book

WRITTEN BY LAURA GOULDING

Despite the challenges of COVID-19, the Brant 4-H Community Involvement – Bell Homestead Club didn't let the pandemic stop them from contributing to their community. In 2021, the club pivoted from its traditional club activities and looked for new ways to support the Bell Homestead Historic Site, a historical site the club has a longstanding partnership with. The Bell Homestead Historic Site preserves the home and history of Alexander Graham Bell, the inventor of the telephone. The historic site is where Bell developed the idea for the telephone and made the first long distance phone call.

Prior to the pandemic, the Brant 4-H Community Involvement – Bell Homestead Club gave tours twice a year at the Bell Homestead Historic Site. Through this experience, youth learned about the history of the Bell Homestead and practiced their public speaking skills as they were responsible for teaching guests about various parts of the Bell family home.

The club took a break in 2020 through the height of the pandemic, but in 2021 gathered again and explored alternative ways they could support the Bell Homestead Historic Site while unable to do their traditional tours due to pandemic restrictions. Sarah Hamilton, Bell Homestead Historic Site, Education Coordinator, challenged the youth to find ways to promote the museum collections in a virtual format for their achievement day; however, never could have predicted just what this club chose to create.

The club decided that the historical site could use a mascot. The mascot would not only contribute to education of the museum through enhanced youth engagement, but act as a future promotional tool for the historical site.

While the obvious choice for a mascot would be a telephone, the 4-H club chose a platypus for the mascot as one of the historical items located in the museum. "The members all seemed to gravitate towards this platypus so it seemed fitting it would then become the mascot for the historical site," says Lesleigh Elgie, Brant 4-H Community Involvement – Bell Homestead Club, Co-Leader.

In the Bell Homestead Historic Site, a taxidermied platypus is displayed in the library; a gift brought from Australia by a relative of the Bell family.

"It was amazing to work with a group of friends that share the same passion. To us the platypus was always a way to laugh, bond, and connect, and it was incredible to complete this book and see our ideas come to fruition," says Morgan, 4-H club participant.

Once the mascot was selected, the 4-H club was tasked with preparing a presentation to the Bell Homestead Historic Committee to seek approval for the official mascot. The presentation to the committee became the club's achievement with many skills learned including public speaking and leadership. The mascot was approved, and the committee helped to identify the mascot's name, Melly. Melly, Melville Tutelo Boondaburra in full, is named after the relative who brought the platypus to Canada from Australia and after Alexander Graham Bell's father.

Following the success of the presentation, the 4-H club took on their next project and explored ways to bring Melly to life. The club decided to create a book that the Bell Homestead could sell in their gift shop as souvenir and educational tool. To the 'drawing board' the 4-H'ers went! The group identified that the book would be catered to youth between the ages of 5 to 9 and following much brainstorming, the story of Melly was created.



"Working with such a passionate group of people and making a big idea of ours come to life was by far my favourite part of this club. This book means a lot to us and coming together and making something we won't forget has really had a positive impact on me," says Carley, 4-H club participant.

Melly and the Missing Coral follows the platypus Melly who lives in the Bell Homestead with his friend Coral. When Coral goes missing, Melly ventures through each room in the house to find Coral learning about different artifacts in the house along the way.

There were five participants in the club, each who identified a task they wanted to be part of in developing the book. One youth was responsible for writing the storyline while others helped with editing and finding fun historical facts to incorporate on each page of the book. For the illustrations, the club took photos of the different rooms in the Bell Homestead and one participant used an app to turn them into sketches for the book.

"There were quite a few skills I learned being a part of this club. First and foremost was teamwork. Our club had to work as a team from when we first came up with the idea of Melly and the Missing Coral, to when it was finally published. It took each of us working with one another to get the result we did," says Ethan, 4-H club participant. "I think the second thing I learned was organization. To be successful in this book, pages and photos had to be digitally organized correctly, and the thoughts and ideas had to flow nicely. It is a skill I hope to [further] develop in the future, and one that I see the importance of. Other skills I developed were ones related to planning, digital photo editing and storytelling."

After several working drafts, the book went to the publisher and was put into production. Melly and the Missing Coral is now available for purchase in the Bell Homestead gift store for \$15.

To celebrate the official release of the book, the 4-H club hosted a storybook launch at the Bell Homestead on Saturday June 4 in conjunction with the City of Brantford's celebration of the Queen's platinum jubilee. At the book launch, youth lead guests on a guided tour of the Bell Homestead Historic Site through the eyes of Melly and the Missing Coral, making stops in every room in the home.

"I have learned quite a few things from this club, such as public speaking, collaboration and many other things. Working together to see such a great project come to life is one of the best things that I could have [experienced]," says Isabel, 4-H club participant.

The next Brant 4-H Community Involvement – Bell Homestead Club is underway and the club will be writing another book that will be sold in the Bell Homestead gift shop.

"Seeing the youth and their talents shine, their bond [with one another] and work coming together is amazing. Starting with the mascot and now more books to come, the youth are leaving a legacy of themselves and 4-H within the Bell Homestead that they may not even realize," says Lesleigh Elgie, Brant 4-H Community Involvement – Bell Homestead Club, Co-Leader.

If you are interested in learning more about the club or would like to purchase a book, please contact Lesleigh Elgie, Brant 4-H Community Involvement - Bell Homestead Club, Co-Leader via email at lesleigh.elgie@gmail.com



"This book means a lot to us and coming together and making something we won't forget has really had a positive impact on me. "

- Carley, Club Participant

QUIZ

If you were a goat, what breed would you be? Take this quiz to find out!

Start Here

Do you have brown or black hair?

Yes

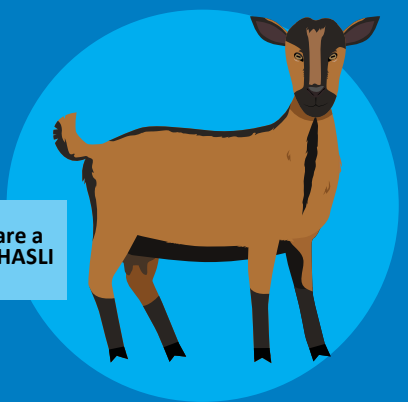
Are there shades of white/blonde in your hair?

Sometimes

You are a LAMANCHA



You are a OBERHASLI



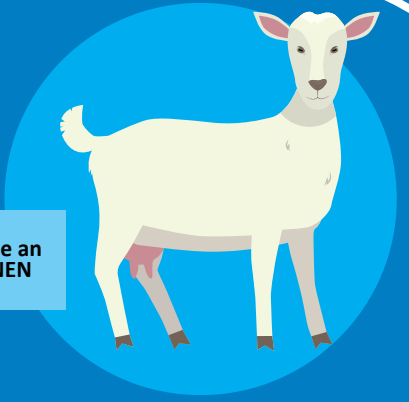
No

No

Do you have curly hair?

No

You are an SAANEN



Yes

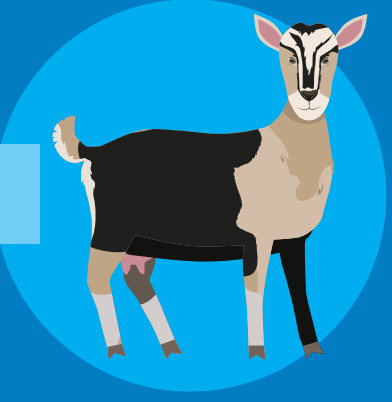
You are a ANGORA



Do you adapt well to the Canadian winters?

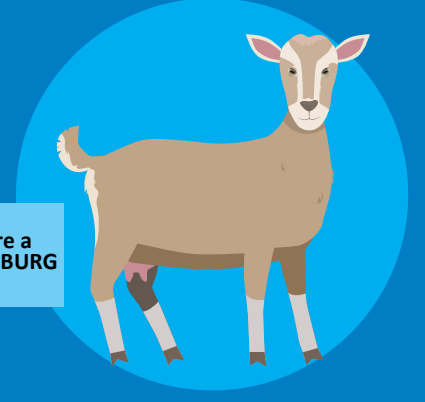
Absolutely

You are a ALPINE



Yes

You are a TOGGENBURG



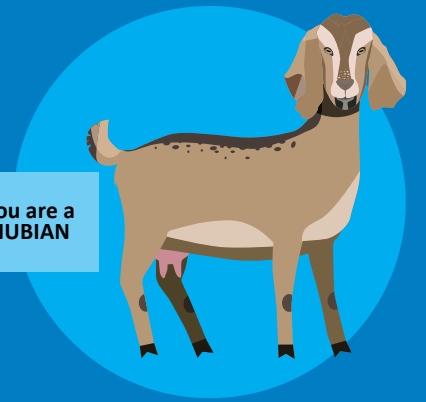
Yes

Are you from Switzerland?

Yes

No

You are a NUBIAN



Did You Know?

Goats are very sociable animals, enjoy human interaction, and are great companions for other species of livestock.

Spotlight to Date



March
12 - 16

Future Leaders In Action

This year, 30 youth attended the Future Leaders In Action in the first in-person camp of the year! Youth explored and learned working with different personalities, personal communication styles, and group leadership techniques while gaining new skills and techniques in a supportive camp environment.

Thank you to our sponsor, Dairy Farmers of Ontario.



March
25 - 26

Volunteer Conference

4-H Ontario's successfully launched its in-person Volunteer Conference again! Reconnecting and connecting with new and old friends while learning new techniques to lead projects through hands-on workshops through traditional style or virtual facilitation.



March

Virtual Art Show - CALM

Celebrating Canadian Agriculture Literacy Month in partnership with AgScape. 50 youth across Ontario participated in the virtual art gallery that supported and allowed youth to submit their art on the topic of "Our Food Our Story", and the ability to virtually walk around a gallery while learning from 4-H Ontario and AgScape resources.



May
5-7

Dairy Sen\$e

Dairy Sen\$e conference on May 5-7, 2022 at Durham College, in Oshawa. 30 youth had the opportunity to 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. Dairy Sen\$e is co-managed with the Ontario Holstein Branch and supported by key stakeholders in the dairy industry.



May
& June

Clover Kits

4-H Ontario launched its new 4-H Clover Kits! These kits contain supplies and information for a variety of activities that highlight the 4-H pillars through at home activities.

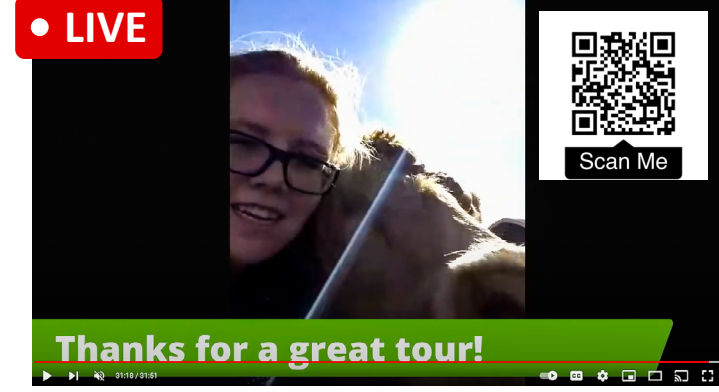
Thank you to our sponsor, Beef Farmers of Ontario.

Check out 2021 Ambassador Marissa's **VIRTUAL Food and Farm Field Trip!**

LIVE



LIVE



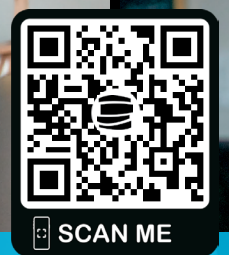
Check out 4-H Champion John Drummond's **VIRTUAL Food and Farm Field Trip!**

Food & Farming Literacy Lessons

Curriculum-linked Lesson plans & resources



EXPLORE ALL OUR FREE RESOURCES



Virtual Food & Farm Field Trips

CampAgScape.ca - Online Experience

Meet the 2022 4-H Ontario Ambassadors!



Ashley

During her nine-year tenure as a 4-H youth from the Peel 4-H Association, **Ashley McClellan** has completed 35 projects from Pasta, Agriculture Awareness, Photography, Poultry, Veterinary, Social Recreation and the Great Chicken and Egg. She also participated in a 4-H Canada Club-to-Club Exchange and exhibited at the Royal Agricultural Winter Fair.

Ashley is proud to be a 4-H participant because of the impact that it has had on her. Ashley's reference said, "Ashley leads by example at 4-H clubs. She has completed over 35 projects in her nine years as a [participant]. She takes on leadership roles within the clubs and has held the executive roles of president, vice president and secretary for a variety of 4-H clubs. Ashley was part of the exchange to Consort, Alberta and this opportunity demonstrated Ashley's leadership skills as she travelled across the country to meet new 4-H friends."



Dougie

Dougie Robinson is an 8-year 4-H participant from the Stormont 4-H Association. He has completed over 50 projects, participated in many 4-H provincial events and has even volunteered at the Global 4-H Summit in 2017. He is an accomplished individual having received many awards including the Believe and Achieve Award, National Bank Outstanding 13 year old Award, and the Royal Bank of Canada Outstanding 14 year old Award. Dougie says that 4-H has helped him acknowledge his abilities from communication to independence to leadership. Dougie's references speak about his leadership abilities, his enthusiastic approach, and his appreciation for community. Dougie completed High School this spring. Dougie is a true believer of the 4-H Motto of Learn To Do By Doing!



Rhiannah

Rhiannah Gallagher has been a 4-H participant for 11 years in the Carleton 4-H Association and has completed over 27 4-H projects during her tenure. She has received the "I Pledge" Award for sportsmanship and enthusiasm, she is a past Queen of the Furrow and an accomplished judge. Rhiannah is a member of the Pi Beta Phi Sorority where she is involved in philanthropic activities to raise money and supplies for many worthwhile causes. She is involved in the Ontario Agricultural College's Sheep & Goat, and Judging Clubs.

When asked why she wanted to become a 4-H Ontario Ambassador, Rhiannah said that "I want to share my passion for agriculture that was fostered through 4-H. I want to give back to an organization that has given me so much and I want to inspire and encourage others to participate in this great opportunity called 4-H."



Allison

Allison French is in her final year as a 4-H youth participant from the Peel 4-H Association and returns to the Ambassador program for a second time, following her term in 2019. Over her years in 4-H, Allison has taken advantage of many 4-H experiences including Youth Adventure Camp, Provincial Go For The Gold and an active role on the executives for the projects she has completed. Allison has also received many awards including the Carl Madget Leadership Award, the Cheryl Somerville Community Leadership Award and earned Duke of Edinburgh Silver Level.

When Allison was asked what makes her proud to be a 4-H participant, she said that "4-H has given me the opportunity to go outside my comfort zone and try new things through learning to do by doing. The 4-H motto has taught me so much that I use in my everyday life and will continue to use in the future."

The 4-H Ontario Ambassador Program is proudly sponsored by:



The 4H Ambassador program plays a vital role in rural Ontario. This group of youth over the years has continuously showcased the best of what 4H has to offer, representing 4H and FS expertly. 4H programming develops our rural youth in practical ways that prepare them for their and our futures. The ambassador program highlights the years of hard work and skills development in our youth that excite us for what the future has in store. We are proud longtime sponsors of the Ambassador program and 4H Ontario, engaging the youth of today will fuel tomorrow.

REQUEST AN AMBASSADOR



Scan Me



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

School may be out for the summer, but food literacy can be taught all year round!

The summer heat brings on a bounty of Ontario-grown products that were planted, nurtured and harvested by your hardworking community farmers.

Seasonal crops like field strawberries, asparagus, raspberries, peaches, field tomatoes, zucchini, onion, cherries, melon and more are waiting for you at the farmers' market, grocery store and at your local farm store.

There's no better time to fire up the barbeque to prepare local meats from Ontario beef, pork, lamb, turkey, veal and chicken producers.

Don't forget local dairy, grains, preserves and beverages. Ontario farmers grow and produce over 200 food products from lavender and ginseng to ice-cream, sauces, wheat and cider.

You can find the farmers and growers in your community that sell directly to the public on your county's Buy Local Map or by visiting farmersmarketsontario.com.

Need recipes? Our website sixbysixteen.me has a bounty of locally sourced recipes, youth activities, a downloadable recipe guide and much more.

Make preparing, cooking and plating the meal a family affair by getting everyone in the kitchen. To brush up on safe food handling practices, knife safety skills and more visit youtube.com/ontariofarms.

Follow us on social for additional recipes, what's in season updates and links to additional food literacy resources:

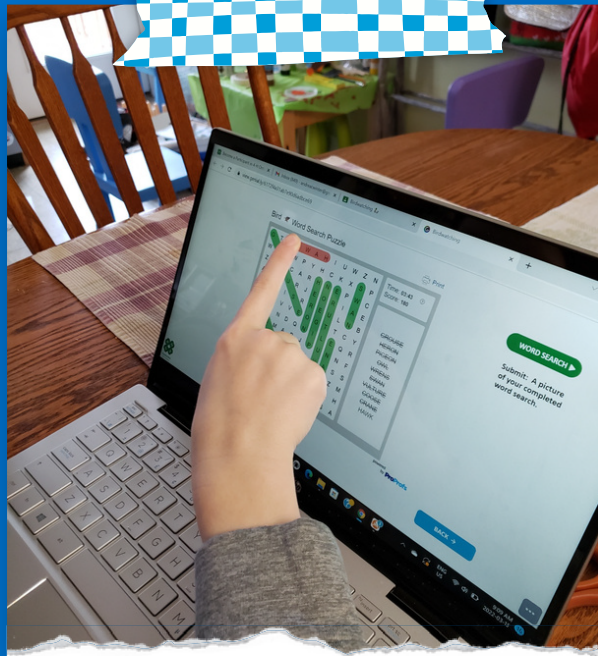
@SixBySixteen

sixbysixteen

sixbysixteen



Spotted on Social



Lisa Thompson @LisaThompsonPC · Oct 6, 2021
 During Ontario's #AgricultureWeek21 I would like to thank volunteer @4HOntario Leaders that make it possible for young people to "learn to do by doing"! Recently at @RipleyAgSociety Fair 4-H Sheep members hosted their achievement program. Congrats to all! #OntAg



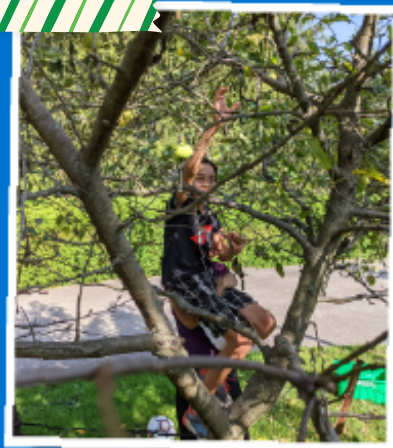
4-H Ontario
 19h · 🌱
 "My favourite part of going to the market was getting to talk to new people and understanding how their farms work because most of the people who go to the market usually have small businesses of their own, so they're trying to get a grasp on the business in there," said Isabella, 4-H Farmer's Market Club participant.
 Check out all our regional stories in our Annual Report <https://4-hontario.ca/about-4-h/annual-reports/>



Senator Rob Black · November 3, 2021 · 🌱
 Today is #ShowYour4HColours day! I am proud to wear my 4-H green today and to continue supporting @4HCanada and @4HOntario every day. Now it's time for you to ... See more



2021 Scanveger Hunt



4-H Ontario
 April 7 at 10:42 AM · 🌱
 Such an incredible shoutout from Goldie Ghamari, Carleton. Congratulations Rhiannah 🌱



GOLDIE GHAMARI, MPP CARLETON
 0:01 / 1:23
Goldie Ghamari · April 6 at 7:15 PM · 🌱
 Congratulations Rhiannah on being announced as one of 4 ambassadors for 4-H Ontario! So proud of your accomplishments! You're an amazing role model for everyone... See more



Tag @4HOntario on Instagram, Twitter, and Facebook when posting your summer 4-H adventures and you might be featured in the next issue!

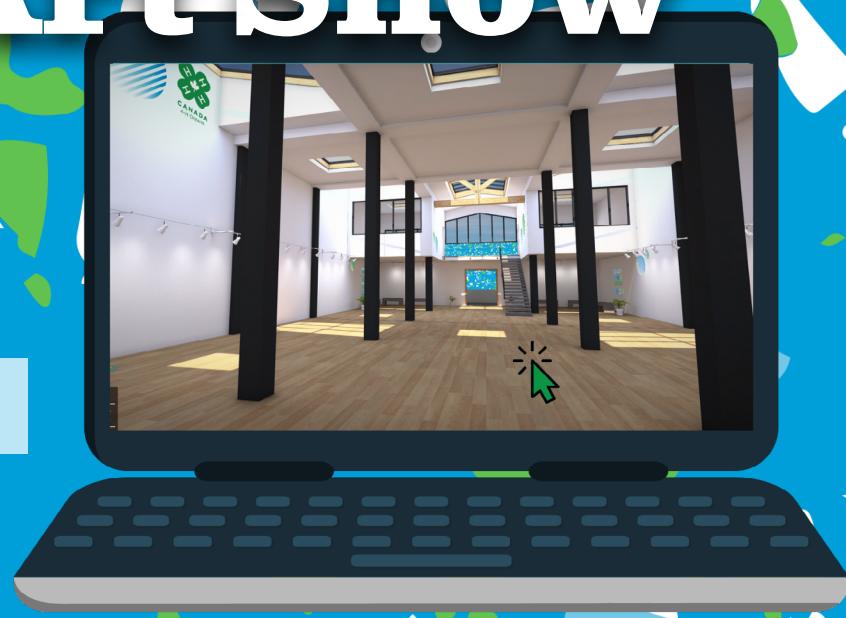


Virtual Art Show

July 21 - August 28, 2022

4 Age Groups (6-8, 9-12, 13-15, 16-21)

4 Categories (Painting/Drawing, Photography, Craft, Food Art)



Our first Virtual Art Show was a great success! Which is why we are bringing it back for its second year and making it bigger and better! This year you will have the ability to walk around our gallery and see your own art piece hanging on the wall!

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. Running all summer long, you will have the chance to submit to create and visit the gallery with your friends and family!

At the end of the summer, you will be able to vote for your favourite pieces with the chances of winning a 4-H prize!

To participate or check out the virtual gallery. Visit: 4-hontario.ca/virtual-art-show-2022/



Scan Me

4-H At Home

The Online Explore 4-H Project shares 30 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 30 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.

Sign Up for the Online Explore 4-H or Cloverbud at Home Experience

Want to learn more or sign up for the 4-H online experiences? Scan the QR code or use this link: <https://bit.ly/3MRM6Mw>

Don't miss out! The deadline to complete the Online Explore 4-H and Cloverbud At Home Experience is September 1st.



Scan Me

Check Out this Year's Activity Topics!

Online Explore 4-H

- Adventures in STEM*
- A Greener House*
- Batter Up*
- Beef*
- Birdwatching*
- Body Works*
- Breadventure*
- Canine*
- Chocolate*
- Computers*
- Craft*
- Cultural Diversity*
- Dairy*
- Digital Photography & Video*
- Farm Machinery - Tractors*
- Goat*
- Horse*
- Innovation & Entrepreneurship*
- Judging*
- Marketing 4-H*
- Ontario Tasty Fruit & Vegetables*
- Our Great Outdoors*
- Our Heritage*
- Pizza*
- Pollinators*
- Potato*
- Rabbit*
- Real Dirt On Farming*
- Veterinary*
- Watching Out For Wildlife*

Cloverbud at Home Experience

- Beef - By Products*
- Beef - Housing*
- Birds*
- Building Character*
- Celebrations of the World*
- Chocolate*
- Clowning Around 1*
- Clowning Around 2*
- Dairy Cows - Nutrition*
- Farm Machinery 1*
- Farm Machinery 2*
- Farm Safety*
- Financial Fitness*
- Fruit Tree*
- Home Hobbies*
- Horse - Anatomy*
- Horsin' Around*
- Horse Word Search*
- Lakes & Oceans*
- Let's Get Growing*
- Let's Make Music*
- Milk*
- Nature Fun*
- Putting the Best Foot Forward*
- Rabbits*
- Safe at Home*
- Seasonal Poem*
- Real Dirt On Farming*
- Tie Dying*
- Veggies & Fruit*



4-H Ontario DIY Online Activities

Keep an eye out for FUN WEEKLY ACTIVITIES being posted to the 4-H Ontario Website!

<https://4-hontario.ca/youth/4-h-ontario-online-activities/>


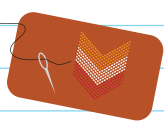













LEARN MORE




Taking Care of Yourself

Self-care means to taking caring for your whole self, this includes your physical, psychological, spiritual, and emotional health. Engaging in a self-care routine has been clinically proven to assist in reducing or eliminating anxiety and depression, reducing stress, improving concentration, minimizing frustration and anger, increasing happiness, improving energy, and so much more. - Canadian Mental Health Association

● Kids Help Phone's self-care checklist

- I make self-care a priority every day 
- I am kind to myself 
- I take breaks to do things I enjoy
- I give myself encouraging words
- I spend time in nature 
- I challenge my negative thoughts by using positive self-talk
- I practice deep breathing
- I use grounding techniques 
- I try to stay present in the moment 
- I focus on what I can control (instead of what I can't)
- I get plenty of sleep and rest
- I do relaxing activities 
- I save time for reading
- I listen to calming music 
- I take warm bubble baths 
- I remind myself of my courage and strength (even when things got rough)
- I practice meditation 
- I try new things
- I do yoga 
- I take digital detoxes 
- I meet my goals 
- I participate in activities I'm passionate about
- I give my body the nutrition it needs
- I practice storytelling 
- I get lots of physical activity 
- I spend time with people who lift me up
- I focus on my strengths (and improving my weaknesses)
- I spend time on my own when I need to
- I journal or write down my thoughts/feelings 
- I talk to someone I trust when I need help

Kids Help Phone 

1-800-668-6868
KidsHelpPhone.ca

Kids Help Phone

LEARN MORE

Canadian Mental Health Association

LEARN MORE

Volunteer Resources

Looking for some resources to support you and your club? Remember to check out the Volunteer Virtual Resource Library on our website! These resources provide you with new tricks, tips, and opportunities for you to deliver accessible, fun, and/or hybrid meetings and activities for your youth.

Check Out These Resources That You Do Not Want To Miss Out On!

- Virtual Meetings Tips
- New Livestock and Animal activities
- New - Request an AgScape Teacher Ambassador to run a virtual agricultural lesson for your club!

Did You Create Some Amazing Resources?

Submit your resources or activities for virtual programming to share with other volunteers! Sharing and supporting our other volunteers helps them to create a more accessible club for our youth! Visit our website and access the Volunteer Virtual Resource Library to find the *Volunteer Developed Resources* to submit yours!

*Scan the QR code to access the Volunteer Resource Library. In order to access the library, you must be an active volunteer in good-standing and be logged in to the 4-H Ontario Portal.



Scan Me

Your Challenge!

Are you up for a challenge? You are entering the fun zone of this magazine!

Complete **3** activities and submit them to us to enter in the chance to win a mystery 4-H prize!

Once completed your 3 activities (choose from completing recipes and/or activities), you will then take a picture/scan of your creations! Then follow this link: form.jotform.com/221025744648254 or scan the QR code to submit the pictures to be entered to win!



Scan Me

Make It Yourself



RECIPES



4-H ONTARIO | LEADERSHIP IN ACTION | SUMMER 2022



Make Your Own Pancakes

INGREDIENTS

- 1 ½ cups (375 mL) all-purpose flour
- 3 Tbsp (45 mL) granulated sugar
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 1 cup (250 mL) milk
- 2 large eggs
- 3 tbsp (45 mL) canola oil
- Optional: ½ tsp (2 mL) vanilla extract
- Toppings: blueberries, Saskatoons, bananas, granola, yoghurt, chocolate chips, raisins, walnuts, strawberries, peaches, whipped cream or maple syrup

EQUIPMENT

- Large bowl
- Dry measures
- Small measures
- Whisk
- Liquid measure
- Rubber scraper
- Pan/Griddle
- Sifter

DIRECTIONS

1. Heat electric griddle to 325°F (160°C). Or heat a pan to medium-low on the stove top.
2. Sift flour, sugar, baking powder, and salt in a medium bowl.
3. Whisk milk, eggs, and canola oil in a separate bowl.
4. Pour wet ingredients into the dry and whisk. Do not over mix.
5. Oil electric griddle/pan with canola oil. Pour ¼ cup (60 mL) batter onto griddle to make pancakes.
6. Cook until light brown and then flip and cook the other side until light brown.

TIPS

- To add a unique flavour to your morning pancakes, use one of the toppings or simply mix directly into the pancake batter.

TIME:
30
Minutes

YIELD:
12
Pancakes



Breakfast ²⁵

Recipe from the
4-H Ontario
Food
Project

Make Your Own Apple Peanut Butter Wraps

INGREDIENTS

- 1 small (6") whole-wheat tortilla
- 1 Tbsp (15 mL) peanut butter
- 1 Tbsp (14 mL) raisins or dried cranberries
- 1 apple, chopped

EQUIPMENT

- Butter knife

DIRECTIONS

1. Spread peanut butter on tortilla.
2. Sprinkle with raisins and apples.
3. Roll and enjoy!

FUN IDEAS!

- Spice up this recipe with a sprinkle of cinnamon.
- Substitute the apple with a chopped banana.
- Add chopped nuts instead of dried cranberries.

TIME:
5 Minutes
YIELD:
1
Servings

Recipe from the
4-H Ontario
Food Project

Make Your Own Chicken, Ham + Cheese Wraps

INGREDIENTS

- 1 small (6") whole-wheat tortilla
- ½ cup cooked shredded chicken
- 2 slices Jarlsberg cheese or your favourite cheese
- 4 slices ham
- 1/2 carrot, grated
- 1 Tbsp mayonnaise

EQUIPMENT

- Butter knife

DIRECTIONS

1. Spread the mayonnaise on the tortilla
2. Place the cheese, ham, chicken, and carrot down.
3. Roll and enjoy!

TIME:
5 Minutes
YIELD:
1
wrap

Recipe from
[www.kidseatbyshanai.com/
chicken-wrap-recipes/](http://www.kidseatbyshanai.com/chicken-wrap-recipes/)



Peanut
Alternatives



Make Your Own Chicken Alfredo Pizza



INGREDIENTS

- 1 pizza dough
- 375 mL (1 ½ cups) cooked/grilled, shredded chicken
- 30 mL (2 tbsp) butter
- 1 mL (¼ tsp) garlic powder
- 0.5 mL (½ tsp) onion powder
- 15 mL (1 tbsp) flour, plus more for dusting
- 155 mL (½ cup + 2 tbsp) heavy cream
- 155 mL (½ cup + 2 tbsp) milk
- 125 mL (½ cup) parmesan cheese, finely shredded
- Salt and pepper to taste
- cornmeal, for dusting
- 250 mL (1 cup) mozzarella cheese, shredded
- 6 slices of bacon, cooked and chopped
- 15 mL (1 tbsp) extra virgin olive oil
- 22 mL 1 ½ tbsp green onions, chopped

EQUIPMENT

- Saucepan
- Whisk
- Liquid measures
- Spatula
- Dry measuring cups
- Pizza pan
- Cheese grater
- Measuring spoons

DIRECTIONS

1. Wash your hands with soap and water. Dry your hands. Preheat oven to 220 °C (425 °F).
2. Melt the butter along with the garlic powder and onion powder in a medium saucepan over medium heat.
3. Whisk in flour and cook for one minute, stirring constantly. While whisking vigorously, slowly pour in cream and milk.
4. Bring mixture just to a gentle bubble, stirring constantly. Allow mixture to gently boil for 20 seconds, stirring constantly.
5. Remove from heat. Add in parmesan cheese.
6. Season with salt and pepper to taste. Return to heat warm heat and stir occasionally until ready to use.
7. On a floured work surface, flatten, stretch and shape pizza dough to fit your pizza pan while leaving thicker outer crust.
8. Sprinkle pan with cornmeal and flour before transferring your dough to pan.
9. Pour alfredo sauce on dough and use the back of a spoon to spread an even layer of sauce leaving 2cm of crust.
10. Sprinkle chicken over sauce layer.
11. Sprinkle the top evenly with mozzarella cheese and then bacon bits.
12. Brush the outer crust with olive oil and season the crust lightly with a pinch of garlic powder and salt.
13. Bake in preheated oven 14 to 16 minutes until crust is nicely golden.
14. Remove from oven and garnish top with green onions.
15. Cut into slices and serve warm and ENJOY!

Recipe from the
4-H Ontario
Pizza
Project

TIME:
40 Minutes
YIELD:
1 Pizza

Remember to ask
for help when
working in the
kitchen

Make Your Own Best Banana Bread



INGREDIENTS

- 250 mL milk
- 15 mL freshly squeezed lemon juice
- 500 mL all-purpose flour
- 175 mL whole wheat flour
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground cinnamon
- 125 mL butter, softened
- 175 mL packed brown sugar
- 1 egg
- 10 mL vanilla extract
- 300 mL mashed ripe bananas

EQUIPMENT

- Loaf pan
- Large bowl
- 2 medium bowls
- Electric mixer
- Whisk or wooden spoon
- Spatula
- Liquid measures
- Dry measures
- Spoons
- Fork or masher.

DIRECTIONS

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 180 °C (350 °F).
3. Butter a 23x13cm (9"x5") loaf pan or line with parchment paper.
4. In measuring cup, whisk milk with lemon juice. Set aside.
5. In a bowl, mash your bananas with either a fork or a masher.
6. In a large bowl, using electric mixer, beat butter and sugar until light. Beat in egg and vanilla extract until blended. Beat in bananas.
7. With a wooden spoon, stir in flour mixture alternately with milk mixture, making 3 additions of flour and 2 of milk, just until combined.
8. Spread into prepared pan, smoothing top.
9. Bake for 60 to 70 minutes or until a toothpick inserted in centre comes out clean. Let cool in pan on rack for 5 minutes. Turn out onto rack to cool completely.

Recipe from the
4-H Ontario
Milk Makes it
Better
Project

TIME:
1 hour, 15 minutes
YIELD:
10-12
slices

Apple Fruit Donuts

INGREDIENTS

- 3 apples
- 1/3 cream cheese or chocolate-hazelnut spread
- Toppings: Sprinkles, strawberries, granola, chocolate chips
- Optional: Food colouring

EQUIPMENT

- Butter knife
- Apple corer or round cookie cutter or pastry tip

DIRECTIONS

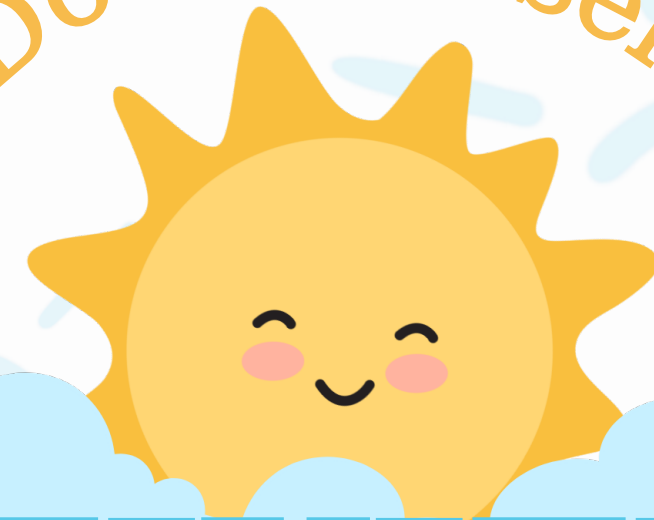
1. Slice the top and bottom from each apple and discard. Slice the apples into 1/2-inch circles. Use a biscuit cutter or small melon baller to cut a hole in the center of each to make a "donut."
2. Colour your cream cheese icing by combining it in a bowl with your preferred colour. Stir until cream cheese has reached desired colour. Spread cream cheese on to apple rings.
3. Garnish each with desired toppings.

Recipe from
www.foodnetwork.com/recipes/apple-donuts-3838711
&
www.hellowonderful.co/post/easy-apple-fruit-donuts-healthy-kid-snack/

TIME:
10 Minutes
YIELD:
9
apple donuts



Do It Yourself



ACTIVITIES



A TECHNOLOGICAL WORD SEARCH

Y X W P R O G R E S S S E I M A T H
 C S C I E N C E U O S G A J Z S U F
 Y O A G R I C U L T U R E K A U P T
 Q O M G L O B A L I Z A T I O N K N
 E Y N P M E C H A N I Z A T I O N E
 N Y G R U J A D E V I C E S I T G I
 S Q S W E T C Y B E R W M A N E E R
 S A A Q P R E C I S I O N Y V C N O
 X P B F T R P R C E I I R Q E H Z B
 E N C R Y P T I O N G P L U N N I O
 G T T Y E J O D A T A F S E T O T T
 V I R T U A L A P T O P U A I L Y S
 A U T O M A T I O N Z A E R O O H Y
 J D C O Y Q U A N T U M P O N G N O
 E N V I R O N M E N T L E Y E Y D P

TWEET TWEET TWEET WORD SEARCH

H L M W C H I C K A D E E C E D C
 E E O B O R A I T E R Q U R R O A
 U S R O U A E W P U Z B N A O V R
 V S S O N Y C A K I L D B N B E D
 U M N O N O T I L U G M N E I E I
 H U M M I N G B I R D E I C N T N
 P N C V M Q O S Z X G O O S E M A
 P I W O T S Q P I O S N U N G I L
 U Y G R Y M L A J U G R O U S E L
 F K D E E T P R B L U E J A Y M O
 F B O O O N T R F I N C H I R H O
 I Z X G Y N S O W L D C R A V E N
 N Q V S W A N W V U L T U R E X E

Activity taken
from the
**4-H Ontario
Technology
and the
World
Around Us
Project**

TECHNOLOGY
ROBOTS
ENCRYPTION
CYBER
LAPTOP
AGRICULTURE
VIRTUAL
MATH
DATA
PRECISION

SCIENCE
GLOBALIZATION
QUANTUM
DEVICES
COMPUTER
AUTOMATION
INVENTION
ENVIRONMENT
MECHANIZATION
PROGRESS



Activity taken
from the
**4-H Ontario
Cloverbud
at Home
Experience
Project**

PUFFIN
RAVEN
PIGEON
HERON
WRENS
CARDINAL
HUMMINGBIRD
SPARROW
CHICKADEE
PIGEON
VULTURE
BLUEJAY

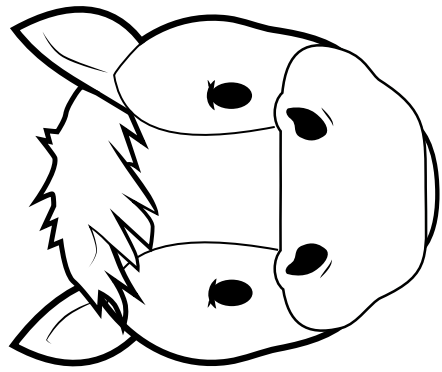
GROUSE
CRANE
ROBIN
GOOSE
FINCH
SWAN
HAWK
LOON
OWL
LOON
DOVE

BUILD YOUR OWN PAPER

First, colour your horse.

Cut out the horse following the dark solid lines.
Fold along the dotted lines.

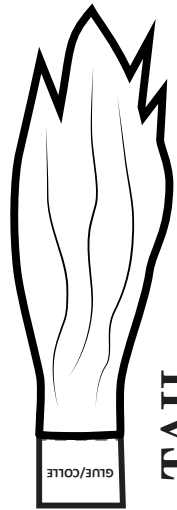
Using glue or tape to put the body together.



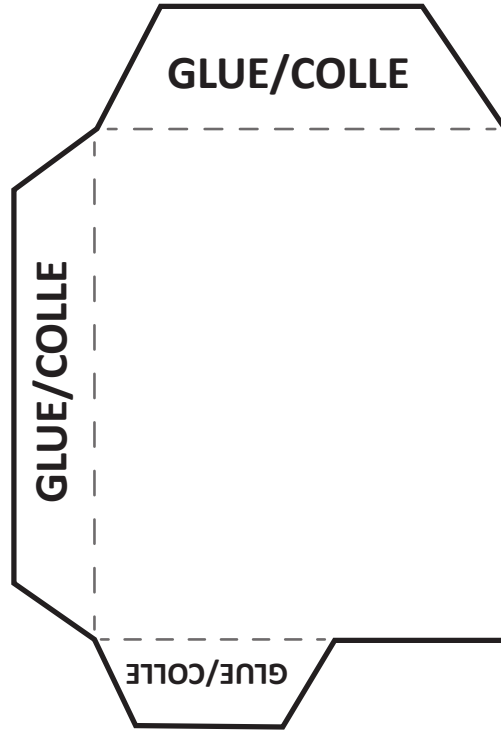
HEAD



MANE



TAIL



GLUE/COLLE

GLUE/COLLE

GLUE/COLLE

GLUE
TAPE
HERE



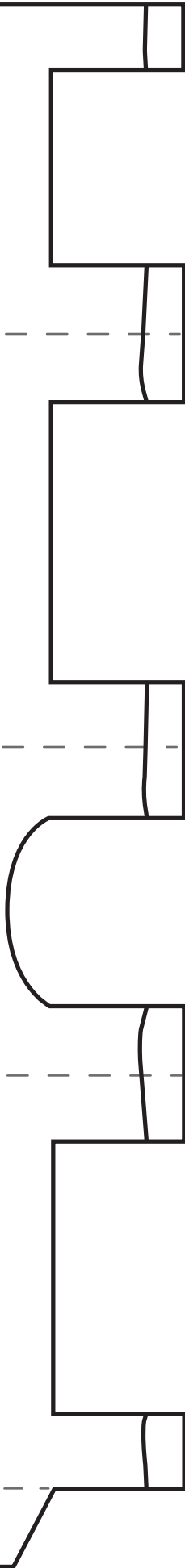
CANADA
4-H Ontario

GLUE HEAD
HERE



CANADA
4-H Ontario

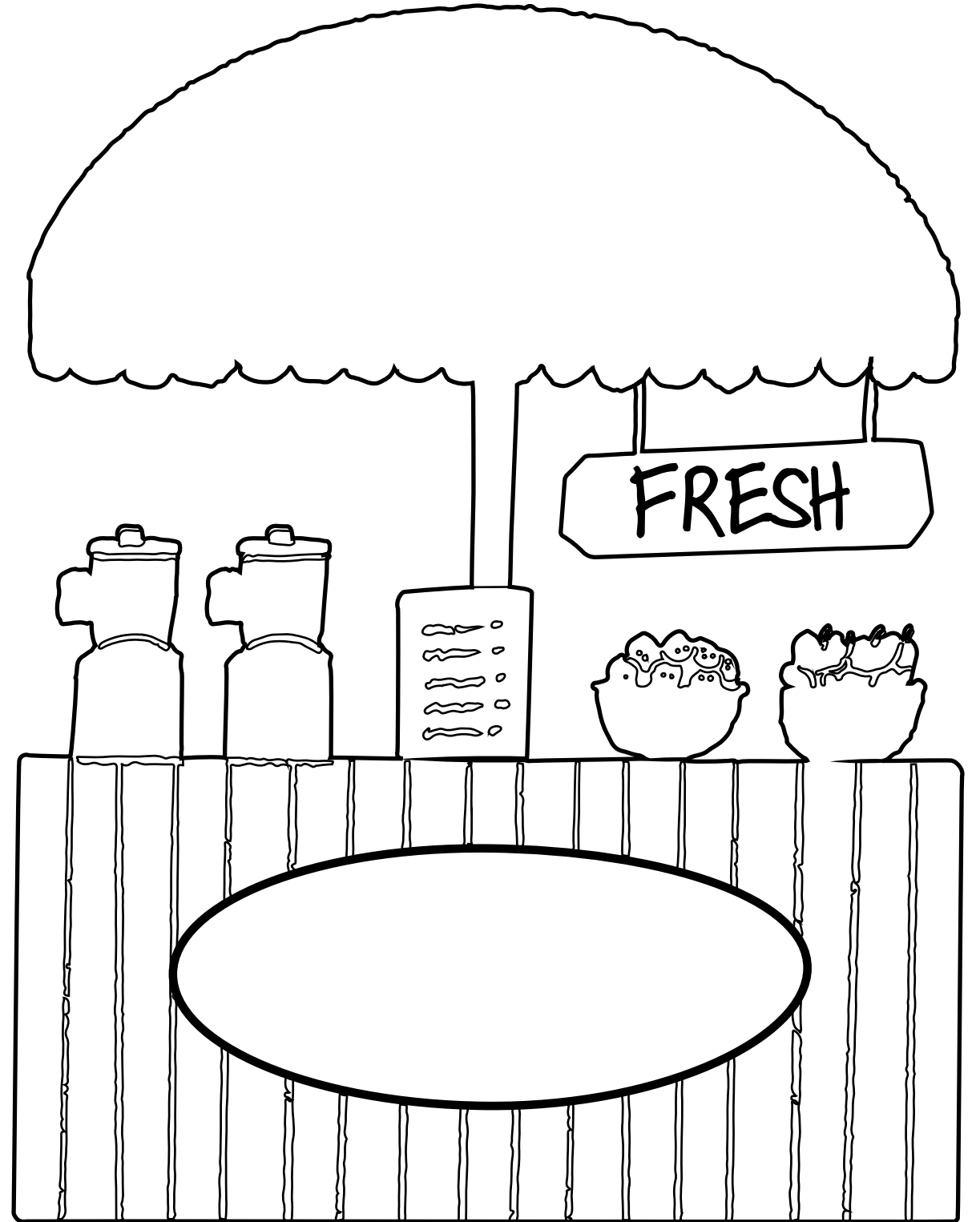
GLUE/COLLE



BODY

BUILD YOUR OWN LEMONADE STAND

Imagine you are an entrepreneur starting a lemonade stand. Colour, decorate, and name your own lemonade stand business below. What would you do to make your lemonade stand business different?



BUNNY MATH

Find the sum and differences to the bunny math! Then colour in the squares with the colour that matches the number / first digit of the answer.

$\begin{array}{r} 56 \\ + 3 \\ \hline \end{array}$		$\begin{array}{r} 40 \\ + 7 \\ \hline \end{array}$
$\begin{array}{r} 8 \\ + 1 \\ \hline \end{array}$		$\begin{array}{r} 200 \\ + 100 \\ \hline \end{array}$
$\begin{array}{r} 3 \\ - 1 \\ \hline \end{array}$		$\begin{array}{r} 27 \\ - 5 \\ \hline \end{array}$
$\begin{array}{r} 20 \\ + 30 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 86 \\ + 2 \\ \hline \end{array}$
$\begin{array}{r} 10 \\ - 9 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 45 \\ + 16 \\ \hline \end{array}$
$\begin{array}{r} 43 \\ + 11 \\ \hline \end{array}$	$\begin{array}{r} 50 \\ - 20 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 10 \\ \hline \end{array}$
$\begin{array}{r} 73 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 13 \\ + 14 \\ \hline \end{array}$	$\begin{array}{r} 50 \\ + 25 \\ \hline \end{array}$
$\begin{array}{r} 32 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 34 \\ + 35 \\ \hline \end{array}$	$\begin{array}{r} 20 \\ - 10 \\ \hline \end{array}$
$\begin{array}{r} 32 \\ + 10 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ - 5 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 85 \\ \hline \end{array}$

Legend

- 1 = RED
- 2 = ORANGE
- 3 = YELLOW
- 4 = GREEN
- 5 = BLUE
- 6 = PURPLE
- 7 = PINK
- 8 = BROWN
- 9 = BLACK

Did You Know?
A baby rabbit is called a kit!



DIY SOLAR OVEN SMORES

What You Need:

- Cardboard pizza box
- Aluminum foil
- Plastic wrap or bag
- Black construction paper
- Tape
- Glue stick
- Pencil or wooden skewer
- Scissors or utility knife
- S'mores supplies: chocolate, graham crackers, marshmallows



Instructions:

1. Cut the "oven door" flap on the box. The size depends on what you are cooking and how much access you need. Our door was large to maximize our s'mores capacity!
2. Decorate your solar oven with sharpies. This is a fun *optional* step.
3. Glue black construction paper to the bottom of the box. The black color absorbs the heat.
4. Glue aluminum foil to the inside of the door. The foil reflects the sun into the oven.
5. Tape the plastic over the opening of the door. This will allow the air inside the box to heat up but keep the heat trapped inside the box.
6. Add a graham cracker, marshmallow, and chocolate inside the oven.
7. Place your oven outside in the sun. I taped a wooden skewer to prop the lid open at an ideal angle.
8. Enjoy your smores!

Remember to ask for help with cutting the box!



Activity taken from
<https://desertchica.com/diy-solar-oven-smores-kids-science-experiment/>



BINARY CODING

STEM CHALLENGE



Any code that uses two symbols to represent information is called **BINARY CODE**. Some examples of common binary code are morse code (long and short sounds) and braille (raised and flat dots). Like everyone else, computers use binary code to send and receive information.

The way computers communicate is by using 0's and 1's to represent the different letters/characters. Looking at the chart below, you can see the binary code that represents each letter.

Using the chart on page 38, write the binary code for each letter to spell out the words below.

CHARACTER	BINARY CODE	CHARACTER	BINARY CODE
A	01000001	N	01001110
B	01000010	O	01001111
C	01000011	P	01010000
D	01000100	Q	01010001
E	01000101	R	01010010
F	01000110	S	01010011
G	01000111	T	01010100
H	01001000	U	01010101
I	01001001	V	01010110
J	01001010	W	01010111
K	01001011	X	01011000
L	01001100	Y	01011001
M	01001101	Z	01011001



G

O

A

T

S

H

A

N

D

S

P

L

A

N

T

C

H

I

C

K

VERTICAL FARMING

The goal of **sustainable agriculture** is to meet society's food and textile needs in the present without compromising the ability of future generations to meet their own needs. Producing fresh greens and vegetables close to growing urban populations – or remote communities – could help meet growing global food demands while reducing the carbon footprint generated by transporting food from far away.

One way for urban or remote communities can tackle the issues of lack of environment space or quality is the creation vertical farming. Vertical farms help reduce the environmental impact of food by growing more with less land and resources.

Maybe at home you want to grow some veggies and you have a small or no backyard, or maybe you just want to give vertical farming a try! Let's build a vertical garden!



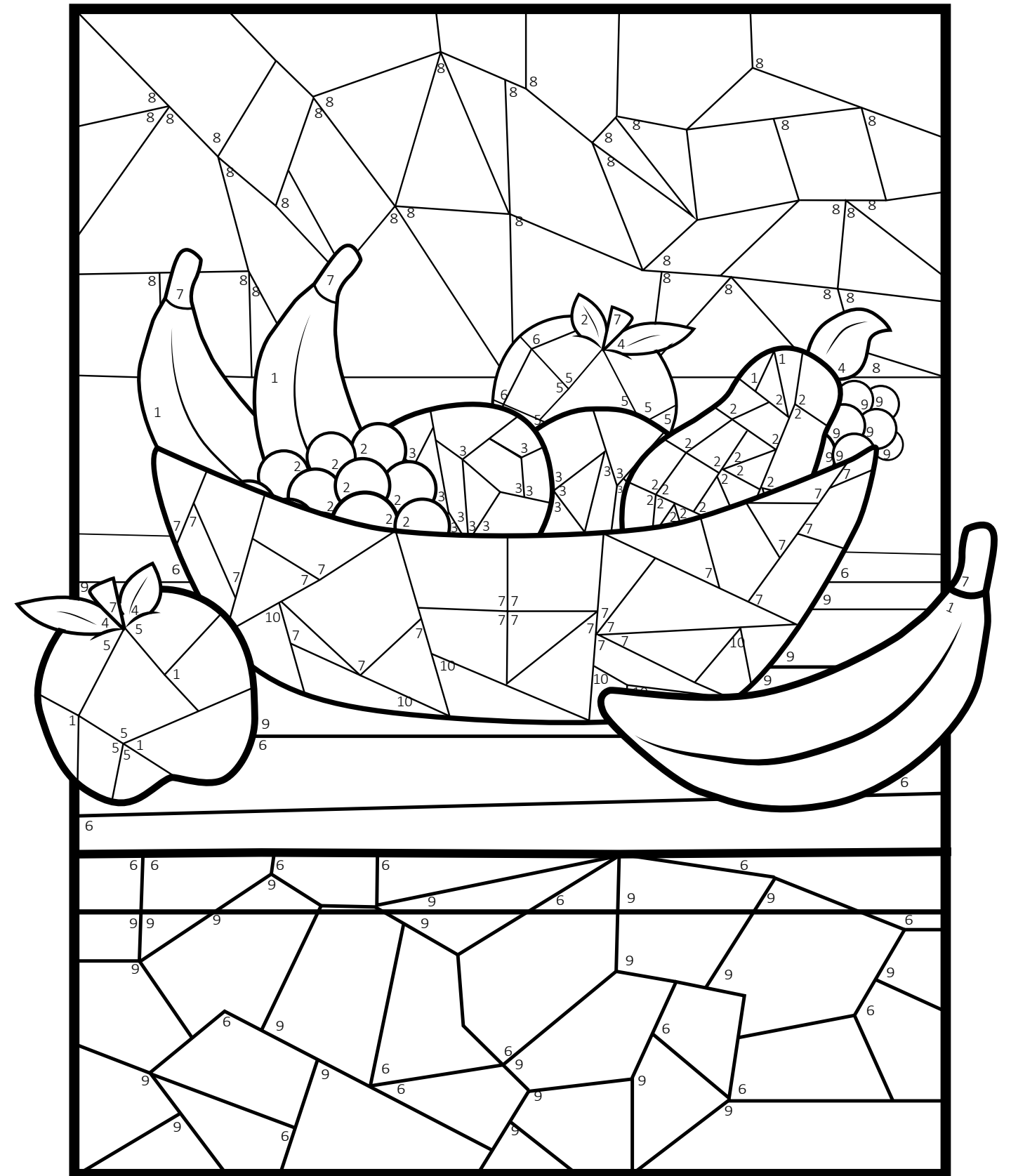
What You Need:

- Plastic Drink Bottles
- Soil
- String/wire
- Marker
- Scissors
- Plants or Seeds
- Hole Puncher

Instructions:

1. Collect used plastic drink bottles. Cut around the plastic bottles in half.
2. Starting with the cap side of the plastic drink bottle (keeping cap on), poke two holes on either side near the cap end to create drainage holes.
3. Poke holes in the open end (the end you've cut) for tying string or wires.
4. Fill the bottle with soil, pressing the soil in lightly. Leave an inch of space at the top of the bottle.
5. Tie the bottle now filled with soil to either to chain link fence or by tying string to the holes at the top (open end) to hang the bottle on a hook on the wall.
6. Transplant your seeds or plants into the soil and water. When watering, check to see if your drainage system works. Use the marker, label the bottle with the name of the plant.
7. Repeat all steps with other bottles and now you have a vertical garden. Enjoy and let your plants grow!

COLOUR BY NUMBER



- | | | | | |
|-----------------|----------------|----------|-----------|------------|
| 1 = Yellow | 3 = Orange | 5 = Red | 7 = Brown | 9 = Purple |
| 2 = Light Green | 4 = Dark Green | 6 = Pink | 8 = Blue | 10 = Black |

VIRTUAL MUSEUM

Scavenger Hunt



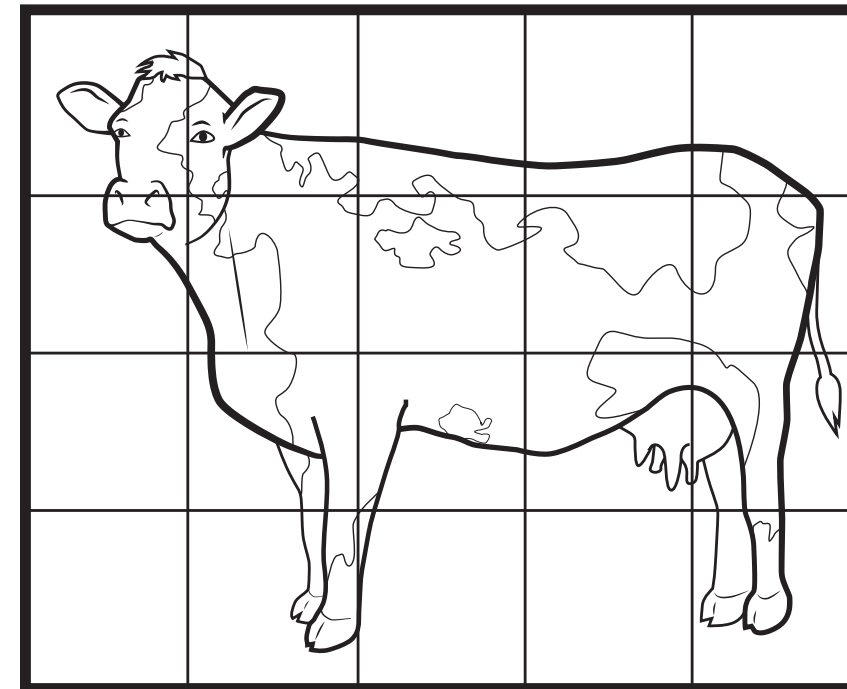
Instructions:

Let's go on an adventure and explore the wonders of our Earth by visiting the Pacific Museum of Earth! When you travel to the museum, wander around and click on the circles to learn more about the artifacts. Using your mouse to move around the virtual museum by clicking on the circles on the floor, go on a scavenger hunt to find the five items listed below.

To visit the museum, click the link <https://bit.ly/3MUiKNM> or scan the QR Code



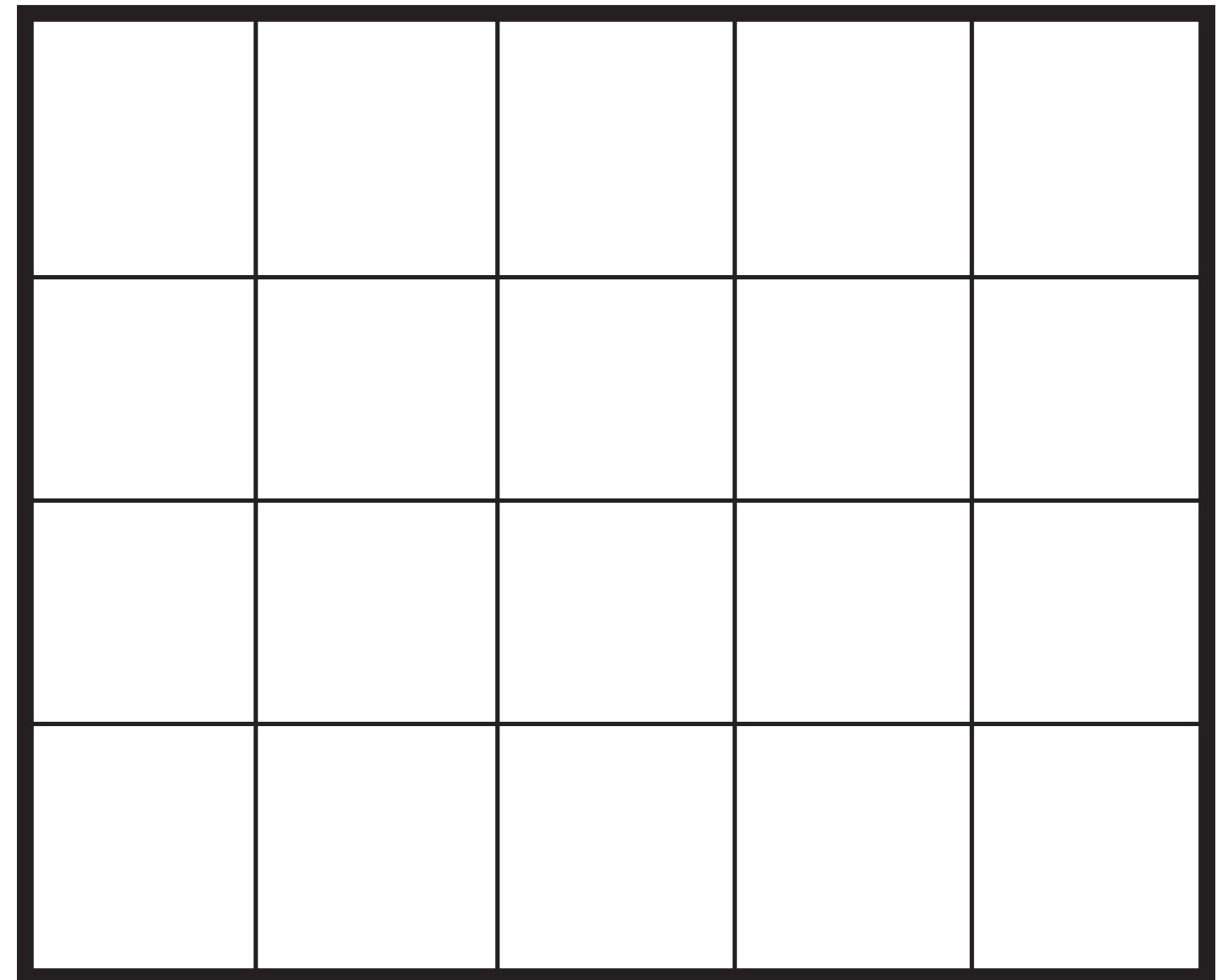
Find	Answers
1. Find a dinosaur. What is its name?	
2. Find the petrified wood. How old is it?	
3. Find something that is purple.	
4. Find the the name of the interactive globe.	
5. Find something that starts with A.	



GRID Art

Instructions:

Draw the dairy cow within the large grid using the small picture to left as reference. You might find it easier to draw the cow by going one square at a time!



LEADERSHIP IN ACTION



CANADA
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www.4HOntario.ca



4-H Ontario
111 Main St N
Rockwood, Ontario
NOB 2K0