

4-H BC Newsletter

Summer 2020



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MANAGER'S GREETINGS

Submitted by: Aleda Welch
Manager 4-H British Columbia



COVID-19 has challenged and tested the way that we do just about everything. We have had to adapt, learn and grow to stay connected and active. The resilience and commitment of 4-H Leaders that have continued to provide meaningful guidance and mentoring through virtual platforms to 4-H members during

these times is truly remarkable. Kudos as well to the BC Ministry of Agriculture, Youth Development Program team, for the 4-H @ Home activities, contests and online projects. If you haven't visited the page lately, I encourage you to do so as new activities and resources are still being added. As in-person 4-H activities resume, please stay safe and follow the guidelines on our website and those of the Provincial Health Officer.

To the agricultural fairs throughout the province that are not able to run this year, we look forward to next year when hopefully we will once again be able to celebrate the diversity and importance of local agriculture in our communities.

This spring has brought change to the 4-H BC office and Provincial Council Board of Directors. Please join me in welcoming two new members of the 4-H BC team; Yana Vishnevskaya, Communications and Marketing Coordinator and Danusia Tarr, Fund Development Coordinator. I am very excited to be working with each of them. I am also looking forward to working with new 4-H BC Provincial Council Board Members; Tanya Molle, Trina Gunter, Heidi Meier, Ginette Keglowsch and Eckbert Weitzel.

In closing, I would like to acknowledge our sponsors. Their generous support ensures the continued success of the 4-H program for our youth. And to all the club leaders, volunteers and alumni that give their time to support the youth of 4-H BC, we couldn't do this without you - THANK YOU!

Till next time,

Aleda Welch

4-H in British Columbia
Newsletter Fall 2020 Deadline:
September 15th

Please send content to
communications@bc4h.bc.ca by deadline

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GREETING NEW STAFF

Submitted by: Yana Vishnevskaya
Communications & Marketing
Coordinator

My journey started in Vancouver, BC six years ago, where I moved from Russia. After graduating from Simon Fraser University from the school of Interactive Arts & Technology (SIAT) I decided to pursue a career in graphics and web design and eventually become a User Experience Designer. What I love about this field is an endless opportunity to be creative while focusing on people - the audience -, whether it be a website, an event-planning, or a printed medium. In my natural habitat, you will typically find me outdoors, exploring new trails and camping. I am glad to be part of the 4-H BC team as a Communications and Marketing Coordinator!

Prior to accepting a position with 4-H BC, I spent many years working with the local radio station, KISS FM (now Beach FM), doing marketing and promotions, on-air announcing, and advertising copy writing. More recently I have been managing social media for several small businesses. In between positions with the radio station I raised a large family, and have a passion for helping young people grow to be the best they can be. While I grew up in the big city of Calgary and did not get to participate in 4-H, I always had a desire to be a 'country girl' with a hobby farm and a little herd of livestock.

I grew up in Langley on my family's hobby farm and was a member of the Langley Beef & Swine 4-H club for 9 years. I am currently in my last year of studying food nutrition and health at UBC. I enjoy cooking, gardening and hiking. I am excited to be a part of the youth development team this summer to learn more about 4-H and agriculture youth development behind the scenes.

Yana
Communications &
Marketing Coordinator



Danusia
Fund Development



Cassie
Youth Development Coop



WE'RE VERY
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www.4hbc.ca

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4-H @ HOME AND LEADERSHIP SYMPOSIUM 2020

Submitted by: Lauren Bernardi
Youth Development Specialist

4-H @ HOME

On April 3, 2020, 4-H BC launched 4-H @ HOME; a free, virtual opportunity for 4-Hers and non 4-Hers alike to keep busy at home during COVID-19 isolation restrictions. Open to all youth in BC, the project gives the opportunity for existing 4-H members to explore projects outside of their club while also allowing non 4-Hers to learn more about the 4-H program.

The activities are themed under the 4-H Pillars:

- Community Engagement & Communications
- Environment & Healthy Living
- Science & Technology
- Sustainable Agriculture & Food Security

By completing 6 of the 30 activities in the 4-H @ HOME Resource Package, Project participants will receive hours of entertainment and a Certificate of Completion to prove it! All without having to leave the comforts of their home.

For more information, visit:

https://www.4hbc.ca/app/webroot/uploads/4-H_HOME_Project_for_Website.pdf

To register for the free 4-H @ HOME project, visit:

<https://www.eventbrite.ca/e/4-h-home-tickets-101579848060>

If you have any questions about the project or registration, please contact Lauren Bernardi by email at lauren.

bernardi@gov.bc.ca or by phone at 778-666-0553.

4-H @ HOME



Leaders' Symposium 2020

Every second year in the fall, 4-H BC hosts a Leaders' Conference (now named "Leaders' Symposium") for Key Leaders and Leaders all over BC! The purpose is to learn more about 4-H, further leadership skills and get connected to 4-H leaders across the province.

Due to group size and travel restrictions with COVID-19, the 4-H BC Provincial Council has decided to move the symposium to a virtual environment. This was a very difficult decision, but with the current unknowns surrounding the pandemic, 4-H does not want to risk the health and safety of the 4-H BC community.

Stay tuned for the electronic registration package, to be released soon! It will include details on how the virtual conference will take place and what trainings we will be offering virtually. We are still planning on delivering the event on the weekend of October 16-18, but details on the exact times and dates will be released with the registration package.

We thank you all for your understanding during this time. Though we will be in a different environment than we planned, we are looking forward to connecting with all you leaders virtually in the fall!



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CREATIVE WRITING CONTEST WINNERS

Submitted by: Lauren Bernardi
Youth Development Specialist



A big thank- you to those of you who submitted either a poem or a short story into the 4-H @ HOME Creative Writing Contest!

We had 13 poem entries and 10 short story entries in total. The judges really enjoyed reading all the submissions! They were very impressed by the creative and fun 4-H stories and expressive poems. The judges had a tough time deciding, but below are the final winners for each category:

POETRY

Cloverbud

1st- Audrey A., - *Skip with Me*

2nd- Rebecka C., - *Rebecka's Chickens*

Junior

1st- Caleb K., - *The Close Call Round-up*

2nd- Rachael F., - *Our Home, British Columbia*

3rd- Kylie P., - *Pepper*

Senior

1st- Jacinta M., - *At the End of the Day*

2nd- Sam S., - *A Falling Blossom*

3rd- Riley K., - *I'm From*

SHORT STORY

1st- Presley B., - *Humble Beginnings*

2nd- Elena S., - *Finding My Superpower*

3rd- Madalie G., - *Asker's Adventures*

CONGRATULATIONS to all of our winners!

The winning poems and short stories will be posted on our website and social media in the coming weeks for everyone to see! If you have won a prize in one of the categories, the 4-H BC office will be in touch soon regarding your prizes.





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Alumni Then & Now: Jessica Vliegenthart

Submitted by: Jessica Vliegenthart
4-H BC Alumni



1. Tell us about your 4-H experience as a youth. What are some of your most memorable moments?

I was in horse 4-H in Kamloops from ages 11-17. I had a lot of opportunity, I traveled across the country with 4-H a few times, but honestly, the best times I had in 4-H were unplanned. The moments that happen when you're together with your club at big shows. When the day is done, your animal is fed and watered and you get to wander the fair grounds with your pals, getting up to all kinds of fun. Water fights near the wash racks, racing for the good seats at the rodeo, goofing off around campfires and getting excited for the next day's show. This is how I explain the magic of 4-H to people.

2. If you had to pick one or two things that really stand out to you from your 4-H experience that impacted you in a positive way what would they be?

4-H connected me with an important part of my community that I might not have otherwise known too much about. While I come from a long established ranching family, my own family lived "in town" and I didn't grow up on a farm or ranch. The years I spent in 4-H established a really deep understanding of the rural/industrial ranching roots in our

province and lasting connections with ranching families. This really served me well as I went on to university in large cities and ventured down my professional path.

Also, the 4-H work ethic really is second to none. Teaching kids to work until a job is done, how to manage large animals (and their emotions while managing those large animals!), and to finish strong when their project animal simply has other ideas is invaluable. I am now on the hiring committee for my firm, and when I see 4-H on a resume, I immediately grant an interview because I know that person has learned how to handle themselves.

3. How did your 4-H experience influence your future career choice and path?

While I was always interested in law, the 4-H public speaking training absolutely gave me a leg-up on the competition. I sailed through university classes on speaking because of my years in 4-H. Having years of impromptu speeches under my belt makes speaking in Court a breeze. I know speaking isn't a favourite for many 4-H'ers but it pays dividends in the end!



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Alumni Then & Now: Jessica Vliegenthart

Submitted by: Jessica Vliegenthart
4-H BC Alumni

4. Did you have any mentors or leaders that significantly impacted your 4-H journey? Who were they and how did they impact you?

This is a great question. When I think back now, all of the parents who were part of our 4-H community were great mentors. The amount of work they did to get us kids and our animals together, to chop wood for fundraisers, to find halls for speeches...the list goes on. We didn't have a horse trailer when I was in 4-H, and someone was always willing to come and get my horse and get me to the show, sometimes hours away. One time, my project horse unfortunately went lame in the middle of the year. Another family stepped up and lent me a horse so I could finish my unit. The teamwork was incredible. It really showed us kids that with a little creativity and a lot of hard work, so much is possible

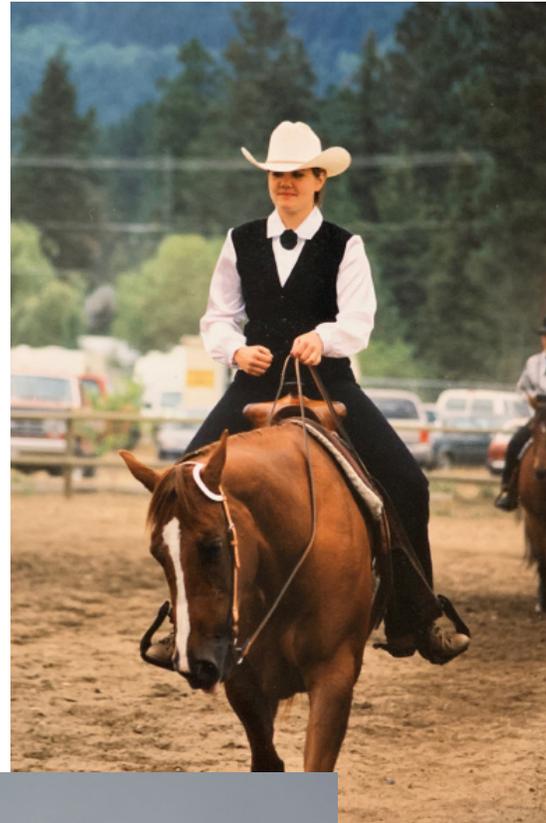
5. What would you tell your former self if you had a chance to turn back time and do it all over again? Would you change anything?

I would do it again in a heartbeat. I have a 4 year old son and 1 year old daughter. I can't wait to get them involved.

6. Share any other pertinent details that you think would help us tell your story and motivate future generations of youth potentially interested in becoming a part of 4-H?

I'm now a full time lawyer. I practice injury law, which means I'm in Court a lot. I practice in Kamloops and a lot of my clients come from rural, outlying areas. I'm so glad that I had a youth spent in 4-H because I understand the lives of rural Canadians. My 4-H roots are a huge asset to my business life.

I feel lucky that I had a youth spent in 4-H. Long days outside in the heat, the cold, the sun and the rain with animals that sometimes had different ideas. It truly was the best of times, getting dirty in a good, clean way.





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SCIENCE FAIR EXPERIENCE

Submitted by: Danae Kong
Member of the Saanich 4-H Lamb
Club in the South Malahat District

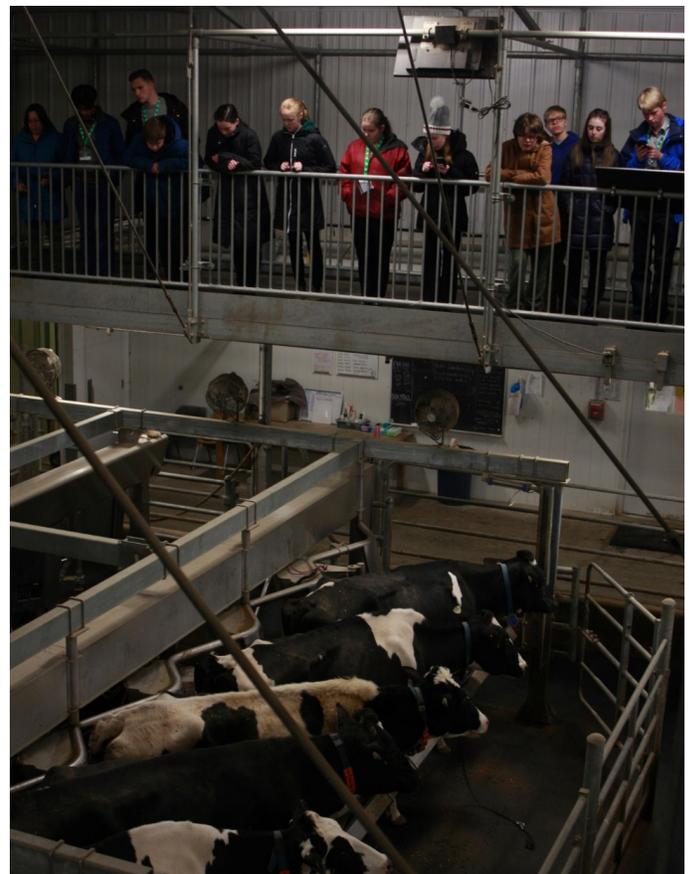
Hello Fellow 4-H Members,

My name is Danae Kong, this is my tenth year in 4-H, and I am a member of the Saanich 4-H Lamb Club in the South Malahat District.

On Thursday, March 5th, three 4-H members from B.C. departed on a national adventure.

Mac Dykeman, Jacques Jolivet, and I had the honour of being selected as finalists for the 4-H Canada Science Fair which was held at the University of Saskatchewan in Saskatoon. We were part of nineteen 4-H members from across Canada who competed for a spot to represent 4-H at the Canada Wide Science Fair. At the 4-H Science Fair, each member had the opportunity to present their science project to judges who specialized in the member's area of research. After judging and a public viewing took place, the delegates were given a tour of the University of Saskatchewan, and the College of Agriculture and Bioresources.

One of the most inspiring parts of science fair is meeting 4-H youth from across the country who are thinkers, questioners, and wonderers, just like you! Members from across the country flew into Saskatoon and we spent some time in the afternoon getting to know each other. That night, everyone prepared their presentations for judging the next day. The projects ranged from testing the ability of leavening agents in cake, to counting the number of prussian carp in Albertan rivers, to making a simple, inexpensive salmonella tester.





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SCIENCE FAIR EXPERIENCE

Submitted by: Danae Kong
Member of the Saanich 4-H Lamb
Club in the South Malahat District

The next morning dawned bright and early. We walked to the campus, set up our boards, and nervously waited to speak to the judges. This is the highlight of science fair: speaking to judges who are experts in your realm of study, scientists who are excited about your research, and current leaders who are enthusiastic about meeting the next generation of thinkers. I spoke to three main judges, one of which was a poultry research scientist. She was fascinated with my project, which was about how to use chicken uropygial oil, a waste product, for a beneficial purpose. Speaking to the judges was the most impacting part of Science Fair this year.

After we finished judging, the University of Saskatchewan generously gave us a tour of the campus, and of the College of Agriculture. We visited the chemical engineering lab, viewed a wind tunnel, observed some tractors, participated in a lab, and met a wildlife researcher. At the college of agriculture, we bussed to a new animal and grain crop research center and spoke to a PhD student about her studies in farming. It was an insightful look into what it would be like to study agricultural science for post-secondary schooling. A big thank you to the University of Saskatchewan for hosting us this year!



Overall, the 4-H Canada Science Fair was a great opportunity. We met members from across the country and made new friends with other innovative and curious thinkers. Speaking to the judges was one of the best parts of the fair, as it gave us a deeper look into our research topics and our understanding of the scientific method. Attending the 4-H Canada Science Fair this year was an incredible opportunity, and I can't wait to see what new ideas next year will bring!

Support Dairy Farmers in BC



When you drink milk, you support local farming families, jobs in communities across the province, and the economy of Canada.



4-H FUNDRAISING CORNER: VANDERHOOF COMMUNITY FOUNDATION

Submitted by: Alana Nikolitsas

For the last 10 years, the 4-H clubs from the Vanderhoof District in the Yellowhead West Region have donated 1% of their market project earnings to the B.C. 4-H Foundation. It was started by siblings Mark and Alana Kulchar who both served as Ambassadors. During their annual May-Long weekend training in 2009, the Ambassadors learned about the B.C. 4-H Foundation and were tasked with delivering a presentation on The Foundation back in their regions. The Ambassadors learned about how The Foundation works: donations are invested, and the interest earned is put back into the 4-H program to provide scholarships and help fund provincial programs and trips. Having been the recipients of scholarships as well as attending nearly every provincial program offered, the siblings recognized the importance of donations to The Foundation and its benefits to the 4-H program.

They brainstormed on their travels back to Vanderhoof on what their presentation would look like and how they could encourage people from their district and region to donate. An idea had been circulated that as it was 4-H's 95th birthday in B.C. they should promote the donation of \$95 from parents, members, grandparents and leaders. Recognizing the hard work parents and leaders already do for the 4-H program it didn't sit right with the siblings to ask for yet another financial donation from those who already give so much.

They discussed that people generously pay above market value for 4-H projects, and it made sense for the 4-H members to donate to The Foundation and invest back into the program as a symbol of thanks and gratitude. Alana had a market steer, so she decided to donate 1% of her earnings to The Foundation and challenge other members to do the same.

The siblings created a pledge form and presented it to their local club Nechako Valley Dairy and Beef

(NVDB). All members jumped on board instantly. Next, the members of NVDB challenged The District. By the end of July, all market projects in the Vanderhoof District were in support of the campaign. That year donations to The Foundation from the 4-H community increased by 50%.

The Vanderhoof District has on average about 80 members and in the last 10 years, \$12,570.79 has been donated. The District's members have been recognized as a "Trustee Club Member" (the highest level of recognition) for cumulative donations to The Foundation exceeding \$5000. Although many members involved in the original decision are now 4-H alumni, the market members in the Vanderhoof District continue to donate to The Foundation each



year. Many members have received the opportunity to attend provincial programs and this is one way they give back and invest in the 4-H program. This is an ambition that the members of the Vanderhoof District are proud of and they encourage other clubs and districts to do them same.



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4-H FUNDRAISING CORNER: BC MINISTRY OF AGRICULTURE AND SAVE-ON-FOODS



Ministry of
Agriculture

We are thrilled to have your support. You are truly making a difference in the lives of 4-H youth across British Columbia.

We are extremely grateful!

NEW SPONSOR!

4-H British Columbia Announces New Western Canadian Corporate Partnership with Save-On-Foods.

4-H BC is excited to announce that Western Canada's largest grocery retailer, Save-on-Foods, is partnering with 4-H in British Columbia, Alberta, Saskatchewan and Manitoba to support the young leaders of tomorrow.



Save-on-Foods is proud to support 4-H in the Western Provinces through in-kind and monetary funding and is excited to explore fun creative opportunities to connect 4-H youth and Save-on-Foods stakeholders in meaningful ways in the coming months.

"4-H BC is pleased to participate in this generous partnership with Save-on-Foods, giving back to communities across BC and supporting the next generation of agricultural leaders," said Aleda Welch, manager at 4-H BC. "On behalf of our entire 4-H community, we thank you, Save-on-Foods, for this amazing support!"



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THE GOLDEN EARS MAY REPORTER

Submitted by: Golden Ears
Community Club



The Golden Ears 4-H Community Club is off to a different than usual start! 2020 sees the start of our eleventh year, with twelve members and two projects. This year we will be continuing Goat, but we are adding Fiber Arts. We had our first meeting on February 15th, where we got to know our new members and voted in the executive. This year our president is Naomi.C. Our vice president is Julia P., our secretary is Victoria P., our treasurer is Olivia F., and our safety officer is Julia P.

The Goat project has eight members, the Fiber arts project has seven members. We have previously done our Speeches, Demos and Speak and Shows. Due to COVID-19 we are currently having online meetings together, we've recently had a game night as well to help keep in touch with the rest of the club. Stay Safe!





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PROGRESSIVE AGRICULTURE SAFETY DAY

Submitted by: Jarrett Chung-Smith
Youth Development Specialist

Host a SAFETY DAY in your Community!

Are you interested in expanding safety education and training opportunities in your community?

4-H BC, in partnership with Progressive Agriculture, is currently accepting applications for 2021 Progressive Agriculture Safety Days. Safety Days are designed to be age-appropriate, hands-on, fun, and safe for children. The Progressive Agriculture Safety Day program is the largest rural safety and health education program for children in North America.

Applications to have a Safety Day for 2021 are currently being accepted and must be submitted to Progressive Agriculture by July 15th, 2020. To learn more about what a Progressive Agriculture Safety Day entails, along with details on how to apply, visit www.progressiveag.org.

Following approval of a Safety Day application, a mandatory one-day training workshop is required for all Safety Day Coordinators, prior to hosting an event. Coordinators will learn more about the program, tips in planning a Safety Day, and will explore Progressive Agriculture's extensive library of resources, including lessons and hands-on activities, all available to be implemented into your Safety Day. We will have more details on Coordinator training opportunities soon.

APPLICATIONS FOR 2021 SAFETY DAYS ARE DUE BY JULY 15, 2020

TO LEARN MORE VISIT WWW.PROGRESSIVEAG.ORG

For more information, contact Jarrett Chung-Smith at Jarrett.Chungsmith@gov.bc.ca.

Host a Safety Day in your Community!

Are you interested in expanding safety education and training opportunities in your community? 4-H BC, in partnership with Progressive Agriculture, wants to support you in hosting a Safety Day in 2021.

Progressive Agriculture Safety Days is an educational program that provides training and resources for local communities to conduct one-day safety and health programs. Safety Days are designed to be age-appropriate, hands-on, fun, and safe for children. The Progressive Agriculture Safety Day program is the largest rural safety and health education program for children in North America.

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Coordinators will learn more about the program, tips in planning a Safety Day, and will explore Progressive Agriculture's extensive library of resources, including lessons and hands-on activities, all available to be implemented into your Safety Day. We will have more details on Coordinator training opportunities soon.

If you are interested in applying or have any questions about Progressive Agriculture Safety Days, contact Jarrett Chung-Smith at Jarrett.Chungsmith@gov.bc.ca.



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LIFE IN 4-H BC

Submitted by: Jacinta Meir
4-H BC Ambassador

4-H has been going strong in B.C. for 105 years. Since 1914, thousands of 4-H members have found their leadership potential, achieved their goals and have learned vital life skills.

4-H in Canada started with a simple plan: Potato and Poultry. It has since expanded to include several more projects and initiatives. Though 4-H has grown, the way the Program impacts each of our lives is still the same as it was over a century ago. To show the impact of 4-H in our province, I asked 4-H members from across British Columbia how 4-H has influenced their lives. Let's see what they had to say!

"4-H has really helped me discover my interests and passions. It has also opened many doors for me. I've gotten to travel, work with amazing people, learn new skills and find great friends. Without 4-H I wouldn't be the person I am today. I am so grateful for all the opportunities and experiences 4-H has led me to and I can't wait for more to come." - **Ellie S.**

"4-H has helped me become more confident in myself and has taught me many things, such as showing my projects and improving my work ethic. 4-H is a great program." - **Christinna M.**

"My favorite thing about 4-H is raising and training a new steer every year." - **Sophie S.**

"4-H has opened up so many opportunities to me that wouldn't have been possible before. I met so many amazing people who have become great friends and have given me amazing advice on how to improve."
- **Taylor J.**

"My favorite part about 4-H is all of my club members."
- **Clare B.**

"My favorite thing about 4-H is how it helps to bridge gaps between generations and social groups and creates a strong community in the process."
- **Lana H., 4-H B.C. Ambassador**

"My favorite part about 4-H is all the laughs over the years." - **Terry F.**

"4-H Public Speaking has taught me so much about myself. I have learned to communicate and interact with people all over B.C. I have been in 4-H for 8 years and I still look forward to competing with new people and living out Head, Heart, Health and Hands. 4-H is truly an amazing program and I am so glad I got to experience it to the full." - **Grady S.**





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LIFE IN 4-H BC

Submitted by: Jacinta Meir
4-H BC Ambassador

"I am proud to be a part of the 4-H Program and I believe it has contributed to who I am today." - **Matthew M.**

"4-H has equipped me with transferrable skills, competencies and the tools to be a leader in my community, country and the world. I have become a more confident individual who is empowered to effect positive change and essentially continue to learn by doing. 4-H has played an integral part in my life and broadening my perspectives as well as supporting me in my achievements and aspirations." - **Clare D.**

"I've been in 4-H since I was six years old and I have learned so much in the past seven years. I've learned how to public speak confidently and how to train and show goats and rabbits. I've seen so many amazing things and participated in so many wonderful events over the years. I know the rest of my years in the 4-H Program are going to be just as good as my past years." - **Marcus M.**

"4-H has helped me in so many areas, especially Public Speaking, leadership and work ethic. It's an incredible program." - **Nick V., 4-H B.C. Ambassador**

"4-H'ers are the most wholesome people I have ever met. All of the challenges and opportunities 4-H provides brings out the best in people and I absolutely love seeing kids realize their potential through the 4-H Program. I can't even describe all of the qualities 4-H has helped me develop, and I am grateful for that every single day." - **Maria D.**

4-H has definitely had an impact on the lives of so many people throughout B.C. Public Speaking, bridging gaps, making friends, raising steers, travel experiences, confidence and good times! 4-H has done something different for each one of us, but I think we can all agree we have a "great life in 4-H." - **Jacinta M., 4-H B.C. Ambassador**



Thank You

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