CANADA
4-H Nova Scotia

2026 PROVINCIAL RALLY PROGRAM

Dalhousie Agricultural Campus
Bible Hill, Nova Scotia
May 9, 2026

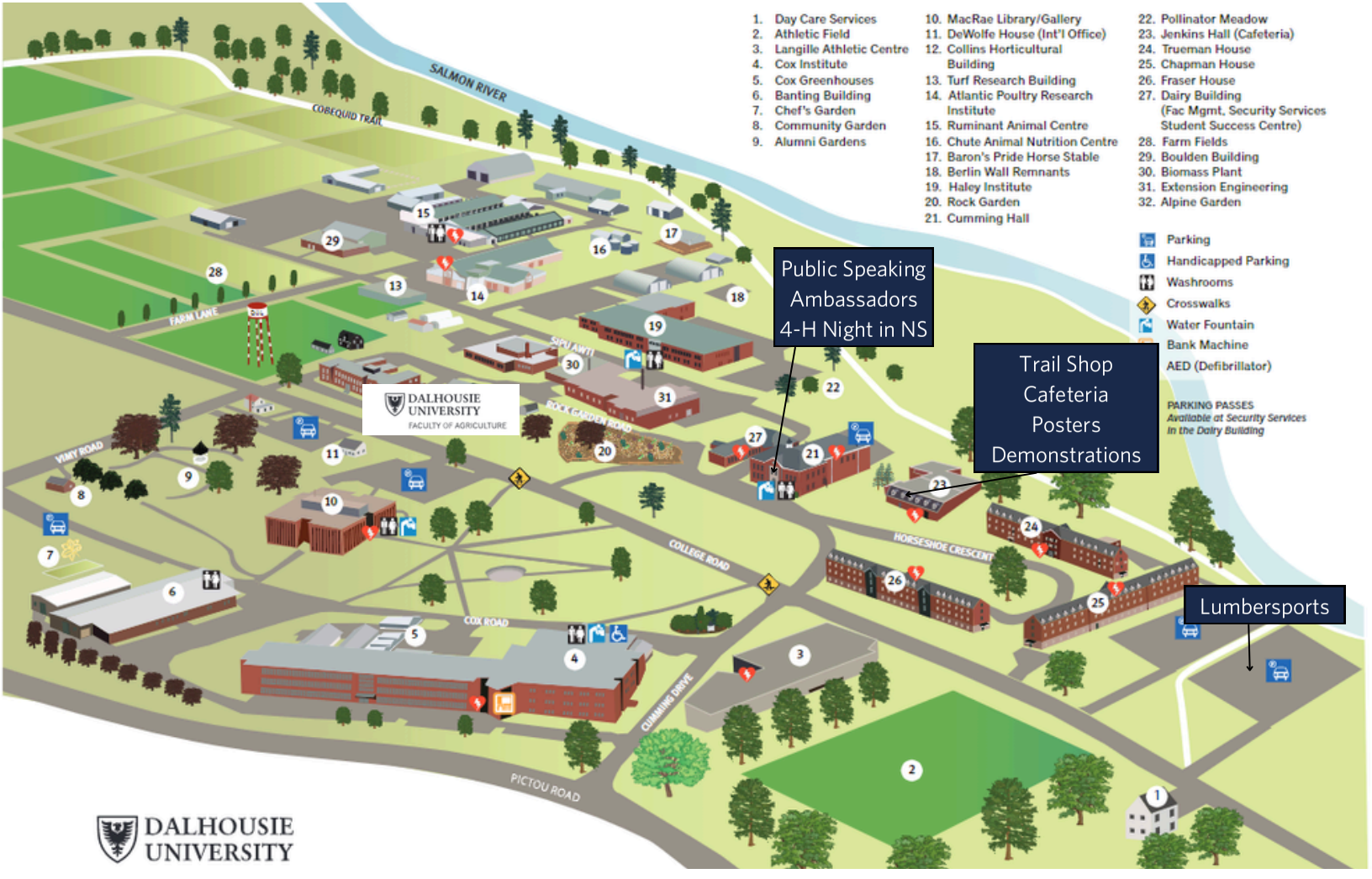
Welcome

4-H Nova Scotia is excited to welcome you to Provincial Rally 2026!

Provincial Rally is an annual celebration of 4-H in Nova Scotia. The day will be enjoyable for everyone, from provincial-level public speaking, demonstrations, 4-H Ambassadors, and poster competitions to the high-energy Lumbersports events.

We are fortunate to enjoy the Dalhousie Agricultural Campus, but a visit to these beautiful grounds is not without responsibilities. Please be respectful of the facilities and all areas of the campus while you are here.

Enjoy the day and best of luck to all those competing!


1. Day Care Services
2. Athletic Field
3. Langille Athletic Centre
4. Cox Institute
5. Cox Greenhouses
6. Banting Building
7. Chef's Garden
8. Community Garden
9. Alumni Gardens
10. MacRae Library/Gallery
11. DeWolfe House (Int'l Office)
12. Collins Horticultural Building
13. Turf Research Building
14. Atlantic Poultry Research Institute
15. Ruminant Animal Centre
16. Chute Animal Nutrition Centre
17. Baron's Pride Horse Stable
18. Berlin Wall Remnants
19. Haley Institute
20. Rock Garden
21. Cumming Hall
22. Pollinator Meadow
23. Jenkins Hall (Cafeteria)
24. Trueman House
25. Chapman House
26. Fraser House
27. Dairy Building (Fac Mgmt, Security Services Student Success Centre)
28. Farm Fields
29. Boulden Building
30. Biomass Plant
31. Extension Engineering
32. Alpine Garden
Parking
Handicapped Parking
Washrooms
Crosswalks
Water Fountain
Bank Machine
AED (Defibrillator)
PARKING PASSES
Available at Security Services in the Dairy Building
Public Speaking
Ambassadors
4-H Night in NS
Trail Shop
Cafeteria
Posters
Demonstrations
Lumbersports
SALMON RIVER
COBEQUID TRAIL
FARM LANE
SIPU'TAWTI
ROCK GARDEN ROAD
VINY ROAD
COLLEGE ROAD
COX ROAD
CUMMING DRIVE
HORSESHOE CRESCENT
PICTOU ROAD
DALHOUSIE UNIVERSITY
FACULTY OF AGRICULTURE
DALHOUSIE UNIVERSITY

General Announcements

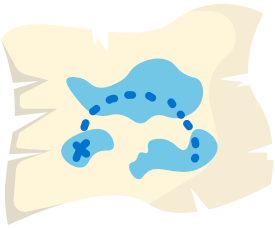
- Please be quiet while the speech, demonstration, and ambassador competitions are in progress.
- Please refrain from entering or leaving the room while a presentation is in progress; please wait until you hear clapping before leaving or entering.
- The placings will be announced after the competition concludes, once the judges have had time to tabulate scores and make comments.
- Please turn off or silence your cell phones.
- The top competitors will present their speech or demonstration at 4-H Night in Nova Scotia.
- Questions? 4-H Nova Scotia staff are happy to help. Ask the Regional Program Coordinators organizing each event.

Poster Competition & 4-H Challenge

Poster Competition
Be sure to check out the Poster Competition! Posters will be on display all day Saturday in Jenkins Hall!

4-H Challenge

- Visit the 4-H Trail Shop in Jenkins Hall to collect a 4-H Challenge sheet.
- Complete all the questions on the sheet correctly and hand it in to the Trail Shop no later than 2:00 p.m.
- Be sure to write your name on the top of the sheet!
- Three (3) winners will be announced at 4-H Night in Nova Scotia!
- Winners must be present at 4-H Night in Nova Scotia to claim their prize.



Senior & Divert NS Speakers

10:00 am Alumni Theatre

Divert NS Senior Speaker
Carlie Ashton "Invisible Extinction: The Collapse of Nature's Recyclers"

Senior Speaker - Central Region
Jessica Porter "The Right to Compete"

Divert NS Senior Speaker
Lucie Levy "How AI Uses the Worlds Fresh Water Resources"

Senior Speaker - Cape Breton Region
Hayley Cox "In All My Years"

Divert NS Senior Speaker
Breah Leopold "The Pollution that Hurts"

Senior Speaker - Valley Region
Gretchen Archibald "More Snow Days Please"

Divert NS Senior Speaker
Alexis Buchanan " Something Lurking in the Water"

Senior Speaker - South West Region
Wyatt Pitman "From Headlines to Hashtags"

Divert NS Senior Speaker
Grace Coe "The Illusion of Falling Behind"

Senior Speaker - Eastern Region
Luke MacLean "The Power of Literature"

Divert NS Senior Speaker
Annika VanZutphen "What Does the Future Hold"

Senior Speaker Impromptus

Luke Maclean, Eastern
Hayley Cox, Cape Breton
Jessica Porter, Central
Gretchen Archibald, Valley
Wyatt Pitman, Southwest

Senior & Divert NS Speakers

Senior Demonstrations

10:00 am Riverview Room

Senior Single Demonstration - Eastern Region
Sarah Hodgson "Picture Perfect"

Senior Double Demonstration - Cape Breton Region
Gabriella & Malia Watts "All Aboard"

Senior Single Demonstration - South West Region
Avery Hawrys "Painting Winter Wood"

Senior Double Demonstration - Central Region
Belle & Sydney Carter "Barn Skills That Can Save a Life"

Senior Single Demonstration - Valley Region
Mason Freeman "Tweet Treat"

Senior Double Demonstration - Eastern Region
Madelyn & Lucas Griffiths " Eggs-periments in Action: The Bouncy, Shrinking, Growing Egg"

Senior Single Demonstration - Central Region
Danica Whidden "When Life Gives you Lemons (you make Lemon Loaf)"

2026 Ambassadors

Impromptu & Sight Reading

12:30 pm Alumni Theatre

Eastern Region	Sophie Heighton
South West Region	Grace Coe
Central Region	Jessica Porter
Valley Region	Ben Szczepanowski
Cape Breton Region	Annika van Zutphen
Eastern Region	Alexis Buchanan
South West Region	Jessica Boyd
Central Region	Sophie Cashin
Valley Region	Amiah Pepler

Junior Demonstrations

1:00 pm Riverview Room

Junior Single Demonstration - Valley Region
Eden Stirling "Wax on, Wax Off"

Junior Double Demonstration - Central Region
Poppy Grady & Orla Janes "How to Groom a Horse"

Junior Single Demonstration - Eastern Region
Rowan Carver "How to Pack a Wilderness Survival Kit"

Junior Double Demonstration - Cape Breton Region
Katelyn Davis & Violet MacLennan "Sweet without the Heat"

Junior Single Demonstration - South West Region
Elijah Hawrys "Ancient of Games"

Junior Double Demonstration - Eastern Region
John Griffiths & Luke Gillis "From Shaggy to Show Ready"

Junior Single Demonstration - Cape Breton Region
Charlotte Cantwell "Gifts that Start with a Second Look"

Junior Double Demonstration - Valley Region
Elly Sibbins & Hillary MacDonald "Freshly Squeezed Lemonade"

Junior Single Demonstration - Central Region
Anne Margaret Arenburg "How to Repair and Paint a Wall"

Junior Speakers, Introducers & Thankers, Intermediate Speakers

2:00 pm Cumming Hall

Intermediate Speaker - South West Region

Leah Greek "The Trouble with AI"

South West Region

Introducer: Elijah Fevens

Speaker: Malachi Fevens "Where Castles Stand Tall"

Thanker: Ellamae Leblanc

Intermediate Speaker - Cape Breton Region

Halle Walkins "It's Been a Year"

Valley Region

Introducer: Sammie MacLeod

Speaker: Lilah Powell "Nova Scotia's Wild Island"

Thanker: Colby Nehiley

Intermediate Speaker - Central Region

Jacob Augustine "The Art of Socialization"

Eastern Region

Introducer: Ronald Rankin

Speaker: Aibhlinn Curry "Hope for Wildlife"

Intermediate Speaker - Eastern Region

James Versteeg "Swiss Visitors"

Cape Breton Region

Introducer: Gemma Wiebe

Speaker: Taylor Poirier "Friends, Fun and Fastballs"

Thanker: Sterling Morrison

Intermediate Speaker - Valley Region

Aiden DeChamp "Arthroplasty"

Central Region

Introducer: Lyle Scallion

Speaker: Theresa Augustine "Pause, Breathe, and be Honest"

Thanker: Natalie O'Neill

Junior & Intermediate Speakers Introducers & Thankers

Lumbersports

All events will be take place in the Wood Lot.

9:00 am **Captain's Meeting** Jenkins Hall - Dining Hall

9:30 am **Junior Skills Practice**

10:00 am **Junior Skills Competition**

1. Single Pulp
2. Double Pulp
3. Cross-Cut
4. Back-Tank
5. Pulp-Toss
6. Water Boil

Lumbersports Competition

1. Single Pulp
2. Double Pulp
3. Cross-Cut
4. Back-Tank
5. Pulp-Toss
6. Water Boil

1:00 pm **LUNCH**

**May change based on length of morning round*

1:30 pm **Lumbersports Finals** (Top 5 Teams)

1. Single Pulp
2. Double Pulp
3. Cross-Cut
4. Back-Tank
5. Pulp-Toss
6. Water Boil

Please Note:

- The finals are for the top five (5) Lumbersports teams.
- Lumbersports competition will begin immediately after the Skills competition finishes.

4-H Night in Nova Scotia

4:30 pm Cumming Hall

Thank you to our emcees, 2025 Provincial Ambassador Logan Bond & Youth Advisory Committee Member Mira Dewar!

- Welcome, O'Canada, and 4-H Pledge
- Introduction of special guests, staff, and 4-H NS Board of Directors
- Presentation of the 2026 Theme Contest Winner
- Presentation of Provincial Poster Competition Winners
- Top Divert Speaker
- Top Junior Speaker
- Presentations to Top Junior Introducer and Thanker
- Top Junior Single Demonstration
- Top Junior Double Demonstration
- Top Intermediate Speaker
- Top Senior Single Demonstration
- Top Senior Speaker
- Top Senior Double Demonstration
- Presentation of the Scholarships (4-H Nova Scotia, NSDA, George MacNeil)
- Presentation of 4-H NS Travel Awards (US National Dairy Conference, 4-H CA Citizenship Congress, Canadian Members Forum, International Rural Exchange, 4-H CA Leadership Summit)
- Friends of 4-H
- Provincial Leader of the Year
- Presentation of the Provincial Lumbersports Skills & Competition Awards
- Presentation of the Anthony VanOostrum Memorial Award to the 2026 4-H NS Ambassadors

Thank You To Our Partners

We are so proud of our partnership with Divert Nova Scotia, a not-for-profit corporation championing recycling in Nova Scotia! This partnership launched the new public speaking competition stream in 2023 (note the Divert NS logo next to some of our speeches) and has supported 4-H NS in providing environmental workshops and resources to our members, as well as a multitude of volunteer collaboration opportunities.

THANK YOU TO OUR FRIENDS AT

Nothing Wasted

Special thanks are also extended to:

Bible Hill Fire Brigade, NS Department of Natural Resources

Provincial Lumbersports Committee, North Nova Lumberjacks Society

All Provincial Rally Volunteers

Thank You Judges!

Margaret Taylor
Alan Johnson
Erica Jackson
Mark Peck
Scott Masters
Laurel MacIntosh
Caitlin Congdon
Mike Cooper
Sidney Patton
Erin Brocklehurst
Megan Johnson
Clare Baxter
Teressa McNutt
Chloe Peterson
Amy Touesnard
Marla MacKay
Erin Balodis
Susan Simpson
Marjorie Simmins
Simon Greenough
Adelaide Amiah
Michelle Davey
Ruby Mackenzie
Cathy Hinton
Heather McLeod
Deb Pryor
Jeanette van der Linden
Katheryn Bremner
Camila Assaf
Robert Parker
Liv Walker

Thank you to our volunteers today! These include 4-H members, leaders, parents, and friends!