



POST ROCK DISTRICT 4-H NEWSLETTER JANUARY 2024

EVENTS AND DEADLINES AT A GLANCE

- Dec. 22 - Jan. 1: Post Rock District Extension Offices will be closed
- Dec. 29: Volunteer Registration and Screening deadline
- Dec. 31: Early Bird Registration for Rock Springs 4-H Camp ends
- Jan. 6: NCK LEAD, Cloud County Community College
- Jan. 13: K-State 4-H Day at Wildcat Women's Basketball, Manhattan
- Jan. 14, 21, 28: Winter Archery/BB Gun Practices, Jewell Co. Fairgrounds
- Jan. 15: Fair Judges Training, Hays
- Jan 17: 4-H Advisory Meeting
- Jan. 20: Post Rock District 4-H Quiz Bowl, Mankato
- Jan. 23: Smith County 4-H Cookies orders are due
- Jan. 26-28: Dog Show Judges Training, Leavenworth County Fairgrounds
- Jan. 27: Horse Panorama, Salina; Volunteer and Club Leader Training
- Feb. 1: NASA's informative webinar
- Feb. 4, 18: Winter Archery/BB Gun Practices, Jewell Co. Fairgrounds, 2nd month
- Feb. 10: 4-H Day #1, Beloit; 4-H Advisory Meeting; YQCA Training
- Feb. 18-19: Citizenship In Action
- Mar. 2: Jr. Beef Producer Day, Manhattan
- Mar. 4: 4-H Day #2, Smith Center
- Mar. 16: Jr. Sheep Producer Day, Manhattan
- Mar. 23: Super Saturday, Hays
- Mar. 23-24: K-State Alpha of Clovia Hospitality Weekend
- Apr. 12: Horse Show Judge Seminar, Colby
- Jun. 17-28: Citizenship Washington Focus



KANSAS 4-H MASTER CALENDAR

Kansas 4-H has a state and regional events master calendar. It is a living document with regular additions. Access the latest version at www.kansas4-h.org/events-activities/.



Post Rock 4-H



Kansas 4-H



4-H Online



Nora Rhoades
Youth Development Agent
nrhoades@ksu.edu



Tonia Underwood
4-H Program Coordinator
tiunderw@ksu.edu



Melody Saxton
4-H Program Coordinator
mjsaxton@ksu.edu



Kim Naber
4-H Program Coordinator
kimn@ksu.edu



Risa Overmiller
4-H Program Coordinator
overmiller@ksu.edu



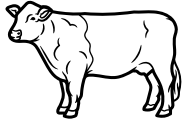
JEWELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER



Tonia Underwood, 4-H Program Coordinator
(785) 378-3174 tiunderw@ksu.edu

Jewell County Beef Weigh-in



Beef weigh-in is on Sunday, February 18, 3:00 p.m. at the Sale Barn in Mankato.

4-H Council Meeting

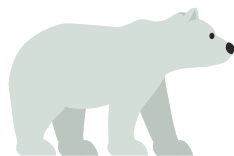
The next Jewell County 4-H Council meeting is Monday, February 19 at the Mankato Courthouse starting at 7:00 p.m.

Volunteers Needed for Quiz Bowl

Save the date for the Post Rock District 4-H Quiz Bowl on January 20 in Mankato throughout the morning. Adult volunteers are needed to help with the competition rooms. Please let Tonia know what volunteers from your club can help.

What is Post Rock District 4-H Day?

Post Rock District 4-H Day is an annual competitive event where 4-H youth can showcase their talents in music, drama, dance, reading, and public speaking. 4-H members have the opportunity to participate in club, individual, and/or team activities. Youth have fun, develop self-confidence, and further their communication skills when they participate. Make plans to participate in Post Rock District 4-H Day in Beloit on February 10 or in Smith Center on March 4!



Share Club Highlights

Jewell County 4-H Clubs, please share photos and highlights of your activities. Please send them to tiunderw@ksu.edu. Thanks!

Jewell County Fair

Jewell County Fair is July 11-14, 2024.

Fair Theme is Blue Jeans and Country Dreams.



Youth For the Quality Care of Animals (YQCA)

Blaire Todd will be leading an in-person YQCA training in Beloit on Saturday, February 10 at the Beloit Methodist Church. It will begin at the end of 4-H Day.

To sign up, members need to log in to their YQCA account, go to "enrolled training", and select the one labeled "Beloit 4-H Day Training". Online, participants will be able to enroll, pay for the course, and take the required pre-test before the in-person training.

GET READY, GET SET, AND GO!

I hope that each of you enjoy a restful and restorative break filled with special moments with your friends and family. As January starts Post Rock District 4-H has new challenges, leadership roles, and fun activities to participate in. Together we can make great things happen. ~ Tonia

Jewell County 4-H Tags

Tags are available in the office for purchase and will also be available at weigh-ins. Please note that EID tags can no longer be sold over the counter. A Post Rock District staff member must be present and observe all EID tags being placed in the animal's ear. Jewell County 4-H tags are free; \$3.50 for beef EID tags and \$2.75 for small animal EID tags.





LINCOLN COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Melody Saxton, 4-H Program Coordinator
(785) 524-4432 mjsaxton@ksu.edu



HAPPY NEW YEAR!!!

Thank you for being a part of the 4-H Program. We look forward to a new year with new projects to complete and new challenges to be won. Let's all work together to make this the best year ever!

ANIMAL WEIGH-INS

The 4-H Council set the following dates for animal weigh-ins:

Beef Weigh-In will be held on Saturday, February 24 beginning at 10:00 a.m.

Animals must be in line by 11:30am to be weighed so we can finish by Noon.

Small Animal Weigh-In will be held on Saturday, April 27 beginning at 10:00 a.m..

Animals must be in line by ** to be weighed.



ANIMAL TAGS



Tags are available in the office for purchase and will also be available at weigh-ins. Please note that EID tags can no longer be sold over the counter. A Post Rock District staff member must be present and observe all EID tags being placed in the animal's ear. Tags cost \$1.00 for all Lincoln County 4-H tags; \$3.50 for beef EID tags and \$2.75 for small animal EID tags.

SAVE THE DATE

Lincoln County Fair will be held July 15 through the 20th.

This year's theme is **County Fair Safari - It's a Jungle Out There!**



WANTED: SUPERINTENDENTS FOR FAIR

Fair planning has begun in the Lincoln office. We are looking for help in all areas, especially superintendents to help the judges. Call the Extension Office if you or someone you know would like to help. It is the perfect time!

4-H COUNCIL

The next 4-H Council meeting is Wednesday, February 28th at 6:30 p.m.

The meeting will be held at the Lincoln Senior Center. 4-H Council will also plan to meet on Thursday, March 14th at 4:00 p.m.



MISSED A TRAINING? ACHIEVEMENT PIN QUESTIONS? WE CAN HELP

If you missed a training, want to know more about your office, or are curious what pin you are working towards, please call the Extension Office. We can provide additional training for those who want it as well as help with your pins and projects.



MITCHELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Tonia Underwood, 4-H Program Coordinator
(785) 378-3174 tiunderw@ksu.edu



Tonia's Office Hours

Tonia will be in Beloit with limited office hours during the month of January as she will be busy with many programs! Please call ahead to check her schedule or to make an appointment.



Save the Date for Fair!

Mitchell County Fair dates are
July 25 - 27, 2024.

What is Post Rock District 4-H Day?

Post Rock District 4-H Day is an annual competitive event where 4-H youth can showcase their talents in music, drama, dance, reading, and public speaking. 4-H members have the opportunity to participate in a club, individual, and/or team activities. Youth have fun, develop self-confidence, and further their communication skills when they participate. Make plans to participate in Post Rock District 4-H Day in Beloit on February 10 or in Smith Center on March 4!

Mitchell County Beef Weigh-in



Mitchell County Beef Weigh-in is on Wednesday, February 7, 2024 at Solomon Valley Veterinary Hospital from 4:00 - 6:00 p.m.

Share Club Highlights

Mitchell County 4-H Clubs, please share photos and highlights of your activities. Please send them to tiunderw@ksu.edu. Thanks!



4-H Council Meeting

Mitchell County 4-H Council will meet at First Bank Beloit Meeting Room on Monday, January 22 at 7:00 p.m.

Youth For the Quality Care of Animals (YQCA)

Blaire Todd will be leading an in-person YQCA training in Beloit on Saturday, February 10 at the Beloit Methodist Church. It will begin at the end of 4-H Day.

To sign up, members need to log in to their YQCA account, go to "enrolled trainings", and select the one labeled "Beloit 4-H Day Training". Online, participants will be able to enroll, pay for the course, and take the required pre-test before the in-person training.

GET READY, GET SET, AND GO!

I hope that you enjoy a restful and restorative break filled with special moments with your friends and family. As January starts Post Rock District has new challenges, leadership roles, and fun activities to participate in. Together we can make great things happen. ~Tonia

Mitchell County 4-H Tags

Tags are available in the office for purchase and will also be available at weigh-ins. Please note that EID tags can no longer be sold over the counter. A Post Rock District staff member must be present and observe all EID tags being placed in the animal's ear. Mitchell County 4-H tags are free; \$3.50 for beef EID tags and \$2.75 for small animal EID tags.



OSBORNE COUNTY 4-H

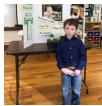
POST ROCK DISTRICT NEWSLETTER

Kim Naber, 4-H Program Coordinator
(785) 346-2521 kimn@ksu.edu



2024 POST ROCK DISTRICT 4-H DAY INFO AND RESOURCES

What is 4-H Day? 4-H Day is an annual competitive event. Youth can showcase their talent in public speaking, vocal and instrumental music, drama, or dance. Participation can be as an individual, team, or club. Youth may share or demonstrate a topic they know or a topic to learn more about.



Saturday, February 10, 8:00 a.m., Beloit United Methodist Church, registration deadline February 1
Monday, March 4, 4:00 p.m., Smith Center High School, registration deadline February 22

Find the 4-H Day Guide, registration link and other helpful resources on the Post Rock website at:
<https://www.postrock.k-state.edu/4-h/4-hday/>

SAVE THE DATE 2024 OSBORNE COUNTY FAIR

July 24 - 28, 2024



VISITING THE OSBORNE OFFICE

The Office Professional position in Osborne is vacant. Kim is in the office usually on Monday and Tuesday. If you need to visit the office, call ahead to make sure there is someone at the office. Thanks in advance for your understanding.

REACH FOR THE STARS IN 2024

The beginning of a new year brings a blank slate. Each of us has hopes and aspirations we would like to achieve. One sure way to help achieve those aspirations is to set goals to help us grow as individuals as we reach for the stars. I encourage each 4-H member and parent to take some time over the break to solidify 4-H goals as well as goals in other areas of your life. Try a new project area, share what you know with others, complete a project record, or apply for a membership pin. Make 2024 a new adventure! ~ Kim



2024 OSBORNE COUNTY MARKET BEEF WEIGH-IN

Saturday, February 24, 2024
9:00 a.m. - 11:00 a.m.
Osborne Sale Barn

Market Beef Weigh-in is optional but any 4-H/FFA member wishing to participate in the Rate of Gain contest will need to bring their market beef on February 24th to get weighed.

OSBORNE COUNTY 4-H COUNCIL NEWS

At the November 4-H Council meeting, members discussed dates and times for 2024 fair 4-H events. Council members were to take the draft schedule back to December club meetings for feedback and suggestions. The draft schedule was also presented to the Fair Board at their December meeting. We will resume review of the schedule at the January 22 4-H Council meeting.

January 4-H Council meeting
Monday, January 22, 2024
7:30 p.m. Extension Office



SMITH COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Risa Overmiller, 4-H Program Coordinator
(785) 282-6823 overmiller@ksu.edu

Thank you to all the 4-H members who came and helped serve the 4-H Supporters Banquet. It went so well. **Congratulations to all the 4-Hers who received pins and project awards.**



Achievement Pin Winners



Project Record Book Winners

Sun Porch Activities

Smith County 4-H Council has chosen to meet with the residents of Sun Porch. We would invite any 4-Hers who would like to come help with the activities to come when we are scheduled to meet at Sun Porch -- See Dates in important dates above.

Important Dates:

- Jan. 20 - 4-H Quiz Bowl in Mankato
- Jan. 28 - Sun Porch Activities 3:15 p.m.
- Feb. 1 - Valentine Cookie Sales Due
- Feb. 8 - 3:45 p.m. Bake Valentine Cookies
- Feb. 10 - District 4-H Day - Beloit
- Feb. 11 - Council Meeting & Decorate Cookies 2:00 p.m.
- Mar. 4 - District 4-H Day - Smith Center
- May 1 - Drop/ Add Deadline
- July 18-22 - Smith Co. Free Fair - Wild About the Fair

Congratulations to 4-Oaks on getting their 4-H Charter!



Valentine Cookie Sales

The Smith County 4-H Council holds an annual cookie sale. The Council would like every member to sell 1 cookie. They are \$5.00 each. The cookie form is attached in the email or it is on the [webpage](#). We will ask some younger members to come help bake on Feb. 8 and only Council members will decorate on Feb. 11.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

NCK LEAD IS JANUARY 6 AT CLOUD COUNTY CC

WELCOME TO THE JUNGLE!

Join fellow adventurers on a quest to master leadership! Complete career and college readiness challenges as you embark on your journey to make the best better. Explore campus, network with 4-H friends, and equip yourself to navigate life by reaching your full potential.

Post Rock District and River Valley District are teaming up to offer a drive-in personal development experience for youth currently in 6th through 12th grades. NCK LEAD will take place on Saturday, January 6 from 9:30 a.m. to 3:00 p.m. at Cloud County Community College in Concordia. In addition to hands-on workshops focused on leadership and career development, participants will engage with collegiate professionals to gain information to assist with making post-high school decisions and enjoy a tour of campus. Adults bringing youth to the event will have a chance to learn about financial aid for higher education. Lunch is provided. A full event schedule is on the [event webpage](#). A fee of \$10 is due to Post Rock District to attend. Register by January 3 at bit.ly/NCKLEAD.



KSU WILDCAT BASKETBALL 4-H DAY

4-H Day with Wildcat Women's Basketball is Saturday, January 13, 2024 at K-State's Bramlage Coliseum in Manhattan. Join Kansas 4-H as the Wildcats take on the Texas Longhorns! Tipoff is at 1:00 p.m. [Online registration](#) is due by January 1. Cost is \$30 per person which includes a ticket, shirt, and concessions voucher. More details at our [4-H Events webpage](#).



QUIZ BOWL

JANUARY 20 IN MANKATO

Make plans to participate in 4-H Quiz Bowl. Post Rock District's annual 4-H Quiz Bowl will take place on Saturday, January 20 at Rock Hills High School in Mankato, beginning at 9:00 a.m. The 4-H Quiz Bowl provides an opportunity to learn more about the 4-H organization. While a quiz bowl is semi-competitive, the experience is designed to be a fun, educational opportunity for 4-H members! Rules and a study guide are available at www.postrock.k-state.edu/4-h/quiz-bowl/. It is free to participate, but registration is needed by January 8.

Youth will participate in teams of four. There will be two age divisions, junior and senior. Team members must participate in the division of the oldest member. You do not have to be from the same club or county in Post Rock District. When you register, state what team you intend to be on. If you don't have a team yet, just sign up and we will combine youth into teams!



Register by January 8!
bit.ly/4-HQuizBowl



Practice with the
Study Guide!

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

4-H DAY REGISTRATION OPENS JANUARY 10

It is time to start preparing your 4-H Day presentations! The 2024 Post Rock District 4-H Day Guide will help determine what contests to participate in, and it includes the contest rules and other event details. Review the guide at www.postrock.k-state.edu/4-h/4-hday. Online registration will open on January 10 on the [4-H Day website](#).

4-H Day #1: Saturday, February 10 in Beloit beginning at 8:00 a.m.
Registration due February 1!

4-H Day #2: Monday, March 4 in Smith Center beginning at 4:00 p.m.
Registration due February 22!

Virtual: It is strongly encouraged to compete at a 4-H Day in-person event. If your schedule does not allow, there are some contests that are available for virtual entry, and pre-registration is required. Review the [Virtual Entry Expectations](#) for details.



JUDGING CONTESTS AT 4-H DAY

There will be judging contests at 4-H Day related to plant science, photography, and life skills. Study resources will be posted on January 10 at www.postrock.k-state.edu/4-h/judging-contests/.

VOLUNTEERS NEEDED FOR 4-H DAY

Adults and youth volunteers are needed for both 4-H Day events! When you register there will be an opportunity to sign-up to volunteer as a greeter, door monitor, or judging contest assistant. Please plan to have volunteers serve from your 4-H club!

MODEL MEETING SUBMISSION AT 4-H DAY

Model meetings will not be performed at 4-H Day. They will be recorded by video with audio and submitted virtually. Refer to [Virtual Entry Expectations](#) for details about how to submit and the submission detail. The meeting agenda and secretary's notes must be submitted along with the recorded meeting. Submit before or on the day of 4-H Day. It will be judged as soon as possible following the last in-person 4-H Day event and results shared with the club. The OPS will be selected from all district-wide entries. Refer to the [Model Meeting Scoresheet](#) for tips, and plan ahead now to get your Model Meeting completed!

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA) TRAINING AT 4-H DAY

There will be an in-person YQCA training after 4-H Day in Beloit on February 10. Blaire Todd, Livestock Production Agent, will be leading this training. Email questions to blairet@ksu.edu. Participants need to sign-up in advance. To do so, members need to log into their YQCA account, go to "enrolled training", and select the course labeled "Beloit 4-H Day Training". Members will be able to enroll and pay for the course online. Participants also need to take a pre-test online before attending the in-person training! YQCA is a livestock quality assurance program that covers food safety, animal well-being, and character development. It is a great learning experience for youth involved in any livestock project! Learn more at our [Post Rock District's YQCA webpage](#).

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

COMMUNICATIONS RESOURCES

As you prepare for presentations at 4-H Day and during your club meetings remember there are many resources available on the Post Rock District's [Communications webpage](#).

CITIZENSHIP IN ACTION (CIA) REGISTRATION DUE JANUARY 26

Citizenship In Action is February 18-19, 2024. Post Rock District will provide a chaperone and transportation to the experience. The purpose of the two-day Kansas 4-H personal development event is for teens (13-18 years old by January 1) to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process. Register by January 26 at the [event website](#).



NASA TOTAL SOLAR ECLIPSE VIRTUAL EXPERIENCE JANUARY 23

NASA is inviting all interested 4-H clubs to an informational webinar regarding the total solar eclipse. The webinar will highlight the science behind solar eclipses; connections to NASA's study of the Sun; how to view eclipses safely; and NASA's public and student engagement opportunities. Register for the January 23 webinar at <https://nvite.jsc.nasa.gov/RSVP/?id=mebdj>.

WINTER 4-H SHOOTING SPORTS PRACTICES

Indoor shooting sports practices are scheduled! Youth must be 8 years or older by January 1 and properly enrolled in the project discipline to participate. To sign-up to attend practice, contact Tonia at tiunderw@ksu.edu or 785-378-3174. Post Rock District does not provide fire arms; however, you can attend your first practice without one and your instructor will assist with determining what will be appropriate for the youth to have a quality project experience.

- **Archery:** Practices will be on January 14, 21, 28, and February 4, and 18 at the Jewell County Fairgrounds in Mankato. Stede Underwood, certified Kansas 4-H instructor, will facilitate the practices. He will run 2 groups this winter. Beginners practice will start at 2:00 p.m. More experienced archers (aka: youth that have been to a qualifier before) will practice at 3:00 p.m.
- **BB Gun:** Practices will be on January 14, 21, 28 and February 4 at the Jewell County Fairgrounds in Mankato. Jeff Cady, certified Kansas 4-H instructor, will facilitate the practices. Practice will start at 3:00 p.m.

CONTINUING EDUCATION SCHOLARSHIPS FOR 4-H MEMBERS

The application for Kansas 4-H Scholarships are now available on the [Kansas 4-H website under Awards & Recognition](#). It is important to review the requirements before getting started on your application. Applications and supporting documents are due no later than March 1, 2024. Additionally, there may be a local scholarship opportunity you are eligible for as a 4-H member! Find applications and details on the [Post Rock District's Education Scholarships website](#). Contact your local office with questions.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

FAIR JUDGES TRAINING ON JANUARY 15 IN HAYS

There will be a great opportunity for volunteers, project leaders, and youth to learn more about what it takes to be a judge at the county fair on Martin Luther King Jr. Day, Monday, January 15 at the Western Kansas Research-Extension Center in Hays from 10:30 a.m. to 3:00 p.m. The cost to attend is \$10.00 and lunch is provided. Participants will get to select sessions to attend. Judging areas are Style Revue, Photography, Clothing, Fiber Arts, Foods and Nutrition, Rabbits, Horticulture & Crops, Visual Arts, Woodworking, Wildlife, Shooting Sports, and STEM. Registration is due by January 3. Register at https://kstate.qualtrics.com/jfe/form/SV_5d8cZPUfrxhYoK.



BEEF AND SHEEP JUNIOR PRODUCER DAYS REGISTRATION DUE

A Junior Producer Day is a one-day educational event at the K-State campus in Manhattan where families learn about the selection and management of youth livestock projects. Junior Beef Producer Day will be March 2 and Junior Sheep Producer Day will be March 16. This is a family event. All ages and skill levels are encouraged to attend. There is a cost of \$20 per person to attend. Lunch and t-shirt are included. Youth and adults need to register online at <http://bit.ly/ksuasiregister> before the February deadline. Find complete event details on the [Kansas Youth Livestock Program website](#).

HORSE PANORAMA IN SALINA JANUARY 27

The Kansas 4-H Horse Panorama will be January 27 at the K-State Salina Campus. The state experience is for 4-H members ages 9-18 and adult volunteers. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography, and educational posters. Details are on the [Horse Panorama website](#). Register by January 2.

CITIZENSHIP WASHINGTON FOCUS (CWF)

Citizenship Washington Focus is June 17-28, 2024. Kansas 4-H will partner with Oklahoma 4-H for the 2024 Citizenship Washington Focus road trip across the USA stopping to see Philadelphia, Gettysburg, the Liberty Bell, a close-up view of political process through visits to Capitol Hill in Washington D.C., and more! Details are on the [Kansas 4-H CWF website](#). If you are interested in this experience, contact your 4-H Program Coordinator as soon as possible so we can help you apply!

VOLUNTEER AND CLUB LEADER TRAINING ON JANUARY 27

There will be a Northwest 4-H Training for Volunteers on Saturday, January 27 from 9:00 a.m. to 11:00 a.m. The training will take place virtually and it is strongly encouraged for each club to have volunteer representation by club leaders, project leaders, etc... Topics will focus on the Thriving model that is the foundation for creating 4-H positive youth development experiences, the newly updated Kansas 4-H policies, principles of financial success for 4-H clubs and groups, and more! Register at bit.ly/NW4-HVolunteerTraining2024. Reach out to your 4-H Program Coordinator if you'd like to meet for a watch party and for more details about the training.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

SCHOOL BREAK CREATIVITY

School break for many youth is a break from the stress and early morning wake-up calls. It's fun to look forward to sleeping in, seeing friends and family, enjoying hobbies, and generally resting. Do you know that breaks increase productivity and creativity? Break is a great time to start thinking and working on your 4-H projects!



ACHIEVEMENT PIN APPLICATIONS UPDATED

NEW!

Kansas 4-H Member Achievement pins are designed to recognize 4-H members as they reach milestones throughout their 4-H journey. The pins are awarded in a series. As a member's 4-H journey progresses, the achievement pin requirements expand to challenge individuals to explore and engage in more opportunities to develop life skills.

Kansas 4-H has updated the achievement pin applications! There is also now a document that will be used statewide in all local Extension Units so achievement pin recognition is consistent across Kansas. Take time to review the updated [pin applications](#). Make plans to earn your next pin! Contact your 4-H Program Coordinator if you have any questions, or visit the Post Rock District webpage dedicated to [Member Achievement](#).

4-H AMBASSADOR OPPORTUNITY IN POST ROCK DISTRICT

4-H Ambassadors are 4-H members recognized for exceptional efforts to promote the Post Rock District 4-H program throughout their community, county, and beyond. 4-H Ambassadors increase visibility and enhance the image of Kansas 4-H and KSRE in the Post Rock District. Beginning this 2023-2024 year, a Post Rock District 4-H member can strive to achieve 4-H Ambassador recognition. Youth should be mature, responsible and able to demonstrate the initiative needed to complete the requirements. Requirements are outlined on the application available at www.postrock.k-state.edu/4-h/awards-and-recognition/ambassadors/. Requirements must be met during the current 4-H year. Youth will submit the completed application at the end of the program year, and 4-H Ambassador recognition will be announced at achievement celebrations.

SET 4-H PROJECT GOALS



Now is the time to set your 4-H project goals. The "[Setting 4-H Project Goals](#)" worksheet is an excellent tool to help you set your goals! Setting measurable goals will help the 4-H member have a positive 4-H project learning experience, and it is a required component of your project record book. Goal setting is a great educational activity to incorporate into a club meeting!

CLOVER AT HOME ACTIVITIES

National 4-H has some great learn-at-home activities to explore interesting topics and have fun! Checkout the CLOVER experiences at 4-h.org/clover/.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

LIVESTOCK TAGGING (EID) FOR STATE NOMINATIONS



Post Rock District will no longer sell Kansas 4-H EID tags over-the-counter at our Extension Offices. The state requires our staff to approve all State Nominations for livestock, and part of that approval process is confirming that we have physically seen each Kansas 4-H EID tag in your livestock animal's ear at tagging time (photos and over-the-counter sales do not qualify). Please plan to attend your county's tagging and verification event (i.e. weigh-in) for beef, swine, sheep, and goats - these dates will be shared on your county's page. While you must attend your county's weigh-in for your respective county fair's rate-of-gain contest, any Post Rock District event can be attended to verify tagging of state-level EID tagging for the nomination process. Contact your 4-H Program Coordinator if you have questions.

WEIGH-IN/VERIFICATION EVENTS AND LIVESTOCK RATE-OF-GAIN AT COUNTY FAIR

Rate-of-gain contests are managed differently in each county and it is an optional experience. Any livestock not weighed-in and tagged with the county's official 4-H tag (or the state Kansas 4-H EID tag) at the designated event are not eligible for the county fair's 4-H rate-of-gain contest. The determination of what livestock are eligible for rate-of-gain is the decision of the county body which manages the experience in the respective county (4-H Council or Fair board).

Watch your county's 4-H Newsletter page for information about weigh-in and verification events! If you are enrolled in an livestock project, it is HIGHLY RECOMMENDED to bring your animal to these events because attending can assure you are understanding of and ready to meet all exhibition requirements (so you won't be disqualified at fair); you can connect with other adults and youth in the project for support, encouragement, and assistance throughout the year; and you can get many of your questions answered.

STATE FAIR ANIMAL EXHIBITION

Exhibiting an animal beyond the 4-H division at a Post Rock District county fair means that ownership and identification must meet the requirements outlined by the K-State Youth Livestock Program, Kansas State Fair, Kansas Junior Livestock Show, and all other show governing bodies. The 4-H member is responsible for understanding the deadlines and expectations involved. It is strongly recommended to contact the Post Rock District office if you are considering showing an animal at the Kansas State Fair, so expectations and processes can be reviewed and met. The Post Rock District and 4-H Councils are not responsible for missed opportunities if a county fair deadline does not align with another level of exhibition's requirements. Visit the [Kansas Youth Livestock Program website](#) for important event dates, deadlines, and expectations.

HORSE SAFETY WEBINAR AND QUIZ FOR STATE FAIR EXHIBITION

The Kansas 4-H Horse Safety Webinar and Quiz is available for member review and preparation. Youth must be enrolled in the horse project via 4-H Online before completing. All youth planning to compete in the 2024 State Fair 4-H Horse Show must watch the video and receive a passing score on the quiz before submitting a horse entry. This is a great state-level learning opportunity for all youth in the 4-H horse project! Find more details on the [Kansas 4-H Horse Project's website](#).

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

4-H ADVISORY MEETINGS

Post Rock District will be having 4-H Advisory meetings to provide an opportunity to share opinions and perspectives related to experiences, opportunities and challenges which face current and future membership, volunteers, and affiliated clubs of the Post Rock District 4-H program. 4-H Club Leaders, 4-H Club Officers, 4-H Council Representatives, and Registered 4-H Volunteers are encouraged to attend a meeting to be part of the discussion. Contact Nora Rhoades, District 4-H Youth Development Agent, if you have questions.

- **January 17**, 7:00p.m., Post Rock District Osborne Office
- **February 10**, 12:30p.m., Beloit United Methodist Church

CLUB SEAL RECOGNITION OPPORTUNITY

Your 4-H club deserves to be recognized for the work you are doing in your community! A club seal is awarded to a Post Rock District 4-H community club at the conclusion of each participation year when the requirements for a seal are met for the corresponding 4-H year (October 1 through September 30). The seals, ranked in ascending order of difficulty are: white, red, blue, and purple. A 4-H club may try for any seal without regard to the seals previously received. The 2023-2024 Club Seal Application is available at www.postrock.k-state.edu/4-h/awards-and-recognition/club-seal/. Clubs should track progress throughout the year, making notes about each successful activity. Contact your 4-H Program Coordinator if you have questions about this district-wide recognition opportunity.

4-H BRANDING ON CLOTHING AND AWARDS

The use of the K-State Research and Extension/Kansas 4-H co-wordmark is required on all 4-H print, digital, apparel, and merchandise. This requirement applies to all designs created at the local, county, district, area, and state levels. Communicate with your 4-H Program Coordinator before ordering any items to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark. More details are on our [4-H Branding and Marketing website](#).

4-H CAMP AT ROCK SPRINGS

Explore 2024 Kansas 4-H Camp sessions at www.rockspringsranch4hcamp.org. Register directly with Rock Springs Ranch through the website. Before registering, contact your local Extension Office and your club leader. There may be club or county-level event scholarships available.

CHECK YOUR EMAIL REGULARLY

Your email, as listed in 4-H Online, is a critical communication tool used by Post Rock District and Kansas 4-H. It is important to check your emails regularly.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact two weeks prior to the start of the event. Contact information for the Post Rock District is available at postrock.ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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