



POST ROCK DISTRICT 4-H NEWSLETTER

JULY 2025

📶 POSTROCK.KSU.EDU ✉️ POSTROCK4H@KSU.EDU

COUNTY FAIR WEBSITES:

www.postrock.k-state.edu/4-h/events/county-fairs/

Visit your fair website to find the online fair books, fair schedules, forms, sign-ups, and more...



EXTENSION OFFICE PHONE NUMBERS:

If you have a fair question, call the local Extension Office. Navigating fair can be confusing, and there are no silly questions! Reach out before deadlines; we are happy to help!

- Mankato Office: 785-378-3174
- Lincoln Office: 785-524-4432
- Beloit Office: 785-738-3597
- Osborne Office: 785-346-2521
- Smith Center Office: 785-282-6823

NEED A FAIR BOOK?

Visit your local Extension Office to pick up a fair book! Free in Jewell, Lincoln, Mitchell, and Osborne Counties. Smith County's book can be printed for a \$3 printing fee.

NEED ENTRY CARDS?

Visit your local Extension Office to pick up entry cards for Jewell, Mitchell, and Smith Counties! Osborne and Lincoln Counties use online entry, so there is no need for cards. Note that some projects have forms that need to be completed in place of and/or in addition to an entry! *Read the fair general rules and project rules in the fair book closely!*

PRE-FAIR ENTRY DEADLINES

The pre-fair entry deadline is when all project exhibits must be designated for the class which will be shown at the county fair. It is an ownership and verification deadline. Entries can be dropped, but not added after the pre-fair entry deadline. Any project areas not required by 4-H Council to meet the pre-fair entry deadline will submit entry requirements at the project's fair check-in time.



- Jewell County Deadline: Past Due
- Lincoln County Deadline: July 1
- Mitchell County Deadline: July 7
- Osborne County Deadline: July 7
- Smith County Deadline: July 1

MITCHELL COUNTY CLOVER CONNECTION

📶 POSTROCK.KSU.EDU

📞 (785)738-3597

✉️ DJBECHARD@KSU.EDU

DENAE BECHARD, OFFICE PROFESSIONAL

Food Stand Shifts

The food stand at the fair is the largest fundraiser for Mitchell Co 4-H. **Every 4-H member and a parent are required to sign up for a shift.** If you are a beef family, please sign up for Thursday evening or Friday evening shifts. If you are a non-beef or non-livestock family, we really need your help on Wednesday evening and Saturday evening. Youth who work more than one shift can get credit for service learning hours and will earn free Bubbl'r or ice cream! Sign up at the following link:

<https://www.signupgenius.com/go/10C054EAAA622A6F9C25-57078140-food>

2025 Mitchell Co Fair Details

- **Date:** July 23 - 26
- **Theme:** Barn In The USA
- **Pre-fair deadline: July 7th** (livestock entry forms, pen rent fees, fashion revue pre-entry forms & scripts cards due)
- **Pre-fair judging** (foods, visual arts, fashion revue) has moved back to the **Christian Church** this year
- **Clean up duties:** please contact the Extension office **BEFORE** cleaning to communicate the date(s) you intend to clean up and to get the checklist for your area. Pre-fair clean up needs to be completed by July 20th.
 - **West Beloit:** pre-fair 4-H building, kitchen, and restrooms
 - **Tipton:** pre-fair livestock barns
 - **Asherville Achievers:** after fair 4-H building, kitchen, and restrooms

July 7th Deadline !!

The pre-fair deadline for this year's fair is July 7th. **The following must be submitted to the Extension office by 4:30 p.m. on Monday, July 7th :**

- [Livestock entry forms](#)
- [Poultry, Rabbit & Pet entry form](#)
- Pen rent (\$1/animal due with livestock entry form)
- [Fashion Revue pre-entry form](#)
- [Fashion Revue script cards](#)

All fair forms are listed online here:
<https://www.postrock.k-state.edu/4-h/events/county-fairs/mitchellfair/>

***The Extension office will be short staffed the week prior to the July 7th deadline, so we encourage and appreciate turning in your forms as early as possible! Please keep in mind that the office closes at 4:30 p.m.**

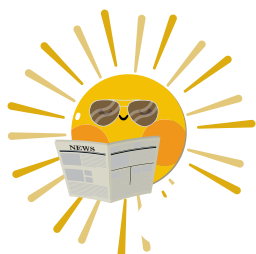
IMPORTANT HORSE PROJECT UPDATE

KDAH has updated rules regarding Coggins testing for horses at exhibitions across the state. A negative Coggins test from within 12 months of the exhibiting date is now required. **This rule applies to every horse exhibiting at this year's Mitchell County Fair.** For more information, check out this year's fair book and contact Blaire (blairet@ksu.edu or 785-738-3597) with any questions!



COUNTY FAIR PROJECTS

All exhibits entered in the 4-H/FFA division of a county fair must be the handiwork of the exhibitor; the grower, where agricultural exhibits are shown; and the owner and feeder, where livestock is entered. All exhibits entered in the 4-H/FFA division of a county fair must be the result of the current program year's work. Ownership is defined so that the project (animal, garden, crop, exhibit creation, sewing, photo, etc.) is under the daily care and supervision of the member; all project-related practices, expenses, and management are the responsibility of the member; and all county fair exhibits should be a planned part of the project.



READ YOUR FAIR BOOK CLOSELY!

There are general rules and project-area rules that need to be met in order for you to be able to exhibit in the 4-H/FFA division of the county fair. Don't wait until the last minute to read the rules. Call your Extension Office if you have questions!

FROSTING AND FILLING RESOURCE TO ASSIST WITH FAIR PREPARATION

Not all frostings are safe for storage at room temperature or warmer. For food safety purposes, 4-H County/State Fair entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe. Frostings and fillings used in 4-H County/State Fair exhibits need to contain more than 65% sugar for safety. The calculation should be attached to the entry.

- Examples on how to calculate this percentage can be found here: https://bookstore.ksre.ksu.edu/item/frostings-and-fillings-worksheet_4H1171
- The following website will help you convert volume measurements to weight in order to complete the calculations: <https://www.kingarthurbaking.com/learn/ingredient-weight-chart>



Frostings and
Fillings Worksheet



Does this frosting meet the minimum requirement to be considered safe at room temperature?

Simple Buttercream Frosting

Ingredients	Weight in Grams
2 cups unsalted butter	454
8 cups powdered sugar	960
1/2 teaspoon salt	3
1/4 cup heavy cream	59
2 teaspoons vanilla extract	8
Total weight 1,484	

$$\% \text{ sugar: } (960/1,484) \times 100 = 65\%$$

This frosting meets the minimum requirement of 65% sugar and is considered safe at room temperature.

FAIR PREMIUM AUCTIONS AND PROJECT SALES

County Fair Premium Auctions and Project Sales are NOT governed or clerked by Post Rock Extension District nor the local county's 4-H Council. We are also not the fiscal agent for the event. The premium auction or project sale is operated differently in each county. You can contact your local Extension Office to learn about the event in your county so you can be prepared to meet all requirements, if you want to participate. We are happy to share the expectations and rules set by the group that governs your respective event.

HORSE COGGINS TESTING

Horse project members are strongly encouraged to get your horse coggins testing completed soon. This will prevent you from having any issues with participation at 4-H and non-4-H events during the spring and summer. Kansas Division of Animal Health has revised regulations and it is now the responsibility of the horse owner to have a negative Coggins test. A negative Coggins test is valid for 12 months. It is up to the participant to provide verification if event organizers require proof of a negative Coggins test! Read the full regulation on the [Kansas Division of Animal Health website](https://www.ksahealth.org/).

SHOOTING SPORTS STATE QUALIFIERS

Youth have to qualify for State Shooting Sports at a local qualifier, and you can only register with paperwork signed and submitted to the host confirming that you have participated in instructor-led practices and that you're in good standing within the local unit's project. Generally, each qualifier has a fee. Youth can attend a qualifier anywhere in Kansas, and you are allowed to attend as many as you want to register for. The state will post qualifier dates and registration information at www.kansas4-h.org/projects/natural-resources/shooting-sports/shooting-sports-events/local-qualifiers.html. Call Tonia at 785-378-3174 if you have questions!



- Stede Underwood is hosting an archery qualifier on July 27 in Glen Elder. Information will be emailed to enrolled youth once registration opens!



SUMMER CLUB IDEAS

Looking to add some excitement to your 4-H Club meetings? Here's some summer ideas for your group to consider:

- Picnic at a Park: Have a club meeting and picnic. Soak up the summer sunshine!
 - Joint Meeting: Invite a neighboring club to join for a joint meeting!
 - Poster/Project Work Day: Share supplies while members mentor and support each other with making your fair posters and finishing other projects.
 - County Fair Project Tour: Have a meeting during a slow time at the county fair. Tour the buildings together, giving each member a chance to share their project work.
 - Parade Float: Build a float to share your love of 4-H during a local parade.
 - Give Back: Organize a trash pickup to keep your community looking great!
 - Use the Club Seal checklist to ensure members are thriving and reaching their achievement pin goals.
- Club Seal Information: <https://www.postrock.k-state.edu/4-h/club-and-council-support/club-seal/>

THE GREEN LINK DISTRICT & STATE NEWS

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STATE FAIR ANIMALS

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 specific show's governing body. The 4-H member is responsible for understanding the deadlines and expectations involved. If your animal species doesn't classify for state livestock nomination, visit the [Kansas 4-H State Fairbook](#) for important ownership, verification, and exhibition deadlines and details. Contact your local Extension Office as soon as possible if you are considering showing at the Kansas State Fair, so we can share resources to help you navigate the process.

GRAND DRIVE AND KJLS IMPORTANT DATES



KANSAS
YOUTH LIVESTOCK
PROGRAM WEBSITE

- July 1: Registered Breeding Ewe Papers in Exhibitor's Name
- July 15: Kansas State Fair Grand Drive Entry Deadline
- July 25: Kansas State Fair Grand Drive Late Entry Deadline
- August 15: KJLS Entry Deadline
- August 31: KJLS Late Entry Deadline
- September 5 - 7: Kansas State Fair Grand Drive
- October 3-5: Kansas Junior Livestock Show

STATE 4-H HORSE SHOW

There are important deadlines that must be met to be eligible for the State 4-H Horse Show. Kim Naber, 4-H Program Coordinator, is an excellent resource for the equine project and she is happy to explain the requirements and deadlines. She can be reached at 785-346-2521 or kimn@ksu.edu. Visit the Kansas 4-H website at <https://www.kansas4-h.org/educational-experiences/project-based-events/conferences-events/horse/state-horse-show.html>.

KANSAS 4-H LIVESTOCK SWEEPSTAKES

NOTIFY EXTENSION OFFICE OF INTEREST BY JULY 29

Kansas 4-H Livestock Sweepstakes will be hosted August 23-24 in Manhattan. The deadline to register is August 1 to the state, so **all interested youth must notify their local Extension Office before July 29 so we can enter Post Rock District teams**. Youth from multiple Post Rock District counties can make up a team. The expenses and transportation for participation are up to each individual. Post Rock District staff do not coach teams, so adult volunteers are also needed to serve as coaches. The contest rules, schedule, and more information is posted on the [Livestock Sweepstakes](#) page of the youth livestock website. Call your local Extension Office if you have questions.

4-H PRESENTATIONS AT STATE FAIR

If you earned a purple at 4-H Day with a presentation, you may be eligible to present your communication skills at the Kansas State Fair! Checkout the entry requirements in the Kansas State Fair Book at <https://www.kansas4-h.org/educational-experiences/fair-resources/kansas-state-fair/> Notify your local Extension Office ASAP if you'd like to enter!

STATE FAIR STATIC (INDOOR) PROJECT SIGN-UP

Each county fair's 4-H division allows qualification for the Kansas State Fair in accordance with the expectations outlined in the Kansas 4-H State Fair Book.

- Youth must be 9 years old by January 1 of the current year to be eligible for the State Fair.
- There may be additional exhibit requirements to exhibit at the state fair, and some county-level projects are not eligible to go to state.
- To qualify for the State Fair, static exhibits need to earn a purple ribbon at the county fair level. A purple ribbon does not include county fair grand or reserve grand champion awards.
- 4-H members must refer to their county fair book to understand when qualifying projects must be designated for state fair. Post Rock District staff will complete the entry process as outlined by Kansas 4-H, using the information submitted by qualifying members. ***It is highly recommended that BEFORE COUNTY FAIR ENTRY RELEASE you have a conversation with your local Extension Staff and let them know about your intentions to compete at state fair.***

Post Rock District staff will coordinate transportation of non-animal exhibits to-and-from the Kansas State Fair for 4-H exhibition. Exhibits will only be transported by extension staff if they can easily be moved by one person, if they can fit within an extension vehicle, and if they can be safely transported with many other items. 4-H members can transport their own items, including those that are too large, heavy or fragile. More details will be shared in the August 4-H Newsletter about preparing exhibits for state fair entry.

STATE FAIR 4-H VOLUNTEER & LEADERSHIP OPPORTUNITIES

There are many opportunities to gain leadership experience as a volunteer at the Kansas State Fair. It is a great way to get leadership hours to contribute toward your project record book or earn an achievement pin. Volunteering is also a fantastic way to grow as a club leader, project leader, or even train to be a county fair judge in a project area of interest! If you want to volunteer or have some questions, contact your local Post Rock District Extension Office and we will assist you with signing up!

- **GREETERS:** Serve as a greeter at the 4-H Centennial Hall informational booth any day during the State Fair.
- **JUDGING ASSISTANTS:** Serve as a judging assistant on September 4 or 5 in a static project judging area of interest. Record notes for judges, assist with organizing projects, help enter exhibits, etc.
- **FASHION REVUE EVENT ASSISTANTS:** The Northwest KS Area is responsible for hosting the fashion revue at State Fair this year. We can use teen and adult volunteers. If you are able to help September 13 please let your local office know!

4-H CODE OF CONDUCT

Remember, when you signed up for 4-H, you agreed to follow the Kansas 4-H Code of Conduct. This includes youth as well as all adults assisting youth involved in 4-H and FFA. To remind yourself of the code of conduct, visit www.kansas4-h.org/resources/policy-guide/.

MEMBER ACHIEVEMENT PIN APPLICATIONS

TIP: UPDATE FORMS/RECORD BOOKS BEFORE SCHOOL ACTIVITIES BEGIN IN AUGUST!

Member Achievement Pins are a great opportunity to be recognized for your hard work and activities throughout the 2024-2025 4-H year! Applications, with all required signatures, are due to your local Post Rock District office no later than close of business on Wednesday, October 1. Please plan ahead so all signatories can review your application and assist with any questions or concerns.

Many of your achievement pin requirements will be met before school begins. Take some time right after the fair to update your application, so you know where you stand with earning your pin. This will make meeting the deadline much easier!

Download the Member Achievement Pin and Key Award applications from the Kansas 4-H website at www.kansas4-h.org/resources/awards-and-recognition/. If you are not sure what awards you are eligible for, please call the Extension Office. Post Rock District has helpful information to assist you with completing your applications at www.postrock.k-state.edu/4-h/member-resources/member-achievement/.

4-H PROJECT RECORD BOOK

IDEA: HAVE A 4-H CLUB RECORD BOOK WORK DAY. ENCOURAGE EVERYONE TO BRING A SNACK TO ENJOY. UPDATE YOUR RECORD BOOKS BEFORE SCHOOL BEGINS!

Kansas 4-H offers paper-based and online record keeping forms. Find details at www.postrock.k-state.edu/4-h/record_keeping_resources/. Record books are due on Wednesday, October 1.

It is recommended for each member to select one project to focus on for a record book, and to update your permanent record for 4-H involvement in 2024-2025. Many sections can be filled out after the county fair. Take time before the busy school year to update your books as much as possible! After you work through the steps of doing a project record book and your permanent 4-H record, you can choose to complete more books if desired.

Why 4-H records and reporting? Record keeping and reporting are valuable life skills taught to members of the Kansas 4-H program. The purpose and objectives of 4-H records and reports:

- To learn how to set goals, how to make plans for action, and how to decide how well you did (evaluation).
- To learn the skills of record keeping and organization to use now and in the future. Examples: finances, taxes, health, immunizations, careers, scheduling, etc.
- To learn to communicate, prioritize, and summarize your project mastery and experiences.
- To practice responsibility by completing a task.
- To evaluate information that will market personal skills through future resumes and application forms.
- To allow 4-H members to tell how they have grown, what they have learned, where they came up short and to do it within outlined parameters.
- To provide an opportunity for competition at the County, Regional and State level.

THANK FAIR VOLUNTEERS, SPONSORS AND DONORS!

The annual county fair is a highlight for 4-H members, but it wouldn't be successful without countless hours of work put in by volunteers as well as contributions from sponsors and donors. Those who contribute are happy to do so when their efforts are valued. There is no better way to show appreciation than the youth of 4-H taking time to deliver or send a personalized 'thank you note'.

7 STEPS TO WRITE A GREAT THANK YOU NOTE

- 1) A greeting to the thank-you note recipient (Dear . . .)
- 2) The specific reason you are thanking them (Mention what they bought, gave or did. This is always important to do first.)
- 3) The reason why you appreciate them (They supported you, were thoughtful and gave a gift, went out of their way to help you out or other reasons.)
- 4) How you plan to use the gift or why the gift or act of service was important to you (You will use it to save for college; you really enjoy playing the game; you can't wait to go shopping with the gift card; you know you have a great chance at the scholarship because of the letter of recommendation – or other ways.)
- 5) A comment or detail about yourself, an update on your life or a positive comment (This is a great time to share news on your life or to add a positive remark about the recipient.)
- 6) A repeat of your thank-you (You may leave this out if you sign "with thanks" at your closing.)
- 7) A closing and signature of your name (With thanks, Name or Sincerely, Name)



How to Write a Thank You Resource:

<https://www.canr.msu.edu/uploads/236/66837/CYI048ThankYouNoteHandout.pdf>



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 four weeks prior to the start of the event. Post Rock District staff and office contact information is available at www.postrock.ksu. 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.
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