



CANADA
4-H Saskatchewan



ALUMNI & FRIENDS NEWSLETTER

Winter 2024



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ABOUT 4-H SASKATCHEWAN

In Saskatchewan, the 4-H program is administered by the Saskatchewan 4-H Council. The entire council meets once per year at the Annual General Meeting where a board of directors and advisory council are elected. The council, through its board of directors, determines policies and programs at the provincial level. The Saskatchewan 4-H Council employs and, by the way of the executive director, directs a 4-H staff team.

Mission

4-H Saskatchewan is a youth empowering organization that promotes community involvement through mentorship as demonstrated by our motto Learn To Do By Doing.

Agriculture Statement

4-H is proud of our agricultural roots. We take an active role in building public trust by developing leaders that grow the agriculture sector.

4-H Pledge

I pledge
My head to clearer thinking
My heart to greater loyalty
My hands to larger service
My health to better living
For my club, my community, my
country, & my world.

Vision

We work to spread the impact of 4-H, to help the youth of today develop skills needed to lead in an ever-changing world.

Core Values

We uphold these core values to create a safe and caring environment where all can thrive:

- Honour & Integrity: Treating one another respectfully & fairly
- Responsibility: Being dependable and accountable for our actions
- Cooperation: Working as a team to achieve our goals
- Fun: Creating positive & enjoyable experiences

**Learn
To Do
By Doing**

FEATURED ALUMNI

Terri Strunk - STARS Chief Fundraising & Brand Officer



The 4-H Saskatchewan office was able to talk with Terri Strunk to find out more about what 4-H means to her and how being an alumnus has impacted her life.

Terri Strunk was born and raised in a rural Saskatchewan community where she was an avid 4-H member. Terri is a 4-H Saskatchewan Alumni who continues to support 4-H in a variety of ways. Growing up in a rural community is where Terri witnessed firsthand the decline in medical services being offered to parts of the province. This led to Terri collaborate with her government colleagues to bring the STARS organization to the province in 2011 to help bridge the gap in medical service delivery.

Before advocating for the STARS program, where she is employed as the Chief Fundraising & Brand Officer, Terri began her career in media, which prompted the creation of her own communications firm in 2014. Terri utilized her communications knowledge to work with the former Premier of Saskatchewan, Brad Wall as the Senior Advisor and Chief of Operations. Also of note, Terri was lauded twice as one of Canada's Top 100 Most Powerful Women by the Women's Executive Network.

When she is not brainstorming with the STARS Foundation team, Terri and her husband enjoy fishing, ice-fishing, and snowmobiling on Lac La Ronge in northern Saskatchewan. She also loves spending time with her children and five granddaughters. An avid football enthusiast, Terri serves as a volunteer Director on the Board of the Saskatchewan Roughriders. She also is a fundraising volunteer with Empty Arms, an organization that helps families deal with pre-natal and peri-natal infant loss.

Q: Can you tell us a little more about your career?

A: I began my career in broadcast media and spent 10 years in both radio and television in Saskatchewan.

After my daughters were born, I became the Executive Director of the Saskatchewan Elk Breeders Association, which married my interest in agriculture and communications.

In 1999 I joined the Saskatchewan Party Caucus as a Communications officer and when Brad Wall was elected Leader of the Official Opposition, I became his Executive Assistant and oversaw the marketing/advertising for the Party. When we formed government in 2007, I was named Deputy Chief of Staff and after we were re-elected in 2011, I became the Premier's Chief of Operations, serving as one of the Premier's strategic advisors.

In 2015 I left the government to establish a communications/government relations firm in Saskatoon. Harris Greenaway Communications offered strategic communications council, marketing and advertising services, public, media and government relations to a lengthy national client list. In early 2020 however, an opportunity presented itself with STARS. Having been part of the government that helped bring STARS to Saskatchewan, I jumped at the chance to work with an organization who has fundamentally changed access to timely critical care delivery across western Canada. Now as Chief Fundraising & Brand Officer for STARS, I am responsible for the STARS Foundation which fundraises for our 6 bases across Alberta, Saskatchewan and Manitoba, oversee the STARS Lottery program and all of our marketing and communications functions. It is an absolute pleasure to be part of every life-saving mission STARS flies and to contribute to a stronger healthcare system across the prairies.

FEATURED ALUMNI

Terri Strunk - STARS Chief Fundraising & Brand Officer

Q: How did you first get involved with 4-H? What clubs and projects were you involved in?

A: I started 4-H when I was 8 years old as a member of the Harris 4-H Beef Club. Both of my parents had been involved in beef clubs in their youth and were strong supporters of the 4-H program. As a result, my brother and I became 4-H members early and were encouraged to participate in all 4-H had to offer.

Q: How did 4-H influence you and your personal development in shaping who you are today?

A: 4-H taught me a wealth of life and social skills. When I think back its amazing to think about how much I learned that would set me up for a successful career path. It was through 4-H that I learned about personal and social responsibility, organization, record keeping, how to run a meeting and be a full participant, fundraising, public speaking and being comfortable meeting new people and trying new things. Through 4-H I was able to travel and see other parts of our province and our country. It expanded my horizons in so many ways, and I truly credit the 4-H program for shaping my personality, my work ethic and providing me the foundation on which to build a wonderful life.

Q: Did 4-H involvement have an impact on your education/career path?

A: It did initially, as I was very interested in agriculture having grown up on a purebred cattle and grain farm. I was also interested in communications and current affairs and as a result spent the early part of my career in both radio and television broadcasting. I credit my public speaking training to 4-H for contributing to my skills and interest in communications and public relations.

Q: Has your 4-H network impacted/benefited you? Are you still connected to other alumni/people you met through 4-H?

A: My 4-H and agricultural roots have always remained important while my career path evolved because the friendships and connections made through 4-H and in the agricultural sector are lifelong. That's part of what makes 4-H so special - the community it builds! To this day, its rare I don't visit a town or attend an event where I don't discover common ground with people who were part of a 4-H program, attended a 4-H camp or who have a shared experience through 4-H. I have many friends I met as a young person through 4-H that I remain close to or stay in touch with through social media.

Q: What is your favourite memory of 4-H either as a youth/leader/parent/ or alumni?

A: I have so many! My favorite memories center around my time as a camper or counsellor at Camp Rayner which was on Lake Diefenbaker in west central Saskatchewan. I loved it there and made so many great friends. The programming was always excellent and I still sing campfire songs I learned from 4-H camp.

Another fond memory is the 1982 Leadership Conference I was selected to attend in Ottawa as part of a Saskatchewan 4-H delegation. It was my first time in our nation's capital, and we met 4-H members from across Canada. It was an amazing experience and I am so grateful I had the opportunity to participate in such a formative program.

Q: What do you feel makes 4-H stand out as a youth organization?

A: What makes 4-H stand out as a youth organization is its pledge and motto - both rooted in helping the individual person understand that they have the ability within themselves to grow and develop and contribute to the greater good. 4-H isn't just about building leaders, its about building the person first, who can then contribute to the club, to the community and potentially assume a leadership role.

Q: Why do you continue to support the 4-H program?

A: 4-H gave me so much! I love sharing my 4-H stories with others and if I can, assisting current 4-H leadership in promoting the program.



FEATURED ALUMNI

Terri Strunk - STARS Chief Fundraising & Brand Officer



Terri is seated on the far left.
Picture was taken at the 1982
Citizenship Seminars in Ottawa, ON.

Q: What role do you feel 4-H'ers play in the future of our province and the agricultural community?

A: 4-H members, present and past are, more often than not, our community, business and government leaders. 4-H'ers are often the people who step up to assist with service clubs, local community projects because we learned to do by doing! This is not just the case in rural areas or in agriculture - 4-H'ers are found at the cabinet and caucus tables in government, leading health care, Chambers of Commerce and major banks! Our 4-H experience has contributed to the fact we are communicators, organizers, innovators and bring people and ideas together - and we tend to live our lives following those same principles we learned in 4-H.

Q: How are you still involved in 4-H?

A: Unfortunately, I am not directly involved with 4-H at this time however I remain a life-long supporter of the program. In my current role at STARS, I have been fortunate to engage with current 4-H members and leadership in partnership at fundraising events for both organizations.

Q: What is one piece of advice you would give to youth members today?

A: Take every opportunity presented to you as a 4-H member. Seek a seat on the executive of your local 4-H club, give that speech, make new friends, travel! The things you learn, the experiences you have, the friends you make and the skills you develop will be with you for the rest of your life.

Q: What is one thing you wish everyone knew about 4-H?

A: How much it will enrich your life and the life of your child. There is no better program out there!



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MEMBERSHIP BENEFITS

Are you a former 4-H Saskatchewan member, leader, or a long-time supporter? If so, then you can become a 4-H Saskatchewan Alumni & Friends member!

In joining the 4-H Saskatchewan Alumni & Friends program, you will be able to enjoy a variety of benefits that include discounts in the 4-H Saskatchewan store, connecting with other alumni, access to select scholarship opportunities, participation in the alumni appreciation program, participating in judging opportunities and regional shows, and becoming a representative of 4-H Saskatchewan.

There will also be opportunities for Alumni to share their expertise with 4-H members through mentorship circles, which can include discussing topics about careers in the agriculture sector, educational opportunities, mental health initiatives, and increasing inclusivity and diversity.



UPCOMING 4-H EVENTS

4-H Saskatchewan offers numerous events throughout the year. This year, 4-H Saskatchewan is partnering with various sponsors to build the Alumni & Friends program. This includes providing volunteer opportunities to alumnus in hopes of strengthening the relationships between alumni and members, as well as for alumni to share their vast amount of knowledge to the youth.

Upcoming events & opportunities include:

- 4-H Saskatchewan Community Leadership Conference & AGM
- Scholarship opportunities (including multiple for alumni members!)
- Public speaking events, curling competitions, judging competitions
- Various volunteering opportunities
- and more!

JOIN THE 4-H ALUMNI & FRIENDS PROGRAM!

4-H Saskatchewan is looking for alumni and longer-time supporters to join our 4-H Alumni & Friends Program! This includes offering a variety of benefits to alumnus and also providing volunteer opportunities in hopes of strengthening the relationships between alumni and the members.



Do you want to be a member of this program? If yes, sign up at alumni@4-h.sk.ca for more details

If you are interested in becoming a mentor or volunteer for any upcoming program, please reach out to alumni@4-H.sk.ca



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4-H SASKATCHEWAN COMMUNITY LEADERSHIP CONFERENCE & AGM

Alumni, members (13+), and leaders are welcome to our Saskatchewan 4-H Community Leadership Conference and AGM where there will be a variety of opportunities to build leadership skills through workshops, discuss bylaws and policy changes, elect representatives to the board, be a minute mentor, meet new people, and other fun activities.

This event is happening March 22-24, 2024 in Saskatoon!

4-H Saskatchewan Community Leadership Conference & Annual General Meeting

March 22-24, 2024 | Saskatoon, SK



For additional information please visit:

📞 306-933-7727

🌐 www.4-h.sk.ca

✉️ programs@4-h.sk.ca

Registration deadline (with hotel) is February 1, 2024- without hotel March 1, 2024

To register, visit our [EventBrite](#) page



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CLOTHING PRE-SALE

Show off your 4-H Alumni Pride with our 2024 Clothing!

4-H Saskatchewan has launched the clothing pre-orders for the 2024 year, which has a variety of colours, sizes, and logos that can accommodate for leaders, alumni, and members.



To order 4-H Saskatchewan swag, please visit the 4-H Saskatchewan Online Store at <https://www.4-h.sk.ca/shop.html>

Preorders will be accepted until **February 15, 2024!**



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4-H Saskatchewan has a variety of ways in which you can donate to help keep our programs running smoothly. One way you can help is to donate part of your will to 4-H.

Wills have surged in the past few years. Here's why:

- You can make a major contribution to Saskatchewan 4-H Foundation.
- You don't use any money you need now.
- You can still support loved ones in the future.

It's pretty amazing what even 1% of your estate can do. See for yourself using the #willpower.ca legacy calculator: <https://www.willpower.ca/legacy-calculator/>



I'm Remembering Both

Keep the love going for what matters.

Support the Saskatchewan 4-H Foundation and the ones you love in your Will.



Support 4-H Saskatchewan



Donations \$20 or more will be recognized with a charitable donation receipt.



MAIL DONATIONS:
SASKATCHEWAN 4-H FOUNDATION
3830 THATCHER AVE
SASKATOON, SK S7R 1A5

ENCLOSED IS MY DONATION OF:

\$ _____

PAYMENT METHOD

☐

Cheque

☐

Credit Card

Name

Address

Town

Province

_____ Postal Code _____

Email

Phone

Card #

Expiry Date

_____ CVV _____

Signature



TELEPHONE DONATIONS:
CALL THE 4-H OFFICE
306-933-7727



ONLINE DONATIONS:
WWW.4-H.SK.CA/DONATE.HTML

CONTRIBUTION OPTIONS

☐

I would like to support the greatest needs of the 4-H Program

☐

I would like to support the current 4-H Program

☐

I would like to support the longevity of the 4-H Program

☐

I would like to support the 4-H Future Fund

THANK YOU FOR YOUR GENEROUS GIFT!