



POST ROCK DISTRICT 4-H NEWSLETTER

DECEMBER 2025



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QUIZ BOWL

JANUARY 10, 2026
SYLVAN GROVE

In 2026, 4-H Quiz Bowl will be a fun, regional event! We are going to extend an invitation to neighboring extension unit 4-H members to participate along with our Post Rock District youth. **Make plans to participate in 4-H Quiz Bowl on Saturday, January 10 at Sylvan-Lucas Unified High School in Sylvan Grove.** The event will take place throughout the morning. The 4-H Quiz Bowl is a fun, semi-competitive event where participants demonstrate their knowledge about various topics related to the 4-H program, its history, and its values. It is designed to help youth deepen their understanding of 4-H while fostering teamwork, leadership, and public speaking skills!

It is free to participate, but registration is needed by January 5. 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 to be on a team together. When you register, tell us 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. **Registration, rules, and a study guide are available on the [event webpage](#).**



[Explore Details,](#)
[Find the Study](#)
[Guide, and](#)
[Register](#)
[Online!](#)

ADULT VOLUNTEERS NEED TO ENROLL IN 4-H ONLINE BY DECEMBER 22

Anytime youth gather in the name of 4-H, it is important that there are two adults present who have been approved by Post Rock District as 4-H registered and screened volunteers! A 4-H Club is required to have two club leaders, yet it takes many more volunteers to have successful project learning experiences, workshops, community service activities, etc. Register as an adult volunteer in 4-H Online as soon as possible. After registering, your local Extension Office staff will share with you the steps to complete the required background check. This is paid for by Post Rock District. Once all of these steps are completed, you are eligible to be considered for approval by the Post Rock District Governing Board. Volunteers complete these steps during their initial enrollment. Each year after, volunteers can renew in 4-H Online without the extra steps. **If you plan to assist/support your club, council, or at project meetings (beyond helping the children in your immediate family), please register as an adult volunteer!**

MITCHELL COUNTY CLOVER CONNECTION

📶 POSTROCK.KSU.EDU

📞 (785)738-3597

✉️ CTHIESSEN@KSU.EDU

CASSIE THIESSEN AND BLAIRE TODD, EXTENSION AGENTS

CHRISTMAS BREAK DECEMBER 24th-JANUARY 1st

*A Great time to Enjoy the
Holiday Season
Spending time with Family
& working on your
4-H Projects*

2026 POST ROCK DISTRICT 4-H QUIZ BOWL TRIVIA



Register by January 5th
This year, it will be held at
Sylvan Lucas High School
Sylvan Grove / January 10th.

4-H COUNCIL MEETING



January 26th | 7:00 p.m.

The Bank of Tescott Meeting Room

4-H Scholarship Deadline January 5th
apply @ KS 4-H awards & recognition

Volunteers Needed
Enroll @ 4-H Online

SAVE THE DATE FOR MITCHELL COUNTY 4-H BEEF WEIGH-IN



Wednesday, Feb 25

Location:

Solomon Valley Veterinary Hospital
from 4:00 P.M - 6:00 P.M.

4-H ENROLLMENT WELCOME NEW MEMBERS & FAMILIES



Mitchell County 4-Her's
2025-2026

111 members and counting!



REMEMBER TO SEND TONIA YOUR
4-H HOLIDAY FUN PHOTOS



2026 POST ROCK DISTRICT 4-H DAYS &
JUDGING EXTRAVAGANZA

February 14th in Beloit- March 2nd Smith Center

JOIN US IN WELCOMING
NEW BELOIT TEAM MEMBER,
TAMMY NEITER
OFFICE PROFESSIONAL



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SET 4-H PROJECT GOALS BEFORE JANUARY 1

Use the “[Setting 4-H Project Goals](#)” worksheet as you set goals for your 4-H projects and with your 4-H club! Set your goals before the new year to help you succeed in 2026!

- Once a young person has selected their 4-H projects, they should plan out what they would like to learn and accomplish.
- Goal setting is a great educational activity to incorporate into a 4-H club meeting! It is very helpful when this process is done with the support of a caring adult to ensure the 4-H member has a positive project experience.
- 4-H club meetings should include goal-setting to help your club activities meet the interests of the membership while also striving to try new ways to live by the 4-H pledge! The worksheet is a great guide for setting club goals, too!



[Kansas 4-H
Project Resources](#)



[“Setting 4-H
Project Goals”
Worksheet](#)



[A 4-H Project:
More than a
Fair Entry.](#)



[Kansas 4-H
Clover
Classroom](#)

CLUB MEETING TIPS & TRICKS

Are you a new officer ready to help your 4-H Club have an awesome year? Here are some tips and tricks! If you need assistance, printing, or brainstorming, stop by your local Extension Office!



[Creative Ideas to
Enhance Club
Meetings](#)



[4-H Meeting
Wheel
Resource](#)



[Kansas 4-H
Club Officer
Resource Books](#)



[4-H Guidelines
for Parliamentary
Procedure](#)

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4-H Clover Connection Facebook Private Groups



- *PRD Insider Experience*, our district Facebook private group, is being replaced. *PRD Insider Experience* will be discontinued December 23, 2025.
- We have launched new Facebook private groups - one for each County 4-H program served by Post Rock District.
- The private group will provide reminders and updates for active members, families, and volunteers in the local Kansas 4-H program.
- Official, primary 4-H correspondence will still be sent to members, families, and volunteers via email based on the enrollment contact information provided.
- Please continue to direct questions to your local K-State Extension Post Rock District office.

1. Request to join your group, "XXXX County 4-H  Clover Connection".

2. Answer the member questions to be approved.

3. Engage!



Jewell
County 4-H



Lincoln
County 4-H



Mitchell
County 4-H



Osborne
County 4-H



Smith
County 4-H

CHECK YOUR EMAIL FOR 4-H COMMUNICATIONS

Post Rock District and Kansas 4-H use email as primary means of communication. We use the email contact information shared when you enroll in 4-H Online. Please check that your current email and phone are included in 4-H Online. Your local Extension Office can assist with updating this contact information or adding additional emails to your account contact list.

NEWS RELEASES AND SUCCESS STORIES

4-H club officers are encouraged to share the exciting activities your club is up to by emailing a photo and short success story to your local office or postrock4h@ksu.edu. While you are sharing your impact, remember to submit news releases about your 4-H club to the local newspaper!

- Club Leaders are encouraged to check with the Extension Office to see if any of your club members have selected to NOT have their name and picture used for any outreach and communication. If permission is not given by the family, the club must also respect these choices.

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YQCA IN-PERSON CLASS OPPORTUNITIES

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.

2026 IN-PERSON YQCA CLASS SCHEDULE IN POST ROCK DISTRICT

Register for the in-person YQCA classes we currently have scheduled. Youth register and pay for the course through the [national YQCA website](https://national.yqca.org). Participants also need to take the online pre-test at the YQCA website before attending. Encourage your 4-H friends of all experience levels to attend. We need 10 participants at each site to host the course!

- **LEBANON COMMUNITY CENTER** - Monday, January 19 at 9:00 a.m - Register on the [YQCA website](https://national.yqca.org) searching class name "Smith County YQCA Training."
- **BELOIT METHODIST CHURCH** - Saturday, February 14 at Noon after 4-H Day - Register on the [YQCA website](https://national.yqca.org) searching class name "2026 Beloit 4-H Day Training."



Reference the "Help Guide for Registering for YQCA" on our [Post Rock District 4-H YQCA website](https://national.yqca.org).

NEED EID TAGS FOR STATE FAIR AND KJLS LIVESTOCK? CALL THE EXTENSION OFFICE ASAP TO ASSIST US WITH ORDERING!

Are you thinking of showing livestock at the Kansas State Fair and/or Kansas Junior Livestock Show in 2026? If so, your animals will need to be EID tagged and verified in-person by a Post Rock District employee. To assist us with ordering tags, please contact your local office ASAP to inform us of the species and provide a rough estimate of the number of animals you anticipate nominating with Kansas Youth Livestock for these shows. We appreciate your help!

AG & STEM YOUTH DAY CAMP IS DECEMBER 6

The NW KS 4-H Ag Ambassadors are excited to present the Ag & STEM Youth Day Camp on Saturday, December 6 at Wheatland High School (2920 K-23 Grainfield) from 1:00 - 4:30 p.m. Registration is \$15 per youth and you can pay at the door. The experience is open to young people ages 7-13. Day camp will include learning stations: Butter & Dairy Fun, In the Life of a Farmer, Agricultural Byproducts, Soil Health & Erosion, and Embryology. For questions, contact Jenilee at the Twin Creeks Extension District - Graham County office at 785-421-3411 or jenileem@ksu.edu. Register online by December 3 through the [Ag & Stem Youth Day Camp form](https://www.ksu.edu/ag-stem-youth-day-camp).



SHOOTING SPORTS PROJECT FEE DUE BY DECEMBER 11

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. If you do not submit your fee by December 11, you will be removed from Shooting Sports project enrollment. You will not be able to re-enroll in the project disciplines until the fee is paid.

Youth 8 years old before January 1, 2026 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.

WINTER ARCHERY PRACTICES

Indoor archery practices will be on January 18, 25 and February 1, 15, and 22 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. For more information and to sign-up to attend, contact Tonia at tiunderw@ksu.edu or 785-378-3174.

POULTRY PROJECT WEBINAR ON DECEMBER 2

Are you interested in learning more about poultry or thinking about participating in poultry judging this year? Kansas 4-H is excited to invite you to a 4-H Poultry Judging Basics Webinar, designed especially for youth who want to build their skills and confidence! The state-level learning experience will be on December 2 at 7:00 p.m. During the interactive session youth and project leaders will learn the fundamentals of poultry judging; how to assess live birds and carcasses; what judges look for in different classes; and how to prepare for contests with confidence. [Register through the online form](#) to participate.

HORSE JUDGING CONTEST IS JANUARY 23 IN TOPEKA

The state-level Kansas 4-H Horse Judging Contest will be held on January 23, 2026 at EquiFest of Kansas in Topeka. Registration and details are on the [Kansas 4-H event's website](#). Register by January 2!

HORSE PANORAMA AT ROCK SPRINGS RANCH

The Kansas 4-H Horse Panorama will be February 21-22 at Rock Springs Ranch. 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 and registration coming soon on the [Horse Panorama website](#).

KANSAS 4-H SCHOLARSHIP DEADLINE IS JANUARY 5



The application for Kansas 4-H Scholarships are now available on the [Kansas 4-H website](#) under [Awards & Recognition](#). The Kansas 4-H Scholarship program is open to graduating high school seniors, current college students, and graduate students who have been part of the 4-H experience. Each scholarship has its own criteria, and you may qualify for several. You will only need to fill out one application to be considered for all available scholarships. It is important to review the requirements before getting started on your application. Applications and supporting documents are due no later than January 5, 2026 by 11:59 p.m. CST.

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.

4-H PROJECT RECORDS ADVANCING TO REGIONAL JUDGING DUE JANUARY 6

Post Rock District Senior age 4-H members (ages 14 – 18) are eligible to advance to the Northwest 4-H Project Record screening if they were chosen as the project award winner in their local county. 4-H members must turn in project records for regional screening to their local Post Rock District Extension Office by January 6, 2026. This allows us to get the project records to our Post Rock District staff who will be going to the Northwest Regional Screening on January 13. The following items complete a Regional Project Award submission: check sheet; personal information page; cover letter; resume; and project report form. Contact your local Extension Office for additional information or for one-on-one assistance. Helpful resources to assist with preparing the cover letter and resume can be found at these links: [Local Record Keeping & Project Report Forms](#), [Guide to Kansas 4-H Project Recognition](#), and [Create a Successful Resume](#).

KANSAS 4-H CAMP REGISTRATION OPEN

Sign-up for Kansas 4-H 2026 Summer Camp is open! Kansas 4-H camp sessions are posted at www.rockspringsranch4hcamp.org. 4-H and non-4-H youth are welcome to register to enjoy 4-H camp! Each family will register 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.

DOWNLOAD 4-H ACTIVITY GUIDES

[CLOVER by 4-H](#) creates opportunity for all youth with curriculum from over 100 Universities, interactive hands-on learning activities, and the supportive 4-H community – available anytime, anywhere – helping young people discover their passions and build the life skills to thrive. Explore the downloadable [content online](#).

4-H DAYS IN POST ROCK DISTRICT

Post Rock District 4-H Day registration will open January 8. The 2026 4-H Day Guide will be available on our 4-H Day webpage at www.postrock.k-state.edu/4-h/4-hday/. It will be published by December 15.

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It's an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies.

Kansas 4-H members have been learning communication skills and building confidence for more than 100 years. Through engagement in 4-H, youth will learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more! Kansas 4-H has many helpful resources to assist you with developing communication skills. If you can't find a resource to meet your needs, please contact your local Post Rock District Office.

Plan ahead and practice your presentations during club meetings. Explore public speaking resources on the [Post Rock District's 4-H Communication webpage](#).

- **4-H Day #1: Saturday, February 14 in Beloit beginning at 8:00 a.m.**
- **4-H Day #2: Monday, March 2 in Smith Center beginning at 4:30 p.m.**

Judging Extravaganza will be happening concurrently with 4-H Day. Judging Extravaganza is a come-and-go district-level experience with a variety of judging contents for youth to test their knowledge by partaking in. There is no pre-registration required for these contests. Study guides for each judging contest will be available beginning January 8!

VOLUNTEER SALUTE TO EXCELLENCE AWARD

**SHARE NOMINATION RECOMMENDATIONS WITH POST ROCK DISTRICT
BY DECEMBER 22**

The Kansas Association of 4-H Volunteers has adopted the Salute to Excellence award to recognize and promote Kansas 4-H volunteers who have excelled in their roles locally. The award recognizes 4-H volunteers who demonstrate exceptional service to 4-H. **If you have someone in mind who would be an excellent candidate for this elite, state award, please reach out to Nora Rhoades at the Mankato Office, 785-378-3174, so Post Rock District can assist with the application process.**

Each extension unit may select its representative and submit its nominees electronically to the Department of 4-H Youth Development by March 1. There are several steps to the application, so we need to begin now to ensure a successful submission. Nominated individuals will then have an opportunity to be selected as the Kansas Outstanding Lifetime Volunteer and Volunteer of the Year. The two Kansas honorees then become Kansas' nominees for the North Central and National 4-H awards. Complete details are on the [Kansas 4-H Volunteer Salute to Excellence Award webpage](#).

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4-H DAY WITH KSU WOMEN'S BASKETBALL IS MARCH 1

The annual 4-H Day with the K-State Women's Basketball Team is scheduled for March 1, 2026 at 1:00 p.m. Cheer loud with 4-H friends from around the state as the Wildcat women take on the Cyclones of Iowa State! Registration and details will be coming soon. If you are certain you want to attend, please notify the Extension Office so we can share information as soon as it becomes available. This is a non-refundable 4-H experience. It could be a fun night out with your 4-H club!

2026 K-STATE JUNIOR PRODUCER DAYS: BEEF AND SHEEP

The K-State Junior Producer Days focus on beef and sheep in even years and swine and meat goat in odd years. These are one-day, educational events for families to learn about the selection and management of youth livestock projects. Updates will be posted on the KSU Youth Livestock Program Facebook page, as well as the [Junior Producer Days page](#) of KSU Youth Livestock Program website, which is under the events tab.

- Junior Beef Producer Day – Saturday, March 7, 2026
- Junior Sheep Producer Day – Saturday, April 11, 2026

LIVESTOCK PROJECT WEBINARS FOR YOUTH AND PROJECT LEADERS

Kansas 4-H has a variety of recorded webinars available to youth and project leaders involved in livestock projects. The state-level animal science webinars are designed to give Kansas 4-H'ers an opportunity to learn more about the livestock industry, career opportunities, and good animal husbandry practices. Topics include, but are certainly not limited to: nutrition and feeding for show animals (species-specific); biosecurity: projecting your project; careers in animal science; and livestock health. After watching a lesson, please complete the survey to provide Kansas 4-H with feedback to support future experiences. You can find the online lessons at the [Kansas 4-H Animal Science webinar series website](#).

K-STATE INSECT ZOO

The Kansas State Insect Zoo in Manhattan features many exhibits of live insects and their arthropod relatives in naturalistic settings. The zoo is housed in the old Dairy Barn on the grounds of The Gardens at Kansas State. The mission of the Insect Zoo is to foster a better understanding and increased awareness of our microcosmic, natural world and of the important roles that insects and their relatives play in it. The Zoo offers an interactive experience for visitors, where they can experience the sights, sounds, and smells of live creepy crawlies, including giant cockroaches, beetles, giant walking and prickly sticks... praying mantises, and centipedes... scorpions, and tarantulas. Did you know the Insect Zoo is open year-round with consistent walk-in hours? Learn more about this amazing experience on the [K-State Insect Zoo webpage](#).

RABBIT PROJECT LESSONS AVAILABLE BY KANSAS 4-H

Kansas 4-H has state-level virtual learning webinars available for youth and project leaders involved in the Rabbit project! Topics include Rabbit Basics and Cold Weather Care; Rabbit Judging; and Rabbit Showmanship. Recordings can be found on the [Animal Science Webinar Series webpage](#).

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REDUCED OFFICE HOURS AT POST ROCK EXTENSION DISTRICT

Post Rock District Offices will be closed the following dates. There will be very limited access to Post Rock District staff by email and phone during this time. Please plan ahead if you need support with your 4-H experience or if you need to visit the local Extension Office.

- November 26 through November 30 (Thanksgiving)
- December 12 (Staff Retreat)
- December 24 through January 1 (Christmas / New Year's)

If you plan to stop by the office with a specific question, or if you are travelling in from out of town, it is always recommended to call in advance. This will allow us to be ready to serve you.

There are also some times when our offices are closed due to staff members working out in various communities and calling ahead can make the most of your trip to town.

FUNDRAISERS FOR 4-H CLUBS

NEED TO NOTIFY THE EXTENSION OFFICE IN ADVANCE

Communicate with your local Extension Office in the early planning stages of your fundraiser to make sure you meet all Kansas 4-H policies and best practices relating to raising money in the name of 4-H. We have a form that helps share the necessary information. Complete the form and submit it to your local Extension Office or email to postrock4h@ksu.edu BEFORE beginning your fundraiser. Do not promote or implement your fundraiser until you receive approval from Post Rock District. Allow at least 10 business days for the fundraiser to be reviewed. If the fundraiser needs to be revised, the individual listed on the form is the one who will be contacted. Find the form on the [Post Rock District 4-H website under Club and Council Support, finances and fundraising](#).



4-H BRANDING REQUIRED ON CLOTHING, AWARDS, AND SWAG

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 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. We have a form to help with approval. Submit the form & design artwork (in full color) to your local Extension Office or by email to postrock4h@ksu.edu. Allow at least 10 business days for the design to be reviewed. If edits need to be made, the individual listed on the form is the one who will be contacted. Find the form on the [Post Rock District 4-H website under Club and Council Support, branding and marketing](#).



This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact four weeks prior to the start of the event. 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 is an equal opportunity provider and employer.



POST ROCK DISTRICT 4-H

DISTRICT/STATE EVENTS AND DEADLINES AT A GLANCE



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DECEMBER 2025 ISSUE

Nov. 26-28:	Thanksgiving Holiday, all Post Rock District Offices are closed	Jan. 31-	Dog Show Judge Training & Certification, Salina
Dec. 1:	Jewell County 4-H Council meeting, Courthouse	Feb. 1:	Expo Center
Dec. 2:	Poultry Project Webinar	Feb. 1,15,22	Winter Archery Practices, Jewell Co. Fairgrounds
Dec. 6:	Ag & STEM Day Camp, Grainfield	Feb. 14:	Saturday Morning 4-H Day 2026/Judging Extravaganza
Dec. 11:	Shooting Sports fees deadline	Feb. 14:	YQCA Training, Beloit
Dec. 12:	Post Rock District Staff Retreat, all Offices are closed	Feb. 15:	Jewell County Beef Weigh-in
Dec. 22:	Lincoln County 4-H Council meeting	Feb. 15-16:	Citizenship in Action, Topeka
Dec. 22:	Volunteer enrollment deadline	Feb. 16:	Osborne County 4-H Council meeting
Dec. 22:	Volunteer Salute to Excellence Award nom. due	Feb. 21:	Lincoln County Beef Weigh-in
Dec. 23:	PRD Insider Experience Facebook discontinued	Feb. 21-22:	State 4-H Horse Panorama, Rock Springs Ranch
Dec. 24-31:	Christmas Holiday, all Post Rock District Offices are closed	Feb. 22:	Osborne Co. Beef Weigh-in
Jan. 1:	New Year's Day Holiday, all Post Rock District Offices are closed	Feb. 25:	Mitchell County Beef Weigh-in
Jan. 5:	Kansas State 4-H Scholarships deadline	Feb. 28:	Smith County Beef Weigh-in
Jan. 6:	Regional Project Record Judging deadline	Mar. 1:	4-H Day with KSU Women's Basketball
Jan. 10:	Post Rock District Quiz Bowl, Sylvan Grove	Mar. 2:	Monday Evening 4-H Day 2026/Judging Extravaganza
Jan. 11:	Smith County 4-H Council meeting	Mar. 7:	Junior Beef Producer Day, Manhattan
Jan. 12:	Osborne County 4-H Council meeting	Mar. 21:	NW Super Saturday Judging Contests & Workshop, Hays
Jan. 13:	NW Regional Record Book Judging	Apr. 11:	Junior Sheep Producer Day
Jan. 18,25:	Winter Archery Practices, Jewell Co. Fairgrounds	Apr. 25:	Lincoln County Small Animal Weigh-in
Jan. 19:	YQCA Training, Lebanon	Apr. 26:	Osborne County Small Animal Weigh-in
Jan. 23:	State 4-H Horse Judging Contest, Topeka	Apr. 26:	Smith County Small Animal Weigh-in
Jan. 26:	Mitchell County 4-H Council meeting	Jun. 3-5:	Discovery Days, Manhattan

