



POST ROCK DISTRICT 4-H NEWSLETTER

MARCH 2026

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MEET OUR 4-H PROGRAM COORDINATORS

4-H Program Coordinators are extension program assistants who work closely with our Office Professionals and Extension Agents to support the Kansas 4-H Youth Development program in Post Rock District. If you have a 4-H question, we encourage you to reach out to your local Extension Office. We are happy to help!



Kim Naber
4-H Program Coordinator
Osborne Office



Carla Morrical
4-H Program Coordinator
Lincoln Office



Emma Anderson
4-H Program Coordinator
Smith Center Office



Paige Duskie
4-H Program Coordinator
Beloit / Mankato Offices

SUPER SATURDAY

NW JUDGING EVENT IS MARCH 21 IN HAYS

Super Saturday is set for Saturday, March 21, in Hays at Fort Hays State University. [Register online to participate.](#) You can review the flyer with details on the Post Rock District 4-H events website.

- Judging Contests: (\$7.00)
 - 9:00 a.m.-12:30 p.m. - Crops, Entomology, Horticulture, Life Skills, Photography, Livestock Skill-a-thon, NEW this year Wildlife Skills and Geology
 - 12:30 p.m. - Livestock Judging (FHSU enclosed Rodeo Arena, north of I-70)
- Volunteer Sessions for parents and volunteers - 10:30 a.m. (Free)
- Project Opportunities (non-livestock judging youth): 1:00-3:00 p.m. (\$5.00)
 - Afternoon filled with STEM and Visual Arts rotation stations, including robots, circuits, building block engineering, painting, and paper crafts.
- Sack Lunches provided with mandatory RSVP. (\$8.00)

4-H DAY IS MARCH 2 IN SMITH CENTER

The 4-H Day and Judging Extravaganza schedule and details were emailed out to all participants. [They are also on our 4-H Day website!](#)

JEWELL COUNTY CLOVER CONNECTION

Paige Duskie
4-H Program Coordinator
pduskie@ksu.edu

 (785)378-3174

Nora Rhoades
Extension Agent
nrhoades@ksu.edu

BEST WISHES, TONIA!

Working with the 4-H families, volunteers, and youth has truly been a rewarding experience. I am very grateful for the support, dedication, and enthusiasm you bring to the 4-H program, and I appreciate the opportunity I've had to be part of your 4-H journey. I wish you continued success and many great experiences in the future. ~Tonia

HAPPY RETIREMENT, TERESA!

I have truly enjoyed working with the 4-H families of Jewell County. Showing kindness and being helpful has been my goal for all the years I have worked at Post Rock District. My encouragement to all of you is that your words can bring healing instead of harm, and you will be as happy as you are willing to be; choose to be happy! Blessings to each one of you. ~Teresa

CALL AHEAD BEFORE VISITING THE OFFICE 785-378-3174

March will be a month of limited business hours at the Mankato Office due to being short-staffed. Call ahead before visiting. We will still answer our phones if we aren't able to have the office open.



The 2026 Jewell County Fair t-shirt design is ready! Order forms will be due to the Mankato Extension Office by April 14. Turn in orders to your club leader.

BACK-ORDERED ACHIEVEMENT PINS ARE HERE

Please bring in your Project Card to get your Achievement pin that was not available at the Jewell County Achievement Celebration.

SENIOR SCHOLARSHIPS DUE APRIL 15

We have 3 local scholarships that you can apply for. Read the details closely so you have all components prepared prior to beginning each application. The applications are on the [Post Rock 4-H Education Scholarship webpage](#).

4-H COUNCIL NOTES

- The Jewell County 4-H Council Meeting is Monday, April 20, at the Courthouse meeting room at 7:00 p.m.
- The 4-H Council voted to remove stall decorations from the fair book except for the horse project because of the high point judging.
- The 2026 Grand Champion Award prizes will be cash.



JEWELL COUNTY 4-H/FFA SMALL ANIMAL WEIGH-IN

Sunday, April 12 | 2:00 p.m. | Fairgrounds

LIVESTOCK TAGS

Tags are available in the Extension Office and will also be available at weigh-ins. Please note that EID tags can not be sold over the counter. A Post Rock District staff member must be present and observe all EID tags being placed in the animal's ear. Jewell County 4-H/FFA tags are free thanks to support from the 4-H Council; \$3.50 for beef EID tags; and \$2.75 for small animal EID tags.

EID TAGS FOR JEWELL COUNTY

Please let the Extension Office know how many small animal EID Tags you will need by March 25, two weeks before weigh-in. This will allow us to make sure we have enough of each kind of tag in stock.

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YQCA IN-PERSON CLASS IN LINCOLN MARCH 13 (final in-person offering before nomination deadline)

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 KSF Grand Drive and KJLS participants. YQCA training can be completed online or in person. Youth register and pay for the course through the [national YQCA website](#). Participants also need to take the online pre-test at the YQCA website before attending. We need 10 participants at each site to host the course!

- **LINCOLN SENIOR CENTER** - Friday, March 13 at 10:00 a.m. Register on the [YQCA website](#) searching class name "2026 Lincoln County Training."

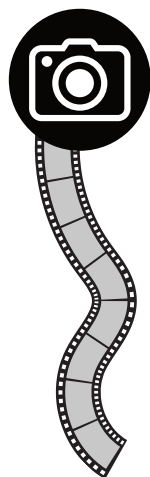


Reference the
"Help Guide
for Registering
for YQCA".

UAS WORKSHOP IN SALINA ON MARCH 14

Central Kansas District is hosting a UAS (Uncrewed Aircraft System) workshop on March 14 for youth across the state who are ages 7-18. The state-level event is organized in collaboration with K-State Salina. Registration is due online by March 9. \$15 registration fee. The day will feature sessions covering the basics (including rules and flight overview), flight competition, and prizes. There is also a workshop for parents. Learn more on the flyer available within the registration link.

PHOTOGRAPHY PROJECT CLINIC IN PHILLIPSBURG ON MARCH 28



Robin Chester, 4-H volunteer and veteran fair judge, is hosting a photography project clinic on March 28 from 9:00-11:00 a.m. at the Phillips County Extension Office in Phillipsburg. Youth and parents are welcome. Topics will include photography advice, consultation judging tips, and more. Feel free to bring photos to receive feedback about. If interested, let Emma Anderson (emmaand2026@ksu.edu) know by March 15 and she'll communicate Post Rock District interest to the hosting extension office and volunteer presenter.

SHUTTERBUG PHOTOGRAPHY WORKSHOP IN JEWELL ON MAY 2

The State Photography Volunteer Team and Jewell County 4-H Council are teaming up to bring a state-level photography workshop to Jewell, KS on May 2. Save the date for an interactive day of improving your photography skills. We will have more details available in the next newsletter!

GOAT SHOWMANSHIP CLINIC IN SMITH CENTER ON APRIL 26



Smith County 4-H Council is organizing a goat showmanship clinic on April 26 at 3:30 p.m. The clinic will take place at the Smith County Fairgrounds. This will be a hands-on experience with handling goats, among other skill learning opportunities. There will be a class for beginners, in the middle, and one for more advanced showmen looking to improve their skills and knowledge. They invite youth from across Post Rock District to participate. You can sign up for the clinic at [K-State Qualtrics](#). Direct questions to Emma Anderson at the Smith Center Extension Office, 785-282-6823.

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SENIOR SCHOLARSHIP DEADLINES

Seniors are encouraged to check with your local office to make sure you do not miss any deadlines for senior scholarships! Visit the [Post Rock District 4-H Education Scholarships website](#).

PEN PAL PROGRAM WITH 4-H FRIENDS AROUND THE WORLD

There is an international pen pal program available to 4-H members. Registration opens March 1 and is available until the program is full. Sign up early if interested. This program is a good opportunity for Kansas kids ages 9-18 to interact weekly with a kid their age in a partner country as school winds down in April-May. Sign up at <https://www.states4hexchange.org/>. Direct questions to Kansas 4-H international programs coordinator, Mary Kay Munson at mkm2@ksu.edu.

HOST A 4-H INTERNATIONAL STUDENT DURING SUMMER 2026

Now is the time to apply if your family is interested in hosting either a Japanese or Taiwanese teen throughout the summer. If you have interest, please reach out to your local Post Rock District office and we can share more details about this rewarding experience!

K-STATE CLOVIA HOSPITALITY WEEKEND IS MARCH 28-29

Clovia is a 4-H Cooperative Leadership House located near Kansas State University in Manhattan. Alpha of Clovia is looking to connect with girls with any 4-H, FFA, or leadership experience in general. Living at Clovia is a great opportunity as it is one of the only ways to live off campus freshman year at K-State. It provides girls with a community of caring friends, accountability and fun. Learn details about the March 28-29 Hospitality Weekend at <https://www.alphaofclovia.org>.

AG TECH DAY IS APRIL 4

Ag Tech Day is a state-level 4-H event in Moundridge, Kansas at Flickner Innovation Farm on April 4 from 10:00 a.m. to 2:00 p.m. This event is geared for youth in grades 5-12. This is a unique opportunity to explore the farm and learn about both new and established technologies that are helping make farm management easier and more efficient for producers. It is free and open to the public. Come and go as you please to explore the day and experience the farm-ready drones, robots, and see and spray demonstrations, and more! Registration is required online by April 1. [Find all the details, including online registration, on the event's website.](#)



INSECT ART CONTEST DUE APRIL 15

The K-State Extension Pesticide Safety and IPM Program is hosting its annual insect-themed art contest, open to all ages and skill levels in Kansas. This year's theme is Metamorphosis Magic. The goal is to explore insects that undergo complete and incomplete metamorphosis, then create artwork that fits the contest theme. Entries must be received or postmarked before April 15. Full contest rules and details are available at the [contest's website](#).



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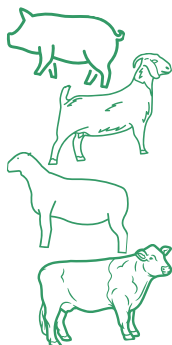
SHEEP K-STATE JUNIOR PRODUCER DAY REGISTRATION DUE MARCH 20

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. Both events will be hosted at the new Bilbrey Family Event Center. This is a family event!

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

Registration is now open on the [Junior Producer Days page](#) of KSU Youth Livestock Program website, which is under the events tab. Cost information and a schedule are also available online. All attendees must register, which includes both youth and adults.

LIVESTOCK PROJECT: SPRING SHOWS, EVENTS, AND MORE



If you are seeking opportunities related to livestock projects - like spring shows and other contests - the KSU Youth Livestock Program website provides a listing of many opportunities. It certainly doesn't contain every learning and competition opportunity, yet it is a great reference point as you plan for spring and summer. Visit <https://www.asi.k-state.edu/extension/youth-programs/events/>.

The North Central Kansas Livestock Circuit is not affiliated to K-State Extension or Kansas 4-H, but it provides many showing opportunities in our region. Follow their Facebook page for information: <https://www.facebook.com/groups/ncklc>.

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. Contact your local Extension Office as soon as possible if you are considering showing ANY species at the Kansas State Fair, so we can share resources to help you navigate the process.

LIVESTOCK COUNTY FAIR MANAGEMENT CLINIC

The Livestock County Fair Management Clinic will be hosted April 13 & 16, 2026, virtually, from 7:00-9:00 p.m., via Zoom. This clinic has been designed for county fair board members, superintendents, and volunteers involved in local livestock fair management and leadership. The program consists primarily of an open forum discussion 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 and projects. K-State faculty and staff will facilitate discussion led by fair board members and extension agents directly related to livestock at local livestock fairs in Kansas. The clinic has been divided over two evenings, with different topics being covered each night. All three topics the first night will be general sessions. The second night will be kicked off with a general session, followed by breakout discussions. It is advantageous to have several representatives from your county attend. The sessions will be recorded for those who register. [Register online by April 6.](#)

FAIR JUDGES & PROJECT LEADER TRAININGS

**WE ARE IN GREAT NEED OF TRAINED JUDGES TO SUPPORT OUR COUNTY FAIRS.
PLEASE HELP SPREAD THE WORD ABOUT THE TRAININGS!**

Are you interested in judging county fair exhibits or just learning more about the judging process as a project leader, parent, or extension staff member? Judging 4-H Projects isn't just about ribbons—it's a youth development strategy. When done well, the evaluation process strengthens the very skills young people need to thrive in school, careers, and life. Learn how to conduct effective conference evaluations using recognized standards, with project-specific guidance. Join us for a training!

- **Wednesday, April 11th in Wakeeney**
 - Let the local office know you are interested and we'll share registration and details as available.
- **Tuesday, April 14th in Concordia**
 - [Register online by April 1.](#)
 - 5:15 p.m. start, but there is an optional early learning at 3:45 p.m.
 - \$20 registration includes dinner
 - Project areas include: Visual Arts, Posters, Notebooks, and Displays, Building Block Engineering, Welding, Fashion Revue, Photography, Sewing and Textiles, Robotics, Aerospace/Rocketry, and Woodworking
 - [View the full schedule here.](#)



**DETAILS
ABOUT THE
CONCORDIA
TRAINING**

SPRING INTO VOLUNTEER TRAINING

The Association of Kansas 4-H Volunteers is hosting "Spring Into Volunteering" at the K-State Polytechnic Campus in Salina on Saturday, April 25. Registration will begin at 9:00 a.m., and the day will conclude at 3:00 p.m. This is for anyone serving as a 4-H Volunteer or considering it! The goal is for volunteers to go home recharged, excited, and ready to try new things in their volunteer roles. Let your local Extension Office know if you'd like to attend, and we can share the registration and schedule as soon as more details are available!

VOLUNTEER SHOUT OUT OPPORTUNITY - SUBMIT BY APRIL 15

National Volunteer Week is April 19-25. This is an excellent opportunity for your family or club to execute a plan to recognize volunteers in your community and county. 4-H is successful because of contributions from our amazing volunteers!



- If you would like to give a special shout out to a club leader, project leader, or another important 4-H volunteer please send a testimonial and photo to Post Rock District at postrock4h@ksu.edu. We can share it on the Post Rock District Facebook page. Please submit these by April 15 so we can share them during volunteer week!
- Recognizing volunteers could be a fun activity for a 4-H club committee or a unique project for the officer team to work on together.
- Michigan 4-H has a great worksheet to help youth learn to write a quality thank you. Find it at <https://www.canr.msu.edu/uploads/236/66837/CYI048ThankYouNoteHandout.pdf>

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SHOOTING SPORTS UPDATES

If you have questions about Shooting Sports, please reach out to Nora Rhoades. Nora is the agent-point-of-contact for all shooting sports projects. Tonia Underwood has taken a new job, but she is continuing to serve as the shooting sports coordinator as a volunteer. We are required to have both a trained coordinator and agent-point-of-contact for youth in Post Rock District to engage in any level of shooting sports. Nora can be reached at 785-378-3174 or nrhoades@ksu.edu.

- **Archery Practices with Tommie:** Instructor Tommie Berger will have 4-H only archery practices for 2 Sundays this spring. If you are not enrolled in the archery project, get signed up ASAP so you don't miss the email with details. Your \$10 fee is due as well. Let Nora know if you have questions.
- **Rifle Discipline - Any interest?** Instructor Jeff Cady will organize practices for the rifle discipline if there is enough interest. Practices would be in the late spring and early summer. Let Nora know if you'd be interested.
- **Shotgun Practices with Karen:** Instructor Karen Panter will have 4-H shotgun practices this spring. If you are interested, make sure you are enrolled in the shotgun project and have paid your \$10 fee. Let Nora know if you have questions.

As you can see, there are a variety of shooting sports activities planned for the spring and summer by our Post Rock District certified instructors. Youth properly enrolled in the respective disciplines will receive emails sharing about practices. Be sure to get enrolled in 4-H Online if you want to participate and pay your \$10 shooting sports fee to your 4-H Council. You must attend practices to be eligible to compete at 4-H matches.

SHOOTING SPORTS INSTRUCTOR TRAINING IN MAY

HELP
NEEDED

Post Rock District is in need of more certified instructors for our shooting sports program. Kansas 4-H is hosting the required training at Rock Springs Ranch near Junction City on May 2 - 3. There are multiple steps that must be completed before the training in order to attend. There is a cost to become certified, but many times we can help secure local support for stepping up to serve our youth in these project areas. If you are interested in instructing 4-H Archery, BB gun, Air Pistol, Air Rifle, Small Bore Rifle, Muzzleloader, or Hunting Skills please contact Nora Rhoades at 785-378-3174 or nrhoades@ksu.edu by April 1 so we can help you through the process.

YOUTH RANGE CAMP

Are you (or a student you know) interested in plants, livestock, or wildlife? This hands-on camp is a great opportunity to learn about range plant identification, plant growth, stocking rates, livestock nutrition, and rangeland wildlife management — all while enjoying field trips, hiking, fishing, swimming, and even a steak dinner! Kansas Youth Range Camp has been educating youth for over 50 years! It will take place June 9-12, 2026 in Kingman County. Find all the details and registration information on the [camp's website](#).

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SENIOR SHOUT OUTS! SUBMIT BY APRIL 15

We want to celebrate our graduating high school seniors! If interested, before April 15 please email Post Rock District at postrock4h@ksu.edu the following:

- A photo or two (senior photo, favorite 4-H photo, or throwback childhood photo)
- A quote or message (why you love 4-H, how you have benefited from being involved in 4-H, a favorite 4-H memory, or a quote that has guided you through the years)

FEEDING YOUR FUTURE CAMP

The K-State Department of Grain and Food Science is excited to offer the Feeding Your Future Camp. From hands-on bakery experiments to exploring cutting-edge agronomy and the science behind the foods we eat, students will dive into exciting, real-world careers in grain and food sciences and agronomy. Every day is packed with interactive learning, new discoveries and plenty of fun designed to spark curiosity and inspire future innovators. The camp will take place in Manhattan June 9-13. Complete details and registration information are available on the [camp's website](#).

FUNDRAISERS FOR 4-H CLUBS: PRE-APPROVAL PROCESS

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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MARCH 2026 ISSUE

Mar. 1:	4-H Day with KSU Women's Basketball	Apr. 13, 16:	Livestock County Fair Management Clinic, virtual
Mar. 1:	Meat Judging Invitational, Manhattan	Apr. 14:	College Journey Prep Sessions, Zoom
Mar. 2:	Monday Evening 4-H Day 2026/Judging Extravaganza	Apr. 14:	Fair Judges & Project Leader Training, Concordia
Mar. 2:	Beef Project Learning Activity, Smith Center	Apr. 15:	Mitchell County Small Animal Weigh-in
Mar. 4:	National Youth in Action Webinar	Apr. 15:	Insect Art Contest due date
Mar. 6:	Kansas Youth Ag Institute, Manhattan	Apr. 19-25:	National Volunteer Week
Mar. 7:	Junior Beef Producer Day, Manhattan	Apr. 20:	Jewell County 4-H Council
Mar. 9:	Osborne County 4-H Council	Apr. 25:	Spring into Volunteer Training, Salina
Mar. 10:	College Journey Prep Sessions, Zoom	Apr. 25:	Lincoln County Small Animal Weigh-in
Mar. 13:	YQCA Training, Lincoln	Apr. 26:	Osborne County Small Animal Weigh-in
Mar. 18:	Lincoln County 4-H Council	Apr. 26:	Smith County Small Animal Weigh-in
Mar. 21:	NW Super Saturday Judging Contests & Workshop, Hays	Apr. 26:	Goat Showmanship Clinic, Smith County Fairgrounds
Mar. 23:	Mitchell County 4-H Council	May 1:	Project add/drop deadline
Mar. 28:	Photography Clinic, Phillipsburg	May 2-3:	Shooting Sports Instructor Training
Mar. 28:	Smith County 4-H Bowling Activity	Jun. 3-5:	Discovery Days, Manhattan
Mar. 28-29:	K-State Clovia Hospitality Weekend, Manhattan	Jun. 9-12:	Youth Range Camp
Mar. 29:	Smith County 4-H Council	Jun. 9-13:	Feeding Your Future Camp
Apr. 3:	Mitchell County 4-H Bake Sale	Jun. 13-23:	Citizenship Washington Focus
Apr. 4:	Ag Tech Day, Moundridge	Jun. 18-20:	Kansas 4-H Dairy Show
Apr. 11:	Junior Sheep Producer Day	Jul. 9-12:	Jewell County Fair
Apr. 11:	Fair Judges & Project Leader Training, Wakeeney	Jul. 12-18:	Lincoln County Fair
Apr. 12:	Jewell County Small Animal Weigh-in	Jul. 16-20:	Smith County Fair
Apr. 13:	National Youth in Action application due	Jul. 20-25:	Mitchell County Fair
		Jul. 22-25:	Osborne County Fair



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