



CANADA
4-H British Columbia

Summer 2019



Ambassador Alumni 20 Year Reunion



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4-H British Columbia

MANAGER'S GREETINGS



Welcome to the Summer edition of 4-H in BC Newsletter. It has been a busy spring for 4-H BC with Island 4-H Rendezvous, Agri-Career Quest, Ambassador Training and the Ambassador Alumni Reunion. Congratulations to all the 4-H members that submitted scholarship applications. The selection committee faced a challenging task in awarding 20 scholarships. I would like to thank all of our partners for

their generous support of our programs and scholarships.

We have been able to achieve more accurate enrolment numbers for 2019. We still have some work to do on our online system, but sincerely appreciate your cooperation with the online enrolment process.

Summer is gearing up to be busy as well as we look forward to Youth Action and Provincial Communications in July and of course the many agricultural fairs throughout the province. I wish everyone a wonderful and safe fair season!

To all the club leaders, volunteers, alumni and members that give their time to support the youth of 4-H BC, THANK YOU!

Till next time,

Aleda Welch

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WE'RE VERY SOCIAL...



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4-H in British Columbia Newsletter 2019 Deadlines

Fall September 15

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

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PROGRESSIVE AGRICULTURE SAFETY DAYS

Progressive Ag Safety Days

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 2020.

What is a Progressive Agriculture Safety Day?

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. For more information on Progressive Agriculture, visit progressiveag.org.

How to Apply?

Applications to host a Safety Day for 2020 are currently being accepted, and must be submitted to Progressive Agriculture by July 15th, 2019.

Following approval of a Safety Day application, a mandatory one-day, in-person 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 in your Safety Day.

We are pleased to be hosting a coordinator training session on Monday, October, 21st in Abbotsford. More details to come. If you are interested in applying to host a Safety Day or have any further questions about Progressive Agriculture, contact Jarrett Chung-Smith at Jarrett.Chungsmith@gov.bc.ca or 250-260-4606.



PROGRESSIVE AG SAFETY DAY

SOUTH MALAHAT 4-H DISTRICT - Submitted by Susy Chung-Smith

On February 1, 2019 in conjunction with the Island Agricultural Show held in Saanichton, B.C. members and leaders from the South Malahat District held a Progressive Agricultural Safety Day for the students in School District 63 (Saanich). We anticipated to see approximately 100 students between 9:00 a.m. – 3:30 p.m., our actual numbers were approximately 387 students from Kindergarten to Grade 12. There was approximately 10 volunteers involved, students received a t-shirt, personalized first aid kit, a goodie bag, snacks and information sheets. For the older students, they were also given the opportunity to take part in some of the other agricultural activities offered through the Island Ag Show.

There were six stations, each gave a talk about what they were going to learn and then a hands on experience. Each station ran no more than 20 minutes. The stations were:

Water Safety – teaching them what could be used on a farm or at home as a life preserver. Our example was a 4 litre milk jug with some water for weight and rope. They were taught how to throw the apparatus properly without hitting the victim. We used a cone with an egg on it to see if they could have the jug land beside the cone without hitting the egg.

Electrical Safety – We described the different safety hazards found inside your home, outside power lines and check before you dig. We used a large 50" screen which had an interactive poster where they had to answer the questions which related back to the talk they had at the beginning.

Farm Safety – We described different safety hazards found on the farm. We again used an interactive screen where students had to find the hazards and unsafe situations in the farm yard.

Fire Safety – This station was hosted by Fire Inspector, Rob Syverson from the the Central Saanich Fire Department. Inspector Syverson spoke with groups about the importance of smoke detectors and fire extinguishers in the home. He also talked and taught the student about "Stop, Drop and Roll".

Disability Awareness – Dependent upon the age of the group as they cycled through we offered two different outlooks of being aware of disabilities. We talked about children of their age who may have a disability and what they may see, hear or can't do and what they face as a challenge. We used the foggy goggles so they would be slightly disabled and how it is a challenge for those with disabilities. For the older



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PROGRESSIVE AGRICULTURE SAFETY DAYS

Submitted by: Susy Chung-Smith South Malahat
Cody Dillabough - Quesnel

PROGRESSIVE AG SAFETY DAY SOUTH MALAHAT 4-H DISTRICT Cont.

groups, we talked about drugs and alcohol and what it is like to be impaired by not only drugs and alcohol but household products like cough syrup, medications, vanilla extract, etc. For them, they had to build a pyramid with a set of cups while wearing the foggy goggles.

First Aid Station – Everyone was able to build their own personal first aid kit and received instruction on how to use the products in their kits. The kit included a small package of sun screen, antibiotic cream, an antiseptic wipe, a hand sanitizer wipe and a supply of band aids.

Fundraising for this event was easy, the topic of safety taught to the children within the School District #63 is highly supported and recommended by the community. This event would not have been possible without the financial support from local farmers and local businesses within the community, in particular Hurstmount Farm and Select Mortgage Corp.

Progressive Agriculture Foundation provides a number of resources to help in organizing this event. I highly recommend that you apply if given the opportunity.



Quesnel & District Safety Day - Submitted by Cody Dillabough

Quesnel & District 4-H hosted their 1st annual Progressive Agriculture Safety Day June 1 at Alex Fraser Park in Quesnel. 68 4-H youth from the Central Interior Region (Quesnel, Williams Lake and Prince George) attended this event. The children learned a wide variety of safety topics such as electrical safety, fire safety, tractor and implement safety and many others. "I learned that I need to stay safe no matter the occasion" said one event participant. "When I get back home, I am going to be using farm equipment more carefully, test our smoke detectors property and have a fire exit plan" said another member. "This is an amazing event to educate children on the many hazards both on and off the farm. I am so thankful to 4-H British Columbia and the Progressive Agriculture Foundation for sponsoring this very worthwhile event" said Cody Dillabough, Safety day Co-ordinator.





2019 SCHOLARSHIP RECIPIENTS CONGRATULATIONS!!



Chernoff Family Foundation Scholarships

Value of \$5000 renewable over two years

- Sarah M. (Agricultural Sciences, Lakeland College)
- Kyla R. (Bachelor of Science, University of Northern BC)
- Rheanna K. (Bachelor of Science, UBC)

Chernoff Family Foundation Scholarships

Value of \$1000 renewable over two years

- Maria D. (Bachelor of Science, University of Waterloo)
- Kassandra A. (Bachelor of Science, University of Alberta)
- Hayden S. (Bachelor of Science, UBC)

BC Youth in Agriculture Foundation Scholarships

Value of \$2000 each

- Grace K. (Applied Sustainable Ranching, Thompson Rivers University)
- Kayla H. (Bachelor of Commerce, University of Northern BC)

4-H BC Foundation Scholarship

Value of \$1000

- Rya H. (Fine Arts Diploma, North Island College)

Mutual Fire Insurance Company of BC Scholarships

Value of \$1000 each

- Mira F. (Bachelor of Science, University of Saskatchewan)
- Isabel H. (Bachelor of Arts, University of Victoria)

The Western Producer Scholarship

Value of \$1000

- Samantha J. (Bachelor of Science, Thompson Rivers University)

Saanich Fruit Growers' Association Scholarship

Value \$2500

- Katherine L. (Bachelor of Science, University of Guelph)

Saanich Fruit Growers' Association Scholarships

Value \$1700

- Melanie D. (Associate of Arts, Okanagan College)

Richard Fatt Memorial 4-H Scholarships

Value \$2150 each

- Melanie B. (Bachelor of Science, University of Alberta)
- Amy S. (Bachelor of Science, University of Northern BC)

BC Agriculture in the Classroom

Value \$1000

- Morgan C. (Bachelor of Science, College of New Caledonia)

MNP 4-H Scholarships

Value \$1000

- Emma H. (Applied Sustainable Ranching, Thompson Rivers University)

BC Young Farmers Scholarship

Value \$500

- Jessica P. (Bachelor of Science, University of Alberta)

Aubrey and Barbara Searle 4-H Scholarship

Value \$500

- Jessica P. (Bachelor of Science, University of Alberta)

Nancy Loreth Memorial Scholarship

Value \$500

- Lauren Bedford (Applied Sustainable Ranching, Thompson Rivers University)

We would like to thank the following 2019 Provincial 4-H Scholarship donors who are to be complimented for their belief in 4-H youth, the future leaders of tomorrow.

- Chernoff Family Foundation
- BC Youth in Agriculture Foundation
- BC Agriculture in the Classroom Foundation
- BC Young Farmers
- Mutual Fire Insurance Company of BC
- The Western Producer
- MNP
- Saanich Fruit Growers' Association
- 4-H BC Foundation
- Richard Fatt Memorial 4-H Scholarship Fund
- Aubrey and Barbara Searle 4-H Scholarship
- Nancy Loreth Memorial Scholarship



2019-20 TRAVEL OPPORTUNITIES AWARDED

CONGRATULATIONS TO ALL!

Sixteen 4-H British Columbia members have been awarded travel opportunities as of May 20, 2019. The opportunities will involve outstanding young adults participating in various seminars, conferences and leadership programs during the next year.

Travel opportunity recipients were selected based on their past 4-H involvement, individual opportunity preference, leadership potential, and program participation (at Agri-Career Quest, May 2019). A key element in selections is to match delegates to an opportunity that fits the individual and will provide the environment for maximum leadership and youth development.

Travel opportunity awards and recipients are as follows:

Youth Action Facilitator, Kamloops, July 9-13, 2019

Bailey S. – Yellowhead West

Pauline F. – Kamloops-Okanagan

Members Forum Calgary, December 1-5, 2019

Aaron V. – Kamloops-Okanagan

Amy S. – Kamloops Okanagan

Brooklyn N. – Fraser Valley

Danielle C. – Kamloops Okanagan

Haley S. – Vancouver Island

Jessica P. – Kamloops-Okanagan

Kassandra A. – Kamloops-Okanagan

**USA National 4-H Members Conference,
Washington, DC., March 28-April 2, 2020**

Matthias B. – Kamloops-Okanagan

Citizenship Congress, Ottawa May 5-10, 2020

Hanna H. – Kamloops Okanagan

Hannah P. – Kamloops Okanagan

Jean M. – Vancouver Island

Katherine L. – Vancouver Island

Marina V. – Fraser Valley

Samantha J. – Kamloops Okanagan

WAYS TO GIVE TO 4-H BC

June is one of our favourite months! Not only does it mark the start to summer but it marks the halfway point to the year, including our fundraising year. Thanks to the efforts of our friends at the Great Canadian Giving Challenge, for every dollar donated in the month of June we have an opportunity to win \$10,000 for 4-H BC. In order to improve our chances of winning, we are launching the “Buckle Up for 4-H” Challenge. Inspired by Jeans Days across the country, we put our own twist on the challenge by asking you to wear a belt buckle to work June 27th & 28th!





AMBASSADOR ALUMNI 20-YEAR REUNION

Submitted by: Jacinta Meir
Second Year Ambassador

20 years of achievements, laughs, dreams, family, leaders, friendships, connections and cherished memories. That's what the Ambassador Program has brought to 4-H BC, 20 years of amazing people working hard to share their passion for what the 4-H Program has to offer. Dedicated leaders, volunteers, and members have kept the Ambassador Program running strong for all these years. This past May, all these people had the chance to come together once again to share an amazing evening of laughs, memories, and good food! We had a 20-year-Ambassador Reunion at the Rancho Restaurant in Abbotsford, which has been the Ambassador Team's favorite place for lunch since the beginning. We were lucky to have Ambassadors ranging from the very first year of the Program to the current and newest 2019 Ambassadors. We had the amazing opportunity to connect with new people and reunite with old friends. It was so stirring to see how much the connections and memories from their time in the Ambassador Program meant to everyone, even after so many years.



One of the main highlights of the evening was the open-mic portion, where everyone there had a chance to talk about their favorite memories and aspects of the Ambassador Program. We heard speeches from so many alumni and current Ambassadors talking about the past and future. Speeches covered memories, stories, achievements, family, friendships, mishaps, laughs and even crushes spanning these 20 years. We saw how this Program impacted everyone's lives in so many different and amazing ways.

We were lucky to have Sarah Van Heeswijk, Pat Tonn, and Suzanne Skaaning present. Sarah was an Ambassador in the very first year of the Program and now works for the Ministry of Agriculture and runs the Ambassador Program. Pat Tonn was one of the founders of the program along with Suzanne Skaaning. Suzanne has been with the Ambassador Program all these years, volunteering her time to develop youth leaders. She gave a very stirring speech looking back on all the years of Ambassadors and was thanked for all her time with a T-shirt signed by all the Ambassador Alumni and current Ambassadors. There were so many past Ambassadors present who have become 4-H legends due to their amazing achievements and charismatic personalities. Having all these people together again was really an amazing sight to see.

Of course, no Ambassador event is complete without the classic Ambassador Amazing Race. We grouped in teams and worked together to complete tasks, such as making a 4-H Clover out of the people in each team and taking a video of the teams line dancing. It was a great way to bring together the past and present, working together as teams consisting of Ambassadors from many different years. To end it all, of course, we had to wrap it up with a group line dance.

What the Ambassador Program has brought to 4-H BC is a priceless array of amazing people spanning 20 years, who are passionate about the 4-H Program and share their enthusiasm with their communities. The friendships and memories made in this Program are still cherished by all those involved. The evening was a memorable event that I am sure will be cherished for many years by all those present. It was obvious to see how much the Ambassador Program means to 4-H and to each of us.



To view photos from the Reunion visit:
<https://4hbc.smugmug.com/Ambassador-20-year-Reunion/n-56kr5J/>



AMBASSADOR TRAINING WEEKEND

EDUCATION, CONNECTIONS & IMPACT

Submitted by: Lark Anderson
First Year Ambassador

Twenty youth aged 16 to 21 from across British Columbia came together for the 20th Ambassador Training Weekend this May. With several sessions, activities and events each day, how do you summarize such an action-packed May long weekend? Three simple words - education, connection, and impact - provide insight into this amazing event.

Education was at the forefront of Ambassador training. Exploring the specifics of 4-H's organizational structure, understanding how the 4-H Foundation ensures success of the 4-H program into the future and to the best practices when presenting yourself, the ambassadors were busy learning.

Thoroughly embracing the 4-H motto of "Learn to Do by Doing", each of the session topics included a participatory aspect. Throughout the weekend, groups raced to compose an email bringing out their competitive side and put their teamwork skills to good use discovering and identifying the details of their handbooks.

There were many workshops to prepare this year's Ambassadors on how to speak knowledgeably on a variety of topics. Ambassadors deepened their understanding of agriculture production methods in BC and learned how to create and open up a productive dialogue with the public. Additionally, the reach and scope of experiences 4-H offers to its members were explored allowing Ambassadors to share with current or future members, the fantastic opportunities the programs provide.

Connection was another key theme of 2019's Ambassador training. Beginning Friday evening, it became clear that creating a sense of community was paramount. It included playing "getting to know you" games and welcome activities. We quickly discovered that identifying individuals from their baby pictures taken 18 or more years ago proved to be unexpectedly difficult. Team building and teamwork continued the next day with additional games and activities run by the Ambassadors themselves.

Over the weekend, we took a thorough look into personal leadership styles with True Colors, a personality identification method. Personality insights we learned taught us how to collaborate effectively with others. Gaining this wider big-picture perspective allowed the Ambassadors to leave with a variety of techniques and skills to build community within their own regions.

The first ever Ambassador reunion was held on Saturday, May 18th. It allowed 4-H BC's current Ambassadors to see first hand the large network of past Ambassadors and the impact of the program. It was truly inspiring to hear from past and current leaders and members on how the Ambassador program has fostered unforgettable memories and connections.

The weekend wrapped up with individual consultations with participants and the Ambassador program's dedicated and hardworking leaders. Additionally, regional and personal action plans were created allowing the Ambassadors to return home better prepared to serve.

The main goal of ambassador training is to prepare and equip members to go back to their respective regions and make an impact. Whether it be assisting with a club, district or regional event or interacting with the public. Thanks to the generous support of TransCanada, VF Canada, Inc., 4-H BC Foundation, 4-H BC Provincial Council, and the BC Ministry of Agriculture the weekend clearly reached its goal.



2019-20 AMBASSADORS

DISCOVER 4-H BC DAY CAMPS



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4-H

DISCOVER



Have You Ever Wondered...

What's the Club with the Clover?

How can you get involved with exciting projects like growing gardens, raising animals and learning to do by doing?

Discover 4-H Day Camps will introduce you to 4-H, one of Canada's leading youth development organizations.



EXPLORE THE WORLD OF 4-H

4-H is **NOT** only about Animals and Farming

4-H **DOES** Offer Opportunities in Projects such as
CREATIVE ARTS, MECHANICAL and PERSONAL DEVELOPMENT.

Discover 4-H Day Camps

VISIT 4hbc.ca FOR A COMPLETE CAMP SCHEDULE



Gator Lottery WINNERS



PRAIRIECOAST
equipment



CONGRATULATIONS!!

Jacky Ogloff & Rob Dion

Jacky and Rob have each one a Side by Side Gator generously donated by PrairieCoast Equipment!!!

Thankyou to everyone who participated in making the 4-H BC Gator Lottery a Huge Success!





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ISLAND SURVIVOR CHALLENGE

Submitted by: Lana Harach
4-H BC Ambassador

Cool, clear mornings as the sun rose over the snow-capped mountains. Birds twittering along while the 20 4-H members from across the Vancouver Island region ate their breakfasts. This is the type of environment that our Surviving the Challenge group was fortunate to experience for the majority of the weekend. Surviving the Challenge (STC) is an annual four-day camp that offers 13-15 year old members the opportunity to gain personal independence, build on team and leadership abilities, meet members from around the Vancouver Island region, and offers the opportunity to challenge their comfort zone in a safe, supportive environment. STC takes place in Northern Vancouver Island near the beautiful Strathcona Provincial Park on the Upper Campbell Lake... with no cell service! This encouraged our members to remove themselves from technology, connect with one another and nature with less distractions and learn to live in the moment while enjoying a variety of activities over the weekend.

Upon arrival they participated in trust & teambuilding games, focusing on members developing initial bonds between one another that would last for the rest of the camp (and long after!). On the second day members completed two activities in addition to the midday and evening games. There was the tree climb, where the climber learns how to trust the members belaying them and those on the ground learn that everyone has different abilities, challenges, achievements,



and how to be supportive of them all. They also did a high ropes course, which encouraged members to challenge their comfort zone and learn to focus one-on-one team trust. On the third day our 4-H group went on a canoeing day trip, which immersed us in the splendor of our environment and taught us how to work together as a team. On this trip members also learned how to effectively & efficiently start a campfire, and once we were

back we congratulated ourselves with a polar bear swim in the lake! We ended our third day with an evening Murder Mystery game, challenging our evaluation and communication skills.

This year, as an 4-H BC Youth Ambassador I had the opportunity to take on the challenge and learning experience of organizing Surviving the Challenge along with the pleasure of helping chaperone this year's camp. Organizing and planning this event challenged me in a number of ways and was occasionally stressful, however, seeing our 4-H members grow, learn and become friends made everything immensely worthwhile. I am so glad I was able to contribute my time in coordinating the camp alongside everyone else who offered support or was involved.

Sponsorship was very helpful in covering the many costs of offering such a camp and assisted us by keeping the registration fees low and affordable for our members and families.

This camp would not have been possible without the generous support of these local island businesses and organizations:

Qualicum Foods, Buckerfields, Little Women's Institute, Peninsula Co-op, Coombs Country Market, Riptide Graphics, and our Vancouver Island Regional Council.

A huge thank you to our co-coordinator Nadine Kong, who was able to assist with some of the responsibilities of organizing a multiday sleepover camp and was so very supportive. As well a big thank you to our 4-H chaperones this year: Sarah and Al, and the Strathcona Park Lodge staff who were extremely accommodating & welcoming making us all feel right at home. What a team!





PROUDLY PRESENTING AGRICULTURE PREPARE FOR THE FAIR!!!

100 years ago approximately 1 in 3 Canadians lived on farms (Stats Can - 1931). Today only 1 in 50 Canadians live on a farm (Stats Can – 2006). Back then you either lived on a farm, or at the very least visited friends who lived on a farm. The separation from the farm can lead to many questions and in some cases people get information about agriculture from the most convenient source, which isn't always the most accurate source. As the people who live and work closest to agriculture, we need to present agriculture in a positive, progressive way, while maintaining confidence in agricultural production methods. 4-H'ers and fair representatives are some of the people in the agriculture sector that are most exposed to the public and therefore have the ability to make and bring about change. Make sure we have all the facts and are prepared to Proudly Present Agriculture. It's our responsibility to make sure that accurate information is easily accessible to the public and show them how proud we are of the work we do. The best resource for simple straight forward messages on Canadian food and farming is a booklet called "The Real Dirt on Farming". Have these booklets handy at your 4-H stall display. The resource can be found at: <http://www.realdirtontfarming.ca/>

"I don't care how much you know until I know how much you care." Theodore Roosevelt

Remember, fair visitors have come to enjoy themselves and learn more about agriculture.

Make it a great experience for everyone:

1) Be positive! With all visitors, even those who may seem less supportive of agriculture, there is an opportunity to educate people to better understand and appreciate farming and agriculture.

2) Know who you are talking to. Asking simple questions to determine what people already know about farming is helpful. A simple question like "have you visited a farm before?" will help you understand your audience and will help you answer questions. If they seem unfamiliar with agriculture, they may have a very simple question; if they have a close relative who is a farmer, they may have more specific questions about breed, confirmation, etc.

3) Be prepared. Anticipate questions. Think about questions you've already heard from people in other settings, (at school, church, or the grocery store). Talk to your 4-H leaders and members beforehand to get a sense of the questions they've had to address. Make a list of questions and be prepared to answer them.

4) Provide comparisons your audience can relate to and encourage the use of correct terms. Cows' offspring are "bulls" or "heifers" not "baby cows" or "boys" or "girls". A male sheep is a "ram" and a female is a "ewe". Even if visitors refer to animals as "boys" or "girls", do not use these terms. Do not be afraid to educate the visitor on the proper terminology for that particular species.

5) Talk about what you know...but not too much. Take pride in your farm, your animal and what you do, tell them your story. Do not be afraid to provide examples, such as: "On our farm we feed calves this way ..." or "On our farm we move sheep quietly and calmly..." Do not offer opinions, just state the facts. If you are asked to comment on animal welfare issues in the news, simply let the visitor know that you don't know the specifics of the situation so you cannot speak to it. Take the discussion back to what you do know; your farm and your animal.

6) Use easy to understand words and concepts. Do not use industry terms and language. The visitor is probably not familiar with terms such as "total mixed ration" nor are they likely to care. They just want to know that your animal eats well.

7) "I don't know" is a valid answer. If you don't know, don't guess. It's much better to say "Great question, but I don't know. If you give me your contact information I can find out and get back to you." **Ensure you respond to them or make sure someone does!** Keep a contact book handy. If a person has a question you are unable to answer, write down their contact information for a follow-up response. Never guess or generalize. Unless you know the answer, refer the person to a person or organization that can answer the questions. Don't guess.

8) Demonstrate shared values. Connect with your visitors, they care about something; their family, their children, or their community. You care too, you care about your animals and your livelihood, show them through your actions. Remind them that if your animal needs something (to be fed, groomed, sheared, etc.) that comes first, before the playoff hockey game, before dinner, and before your night out with friends.

9) Thank the visitors for coming. Thank them for their time. Appreciate that they made the effort to visit the livestock exhibit and to speak with someone who works with and cares for animals.

10) Identify a spokesperson. Before the fair or event, select a spokesperson to refer to for questions that may be challenging or require further referral.

BUILDING THE LEADERS OF TOMORROW...TODAY

Submitted by: Pat Tonn
BC Ag in the Classroom

Nothing is truer to Pat Tonn's life than the interest to encourage youth in building their leadership abilities. Pat grew up in Chilliwack, BC a rural community where there were lots of opportunities to participate in school clubs and after school activities. As Pat reminisces about growing up, she recalls fondly the experience gained in working on the school yearbook and on student council, playing on basketball and volleyball teams and building youth conferences and summer camp experiences. Without a doubt her experience in the 4-H program through the club, junior leader and District work built her skills and personal interest in teaching.

At the same time as learning from mentors such as great teachers, 4-H Club Leaders, team coaches, and her parents Pat was building the foundation of her own leadership abilities. She recalls, when a 4-H member works with a project day in and day out, when you really get involved with club activities so you build something, or raise funds together, or get dirty cleaning up a barn, or work as a team to achieve a goal, that is all character building and contributes to who you are as a leader. She believes that all of those growing opportunities "in disguise" are the things that challenge you and make you the happiest.

It is the attitude to try new things, teach others and make a difference that leads Pat's life experiences. Her career as a teacher and in youth development, travel experiences, her volunteer work with Rotary and passion for agriculture education has motivated Pat and others around her. She

encourages young people to be leaders, she initiates new programs and inspires others to get on board, half of the fun is just in creating something together! She enthusiastically brought this energy to her role as Manager of Youth Development programs for the Ministry of Agriculture and more recently to her role as the Executive Director at BC Agriculture in the Classroom Foundation.

"I have a personal and professional responsibility to be a leader for agriculture education, to share the information I know through the skills I have built, and that others have passionately taught me. Together we can make a difference for BC Agriculture!"

It is this commitment that has led Pat to dedicating a financial legacy in trust to 4-H in BC.





ALUMNI THEN & NOW

4-H ALUMNUS GILLIAN WATT

Submitted by: Gillian Watt

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

4-H was a large part of my life growing up. I was a beef club member for 11 years and during that time I had many memorable moments:

- Grand champion steer at the North Thompson Fall Fair in my first year of 4-H
- Attending the Provincial Winter Fair in Kamloops every year for the week long show and sale – was such a fun week that we looked forward to all year.
- Grand champion female at Provincial Winter Fair
- Travelling to the PNE to represent the Kamloops region in beef judging
- Provincial Club Week in Naramata (was able to attend this twice) – This was for sure one of the most memorable times of my 4-H days.
- Attending the National 4-H Conference in Toronto and touring the Royal Winter Fair.

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?

The confidence and leadership qualities we learned from organizing and running meetings and events, judging, public speaking and attending conferences such as provincial club week and the national 4-H conference.

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

After 4H I obtained a BSc in Agriculture from UBC and later an MBA in Agriculture from University of Guelph. Currently I coordinate the TRU Applied Sustainable Ranching program. This is a unique new agriculture diploma program which ladders into third year of the Agri-business Degree program at Olds College or provides transfer credits into the Bachelors of Natural Resource Science at TRU in Kamloops.

I live on a farm where we run a few sheep, and I also own BC's Best Raw Pet Food Inc., which specializes in procuring vegetables and proteins that have been produced within BC and the beef and lamb are produced under grass-fed conditions.

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

One leader that really stands out in my mind was Charlie Fennell, he was a real believer in learn to do by doing but he was always not far away if we needed to ask him something. My mom was a wonderful mentor as well, always there for encouragement and I think she enjoyed winter fair as much as we did. One memory I hold very dear is looking up from the show ring and seeing my dad and Ernie Haughton and Len Haughton all leaning over the fence watching our weight classes and just having a good old discussion.

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 don't think I would change a thing, my 4-H days were really wonderful and I still have many connections today that go back to the 4-H days at Provincial Winter Fair.

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?

Beyond providing some of the best times and friends in my youth, I believe I am who I am today because of those experiences that I gained through 4-H. From leadership and organizational skills to having the confidence to start a new project or program from scratch and not giving up, 4-H has provided me with these foundational skills and I couldn't be more grateful for the program.





CANADA
4-H British Columbia

AGRI-CAREER QUEST 2019

MY AMAZING AGRI-CAREER QUEST EXPERIENCE

Submitted by: Marina Van Woudenberg
First Year Ambassador

Every two years, 4-H members from clubs all across British Columbia are chosen to participate in an amazing learning opportunity called Agri-Career Quest (ACQ) – a trip across BC to visit farms, ranches, manufacturing plants, and other agribusinesses, to learn more about careers and opportunities that are available in BC's agricultural sector. This year I was privileged to be one of the 33 delegates that gathered in Abbotsford in anticipation for ACQ 2019 to begin.

Over the next week, delegates embarked on a journey across BC, touring the Lower Mainland, travelling up through the Kamloops-Okanagan region and returning to Abbotsford. From May 6th to 11th, we explored many farms and businesses, and learned about the big picture of BC's agricultural industry. We also had the opportunity to learn important career and life skills along the way, such as resume writing, interview skills, and networking.

Day 1 On May 6th, the tour started with a trip, to Annacis Island in Delta. There we had a tour of the Agrifoods Cooperative plant, which creates many popular Canadian beverages and snacks. I especially enjoyed sampling many different types of beverages such as chocolate milk.

The tour moved to Chilliwack, where our next stop was at PrairieCoast Equipment. We learned about three major sectors of the business - sales, service, and supply - and the key roles various people play in them. PrairieCoast supplies John Deere owners all across BC with service and parts. It was especially interesting to see everything from lawnmowers to combines in the repair shop.

The third stop of the day was Rainbow Greenhouses Inc., an industrial greenhouse in Chilliwack that supplies plants for major stores such as Walmart and Home Depot. Delegates learned about the plants' journey from seeds to maturity, through the huge warehouse and greenhouse. I found the flooding system used to water their plants very interesting.

We then travelled to Lac Le Jeune in the Kamloops area. In the evening, delegates participated in career-focused sessions that gave us tips and skills for job searching, writing cover letters, and finding good career matches.

Day 2 On May 7th, the day started in Kamloops at Willow Ranch. Here we met Alecia Karapita and Wallace Huston, the owners of the Ranch, who raise Angus beef cattle. We learned how they manage irrigation, and handle sales and herd management. As well, we heard the story behind their successful ranch. As a Horse 4-H member, I found it very interesting to learn about the unexpectedly diverse range of opportunities and challenges that come with raising beef cattle. We also had the pleasure of meeting Bree Patterson from the BC Cattlemen's Association, who shared with us how the Association functions, what it does across BC for farmers and cattle ranchers, and the many benefits of membership. We also enjoyed meeting with Gillian Watt from the Thompson Rivers University (TRU) Applied Sustainable Ranching Program. This program partners with university students working towards a career in farming and ranching, providing a unique education opportunity that includes hands-on work in a setting of the students' choice and classes on sustainable ranching practices for the management and growth of future farms.

Next, we toured Farmer John's Market in Grindrod and enjoyed lunch there. Farmer John's is a family-run dairy farm and market that produces and sells dairy products and other farm fresh goods. We learned about the challenges of running a dairy farm, and how the family manages a comfortable and modern milking facility for their cows. We also had the opportunity to learn about how the business uses robot technology to be incredibly efficient and cost-effective.

The last stop of the day was Fieldstone Organics in Armstrong. Fieldstone is an organic, non-GMO mill business that processes grains from farms across the Okanagan area of BC and Western Canada. We learned about how the mill is run and how carefully organic farmers run their businesses to prevent cross-contamination at all stages of production.

At the end of the day, we had the opportunity to attend a career launch session run by a representative of RBC. Delegates learned how to access personal well-being, reach their potential, and create a personal profile and professional plan for our next career steps.

Day 3 On May 8th we travelled through the Central and South Okanagan, beginning with a tour of Kelowna's BC Tree Fruits, a cooperative of farmers. At their facility, all types of fruits are sorted, packaged and shipped for international export as well



FIELD OF CLOVER

Submitted by: Marina Van Woudenberg
First Year Ambassador

as domestic sale. We also toured their cidery that produces high quality fruit beverages, as well as their market dedicated to selling local fruits, vegetables products.

Next, delegates visited Fitzpatrick Family Vineyards in Peachland to learn about the wine industry in BC. We learned how grapes are grown and the vineyards managed, and how wine is produced throughout the year. Most of us were too young to actually sample the variety of wines they offer, but the lovely setting of the historic Greata Ranch was inspiring.

The last tour destination of the day was the Summerland Research and Development Centre. We toured the facility and learned about experiments spanning nearly every field of agriculture in BC, and the ways in which they partner with other countries and provinces to share accurate data and important scientific discoveries. The day concluded with a career session that focused on the valuable skill of networking.

DAY 4 On the second last day of the tour, we returned to the Fraser Valley and began our day at WestGen. WestGen is the leading cattle genetics and reproduction company in Canada, providing artificial insemination (AI) all across the country. This year, WestGen is celebrating 75 years of successful business.

The next stop was Lepp Farm Market in Abbotsford. We learned about the Lepp family's values and how the family-owned business has grown from a simple pig farm to a multi-commodity operation that now includes a full butchery, local fresh produce and products in its large market, as well as a terrific bistro.

The last stop of the Agri-Career Quest tour was Clearbrook Grain & Milling. We toured the mill and learned how the company supplies grain products for many farmers across the Fraser Valley. I was surprised at the number and variety of products that they offer.

DAY 5 On the final day of ACQ, delegates put their networking skills to use, having the opportunity to speak with several professionals in agriculture. We heard from individuals working in finance, GIS mapping, education, and more.

I feel privileged and grateful to have been chosen to participate in the amazing learning and growing opportunity that was Agri-Career Quest 2019. I personally learned so much about agriculture in BC, and my eyes were opened to the many possibilities for a career in agriculture that I could pursue in my future. Thank you again to 4-H BC, sponsors, and all of the participating farms and businesses for this amazing opportunity!

FIELD OF CLOVER RECOGNITION 2019



EMERALD \$5000 +

CANADA

- Aubrey Searle
- Nicomekl Farms (Sandy & Dave Janssens)
- Jack Keep

SAGE \$250-\$999

- Barry & Terry Remus
- Margaret Little
- Jean Gregson
- Tom Barichello
- Sara Ann Williams
- Jay Manton
- James Roode
- 4-H Ambassadors

JADE \$1000-\$4999

- Mabel Shykora
- Sharron Follett
- Frances Bolton

CLOVER \$25 -\$249

- Karen deGoesbriand
- Cedar Women's Institute
- Napier Lake Ranch
- Geoffrey Farmer