



CANADA  
4-H Ontario

# RESOURCE GUIDE

Leadership In Action



# 2023

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4-H Ontario's Farmer's  
Markets Successful Pilot  
Project P.14

Lets Have A Ball at the 2023  
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New Volunteer Engagement  
and More!  
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# Community Matters



Ontario Mutual Insurance Companies have been here for over 160 years and our history with 4-H Ontario runs deep.

We're proud to support the things that matter.



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|---|---|
| <b>LEADERSHIP SUPPORT</b>                   | Executive Director Christine Oldfield<br>Director, Professional Practice Evelyn Chambers<br>Coordinator, Office and HR Marissa Mallais  |
| <b>DEVELOPMENT</b>                          | Director, Philanthropy Karyn Racher<br>Officer, Development Amma Nyarko   |
| <b>COMMUNICATIONS</b>                       | Manager, Communications Laura Goulding<br>Coordinator, Communications Nitasha Asnani  |
| <b>FINANCE</b>                              | Manager, Finance Patricia Hornyak   |
| <b>PROGRAMMING</b>                          | Manager, Youth Experience Andrea Halse<br>Coordinator, Programming & Resources Elizabeth Johnston<br>Coordinator, Programming Nicole French<br>Coordinator, Events Kathryn Lambert<br>Coordinator, Digital Programming and Design Autumn Unwin                                |
| <b>VOLUNTEER &amp; COMMUNITY ENGAGEMENT</b> | Volunteer & Database Manager Megan Burnside-Poitras<br>Specialist, Database: Kelly Clarke<br>Coordinators, Volunteer Support:<br>Regions 1 & 2 Cam Crogie<br>Regions 3 Brianna Troup<br>Regions 4 & Indigenous Community Volunteers Faith Kirk<br>Regions 5 & 6 Melinda Scott |

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For subscriptions and further information:  
LEADERSHIP IN ACTION c/o 4-H ONTARIO  
7660 Mill Road | Guelph, ON N1H 6J1  
1.877.410.6748 | [www.4-hontario.ca](http://www.4-hontario.ca)  
[communications@4-hontario.ca](mailto:communications@4-hontario.ca)

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Managing Editor: Laura Goulding  
Design: Autumn Unwin  
Front Cover Photo: Nikki Ross  
Back Cover Photo: Lyndsay Berry



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## A Message from the Executive Director

# "4-H'ers. Better at Everything."

This year has been an exciting one for me. I had the chance to meet colleagues, volunteers, and youth, some for the first time. I was able to have my first experience of an in-person volunteer conference and AGM, participated in provincial programs including Future Leaders in Action (FLIA), Discovery Days and Career Mania and I had a chance to attend an Arbor Award presentation. While I still marvel at the creativity and resilience of our staff, volunteers and youth over these past two years, I am happy to be back in person, to see the magic that is 4-H firsthand.

Like the previous two years, 2022 was characterized as a year of transition, as we welcomed new staff, board members and volunteers; as we worked to refine our processes to ensure safe and quality programming, as we experimented with new delivery models and as we took stock of the benefits of the program and how we might offer that experience to a wider audience. In 2022 we launched a recruitment and engagement project, funded by the Ontario Trillium Foundation (OTF). I really look forward to actioning on these results in 2023. We also created 4-H 4-All, a committee of youth, volunteers, and staff to look at how we, as an organization, can be more inclusive and welcoming to the diversity of people who call Ontario home. The results of this work will be shared at our 2023 provincial conference, so stay tuned. I'm also lucky to be part of the 4-H Canada Research and Data Committee. I'm excited to be able to share some statistics on the impact of 4-H as identified by alumni across the country. Preliminary results show that 4-H is not as well-known as some other youth development organizations but that it has a reputation that is off the charts. Further it shows the breadth and depth of skills and competencies developed in 4-H, leading me to dream up new tag lines, such as, 4-Hers. Better at Everything'. It's hard not to get excited when we talk about the impact of this program and the potential impact if we can expand our reach to new and diverse audiences.

I would like to finish off by thanking our volunteers, the boots on the ground that provide powerful mentorship to young people every day. Your commitment and dedication are unparalleled, and I know this because I have poured over Statistics Canada research that showed the average length of time a person volunteers and the average number of hours that a person volunteers a year. 4-H volunteers regularly give more hours and more years of service than other volunteers at other organizations. Thank you also to our staff who always work tirelessly to support each other, our volunteers and youth, and our board for their leadership. I look forward to seeing what 2023 will bring and the folks that I will meet.

*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 non-profit 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, 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, 2022, 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, 2022, can take part in **Cloverbuds**.

Sign up using our online registration!



Scan the QR code



## Becoming a 4-H Volunteer

The process of becoming a volunteer with 4-H Ontario can be completed in five easy steps!

**1. Submission of an Application with References:** Navigate 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. You will receive an automated response confirming your application has been received and a welcome message from the Volunteer Support Staff for your area, detailing the steps to completing the volunteer candidate acceptance process. Your references will also be contacted electronically.

**2. Participation in New Volunteer Orientation:** You are required to complete a 4-H Ontario New Volunteer Orientation. The Orientation can be completed through live webinar or the self-directed session. Orientation will provide you with the basics of volunteering with 4-H.

**3. Completion of Child Protection Training:** You will need to complete a web-based Child Protection Training. This is mandatory training that all 4-H volunteers who work in direct contact with 4-H youth must complete as part of their volunteer onboarding process. An official certificate will be issued upon successful completion of the training and must be forwarded to 4-H Ontario.

**4. Completion of a Vulnerable Sector Police Check:** Every volunteer candidate must complete a Vulnerable Sector Police Check through their local police detachment. Instructions and an information package for this step can be found in your initial contact email and from contacting your local Volunteer Support staff.

**5. Participation in an Interview with the Local 4-H Screening Committee:** The Screening Contact from your local 4-H association will contact you to arrange an interview.

Once 4-H Ontario has received notification that all of the above steps have been completed, 4-H Ontario staff will send written notification regarding volunteer acceptance to the candidate. Successful candidates will go forward with 'Volunteer In Good Standing' status. All volunteers are required to complete re-engagement of their police record check, to attend re-engagement learning opportunities, and to complete a Child Protection Training refresher every three years in order to maintain this status. Every year, all volunteers are obligated to complete the Annual Volunteer Participation form.





## 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 31, 2022) covering a variety of topics, including agriculture, food, crafts, life skills, 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 four units, a total of eight hours. However, participants can take as many units as are offered by Cloverbud leaders — up to 24 units!

In 2022, the following three Cloverbud Units were added to the Year Three 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.

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.

## 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



Proudly supporting Ontario dairy farmers and the Canadian dairy industry







Oxford 4-H Association's Community Club participates in annual Relay for Life fundraiser



## 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 sounds interesting, 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
- 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

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

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



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



## A Message from the Ontario 4-H Foundation

Founded in 1995, the goal of the Foundation has been simple – to raise and manage funds for the long-term benefit of the 4-H programs in Ontario. Currently the Foundation manages nearly \$3.5 million in investments, a percentage of which is given back to the program annually. In 2021, \$125,000 was invested back into local and provincial 4-H programs.

This year, the Foundation once again host its two major annual fundraisers. Golf tournaments were held in late May and early June in Guelph and Ottawa. Both were accompanied with on-line auctions which drew great interest in a wide variety of donated items. Thanks to everyone who volunteered, donated auction items and golfed, the Foundation raised over \$80,000.

The Foundation also curates scholarships for 4-H youth and are pleased to offer two new ones this year. Take a look at the 4-H Ontario website for a list of all of the scholarships available to youth.

It was wonderful this year to see 4-H youth back in person, involving themselves in their projects, attending events, and participating in provincial and national competitions. The 4-H TD Dairy Classic show at the Royal Agricultural Winter Fair was the largest ever with 331 kids and calves. Seeing youth in action, living out the 4-H motto makes the Foundation's work even more valuable. The Foundation works hard to ensure that 4-H will be alive and well in Ontario for many years to come.

Please reach out to any of the trustees, listed on the 4-H Ontario's website if you would like more information, or are considering a donation. Small donations can also be made directly to the Foundation through the website.

Thank you for your help.

FOUNDATION



CANADA  
4-H Ontario



# New Club Projects

Released in 2023



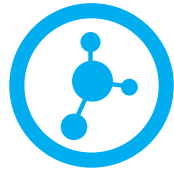
## 4-H Breadventure Project Update!

No matter where one lives in the world, the basics ingredients of flour, salt, often yeast, sometimes fat and sugar, and water, become transformed into what becomes the “staff of life” and a mainstay sustenance – bread. Techniques may vary as do cultural traditions. Regardless, bread remains a constant in our lives. Bread ties us to our roots be it an Indigenous cornbread, a French baguette, an Italian focaccia, an Indian naan, a Jewish challah, a Mexican tortilla or an Irish soda bread and the list goes on. There is something about the joy and experience of making bread. Seeing the yeast grow. Feeling the softness and transformation that comes with handling and kneading dough. Smelling that heady, earthy aroma as the bread bakes. Connecting to the warmth and taste of fresh bread. The 4-H Breadventure Project will allow you to experience all of this as you explore a world of bread. The development of this project resource has been made possible through the support of funding provided by the Agriculture & Agri-Food Canada (AAFC) and the Grand River Agricultural Society (GRAS).



## 4-H Swine Project - Update!

Whether you are raising a large barn full of hogs or a few to fill your freezer, raising healthy pigs is the end goal. The 4-H Swine Project will provide you with an opportunity to learn about all aspects of the swine industry. Raising livestock isn't something a farmer can do alone. A farmer works with many other people to make the necessary decisions on how to best raise their animals. They work closely with their barn staff, other farmers, veterinarians, nutritionists, genetics companies, truck drivers, meat packing plants, trades people and many others. Throughout this project discover the many career opportunities within the swine industry while also learning how the in's and out's of the industry and swine production. The development of this project resource has been made possible through the support of funding provided by the Grand Valley Fortifiers.



## 4-H Veterinary Project - Update!

The 4-H Veterinary Project connects a love for animals with an interest in science. This project is a fun and interactive way to learn some of the basics of veterinary care. This project has the potential to be six 4-H different projects, all under the umbrella of veterinary care! Sections include Nervous System, Musculoskeletal, Teeth, Antlers, Horns & Hooves, Circulatory & Respiratory System, Digestive System, Reproductive System and Other Topics all while allowing you to discover the many career opportunities in animal health and veterinary science. Whether you'd like to become a veterinarian or just want to learn more about your pet, this 4-H project provides the opportunity to learn all about animals. The development of this project resource has been made possible through the support of funding provided by the Grand River Agricultural Society.



## 2023 Cloverbud Units

In 2023, the following three Cloverbud Units will be added to the Year Two curriculum: **Breadventure**, **Swine**, and **Veterinary**.

## 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).



Captain Powis-Clements, Snowbird #4 brings 4-H mascots across Canada

## Coming in February 2024



## 4-H A World of Food in Canada - Update!

Created in 1967 to celebrate Canada's Centennial, this project has withstood the test of time and is now getting a refresh! The project was created to mark the Centennial by tracing the development of Canadian food customs from the days of the early settlers to modern times. In this project, you will learn how our food habits are influenced by Canadians of many different backgrounds as well as gain respect for the traditional food practices of various cultural groups who have made this country their home. The project will include an assortment of recipes, some of which are familiar while others are different and new. The development of this project resource has been made possible through the support of funding provided by the Ontario Mutual Insurance Association (OMIA).



## 4-H Cultural Diversity - Update!

Canada is one of the most diverse countries in the world and it's become a huge part of our identity. Explore and discover how each culture in a multicultural society keeps its uniqueness, while making up the mosaic of Canada. You'll also learn more about your own culture and the cultures around you by sharing your experiences with others. In this project, you'll develop an understanding of and appreciation for many cultures, learns skills and tips for living in a multicultural society and find the beauty in cultures other than your own. The development of this project resource has been made possible through the support of funding provided by the Grand River Agricultural Society.



## 4-H Eye on Energy - Update!

You may only be one person, but you can impact society's energy use and conservation. The first step is learning to appreciate the importance of energy and where it comes from. You will learn how to start small with simple changes and be given the tools to gradually grow into an Energy Ambassador. In this project, you'll learn about different forms of energy, develop an understanding of how specific types of energy impact the environment, find practical and creative ways of using energy efficiently and brainstorm ways you and your family can make a difference. The development of this project resource has been made possible through the support of funding provided by the **Stanley Knapp Resource Development Fund**.







## 4-H Ontario and Farmers' Markets Ontario host successful pilot project 2022

Written by Laura Goulding

In 2019, Farmers' Markets Ontario and 4-H Ontario began working together to develop a program that would mutually support 4-H youth as well as the communities they live in through their local farmers' markets. A toolkit was developed, and the pilot year intended to take place in 2020 but was put on hold when the pandemic began.

Fast forward to 2022 and the pilot project finally took flight with success in several associations across Ontario. Thanks to the support of Farmers' Markets Ontario, four 4-H associations participated in their local farmers' market with access to market tents generously supplied by Farmers' Markets Ontario.

Youth had the opportunity to connect with their community, highlight their project work and practice their public speaking skills. Opportunities like this not only give our youth the chance to celebrate their accomplishments but build confidence in themselves and their work.

The following 4-H associations participated in the pilot project:

### Oxford 4-H Association

The Oxford 4-H Association is in Region 6 and is home to communities such as Woodstock, Ingersoll, Tillsonburg and Thamesford. The 4-H Association participated in the Woodstock Farmers' Market and utilized the opportunity to promote 4-H in their area. Volunteers and youth handed out 4-H swag items and chatted with many community members about the 4-H program. The group felt they had positive interactions with all in the community and some even inquired about the location of clubs

with the intention of becoming involved in the association. "Thank you for this experience," shares Amy, Oxford 4-H Association, volunteer.

### Renfrew 4-H Association

The Renfrew 4-H Association is in Region 2 and is home to communities such as Renfrew, Pembroke, Petawawa, and Cobden. The 4-H Association's Garden Club participated in the Cobden Farmers' Market and the club utilized the opportunity to host their project achievement day and celebrate the participant's project work and achievements. One of their favourite moments was sharing about the 'soil your undies' activity that tests the health of soil. Youth buried a pair of white cotton briefs and after uncovering the briefs, if all that is left is the elastic waistband that means the soil is healthy and if the briefs are still intact that means that there is room for soil improvement. Market patrons asked about vegetables, club learnings and the 4-H program in general. "We thought it was a successful day, thanks for organizing," says Lynn, Renfrew 4-H Association, volunteer.

### Elgin 4-H Association

The Elgin 4-H Association is in Region 6 and is home to communities such as St. Thomas, Aylmer, and Port Stanley. The 4-H Association's Super Seeders Club participated in the Horton Farmers' Market located in St. Thomas. The club utilized the opportunity to host their project achievement day where youth displayed their project work and shared their accomplishments with market patrons. "Our members are excited about achievement day," said Roberta, Elgin 4-H Association, volunteer.

Nine 4-H participants successfully completed the project. The youth enjoyed celebrating their project work and acting as ambassadors for the 4-H program.

### Carleton 4-H Association

The Carleton 4-H Association is in Region 2 and is home to Ottawa and the surrounding area. The 4-H Association participated in the Metcalfe Farmers' Market for four weekends in September and October. The association utilized the space to promote 4-H in their area. Youth and volunteers connected with club leaders from neighboring associations, alumni (including someone who was a 4-H member in Nova Scotia) and people who were learning about 4-H for the first time. The group handed out 4-H promo items and had resource materials from recent life skills clubs to share with the community. "It was nice to see people and tell them about 4-H," shares Cheryl, Carleton 4-H Association, volunteer.

4-H Ontario is grateful for this partnership and the opportunity for 4-H'ers to be involved in their community and local farmers' market. Whether the opportunity was used to promote their local association or celebrate their achievements, youth built upon their public speaking skills and confidence, made connections in their community, and had new experiences that will have long-lasting impact. 4-H Ontario looks forward to continuing the partnership and expanding the program in years to come.

Is your association interested in participating in your local farmers' market this year? Submit an interest form on our website or visit the partnership page to learn more.

Creating a long-lasting impact in your community.



Scan the QR code to access the 2023 Farmers' Markets Ontario Interest form.



Elgin 4-H Super Seeders 4-H Club hosts achievement day at local farmers' market



Oxford 4-H Association promotes 4-H at the Woodstock Farmers' Market



Renfrew 4-H Association's Garden Club hosted their project achievement day at their local farmer's market



Carleton 4-H Association promoted 4-H at the Metcalfe Farmers' Market throughout the month of September



# 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. 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 any updates.

**Building tomorrow's leaders through fun experiential opportunities!**



## 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 22 | July 10               | Region 1: Massey Fairgrounds – Massey                   |
| June 10 | May 29                | Region 2: North Grenville Municipal Centre – Kemptville |
| June 17 | June 5                | Region 3: Cold Springs Memorial Hall – Cobourg          |
| June 24 | June 12               | Region 4: Albion Bolton Community Centre – Caledon      |
| July 8  | June 26               | Region 5: Listowel Fairgrounds – Listowel               |
| July 15 | July 3                | Region 6: Dorchester Agriculture Hall - Dorchester      |

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

This year's theme is "Lets have a ball", use your creative side to create a ping pong ball dart board, 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!

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!

## 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.

The Online Explore 4-H and Cloverbud At Home Experience provides youth the ability to learn and play through a self-directed virtual experience.

Check out the 4-H Ontario website for more details and to register for these experiences!



4H Ontario Delegates from National Members Forum





## Youth Adventure Camp

Sponsored by Beeler Family Fund

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.

### CAMP DETAILS

**Date:** August 20-23, 2023

**Location:** Camp Winnebago, Huntsville ON

#### Registration Details

- Registration Deadline: **June 12, 2023**
- For all youth ages 12–15 (prior to January 1, 2023)
- \$375+HST - this includes a camp t-shirt!
- Optional Chartered bus fee: \$80.00+HST

" This camp  
was an  
amazing  
experience  
and in it, I  
felt welcome,  
respected,  
and very  
happy! "



## NEW Impact Conference

Pending funding, 4-H Ontario is excited to potentially offer a new program. This an opportunity will provide approximately 60 4-H youth aged 15-21 from across the province to be nominated by their home 4-H associations to attend a two day conference. Participants will learn about careers, volunteering and making a difference in their communities. It will be filled with learning opportunities, a chance to network and make lasting connections with like-minded individuals.

Stay tuned and watch the website and 4-H e-newsletter for more details.

## Dairy Sen\$e

Join 4-H Ontario for the 2023 Dairy Sen\$e conference on April 27-29, 2023 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.

### CONFERENCE DETAILS

**Date:** April 27-29, 2023

**Location:** Durham College, Oshawa, ON

#### Registration Details:

- For all youth ages 18-25 (prior to January 1, 2023)
- \$200+HST

4-H ONTARIO | LEADERSHIP IN ACTION | RESOURCE GUIDE

## 4-H Ontario Ambassador Program

For over 15 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, and more! Up to six 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.

**Application Deadline: January 9, 2024** to become a 2024 4-H Ontario Ambassador

#### Other important dates for 2023 Ambassador Applicants:

- Interviews will be conducted virtually on in late January 2024
- Ambassador Reception and Ambassador Orientation are tentatively scheduled for March 2024

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



## Provincial Leadership Camp

Provincial 4-H Leadership Camp (PLC) is a life-changing experience you won't forget! Join us for six days and five nights where you'll develop your leadership skills through fun challenges involving teamwork, exploration and self-reflection.

For over 60 years, PLC has helped 4-H youth enhance their leadership, communication, goal setting and teamwork skills through hands-on activities, including:

- Explore the outdoors
- Lead a team across a raging river
- Re-enact the day as part of the fleet log
- Plan, run, and coordinate parts of the camp as an individual and in teams
- Plus, many more activities that add up to the experience of a lifetime

Sponsored by Dairy Farmers of Ontario



### CAMP DETAILS

**Date:** March 11-16, 2023

**Location:** Camp Kinark, near Haliburton

#### Registration Details:

- Registration Deadline: **February 6, 2023**
- For all youth ages 16-21 (prior to January 1, 2022)
- \$375+HST
- Optional Chartered bus fee: \$80+HST



## Taking Your Mental Health to Heart

Have you read our Taking Your Mental Health to Heart project? It is filled with activities and useful information that can help you learn more about yourself. It will also provide you with tools to help you manage stress and practice mindfulness.





# Competitions

## Go For The Gold 2023

Test your 4-H trivia smarts by participating in the 2023 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



## Amber Underwood Memorial News Competition

Calling all young writers! Entrants must write a 500-word news-style report on the following: **Choose one of the leadership development pillars and write about an idea for a new 4-H project that falls within that pillar. Writers can provide examples of the topics that could be covered in the project, discuss how it relates to one of the leadership development pillars, and why the project would be beneficial to 4-H.**

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, 2023

For more details or to apply visit [4-hontario.ca/youth/4-h-events/competitions/](https://4-hontario.ca/youth/4-h-events/competitions/)

## Agribition Judging Seminar

**November 20-25, 2023**

**For 4-H participants ages 18–21**

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 eight participants plus chaperones are selected from Ontario, noting that a 4-H Ontario team may not be sent if there are insufficient applications.

For more details or to apply visit [4-hontario.ca/youth/4-h-events/competitions/](https://4-hontario.ca/youth/4-h-events/competitions/)

## Provincial 4-H Judging Competition

4-H Ontario is offering a 2023 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 youth 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.



## Canadian Young Speakers For Agriculture

**November 2023**

**For all youth ages 11–24**

**Registration deadline:** September 30, 2023, 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](https://cysa-joca.ca)



## 4-H Ontario Virtual Art Show, Summer 2023

Roll up your sleeves and join our 2023 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 are 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.

**Categories:**

- Painting/Drawing
- Photography
- Food Art
- Craft/Sculpture

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!

## 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 2023. 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.

## Youth Leadership Opportunities

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. Each project is eligible to have one youth leader for every six participants in the project and youth leaders receive an extra project completion for their hard work, along with eligibility for the Youth Leader Award, sponsored by Kubota.



Youth leader engagement focuses on presentation skills and leadership styles. Club youth leaders who have never participated in a Youth Leader Orientation session before must participate in this learning opportunity via live webinar or self-directed web-based session and are encouraged to do so prior to engaging in the youth leader project.

### Club Youth Leaders

**Live Youth Leader Orientation Webinars**

These sessions will run from 7-8 p.m. (EST).

**Tuesday February 7**

**Wednesday March 8**

**Tuesday April 4**

**Wednesday May 3**

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.

**Self-Directed Youth Leader Orientation Sessions**

The 4-H Ontario Volunteer Support staff team is pleased to offer a Self-Directed Youth Leader Orientation session. This session can be completed from the comfort of home at the convenience of the participant. There is roughly ½ hour of video content to view in this session, along with quiz questions throughout. A minimum score of 6/8 on the quiz is required in order to complete the session. Participants who are interested in completing the self-directed orientation can contact their Volunteer Support staff coordinator for access to the link.

**Youth Leader Re-Engagement**

Club youth leaders who have previously completed the Youth Leader Orientation are asked to re-engage through participation in a learning opportunity every three years. In 2023, they will have three options to choose from for re-engagement of their training;

- Participation in a web-based self-directed learning module,
- Attendance at a local 4-H association Annual General Meeting staffed re-engagement learning opportunity. (Check with your local 4-H association or Coordinator, Volunteer Support), or
- Participation at designated provincial 4-H opportunities as confirmed by 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.





# Scholarships

## Youth Directors

Youth Directors work on association initiatives with a 4-H association and each association is eligible to have two Youth Directors complete this project. They are required to be active 4-H youth 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.

Re-engaging Youth Directors must attend and participate in a re-engagement learning opportunity every 3 years, as outlined below.

- Attendance at a local 4-H association Annual General Meeting staff-led re-engagement learning opportunity. (Check with your local 4-H association or Coordinator, Volunteer Support).
- Participation in a live e-symposium via webinar.
- Taking in a local association-requested learning opportunity on a topic of interest to volunteers in that 4-H association, as requested by the local 4-H association Board of Directors and led by local Volunteer Support staff.
- Attendance at a live web-based Regional Town Hall event.
- Completion of a web-based self-directed learning opportunity.

4-H youth are asked to complete their required orientation or re-engagement prior to engaging in this element of the 4-H program for maximum benefit and learning.

For information regarding the number of club youth leaders or Youth Directors that can get credit in your program, check the 4-H website, Policies and Forms, 4.2.1, O-M-11.

For more details about a **Youth Leader** or **Youth Director** position in your club or association, visit [www.4-hontario.ca](http://www.4-hontario.ca).



## Angelo and Frank Argo Undergraduate Scholarships

Applicants must be 4-H youth entering semester one as full-time students at the University of Guelph. Applicants must have a minimum of 75% admission average and completed at least 10 4-H projects. Applicants must submit a point form listing of their 4-H club activities and a reference letter from a 4-H club official. Scholarship recipients must maintain full-time studies and a 70% program average each year for continuation of the award. Seven awards of \$7,000 (\$1,750 annually for four years).

**Application Deadlines : April 15, 2023**

[www.uoguelph.ca/registrar/studentfinance/apps/awards?id=E0520](http://www.uoguelph.ca/registrar/studentfinance/apps/awards?id=E0520)

## 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 1, 2023**

## 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 2023-2024 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, 2023**

[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, 2023**

[apply.4-h-canada.ca](http://apply.4-h-canada.ca)

## Weston Family 4-H Agricultural Scholarships

The Weston Family 4-H Agricultural Scholarship program is offered to 4-H participants 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 2023. 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, 2023**

[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 13, 2023 at 5:00 p.m.**

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



## 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 youth who have been a Dairy Club participant 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 28, 2023 at 5 p.m.**  
[4-hontario.ca/scholarships](https://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 2023**  
[ontario.holstein.ca/youth/scholarships](https://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 participant, fitter, herdsperson for the first time. One award of \$1,000.

**Application Deadline: September 29, 2023**  
[4-hontario.ca/scholarships](https://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 6, 2023**

## Central Canada Exhibition Legacy Scholarship

The Central Canada Exhibition, established in 1885 at Ottawa's Lansdowne Park, provided many generations of 4-H youth an opportunity to display projects, interact with other 4-H youth and to "Learn To Do By Doing". The Exhibition Association dissolved in 2021 and wanted to provide a legacy for rural youth and 4-H youth in Eastern Ontario by providing bursaries/grants to further their careers.

**Two** bursaries will be awarded annually in the amount of \$2,000 each for further training/skill development at post-secondary school. The bursaries are available to applicants residing in Carleton, Dundas, Frontenac, Glengarry, Grenville, Lanark, Leeds, Prescott, Renfrew, Stormont and Russell Counties (Region 2 as defined by 4-H Ontario).

**Applications must be received by 4-H Ontario by August 1, 2023 at 5 p.m.**  
**The bursaries/grants will be awarded on October 1.**

# 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](https://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 at least five of the last seven years, including their graduating year. 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.



### Adapting to Learning Disabilities:

Everyone's brain processes information in different ways. That's why it's so important to understand how to help youth with different learning styles. Here are some tips:

- Communicate and check in on their progress
- Modify to fit their needs – For example, allowing extra time, working in smaller groups, providing clear instructions, etc.
- Use multiple ways to explain and demonstrate – visual, auditory and kinesthetic

# 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 pre-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](https://4-h-canada.ca/4-h-at-home). National opportunities are supported by **Central Canada Exhibition**.

## Post-Secondary Opportunities

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 2023 will be announced in February 2023. Scholarship applications open March 1, and close May 31, 2023. For more information and application guidelines, visit [4-h-canada.ca/scholarships](https://4-h-canada.ca/scholarships).



# 4-H Canada Citizenship Congress

**2024 Program Application Deadline:** TBD  
**Open to:** 4-H Participants, 16-21 years old as of program date  
**Space Available:** 4-H Ontario can send 10 participants. Apply through 4-H Ontario

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.

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

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.

More details on the 2024 program visit [www.4-h-canada.ca/growingcareers](https://www.4-h-canada.ca/growingcareers)



# National Members Forum

**Date:** November 2023  
**Open to:** 4-H Participants, 16-21 years old  
**Application Deadline:** August 2023  
**Cost:** TBD, 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 2023 National Members Forum as it becomes available visit the 4-H Ontario and 4-H Canada websites.



Scan the QR code to learn more about the different opportunities 4-H Canada has to offer!

# 4-H Canada Science Fair

**Open to:** 4-H participants in Grades 7–12  
**2024 4-H Canada Science Fair competition registration will open Fall 2023 and close January 2024**  
**For more information:** [4-h-canada.ca/sciencefair](https://4-h-canada.ca/sciencefair)

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 youth 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 youth 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.

# Volunteer Awards

## 4-H Ontario Outstanding New Volunteer Award



**Sponsored by:** Gay Lea Foods Co-operative Limited  
**Submission Deadline:** June 30, 2023.

These awards recognize club volunteers who are new to 4-H and doing great things within their local programming. The award celebrates those volunteers who have been with 4-H Ontario for five 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 [4-hontario.ca/volunteers/volunteer-awards/](https://4-hontario.ca/volunteers/volunteer-awards/).

## 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, at which time volunteers receive beautiful crystal keepsakes to commemorate their volunteer service at their local awards event.

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

Volunteer leaders are the lifeblood of the 4-H program. 4-H youth can show their appreciation and nominate a club leader for this prestigious award! Nominations will be accepted in Fall 2023 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, 2023

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 2023

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. These sessions are designed for those who have not previously volunteered with 4-H, including Youth Directors.

## New Volunteer Orientation Webinar Sessions

Live webinars will be held from 7p.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.

### Webinar Session Dates

|                |               |                 |
|----------------|---------------|-----------------|
| Jan. 18, 2023  | Feb. 21, 2023 | March. 22, 2023 |
| April 18, 2023 | May 24, 2023  |                 |

## Child Protection Training

All 4-H volunteers in Canada are required to complete Child Protection Training. This is mandatory training that all 4-H volunteers working with or in direct contact with 4-H youth must complete as part of their screening process. Instructions for gaining access to this training can be accessed through contacting your Volunteer Support Staff member or referencing your introductory email. 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. This element must be renewed every three years with completion of 4-H Canada's Child Protection Training Refresher course.

## 2023 Grains in Action Grain Farmers of Ontario

February 13 - 15, 2023

Grains in Action is a three-day program for young farmers to gain knowledge about the end uses of the grains they grow. Participants also learn about the role of Grain Farmers of Ontario within the grain industry and how they can become active members of the organization. It is an opportunity for new experiences, building relationships, and professional growth.

**Who should attend?** Young farmers who have just finished university or are nearing the end of their studies, with the intent of working on the farm; or those who have been working on-farm for a couple of years and are looking to learn more about the grain industry and Grain Farmers of Ontario. We target those aged 22 - 30, but welcome those within a few years of this bracket to apply to participate.

**What does the program include?** Grains in Action is a tour-based program with stops that highlight the different aspects of the grain value chain. These typically include a research facility, a distillery, food or feed processor, and an exporter. The 2023 agenda is still being finalized. The course also includes discussions with Grain Farmers of Ontario staff about the work our organization does on behalf of farmer-members, including Agronomy, Communications, Government Relations, Market Development, and Research.

To learn more and to apply to participate in the program, go to [www.gfo.ca/about/grains-in-action](http://www.gfo.ca/about/grains-in-action) or contact Rachel Telford, manager, Member Relations, at 226-979-5581 or [rtelford@gfo.ca](mailto:rtelford@gfo.ca).

Participants will be confirmed in early January 2023.



## 2023 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 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.

E-Symposiums will be offered from 7-8 p.m.(EST)

| Date        | Topic  |
|-------------|--|
| January 23  | Adapting Delivery Methods in 4-H Programs                          |
| February 27 | Incorporating Hybrid Meetings Into Your 4-H Programs               |
| April 3     | Utilizing the Strength of Senior 4-H Youth                         |
| April 24    | A Gathering Opportunity for Those Involved in Common 4-H Roles     |
| May 29      | Addressing Youth Mental Health and Issues Today's Youth are Facing |
| June 26     | Succession Planning in your Association and your Club              |

## Self-Directed New Volunteer Orientation

The 4-H Ontario Volunteer Support staff is happy to offer a self-directed new volunteer orientation session. This session can be completed from the comfort of home at the volunteer candidate's convenience. There is roughly one hour of video content to view in this session, along with quiz questions throughout. A minimum score of 9/12 on the quiz is required in order to complete the session. Volunteer candidates can contact their Volunteer Support Staff member or reference their introductory email for access to the link.

## 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.

Re-engagement is a three-part process, and all three elements are required to be completed every three years prior to a common expiry date.

- Attendance at a re-engagement learning opportunity through an in-person, live webinar, or self-directed session. See details below.
- Police checks (specifically, a Criminal Record and Judicial Matters Check). Volunteers will be sent the appropriate documentation and links for completing an online police check before expiring.
- Completion of the child protection refresher course via the self-directed web-based session.

Additionally, volunteers are obligated to complete the Annual Volunteer Participation form every year. Completion of this form will cue the delivery of volunteer participant cards for those who are in good standing.

Completion of 4-H Ontario club registration forms, activity plans, membership lists, completion lists, etc. are also necessary for programs and events in which volunteers are engaged.

## **NEW** 2023 Volunteer Re-Engagement Learning Opportunities

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. It is part of on-going 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 must attend a re-engagement learning opportunity every three years at minimum, but are welcome to attend as many learning opportunities as they wish. Several options are offered throughout the year, including:

- Attendance at a local 4-H association Annual General Meeting staff-led re-engagement learning opportunity. (Check with your local 4-H association or Coordinator, Volunteer Support).
- Participation in a live e-symposium via webinar.
- Partaking in a 4-H Ontario Volunteer Conference workshop.
- Taking in a local association-requested learning opportunity on a topic of interest to volunteers in that 4-H association, as requested by the local 4-H association Board of Directors and led by local Volunteer Support staff.
- Attendance at a live web-based regional town hall event.
- Completion of a web-based self-directed learning opportunity.



# 4-H Ontario Volunteer Conference

**Date: March 24-26, 2023**

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

The hosting committee of the Ontario 4-H Council Board of Directors and the Ontario 4-H Foundation Trustees are excited to welcome you to the 2023 4-H Ontario Volunteer Conference March 24 and 25 at the Sheraton Parkway Toronto North. Join in the learning, networking and celebrations at this year's event. As in year's past, volunteers can expect a networking and learning program that encourages volunteers to explore 'The Magic of 4-H' with new skills, knowledge, and relationships.

The conference is filled with opportunities to learn and 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 'cast' 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, which may include Diversity, Equity, and Inclusion, the Core Deliverables of 4-H, Adapting 4-H Programming, Mental Health, Provincial Volunteerism, etc. The conference will conclude with a banquet event honouring our 2023 4-H Ontario Arbor Award recipients.



Scan the QR Code to find the Conference webpage. More details, including a full workshop agenda and listing of our conference sponsors, can be found on our website.  
[www.4-hontario.ca/volunteers/conferences-agms/volunteer-conference-annual-meeting/](http://www.4-hontario.ca/volunteers/conferences-agms/volunteer-conference-annual-meeting/)



## Pronouns Matter

Using someone's correct gender pronouns is one of the most basic ways to show respect for their identity.

What's the right way to find out a person's pronouns?

Start by giving your own when introducing yourself – "Hi I'm Alexandra. I use she/her pronouns. What about you?"

Think of it just like a get-to-know-you question. And if you make a mistake and use the wrong words, you can acknowledge the mistake and apologize.



## Volunteer Engagement: Virtual Meetings

### AR, P, VP Calls

RSVP: [standards@4-HOntario.ca](mailto:standards@4-HOntario.ca)  
January 26 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
May 4 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
October 12 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Membership Coordinators

RSVP: [database@4-HOntario.ca](mailto:database@4-HOntario.ca) or call 1.877.410.6748x4840  
March 30 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

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

RSVP: [standards@4-HOntario.ca](mailto:standards@4-HOntario.ca)  
**Orientation for newly elected Association Representatives**  
March 2 - 7:30 p.m. to 8:30 p.m.  
**Orientation for newly elected Presidents & Vice Presidents**  
April 5 - 7:30 p.m. to 8:30 p.m.

### Livestock Contacts

RSVP: [livestock@4-HOntario.ca](mailto:livestock@4-HOntario.ca) or call 1.877.410.6748x468  
March 1 - 12 p.m. to 1 p.m. & 7 p.m. to 8 p.m.  
October 4 - 12 p.m. to 1 p.m. & 7 p.m. to 8 p.m.

### Association Treasurers

RSVP: [finance@4-HOntario.ca](mailto:finance@4-HOntario.ca) or call 1.877.410.6748x467  
March 1 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
November 14 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Membership and Awards Coordinators

RSVP: [database@4-HOntario.ca](mailto:database@4-HOntario.ca) or call 1.877.410.6748 x4840  
September 7 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
November 14 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

### Screening Coordinators

RSVP: [database@4-HOntario.ca](mailto:database@4-HOntario.ca) or call 1.877.410.6748 x4840  
April 11 - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.  
November 14th - 12 p.m. to 1 p.m. & 7:30 p.m. to 8:30 p.m.

4-H ONTARIO | LEADERSHIP IN ACTION | RESOURCE GUIDE

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# Join Us

Cloverbuds Age 6-8

Participants Age 9-21



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