



POST ROCK DISTRICT 4-H NEWSLETTER NOVEMBER 2023

EVENTS AND DEADLINES AT A GLANCE

- Nov. 4: Post Rock District Officer Training, Osborne County, 9 a.m. to Noon
- Nov. 4: Shutterbugs at Old Jefferson Town, Oskaloosa, 8:30 a.m. to Noon
- Nov. 5: Jewell Co. Achievement/ Skating Party, Formoso Skating Rink, 2 p.m.
- Nov. 5: Lincoln Co. Achievement Celebration, Vesper Community Center, 4 p.m.
- Nov. 15: Priority Enrollment in 4-H Online Deadline
- Nov. 15: Early Bird Registration for Rock Springs Ranch Summer Camp
- Nov. 18-19: Kansas Youth Leadership Forum, Rock Springs 4-H Center
- Nov. 18-19: Kansas Volunteer Leadership Forum, Rock Springs 4-H Center
- Dec. 1: 4-H Shirt Order Last Day
- Dec. 16: Smith Co. Alumni Banquet & Achievement Awards
- Feb. 10: 4-H Day #1, Beloit
- 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



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



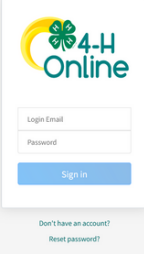
Risa Overmiller
4-H Program Coordinator
overmiller@ksu.edu



JEWELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

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



4-H Online Enrollment

4-H Online Enrollment website:

<https://v2.4honline.com>

Everyone needs to enroll in 4-H Online before November 15! All returning Jewell County 4-H families be **SURE** to choose **COUPON CODE** in the payment option, leave blank, and hit apply. Jewell County 4-H Council will be responsible for paying the program fee. All new 4-H families will pay the fee, but you will receive credit at the 4-H food stand in the summer if you are still an active 4-H member. You will not be asked to pay a fee for Cloverbuds. If you have any questions, please call the Extension Office at (785) 378-3174.

Save the Date

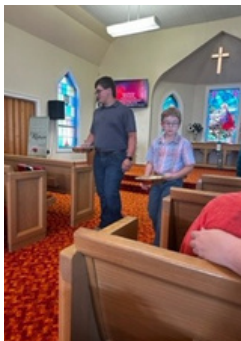
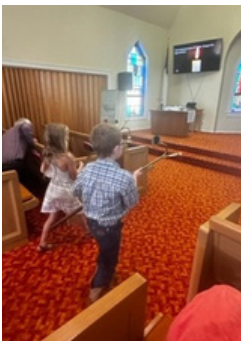
**Beef weigh-in is on Sunday, February 18,
3:00 p.m. at the Sale Barn in Mankato.**

Welcome New 4-H Families!

Welcome new 4-H families. If you need some help, please contact the Post Rock District - Jewell County office at 785-378-3174. Welcome aboard!

4-H Sunday

Webber Wide Awake members participated in 4-H Sunday at the Webber Church and followed the service with a potluck and meeting.



2023 Achievement Celebration

Date: Sunday, November 5th

Time: 2:00 p.m.

Place: Formoso Skating Rink

Bring finger foods or snacks!

Also, bring a friend who wants to join 4-H!



4-H Council Officers

President - Lenden Worm

Vice President - Abbey Schleifer

Secretary - Jayce Cady

Treasurer - Nelson Underwood

Reporter - Haylee Fuller



4-H Council Meeting

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

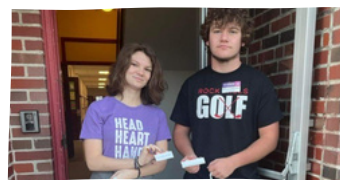


Officer Training is Saturday, November 4, from 9:00 a.m. to Noon, at Lakeside Elementary in Cawker City. Please try to attend.

Jewell County Celebrating National 4-H Week



Jayce hanging up 4-H info around the school.



Abbey and Nelson handing out Smarties at the grade school.



Allie had a 4-H quiz during morning meeting and handed out Smarties for correct answers.



LINCOLN COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

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

ENROLL

REMINDER - PLEASE ENROLL IN 4-H ONLINE!

Just a reminder that it is time for new and returning members and adults to enroll in 4-H Online. Please complete all sections of the enrollment application. Once again, we are very fortunate that the Booster Club is sponsoring all application fees for Lincoln County youth. You are welcome to send a Thank You note to the Boosters Club in care of the office.

When completing the enrollment form, in the final payment section, please click on the "Pay with Coupon Code". Leave the code portion empty and click submit. Please DO NOT click on pay with check or any other form of payment. When Melody goes in to approve your enrollment, she will add the coupon code.

OFFICER TRAINING

Officer training will be on November 4th, 9:00 a.m. to Noon at the Lakeside Elementary in Cawker City (913 7th Street). If you are an officer of your club or 4-H Council, or if you just want to learn what being an officer includes, this is your opportunity to learn new skills or refresh the skills you already have. Please plan to attend!

ACHIEVEMENT CEREMONY



The Achievement Ceremony will be held at the Vesper Community Center on Sunday, November 5th. Awards will be presented beginning at 4:00 p.m. Snacks and Bingo will follow. Please bring snacks to share. Prizes for Bingo are being supplied by the Post Rock District.

4-H COUNCIL

The next 4-H Council meeting is Friday, December 29th at Noon at the Lincoln Senior Center.



MELODY'S HOURS

Melody will continue working in the office on Tuesday and Thursday morning from 9:00 a.m. to noon or by appointment. She will be working remotely the remaining mornings of the week but is available during the week on her cell phone and e-mail. Don't hesitate to contact her if you need help.



MITCHELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

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

4-H Online Enrollment

4-H Online Enrollment website:
<https://v2.4honline.com>



Login Email
Password
<input type="button" value="Sign in"/>
Don't have an account?
Reset password?

Everyone needs be enrolled in 4-H Online before November 15. Youth and volunteers need to re-enroll or enroll for the new 4-H year. Tipton 4-H Club members will select 'pay by coupon' and your club will pay your program fee. West Beloit and Asherville Achievers 4-H Club members will pay for your enrollment personally. If you have questions, please call the Extension Office at (785) 738-3597.

Tonia's Office Hours

Tonia plans to be in the Beloit Office on Tuesdays each week, or by appointment! If you need something, please call or email!

Service to 4-H Award

The Mitchell County Service to 4-H Award recognizes Cassie and Kyle Kopsa.



Mitchell County 4-H Award Winners



Officer Training will be on Saturday, November 4, from 9:00 a.m. to Noon, at Lakeside Elementary in Cawker City. Please try to attend.

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.

4-H Council Officers

4-H Council Officers are:

President - Kaylee McGuire

Vice President - Reagan Cheney

Secretary - Bently Pruitt

Treasurer - Norah Ellenz

Reporter - McKenna Shipp



2023 Achievement Celebration

Asherville Achievers 4-H Club



Tipton 4-H Club



West Beloit 4-H Club





OSBORNE COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

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



Officer Training November 4

Osborne County will be hosting the District Officer Training on Saturday, November 4 at the Lakeside Elementary in Cawker City. The event will be from 9:00 a.m. to Noon. This will be a great opportunity for club officers and council reps as well as adult leaders to attend. Registration is encouraged. See page 2 in this newsletter for registration information.

4-H Council News

2023 - 2024 Osborne County 4-H Council Officers
President - Addison Poore
Vice-President - Landon Baetz
Secretary - Ashlyn Schultze
Treasurer - Lexi Goheen
Reporter - Lainey Kendig

Upcoming November 27 Council Meeting and Committee Meeting Info

- ✓ Rules Committee - 6:30 p.m.
- ✓ 4-H Council - 7:30 p.m.

48 Hours of 4-H in Osborne County



Solomon Valley



Summer



Eager Beavers



Sunflower

Sign Up Now for 4-H Committees

We need your help! Adults and 4-H members are needed to sign-up for county-wide committees.

The list of committees includes Food Stand, Awards & Recognition, Rules, Premium Auction and 4-H Building/Fair Grounds Improvement.

<https://forms.gle/D9FgGzKEFhEBu4S16>

Refer to the committee description attachment.



QR Code for Osborne County Committee Sign-up form

Sign up by November 15

2023 Fall Kickoff



Welcome to New 4-H members!

Please join in welcoming new Osborne County 4-H members: Grant Arnold, Olivia & Rebeka Ketter, Cooper Peek-Koster, Will Lehmann, Ryder Naaz, Kaydence Peek, Connor Sizemore, Korbyn Schoen, Grant Schultze and Emery Wilson.

Save the Date for 2024 Osborne County Fair

July 24 - 28, 2024



Dancing with the Steers



SMITH COUNTY 4-H

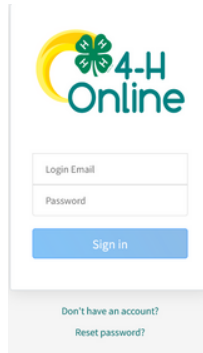
POST ROCK DISTRICT NEWSLETTER

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

4-H Online Enrollment

4-H Online Enrollment website:
<https://v2.4honline.com>

4-H Online is open to process enrollment. Youth and volunteers need to re-enroll or enroll for the new 4-H year. If you have questions, please call the Extension Office at (785) 282-6823 or message Risa. If you are from Busy Bee's or Heart of America select coupon code and Risa will enter the code. Everyone should be enrolled by November 15th.



Important Dates:

- Nov. 4 Officer Training - Cawker City, KS, 9:00 a.m. to 12
- Nov. 15 Re-enrollment deadline for Post Rock District
- Dec. 3 4-H Council 2 p.m.
- Dec. 16 4-H Alumni Banquet 6:30 p.m.,
Achievement Awards 7:00 p.m.
- Feb. Valentine Cookie Sales
- Feb. 10 District 4-H Day - Beloit
- Mar. 4 District 4-H Day - Smith Center

48 Hours of 4-H



Busy Bee's



Solomon Valley



Heart of America



4-H Fall Party at Sun Porch. Thanks to all who attended to do crafts, paint windows, make scarecrows, play bingo and show off your costumes.



Busy Bee's talked to students at Thunder Ridge Schools about 4-H.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

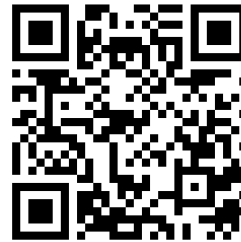
4-H OFFICER TRAINING

SATURDAY, NOVEMBER 4

LAKESIDE ELEMENTARY

913 7th St., Cawker City

9:00 A.M. TO NOON



Please Register
by November 1!



Officer Training will take place November 4 in Cawker City at Lakeside Elementary School (NOTE LOCATION CHANGE). Training will begin at 9:00 a.m. and conclude by Noon.

Plan to attend if you are an elected officer or if you want to build skills to serve as an officer in the future! Youth and adults are invited to learn about their important 4-H Club role and develop leadership skills. From Secretaries to Song Leaders and from Committee Members to Council Reps... this is a great opportunity to gather some ideas and gain confidence for the year.

The morning will start with a full-group activity. Then, youth will breakout for a session focused on the officer position of your choice. Adults can attend any officer position you'd like to learn more about! There will be a second round of breakout sessions providing an opportunity to learn more about goal setting, project records and achievement awards, 4-H presentations, the ambassador opportunity, and more. All ages and experience levels of youth are welcome! It is free to attend, but please register by November 1 at <https://bit.ly/PRD4HOfficerTraining>.

ENROLL IN 4-H BY NOVEMBER 15

4-H members need to enroll via [4-H Online](#) for the 2023-2024 program year! Cloverbuds, new members, renewing members, and volunteers need to complete enrollment. The Post Rock District priority enrollment period ends November 15. Participation in events, contests, and other activities will be limited until active membership status has been completed and approved, so do not delay getting enrolled!



Log in to
4-H Online to
complete your
2023-2024
enrollment!



Complete your [4-H Online](#) enrollment from a computer. Review the Family Enrollment Guide for information about navigating 4-H Online. View the guide at www.kansas4-h.org/resources/4-h-online/. Be careful as you navigate the payment section. If the coupon code does not allow you to apply while leaving it blank, select 'pay by check'. Staff at our office can enter your code on the backside of the database if you select 'pay by coupon' or 'pay by check'. ONLY pay by credit card if you are sure you owe money as it is difficult to change this after completing your enrollment. If your program fee is not sponsored at the local level, you can pay by credit card or check. New this year - all check payments need to be made to your County 4-H Council and brought to the local Extension Office. DO NOT send any checks to the state office.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

REGMAX 4-H EMAIL NOTICE

Effective this fall, 4-H Online's company is experiencing a name change. Emails from 4-H Online, based on your enrollment and project selections, will now arrive in your inbox from RegMax 4-H. When you see this in your inbox, it is legitimate outreach from Kansas 4-H and Post Rock District regarding your 4-H participation.

UPDATED 4-H PROJECT AREAS

Kansas 4-H has updated the project areas in 4-H Online, and you'll notice this as you enroll for the new year. Select projects you are interested in exploring during the year. Your project selections can be modified until spring. Learn about the many projects at www.kansas4-h.org/projects/. Contact your 4-H Program Coordinator if you have questions!

A few tips:

- Projects are now a general area of interest. Example: The Beef project includes market beef, breeding beef, and bucket calf. When you select the Beef project, you can explore all phases of this interest area throughout the year. You do not need to select a specific phase in 4-H Online. You will only get more specific with phases when you complete your county fair's entry paperwork/process.
- Sewing & Textile Design and Shopping in Style are now separate projects. Shopping in Style was previously called buymanship. Sewing & Textile Design was previously called construction.

2023/2024 Kansas 4-H Projects



Animal Science

Beef
Dairy Cattle
Dairy Goats
Dog
Horse
Meat Goats
Pets
Poultry
Rabbits
Sheep
Swine
Veterinary Science

Communication & Expressive Arts

Communications
Performing Arts
Photography
Visual Arts

Consumer & Family Science

Sewing & Textile Design
Shopping in Style
Family Studies
Fiber Arts
Foods & Nutrition
Health & Wellness
Interior Design & Architecture

Natural Resources

Environmental Science
Geology
Shooting Sports
Wildlife

Leadership & Personal Development

Civic Engagement
Leadership
Reading Adventures
Self-Determined

Plant & Environmental Sciences

Entomology
Agronomy
Forestry
Horticulture & Landscape Design

Engineering & Technology

Ag Mechanics Welding
Building Block Engineering
Astronomy
Computer Science
Electric & Renewable Energy
Robotics
Aerospace/Rocketry
Small Engines
Uncrewed Aircraft Systems
Woodworking



POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

KANSAS 4-H PROJECT PARTNERSHIP TEAM APPLICATIONS DUE NOVEMBER 1

Kansas 4-H is offering a teen leader and volunteer opportunity to be part of a Kansas 4-H Project Partnership Team. Kansas 4-H Project Partnership Teams (PPT) serve to bring youth, volunteers, and Extension professionals together to: enhance learning through project pathways; provide leadership in the development of a project subject matter; review, recommend, and provide professional development opportunities on curriculum and other resources; and provide leadership in planning and conducting one or more state educational experience. Apply at <https://www.kansas4-h.org/volunteers/projectpartnershiptteams.html>.

SHOOTING SPORTS PROJECT FEE

If you enrolled in a Shooting Sports project, it is time to pay your County 4-H Council the \$10.00 project participation fee. One amount is due regardless of number of disciplines enrolled in. The project fee supports the special requirements needed to maintain a 4-H Shooting Sports Program in the Post Rock District. Youth 8 years old before January 1, 2024 can participate in 4-H Shooting Sports. Youth MUST be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. Contact Tonia Underwood, tiunderw@ksu.edu, our District's certified Shooting Sports Coordinator, to learn about practices with our certified instructors.

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA)

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth 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! The class is required to be completed annually by all Kansas State Fair Grand Drive and Kansas Junior Livestock Show participants. YQCA training can be completed online or by attending an in-person class. Your club or county can host an in-person training. Blaire Todd, Livestock Production Agent, or Risa Overmiller, 4-H Program Coordinator, can assist with your questions and getting an in-person class scheduled. Learn more about YQCA at www.postrock.k-state.edu/4-h/yqca/.

POULTRY PROJECT REMINDER

Poultry producers should be reminded about the need for enhanced biosecurity for all types of poultry during migration season. More information on the outbreak and HPAI can be found at <https://agriculture.ks.gov/divisions-programs/division-of-animal-health/animal-diseases/avian-influenza>. Tips for preventing HPAI: Prevent contact with wild birds, especially wild waterfowl; Remove any potential nesting areas for wild birds; Cover and enclose outdoor feeding areas, and cover stored feed; Take all possible steps to separate wild birds from having any access to your flock or their living area; Clean and disinfect any vehicle tires or equipment that has been on other farms or other locations where there is poultry or wild birds; Wear clean clothing, boots and shoes when in contact with your flock; Restrict unauthorized people and vehicles; Isolate new birds; Stay informed about the health of birds in your area. Contact Blaire Todd, Post Rock District Livestock Production Agent, for more resources related to your poultry project.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

ROCK SPRINGS RANCH 4-H CAMP REGISTRATION OPENS NOVEMBER 15

It is time to start thinking about 2024 summer camp! There is an early-bird registration period, you won't want to miss if you plan to attend 4-H Camp! 4-H camp sessions are posted at www.rockspringsranch4hcamp.org. Each family registers directly with Rock Springs Ranch through the website. Before you register, contact your local Extension Office and your club leader. There may be club or county-level event scholarships available.

4-H Camp Counselor in Training (CIT) participants can receive a full-ride scholarship in 2024! This is the final year for the full-ride scholarship provided by a donor through Rock Springs Ranch/Kansas 4-H Foundation. Teens age 16 to 17- years, especially rising 12th graders, may participate. Participants will receive camper care training and counselor experience, in addition to "camp" time with peers. If you are interested, let your 4-H Program Coordinator know so we can connect you with more details once registration opens.

4-H SHIRTS AVAILABLE TO ORDER

The "Live, Learn, Serve" and "To Make the Best Better" T-Shirts sold at the 2023 Kansas State Fair are available to order online at <https://tinyurl.com/2023KS4HTSHIRT>. Share this opportunity at your club meeting and save on shipping with a group order! The proceeds benefit the Kansas 4-H Youth Leadership Council. Orders will be taken through December 1.

4-H DAYS IN POST ROCK DISTRICT

Post Rock District will host two 4-H Day events in 2024. Save the date for Saturday, February 10 in Beloit and Monday, March 4 in Smith Center. Registration and contest details will open in January. The fall is a great time to plan ahead and practice your presentations during club meetings. Explore resources on the [Post Rock District's 4-H Communications webpage](#).

SAVE DATES FOR BEEF AND SHEEP JUNIOR PRODUCER DAYS

The 2024 K-State Junior Producer Day dates have been set for next spring. Since it is an even year, they will focus on beef and sheep. 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 is scheduled for March 16. Stay tuned for more information from the [Kansas Youth Livestock Program](#).

SAVE THE DATE FOR SUPER SATURDAY

The Northwest 4-H Judging Event, "Super Saturday" will be March 23 in Hays. There will be judging contests for livestock, entomology, photography, crops, life skills, and horticulture. Project workshops will also be available. Save the date for this fun event, and reach out to your local Extension Office if you have an interest serving as a volunteer or presenter!

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

REPORT OCTOBER COMMUNITY SERVICE TO KANSAS 4-H

If your 4-H Club completed a community service project in October, it can be counted as participation in the Kansas 4-H 48 Hours of 4-H program. You need to register the project AND complete the follow-up report. It is not too late to complete these steps and be recognized as a program participant! Register your project at the [48 Hours of 4-H website](#).

ARE YOUR CLUB BYLAWS AND CONSTITUTION ON FILE AT THE EXTENSION OFFICE?

The beginning of the 4-H year is an excellent time for 4-H Clubs and Councils to review their bylaws and constitution. Consider appointing a committee of youth and adults to review them each fall. They are the organizing documents of the club and describe how the club or council operates. A current copy of the constitution and bylaws must be kept on file in the local Extension Office. Check to ensure the copy on file and the copy in the club's possession are the same, current version. If you cannot find your documents, the club should make it a priority to develop them using templates available. Contact your local Post Rock District Office if you have questions.

CLUB LEADER PACKETS

Post Rock District is working to provide each 4-H club with a leader packet that outlines the annual responsibilities to remain an active club. While we had hoped to hand these out before officer training, we are delayed waiting on some important components from Kansas 4-H. We are planning to get each club your packet as soon as possible in November. In the mean time, watch your emails for club reminders and reach out to your 4-H Program Coordinator if you have questions. Thanks for your patience.

INDEPENDENT STUDY OPTION

Kansas 4-H believes that participation in an organized 4-H club is the preferred method of involvement for members, but acknowledges there are sometimes extenuating circumstances that may make independent 4-H membership a viable way to still engage in 4-H youth development learning. If you selected independent membership while enrolling in 4-H Online, please note there are additional steps that need taken before membership will be approved. You will need to complete an Independent Member Study Agreement. The agreement will be reviewed and approved if all expectations are met. If you selected independent membership, please reach out to your 4-H Program Coordinator as soon as possible to navigate next steps!

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
K-State Research and Extension is an equal opportunity provider and employer.