

LEADERSHIP IN ACTION

Summer 2023

PLAY

Find activities, recipes and more!

MEET THE NEW AMBASSADORS

Learn more about our 2023 ambassadors!

DON'T MISS OUT

Check out our upcoming scholarships, opportunities and events!



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Design: Autumn Unwin

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Publication Mail Agreement #40022887

A Message From The Executive Director



"Experiences like this with 4-H are the best way to educate the future leaders in AG about leadership and dedication" - 4-H Participant

has been our priority. Now that folks are starting to come back together in person, they are starting to connect and reconnect with others. They are having meaningful conversations, sharing in meaningful ways, and working and laughing together. What's happening is that we are re-discovering fun and fun, is a valuable and legitimate benefit of a youth program.

It is easy to see the benefit of increased knowledge, experience, and skill. What is less easy to see is the wide-ranging benefits of fun. Did you know having fun will reduce your stress and help you to get a better sleep? Did you know that fun will help to increase your creativity, productivity, and social skills? While fun is often something that comes about in the pursuit of other goals, I challenge us all to take the opportunity at this time of year to be intentional about having fun. Whether you are young or old, look for opportunities to laugh, be spontaneous, try new things and live in the moment. You will benefit immensely and so will all those around you.

Christine Oldfield

Christine Oldfield
Executive Director

Fun is something that has taken a back seat in the last few years as we've all had to change our behavior in the interest of staying safe. We have limited our in-person social interactions because safety, by necessity,

Learn By Doing To Do



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 participants who want to prepare for, compete in and run a GFTG competition can get more information in the 2023 GFTG Handbook.

Local Competitions:

The 2023 local competitions will be hosted in person, 4-H Ontario is asking that the local competitions take place between May 1 – August 7, 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.

Regional Competitions:

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 8, 2023 Event date: November 4, 2023
Location: Royal Agricultural Winter Fair - Salon 107 Entry fee: \$75

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 2023 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/



Thank you to our sponsor, Ontario Mutuels



Provincial Judging

4-H Ontario is excited to be hosting the 2023 Provincial 4-H Judging Competition! The virtual Provincial Judging Competition continues to improve providing a seamless, easy, and accessible platform for all youth to test their reasoning skills all while staying in the comfort of their homes. 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 across Ontario. Keep an eye on the 4-H Ontario website and e-newsletter for important dates and information!

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

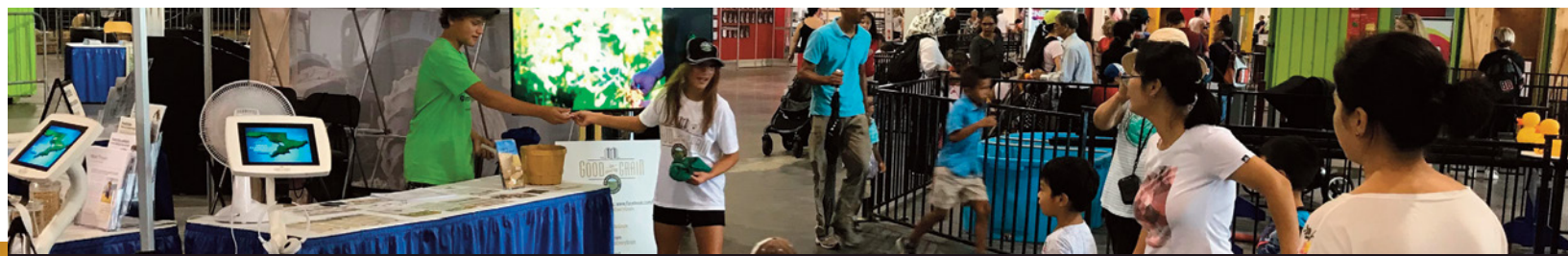
The class listing includes:

- Swine
- Carrot
- Wheat Sheaf
- Goat
- Beef
- More to come!

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



Thank you to our sponsor, Kubota Canada Inc.



Are you an advocate?

Do you enjoy sharing your farming story with the Ontario public?

Join Good in Every Grain, Grain Farmers of Ontario's public outreach campaign at events this summer and fall to connect grain farmers to curious consumers.

Ontario grain farmers work hard to grow smart, healthy, delicious, Ontario grains using the latest in sustainable and innovative techniques, and fellow Ontarians want to know how you do that!

Tell your grain farming story, answer questions, and engage your community this year at public facing events.

For more information, please email Brianne Curtis at bcurtis@gfo.ca or call 1 800 265-0550 x308.

Mileage, applicable accommodation, food expenses, and hourly rates available.



Youth Opportunities

Scholarships

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

This award is for current 4-H Dairy Club participants who are passionate towards pursuing post-secondary education.

Application Deadline: September 28, 2023
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Central Canada Exhibition Legacy Scholarship

Two bursaries will be awarded annually in the amount of \$2,000 each for further training/skill development at post-secondary school.

Application Deadline: August 1, 2023
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Henrike Foerster Memorial 4-H Entrance Scholarship

This scholarship is a great opportunity for 4-H participants pursuing a career as a veterinary technician.

Application Deadline: October 6, 2023
4-hontario.ca/youth/scholarships-grants-awards/scholarships/

Justin Parish Memorial Bursary

This bursary is for 4-H Ontario Dairy Club participant in support of attending the Classic Show for the first time.

Application Deadline: September 29, 2023
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 13, 2023
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: Choose one of the leadership development pillars and write about an idea for a new 4-H project that falls within that pillar.

Registration: September 16, 2023
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: September 30, 2023
4-hontario.ca/youth/4-h-events/competitions/

Provincial Go For The Gold

Registration Deadline: September 8, 2023
Entry fee: \$75
4-hontario.ca/youth/4-h-events/competitions/

Provincial 4-H Judging Competition

Event Open: July 15 - August 15 2023
4-hontario.ca/youth/4-h-events/competitions/

Youth Positions

2024 4-H Ontario Ambassador

Registration Deadline: January 9, 2024
4-hontario.ca/youth/youth-positions/

Local Matters

Proud Supporter



Our 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. Always.

ontario mutuals™
We're in this together

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

4-H ONTARIO | LEADERSHIP IN ACTION | SUMMER 2023

Learn more about your local mutuals!
ontariomutuals.ca @OntarioMutuals

4-H Stories

Together Again

WRITTEN BY LAURA GOULDING

Since 2005, Oxford 4-H Association has worked with Jakeman's Maple Products to host an annual pancake fundraiser to raise funds for their 4-H clubs. Throughout the month of March and into early April, the 4-H clubs host up to 13 days of pancake breakfasts at Jakeman's Maple Products in Beachville, Ont. On any given day, the 4-H clubs may welcome up to 240 people for their homemade pancake breakfast, cooked and served by 4-H youth.



"I have been helping at Jakeman's pancake fundraiser for many years, and it is a great place for youth to learn valuable life skills. It is always lots of fun with good food and great people!" says Amy, a 4-H youth participant. Second year 4-H participant, Grace, also shared that she enjoyed serving and interacting with the customers.

Each 4-H club signs up for one pancake breakfast day and the youth in the club volunteer their time to make the pancakes, flip the pancakes, act as servers and be cashiers. Through this

experience, youth build communication and public speaking skills, along with the value of being part of a team to work toward a common goal.

"As a 4-H volunteer I enjoy watching the youth gain confidence and work ethic as they take on the tasks of running the pancake house. Whether they are flipping pancakes, waiting tables, working on making cash or bussing tables, there is always something to Learn To Do By Doing," says Marian, 4-H volunteer.

4-H volunteer, Shonna, shared one of her highlights from the 2023 fundraiser was seeing a Cloverbud participant come out of his shell and thrive as a server. While he arrived at the fundraiser feeling shy, he quickly became enthusiastic about serving breakfast to families and left feeling excited for the opportunity to be part of the fundraiser in years to come.

Life skills clubs, dairy clubs, beef clubs and Cloverbuds from across the Oxford 4-H Association participated in the 2023 fundraiser that served about 1,800 people over 11 days. On average each 4-H club will raise about \$500-



\$700 for their club, plus tips that could result in up to an additional \$200 for club funds. Each 4-H club can use the funds to support their club as they need, whether that be purchasing supplies for a wood working club or food to make a recipe for a cooking club.

When not sitting down for the pancake breakfast, families can take part in a tour of the maple syrup process at Uncle Bob's Maple Syrup, shop from other local vendors and even take a wagon ride. "Jakeman's is happy to support 4-H in any capacity and the event is a great way to get involved in our local community," says Mary Jakeman, co-owner of Jakeman's Maple Products.

4-H Is 4-Me 4-Life!

WRITTEN BY RHIANNAH GALLAGHER AND TARYN BARNARD

Rhiannah Gallagher is an extraordinary 4-H Ontario ambassador and participant who has completed over 30 4-H projects during the last 12 years.

As an enthusiastic nine-year-old girl, Rhiannah joined 4-H and completed one club that year. She attended judging nights and any other event her 4-H association hosted; however, her interest in 4-H was truly ignited when she turned 13 and started completing more projects and taking advantage of what 4-H had to offer. It was then that she decided to really commit to the program. Rhiannah made a personal goal of completing 24 projects by the time she graduated high school. She surpassed that goal in 2020 and is now working toward a new goal of 40 projects!

As Rhiannah fell more in love with what 4-H had to offer, she decided to get more involved. This led her to applying to be a 2022 4-H Ontario ambassador. As one of the selected ambassadors, Rhiannah travelled around the province promoting 4-H Ontario to other youth, helping at events and gaining a deeper respect and passion for the 4-H program. She travelled over 4,000 kilometers with 4-H in 2022!

Now, coming into her final year as a 4-H participant, Rhiannah has thought a lot about what sort of impact she wants to leave behind. After reflecting on the power of her 4-H experiences, she decided to continue to spread the word about her love of 4-H and she applied to be an ambassador again in 2023. She is spending her last year as a 4-H participant being a champion for the program and making an

incredibly positive impact on the youth around her! While dedicating her time and talents to the 4-H program, Rhiannah is also pursuing a degree in animal biology from the University of Guelph.

Rhiannah hopes that other youth know that 4-H is for everyone. "No matter what you are interested in, you will find a place you belong, friendships that last a lifetime and skills that will serve you for years to come at 4-H," said Rhiannah. "I always say that I wouldn't be on the career path I'm currently on if it wasn't for 4-H. Through 4-H, I found my passion, and I found



what I want to do in the world. The impact 4-H has had on my life is kind of hard to put into words because it has been so profound - 4-H has given me skills, connections and passions that I carry with me every day."

While Rhiannah is in her last year as a 4-H participant, she shared just how excited she is to start her journey as a 4-H volunteer. Through her own participation in the organization, Rhiannah has learned firsthand that 4-H programming is not possible without the hundreds of volunteers who devote their time and skills to 4-H every year. She hopes to become a leader in her home association in Carleton, Ontario and help run new and exciting clubs for youth in her community. She also hopes to be involved with the provincial 4-H board and give back to the organization that she feels has given her so much.



Rhiannah is an inspiring Ontario youth whose story is a testament to following your passions! Thank you for sharing your experiences with 4-H Ontario, Rhiannah. We are so lucky to work with talented, hardworking and positive youth like you!

New Project Releases

4-H Veterinary Project

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.

4-H Swine Project

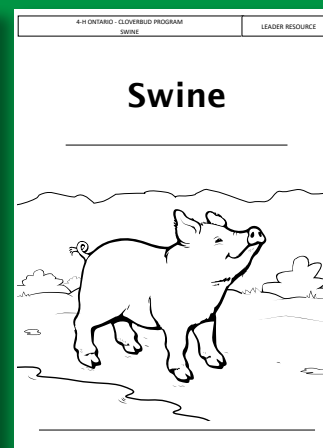
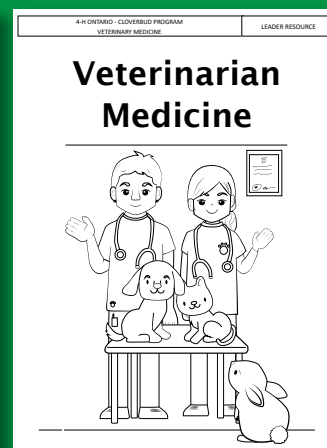
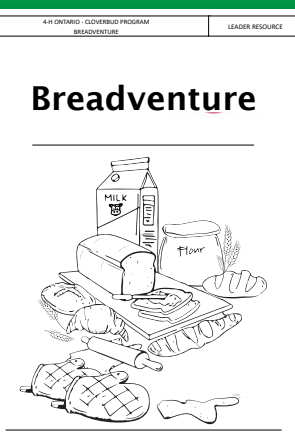
Whether you are raising a large barn full of hogs or a few to fill your freezer, raising healthy pigs is the end goal. The 4-H Swine Project will provide you with an opportunity to learn about all aspects of the swine industry. Raising livestock isn't something a farmer can do alone. A farmer works with 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, you will 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 Grand Valley Fortifiers.

4-H Breadventure Project

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, an Italian focaccia, an Indian naan, 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 and the Grand River Agricultural Society (GRAS).

New Cloverbud Units

In 2023, the following three Cloverbud Units has be added to the Year One curriculum: **Breadventure**, **Veterinarian Medicine** and **Swine**. The development of these Cloverbud Units was made possible through the support of **Agriculture and Agri-Food Canada, Grand River Agricultural Society and Grand Valley Fortifiers**.



Volunteer Resources



New This Year! Have You Seen The Available 4-H Project Library?

We have made it easier than ever for 4-H'ers, volunteers, and their volunteers to find out what projects are available near you or virtually! Filter your search by your association, delivery method, or the type of project you are looking for (dairy, sheep, remote club, in-person club, etc.) and instantly find a list of projects available.

Want to see it? Scan the QR code to visit the Available Project Library!



Add a Project!



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](https://twitter.com/SixBySixteen)

[sixbysixteen](https://facebook.com/sixbysixteen)

[sixbysixteen](https://instagram.com/sixbysixteen)



Celebrating 25 years of supporting 4-H in Ontario.

For 25 years, the Ontario 4-H Foundation has been raising and managing funds for the long-term sustainability of 4-H in Ontario.

Join us in celebrating our 25th anniversary! You can help us by donating to our endowment fund or by spreading the word.

A gift to the endowment fund is a gift for the future of 4-H.

Help us secure the future of the 4-H program.

The 4-H Foundation's mandate to support the financial needs of the 4-H Ontario program has never been more important.

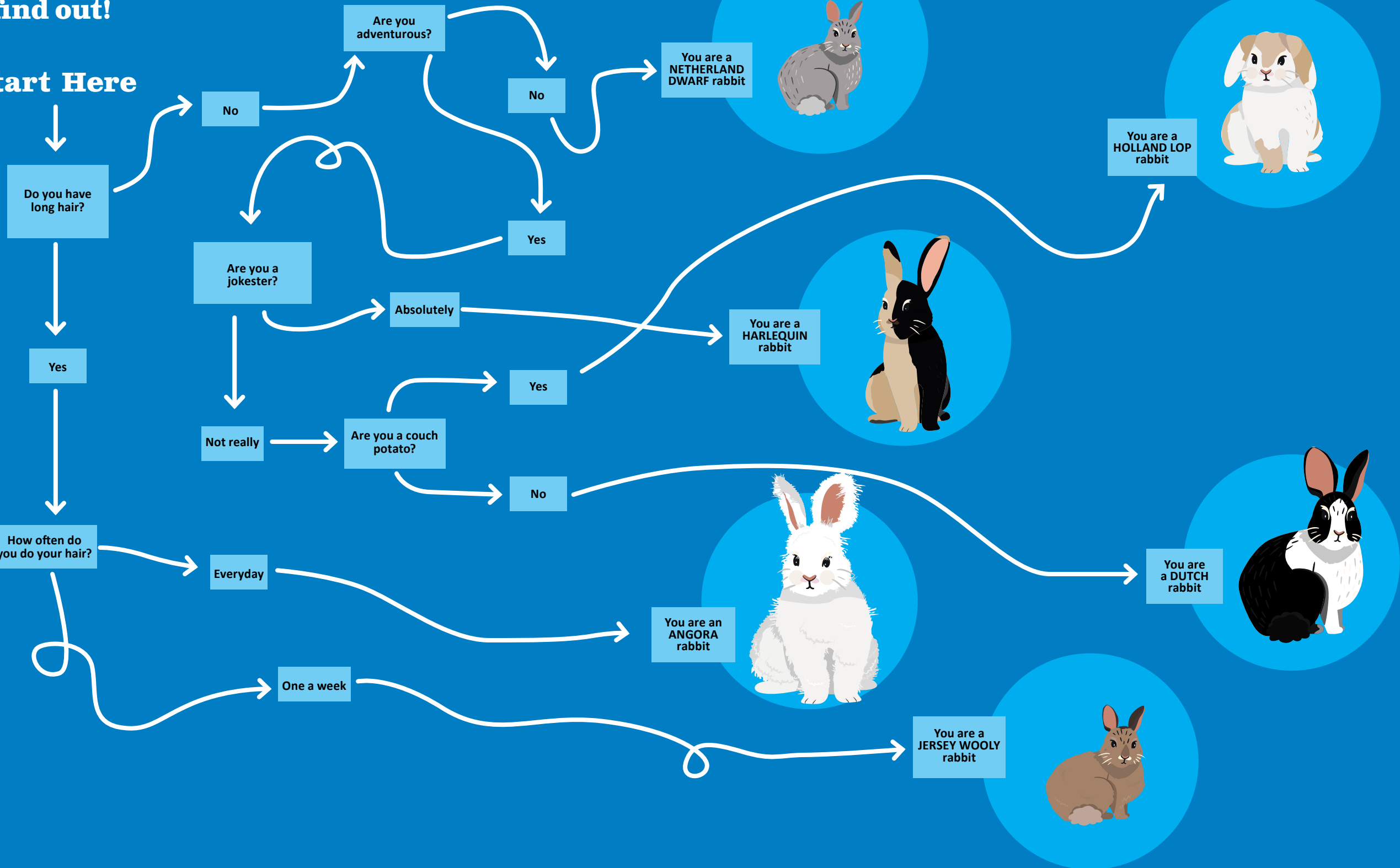
Help us raise \$250,000 to secure the future of 4-H. Talk to your community about the value of 4-H and ask them to donate.



BUNNY QUIZ

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

Start Here



Did You Know?

Like cats, happy rabbits purr when they're content and relaxed! The sound is comes from teeth chattering softly.

Spotlight to Date



March
12 - 16



March
24 - 25



March



April
27-29



June
&
July

Provincial Leadership Camp

This year, youth attended 4-H Ontario's flagship program, Provincial Leadership Camp (PLC) in the first camp of the year! Youth develop and enhance their leadership skills through fun challenges involving teamwork, exploration, and self-reflection. **Thank you to our sponsor, Dairy Farmers of Ontario.**

Volunteer Conference

With this year's theme, the Magic of 4-H, the 2023 Volunteer Conference successfully launched a sparkling experience for volunteers. We were excited to host Tyler McGregor, a medallist in sledge hockey at the Paralympic Winter Games, as he discussed his journey of accomplishments and setbacks. Through educational workshops and regional jam sessions led by the 4-H Ontario staff, volunteers learned about tools, resources, and tips while connecting and reconnecting with new and old friends. **Thank you to our sponsors, Ontario Mutuels, Bayer, Ontario Ministry of Agriculture, Food and Rural Affairs.**

CALM Virtual Art Show

For the month of March, 4-H Ontario in partnership with AgScape, celebrated Canadian Agriculture Literacy Month for the annual CALM Virtual Art Show. Youth across Ontario participated in the CALM Virtual Art Show, allowing them to submit their art on the topic of "Our Food Our Story". Youth, their friends, and family walked around the online gallery to see their art on display while learning from 4-H Ontario and AgScape agriculture and food resources.

Dairy Sen\$e

The Dairy Sen\$e conference was held on April 27-29, 2023 at Durham College, in Oshawa. 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. **Thank you to our sponsor, Dairy Farmers of Ontario and Shur-Gain.**

Discovery Days

Discovery Days mark the start of summer! Filled with a wide array of fun and interactive activities, youth participate in this year's theme: "Let's have a ball." Open to youth ages 6-12, Discovery Days are a fantastic one-day 4-H experience for 4-H participants and for youth curious about joining 4-H. **Thank you to our sponsor, Beef Farmers of Ontario.**

Thank You for Making a Life Changing Difference in the Youth Who Participate in Our Programs

The impact of 4-H Ontario's supporters can be seen in the programs we run and the services we provide for our volunteer leaders. Participants are being empowered to be themselves, to explore, learn, and fail knowing they can do this in a safe and protected environment. 4-H Ontario staff and volunteers work hard to create spaces where every youth feels they belong and where people with different identities are celebrated.



Scan the QR code to learn more about how you can support youth development.

**BE BRAVE,
BE OPEN, BE SILLY,
BE YOURSELF,
THERE IS NO BETTER PLACE FOR IT.**

- Camper, Provincial Leadership Camp (PLC)



Teacher Ambassador Program



Curriculum-Linked Lesson Plans & Resources



Virtual Field Trips

CampAgScape.ca - Online Experience

Meet the 2023 4-H Ontario Ambassadors!

Learn
To Do By
Doing



Learn
To Do By
Doing

REQUEST AN
AMBASSADOR!



Haley

Hayley has been a 4-H participant in the Durham-West 4-H Association for 11 years, having completed over 30 4-H projects including dairy, sheep, field crops, horse, line dancing and more. She has participated in many provincial and national 4-H opportunities such as Discovery Days, Youth Adventure Camp, Provincial Leadership Camp, Dairy SenSe and Club-to-Club Exchange. As an active member of her community, Hayley has also received numerous awards including the Port Perry Rotary Jim Grieve Memorial Scholarship, the Youngfield Family Farms Award, Women's Institute Scholarship, and the Glenn Webb Education Scholarship/ GROWMARK Foundation OAC 2022.

Hayley shares that she is proud to be a 4-H participant because "She is proud to be part of an organization that is inclusive, caring and provides [youth] with such a vast array of opportunities. I am proud to have spent my youth learning from many of the knowledgeable volunteers within the organization. I am proud to be part of an organization that has allowed me to grow, network and learn to do by doing."



Joyce

Joyce is a nine-year tenured 4-H participant from the Haldimand 4-H Association who has completed 30 4-H projects including field crops, breadventure, photography, sheaf, square dancing, veterinary and more. She has participated in many association, regional and provincial opportunities during her tenure, holding various leadership roles in her 4-H clubs and currently serving on the provincial 4-H 4-All committee. Joyce has received numerous awards including the Haldimand 4-H Junior and Senior Outstanding Member Awards, the Optimist Youth Appreciation Award, and a John Deere Canada 4-H Scholarship.

When asked about what makes her proud to be a 4-H participant, Joyce said, "Being part of this supporting community, and having experienced a tremendous amount of personal growth makes me proud and grateful to be a 4-H participant." Joyce shares that she looks forward to sharing her 4-H experience with others and further developing her own skills as a 4-H Ontario ambassador.



Rhiannah

Returning for a second term as a 4-H Ontario ambassador, Rhiannah has been a 4-H participant for 12 years in the Carleton 4-H Association and has completed over 30 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 the recipient of several association awards for her project work. Rhiannah is also a member of the Pi Beta Phi Sorority where she is involved in philanthropic activities to raise money and supplies for many worthwhile causes.

As a tenured 4-H Ontario Ambassador, Rhiannah shares: "This past year as an ambassador has made me realize just how much I love the 4-H program and has grown my passion and desire to promote the program through this position."



Rachel

Rachel joined the Huron 4-H Association in 2018 and has since completed seven club projects including dairy, sheep, and square dancing. She is an active member of the community having served as the Seaforth Fall Fair Junior Ambassador and is a recipient of the Huron County Federation of Agriculture Award. Most recently, Rachel has dedicated her time to the University of Guelph serving on the College Royal Executive and as OAC Class of 2026 Vice President, along with participating in the University's dairy science and goat and sheep club.

When asked about why she wanted to become a 4-H ambassador, Rachel shares that she would not be the person she is today without 4-H. "I have adapted the motto of [Learn To Do By Doing] which I would love to share with others. To promote this [motto] is a dream of mine; to help kids all over Ontario be the best that they can be."



Autumn

During her nine-year tenure as a 4-H participant in the Renfrew 4-H Association, Autumn has completed 96 4-H projects including beef, veterinary, canning, bread making, horse, sheep, seed art, garden, leadership and more. In each of these nine years with 4-H Autumn has represented her association in competitions at the Royal Agricultural Winter Fair and is always keen to volunteer whenever the association needs. Autumn has received numerous awards including the Dacia & Area Community Association Award, Youth Citizenship Award for the Township of Admaston/Bromley, and the Jennifer McVeigh Fellowship Award.

When asked why she wants to be a 4-H ambassador, Autumn said that "I am really motivated by my passion for this program. I am passionate about spreading awareness [of 4-H] and would love to see 4-H grow. I would like to be an ambassador to not only help other [youth] and clubs, but be part of the future of 4-H."

In 2022, the
Ambassadors

ATTENDED



45 EVENTS

IMPACTED



4255
PEOPLE

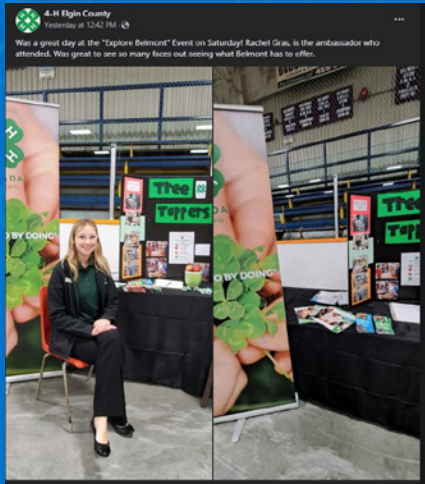
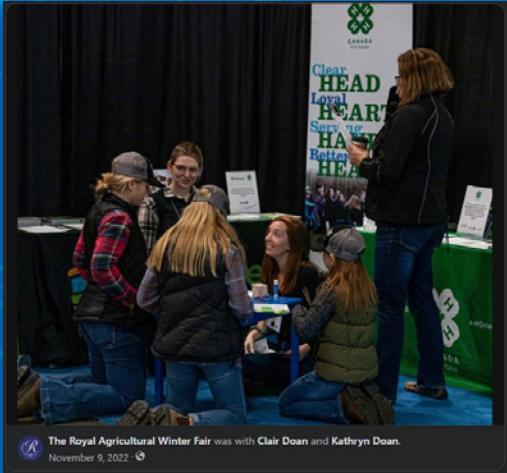
The 4-H Ontario Ambassador
Program is proudly
sponsored by:



The 4-H Ambassador program plays a vital role in rural Ontario. This group of youth over the years has continuously showcased the best of what 4-H has to offer, representing 4-H and FS expertly. 4-H programming develops our 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 4-H Ontario as engaging the youth of today will fuel tomorrow.

“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.”

Spotted on Social



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

June 21 - August 31, 2023

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

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



The 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 artwork hanging on the wall!

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. 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/



Taking Care of Yourself

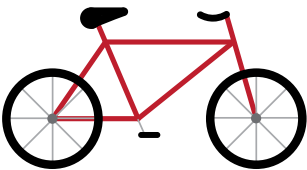
Self-care means taking caring for your whole self, this includes your physical, psychological, spiritual, and emotional health. Engaging in a self-care routine has been clinically proven to assist in reducing or eliminating anxiety and depression, reducing stress, improving concentration, minimizing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

12 Instant Stress Busters

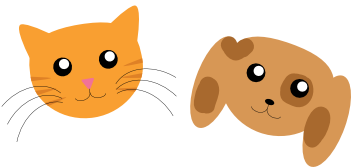
Try these tips to help you manage stress and anxiety in the moment



Breathe deep



Work it out



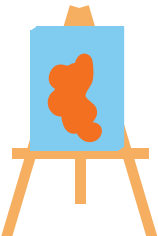
Pet a cat or dog



Have a bath



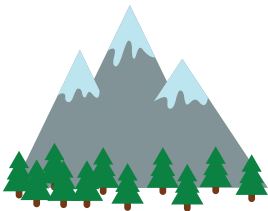
Talk it out



Get artistic



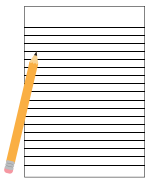
Listen to music



Spend time in nature



Laugh it off



Write it down



Take a nap



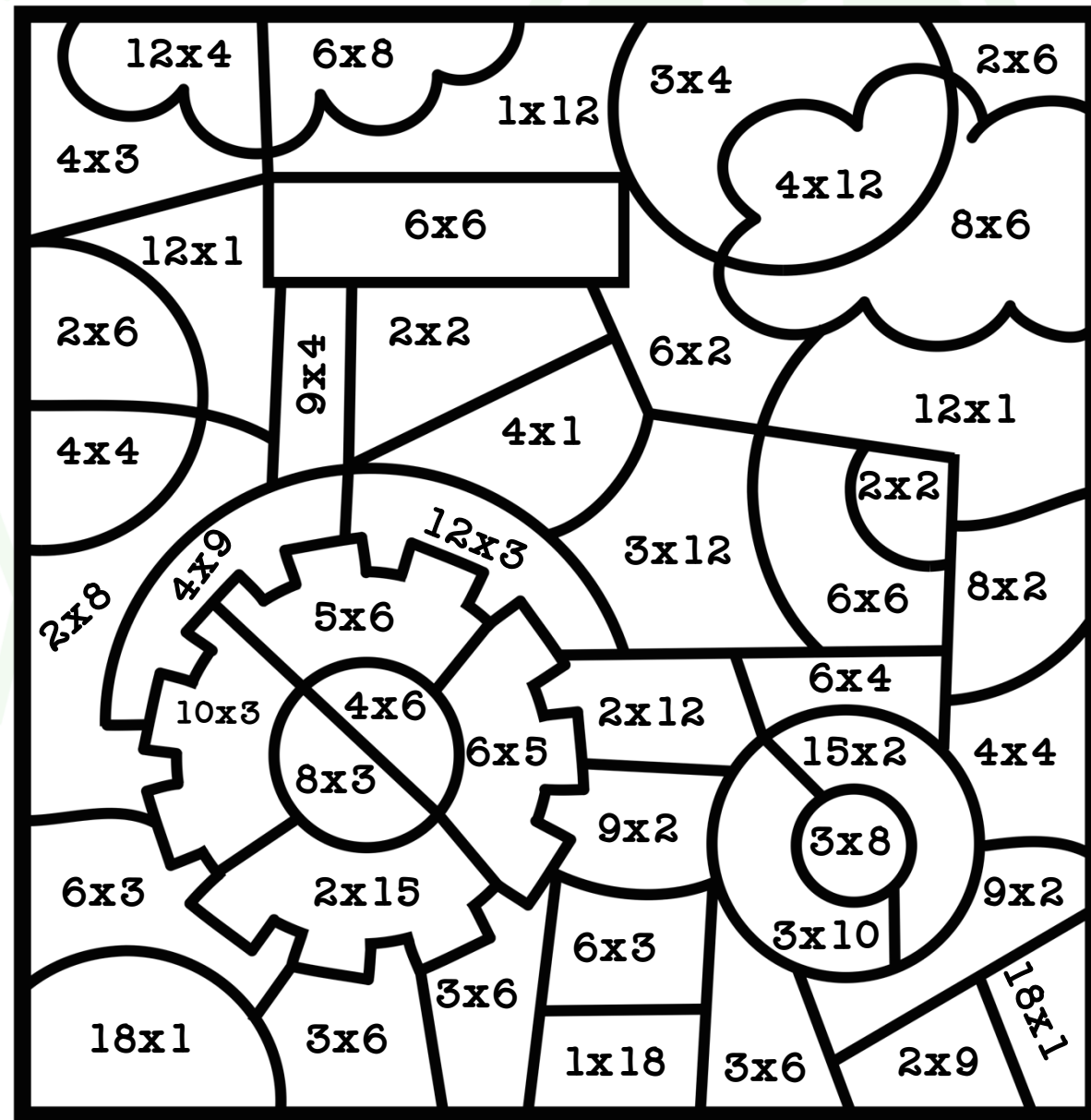
Watch TV



Visit KidsHelpPhone.ca/Stress for more info
1-800-668-6868

Tractor Math

Colour By Multiplication



Legend

36 = RED	12 = BLUE
24 = GREY	6 = PURPLE
48 = WHITE	18 = BROWN
4 = YELLOW	30 = BLACK
16 = GREEN	



Help The Worm!



Activity taken
from the
4-H Ontario
Cloverbud
At Home
Experience

Help our friend, the worm eat through the apple!

Raspberry Muffins

MUFFIN INGREDIENTS

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) baking soda
- ⅔ cup (160 mL) packed brown sugar
- 1 egg
- 1 ½ cups (375 mL) milk
- ¼ cup (60 mL) butter, melted
- 2 tbsp (30 mL) lemon juice
- 1 ½ cups (375 mL) fresh/frozen raspberries

TOPPING INGREDIENTS

- ⅓ cup (80 mL) packed brown sugar
- 1 tsp (5 mL) ground cinnamon
- ⅓ cup (80 mL) quick-cooking rolled oats
- 2 tbsp (30 mL) butter, melted

EQUIPMENT

- Muffin tins
- Paper liners
- Small bowl
- Liquid & Dry measures
- Small measures
- Whisk
- Large bowl
- Rubber scraper
- Oven mitts
- Ice cream scoop
- Fork
- Rack for cooling

DIRECTIONS

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 375°F (190°C).
4. Line 12 large muffin tins with paper liners.
5. Prepare topping by combining brown sugar, rolled oats, cinnamon, and melted butter in a small bowl. Use a fork to mix ingredients together; set aside.
6. In a large bowl, combine all-purpose flour, whole wheat flour, baking powder, salt, baking soda and brown sugar. Use the fork to mix these dry ingredients together.
7. In another bowl, beat egg using a fork. Stir in milk, melted butter and lemon juice.
8. Pour liquid mixture over dry ingredients and sprinkle raspberries on top. Using a fork, stir just until dry ingredients are moistened, and raspberries are stirred in. Be sure to get all the dry mixture from the bottom of the bowl.
9. Using an ice-cream scoop, place batter in paper lined muffin tins.
10. Sprinkle tops with topping mixture.
11. Bake for 25 – 30 minutes or until firm to touch. Let cool in pans for 10 minutes. Then transfer to a rack to cool. ENJOY!



TIME:
20-30
Minutes

Recipe from the
4-H Ontario
Breadventure
Project

YIELD:
12
Muffins

Kronk's Spinach Puffs

INGREDIENTS

- 2 tablespoons butter
- 1 medium onion
- 4 cloves garlic
- 10 ounces (285g) frozen spinach, thawed
- 1 tablespoon chopped parsley
- 1 tablespoon chopped dill
- 1/8 teaspoon nutmeg
- zest grated from 1 lemon
- 3 ounces (85g) cream cheese
- ¼ cup (22g) grated parmesan cheese
- ⅓ cup (45g) crumbled feta cheese
- Salt and pepper to taste
- 1 sheet puff pastry (about 10 ounces or 285g)
- Vegetable oil

EQUIPMENT

- Muffin tins
- Frying pan
- Rubber scraper
- Mixing bowl
- Wooden spoon
- Rolling pin
- Spoons

DIRECTIONS

1. Preheat the oven to 425°F (220°C).
2. Chop the spinach, dice the onion, finely chop garlic. Heat the butter in a large frying pan over medium heat. Add the onion and cook for 4-5 minutes until soft and translucent. Add the garlic, cook for 30 seconds.
3. Add the spinach and cook until all the excess liquid is evaporated.
4. Transfer the spinach to a bowl, add the remaining ingredients except feta cheese (parsley, dill, nutmeg, lemon zest, cream cheese, parmesan). Stir everything together and season with salt and pepper to taste.
5. Gently fold in crumbled feta cheese (you want it crumbled through the filling). Chill the filling until cold (10-15 minutes in the fridge should be enough).
6. Prepare the muffin pan: Grease it generously with vegetable oil (do not use muffin liners – the puff pastry won't be as nicely crispy and browned like when baking it without any liners). Take the puff pastry out of the fridge, roll it out slightly into a rectangle (if it's already thin and in a shape of a rectangle you don't need to roll it out). Divide the rectangle into 12 squares (4 columns and 3 rows).
7. Place each pastry square in the center of each muffin cup. Divide the cold filling between all the pastry cups.
8. Bring the four edges of each puff pastry square together towards the center and lightly pinch them together in the middle (no need to seal them completely).
9. Bake the pastries for 15 minutes then reduce the temperature to 320°F (160°C) and bake for 10-15 minutes or until deeply golden. Let it cool. ENJOY!



TIME:
45 Minutes
YIELD:
12 Puffs



Source: <https://www.everyday-delicious.com/spinach-puffs/#wprm-recipe-container-24194>

VETERINARIAN WORD SEARCH

e r c d i k t o s l s l s x k
v a s o d s f z o d h h d k u
t b t g w s m e d i c i n e w
s b e e b c a d c a t i q v f
t i t p p c h n s y r i n g e
h t h e r w l v i x y i f f v
e n o p d u h i e m e d t a g
r h s s i m x c n k a m t s o
m o c r o g e h p i z l v y a
o r o j q q x r a y c d s m t
m s p v e t e r i n a r i a n
e e e r o n e s c v t i n k d
t t w p r c r m l l k w r j z
e d k a t q i i m q l d b z g
r g m d u v c o s h e e p p c

Activity taken
from the
**4-H Ontario
Cloverbud
Veterinarian
Medicine
Project**

veterinarian
animals
clinic
dog
stethoscope
thermometer
sheep
pig

medicine
syringe
rabbit
horse
xray
cow
cat
goat



Build Your Own Paper Bee

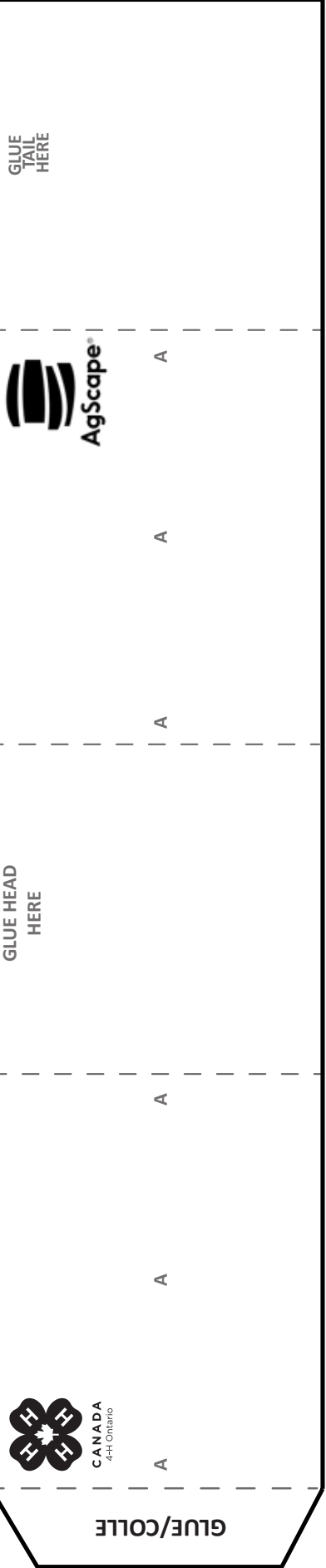
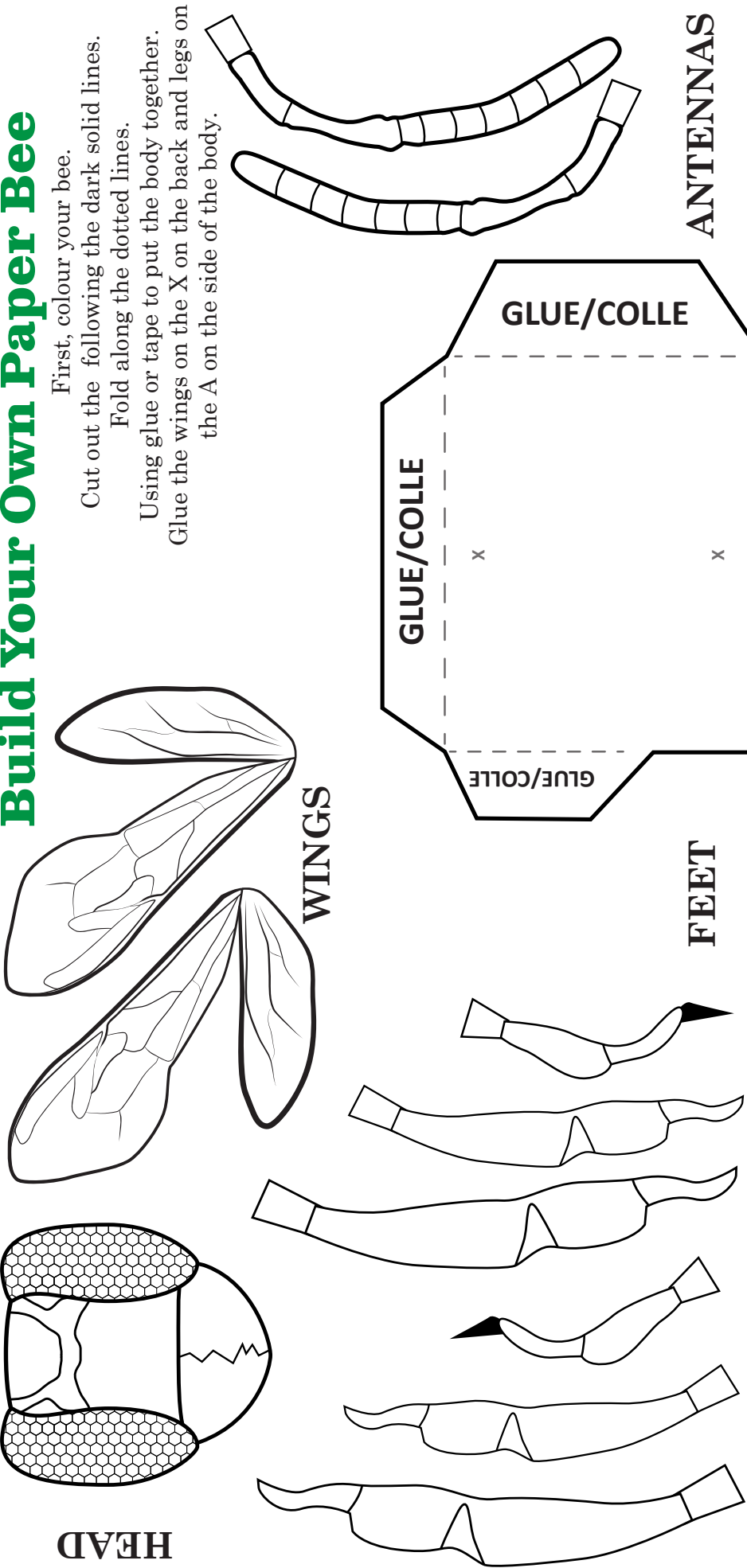
First, colour your bee.

Cut out the following the dark solid lines.

Fold along the dotted lines.

Using glue or tape to put the body together.

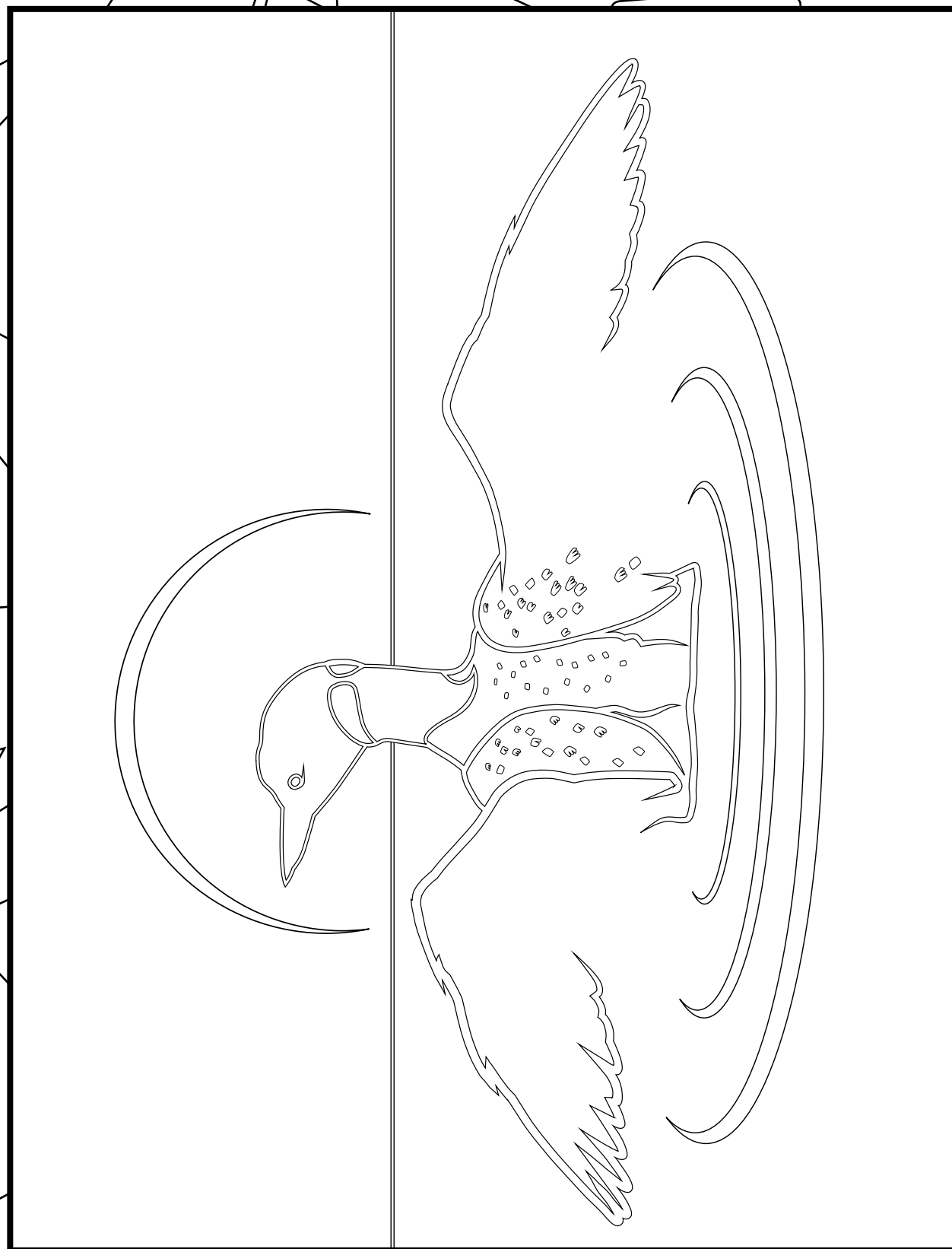
Glue the wings on the X on the back and legs on the A on the side of the body.



BODY



Ontario artist Benjamin Chee Chee is well known for his dramatic paintings consisting of elegant lines and minimalist colour. The loon in indigenous culture represents tranquility and reawakening. Legend says that a loon means a dream or a wish are going to come true.



© colourcanada.com

The Creation of Turtle Island

To understand the Ojibway people, one must understand their legends. The Ojibway people are their legends. Their legends originate from the special relationship that the Ojibway people have had with the land on which they have survived for many long years. To the Ojibway people, these legends are sacred as they form the basis for their spiritual beliefs.

The Ojibway people have a primarily oral culture. This means that their legends have been passed from one generation to another by the telling of stories. For centuries Ojibway people sat around a bonfire where the elders recounted these legends to the younger members of the Nation.



Many Ojibway people like to refer to themselves as Anishinabe, which means original man. One legend is the creation of Turtle Island which represents North America. The Anishinabe see themselves as the original humans of North America.

The legend is told as follows. Long ago, after the Great Spirit Kitchi-Manitou created human kind, the Anishinabe wandered away from their peaceful ways and began to fight amongst themselves. Brother fought against brother and sister fought against sister. Gone were the peoples' harmonious ways. Discord, jealousy and bitterness ruled the people. Seeing that the people had lost their peaceful ways and there was no longer respect for all living beings, Kitchi-Mantou decided to cleanse the Earth by bringing about a flood that drowned the Anishinabe people and most of the animals. This flood was known as mush-ko-be-wun.

The only person to survive the flood was Nanaboozhoo and a few animals that could swim or fly. Nanaboozhoo

floated on a log and searched for land. No land could be found because the entire Earth had been flooded. As Nanaboozhoo was very kind, he allowed the remaining animals to take turns resting on the log.

Nanaboozhoo spoke and said, "I am going to dive to the bottom of the water and grab a handful of earth. With this earth, we could make a new land on which to live". Nanaboozhoo dived into the water and disappeared for a long time. The animals waited and waited. They thought that he had drowned. Finally, Nanaboozhoo surfaced, gasping for air, and muttered, "the water is too deep for me to reach the bottom".

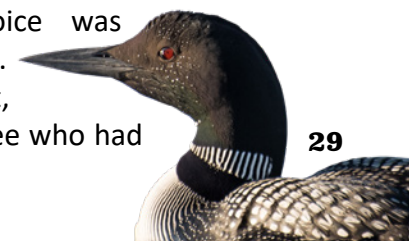
Then "Mahng" the Loon spoke, "I can dive deep into the water, that is how I catch my food. I will try to make it to the bottom and return with some Earth in my beak."

The Loon made a clean dive into the water. After a few long minutes, only small bubbles of air broke the surface of the water. Finally after what seemed like the longest time, the Loon returned to the surface weakened and out of breath. "I could not make it, there must be no bottom to the water," said the Loon.

Next to try was Zhing-bi-biss, the helldiver (Horned Grebe). "Everyone knows that I can dive very well into deep water" and off went the helldiver head first into the water. After another long period of time, during which the animals scanned the surface of still water, the helldiver (Horned Grebe) floated to the surface. He too recounted how the water was too deep for him to reach the bottom.

After that, many more animals tried to reach the bottom to bring much needed earth to the surface. No one succeeded. Even Zhon-gwayzh, the mink and Mizhee-kay the turtle tried, but to no avail.

Then after it seemed that no one would be able to reach the bottom and bring earth to the surface in order to create a new beginning for all the living things, a soft muffled voice was heard to say, "I can do it". To everyone's astonishment, they looked about trying to see who had



just spoken. It was Wazhusk the muskrat who came forward. Again he repeated, "I'll try". Some of the other larger, more powerful animals mocked the little muskrat. Nanaboozhoo spoke, reminding everyone that only Kitchi-Manitou can place judgment on others. Like the others, Wazhusk the muskrat must be given the chance to contribute.

Off into the water went the muskrat. Soon the wave that formed after he dived into the water disappeared and the water was perfectly still. He stayed underwater for what was the longest time. However, underneath the water, the muskrat had indeed reached the bottom. Feeling exhausted and with his lungs screaming for air, he grabbed some Earth in his paw and used all his remaining might and strength to return to the surface.

On the surface of the water, everyone waited and waited for what seemed an eternity. Finally, the muskrat's body floated to the surface. Nanaboozhoo pulled the motionless body on to the log. A song of mourning and praise was heard across the water as the muskrat's spirit passed on to the spirit world. Suddenly, Nanaboozhoo realized that the muskrat's paw was clenched tightly. He carefully opened the small paw and then realizing what the muskrat held so tightly exclaimed in amazement, "Look there is a small ball of earth in muskrat's paw!". All the other animals gathered around in awe and excitement. They all shouted with joyfulness, Muskrat sacrificed his life so that life on Earth could begin anew.

Nanaboozhoo took the ball of earth and held it in his hand. Just then, the turtle swam forward and said Use my back to bear the weight of this piece of Earth. With the help of Kitchi-Manitou, we can make a new earth. Nanaboozhoo put the small piece of earth on the turtles back. Suddenly, the wind blew from the Four Directions. The tiny ball of earth started to grow. It grew and grew until it formed a mi-ni-si or island in the water. The island grew larger and larger, heavier and heavier, but still the turtle bore the weight of the earth on his back. Nanaboozhoo and all the animals danced in a widening circle and sang songs of praise on the growing island. After a while, the Four Winds ceased to blow and the water became still. A huge island sat in the middle of the water and that island today is known to us as North America.

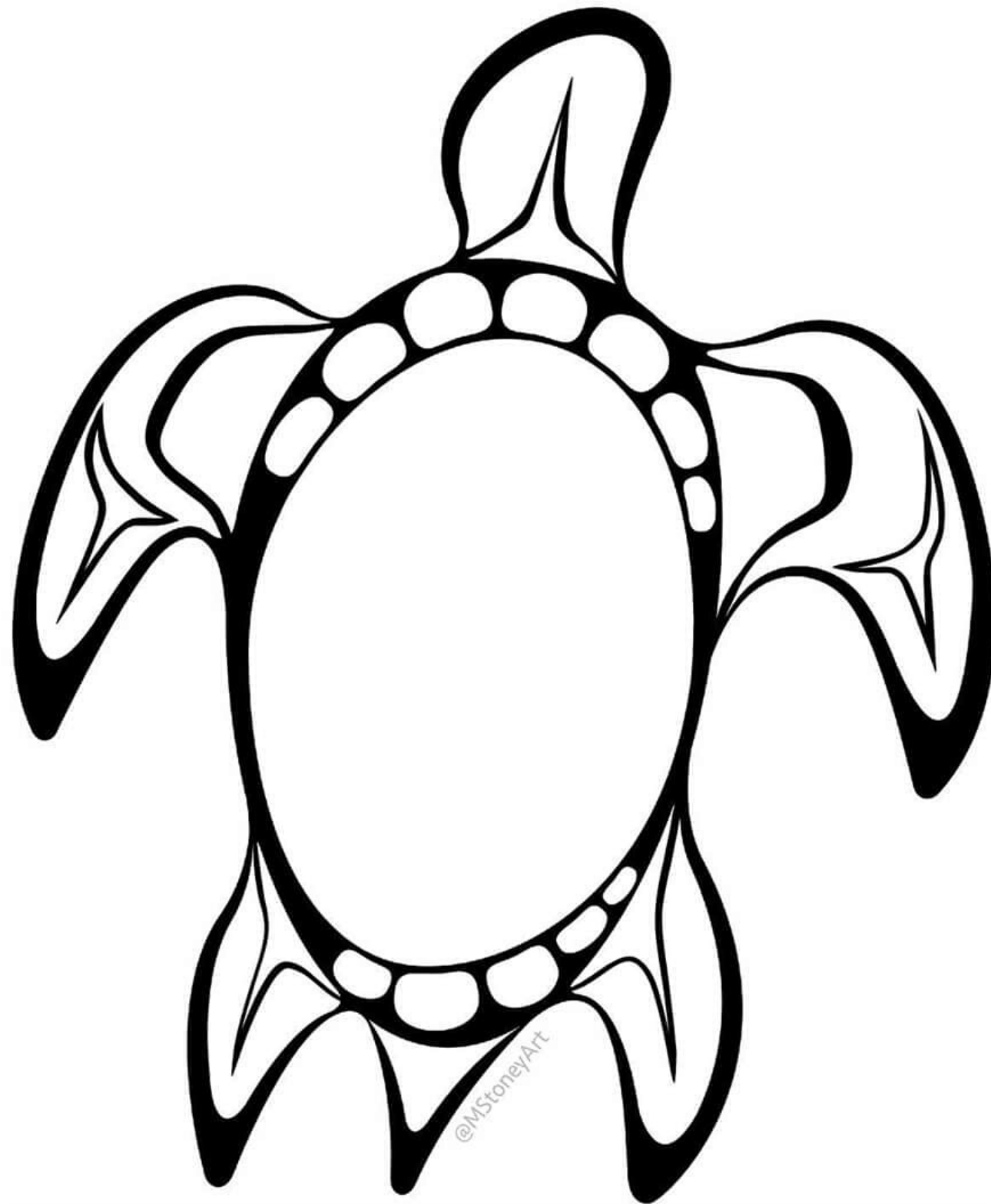
Many First Nations Peoples, including the Ojibway hold special respect for the turtle who sacrificed his life so that the Earths people could have a second chance. And not to be forgotten, the muskrat has been given a good life too. Though many marshes have been drained and the homes of many muskrat have been lost as mankind continues to spread his influence over the earth, the muskrat continues to survive. The muskrats do their part too in remembering the great flood. They build their homes in the shape of the little ball of earth that Wazhusk had bravely grabbed from the bottom of the depths.

Reflection Questions

1. What does the story of Turtle Island teach us?
2. What does the word gratitude mean to you?
3. There are eight species of turtles that call Ontario home, including the Blanding's, Midland and Western painted, Norther map, Snapping, Spiny softshell, Spotted, and Wood turtle. Of these eight, seven are considered "Species at Risk". This means their population are rapidly declining. After reading the story of the Turtle Island and learning how important the turtle is to us and the Indigenous culture, how would you conserve the environment to protect the turtle's habitat?



Colour The Turtle



Michelle Stoney
Gitxsan Artist

LEADERSHIP IN ACTION



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4-H Ontario



www.4HOntario.ca



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