



4-H ONTARIO 2024 VOLUNTEER CONFERENCE



AGENDA

FRIDAY March 22, 2024

All conference programming is taking place on the lower level of the hotel

Time	Event	Location
8:30am	4-H Ontario Council Board Meeting	Stouffville Room
10:00am – 2:00pm	PRE CONFERENCE: “In the Know” Mental Health Pre-registration required, see below	King City Room
1:00pm-6:00pm	Registration / Auction Drop Off	Aurora Foyer
2:00pm	Friday Afternoon Workshops I 1. Tools for Your Back Pocket 2. Volunteer Program Instructure: Foundation for Success	1. Aurora Room 2. Stouffville Room
3:00pm	Friday Afternoon Workshops II 1. Networking Roundtable Discussion 2. Membership Coordinator Roundtable Chat	1. Aurora Room 2. Stouffville Room
4:00pm	Conversation Café for Association Representative only	King City Room
6:00pm	Buffet Dinner	Vaughan Hall Room
7:00 pm – 8:00pm	ONTARIO 4-H COUNCIL Annual General Meeting	
8:00pm-10:00pm	Conference Kick Off Group Activity & Social Networking	

SATURDAY March 23, 2024

Time	Event	Location
7:00am-8:00am	Registration	Aurora Foyer
7:30am	Inaugural Council Board Meeting	Stouffville Room
7:30am	Breakfast	Vaughan Hall Room
8:30am	Keynote Speaker: Andrew Campbell ~ The Value of Connecting: How to build a personal brand and network that you can use	
9:40am-10:40am	Regional JAM sessions Region 1: Vaughan Hall Region 2: Stouffville Region 3: King City Region 4: Aurora Region 5: Buttonville Region 6: CEO Boardroom, 9 th Floor, York Tower	
10:50am – 11:50am	Saturday Morning Workshops 1. Meeting Management 2. Positive Youth Development 3. Navigating Leadership Dynamics	1. King City Room 2. Aurora Room 3. Stouffville Room
12:00pm-1:15pm	4-H Ontario Ambassador Recognition Luncheon <i>Sponsored by FS</i>	Vaughan Hall Room

1:30pm – 2:30pm	Saturday Afternoon Workshops I <ol style="list-style-type: none"> 1. The Real Dirt on Farming Resource 2. Volunteer Recruitment at the Local Level 3. Bringing Out the Best in Youth (<i>repeating at 3:00pm</i>) 	<ol style="list-style-type: none"> 1. King City Room 2. Aurora Room 3. Stouffville Room
2:30pm – 3:00pm	Coffee Break	Outside of Aurora Room
3:00pm – 4:00pm	Saturday Afternoon Workshops II <ol style="list-style-type: none"> 1. Local Association Secretary & Treasurer Roundtable Discussion 2. New Project Releases 3. Bringing Out the Best in Youth (<i>repeat from 1:30pm</i>) 	<ol style="list-style-type: none"> 1. King City Room 2. Aurora Room 3. Stouffville Room
3:50pm	Break	
6:00pm	4-H Ontario Arbor Award Banquet	Vaughan Hall Room
6:15pm	Silent Auction CLOSES	
8:00pm	Live Auction	
8:30pm	Live Entertainment with <i>Lucas Rogerson Band</i>	

Workshop Descriptions

FRIDAY WORKSHOPS

Pre-Conference Session

In the Know: Mental Health Workshop for the Agriculture Community

In the Know is a mental health literacy workshop designed specifically for farmers, their families and those who are involved and/or support the agriculture sector. Through this four-hour workshop, participants will cover the topics of stress, depression, anxiety, substance use and how to start a conversation about mental well-being.

PRESENTERS: *Rebecca Postumus, Program Coordinator, In the Know & Adriana VanOosteveen, Program Coordinator, In the Know*

PRE-REGISTRATION REQUIRED: <https://4-hontario.jotform.com/240635175818057>

Friday Afternoon Workshops

Tools For Your Back Pocket: Come out and learn some refreshing group activities that you can use with your members and 4-H club, to energize their minds and use as ice breakers, add an element of fun to your meeting agenda or 4-H event. (repeats on Saturday)

PRESENTER: *Nicole French, Coordinator, Programming, 4-H Ontario*

Volunteer Program Infrastructure: Building a Strong Foundation for Success: This workshop focuses on all the programs, tasks, and activities essential to producing a strong, sustainable, and effective volunteer program. This workshop will highlight all the things most Board Directors, Senior Leaders and many staff and volunteers don't see or realize need to take place to offer volunteers a meaningful and impactful experience. This workshop will guide you through getting all the foundational pieces in place before the volunteer recruitment 'ask' is made.

PRESENTER: *Heather Johnson, Director, Volunteer Halton*

Networking Roundtable Discussions: Drop in for casual roundtable discussion on a variety of topics. An opportunity to share ideas and network with other volunteers from across the province and different local associations.

MODERATOR: Melinda Scott, Volunteer Support Coordinator, Region 5 & 6, 4-H Ontario

Membership Coordinator Roundtable Chat: This is a session designed for those who serve as the Membership Coordinator for their local Association. Come and gather with your fellow Membership Coordinators to discuss updates for 2023 and to chat with others who share the same role about best practices from across the province that might benefit you! This opportunity for a face-to-face gathering will help to enhance the Membership Coordinator Community!

MODERATOR: Kelly Clarke, Database Specialist, 4-H Ontario

SATURDAY WORKSHOPS

[Saturday Morning Keynote Address](#) ~ **The Value of Connecting: How to build a personal brand and network that you can use** - Having a strong network can be incredibly valuable at building personal success which is important both short and long term. And while it takes effort, it doesn't have to be hard. In this keynote, we'll look at five ways to build a strong and valuable network: Opportunities, Collaboration, Mentorship, Diversity & Relationships. See how to leverage these areas for your own and your 4-H members growth.

KEYNOTE SPEAKER: Andrew Campbell, FreshAir Media, Dairy Farmer, 4-H Leader

[Saturday Morning Workshops](#)

Regional JAM Sessions: An opportunity to network with the other fabulous volunteers from within your own region. Come and hear about upcoming events and updates from the provincial Volunteer Support team.

Meeting Management: Effective meeting management is crucial for running productive and efficient club meetings. Learn some tips and tricks to make your club meetings more successful including: setting clear objectives, being prepared, following an agenda, time management, encouraging participation, use of technology and facilitating discussion, just to name a few.

PRESENTER: Carolyn Puterbough, 4-H Ontario Club Leader

Positive Youth Development: The Magic of 4-H: How is it that 4-H can create confident, caring and contributing leaders in youth who are engaged in their communities? What happens between the time a youth starts participating in 4-H programs, and the time they leave? Positive Youth Development is a theory, a philosophical approach based in science, and an intentional practice of youth development that leads to positive outcomes and youth thriving. 4-H is magic with intention. In this session, we'll dig into how it all happens and how you can ensure your programs set the stage for thriving in purposeful and intentional ways.

PRESENTER: Leslie Noble, Program Director, 4-H Canada

Navigating Leadership Dynamics: Fostering Collaboration and Constructive Conversations in Club Management: Join our workshop to delve deeper into the challenges leaders face in championing new ideas, adapting to new policies and managing club activities. Explore strategies for working harmoniously with diverse personalities, facilitating tough conversations, and bridging gaps when leaders clash.

PRESENTER: Catherine Miller Mort, Director of Risk Management and Accreditation, 4-H Canada

Saturday Afternoon Workshops

New Project Update – The Real Dirt on Farming: Canadian farming has an impressive story to tell, and all Canadians deserve the opportunity to make informed choices about their food and to be part of Canada’s farm story. That opportunity, though, requires credible information based on sound science. Just as The Real Dirt on Farming publication created by Farm & Food Care Ontario touches on many aspects of agriculture in Canada, so does this 4-H project resource. In the Real Dirt on Farming project, 4-H members will learn how to introduce themselves to the consumer – who they are, what they do and why they do it. This project is designed to help members address concerns, answer questions, debunk myths about food and farming, and learn how to tell their own agriculture and food story.

PRESENTERS: Elizabeth Johnston, Coordinator, Programming and Resources 4-H Ontario & Christa Ormiston, Communications Manager, Farm & Food Care Ontario

Volunteer Recruitment at the Local Level: Recruiting volunteers involves a thoughtful and strategic approach to attract individuals who are passionate about your cause and willing to contribute their time and skills. This workshop will provide steps and discussion on how to recruit at the local level effectively.

PRESENTER: Faith Kirk, Advisor, Recruitment and Retention, 4-H Ontario

Bringing Out the Best in Youth: 4-H is about positive youth development. Volunteers in 4-H often play multiple roles that go beyond just teaching—they’re coaches, mentors, and motivators, helping young members grow not only in their skills but also as individuals. Join Craig & John for a participative session as we discuss & share ways to bring out the best in youth and how you can have a positive influence on your members. Learn ways on how to be a coach, mentor & motivator to help youth realize their potential. (repeated in the afternoon)

PRESENTERS: John Drummond & Craig Steven

Local Association Secretaries and Treasurers Roundtable Chat: This is a session designed for those who serve as either the Secretary and/or Treasurer for their local Association. Come and gather with your fellow volunteers to chat with others who share the same role about best practices from across the province that might benefit you! This opportunity for a face-to-face gathering will help to enhance your position and experience.

MODERATOR: Evelyn Chambers, Director, Professional Practice, 4-H Ontario

Spotlight on 2024 4-H Projects: Join us to see what’s new with 4-H Ontario resources as we launch the updated Cultural Diversity project, the updated Eye on Energy project and the adapted A World of Food in Canada Project, as well as three new Cloverbud units, also about A World of Food in Canada, Cultural Diversity and Eye on Energy, to add to our Year Three of Cloverbud curriculum. Also being released in 2024 (in a separate session of its own) is the updated Real Dirt on Farming project. Come to see and hear about the new and updated materials, see what activities are available, and have your questions answered about 4-H projects and the Cloverbud program.

PRESENTERS: Elizabeth Johnston, Coordinator, Programming and Resources 4-H Ontario

Workshop & Keynote Speakers

Andrew Campbell: Andrew is a farmer, award winning communicator & passionate farm advocate. With the farm, he and his family milk cows as well as grow corn, soybeans, wheat & hay in Southern Ontario's Middlesex County. On top of farming, Andrew has become a familiar voice for farmers and agriculture issues in the mainstream media, conference halls & online, pushing the positive stories that farmers across Canada have to share with their non-farming neighbours. He's received awards that have named in a Leader in Innovation, Champion, Game-Changer & Top Agriculture Influencer for his work through written word, photographs, videos and podcasts.

Evelyn Chambers: Evelyn is the Director, Professional Practice with 4-H Ontario. Evelyn has spent her career in the not for profit sector serving in leadership roles with several organizations including United Way and Chamber of Commerce. She is 4-H alumni and a current 4-H volunteer in Kawartha Lakes Haliburton. Her community involvement and leadership spans agriculture, business, health services, not for profit, social services and faith. Evelyn is graduate of the Advanced Agricultural Leadership Program and a Licensed Lay Worship Leader with the United Church of Canada and primary care provider for her father Ross. She enjoys reading, gardening and spending time with family and friends.

Kelly Clark: Is a team member of the 4-H Ontario staff as the Database Specialist, Kelly is responsible for managing the 4-H Ontario database and ensuring the data we capture is reflective of the hard work 4-H'ers do every day.

John Drummond: Born and raised in Smiths Falls, Ontario, John Drummond is a proud product of the Lanark and Leeds 4-H programs. A strong advocate for 4-H opportunities, John has been a facilitator at PLC, FLIA, Careermania, and Discovery Days. Now in his 38th year as a leader in Waterloo Region, John leads many clubs, including Dairy, Veterinary, the Kitchener Market 4-H Club, and more recently the virtual Waterloo Wellington Cooking Clubs. John was the President of the Ontario 4-H Council in 2006-08, Syngenta Arbor Award Winner in 2006, and Canada's 4-H Volunteer of the Year in 2013.

Nicole French: Nicole is the Programming Coordinator with 4-H Ontario. Nicole grew up a 4-H member with Peel 4-H association, spending 12 years as a member attending many provincial and national opportunities. After university Nicole took a job with 4-H Ontario and has helped to bring back in person provincial opportunities over the last 3 years. Nicole's favourite part of her job is attending camp and conference helping youth to reach their full potential. In her spare time, she volunteers as a 4-H leader, member of her local agricultural society and a volunteer firefighter.

Heather Johnson: Heather has been working in the nonprofit sector since 2003 and has held a variety of roles. In her current role as Director, Volunteer Halton, she is responsible for the development and delivery of robust education programs, assists community members to secure meaningful volunteer roles, supports charities and nonprofits in Halton Region, and advocates for the volunteer engagement profession. A life-long volunteers, she holds the Certified in Volunteer Administration (CVA) designation from the Council for Certification in Volunteer Administration (CCVA) and is the current President of the Provincial Association of Volunteer Leaders-Ontario (PAVRO). Heather is a tea-drinker, documentary-devotee, Blue Jays fan, and a music lover.

Elizabeth Johnston: Elizabeth is the Coordinator of Programming & Resources with 4-H Ontario. She is also a 4-H volunteer and past 4-H member. Within her role with 4-H, Elizabeth creates new 4-H projects and updates older projects and administers the Locally Submitted 4-H Project process. Elizabeth grew up and still lives on a beef farm and is a graduate of the University of Guelph. She is a director with the local Perth County Beef Farmers organization and has been a director with the Listowel Agricultural Society for the past 20 years where she now serves as their Past President.

Faith Kirk: Faith's unique combination of skills, experiences, and personal attributes positions her well in her new role as the Volunteer Recruitment and Retention Advisor with 4-H Ontario. Her history with the organization and working with the Volunteer Support Team is valuable when understanding and addressing the needs of volunteers and program participants.

Faith's initiative in running her own company, E.B.Jules Balance & Mental Health, demonstrates a personal and professional mandate of removing the stigma of mental health in the workplace which aligns well with the broader goals of fostering a positive and supportive environment within organizations. Faith's background as a Registered Social Service Worker reflects her commitment to social service and community well-being.

Faith lives in Barrie with her partner Paul and their two cats, Misty, and Governor.

Catherine Miller Mort: Catherine is the Director Risk Management and Accreditation at 4-H Canada. She is responsible for risk management, insurance, and accreditation. She Co-Leads the Youth Safety Standards working group with Evelyn Chambers.

Leslie Noble: Leslie Noble is a proud 4-H Ontario alum passionate about positive youth development and making the world a better place. She holds an MScEd from the Ontario College of Teachers, as well as a certificate in adult education, and has over 15 years of experience in education. She continues to give back to her community as a longstanding volunteer with numerous organizations, and enjoys spending time with her family, going on walks, drinking coffee, and goats!

Christa Ormiston: Christa Ormiston, Communications Manager, Farm & Food Care Ontario (FFCO)

Christa Ormiston brings a lifelong passion for agriculture and has spent her career focused on agricultural communications and marketing. Using her journalism background, she cultivates an appreciation for food and farming by connecting farm gates to dinner plates. Through FFCO projects and consumer activation, Christa focuses on giving farmers the skills and confidence they need to tell the public their stories about farming and their farm families.

Rebecca Postumus: Rebecca is the Program Coordinator for In the Know with Agriculture Wellness Ontario (AgWO) at the Canadian Mental Health Association (CMHA) – Ontario Division. Rebecca is a University of Guelph grad having her B.A. Sc, Majoring in Child, Youth and Family Development. She also holds her Development Service Worker and Social Service Worker diplomas from Loyalist College. She grew up surrounded by agriculture, her family owns and operates JP Dairy Systems, which services, sells and installs dairy systems and other farm equipment. Rebecca grew up in the 4-H program and is currently a 4-H Volunteer in Hastings County. Rebecca has previously worked in front line human services. She is excited to be able to support the agricultural community utilizing her passion for mental health literacy.

Carolyn Puterbough: Carolyn has worked with OMAFRA since 2009. Her current role is as a Business & Economic Advisor in the Community Economic Development unit. Carolyn has a Bachelor of Science in Agriculture degree from the University of Guelph and has been working in Economic Development since 2003. Carolyn is married, has 3 boys and is an active community volunteer in youth focused initiatives and her favourite fair is the Blackstock Fair held the last Saturday in August.

Melinda Scott: Melinda is the Coordinator Volunteer Support for Region 5 and 6. Melinda grew up on a Beef farm just outside of Kincardine and was an avid member of the program for all 12 years. After she graduated from Olds College in Agri Business, Melinda gained a wide array of experience from working with grain, livestock genetics and ag equipment before coming to 4-H Ontario 2 years ago. Her favorite part of her job is helping volunteers, to inspire youth through the program that built her. In her spare time, Melinda volunteers with 4-H in Bruce County, she is the current President of her Agricultural society, and enjoys attending cattle shows and sales.

Craig Steven: Is the manager of the Gay Lea Dairy Museum and Co-operative Education Centre near Aylmer. He has lead a virtual 4-H social recreation club and has been involved with PLC for multiple years and a 4-H alumni from Lambton County.

Adriana VanOostveen: Over the past 10 years Adriana has worked in non-profit and social service and is passionate about educating others about Mental Health. Adriana was raised on her family's dairy farm in Oxford County and has always been passionate about serving the agriculture community. In her spare time Adriana is a 4-H volunteer leading cooking projects and volunteers for her local agricultural society.

What to Bring With You:

- **A variety of wardrobe options:** There are a wide array of activities occurring at the Volunteer Conference which lend themselves to a few different dress codes. You will need casual clothes for relaxing, business casual attire for conference workshops and sessions, and semi-formal attire for the 4-H Ontario Arbor Award Banquet on Saturday night.
- **An Association item for the Auctions:** Each 4-H Association is asked to bring one item for the auction. Please drop off this item in Vaughan Hall Room upon your arrival to the Conference & Annual Meeting. Please be mindful of expiry dates on items being donated to the auction. It is the discretion of the Auction committee to determine which items are selected for the Live & Silent Auction, once all items have been received.
All proceeds from the auctions support 4-H Ontario youth programs.
Please fill out the included auction item drop off slip for the item(s) you're bringing
- **Spending money:** Live and Silent Auction items can be paid for via cash, debit or credit card. Cash is required for any bar purchases on Saturday evening.
- **Items to share at the "Swap Table":** Bring any leftover craft supplies, resources or books to add to the free "Swap Table" in the gathering area of the hotel. If you have supplies which you think might be useful to others, bring them along and put them on the "Swap Table". Everyone is welcome to help themselves to the items they will find useful back at the local level!
- The **Sheraton Parkway Hotel** offers a variety of activities including heated indoor pool, fitness centre, indoor basketball, badminton, squash & ping pong.
- Please note that the conference is a **fragrance-free** event; this includes wearing perfume/cologne, scented products like lotions and creams.

Hotel Check-in

Check-in for the hotel is done at the Hotel Registration Desk on the main level. Hotel check-in time is 3:00pm. You may not have access to your room until that time but check with hotel staff upon your arrival. The hotel will store your luggage until your room is ready, or you may leave it in your vehicle.

Conference Check-in

Please check-in to the Conference Registration Desk will be just outside the Aurora Room when you arrive (watch for signs), on the lower level. Registration desk opens at 1pm on Friday afternoon.

Stay Active! (on Social Media)

Share your fun and memories of the conference on social media using #4HONTCONFERENCE2024

Get the Conference App !!

Open the following link on your device and download the conference app. (UR code below)
<https://4-hontario.jotform.com/app/240624615027854>

DIRECTIONS

Sheraton Parkway Toronto North Hotel & Suites

600 Highway 7
Richmond Hill, Ontario L4B 1B2
Canada Tel: 905-881-2121

From London: Travel ON-401 eastbound towards Toronto. Take exit 375 for Don Valley Parkway/Ontario

404. Keep left at the fork, follow signs for ON-404/Newmarket and merge onto ON-404 N. Use the right 2 lanes to take exit 27 for Highway 7 toward Richmond Hill/Markham/ON-7. Continue on Hwy 7/York Regional Rd 7 to your destination in Richmond Hill is on the right.

From Kingston: Travel ON-401 westbound, towards Toronto. Exit onto the ON-404/Don Valley Parkway toward Downtown/Centre-Ville. Keep right at the fork, follow signs for Ontario 404/Newmarket and merge onto ON-404 N. Use the right 2 lanes to take exit 27 for Highway 7 toward Richmond Hill/Markham/ON-7. Continue on Hwy 7/York Regional Rd 7 to your destination in Richmond Hill is on the right.

From Barrie: Travel ON-400 S to ON-9 E in Kettleby. Take exit 55 from ON-400 S. Get on ON-404 S in Newmarket from Davis Dr W/York Regional Rd 31 and Mulock Dr/York Regional Rd 74. Follow ON-404 S to Hwy 7/York Regional Rd 7 in Richmond Hill. Take exit 27 from ON-404 S. Continue on Hwy 7/York Regional Rd 7 to your destination on the right.

From ETR-407: Exit at Leslie St/York Regional Rd. 12 in Markham, exit 81.

Continue on Leslie St/York Regional Rd 12 to your destination in Richmond Hill will on the right, at the intersection of Leslie and highway 7. NOTE Toll charges will apply

PARKING

Parking at the Sheraton Parkway Toronto North hotel is complimentary. There is parking available in the front lot of the hotel, as well as an additional 600 parking spots in the adjoining indoor parking garage. The elevator in the parking garage will bring you up, right into the hotel, for your convenience.

**DOWNLOAD THE 4-H ONTARIO VOLUNTEER
CONFERENCE APP FOR MORE INFO.**





2024 4-H Ontario Volunteer Conference Auction Item Drop Off Form



ITEM DESCRIPTION: _____

DONATED BY: _____

VALUE: _____

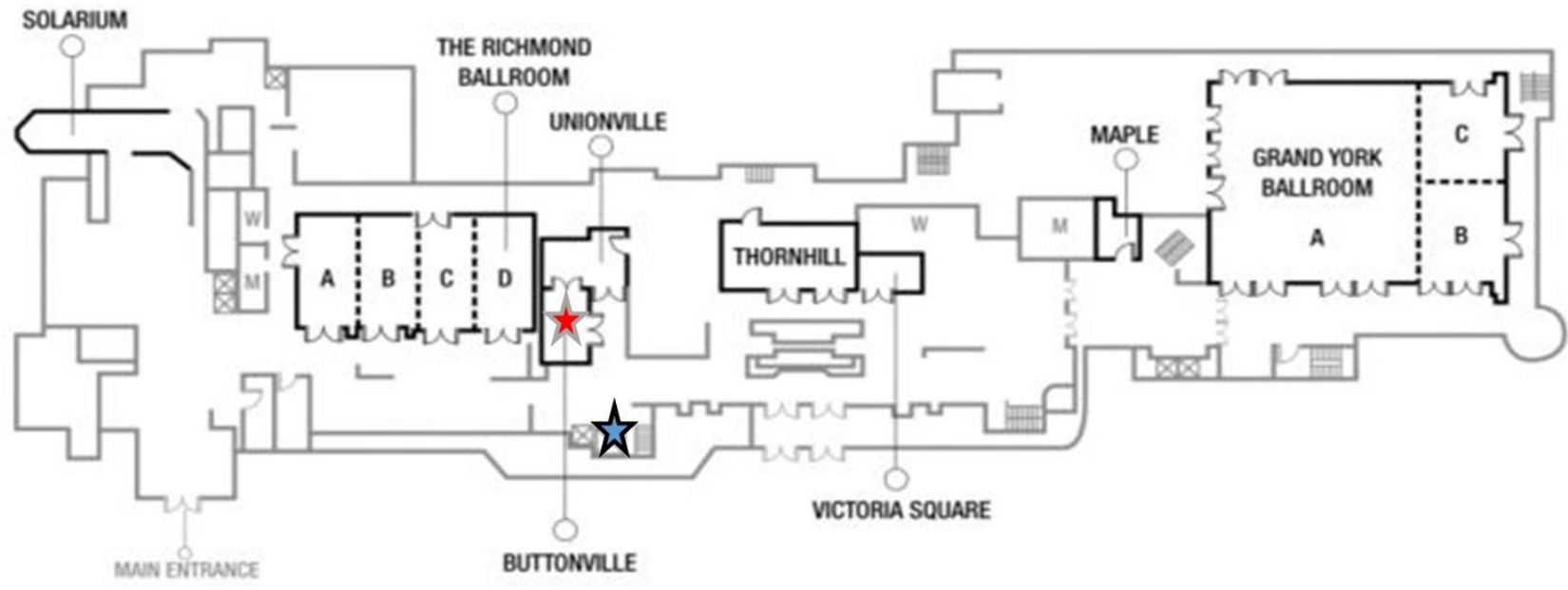
Please drop off your donation in the Vaughan Hall Room, on the lower level, upon your arrival.

Please be mindful of expiry dates on products. Expired products will not be accepted.

The Conference Auction committee makes the final decision on which items are selected for the Live and Silent Auction.

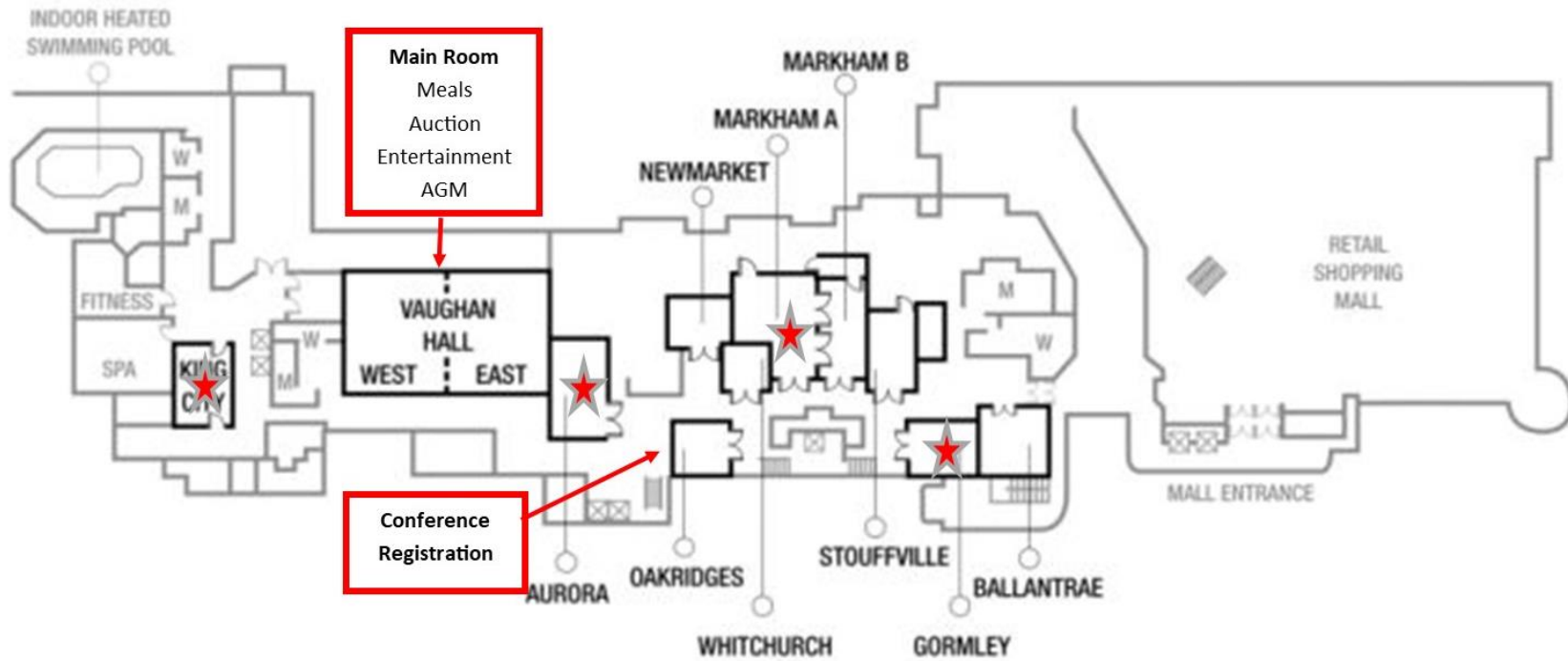
Thank you for your support.

UPPER CONFERENCE LEVEL



-  Workshop & Seminar
-  Elevator to CEO Boardroom

LOWER CONFERENCE LEVEL



Main Room
Meals
Auction
Entertainment
AGM

Conference Registration

 Workshop & Seminar rooms