

35 Rural Organizations

Resource Kit for Nova Scotia Farmers

Anytime you move to a new place, it takes time to build connections with new friends, neighbours, businesses, and other organizations in your new community. This transition period can be even more difficult for those who are moving to a rural area for the first time.

While rural areas can be pristine and quiet, some former urban dwellers may also experience rural life as lonely and isolating. Successful farms are never run in isolation and it's important to make contacts in your community. Your new community may seem quiet, but you'll probably soon find that there is a lot going on. Below we list some of the organizations that are active in many rural communities across Nova Scotia that you may be interested in contacting.

4-H

4-H is a nationwide program for young people, ages nine to 21. The goal of the 4-H program is to develop community leaders and responsible citizens through a variety of technical and life skills training, unique networking opportunities and a hands-on learning experience. In Nova Scotia, there are more than 90 4-H clubs that function with the help of adult volunteers and the support of the Department of Agriculture's regional staff.

The 4-H motto is "Learn to do by Doing." Members can choose from a variety of 40 projects, including real-life skills, crafts, sewing, woodworking, scrapbooking, dairy, heritage, beef, foods, poultry, dog obedience, sheep, photography, First Aid, and computers. These projects help 4-H members develop practical skills and life skills, like self-confidence, leadership, decision making, teamwork, organization, parliamentary procedure and sportsmanship.

Members' projects are celebrated each year at the club's Achievement Day. From there they may enter their projects into competitions at their local exhibitions, the winners of which compete at the annual Nova Scotia 4-H Show.

4-H also teaches communication skills on a club level. Members are eligible to compete on a county, regional, and provincial level - at 4-H Weekend each May. 4-H alumni often say that the communications training they've received in 4-H was very beneficial in terms of helping them achieve their personal and career goals later in life.

In addition, 4-H allows youth to make new friends, make connections in their local community, and take part in club and community activities, sports and games, picnics and campouts, tours and exchanges. 4-H members increase their knowledge and develop new skills, acquire a positive attitude towards learning, develop the ability to make wise decisions, learn to work effectively in groups, participate in new experiences, develop a sense of responsibility, and acquire leadership and entrepreneurial skills.

The 4-H program instills confidence in youth and has long-lasting effects – opportunities for employment in agriculture, respect for communities and our resources, a high level of citizen engagement and strong leadership in rural organizations. 4-H is more than you've ever imagined!

If you have children aged 9+, consider enrolling them in your local 4-H club. In addition, consider becoming a 4-H leader in your local club. With such a wide variety of projects and other skills, every adult can make a contribution. For adults and youth, 4-H is a great way to meet new people and work together to build a stronger community.

For more information about 4-H, visit: www.gov.ns.ca/agri/4h/.

If you are interested in joining the 4-H program, either as a member or a leader, contact the Regional Agriculture and 4-H Leadership Coordinator in your area.

4-H Provincial Office

176 College Road, Harlow Institute, Truro, NS B2N 5E3
(902)893-6585; lennerfr@gov.ns.ca

Eastern Region (Pictou, Antigonish, Guysborough Counties)

Dawn Barrington-Hodgson
190 Beech Hill Antigonish NS B2G 0B4
(902) 863-7501; barrind@gov.ns.ca

Central Region (Colchester, Cumberland, Halifax-East Hants Counties)

Jacqueline Hoyt
157 College Road, Truro, NS B2N 5E3
(902) 893-6586; hoytjm@gov.ns.ca

Western Region (Yarmouth, Digby, Annapolis Counties)

Jean Ward
86 Atlantic Avenue, Cornwallis Park, NS B0S 1H0
(902) 638-2387; wardje@gov.ns.ca

Valley Region (Hants, Kings Counties)

Valorie Oickle
Kentville Agricultural Centre, 32 Main St., Kentville NS B4N 1J5
(902) 679-6027; oicklevh@gov.ns.ca

South Shore Region (Lunenburg, Queens, Shelburne Counties)

312 Green Street, Lunenburg, NS B0J 2C0
(902) 634-7575; oicklevh@gov.ns.ca

Cape Breton Island

Marina Gillis (Cape Breton, Victoria Counties)
303-320 Esplanade, Sydney, NS B1P 7B9
(902) 563-2001; gillisma@gov.ns.ca

Rhonda MacDougall (Inverness, Richmond Counties)

Box 70, Mabou, NS B0E 1X0
(902) 945-2901; macdourm@gov.ns.ca

County Federations of Agriculture

There are 13 county/regional federations of agriculture located throughout Nova Scotia that are sub-divisions of the provincial organization, the Nova Scotia Federation of Agriculture (NSFA). The county federations are groups of farmers and farm families that organize local social events, discuss local issues and bring representation to the provincial level, through the Nova Scotia Federation of Agriculture.

A portion of the farm registration fee is directed to the appropriate county federation to support local activities. (For more information, see Fact Sheet #11 - Farm Registration.) Many county federations have monthly meetings or gatherings, send newsletters and are involved in local agricultural

awareness and farm safety initiatives. Please contact the provincial office of the Nova Scotia Federation of Agriculture at (902) 893-2293 for the current contact information of your local county federation. Check out more online at www.nsfa-fane.ca

The following is a list of County Federations of Agriculture in Nova Scotia:

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| 1. Annapolis County | 7. Halifax-East Hants |
| 2. Antigonish/Guysborough Counties | 8. Hants County |
| 3. Cape Breton / Richmond Counties | 9. Inverness/Victoria Counties |
| 4. Colchester County | 10. Kings County |
| 5. Cumberland County | 11. Lunenburg/Queens Counties |
| 6. Digby County | 12. Pictou-North Colchester |
| | 13. Yarmouth / Shelburne Counties |

Women's Institutes of Nova Scotia

Women's Institutes of Nova Scotia (WINS) is a provincial not-for-profit organization. WINS has various aims and objectives that span from awareness of issues and encouraging good citizenship to preserving traditional arts and crafts and helping women acquire the knowledge and skills needed to meet demands of life in the 21st century. These objectives are accomplished through programs, projects, information exchanges, leadership training courses, national and international affiliations, submissions to all levels of government, service on boards and agencies, all with an effort to promote and improve the role of women in our society.

WINS has more than 700 members provincially that form 57 branches. The branches each hold monthly meetings that cover various topics and often feature guest speakers, on-hands activities, trips and tours and other activities. The branches are grouped into districts by location. The districts each have one district director that sits on the provincial board and acts as a liaison between the branches and the board.

Provincially, WINS supports various non-profit organizations such as the Alzheimer's Society, Salvation Army and local hospitals through both monetary donations and handcrafted supplies. WINS also has a representative sit on the Nova Scotia Agricultural Awareness committee, Nova Scotia Farm Health and Safety committee and the Select Nova Scotia committee. WINS advocates for farm safety, supporting local producers and many other causes that affect life for the rural population.

For more information or to learn how to join, please contact the WINS Provincial Office at:

Phone: (902) 893-6520

Fax: (902) 893-2757

E-mail: wins@gov.ns.ca

Website: www.gov.ns.ca/agri/wi/

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