



4-H Provincial Conference

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"Fantastic!" "Rejuvenating!" "Inspiring!" "Fun!"

— these were a few of the words that 233 4-H Homemaking club leaders used in describing the 3rd Annual 4-H Homemaking Club Leader's Provincial Conference which was held at the Holiday Inn, Toronto, on November 19, 20 and 21, 1981.

Thursday evening's opening session issued a warm welcome to all the delegates. Miss Molly McGhee, Director, Home Economics Branch, thanked the leaders for their dedication to the 4-H program across the province.

To aid in meeting new friends, Joyce Canning, Regional Supervisor of Home Economists, Guelph, directed a fun activity — the Sack Shake. It wasn't long before each person had become acquainted with a number of fellow leaders.

Mrs. Dorothy Needles, Drama Consultant, led a session for half the group on 'Skits without Scrambles'. Leaders had an opportunity to experiment with different ways of assisting members in developing ideas for skits. Creativity came to the fore as leaders put theory to practice with the aid of scarves, fabric, boxes, papers and pens. Through discussion, leaders were able to share their techniques for involving 4-H members in skits.

Mrs. Beverley Brown Carson, Home Economist for Norfolk & Haldimand counties introduced the other delegates to "The Seven S's of Social Recreation". Through lecture and practical activity the leaders were able to discover the importance of —

1. Starters — The mixer games that make everyone feel at home.
2. Songs — By choosing familiar and easy songs, everyone becomes involved.
3. Spiritual Recreation — With songs or readings, this makes the audience think.
4. Stretchers — Informal exercise is a good change of pace.
5. Stunts/Skits — These require preparation but always entertain the audience.
6. Socializers — These games and activities help people to get-to-know each other.
7. Signatures — A way to close-off an evening.

The second day of conference saw the 4-H Homemaking club leaders at the Royal Winter Fair for the morning. Highlights at the fair included the 1981 Queen's Guineas 4-H Show, the Flower Show and the Foodland Ontario displays.

The afternoon speaker, Dr. Terry Burrows, Toronto, caught the leaders' attention with his topic "Stress and Adolescents". Dr. Burrows assured the leaders that stress is a fact of life and that our individual methods of dealing with stress form, in part, our personality. He pointed out that recognizing adolescent stress is a key to understanding and working with youth. The delegates were particularly interested to hear Dr. Burrows' principles of stress management which are similar for adolescents and adults. A highlight of the afternoon was a demonstration on how effectively we can control stress within ourselves.

Later, Ruth Marcou, Regional Supervisor of Home Economists, London, led a discussion and exchange of ideas on 4-H topics. The leaders had an opportunity to form

Three Days to Remember!!



4-H Homemaking Club leaders from various parts of the Province discuss how they will introduce some of the new ideas gained during the Conference, into their Club activities.

small groups and share their experiences as 4-H leaders in their individual communities.

Friday's program was concluded with that evening's banquet. All leaders enjoyed the treat of having such a lovely meal served to them.

Dr. Clare Rennie, Assistant Deputy Minister, Education, Research and Special Services, brought greetings on behalf of the Ministry of Agriculture and Food.

The evening's speaker, Dr. Richard Barham, Department of Family Studies, University of Guelph, commented on "Families — Dead or Alive?". In his update on family statistics and situations, Dr. Barham emphasized the positive attitude that families will continue in society. He discussed the many variations in family combinations which are present today.

The final conference session, on Saturday morning was given to the vital topic "Leadership is Communication". Mr. Jim Mitchell, Grey County Board of Education, used many examples from home and school situations to illustrate the importance of communications. He stressed five aspects of communications

- self concept
- listening
- clarity of expression
- coping with anger
- self disclosure

The delegates were able to see the effectiveness of the various communication methods which they use.

The conference wind-up featured closing comments from Lorraine Holding, Associate Director, Home Economics Branch. All leaders left for home having gained new friends, new experiences, new ideas and new enthusiasm for the vital role which they play in the community. "Learn to do by doing" — the motto of 4-H — applies to leaders as well as members as they share their new ideas with fellow leaders and 4-H members in their own counties.