POST ROCK DISTRICT 4-H
YOUR NEWS FOR NOVEMBER 2022
NRHOADES@KSU.EDU (785) 378-3174

OFFICER TRAINING IS NOVEMBER 5
The District's Officer Training is Saturday, November 5 in Lincoln. Online enrollment ended October 31, but late registrations will still be accepted by calling any Post Rock District Office. It is free, yet registration will assist with preparing enough supplies.

Plan to attend if you are an elected officer or if you want to build skills to serve as an officer in the future! Youth and adults are invited to learn about their important 4-H Club role and develop leadership skills. From Secretaries to Song Leaders and from Committee Members to Council Reps... this is a great opportunity to gather some ideas and gain confidence for the year. In addition to officer-focused sessions, there will be opportunities to learn about Achievement Pins, Project Records, ZBooks, Permanent Records, Illustrated Talks, and Demonstrations. All levels of 4-H experience welcome!

POST ROCK DISTRICT PRIORITY ENROLLMENT ENDS NOVEMBER 15
4-H members need to enroll in 4-H Online for the 2022-2023 program year! The 4-H Online website to manage your enrollment is http://v2.4honline.com. You will use the same account every year you are in 4-H. Kansas 4-H has many helpful resources to assist you with enrollment, including Enrollment Guides.

Renewing members, new members, cloverbuds, and volunteers need to enroll. The Post Rock District priority enrollment period is October 1 - November 15. You will pay your annual participation fee directly to the Kansas State 4-H Office. Please check with your club leader to see if your fee is sponsored locally. Contact a Post Rock District Office if you have any questions or to schedule an appointment to complete enrollment at your local office. For more information go to www.postrock.k-state.edu/4-h/enroll.

DO WE HAVE YOUR PREFERRED EMAIL?
Post Rock District staff use the email addresses and phone numbers associated with your 4-H Online enrollment for correspondence including important reminders, the monthly newsletter, and more! Make sure your contact information is current in 4-H Online! Call the office and we can help get all adult emails (and kid, if you want) entered into 4-H Online so everyone stays informed. Multiple emails and phone numbers can be added to your account.
SATURDAY, JANUARY 21

- **QUIZ BOWL:** Post Rock District Quiz Bowl will be January 21 at Rock Hills High School in Mankato. It will start at 9:00 a.m. Registration and study materials will be shared in the December newsletter.

- **EXCHANGE MEETING:** If your club is interested in having an exchange meeting with another club in Post Rock District, the Rock Hills High School will be available after Quiz Bowl on January 21. Please contact Tonia Underwood at tiunderw@ksu.edu, and she will assist with connecting interested club leaders so you can coordinate plans.

- **SKATING PARTY:** Post Rock District Skating Party will be January 21 at the Formoso Skating Rink. It will start at 2:00 p.m. and will be hosted by Jewell County 4-H Council.

SATURDAY, FEBRUARY 11

- **4-H DAY:** Post Rock District 4-H Day #1 will take place in Beloit on February 11, 2023 at First United Methodist Church. Registration and contest details will be posted in the January newsletter.

- **JUDGING CONTESTS:** There will be judging contests (non-livestock) available during 4-H Day. On your achievement pin applications, these count as separate district experiences than presenting. Details will be shared in January.

- **YQCA CLASS:** An in-person Youth for the Quality Care of Animals (YQCA) class is available after 4-H Day in Beloit. This is an important learning experience for animal owners and looks great on your project records and achievement pin applications. Plus, it is required if you plan to participate at the state-level. More information to come.

MONDAY, MARCH 6

- **4-H DAY:** Post Rock District 4-H Day #2 will take place in Osborne at the High School on March 6, 2023 after school and into the evening. Registration and contest details will be posted in the January newsletter.

- **JUDGING CONTESTS:** There will be judging contests (non-livestock) available during 4-H Day. On your achievement pin applications, these count as separate district experiences than presenting, so be sure to plan to participate.
DISTRICT SHOOTING SPORTS

All youth 8 years old before January 1, 2023 can participate in 4-H Shooting Sports. You must also be actively enrolled in Shooting Sports via 4-H Online. In Post Rock District, there is a Shooting Sports project participation fee of $10.00, due to your 4-H Council before you can attend any activity. You can only enroll in the disciplines supported by Post Rock District. Tonia Underwood, tiunderw@ksu.edu, serves as our District’s certified Shooting Sports Coordinator. Below are the adult volunteers that are certified by Kansas 4-H to serve Post Rock District. There are some fall practices underway – contact Tonia Underwood to learn more!

- Archery Instructors: Tommie Berger / Stede Underwood
- Shotgun Instructors: Dean Heise / Karen Panter
- BB Gun / Air Rifle Instructor: Jeff Cady

SHOOTING SPORTS INSTRUCTOR CERTIFICATION TRAINING

Kansas 4-H Shooting Sports will pilot test a 4-H Shooting Sports Volunteer Level 1 Training with Nebraska. The training is December 3-4 in Benkleman, NE. You must register before November 23, and there are pre-course requirements to complete. Training and lodging are at your own expense, yet sometimes 4-H Councils will provide financial assistance. You can be trained in Rifle, Archery, Pistol, Hunting Skills, Shotgun, Muzzleloader, or Coordinator. This is the training needed to be able to instruct in Post Rock District 4-H! Contact Tonia Underwood at tiunderw@ksu.edu to learn more!

JUNIOR SWINE AND MEAT GOAT PRODUCER DAYS

K-State Junior Swine Producer Day is Saturday, March 11. Junior Meat Goat Producer Day is Saturday, March 18. Both events take place in Weber Arena on the Kansas State University campus in Manhattan. These educational events are organized by the K-State Youth Livestock Program. All ages and skill levels are invited to increase knowledge related to the goat project. Registration is due in February at https://commerce.cashnet.com/KSUASIND.

EQUINE & ANIMAL SCIENCE WEBINAR SERIES

Kansas 4-H hosts a monthly webinar series focused on equine-related knowledge and skills as well as all things animal science and livestock. Register and learn more at the Animal Science event’s webpage and the Equine event’s webpage.
SET 4-H PROJECT GOALS
Writing 4-H project goals should take place toward the beginning of the 4-H year and NOT right before record books are due. Use the "Setting 4-H Project Goals" worksheet to guide the 4-H member as they write and set 4-H project goals for the year ahead. Once the young person has selected their 4-H projects, they should plan out what they would like to learn and accomplish. It is very helpful when this process is done with the guidance of an adult volunteer or junior teen leader. Setting measurable goals will help ensure that the 4-H member has a positive 4-H project learning experience. Goal setting is a great educational activity to incorporate into a 4-H Club meeting!

KANSAS 4-H PROJECT RESOURCES
Visit your project's website at Kansas 4-H to connect to a wide variety of resources such as curriculum, exhibiting expectations, leader resources, and more. If you are looking for guidance or new ideas in a project area, reach out to your local office and we'll help direct you to resources that will assist with finding your spark!

SHARE YOUR 4-H HAPPENINGS!
We welcome you to share photos and captions with Post Rock District so we can share them through our media outlets. Email Tonia Underwood, 4-H Program Coordinator, at tiunderw@ksu.edu or message us on Post Rock District 4-H Facebook. We will not assume photos and messages posted on personal and club pages are allowable for us to use, so please contact us!

Local newspapers have recently reached out with a request to receive more photos and news releases sharing the exciting experiences of our youth. If your Club Reporter wants assistance composing a news release, reach out as we are happy to assist!

4-H HORSE PROJECT STATE-LEVEL UPDATES
Kansas 4-H has made changes for the 2023 4-H Horse Program. Information on the State 4-H Horse Show qualification and ownership deadlines are posted on the Kansas 4-H Horse Project website.

STAY CONNECTED ON FACEBOOK!
Make sure to join PRD 4-H Insider Experience (our private Facebook group) and follow our Post Rock District 4-H Facebook page for important updates and reminders!
SERVE AS A 4-H AMBASSADOR
Would you like to serve on the Post Rock District 4-H Ambassador Team? If you are an intermediate or senior level 4-H member and want to help grow 4-H, this district-level team is for you! You can make a difference while developing your leadership skills. Plus, it'll help you earn your next achievement pin. Email Tonia Underwood, tiunderw@ksu.edu, by November 14 so we can get a meeting scheduled for the team!

FIND YOUR SPARK SHIRT ORDER DUE NOVEMBER 23
The “Find Your Spark” t-shirts sold at the 2022 Kansas State Fair are available through an online order system. Orders are due by November 23 and will be shipped before the holidays. Proceeds benefit the Kansas 4-H Youth Leadership Council.

ADULTS NEED TO REGISTER AS 4-H VOLUNTEERS
Adults serving 4-H as a volunteer need to get registered in 4-H Online! You must re-enroll each year. October 1 through November 30 is the Post Rock District’s priority registration period for volunteers. Incomplete and inactive volunteers will be dropped from correspondence lists and lose 4-H volunteer/participation privileges until the registration process is completed. Background checks of volunteers registering in November will be free of charge thanks to an external funding source, so do not delay! Manage your 4-H Online enrollment at http://v2.4honline.com. Follow the steps in the Kansas 4-H Enrollment Guides.

REPORT OCTOBER SERVICE PROJECTS
If your club (or your family) completed a service project in the month of October, it can count as a 48 Hours of 4-H service project! Even if you did not originally register, Kansas 4-H wants to hear about your service project. Complete the Follow-up Report on the 48 Hours of 4-H website!

4-H BRANDING ON T-SHIRT AND GRAPHICS
The KSRE and Kansas 4-H co-wordmark is to be included on all 4-H marketing and publishing materials including print, digital, apparel, and merchandise. This applies to all designs created at the local, county, and district levels. Official licensed vendors are to be used. Reach out to your local office if your club, council, or fair board are planning t-shirts, prizes or other products that are for 4-H members. We can also get you the correct wordmarks to use on graphics and flyers. Visit Kansas 4-H Promotional Resources website.
KANSAS 4-H CLUB CORNER
Checkout the Kansas 4-H Club Corner for a variety of great resources to help your club have an awesome year!

CLUB FUNDRAISERS
Fundraising efforts are to follow Kansas 4-H and KSRE policies. If you are planning a fundraiser, contact your local office to make sure it is handled appropriately. By reaching out in advance, Post Rock District can help you with promotion!

CLUB AND COUNCIL FINANCIAL REVIEWS DUE
Post Rock District is offering a financial review committee to each 4-H club. Three trusted adults will complete the Annual Financial Report for your club. To utilize this option, clubs must submit the treasurer’s prepared materials by November 1 (or as soon as possible after!). All materials and results of the review will be returned to the club within 14 business days. Any clubs with an incomplete or concerning Annual Financial Report will be requested to complete a second annual review through this process before financial statuses are presented to the Post Rock District Governing Board.

If the club chose to appoint your own financial review committee, it must consist of at least three adults OR two adults and two youth. Committee members may NOT be signatories on the financial account(s) or have familial or financial relationships to the treasurer.

Before review, the treasurer must prepare all items necessary for the review (view the Checklist). All members of the committee MUST complete a thorough review and complete the Annual Financial Report... you CANNOT just have them "sign off"! Submit to the local Post Rock District office your club’s completed Annual Financial Report. In addition to the report, you must also submit the October 2021 and September 2022 statements for every account!

POST ROCK DISTRICT 4-H POLICIES AND EXPECTATIONS
The Post Rock District Governing Board has governance over 4-H within the local unit. The Board approved updates to the Post Rock District 4-H Policies and Expectations at their September meeting. The updates are now in effect with the new 4-H year which began October 1, 2022. Changes in policies and expectations will be communicated in a timely manner through the 4-H Newsletter and to the 4-H Councils. If you have questions, please contact your local Post Rock District Office.
UPDATES TO POST ROCK DISTRICT 4-H
COUNTY FAIR PARTICIPATION

- **May 1 Project Drop/Add Deadline:** A 4-H member can only enter project exhibits in the 4-H division of their respective county fair if they are enrolled, through 4-H Online, in the aligning project by the project drop/add deadline of May 1.

- **Project Ownership for County Fair Participation:** The Post Rock District Board believes that in order for high quality project learning to take place through 4-H, projects (animals and non-animals) should be owned by May 1 of the current year. All exhibits entered in the 4-H 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 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.

- **County Fair Project Verification at Pre-Fair Deadline:** The Post Rock District Staff or 4-H Councils do not require verification of project ownership by May 1 for animals or non-animal project exhibits; however, refer to the Project Ownership for County Fair Participation bullet for emphasis on learning value. Each 4-H Council is to designate a pre-fair entry deadline, and the Post Rock District recommends having one deadline for all project areas in the 4-H division of the county fair. The pre-fair deadline is when all project exhibits must be designated for the class which they will be shown in at the county fair. Entries can be dropped, but not added after the pre-fair deadline. Any project areas not required by 4-H Council to meet the pre-fair deadline will submit entry requirements at the project’s fair check-in time. The 4-H Council will have an exhibit entry card or form designated in the fair book which will be used to meet the entry requirements for each project area. This will be used to describe the exhibit and articulate class of exhibition. *(Information about Post Rock District expectations regarding county fair animal identification will be shared with each 4-H Council at their next meetings.)*

- **County Fair Livestock Rate-of-Gain:** Rate-of-gain contests are managed differently in each county and it is an optional experience. Any livestock not weighed-in and tagged with the county’s official 4-H tag at the designated event are not eligible for the county fair’s 4-H rate-of-gain contest. The determination of what livestock are eligible for rate-of-gain is the decision of the county body which manages the experience in the respective county (4-H Council or Fair board). Watch your 4-H Newsletter for information about weigh-in events!
ZBooks is an online record keeping option available to Kansas 4-H members. ZBooks offers the following benefits:

- **Mobile friendly** - Record notes, expenses, activities as they happen!
- **Internet based** - you can work on ZBooks from any device that is connected to the internet.
- **ZBooks uses the same format as the Kansas Project Report Form and includes Permanent Record.**

**How do I get started on my Project Record with ZBooks?**

1. Visit [https://4h.zsuite.org](https://4h.zsuite.org). *If you are a new ZSuite user, a parent or guardian must create your family account!*

2. Click the blue "Sign up" button.

3. Enter the requested information.

4. Create your child(s) account. Complete information.

5. Click Record Books on the left side menu. Click the green "+RECORD BOOK" button and complete information.

6. Click the blue "SAVE" button.

7. Repeat Steps 5 and 6 to add Record Books for all projects you desire to keep records.

8. You can now edit the tabs (pages) of your record book by clicking on the tabs located in the left menu.

Check out the Kansas 4-H ZBook Resources & How-to Videos!
[www.kansas4-h.org/resources/awards-and-recognition/ZBooks.html](http://www.kansas4-h.org/resources/awards-and-recognition/ZBooks.html).
WELCOME JAMIE!

Jamie Rathbun began serving as the Post Rock District Family and Community Wellness Extension Agent in October. Her home office is in Lincoln.

Rathbun will develop and deliver educational programs to build healthy, sustainable communities, families, and individuals. Programming may include, but is not limited to, strengthening families and individuals; building community capacity; promoting food security and physical activity; improving individual and community health and wellness; and leading volunteer development. The role of K-State Research and Extension is to encourage the adoption of research-based information to improve the quality of life for Kansans.

Rathbun earned her bachelor’s degree in Human Ecology from Kansas State University. She has prior experience working for K-State Research and Extension focused on family and consumer sciences and nutrition education. She also has experience as a high school family and consumer sciences teacher.

Jamie shares, "Nutrition, health, and wellness are a passion of mine. I have seen firsthand how nurturing these areas can bring positive benefits to a person’s life, and that neglecting these areas can lead to negative health outcomes. I look forward to sharing my knowledge in these areas with those in the Post Rock Extension District."

JOB OPPORTUNITIES

- **Office Professional**: Post Rock District is taking applications for a full-time Office Professional to be located in the Lincoln Office. See [www.postrock.ksu.edu/staff](http://www.postrock.ksu.edu/staff) for position description and application procedure.

- **4-H Program Coordinator**: Post Rock District is taking applications for a full-time 4-H Program Coordinator. The professional’s home office will be in Lincoln with some responsibilities across the five-county district. See [www.postrock.ksu.edu/staff](http://www.postrock.ksu.edu/staff) for position description and application procedure.

K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. Background check required.
4-H Online Enrollment

4-H Online Enrollment website: [https://v2.4honline.com](https://v2.4honline.com)

4-H Online is now open to process enrollments! All returning 4-H families be SURE to choose CHECK in the payment option. Jewell County 4-H Council will be responsible for paying this fee. All new 4-H families will pay the fee, but you will receive credit at the 4-H food stand in the summer if you are a current 4-H member. You will not be asked to pay a fee for Cloverbuds. If you have any questions, please call the extension office at 785-378-3174. Everyone should be enrolled before November 15.

Jewell County 4-H Council Officers
President - Abbey Schleifer
Vice President- Lenden Worm
Secretary- Jayce Cady
Treasurer- Nelson Underwood

Lost & Found
These items were left at the Achievement/Skating Party October 30: fluffy pink hoodie, purple sweat shirt, water bottle with a teal lid, reusable multi-color bag with individual snack bags.

4-H Officer Training
Post Rock District 4-H Officer Training is November 5 at Lincoln High School, 9:00 a.m. to Noon.

Jewell County 4-H Council
Next 4-H Council meeting is Monday, December 5, 2022 at 7:00 p.m.

Achievement Celebration Photos
Group of all award winners, Abbey Schleifer receiving the I Dare You Award, and 4-H Queen Faith Reinert with Runner Up Haylee Cockroft.
ACHIEVEMENT CELEBRATION

Please plan to join Lincoln County 4-H for our Achievement Celebration on November 12. It will be a fun fiesta night! Bullfoot Creek Sylvan Hustlers is hosting this year. E-mail Heather Meyer, hmeyer75@gmail.com, with your RSVPs!

Are You Enrolled?

Youth and volunteers need to re-enroll or enroll for the new 4-H year using 4-H Online. You use the same account as past years. The 4-H Boosters have graciously agreed to cover the enrollment cost of ALL Lincoln County youth! Please enroll so we can track your participation in different events. You are welcome to call the Extension Office if you need assistance to enroll. Everyone should be enrolled before November 15.

AGENT HIRED!

Jamie Rathbun has now joined Post Rock District as a Family and Community Wellness Extension Agent! Her home office will be in Lincoln! Jamie has experience with KSRE and is familiar with 4-H. Please plan to stop in and say "Hi!"

LINCOLN OFFICE HOURS

Melody keeps the office open regularly from 8:00 a.m. to 12:30 p.m. during the week. She is happy to help address your needs! Please schedule an appointment in advance if you need in-person assistance outside of these hours. Our phones will continue to be answered in the afternoons, as they are forwarded when our office is unstaffed.

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>November 5</td>
<td>District 4-H Officer Training (Learn about officers, record books and more)</td>
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<tr>
<td>November 12</td>
<td>Achievement Celebration</td>
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<tr>
<td>December 28</td>
<td>Lincoln County 4-H Council meeting</td>
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Are You Enrolled?

4-H Online is open to enroll for the new 4-H year! Youth and volunteers need to re-enroll or enroll. You use the same account as past years. In Mitchell County, you will pay your fee directly to the State 4-H Office. If you have questions, please call the Extension Office at 785-738-3597. Everyone should be enrolled before November 15.

4-H Online Enrollment website: https://v2.4online.com

4-H COUNCIL FUNDRAISER!

Bake Sale
Wednesday, November 23
8:30 a.m. until all gone
at First Bank of Beloit Meeting Room
Plan to provide items to sell and work the event!

ACHIEVEMENT CELEBRATION

2022-2023
4-H Council Officers
President - Morgan Weston
Vice President - Kayley McGuire
Secretary - Bently Pruitt
Treasurer - Norah Ellenz
Reporter - Scarlett Ludwig

Next 4-H Council Meeting
Mitchell County 4-H Council will meet on January 23 at 7:00 p.m. at the First Bank Beloit Meeting Room.

Congratulations to all youth who received an achievement pin or a project record award. We are proud of you!
OSBORNE COUNTY WELCOMES NEW 4-H MEMBERS!

Please join us in welcoming new Osborne County 4-H members: Makenzie Byler, Marcellus Byler, Melodie Byler, Levi Cameron, Alaina Cline, Kip Crossland, Rylee Crossland, Briggs Doane, Quinn Ellis, Ayden Long, Vannon Long, Avery Naaz, Ace Remus, Vale Remus, Elizabeth Schaefli, Ryan Schaefli, Colson Schoen, Kensley Schoen, Jordi Schreuder, and Peytyn Schultze. We are excited about their participation and involvement in Osborne County 4-H this year!

GET READY TO EXPRESS YOUR COMMUNICATION SKILLS

Save the date of **February 11** in Beloit and/or **March 6** in Osborne for Post Rock District 4-H Days. Now is the time to start thinking about topics for model meetings, skits, talks, demonstrations, public speaking and talent entries. Check out these resources on the Kansas 4-H communications project website:

www.kansas4-h.org/projects/personal-development/communications.html

OFFICER TRAINING

Post Rock District Officer Training will be held in Lincoln on **November 5**. See page 1 of newsletter for more details.

4-H COUNCIL NEWS

At the October 16 meeting, 4-H Council members voted to host the March 6 4-H Day in Osborne, participate in the 2022 McFadden Tree Forest with an entry, and recommend "Fancy Like Fair Life" theme to the Fair Board.

NOVEMBER 7 COUNCIL AND COMMITTEE MEETING TIMES

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

Rules Committee Members - Bedient Family, Kendig Family, Cole Family, LaRosh Family


OSBORNE COUNTY 4-H FALL FUN

- Sunflower 4-H 48 Hours of 4H & Potluck
- Osborne County 4-H Fall Party
- Solomon Valley 4-H Chili Fundraiser
- Sumner 4-H Club Fun

CONNECT WITH US AT POSTROCK.KSU.EDU
Important Dates:

- Oct. 1- Nov. 15 - Enroll NOW!
- Nov. 5 - Officer Training, Lincoln, KS
- Nov. 19 - Leadership at Rock Springs
- Jan. 15 - 4-H Council 2:30 p.m.
- Jan. 1-Feb. 5 - Valentine Cookie Sales
- Feb. 8 - Valentine cookie baking
- Feb. 12 - 4-H Council 2:00 p.m.

Important sites to help you:

**ENROLL THROUGH 4-H ONLINE**
https://v2.4honline.com/

**Kansas Youth Development**
https://www.kansas4-h.org/

**SHOOTING SPORTS**

Shooting Sports disciplines and instructors for Post Rock District are:
- Archery - Tommie Berger & Stede Underwood
- BB gun/air rifle - Jeff Cady
- Shotgun - Dean Heise & Karen Panter

Enroll today and watch for practice dates!

**2023 FAIR THEME!**

"DECK THE STALLS"

**CONGRATS!**

Pin and Record Book Award Winners

Connect with us at postrock.ksu.edu
UPCOMING EVENTS

November 1: 4-H Club annual responsibilities due
November 5: Post Rock District Officer Training, Lincoln
November 5: Western Leadership Forum, Scott City
November 12: Lincoln County Achievement Celebration, Sylvan Grove
November 15: Priority 4-H Online Member enrollment deadline
November 19-20: Kansas Youth Leadership Forum, Rock Springs Ranch
November 23: Kansas 4-H T-shirt order deadline
November 30: Priority 4-H Online Volunteer enrollment deadline
December 3-4: Shooting Sports Instructor Certification Training, Benkleman, NE
January 21: Post Rock District Quiz Bowl, Mankato
January 21: Post Rock District Skating Party, Formoso
February 11: Post Rock District 4-H Day #1 & Judging Contests, Beloit
February 11: Post Rock District YQCA Training, Beloit
March 6: Post Rock District 4-H Day #2 & Judging Contests, Osborne
March 11: Jr. Swine Producer Day, Manhattan
March 18: Jr. Meat Goat Producer Day, Manhattan