



POST ROCK DISTRICT 4-H NEWSLETTER

OCTOBER 2025

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4-H ENROLLMENT OPENS OCTOBER 1!



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

October is here which means it is time to enroll in 4-H! 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/.

Complete your 4-H Online enrollment from a computer. It is easier to navigate the 4-H Online database from a computer rather than a smart phone. Contact your local Extension Office if you have any questions or to schedule an appointment to complete enrollment at the office or other mutually agreed upon location.

Create a 4-H Online Account: If you or your family have never used 4-H Online, begin by creating an account.

1. Go to 4-H Online at <http://v2.4honline.com>
2. Click "Don't have an account"
3. Select the Kansas 4-H drop-down menu
4. Select Kansas 4-H Youth Development as your Institution
5. Choose your 4-H county
6. Complete the information
7. Create a password
8. Click [Create Account]
9. Enter your Family's address information
10. Click [Verify]
11. Continue to Youth Member and Cloverbud Enrollment
12. You will need to remember your account username and password

Log in to Your Existing 4-H Online Account: If you are a current 4-H family and have had an account in 4-H Online, renew your enrollment using the same account. Add additional family members under the existing account. Do not create a new account!

1. Go to <http://v2.4honline.com>
2. Enter your email address and password
3. If your forgot your password, complete the "Reset password?" process
4. Click [Sign In]
5. Continue to Youth Member and Cloverbud Enrollment



**Important 4-H Membership
Fee Payment Information
is on the next page of this
newsletter!**



Family Enrollment Guide

Review the Family Enrollment Guide for more information about navigating 4-H Online. It's available at www.kansas4-h.org/resources/4-h-online/.



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Very
Important!



4-H Membership Fee Payment Information

Kansas 4-H's annual membership fee is \$15 per member.
Cloverbuds do not pay a fee.

Receiving a Sponsorship?

Select 'Pay by Check'

This is the payment method to use to ensure all available local county and club sponsorships are applied. When you select this option, Post Rock District staff will enter your sponsorship code on the backside of the database during the approval process.

Need to Pay Personally?

Select 'Pay by Check' OR Select 'Pay by Credit Card'

- **Pay by Cash or Check to your 4-H Council:** DO NOT mail a check to the State 4-H Office. If you want to pay for your 4-H enrollment with a check or cash, select 'pay by check' in the 4-H Online system. Then, go to your local Extension Office and complete your payment. Please make checks payable to your County's 4-H Council.
- **Pay by Credit Card:** If there are no county or club sponsorships covering your membership fee, you will be personally responsible to pay your enrollment by November 15. If you do not want to pay by cash or check, you can choose to pay your fee by credit card. Keep in mind, credit card payments are made directly to the Kansas 4-H State Office. Once you select this option, there is a very limited ability to change your payment method or address a mistake. When in doubt select 'pay by check'!

Not sure how to pay?

Select 'Pay by Check'

If you are not sure how to pay, select 'pay by check' before submitting and our staff can assist on the backside of the database during the approval process. Some counties and clubs have a membership scholarship. Check your county's page in this newsletter for more specific payment instructions.

4-H AGE REQUIREMENTS

4-H Members are 7 - 18 years old by January 1, 2026. Cloverbuds are 5 - 6 years old by January 1. Cloverbuds participate for experience only.

NEED A COMPUTER?

If you need access to a computer to help you enroll, schedule an appointment with your local Extension Office. We are happy to help you enroll in 4-H!

4-H PROJECT SELECTION

When enrolling in 4-H Online, 4-H members will select projects they are interested in exploring during the year. Your project selections can be modified until spring. Cloverbuds enroll in a 4-H club, but do not select any projects in 4-H Online. Explore more about the projects in the Kansas 4-H Project Selection Guide, available at www.kansas4-h.org/projects/.

MITCHELL COUNTY CLOVER CONNECTION

📶 POSTROCK.KSU.EDU

📞 (785)738-3597

✉️ CTHIESSEN@KSU.EDU

CASSIE THIESSEN AND BLAIRE TODD, EXTENSION AGENTS

ENROLLING FOR THE NEW 4-H YEAR

4-H Online will open on **October 1st** to enroll in the new 4-H year! A few reminders:

- Each 4-Her and adult volunteer (club leaders, adults that help with events that will require background checks) needs to be enrolled in 4-H online each year. Adult volunteers have a separate enrollment from their children.
- **PLEASE USE AN EMAIL YOU HAVE ACCESS TO AND CHECK REGULARLY WHEN ENROLLING.** Email is the primary means of communication not only in our county, but district and statewide as well. We compile a list of emails for communications at the end of October, so please enroll sooner rather than later so that you don't miss out on any important news!
- If you have questions or run into any issues while enrolling, please don't hesitate to call the Extension Office! (785) 738-3597

A NOTE FROM DENAE:

As some of you have heard, I accepted a different job and will be leaving PRD. My last day in the office will be Wednesday, September 24th, after which Cassie and Blaire will be picking up the 4-H duties I handled. When making the decision to move on, the kids and families that make Mitchell Co. 4-H great were some of my biggest hold ups. I'm going to miss being a part of your journey in this capacity, but I promise I'm still cheering you on from a different spot in a different way! Thank you for all your patience and kindness these last 4 years! ❤️

4-H LEADERSHIP TRAINING

Saturday, November 8th in Beloit at the Methodist Church. Anyone interested in learning more about leadership through 4-H is encouraged to attend!

PIN APPLICATIONS/RECORD BOOKS

Pin applications, club seal applications, and record books are due by 4:30 p.m., Wednesday, October 1 in the Extension Office. The link to forms and resources for these items is: <https://www.postrock.k-state.edu/4-h/member-resources/>

ACHIEVEMENT CELEBRATION

- When? October 26, 2025 at 6 p.m.
- Where? Beloit Methodist Church's Fellowship Hall
- Who should attend? Everyone!

There will be a Council meeting immediately after for newly elected Council reps. Reminder: ***This year's grand champion and reserve champion fair prizes will be available for pick up at the achievement celebration.***

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BEYOND READY NATIONAL 4-H WEEK OCTOBER 5 - 11



4-H clubs, 4-H families, and 4-H members are encouraged to use National 4-H Week as a platform to showcase activities, recruit new members, say thank you to sponsors, and spread the word about the value of 4-H in fostering leadership, encouraging community service, developing friendships, and offering hands-on learning.

Do you have any specific plans for celebrating or promoting 4-H week? Let your local Extension Office know! If you share a photo and spotlight article about your activities, we are happy to give you a shout out on Post Rock District's 4-H Facebook page. This is a great way for your officer team to share the great news about 4-H. Don't forget to share with your local newspaper!



**WEAR 4-H GEAR
MONDAY, OCTOBER 6**

**4-H FOR GOOD
THURSDAY, OCTOBER 9**

During National 4-H Week, shine a light on all the good that 4-H does! 4-H For Good is a day to recognize all 4-Hers who are doing good and making a positive impact by helping their communities and beyond. Share your own story or celebrate someone who is making a difference - another 4-Her, volunteer, or educator.



48 HOURS OF 4-H COMMUNITY SERVICE OCTOBER 11-12 WEEKEND

Complete the community service challenge! 48 Hours of 4-H is an opportunity for 4-H members and supporters to engage in a concentrated period of community service and project work. It's a chance to make a big impact and showcase the dedication and teamwork of the 4-H community.

You can complete a service project as a member, family, group, or as a 4-H club project. We know schedules are busy, so any community service project taking place around National 4-H Week or during the month of October can qualify for the 48 Hours of 4-H Service Challenge! Remember to make it an official 48 Hours of 4-H Service Project by registering your project with [Kansas 4-H on the challenge website](#).

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!



**Register by
October 30!**

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 by October 30 at <https://bit.ly/LeadershipOfficerTraining>.

LIVE WELL, LEAD WELL WORKSHOPS

Time to Reset! Join Kansas 4-H at a state-level Healthy Living Workshop this fall. Live Well, Lead Well workshops take place from 9:00 a.m. to Noon. Some locations will also offer an Engineering and Technology workshop in the afternoon. Participants will prepare to be Beyond Ready with activities to build Strong Minds, Active Hearts, Helping Hands, and Healthy Lives. All adults and youth (ages 7-18) need to register. If your location of interest has not opened the registration, let your local Extension Office know so we can share with you when it does! Please plan to pay the \$15 registration fee at check-in on the day of the event.

- Great Bend: October 4 (registration due by September 30 at https://kstate.qualtrics.com/jfe/form/SV_dj26JF70v4gjUcm)
- Hays: October 18 (Engineering & Technology workshop also offered)
- Manhattan: October 25 (Engineering & Technology workshop also offered)
- Wichita: November 1 (Engineering & Technology workshop also offered)
- Garden City: November 8

KANSAS YOUTH LEADERSHIP FORUM



Kansas Youth Leadership Forum (KYLF) is November 22 - 23 at Rock Springs 4-H Center. KYLF features leadership workshops, the youth council elections, and many opportunities to have fun and make friends from across the state. The experience is for teens (ages 14-18 before January 1, 2026). The deadline to sign-up is October 15. Post Rock District will provide a chaperone and transportation to-and-from KYLF. Details are on the [Kansas 4-H event website](#).

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IMPORTANT ITEMS WITH A DEADLINE OF OCTOBER 1

- Achievement Pin and Key Award Applications
- Project Record Reports and Permanent Record Books
- Club Seal Applications
- KS 4-H Youth Leadership Council Applications

WORKDAY AT ROCK SPRINGS RANCH IS OCTOBER 11

You are invited to participate in the Rock Springs Ranch Volunteer Workday on Saturday, October 11. As part of the 48 Hours of 4-H community service challenge, this special day is an opportunity to come together to give back through meaningful service projects at Rock Springs 4-H Camp. Whether you're a seasoned 4-H member or just looking to get involved, we encourage everyone to join us in making a difference. Please register at the [Rock Springs Ranch website](#).

4-H GEOLOGY FIELD TRIP ON OCTOBER 18

A geology leader in Riley County, Wally Mack, is offering a 4-H geology field trip in his area. All geology members are welcome. The trip is limited to 50 people and about 20-25 cars due to the locations and parking. There is no charge or fees to attend. This is a great opportunity to start gathering your first 15 specimens for the new 4-H year. If you have any questions, please contact Wally at wallyscout@yahoo.com. Wally will provide a field guide to those registered and further instructions. Click on the google form to register: <https://forms.gle/ZauafEribv7gW5cZ9>.

VIRTUAL ENTREPRENEURSHIP CHALLENGE DUE OCTOBER 26

The Kansas Youth Virtual Entrepreneurship Challenge (KYVEC) is a great starting point for young innovators to explore entrepreneurship, build confidence, gain experience pitching ideas— and win prizes. Participation in KYVEC also serves as excellent preparation for the Youth Entrepreneurship Challenge many local counties host, as they are separate experiences and learning opportunities!

- Who: Open to elementary, middle, and high school students across Kansas.
- What: A statewide, virtual business pitch competition. Students submit a 3 to 5 minute video pitching their business idea for a chance to win cash prizes.
- Dates: Registration is open, and the deadline to submit entries is October 26.
- Details: Visit <https://www.campdestinationinnovation.com/kyvec>

INTERNATIONAL 4-H TRAVEL FOR KANSAS YOUTH - APPLY BY NOVEMBER 1

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. Applications are due this fall. 2026 opportunities include Costa Rica, Japan, Taiwan, South Korea, and Argentina. Opportunities are also available for 4-H alumni and young adults. Additionally, adult chaperones are being recruited. Call your local Extension Office to learn more details about these opportunities and the application process.

HOST STUDENTS FROM ANOTHER COUNTRY THROUGH 4-H

Kansas families are 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. We can help you learn more about the opportunities, anticipated dates of hosting, and how to complete the application. The application opens in October and is due this fall.

SHOOTING SPORTS PROJECT IN POST ROCK DISTRICT

In the new year of 4-H, all youth 8 years old before January 1, 2026 can participate in 4-H Shooting Sports. You **MUST** be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. In Post Rock District, in addition to enrolling in 4-H Online, 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 a discipline supported by Post Rock District. Tonia Underwood, tiunderw@ksu.edu, serves as our District's certified Shooting Sports Coordinator.

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

FALL ARCHERY PRACTICES

Instructor Tommie Berger will be hosting two 4-H archery practices this fall. In order to participate, youth must be 8 years old before January 1, 2026 **AND** be signed up for the NEW 4-H program year after October 1, 2025 in 4-H Online. Youth will also need to get their shooting sports payment turned in to your local Extension Office, as mentioned in the article above. Tommie stepped away from hosting 4-H specific practices last year, but he is able to provide 4-H opportunities again in 2025-2026. If you are interested in attending practices on October 12 and 19, please email Tonia Underwood, Shooting Sports project coordinator, at tiunderw@ksu.edu or call 785-378-3174.

SHOOTING SPORTS INSTRUCTOR TRAINING - NOTIFY BY OCTOBER 3

Kansas 4-H Shooting Sports will be having a Shooting Sports Instructor Training on October 25-26 in Cimarron. You must be a trained instructor to lead Shooting Sports project meetings in Post Rock District. We have a need for more discipline instructors across the District, so consider becoming trained if you have a passion for positive youth development through shooting sports. New instructors must be screened and registered as a 4-H volunteer, which includes enrolling in 4-H Online, completing a background check, completing an orientation, and being approved by the Post Rock District. Before attending the in-person Instructor Training, you must also complete the National 4-H Shooting Sports online modules. You can be trained in one discipline at the training. While there is a personal cost to become trained, we can help you seek out financial support. Contact Tonia Underwood at tiunderw@ksu.edu by October 3 if you are interested so we can help you get registered.

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CLUB LEADER AND PROJECT LEADER TRAINING

OFFERED IN WESTERN KANSAS

OCTOBER 27 OR 28 - CHOOSE YOUR LOCATION!



Register by
October 20!

Explore ideas and tools to help you empower youth to become *BEYOND READY* for making a local impact, preparing for career success, and achieving their dreams. Spark your passion. Build your skills. Understand the unique opportunity to make a difference as a Kansas 4-H Volunteer! Contact Nora Rhoades, nrhoades@ksu.edu or 785-378-3174, if you have questions about the training. Nora plans to attend and assist with the Russell training location. If you are looking to carpool to Russell, let Nora know. We can also assist with making car pool arrangements with volunteers to other locations. Please register by October 20 at <https://bit.ly/4-HVolunteerTraining2526>.

- October 27 Locations: Russell / Hays / Pratt / Meade
- October 28 Locations: Phillipsburg / Ness City / Colby / Ulysses / Stevens

VOLUNTEER LEADERS FORUM IS NOVEMBER 22 - 23

Kansas Volunteer Leaders Forum will take place at Rock Springs 4-H Center on November 22 - 23. It's an opportunity for volunteers from around the state to learn together while building a network of likeminded passionate adults. Register by October 15 at the [Volunteer Leaders Forum website](#).

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 on 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!**

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. It is VERY important 4-H Online is updated in October with your current information.

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COUNTY ACHIEVEMENT CELEBRATIONS

Each county will be hosting an Achievement Celebration this fall to kick off the new 4-H year and celebrate the successes of last year. This is a wonderful opportunity to invite new members to start making 4-H friends and memories. Check your county's newsletter page for complete details as 4-H Councils plan the celebrations!



- Jewell County = November 2
- Lincoln County = November 2
- Mitchell County = October 26
- Osborne County = October 12
- Smith County = November 1

4-H DAY / JUDGING EXTRAVAGANZA - FEBRUARY 14 AND MARCH 2

Post Rock District will host two 4-H Day events in 2026 to provide youth with an opportunity to showcase skills in public speaking, music, dance, and other talents. Save the dates of Saturday morning, February 14 and Monday afternoon/evening, March 2. The 4-H Day Guide will be released with the December newsletter, and registration will open in January.

Post Rock District will host a district judging experience concurrently with the 2026 4-H Days. The judging contests will be the same at each event. Attending 4-H Day/Judging Extravaganza is a great opportunity to engage in TWO district experiences in one day... great news for those working on achievement pins. We'll share study materials about the 2026 judging contests in the January newsletter.

- 4-H Clubs provide opportunities to present about your 4-H project experiences. Get a head start on your 4-H Day entry by presenting to your 4-H Club this fall!
- Looking for a club activity? Contact your local Extension Office to coordinate bringing a mini-judging experience to your club-level. Let us know in advance as it may take a couple weeks to prepare an experience or access state resources.

2026 QUIZ BOWL: SAVE THE DATE FOR JANUARY 10

Save the date for the annual Post Rock District 4-H Quiz Bowl! This regional educational, semi-competitive, and fun experience is open to all Post Rock District members. We're also inviting 4-H members from neighboring extension units to join us, so let your 4-H buddies know in other parts of Kansas. We're targeting January 10 for the 2026 Quiz Bowl. Stay tuned for more details in the November newsletter.

KANSAS 4-H T-SHIRT ORDERS

The Kansas 4-H Youth Leadership Council sells 4-H t-shirts in Centennial Hall during each Kansas State Fair. Once again, they will be offering an after-fair sale of the shirts. The order process will be coming soon, and shared on the Kansas 4-H Facebook page. The plan is to have a late November order deadline and for shirts to be delivered mid to late December. If your club or family is wanting to order let your local Extension Office know and we will make sure to share order information once we see it!

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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](#)

NEW MEMBERS? LET US KNOW!

If your 4-H Club will be welcoming new members this year, be sure to invite them to all of your meetings and activities. Let the Extension Office know their contact information, so we can keep them informed about how to enroll!



CONGRATULATIONS TO ALL STATE FAIR PARTICIPANTS

Congratulations to all members that participated in the Kansas State Fair or Grand Drive! You can find results listed at www.kansas4-h.org/events-activities/fairs/kansas-state-fair/. Share photos and highlights of your experience at State Fair with your 4-H Program Coordinator!

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. We'll then take these impact stories and share them out on our district social media accounts. 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.

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INDEPENDENT STUDY OPTION

Kansas 4-H believes that participation in an organized 4-H club is the preferred method of involvement for members, but acknowledges there are sometimes extenuating circumstances that may make independent 4-H membership a viable way to still engage in 4-H youth development learning. If you select independent membership while enrolling in 4-H Online, please note there are additional steps that need taken before membership will be approved. You will need to complete an Independent Member Study Agreement. The agreement will be reviewed and approved if all expectations are met. If you selected independent membership, please reach out to your local Extension Office as soon as possible to navigate next steps!

CLUB ANNUAL RESPONSIBILITIES

Club Leaders will be shared resources in early October to assist with meeting your club's annual requirements to remain affiliated with K-State Extension Post Rock District and a club in good standing. Be watching for this email and reach out if you have any questions.

FUNDRAISERS FOR 4-H CLUBS

NEED TO NOTIFY THE EXTENSION OFFICE IN ADVANCE

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 at www.postrock.k-state.edu/4-h/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 at www.postrock.k-state.edu/4-h/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.