

“4-H Brings Plenty of Opportunities to the Table”

Breagh Ross used to cringe at the thought of public speaking. Now, speaking in public is a routine activity for the 18 year old Kings County resident.

Breagh Ross is a 4-H member in Kings County and a member of the Western Kings 4-H Club. She started with the club when she was 12 years old.

“4-H has taught me that public speaking isn’t something to be scared of,” says Breagh. “Before I was a member, I would cringe at the thought of making a speech, but now I just have fun with it.”

4-H is a youth organization which encourages care and responsibility for our (agricultural) resources and provides youth and young adults with the opportunity to develop communication, leadership, social, sportsmanship, technical and life skills. There are close to 2,400 members and 90 clubs in Nova Scotia. More than 80 countries worldwide have 4-H clubs.

Breagh is from a rural setting and admits that her involvement with 4H opened her eyes to agriculture and the opportunities that exist within the industry by introducing people who live in the cities and towns to the world of agriculture. She says she was unaware of the importance of agriculture within local communities at first, but 4-H taught her about the benefits of supporting local farmers.

Like Breagh, many 4-H alumni say that the travel opportunities they were able to take part in were among the best experiences of the program. The Nova Scotia 4-H program offers many travel opportunities for members through their project work, public speaking and national award interview competitions.

In fact, her most memorable 4-H experiences include going to the Citizenship 4-H Conference in Ottawa and a trip to Toronto to attend the Royal Winter Fair with her beef heifer.

“The 4H program is great for youth because it teaches you the importance of agriculture in your community and essential life skills that are used every day at school and work. The best part of 4-H is the knowledge you gain, the opportunities that are given to you and the friendships you build,” says Breagh.

Even though 4-H has strong agricultural roots and strives to promote the importance of agriculture to Nova Scotia, a common misperception is that 4-H is only for farm, country and rural youth. The truth is, many 4-H members in Hants and Kings counties come from an urban setting and do not live on farms or in the country. 4-H offers 25 projects that are not livestock based including scrapbooking, welding, environment, cake decorating, woodworking and photography.

“I think the biggest challenge for 4-H in Nova Scotia is participation,” says Breagh. “If kids were more aware of the many opportunities 4-H can give them, then even more youth from all backgrounds would get involved, and the more youth involved the stronger our program will be across the province!”

For more information about the 4-H program or if you are interested in starting a 4-H club in your area, contact the Valley Region 4-H office at 679-6027 or e-mail truemabc@hotmail.com Visit the Nova Scotia 4-H website at www.gov.ns.ca/agri/4h

Submitted by Beth Trueman
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Breagh Showing her Hereford
Beef Heifer “Missy”

