



CANADA
4-H Saskatchewan

NORTH REGIONAL

**BOARD &
AMBASSADOR
NOMINEES**

**2025 SASKATCHEWAN 4-H COUNCIL
ANNUAL GENERAL MEETING**

4-H SASKATCHEWAN COUNCIL

Board of Directors

Nominees

Donna Friesen

4-H Leader | Carlton Trail 4-H Club

I live in Drake with my husband, Herb. We are a third-generation farming family that have been involved in the agriculture industry for over 40 years. Some of the industries we have been involved with over the years are purebred Angus cattle, dairy and grain. Our 5 children have all been involved in 4-H and now I am enjoying watching my grandchildren experience 4-H. I have been a project leader or general leader in the Carlton Trail 4-H club for 20 years. I have organized club, district, and regional public speaking events as well as club judging events. Other events I have been involved in include attending the Annual General Meeting as the voting leader delegate for District 43 for the last five years and chaperoning at Provincial Judging competitions.

Outside of 4-H, I have been involved with Toastmasters International, achieving my Distinguished Toastmaster designation. I am active in my church, including preaching, worship leading, and have held various positions on the church board, including chairman. In 2017 I completed my Master of Arts in Leadership and Management. I am currently the librarian for our local library.

4-H is a marvelous opportunity for youth to learn to do by doing and I consider it a privilege to help youth explore opportunities. Participating at the board level would allow me to share my love of 4-H at the next level. One of my passions is it to get non-agricultural kids involved in 4-H. We have an excellent program that I would like more people to access.

4-H SASKATCHEWAN COUNCIL

Board of Directors

Nominees

Laurie Vidal

4-H Leader | Makwa 4-H Beef Club

I was born and raised on a cattle ranch in Northwestern Saskatchewan. We've run a purebred Shorthorn and commercial herd since the beginning, being up to a 365 head cow herd at its peak. I started 4-H as a Peewee at 5 yrs old and continued to the year I turned 18 and graduated grade 12. During those years and after graduation I also trained horses for riding. A few years after graduation I went to work on the drilling rigs In Alberta, which lasted over 12 years -working half of that as a driller as well as full time farming with my parents the whole time. I was able to quit the spring of 2013 shortly after my first child was born and went farming full time with my wife Kate. We took over the family farm completely in 2015 and started a farm equipment rental and sales company, Yellow Rose Rentals, in 2019. I also served on the Beaver River Agri-Environmental Group council for a few years. Currently we have 2 kids in multiple projects in 4-H with one more coming up in age for next year. I am an active Project Leader, past General Leader, past District 36 4-H Vice President as well as I serve on our local districts Show and Sale Committee.

I look forward to the opportunity of joining the board to gain an understanding of the current goals and plans of the province and its members, for now and the future. Having the opportunity to be able to assist in helping the province and all members achieve these goals is something I look forward to if chosen to join this board.

4-H SASKATCHEWAN COUNCIL

Board of Directors

Nominees

Larry Spratt

4-H Leader | Beatty Beef 4-H Club

My name is Larry Spratt, I live near Melfort on a multi generational farm where we grow wheat, barley, oats, canola, faba beans, alfalfa, tame hay and raise purebred Maine -Anjou cattle. I am married and have 4 kids. I have a Bachelor of Science from the University of Saskatchewan with a Major in Mechanized Agriculture and a minor in Agri-Business.

My extended family has been involved with the Beatty Beef 4-H club for three generations. Currently 3 of my children are members in the club and I have been a leader for 14 years. I was a member for 11 years and was president of district 27 for the past 5 years.

My previous board experience includes being a director with the Canadian Young Farmers Forum, the Saskatchewan Young Agricultural Entrepreneurs, the Grain Growers of Canada, the Canadian Foundation for Food and Agricultural Education and Affinity Credit Union. Through some of these board experiences I was able to serve as a delegate for Agriculture and Agri - Food Canada at American Farm Bureau Federation events throughout the United States.

As a director with the 4-H Saskatchewan Council I hope to help continue the strong legacy that 4-H has had within the province. I would like to provide the leadership and assist in the communication that is needed between the organization's members, staff and directors.

4-H SASKATCHEWAN

Ambassador Council

Nominees

Aiva Bieber

4-H Member | Next Step 4-H Club

I have been in 4-H for 11 years, and I have learned many skills through this program. I have done the Beef project for most of my 4-H career, but this year I joined the Next Step Club, and am taking the 4-U Self Determined project. I am also a first year 4-H Ambassador this year! I have participated in various 4-H activities over the years including public speaking, judging competition at all levels, 4-H sanctioned cattle shows, Community Leadership Conference and AGM, and Prairieland Youth Leadership Conference, to name a few. I have also volunteered with 4-H at different community events like Agribition, Ag In Motion, and decorating the Fillmore Nursing Home for Christmas.

I am currently in my second year of the Agriculture and Food Production program in Saskatchewan Polytechnic, where I have learned the value of public trust in Agriculture, which is something I want to promote through the 4-H Ambassador program. I have grown up on a mixed cattle and grain farm, and realise the importance of advocacy in the agriculture sector, and I think being a 4-H Ambassador would be a great way to promote 4-H and agriculture in Saskatchewan. I have volunteered in my community in many ways, like for youth programs such as the local Wolseley Dance Club competition and working the booth for hockey games. These experiences have allowed me to give back to my community in a meaningful way.

I want to join the Ambassador council again this year because I understand how impactful 4-H is to youth in Saskatchewan and how 4-H also allows us to give back to our communities. I want to continue to promote 4-H through the ambassador program in 2025. 4-H has opened me to so many opportunities and allowed me to meet new people, and I want to be someone who inspires others to join this program and have the same opportunities I do. Overall, I want to not only contribute to 4-H promotion, but also learn more about this incredible organization.

Emery Shkopich

4-H Member | Meadow Lake 4-H Beef Club

My name is Emery Shkopich and I am an intermediate from the Meadow Lake 4-H Beef Club in District #36, North Region. I started 4-H when I was 6 and this will now be my 10th year in the 4-H Beef program. My current role in my club is the secretary position, and I am also a member representative for my district. This year I am taking a steer, heifer, 2-year old pair and a 3-year old pair. My family ranch runs a mixture of purebred Black Angus and commercials. Outside of 4-H I play rugby with my local club. This year I will get the chance to go to Newfoundland with my club, this is a YMCA program and I will get to tour, play rugby, and fulfill volunteer and community service hours.

I am a very involved 4-H member and willing to volunteer for anything. So far this year I have been to club and district public speaking, all of my meetings including club, district, and show and sale, weigh days, club curling, district curling, and regional curling. Last summer I also had the chance to attend and participate in the 4-H Provincial Show. I learned many new things and met new people.

District 36 was nominated for the non-profit organization of the year at the Meadow Lake Business Excellence Awards. I was able to represent our district and our club at the event, when we were chosen as the non-profit organization of the year. My experience with being in 4-H has been amazing. I've learned so many new things, made new friends, and taught or helped new and younger members.

Some of my skills are public speaking, helping other members, working with cattle, paying close attention to details, and leadership roles. I have work experience with my family working on the ranch, feeding and calving cows and driving farm equipment. I also have volunteer and community service hours helping local businesses through school, rugby, 4-H and extra curricular activities. This has taught me teamwork and leadership skills that I think will be needed for the role of an ambassador. If I was on the ambassador council, I would gain experience for my education and a future career in agriculture. It would also teach me leadership and teamwork skills moving forward. Being on the ambassador council will help me pass on ideas and values to our future 4-H members.

Hanna Hougham

4-H Member | Hillmond 4-H Club

My name is Hanna Hougham, I am 16 years old and this is my 11th year in 4-H. Currently, I am a 4-H Saskatchewan Ambassador, Jr. President of District 35 and President of the Hillmond 4-H Club. I have also held positions like reporter, treasurer, secretary and vice president. I have participated in various 4-H events at the club, district, regional, provincial and national levels. One of my biggest highlights was North Summer Camp where I have gone as a camper, C.I.T, and Counsellor. Attending Praireland Youth Leadership Conference, travelling to Members Forum 2024, and going to Annual General Meeting.

I am also the President of my schools Student Representative Council. I volunteer in my local community. I want to continue on the Ambassador Council to give back. I thoroughly enjoyed my first year as an Ambassador and I feel I understand the program even better now. I think 4-H is an incredible program, one I feel very fortunate to be a part of. I want to share 4-H with as many people as possible to promote such as incredible program. I want to get the word out that 4-H is for everyone! With this, 4-H has been a significant part of my life, and I want to pay it forward. I think continuing on the Ambassadors Council is a great step in that direction. Over 11 years in 4-H, I have gained knowledge about many different aspects of 4-H and can contribute this knowledge. I think I could gain many things from this experience, such as the opportunity to develop my communication and leadership skills!

Riley Hessdorfer

4-H Member | Three Lakes 4-H Beef Club

I am Riley and am the current treasurer of the Three Lakes 4-H Beef Club. I have been in 4-H for 10 years and was the treasurer and reporter in the past. This would be my second year as an ambassador. I am in the steer project and have done feedlot, woodworking, best of bakery, poultry, and 4-U projects in the past. I like going to camp and being at Agribition and volunteering at the booth. I hve my own business and made the 4-H ornaments for the store this year. I have done most sports through my school and am part of the Student Leadership Council in my school.

I would like to be an ambassador again because I like telling people about 4-H and like going to dances and camp and helping at Agribition. I want to be a CIT this year and tell my school more about what 4-H is.

Annelisse Lamoureux

4-H Member | Beatty Beef 4-H Club

My name is Annelisse Lamoureux, I was born and raised in Melfort Saskatchewan. I have been in 4-H for seven years and get the privilege of showing a market steer in the annual regional show held in Melfort. In my years of 4-H I have spent five years as a secretary and two as a club reporter. I have always been driven and passionate about volunteering around the community. I got the chance to volunteer at the Saskatchewan health authority, of meals on wheels program for the Beatty beef 4-H club as well as Salvation Army, Kinsmen club, and the Jubilee lodge, long term care facility. I also got the opportunity to compete in the Provincial 4-H show and got reserve champion in team grooming alongside two other amazing 4-H members. Outside of 4-H I play on the Junior A volleyball team and was head captain. I still pursue volleyball on the club level for Melfort Storm. I also have the love for art and have been in Mucc drama club for three years. This year I was asked to be in the senior play for my specialty of being a leader and being able to be a helping hand for the freshmen play. I not only want to help others but learn from my peers. My future plans after school is to attend university in the field of medicine, and hopefully get my doctorate as occupational therapist where I can continue my passion for helping others.

Corbin Hessdorfer

4-H Member | Three Lakes 4-H Beef Club

Hi I am Corbin Hessdorfer, I am the Vice President of the Three Lakes 4-H Beef Club and President of District #21. I have been in 4-H for 11 years and am currently in the Market Steer Project but have done: Feedlot, Best of Bakery, Cake Decorating, and Woodworking. I play football and guitar. I enjoy taking courses on agriculture, mechanics, and welding through school and work for a local plumbing company where I have learned lots about plumbing.

This would be my second year as an Ambassador and I want to join again because I like being at Agribition, both in the booth and at the cooking stage and I like telling others about what 4-H is all about. I also like being a part of a group that really gets to be a part of something different in 4-H because you get to connect with others that you might not normally connect with. 4-H has been great to me and taught me about people, public speaking, and communications and I think everyone should get involved.

Katherine Possberg

4-H Member | Next Step 4-H Club

I have been a part of the Next Step 4-H Club for the last 2 years, taking the 4-U project while in university taking the animal bioscience program at the University of Saskatchewan. I also took the steer and heifer project with the Viscount 4-H Beef Club for 11 years before that. I've held various executive positions such as treasurer, and vice president in these clubs. I grew up on a mixed grain and cattle farm near Humboldt. I also enjoy showing my purebred Shorthorn Cattle at CWA and Canadian Jr National Shorthorn Show every year. One of my favourite parts about 4-H is the people I have got to meet through various conferences and other opportunities. I went to 4-H summer camp as both a camper and then a counsellor for a couple years, competed at PYLC and was an ambassador for a term in 2021 and again in 2024. My provincial 4-H involvement also includes competing at provincial judging and public speaking various times and attending 4-H AGM as a voting delegate twice. I would love the opportunity to be an ambassador for another term, to advocate for the 4-H program, and the experiences and skills it provides youth with to be successful in their future endeavours.

Teresa Friesen

4-H Member | Carlton Trail 4-H Club

What interests me most about the role is talking to others about how they learnt to be a leader through the 4-H program and talking to others that don't know about 4-H to learn more about it. Showing members and future members that public speaking is not just a requirement but a skill that will help them in their future indefinitely.

I feel 4-H can be promoted by being active in the community and showcasing how 4-H has helped throughout the years. Having presentations at schools to show that 4-H isn't only a beef project and that there are other projects they can finish.

My favourite part about 4-H is working throughout the year on my project and talking to other 4-H members that have more experience to learn more. As well as mentoring the younger members that need the help throughout the year. Competing in public speaking has also been a highlight for me through the years as a 4-H member.

Liam Aumack

4-H Member | Medstead Multiple 4-H Club

I'm Liam Aumack, I am 16 years old and I am in my twelfth year of being a 4-H member. I am the current treasurer for the Medstead Multiple 4-H club and have been for the past two years. I live on a small farm about 20 minutes south of Spiritwood, Sk. I attend Spiritwood High School and am currently in my second semester of grade eleven. I am also currently enrolled in the Saskatchewan Youth Apprenticeship Program, through my school, as I am wanting to become an Electrician.

I have volunteered at 4-H camp as a CIT and as a Counsellor at Big River. I also went there as a camper since I was nine. I am planning on applying to be a Counsellor at both North and South camp this year. On February 1st and 2nd I attended the 2025 Prairieland Youth Leadership Conference where I got to see some old friends as well as make new ones. I was one of the people who were lucky enough to go on the Members Forum trip to Oakville last November which is where I learned about the ambassador council from other members that I met on the trip.

I love being in 4-H because I get to meet new people and get to see different perspectives of people from different places. I am in the beef project this year and am taking a heifer and a bull calf to our District 33 Regional Show in Spiritwood. I enjoy halter breaking animals for myself and helping my brothers which I would not have learned without being a part of 4-H. Working with cattle, and children at camp as a Counsellor, has taught me to be patient and accepting of others and open to new perspectives. 4-H has shaped the person who I currently am and who I will become in the future in a way that no other club or group could have.

Logan Gerlinsky

4-H Member | Maidstone Gully Multiple 4-H Club

My name is Logan Gerlinsky and I am a member of the Maidstone Gully Multiple 4-H Club. This is my 8th year in 4-H. This year I am in the archery and sewing projects. I have also completed small pets, woodworking and movies & munchies projects. My current roles with the club are the District 35 senior representative and on the finance committee.

I have attended the North 4-H Camp for the past three years which has allowed me to make new friendships each year in addition to expanding my existing friendships from previous years. 4-H camp has allowed me to gain new skills and experiences such as riflery, tomahawks, public speaking, the ability to meet new people, and working with other people. I plan to be a counselor in training as well as counselor in the future at the camp.

4-H has allowed me to be successful at many things, such as curling. My club entered a junior curling team into our District curling competition which we finished in 2nd place. The 1st place team was unable to move onto Regionals, so my team moved on. At Regionals we finished 1st to move on to Provincials. We finished in 5th place at Provincials which was an awesome experience. I hope to make it back to Provincials one day in the future.

Public speaking has allowed me to be not as nervous in front of crowds and able to confidently give reports at my club meetings. It has helped me be more self-confident at school when doing presentations and speaking in front of my class.

I would like to be part of the Ambassador Council because I believe it will be an incredible experience, that will allow me to continue growing in my self-confidence as a member and future leader, all while having a great time meeting new people and promoting a program, what I am proud to be part of.

Vanessa Charko

4-H Member | Moose Range 4-H Beef Club & Carrot River Light Horse 4-H Club

My name is Vanessa Charko. I am 17 years old. I have been a member of the Moose Range Beef club for 5 years and a member of the Carrot River light horse club for 10 years. I have held the positions of president, vice president, secretary and club reporter. I've also been the president of our district for three years. I have been a counsellor at the north summer camp in big River which I enjoyed and hope to attend again this year.

I have competed in judging up to the national level with 4-H Saskatchewan. I have also competed in 4-H curling up to the provincial level. I attended PYLC for the first time this year, which was a great experience. I have gained so much knowledge and experience in all of the 4-H opportunities that I have participated in. I have worked as a waitress and for an Ag company doing their soil testing. I will be working for them again this fall. I hope to go to the U of S and take agronomy when I am done high school. I have volunteered at our local curling rink with the learn to curl program for the last three years. I've volunteered at the local nursing home each year at Christmas when they have their tree auction fundraiser. I think I would make a good ambassador for 4-H Saskatchewan because I am an outgoing person that could help promote 4-H and all of the opportunities that come with being a member.

Hailey Spray

4-H Member | Tisdale 4-H Beef Club

My name is Hailey Spray, I'm 13 years old and a member of the Tisdale 4-H Beef Club. I have been in 4-H for 7 years. I held the position of club photographer for one year and then moved to the position of club reporter for two years. Over my seven years I have had my record book win provincials and went to provincial public speaking twice, with one of them having to be virtual during the pandemic. Having it online had its own set of challenges that I had to adapt to. Other public speaking roles I have done were at Agribition. I was one of the 4-H representatives at the Sask Cattlemen's cooking stage for the past two years. This put me in a position where I could use my comedic and cooking skills without having to look at cue cards. I also like to participate in 4-H activities like ski days and 4-H summer camp!

In school I won first place in class oratory in grades 4, 5, 6, and in grade 7 I won overall oratory. Also in grade 6 I won the Crossroads Credit Union Student Recognition Award, given for my inquisitive nature and positive attitude. In grade seven I achieved awards for the overall best math, E.L.A., and social. I have recently been chosen to go to Honour Band which will be held from May 2-4. It is composed of people in grades 7-8 that were seen as exceptional by their instructor. In addition, I made the Parkland Valley basketball team for the Sask Summer Games in Lloydminster in 2024. My coach said that he chose me for my drive and dedicated performance, he also mentioned later on how I had brought the team together. Though I was not team captain, I was selected to be the warmup captain because of my upbeat personality. Just like in Parkland, I am hoping to build a strong friendship to have for a long time. I also want to educate others about the wonderful life skills 4-H has to offer. With my older sister being an ambassador as well I have seen the wonders it does for both the community and the person. If chosen for the ambassador program, I would like to see if I can get at least one person to gain the skills that I have from 4-H.