

Provincial Club Week 2020

Hey 4-H'ers,

My name is Caitlin, I'm a member of the Horsefly 4-H Club in the Williams Lake District.

From March 15th to the 21st I had the incredible opportunity to attend Provincial Club Week 2020. Provincial Club Week, or PCW, is a six-day conference for members aged 16-19. During those six days, I got to know other 4-H members from around BC and built strength in areas like self-awareness, leadership, teamwork and relationships.



Thirty-six delegates attended PCW 2020, which was held at the breathtaking RockRidge Canyon in Princeton. Our theme for the conference was 'Risks and Rewards'. We participated in a total of twelve sessions that pushed our boundaries and helped us uncover more about who we are as people.



The first couple days focused on getting to know one another and practicing better communication techniques to achieve that. A thing I learned that really struck me is that words only make up 7% of all communication. The other 93% is from tone and body language. Throughout the week good communication remained a large focus, and I assure you, if that sounds boring, it isn't at all. Building a fort out of nothing but newspaper and tape was one of the most fun ways to develop understanding in a team. Some other activities involved things like charades, drawing, painting, and building towers from tinker toys.

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We took time to slow down and reflect on our goals and our beliefs, too. In one exercise, we wrote on the back of our hand how we present ourselves around others and wrote on the palm how we truly feel. I found it difficult, but interesting, to really think about how other people might see me. We talked about family, friends and our viewpoints on different subjects, allowing us to gain new perspectives from our peers. One of our last sessions was about feedback. Everyone we'd worked closely with in our small group had a chance to voice positive, constructive things they'd noticed about each other throughout the week. This activity gave me a boost of self-esteem and a drive to do my best.

Although the sessions were always engaging, there were also daily opportunities for recreation. Each day a committee of delegates organized different fun activities for us like games, a movie night, a talent show, and a bonfire. We had plenty of time in between sessions and meals to socialize and relax with friends, too.

The last evening of PCW involved a banquet, a slideshow of our time at RockRidge Canyon, and a truly beautiful closing ceremony by a lake. A dance capped off the night to end on a more light-hearted note, but even so, when morning came many of us didn't want to part ways and go home.

Last day of PCW 2020, a closing ceremony by the lake at RockRidge Canyon



Overall, Provincial Club Week was the most amazing, eye-opening time I've ever had. By being encouraged to share my inner thoughts, conversations led to some of the most deeply personal experiences of my life. PCW taught me to break down barriers, and to be confident and unafraid of new things. It helped me discover a lot more about who I am, who I want to be, and what I need to do to achieve that. I was lucky enough to share these moments with all the fantastic people I met. PCW brought us together from all four corners of the province, and I made so many trusting friends who gave me great advice, laughed, and even cried with me. Even though we're miles away from one another now, I hope that these friendships will last far into the future.

The next Provincial Club Week will be in 2022. If you are eligible, make sure you apply when the time comes. You'll walk away with so much you never knew, surrounded by supportive, awesome people. Even if you're nervous, take the chance. Go to PCW. I promise you won't regret it.

Submitted by: Caitlin, PCW 2020 Delegate