

You're Invited to the
**2025 4-H ONTARIO
VOLUNTEER CONFERENCE
& ANNUAL MEETING**



When: March 21-22, 2025

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

Conference Hosts: Ontario 4-H Council, Ontario 4-H Foundation

Greetings on behalf of the 4-H Ontario Conference Committee

You are invited to the 2025 4-H Ontario Volunteer Conference “4-H ROCKS”, hosted by Region 2.

Over the past few months, representatives from Region 2 have been planning an interactive and experiential learning program for you to enjoy.

Once again, 4-H Ontario is offering an early bird registration, due on February 20th, and all registrations will be done online. Guest room reservations are the responsibility of the conference delegate. See the FAQs for more information.

The Ontario 4-H Council Annual General Meeting will take place on Friday evening at 7pm, and all interested delegates are welcome to attend. The Ontario 4-H Foundation Annual General Meeting will be held virtually at a later time. Saturday's conference schedule includes a full agenda with a variety of workshops, Ambassador recognition, the Arbor Award dinner, an inspiring keynote speaker, as well as numerous social and networking opportunities.

Follow the planning and excitement via Facebook and Twitter #4HONT25.

We hope you will join us at this exciting 4-H event, as we fuel up our volunteers and make the 2025 4-H Ontario Volunteer Conference (March 21-22, 2025 at the Sheraton Parkway Toronto North in Richmond Hill), a great reunion!

Region 2 Volunteer Conference Planning Committee
2025 4-H Ontario Volunteer Conference Planning Committee

Here is what past delegates said about previous 4-H Ontario Volunteer Conferences:

'An excellent, positive conference – thank you!'

"Great conference/weekend! I learned lots and am definitely going home refreshed! "

'Thank you so much, I had a blast! I'm coming back next year!'

'4-H ROCKS' at the 2025 4-H Ontario Volunteer Conference!

The pre-conference activities begin on Friday, March 21, 2025 with hotel and conference registration, In The Know Workshop, networking, Swap Table and early bird sessions such as Stress Management Tips, Project New Releases and a session for local Membership Coordinators and other local positions. Followed by dinner, the Ontario 4-H Council Annual General Meeting (AGM), the conference kick off, and social activities to close the opening day.

The connections and excitement will truly rock on Saturday, March 22, 2025, with Connor Lafortune kicking off the day, as the keynote speaker addressing Exploring Life Promotion Through an Indigenous Lens. The 4-H Ontario Volunteer Support Staff team will then be hosting their regional jam sessions, followed by a second morning session covering Best Practices for Organization Excellence, What Makes A Great Mentor, and working with challenging youths. Lunch on Saturday will have a spotlight on the 4-H Ontario Ambassador inductions and recognition celebration. The afternoon is filled with more educational workshops and activities, including some Best Practice sessions, Building Self-Confidence, Making judging fun again and another new project resource release. All delegates are invited to attend the prestigious 4-H Ontario Arbor Award dinner and presentations. Be sure to bring your bidding arm to participate in the 4-H Ontario Live Auction. There is also a silent auction throughout the weekend, that we encourage everyone to check out. Saturday caps off with some live entertainment and a social and networking time.

PRELIMINARY AGENDA

Friday March 21, 2025

- Check in
- Sheraton facilities (pool, fitness centre, shopping etc.) open for delegate use
- Pre-Conference workshop: In the Know – Mental Health (10am-1:30pm)
- Afternoon Activities
 - 4-H Conference Registration Desk opens at 1pm
 - Early bird sessions at 2pm & 3pm
 - Conversation Café for Association Representative only (4pm)
 - 4-H Ontario Council Annual General Meeting
 - Conference Kick-Off and Delegate Mixer

Saturday, March 22, 2025

- Breakfast
- Keynote Speaker: Connor Lafortune: *Exploring Life Promotion Through an Indigenous Lens*
- Workshops – 16 sessions spread over 4 timeslots
- 4-H Ontario Ambassador Recognition Luncheon
- 4-H Ontario Arbor Award Banquet
- 4-H Auction
- Live Entertainment
- Social and Networking

Frequently Asked Questions

Q. Who is eligible to attend the Volunteer Conference and AGM?

A. All 4-H volunteers are invited to attend. Each Association is encouraged to send at least two people. One person should be the Association Representative (AR), or designate, who will be the voting delegate for the Ontario 4-H Council Annual General Meeting. 4-H volunteers must be Volunteers in Good Standing. (See 4-H Ontario Policy O-V-14 – Volunteer in Good Standing).

Q. What's in it for me?

A. The 4-H Ontario Volunteer Conference is an opportunity to acquire enhanced leadership skills at workshops and network with other 4-H Ontario volunteers. At the conference, you will meet other 4-H volunteers who share a passion for positive youth development and obtain new ideas to take back to your club, Association and Region. In addition you will have the chance to share knowledge and expertise with others and have some fun too! The weekend also includes the AGMs for the Ontario 4-H Council and the Ontario 4-H Foundation. These AGMs provide the opportunity to learn about the policy and fundraising arms of 4-H Ontario.

Q. How do I register?

A. Online registration streamlines the process for volunteers to register for the conference. All guest room accommodations and reservations are made directly with the Sheraton Parkway Toronto North Hotel. This makes it easier for volunteers to arrange their accommodations directly with the host facility verses going through a third party (4-H staff) and to choose their roommate and room themselves.

There are two steps to the registration: conference and accommodation:

1. Conference Registration: To register for the conference, visit the [4-H Ontario website](#) and complete the online registration. Payment for the conference can be made at the same time using VISA or Mastercard.

PLEASE NOTE: Only online registrations and credit card payment will be accepted. Incomplete forms and registrations without accompanying payment will not be accepted.

Direct registration link: <https://4-hontario.jotform.com/243474349558873>

2. Accommodation: To book accommodations you can either:

1. Book online:
https://www.bestwestern.com/en_US/book/hotel-rooms.66054.html?groupId=7U5MS7Z4
<https://www.marriott.com/events/start.mi?id=1714671810161&key=GRP>
2. Or phone the Sheraton Parkway Toronto North Hotel Resort (phone Toll Free: [800-668-0101](tel:800-668-0101)).

When booking accommodations, delegates will need to reference **4-H Ontario**, in order to receive the conference accommodation rate. NOTE: Delegates are responsible for booking their own accommodations. Room rates start at \$169 per night (Best Western) & \$189 per night (Sheraton), depending on your room type preference and selected hotel.

All unused rooms will be released from the room block on February 19th, 2025.

Q. Is there an early bird registration?

A. 4-H Ontario is pleased to provide an early bird registration. This provides an opportunity for individuals and Associations to save money by registering early. It also guarantees that delegates, when booking accommodations at the Sheraton Parkway Toronto North Hotel Resort, will be assured availability.

The conference early bird registration ends February 21, 2025. The standard registration runs from February 22 to March 8th. Unfortunately, registration after March 8th will not be accepted.

Both the Sheraton Parkway Toronto North Hotel Resort & Best Western Parkway Hotel are holding a block of rooms at a conference rate for 4-H Ontario conference delegates until February 19th. The reduced rate or room availability will not be guaranteed after February 19th.

REMEMBER: All delegates must book their own accommodations directly with Sheraton Parkway Toronto North Hotel Resort or the Best Western Parkway Hotel . The Sheraton Parkway Toronto North Hotel Resort has specific policies regarding reservations and cancellations. Please ask about these cancellation policies when making your reservation.

Q. What are the conference registration rates?

	EARLY BIRD RATE by Feb. 21 st	REGULAR RATE Feb. 22 nd - March 8 th
Full Registration	\$225 + HST	\$275 + HST
Saturday only registration	\$175 + HST	\$175 + HST
Arbor Award banquet only	\$80 + HST	\$80 + HST
Annual Meeting only	\$0	\$0

Q. What is included in the conference registration rates?

A: The conference registration rate includes: early-bird sessions on Friday afternoon and the 4-H Ontario Council Annual Meeting on Friday evening. Saturday morning breakfast, keynote speaker, 16 educational workshops throughout the day, Saturday luncheon, Saturday evening Arbor Award banquet, in addition to other social and networking opportunities.

Q. I only want to attend part of the weekend. Is there a separate registration for different events?

A. For 2025 there is an option for a full conference rate, or a one day rate. In addition there is an option for an additional Saturday evening banquet ticket on the registration form, if required.

Q. I am not the voting delegate for my Association. Do I still need to attend the Annual General Meeting (AGM) ?

A. We encourage all 4-H volunteers to participate, however only voting delegates are required to attend the AGM.

Q. How do I get to Sheraton Parkway Toronto North Hotel?

A. The Sheraton Parkway Toronto North Hotel is located right at 600 Highway 7. The Hotel is easily accessed from Highway 7, 404 or 401. For directions click [Sheraton Parkway](#). ADDRESS: 600 Hwy 7, Richmond Hill, ON L4B 1B2

All participants are asked to make their own travel arrangements. Association Representative travel expenses for attending the AGM and Volunteer Conference can be reimbursed as per the Ontario 4-H Council Expense Policy.

Q: Is there a cancellation policy for the conference and accommodations?

A: 4-H Ontario recognizes that from time to time, extreme circumstances occur where you may not be able to attend the conference. To avoid cancellation fees, you are encouraged to recruit another 4-H volunteer to take your place. This must be arranged through the 4-H Ontario Coordinator, Events by emailing events@4-hontario.ca or by phoning 519-221-8445 no later than 14 business days prior to the conference. If a replacement is not possible, 4-H will charge a \$100 cancellation fee. No refunds will be available after March 15.

The Sheraton Parkway Toronto North Hotel Resort has specific policies regarding reservations and cancellations. **Please ask about these cancellation policies when making your reservation.**