ROLLERSKATING PARTY!
Post Rock District 4-H families are invited to a Rollerskating Party on Sunday, March 6 from 2:00-4:00 p.m.! The party is being hosted by the Jewell County 4-H Council as the youth leaders think it is time for everyone around the district to get together for some fun and rollerskating! It will be at the Formoso Skating Rink, 201 Howe St, Formoso, KS. All 4-H family members will get in free with your skate cost covered. Bring a snack to share. Please register at https://bit.ly/PRD4HRollerskateParty.

JUDGING EXTRAVAGANZA
Save the date for Post Rock District's Judging Extravaganza to be held on Saturday, April 23 at the Vesper Community Center. Lincoln County 4-H Council is organizing a fun day with judging contests related to projects like plant science, clothing and textiles, foods and nutrition, woodworking, ag mechanics, and more! There will be a hands-on workshop focused on boosting skills and confidence related to giving judging contest reasons! Watch for more details soon.

VIRTUAL LIFE SKILLS CHALLENGES
The Life Skills Challenge is interactive learning for youth that lasts a lifetime. The first challenge, When Life is Tough, shares key tools to cope with stress. Future challenges will teach lessons on savings accounts, reading, leadership, and more. Each life skill features a cartoon story, quiz, educational video, and downloadable interactive worksheet. Tackle one or all of the challenges with a single, no cost registration. Learn more and register at postrock.ksu.edu/youth-development/life-skills. If you're looking for good tools to help your kids of all ages learn and grow, the Life Skills Challenge is a simple and fun resource created to build basic skills for a better life. An added bonus, is participation counts as a regional-level educational event for 4-H achievement pins and record books.

COUNTY 4-H SCHOLARSHIPS
If your county offers 4-H scholarship opportunities for current seniors and/or college students, you can find the details on the Post Rock District website > 4-H Youth Experience > Awards & Recognition.
NW 4-H SUPER SATURDAY
The Annual 4-H Super Saturday NW Judging Contest, which includes Crops, Entomology, Horticulture, Life Skills, Photography and Livestock will be held at Fort Hays State University (FHSU), Hays, KS on Saturday, March 26. Indoor Judging will start at 9:30 a.m. and run until noon. You can judge one or all five contests. The Livestock judging registration will start at 12:30 p.m. with contest starting at 1:30 p.m. The day will also provide Project Learning Sessions and a Volunteer Gathering/Training. Registration and more details will be released soon and shared to the PRD Insider Experience Group on Facebook. You can also notify your local extension office if you are interested and we will email details once they are available.

TRACTOR SAFETY
Hazardous Occupations Training provides trainees with knowledge of tractor, machinery, and other farm hazards to reduce the farm accident rate. It also provides sufficient information to pass a written examination and an opportunity to demonstrate your ability to pass a safe tractor driving examination. Participants must be 14 or older to receive certification, though 12 and 13 year olds may take the course for education purposes only.

Federal Law requires youth to participate in a Hazardous Occupations Training and become certified in order to work for hire for anyone other than their parents. There are three in-person tractor safety classes scheduled for Saturdays. Fee for the course is $15 which covers materials and handouts for in-person trainings. Lunch and refreshments will be provided. Pay at your local extension office or the day of the course. Please pick up book at your local extension office PRIOR to the course. Sign up online at https://kstate.qualtrics.com/jfe/form/SV_bxss9WKVdp4AWqy.

- Salina - Saturday, March 5 from 9:00 a.m.-3:00 p.m.
- Beloit - Saturday, April 9 from 8:00 a.m-5:00 p.m.
- Great Bend - Saturday, May 14 from 8:00 a.m.-5:00 p.m.

PICTURE PERFECT WORKSHOP
There is a state-level photography project workshop in Topeka at Ted Ensley Gardens, Shawnee Lake on April 24. It will include classes to improve technical skills, a photo judging contest, and spotlight careers in photography. Find complete details on the Kansas 4-H Photography Project webpage.
WALK KANSAS

Is your club interested in getting more active and focusing on healthy living this spring? Then Walk Kansas is for you! Walk Kansas is a healthy living 8-week challenge that is free for youth (adult registration is $10). It will start March 27 and end May 21. Teams will keep track of their minutes of physical activity, fruits and veggies and water. Teams can be created with at least 4 individuals, so your club can have one large Walk Kansas team, or you can have multiple Walk Kansas teams within your club. If you want to join this fun healthy living challenge, check out www.walkkansas.org. Registration opens March 7. Be sure to call your local extension office for a coupon code so we can make sure youth are free when you register! If you have questions, feel free to call a Post Rock Extension District Office, or email Ashley Svaty, Nutrition, Food Safety and Health Agent at asvaty@ksu.edu.

FOUR COUNTY FIRE RELIEF VOLUNTEER OPPORTUNITY

The Natoma FFA Chapter and advisor Katelyn Lindsey are coordinating efforts from Northwest District FFA chapters as well as FFA chapters from across Kansas to assist with the Four County Fire Relief in the Paradise area. This project will take place during the week of March 14 (which is spring break for many school districts). Volunteer opportunities exist to help with meal prep work and serving meals to FFA members. If 4-H clubs are interested in helping with this community service opportunity, email klindsey@natoma-usd399.net.

FOUR COUNTY FIRE RELIEF KINDNESS PACKAGE DONATION OPPORTUNITY

Osborne County 4-H is working to provide impacted families with a kindness package to let them know that Post Rock District supports and cares for them during this difficult time. If your 4-H club or 4-H family wants to donate to the effort, please mail contributions to the Osborne County 4-H Council at 113 N. 1st., Osborne, KS 67473 by March 20. Consider contributing a financial donation and handwritten notes. Osborne County 4-H will use the donations to purchase items unique for each family. Families receiving the packages will remain anonymous, and delivery will be coordinated through collaboration with a local contact in the impacted region. Questions can be directed to Kim Naber at kimn@ksu.edu.

ROCK SPRINGS 4-H CAMP

In 2022, 4-H membership is not required to attend 4-H Camp. Based on your schedule, you can attend a 3 or 6 night session. There are opportunities for rising 3rd through 12th graders. Register directly through Rock Springs Ranch, rockspringsranch4hcamp.org.
TEEN LEADERSHIP AT COUNTY FAIRS

Are you interested in helping with some of the county fairs in Post Rock District other than your own? You can help as a junior superintendent, ribbon handler, show/event assistant, food stand helper, announcer, etc. This could be a great learning and leadership experience! This opportunity is in addition to the expectations at your local county fair and would be eligible to count toward project work and achievement pins. Let Teresa Shipley, tshipley@ksu.edu, know if you are interested. We’ll need to know your available dates and interested project areas so we can connect you with another fair leadership experience!

AG DISCOVERY PROGRAM

The United States Department of Agriculture Animal and Plant Health Inspection Service (USDA APHIS) sponsors a unique summer outreach program for youth in grades 7-12 to experience agriculture at a variety of universities that work with USDA across the country. Students spend 2-4 weeks at a university learning about agriculture. There is NO cost for tuition, room and board, activities or meals. The only cost is for travel to and from the university campus. Each University offers different opportunities and activities that correlate to agriculture in that region of the United States. Deadline for application is March 31. Learn more at the program’s website.

K-STATE ANIMAL SCIENCE LEADERSHIP ACADEMY

In 2022, the program will offer two separate sessions to meet increased demand and serve more young people — June 22-25 and June 29-July 2. Each four-day session will focus on increasing knowledge of Kansas’ diverse livestock industry, as well as building participants’ leadership skills. Twenty high school students will be selected to participate in each group based upon educational, community, and agricultural involvement, as reflected through an application process. Applications due by April 15. Learn more at the event’s website.

LIVESTOCK FAIR MANAGEMENT CLINIC

Registration is now open for the Livestock County Fair Management Clinic! It will be hosted April 5-6, virtually, from 7:00-9:00 p.m., via Zoom. The sessions will be recorded. This program consists of a forum for open communication for individuals working with livestock at their local fairs. Although some of the topics can be applied generally to the county fair, this program focuses on the livestock perspective. All participants need to register by March 31 at https://kstate.qualtrics.com/jfe/form/SV_2hKAxBfaQOHYPQHk.
ANIMAL OWNERSHIP AND IDENTIFICATION

Animals (all species, from beef to poultry, and from dog to horse) must be properly owned and identified by the end of day May 1 of the current year. Ownership means that the animal is under the daily care and supervision of the member. Identification for some species requires a specific 4-H tag while others require an identification form. ALL species identification is to be documented with the local Post Rock District office. The purpose of this deadline is so youth take responsibility for their involvement with animals to maximize learning potential throughout the season. If an animal is not properly owned and identified by the deadline, it is not allowed to exhibit in the 4-H division of the county fair. Post Rock District animal ownership verification is for county-level participation and does not constitute a fair entry. A member must meet fair entry expectations and deadlines for each project area as outlined in the fair book. Participation at state and other levels must meet those specific requirements and deadlines.

LIVESTOCK PROJECT YQCA TRAINING

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. It is an annual training open to youth and focuses on food safety, animal well-being, and life skill development. YQCA can be completed online or at an official in-person class. Post Rock District staff will set up in-person trainings as requested. Learn more at the K-State Youth Livestock webpage. The next in-person training is Sunday, March 20, 4:00 p.m. at the Osborne Christian Church. Register at: https://yqca.learngrow.io/Account/Login.

STATE LIVESTOCK NOMINATIONS

New for 2022 all Kansas Youth Livestock Nominations for the Kansas State Fair and Kansas Junior Livestock Show will take place through an online system. Previously used forms and processes will not be accepted. Information will be released in March, so be ready to learn about the new nomination expectations! Follow the Kansas Youth Livestock Program on Facebook for updates. Visit the K-State Youth Livestock Program website for resources.

SPRING LIVESTOCK SHOWS

There are many spring shows available for livestock project participants. While the Post Rock District does not plan or coordinate these events, we can refer interested 4-H and FFA members to the appropriate contacts. The North Central Kansas Livestock Circuit has a Facebook page with many updates.
INSECT ART CONTEST
The Kansas State Pesticide Safety and IPM program is hosting an insect-themed art contest. This year the contest theme is “The Benefits of Insects.” The goal is to explore why insects benefit us as a society and why they are important and create an art piece that captures that information. Learn more about this contest at the IMP website.

INSECT SPECTACULAR
The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held in person on June 17-18 in Chanute, KS. Classes will include basic pinning, basic and advanced identification, insect photography, invasive species, pollinator gardens and more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be posted on the event's webpage around May 1.

VOLUNTEER SALUTE TO EXCELLENCE AWARD
The Kansas 4-H Volunteer Salute to Excellence Recognition award is now accepting nominations. Each year a state level award is selected for an outstanding volunteer with less than 10 years experience and a volunteer with over 10 years of service. The winning state applicants are honored at the Emerald Circle event and their applications are submitted for further recognition at the regional and national level. If you want to nominate a volunteer from your county, contact Teresa Shipley, tshipley@ksu.edu, and we'll assist with working through the application steps before the deadline of early March!

4-H RECORD BOOKS - NEW ONLINE OPTION
Record keeping and Project Reporting are valuable skills taught to members of the Kansas 4-H program. To help you through this process, refer to the Guide to Kansas 4-H Project Recognition. New this year, there is an optional way to keep records through an online platform called ZBooks. It aligns with the Kansas 4-H Project Record Reports and Permanent Records. If you are interested visit the Kansas 4-H ZBooks webpage for details and account sign-up steps.

4-H DAY RESULTS
4-H Day results will be posted online at the Post Rock District website > 4-H Youth Experience > Communications Resources by March 11, following the final event. Great job participants!
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 local office to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark.

POST ROCK DISTRICT JOB OPPORTUNITY

CAREER OPPORTUNITY

Make a Difference!

- 4-H Program Coordinator working with youth
- Home office in Lincoln, KS with district assignments
- Full-time with KPERS, paid leave, paid holidays, health insurance stipend
- Network of support and professional development opportunities within a respected organization
- Purposeful work with a fun team

INVITATION TO APPLY AT
WWW.POSTROCK.KSU.EDU

Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.
In order to make 4-H fun, meetings should include a balance between group building, business and education.

**THE 4-H CLUB MEETING**

- Group Building: 15-20 minutes (Recreational & Social)
- Group Decisions: 15-20 minutes (Business)
- Program/Education: 40-60 minutes (varies with activity & ages of youth)
- Coordinating
- Recreation
- Refreshments
- Community Service
- Fun Day
- Video Day
- Tour/Field Trips
- Special Interest
- Quiz Spots
- Show & Tell
- Tast & Demonstrations
- Business Meeting
- Discussions & Planning
- Budget
- Special Project

**HOW TO MAKE A MOTION**

**Member 1:** (stand) Mr./Madame President.
**President:** (call on member by name)

**Member 1:** I move _____________ (include what, where, when, who).
**President:** Is there a second to the motion? (ask for a second if one is not offered)

**Member 2:** (seated) I second the motion.

**President:** It has been moved and seconded _____________ (restate motion). Is there discussion?

**Any Member:** (stand) Mr./Madame President.
**President:** (call on member by name)

**Any Member:** (share thoughts about the motion)

**President:** Is there any more discussion? (pause)

**President:** We will now vote. The motion is _____________ (restate motion).

- All in favor _____________ (declare sign = raise hand, say ‘aye’). All opposed same sign.
- The motion _____________ (report result = passes, fails).

**JAZZ UP YOUR MEETING WITH A THEME!**

During roll call, members may show off and tell the story behind what they brought to match the theme.

- MISMATCH * CRAZY SHOES * GREEN OUT
- FORMAL ETIQUETTE * HATS * BEACH
- DRESS AS AN ADULT * BOOK CHARACTER

Check out the Kansas 4-H Resource: **Creative Ideas to Enhance Club Meetings.**


**You are valued!**

You can make a difference in 4-H! Practice basic parliamentary procedure, and you will soon be confident and prepared to use your voice to contribute ideas at a meeting.

Explore the Kansas 4-H Resource: **A Guide to Parliamentary Practice for Your Club.**

Animal Weigh-In/Tagging Dates

Small animal weigh-in and tagging will be April 10, 3:00 p.m. - Bucket Calves, Goats, Sheep, and Swine. Breeding beef animals may be brought in for tagging also.
4-H ROLLERSKATING PARTY
4-H families are invited to a Rollerskating Party on Sunday, March 6 from 2:00 - 4:00 p.m. Location is the Formoso Skating Rink, 201 Howe Street, Formoso, KS. All 4-H family members will get in free with your skate cost covered, courtesy of the Jewell County 4-H Council. Bring a snack to share. Please register at https://bit.ly/PRD4HRollerskateParty.

JUDGING EXTRAVAGANZA!
Save the date for Post Rock District’s Judging Extravaganza to be held on Saturday, April 23 at the Vesper Community Center. Lincoln County 4-H Council is organizing a fun day with judging contests related to projects like plant science, clothing and textiles, foods and nutrition, woodworking, ag mechanics, and more! There will be a hands-on workshop focused on boosting skills and confidence related to giving judging contest reasons! Watch for more details soon.

ANIMAL OWNERSHIP & VERIFICATION
Animals (all species, from beef to poultry, and from dog to horse) must be properly owned and identified by the end of day May 1 of the current year. Ownership means that the animal is under the daily care and supervision of the member. Identification for some species requires a specific 4-H tag while others require an identification form. In March, emails will be sent to families enrolled on 4-H Online in animal projects including details.

SMALL ANIMAL WEIGH-IN
Small Animal Weigh-in will be Wednesday, April 27 from 4:00-6:00 p.m. in Sylvan Grove at the fairgrounds. Participation is required for the rate-of-gain competition in sheep, swine and goat. Families enrolled in livestock projects will be emailed more details.

SCHOLARSHIPS DUE MAY 1
Lincoln County 4-H Seniors are encouraged to apply for local scholarships provided by the Lincoln County Boosters, the Lincoln County Cattlemen’s Association, and the Bob and Marty Walker Scholarship. Applications are due May 1 and can be accessed at the Post Rock District website > 4-H Youth Experience > Awards and Recognition.

4-H COUNCIL MEETING DATE CHANGE
Due to conflicts with the school calendar, the next Lincoln County 4-H Council meeting will be Monday, May 23 at 6:30 p.m. at the Lincoln Senior Center.

CONNECT WITH US AT POSTROCK.KSU.EDU
**APRIL 20TH**

**SMALL ANIMAL WEIGH-IN**

- Mitchell County Fair Grounds
- 5-6 p.m.
- Please RSVP to Extension office by April 13th
- Must attend if you wish to compete in Rate of Gain

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**HIGH SCHOOL SENIORS!**

Don’t miss out on Mitchell County 4-H Scholarship opportunities! There are several scholarships available for graduating high school seniors that reside in Mitchell County and are active 4-H members. Information and forms can be found at https://www.postrock.k-state.edu/4-h/recognition_awards/index.html. Forms are due to the Beloit Extension office by May 1st.

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**MAY 1 DEADLINE**

May 1st is the last day to drop or add projects for the year. You can log in and edit your projects using your 4-H Online account. May 1st is also the deadline to complete your Horse ID paper and other animal ID forms. This MUST be done each year in order to exhibit at the fair.

*All animals must be tagged and verified with the Extension office by May 1, 2022*

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**CONNECT WITH US AT POSTROCK.KSU.EDU**
March 4-H Council Meeting

4-H Council | Monday | March 28, 2022 | 7:30 p.m. | Extension Office
Rules Committee | Monday | March 28, 2022 | 6:30 p.m. | Extension Office

Osborne County 4-H Scholarship Applications

4-H camps and events held throughout the year are fun activities for 4-H members. Scholarships are available to Osborne County 4-H members planning to attend a 4-H camp or project related workshop such as Discovery Days, Campference, or Rock Springs Ranch 4-H Camp. Application forms can be found on the Post Rock District website > 4-H Youth Experience > Awards & Recognition under 4-H Event Scholarships. Submit applications to the Osborne Extension Office or email to kimn@ksu.edu.

Important Upcoming 4-H Deadlines

May 1

- Add/Drop Projects through 4-H Online.
- Horse ID Papers and other Animal ID Forms due in office.
- All animals must be properly tagged and verified to show in 4-H Division at 2022 Osborne Co. Fair.

YQCA Training

All Osborne County 4-H youth invited
Sunday, March 20 | 4:00 p.m.
Osborne Christian Church
Register at: https://yqca.learngrow.io /Account/Login

District 4-H Fun Night

Osborne County 4-H families are invited to a Rollerskating Party on Sunday, March 6 from 2 - 4 p.m. Party is hosted by Jewell County 4-H Council. Location is the Formoso Skating Rink, 201 Howe Street, Formoso, Kansas. Please register at https://bit.ly/PRD4HRollerskateParty.
District 4-H Day!
March 7, 2022
Smith Center High School
4:00 p.m. - ?
Horticulture and Life Skills
Judging Contests

District 4-H Fun Night
Smith County 4-H families are invited to a Rollerskating Party on Sunday, March 6 from 2 - 4 p.m. Party is hosted by Jewell County 4-H Council. Location is the Formoso Skating Rink, 201 Howe Street, Formoso, Kansas. Please register at https://bit.ly/PRD4HRollerskateParty.

Showdown in
Smith Co. July 14-18

May 1
- Drop/Add deadline
- Enrollment deadline
- Animal Verification/Tagging Deadline

CONNECT WITH US AT POSTROCK.KSU.EDU
UPCOMING EVENTS

March 1:  Kansas 4-H Scholarships deadline
March 5:  Kansas Jr. Beef Producer Day, Manhattan
March 6:  Rollerskating Party, Formoso
March 7:  4-H Day, Smith Center
March 14: Fire Relief Volunteers, Natoma
March 19: Kansas Jr. Sheep Producer Day, Manhattan
March 20: Fire Kindness Donations, Osborne
March 26: NW 4-H Super Saturday, Hays
March 31: Ag Discovery Program deadline
April 5-6: Livestock Fair Management Clinic, virtual
April 9:  Tractor Safety Training, Beloit
April 23: Judging Extravaganza, Vesper
April 24: Picture Perfect Workshop, Topeka
May 1:  Animal Ownership and Verification Deadline (ALL animal species tag
and forms submitted to extension office)
May 1:  Project Drop/Add Deadline on 4-H Online
May 1:  State Market Beef Nominations Due
June 1-3: Discovery Days, Manhattan
June 7 - 9 Kansas 4-H Horse Judging Contest / KSU Horse Judging Camp
June 15: State Commercial Heifer, Swine, Sheep, & Meat Goat Nominations Due
June 17-18: Kansas 4-H Insect Spectacular
July 25: District Dog Show, Osborne County Fairgrounds

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K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES AND ACTIVITIES. ACCOMMODATIONS FOR PERSONS WITH DISABILITIES 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.

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.