



Kawartha Lakes-Haliburton 4-H Newsletter

April 2019

KLH 4-H Meeting Dates

Thank you to everyone who joined us at the two Roundup events and got signed up and their memberships paid. Many KLH 4-H clubs will be starting shortly so be sure to contact Deanna 879-1485 if you haven't paid or would like her to attend your first club meeting.

Club Name – 1st Meeting Date – Club Leaders' Contact Information

Fenelon Beef - Apr. 4 - Elysha Bryans 344-4615 or Kattie Sims 340-8653

Omeme Beef - Apr. 15 – Corrie Stender 277-1411, Mike Ormiston 799-6357, Mariah Wotten 341-3261 or Angie Kerr

Woodville LB Beef - Apr. 7 - Cheryl Crowe 786-7676 or Julie Cameron 879-3452 or Alex Cameron 878-3054

Powels Corners Christmas – Oct TBA - Deanna Hood 879-1485 or Stacey Gudmundsson 928-8226 or Edna White 878-2263

Omeme Canning – June 23 – Suzanne Barker or Melissa O'Neill 799-1319 or Corrie Stender 277-1411

Cloverbuds – Apr. 11 – Julie Cameron 879-3452 or Cheryl Crowe 786-7676 or Elysha Bryans 344-4615

Dairy – Apr. 9 – Melinda Buckley 879-8704 or Marcy Callaghan 934-2650 or Dan Werry 934-0081

Farm Safety – Apr. 16 – Ross Chambers 324-2391 or Deb Mulock 953-9439

Field Crops – Apr. 24 – Michelle Hazenberg 647-529-6921 or Ross Chambers 324-2391

Powels Corners Gardening – Apr. 23 - Deanna Hood 879-1485 or Stacey Gudmundsson 928-8226 or Edna White 878-2263

Omeme Healthy Eating – TBA - Suzanne Barker or Melissa O'Neill 799-1319 or Corrie Stender 277-1411

Omeme Holidays – TBA – Suzanne Barker or Melissa O'Neill 799-1319 or Corrie Stender 277-1411

Horse – Mar 28 – Deb Mulock 953-9439, Lisa Youlles 879-8838, Lynda Craven 344-1766 or Julie Cameron

Judging Club – Feb 13 - Deanna Hood 879-1485 or Michelle Hazenberg 647-529-6921

Lawn Tractor Pulling – looking for volunteers

Omeme Memory Makers – Mar. 25 – Laura Staples 312-0180 or Michelle McNeil Smith 878-2842

Poultry – Apr. 2 – Linda Staples 328-0181 or Deanna Hood 879-1485 or Leah Parker 928-4144

Powels Corners Quilting – Oct TBA - Deanna Hood 879-1485 or Stacey Gudmundsson 928-8226 or Edna White 878-2263

Rabbit – Apr. 11 – Steph Dwyer 289-716-4888 or Ursi Wilson

Powels Corners Scrapbooking – Apr. 18 – Deanna Hood 879-1485 or Stacey Gudmundsson 928-8226 or Edna White 878-2263

Sheep/Goat – Apr. 3 – Elysha Bryans 344-4615 or Karen Lynch 340-2016

Victoria Sheep – Apr. 8 – Muriel Burnett 887-6512 or Jillian Craig 887-9649 or Susan Burnett 328-3515

Small Engines – looking for volunteers

Square Dancing – TBA – Tina Hohenadel 879-6110 or Harrison Stoddart 786-7705

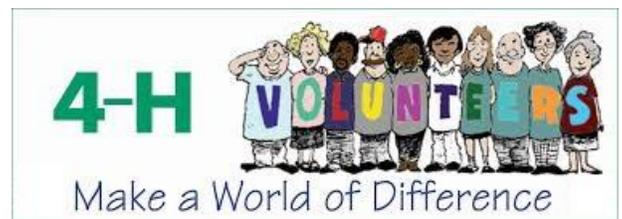
Vet Science – Apr. 17 – Amie Elliott 324-5277 or Katie Anne Baxter 793-2020

2019 KLH Board of Directors

President	Julie Cameron	705-879-3452
Vice-President	Cheryl Crowe	705-786-7676
Secretary/ Asssoc. Rep./Director	Edna White	705-878-2263
Treasurer	Melinda Buckley	705-879-8704
Activity Coordinator /Newsletter Editor	Diane Armstrong	705-741-8739
Membership Coordinator/Director	Deanna Hood	705-879-1485
Director	Elysha Bryans	705-344-4615
Director	Stephanie Dwyer	289-716-4888
Director/Livestock Contact	Michelle Hazenberg	647-529-6921
Director	Kattie Sims	705-340-8653
Director	Linda Staples	705-328-0181
Director	Corrie Stender	705-277-1411
Director/ Screening Contact	Tom White	705-928-2267
Youth Director	Vacant	
Regional Rep.	Suzanne Barker	705-799-1319
Resource Contact/ Regional Rep.	Jane Durward	705-374-4381
Coordinator, Volunteer Support – Region 3 4-H Ontario	Megan Burnside-Poitras	1-877-410-6748 Ext. 477

Club Leaders Needed

If there is anyone interested in leading a Rabbit Club, please contact Stephanie Dwyer 289-716-4888. We currently have a large number of members on the wait list for the rabbit club and it would be great if we could offer another club.



Congratulations....

During the Ontario 4-H Conference & Annual Meeting, volunteers were recognized for receiving a 4-H Ontario Arbor Award sponsored by Bayer. This year, KLH is proud to have Edna White receive one of these awards.



Also, at CAM, 73 volunteers were recognized with a Volunteer Milestone Awards ranging from 20 years to 60 years. This year, 2 KLH volunteers received a Milestone Award. Laura Staples (20 years)(not able to attend) and Diane Armstrong (30 years).



4-H Ontario Conference and Annual Meeting 2019

The following are reports submitted from volunteers who attended CAM this year:

From March 22nd to March 24 I had the pleasure and privilege of attending the 2019 4-H Ontario Conference and Annual General Meeting. This year's CAM was held at The Nottawasaga Inn in Alliston. I arrived early afternoon after I registered and checked in it was time to proceed to Association Representative meeting. At this meeting I met and talked with AR's from other associations across the province. The next stop was the Conversation Café this was round table discussion on the following topics: Indigenous Communities, Rural Audiences, Accessibility & Inclusivity, Safety in clubs, Volunteer Recognition, Marketing the 4-H Program, Increasing Funding for the future of 4-H and 4-H Ontario Alumni. Each participant participated in 3 discussions and this discussion revolved around the questions asked by the facilitators. At the end of the discussions each group then reported on the information that was shared by the participants. There was a lot of great ideas passed around and a lot of laughter by everyone.

Next on the agenda was dinner followed by the 4-H Ontario Annual General Meeting. I am not going into any details, if anyone has any questions about any of the Friday activities please let me know, I will answer any questions I can.

Saturday morning, we were up bright and early for breakfast and networking before our Keynote speaker was introduced. The keynote speaker was Chris Koch. This presentation was so inspiring. Chris was born without arms and legs. The message Chris spreads is that anyone can do anything they want if they put their mind to it. This man has a great sense of humor and the audience was impressed and inspired by what he has accomplished and what his future plans are. If anyone would like more information on Chris his website is "if I can".

Next up was the regional jam sessions, during this session we shared the best of what happened at each of our associations in 2018. There was a lot of good things that happened in all counties around Region 3. There was a lot of laughter and lively conversation. This was followed by the first set of workshops. The topics of this round of workshops included: Cloverbuds Farm Safety, our health to better living, Farm To table connection and Rolling out the welcome mat. I participated in the farm to table connection. This is a new project released. We took some examples from the manual and did an overview of the club.

With the first workshop completed it was time to head back to the ballroom for the 4-H Ontario Volunteer Milestone Luncheon. Volunteers were recognized for 20 years of volunteer service and up. Congratulations to Diane Armstrong on being recognized for 30 years of volunteer service.

The second session of workshops included: Livestock Check in, Our Health to better living, Taking 4-H Ontario into the next decade and Exploring 4-H Opportunities. I participated in Taking 4-H Ontario into the next decade. At this workshop we were given a look at the new 4-H Ontario strategic plan and given an opportunity to discuss what we would like to see included in this new plan. The final session of workshops included: Commit to kids, Ontario's Tasty Fruits and vegetables, Embracing technology and financial fitness. I participated in the Commit to Kids workshop. This session was designed to empower volunteers with information to help enhance child and youth safety. It increased participants awareness of the issues around child sexual abuse and there was discussion around reporting concerns and adhering to child protection policies. It was a very interesting session and I feel it helped participants for the upcoming volunteer training course called "Commit to Kid".

The final portion of the day was the Arbor award banquet and awards presentation. I was honored to receive the 2019 Arbor Award along with Barbara McKenna and Anne Verhallen. These 2 ladies have a very impressive 4-H history and very deserving recipients. After the awards presentation there was a lot of laughs and money raised during the live auction.

Sunday morning the keynote speaker was The Honorable Rob Black, Senator (Ontario). Mr. Black joined the Senate in February of 2018. He spoke to the group about his road to the senate. It was a very informative and interesting presentation.

The conference wrapped up with program and project highlights followed by the wrap up of the 2019 conference and the teaser for CAM 2020 coming up March 27 to 29, 2020 in Richmond Hill Ontario.

It was a great weekend filled with lots of laughter, renewal of friendships, networking opportunities, information and fun. I would highly recommend 4-H Ontario Conference and Annual Meeting to anyone who has the opportunity to attend.

Submitted by Edna White

4-H Conference March 22-24, 2019

I attended the 4-H conference. We had two excellent speakers Chris Koch and Rob Black. Chris was born with only stubs for his arms and legs. He told about living on a farm. He can drive a tractor and combine. Chris said his parents let him live that that they didn't try to do things for him. He even hitchhiked across Canada. So anytime you are feeling sorry for yourself think of him.

Taylor, Rob's son talked him into applying for the Senate position of the government. Rob talked about all the steps he had to go through to get there. He can only say until he is 75 years old.

I attended different workshops. One was on "Health To Better Living." This had to do with mental health. The girls told us that mental health is about our thoughts, feelings and behaviours.

The next one was a panel of 4-Hers talking about their experiences in 4-H (exploring 4-H opportunities, 4-H Canada Youth Advisory Committee, National Bd director representing Ont., 4-H Science Fair and Youth Director).

The last was "Committ to Kids" this one was about Sex abuse. The presenters had trouble with the video and it was hard to hear it.

There are lots of new clubs coming out. The weekend was well worth my time of going. If you have never been you need to go.

Submitted by Suzanne Barker

Growing for the Future, Grounded in the Past

Each year, 4-H volunteers attend the 4-H Ontario Volunteer Conference and Annual Meeting (CAM) for many different reasons. Whether they are attending to connect with old friends or meet ones, receive an award, learn new skills, find out what's happening around the province, or attend workshops, there is always time for having fun!!!

A couple of things I would like to highlight from this year's CAM would be:

1- Chris Koch, an Alberta farmer, motivational speaker and world traveler, started the conference on Saturday morning with some powerful words: "Every day might not be great, but there is something great in every day." Chris loves to travel and share his stories of "If I Can." Chris has overcome some challenges that most of us could not imagine as he was born with no arms or legs. Be sure to check out www.ifican.ca and read about Chris' inspiring journey.

2- "Rolling out the Welcome Mat" workshop. Jason Cranny, a Provincial Facilitator for Parks and Recreation Ontario and Learning Facilitator at Georgian College, was very engaging as soon as you walked into the room. Knowing that people tend to sit towards the back of the room and not at the table closest to the front, he moved the front table to the side of the room and then let us know that he usually does his presentations from the back of the room. So, now the people who wanted to hide at the back are front and centre. This was one of the ways Jason likes to engage and welcome people.

During the discussion of how we attract new volunteers to the 4-H program, Jason stated, "that he has been involved with youth for over 15 years and knows very little about 4-H." Why is that? As he bluntly put it, we don't "brag" enough about the 4-H program. We need to put the word out in the community more and share our achievements. Jason also asked if everyone makes presentations at local town/city council meetings and let everyone know what we have to offer the youth in our communities? There was also an idea of distributing 4-H promotional materials to local offices such as your doctor's or dentist's office.

Next year's CAM will be held Mar 27-29, 2020 at the Sheraton Parkway Toronto North Hotel in Richmond Hill, ON. Volunteers are invited to attend and "sparkle their way into a new decade."

Submitted by Diane Armstrong

There were several highlights for 4-H CAM 2019.

Chris Koch, who is so inspiring. He lives and follows his Motto of "If I can". One never knows till you try. His positive outlook on life, his challenge to challenge himself, and his acceptance of the obstacles he encounters and how he assesses the situation to find a solution. Feeling sorry, is not in his vocabulary.

Senator Rob Black – I have now Rob for a long time through 4-H. A gentleman, deserving of his new position as a Canadian Senator in the Canadian Senate, a humble man, whose roots, are in 4-H and Agriculture. Quoting from Senator Rob – "4-H is what got me here today".

Cam provides the opportunity to re- connect with people, to hear the exciting things they and their clubs/associations are doing. It is a time to exchange ideas, provide a support system and encouragement, for our challenges we may be facing.

KLH can be proud of April Jean Hickson - past youth board director for 4-H Ontario. Positive comments, re her contribution to the 4-H Ontario Board of Directors, her confidence in speaking to a crowd or leading and activity. WELL DONE, April Jean

Submitted by Jane Durward

Youth Opportunities & Scholarships

For a complete list of opportunities and scholarships available, check out

www.4-hontario.ca & www.4-h-canada.ca

Reminder - 4-H Participant Forms:

According to 4-H Ontario policy, every volunteer and member is asked to fill out a Participant Agreement Form every year. The reasons for collecting this form from volunteers are several:

- The form provides personal contact information to use in regular and emergency contact
- Health and Safety information in order to respect medical requirements and to ensure that in the case of an emergency, the health care providers can provide adequate medical care
- Media release which enables local associations to check to see if they have permission to use pictures of people in publications, websites, etc.
- Signed copy of the code of conduct so that all participants are clear of the expectations of behaviour in 4-H
- Waiver acknowledging the possible risks associated with involvement in 4-H activities

The Participant Agreement Form is a necessary tool all staff and volunteers use to ensure we keep each other's best interests and personal information in mind.

A form has been attached to your newsletter email so that you can complete it and take it to your first club meeting.

Looking for Youth Directors ...

The KLH 4-H Board of Directors are looking for 2 interested members 18 to 21 years of age who are interested in joining the board of directors as a youth director. There is a youth director handbook and credit can be given for completing a term on the board. The term is 2 years. For more information please contact Edna White - Secretary - emac1963@hotmail.com or 705-878-2263

Volunteer Re-engagement Update

Volunteer re-engagement training will be offered on **Thursday April 25, 2019 from 7:00 - 8:00 pm** at the **LEX Commonwell Building** by a member of the 4-H Ontario Volunteer Support Staff Team. This training is the re-scheduled training that was originally scheduled to take place at the AGM in February. **All current 4-H volunteers must attend a re-engagement training every two years** for 4-H clubs to be recognized. If club volunteers do not attend a re-engagement training their clubs will not be recognized by 4-H Ontario and members will not receive completions. **Due to space limitations, please register with Julie Cameron 705-879-3452 if you plan on attending on the 25th.**

Lordy Lordy Look Who is Forty

The Victoria 4-H Sheep club
is celebrating their 40th anniversary in 2019.

Susan is looking pictures of club members and club activities over the 40 years. This includes members caring, training and preparing lambs at home and activities at club meetings. We are hoping to create a celebration display board and add to our club scrapbook so the more pictures the better. Email Susan at suebee4-H@outlook.com



4-H Ontario announces 2019 Ambassadors!

For more than 10 years, the 4-H Ontario Ambassador program has given 4-H Ontario members the opportunity to build their leadership, citizenship, communications and public relations skills, all while providing youth with an unforgettable experience!

In 2019, the following six members will share their 4-H story at events across the province: Christie Annett (Lambton), Rose Danen (Perth), Allison French (Peel), Mel Karpenko (Peel), Michaela Snyder (Waterloo) and Rebecca Stockdale (Peterborough).



Calling All Provincial 4-H Leadership Camp Alumni & Friends

Join us in 2019 as we celebrate 60 years of Provincial 4-H Leadership Camp (PLC)! Re-connect with friends and relive some amazing memories during a fun day of FREE afternoon activities followed by a special dinner and dance. This event takes place on Saturday August 17, 2019 and [registration is now open](#)>

May Newsletter submission deadline: Apr 20th

Send information to d.armstrong@eastlink.ca

Dates to Remember

April

- 2nd – Poultry Mtg
- 3rd – Sheep/Goat Mtg
- 4th – Fenelon Beef Mtg
- 7th – Woodville Little Britain Beef Mtg
- 7th – 13th – National Volunteer Week
- 8th – Victoria Sheep Mtg
- 9th – Dairy Mtg
- 11th – Cloverbuds Mtg
- 11th – Rabbit Mtg
- 15th – Omeme Beef Mtg
- 16th – Farm Safety Mtg
- 17th – Vet Science Mtg
- 18th – Powels Corners Scrapbooking Mtg
- 21st – Easter
- 23rd – Gardening Mtg
- 24th – Field Crops Mtg
- 25th – Volunteer Re-engagement Training, Riverwood Trailer Park Clubhouse
- 25th – Omeme Memory Makers Mtg



If you no longer wish to receive the KLH 4-H newsletter, please notify

d.armstrong@eastlink.ca