



POST ROCK DISTRICT 4-H NEWSLETTER

NOVEMBER 2025

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DISTRICT LEADERSHIP TRAINING SUPPORTS 4-H CLUB AND COUNCIL YOUTH LEADERS **SATURDAY, NOVEMBER 8** BELOIT

Post Rock District's 4-H Leadership Training will take place Saturday, November 8 in Beloit at the Methodist Church (801 N Bell St.). Training will begin at 9:00 a.m. and conclude by Noon. If you are an officer (or if you'd like to build your skill set to serve as an officer in the future) this is a great interactive training to come participate in!

By participating, you'll gain information and skills in a wide variety of officer and leadership areas. You'll benefit from a chance to bond with your 4-H club members and make new friends from across the District. Adults are welcome to observe the fun so you can support your 4-H young leaders throughout the year. After the leadership training experience, we'll have an add-on session focused on member achievement awards and project records. It is free to attend, but please register at <https://bit.ly/LeadershipOfficerTraining>.



**Registrations still
accepted!**



Enjoy a morning of hands-on learning!

- Team Building Games
- Parliamentary Procedure Activity
- Officer Roles 101
- Tips for Helping Your 4-H Club Succeed
- Leadership Skill Building
- Fun

ENROLL IN 4-H ONLINE BY NOVEMBER 15



← Log in to
4-H Online to complete
your 2025-2026
enrollment!

Participation in events, contests, and other activities will be limited until active membership status has been completed and approved, so do not delay getting enrolled! Cloverbuds, new members, renewing members, and volunteers need to complete enrollment. The Post Rock District priority enrollment period is October 1 through November 15. For more information visit www.postrock.k-state.edu/4-h/enroll/. Check out the October issue of the Post Rock District 4-H Newsletter for more information about the process to enroll.

SMITH COUNTY CLOVER CONNECTION

 POSTROCK.KSU.EDU

 (785)282-6823

 SGARLOW@KSU.EDU

SHELLY GARLOW, OFFICE PROFESSIONAL

ENROLL IN 4-H ONLINE BY NOVEMBER 15

If you need any assistance completing your 4-H Online enrollment, call the Extension Office. Enrollment dues will be paid for by 4-H Council. When you enroll, click 'Pay by Check,' and Shelly will take care of the rest.

4-H MESSAGES FROM EXTENSION OFFICE COME BY EMAIL

4-H reminders and correspondence from Post Rock District and the Smith County Extension Office will be shared by email using your 4-H Online contact information (including this newsletter). We do not have a Kansas 4-H approved plan in place to utilize group texting and SMS reminders that protect the privacy and safety of our youth members and families. We are looking into options, yet for now, EMAIL is our primary means of communication. You can also stop by or call the Extension Office for assistance.

2025-2026 4-H COUNCIL OFFICERS

- President: Korey W.
- Vice President: Lexi R.
- Treasurer: Hannah N.
- Secretary: Kaylee W.

Next 4-H Council Meeting: January 11

LEADERSHIP TRAINING

SUPPORTS 4-H CLUB AND COUNCIL
YOUTH LEADERS

SATURDAY, NOVEMBER 8

9:00 a.m. - NOON IN BELOIT

REGISTRATIONS ARE STILL BEING ACCEPTED!



ACHIEVEMENT CELEBRATION

November 1, 2025

First Christian Church ***Note location change*

6:30 p.m. Meal (*free*)

Meat provided. Potluck sides/dessert.

7:00 p.m. Awards



CLUB FEEDBACK NEEDED:

- Design ideas for a new county-wide 4-H t-shirt
- Premium Auction: inside vs. outside thoughts
- Fair theme ideas
- County-wide winter activity and date preferences

SMITH CENTER OFFICE CONTINUES TO PROVIDE 4-H ASSISTANCE

Call or stop by the Post Rock District - Smith Center Extension Office for 4-H support and questions. Email Shelly, our wonderful Office Professional, at sgarlow@ksu.edu.

Nora Rhoades, District 4-H Youth Development Agent, is helping lead the 4-H Council and other components of the local program this fall and winter. Sandra Wick is also happy to help keep 4-H strong in Smith County!

Risa stepped away from her role as 4-H Program Coordinator effective October 6. We thank her for her time and service to Post Rock District - especially for everything she has done for the youth and families in Smith County 4-H.

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ADULT VOLUNTEERS NEED TO ENROLL IN 4-H ONLINE

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

SHOOTING SPORTS PROJECT FEE DUE

If you enrolled in a Shooting Sports project, it is time to pay your County 4-H Council the \$10.00 project participation fee. One amount is due regardless of number of disciplines enrolled in. The project fee supports the special requirements needed to maintain a 4-H Shooting Sports Program in the Post Rock District. Youth 8 years old before January 1, 2026 can participate in 4-H Shooting Sports. Youth **MUST** be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. Contact Tonia Underwood, tiunderw@ksu.edu, our District's certified Shooting Sports Coordinator, to learn about practices with our certified instructors.



SCHEDULE A YQCA CLASS

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program that covers food safety, animal well-being, and character development. It is a great learning experience for youth involved in any livestock project! The class is required to be completed annually by all Kansas State Fair Grand Drive and Kansas Junior Livestock Show participants. YQCA training can be completed online or by attending an in-person class. Learn more about YQCA at www.postrock.k-state.edu/4-h/yqca/.

- Your club or county can host an in-person training. Blaire Todd, Livestock Production Agent (blairet@ksu.edu), can assist with your questions and getting an in-person class scheduled.

CHECK YOUR EMAIL FOR 4-H COMMUNICATIONS

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

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

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

STATE 4-H HORSE JUDGING CONTEST IS JANUARY 23 IN TOPEKA

The state-level Kansas 4-H Horse Judging Contest will be held on January 23, 2026 at EquiFest of Kansas in Topeka. Registration information will be released in November. Early bird registration is due by January 2, and final registration is due January 9.

STATE 4-H HORSE PANORAMA AT ROCK SPRINGS RANCH

The Kansas 4-H Horse Panorama will be February 21-22 at Rock Springs Ranch. The state experience is for 4-H members ages 9-18 and adult volunteers. Horse panorama is a compilation of various contests related to the horse project. Contests include: quiz bowl, hippology, public speaking presentations, photography, and educational posters. Details coming soon. Let your local office know if you are interested, and we can share more information as soon as it is released.

DOG SHOW JUDGE TRAINING AND CERTIFICATION

The Kansas 4-H annual training and recertification for 4-H Dog show judges will be January 31-February 1, 2026 at Salina County Expo Center. This is a 5-year certification. All 4-H dog shows must have a certified judge for members to qualify for the State Fair Dog Show. Contact your local office if interested.

ENTREPRENEURSHIP CHALLENGE

The Kansas Youth Entrepreneurship Challenge (YEC) takes place through a partnership between Network Kansas, Kansas State University, and Kansas 4-H! 4-H members are encouraged to think about how project learning can be enhanced through business planning and entrepreneurship. Look for an opportunity to compete in YEC in your county! If you need a mentor or additional support, let your local Extension Office know! We are happy to help! *P.S. - There are contests at 4-H Day that are entrepreneurship-focused! This gives youth entrepreneurs an opportunity to practice pitching a business, and you'll gain valuable feedback to help you prepare for YEC!*

INTERNATIONAL EXPERIENCE WITH 4-H

Kansas 4-H members can apply to get the experience of a lifetime as part of an international exchange. If you think having a study abroad experience is for you, NOW is the time to research the program. 2026 opportunities include Costa Rica, Japan, Taiwan, South Korea, and Argentina. Families are also needed to host students traveling into our great state through 4-H study abroad experiences. If your family is interested in hosting a teen for a short-term experience during summer 2026, please notify your local Extension Office.

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2026 K-STATE JUNIOR PRODUCER DAYS

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.

Registration information will be released in November. Once released, updates will be posted on the KSU Youth Livestock Program Facebook page, as well as the [Junior Producer Days page of KSU Youth Livestock Program website, which is under the events tab.](#)

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

VOLUNTEER SALUTE TO EXCELLENCE AWARD

4-H is a community of young people across Kansas who are learning leadership, citizenship, and life skills. Volunteers are the heartbeat of the 4-H program serving as mentors, teachers, and friends. The National Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exceptional service to 4-H. **If you have someone in mind that would be an excellent candidate for this state award, please reach out to Nora Rhoades at the Mankato Office 785-378-3174 so Post Rock District can assist with the application process.**



The Kansas Association of 4-H Volunteers has adopted the Salute to Excellence award to recognize and promote Kansas 4-H volunteers who have excelled in their roles locally and continue with selecting Kansas' top volunteers for the National competition.

Each extension unit may select its representative and submit its nominees electronically to the Department of 4-H Youth Development by March 1, 2026. There are several steps to the application, so we need to begin now to ensure a successful submission. Nominated individuals will then have an opportunity to be selected as the Kansas Outstanding Lifetime Volunteer and Volunteer of the Year. The two Kansas honorees then become Kansas' nominees for the North Central and National 4-H awards. Complete details are on the [Kansas 4-H Volunteer Salute to Excellence Award webpage.](#)

REPORT OCTOBER COMMUNITY SERVICE TO KANSAS 4-H

If a member, group, club, or council completed a community service project in October, it can be counted as participation in the Kansas 4-H 48 Hours of 4-H program. You need to register the project AND complete the follow-up report. *Submitting the report is how it becomes an OFFICIAL 48 Hours of 4-H project. Otherwise, it should not be counted as such on your club seal or achievement pin application.* Register your project at the [48 Hours of 4-H website.](#)

QUIZ BOWL

**JANUARY 10, 2026
SYLVAN GROVE**

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

It is free to participate, but registration is needed by January 5. Youth will participate in teams of four. There will be two age divisions, junior and senior. Team members must participate in the division of the oldest member. You do not have to be from the same club or county to be on a team together. When you register, tell us what team you intend to be on. If you don't have a team yet, just sign up and we will combine youth into teams. Registration, rules, and a study guide will be available in December.

SET 4-H PROJECT GOALS ~ SET 4-H CLUB GOALS

Use the "[Setting 4-H Project Goals](#)" worksheet as you set goals for your 4-H projects and with your 4-H club!

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



4-H CLUB CORNER: NEW MEMBER RESOURCES



Kansas 4-H has a variety of helpful resources to help your 4-H Club succeed this year. Explore the resources at www.kansas4-h.org/resources/leader-resources/clubcorner/. Here are some resources that will help your newest members kick-start their journey in 4-H:

- [Welcoming New 4-H Members](#)
- [4-H Greet Sheet](#)
- [New Family Guide](#)

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NEWS RELEASES AND SUCCESS STORIES

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

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

REDUCED OFFICE HOURS IN NOVEMBER AND DECEMBER

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

- November 11 (Veteran's Day)
- November 26 through November 30 (Thanksgiving)
- December 12 (Staff Retreat)
- December 24 through January 1 (Christmas / New Year's)

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

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

WHAT IS THE 4-H PERMANENT RECORD?

The 4-H Permanent Record is a great tool to help youth begin building a resume of ALL of their activities. It is a tool for 4-H members to organize their involvement in 4-H, sports, church, scouts, and beyond all in one place. Many high school students find the record book to be incredibly helpful when they reach the stage of applying for continued education, scholarships, and more. Remember, you can do it by paper or with the ZBooks online platform. *It is recommended to set aside some time each month to update your records!*

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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NOVEMBER 2025 ISSUE

Nov. 1:	Smith Co. Achievement Celebration, Smith Center Armory	Jan. 1:	New Year's Day Holiday, all Post Rock District Offices are closed
Nov. 1:	Live Well, Lead Well Workshop, Wichita	Jan. 6:	Regional Project Record Judging deadline
Nov. 1:	International 4-H Travel for Kansas Youth Applications Due	Jan. 10:	Post Rock District Quiz Bowl, Sylvan Grove
Nov. 2:	Jewell Co. Achievement Celebration, Jewell Community Center	Jan. 11:	Smith County 4-H Council meeting
Nov. 2:	Lincoln Co. Achievement Celebration, Sylvan Sale Barn	Jan. 13:	NW Regional Record Book Judging
Nov. 3:	Club Financials are due to the Extension Office	Jan. 23:	State 4-H Horse Judging Contest, Topeka
Nov. 3:	Jewell County 4-H Council meeting, Farmway Credit	Jan. 26:	Mitchell County 4-H Council meeting
Nov. 8:	4-H Leadership Training (for officers and members), Beloit	Jan. 31-	Dog Show Judge Training & Certification, Salina Expo Center
Nov. 8:	Live Well, Lead Well Workshop, Garden City	Feb. 1:	Expo Center
Nov. 10:	Osborne County 4-H Council meeting	Feb. 14:	Saturday Morning 4-H Day 2026/Judging Extravaganza
Nov. 11:	Veteran's Day Holiday, all Post Rock District Offices are closed	Feb. 15:	Jewell County Beef Weigh-in
Nov. 15:	Priority 4-H Online Enrollment deadline	Feb. 15-16:	Citizenship in Action, Topeka
Nov. 22-23:	Kansas Youth Leadership Forum (KYLf), Rock Springs Ranch	Feb. 21-22:	State 4-H Horse Panorama, Rock Springs Ranch
Nov. 22-23:	Kansas 4-H Volunteers (KVF), Rock Springs Ranch	Feb. 22:	Osborne Co. Beef Weigh-in
Nov. 26-28:	Thanksgiving Holiday, all Post Rock District Offices are closed	Mar. 1:	4-H Day with KSU Women's Basketball
Dec. 1:	Jewell County 4-H Council meeting, Courthouse	Mar. 2:	Monday Evening 4-H Day 2026/Judging Extravaganza
Dec. 12:	Post Rock District Staff Retreat, all Offices are closed	Mar. 7:	Junior Beef Producer Day, Manhattan
Dec. 22:	Lincoln County 4-H Council meeting	Mar. 21:	NW Super Saturday Judging Contests & Workshop, Hays
Dec. 24-31:	Christmas Holiday, all Post Rock District Offices are closed	Apr. 11:	Junior Sheep Producer Day
		Apr. 26:	Osborne Co. Small Animal Weigh-in
		Jun. 3-5:	Discovery Days, Manhattan



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