Greetings 4-H Friends,

March marks the halfway point of the 4-H year. It is a great month to level-up your project learning. 4-H projects are a way to explore things that are interesting to you. You can add or change your projects before May 1 by contacting your local office. It’s important to plan out what you would like to learn and accomplish to make sure your experience reaches full potential. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive experiences. Checkout these tips from the Kansas 4-H Setting 4-H Project Goals worksheet:

WHAT IS A GOAL? A goal is . . . Deciding what you want do and learn in a 4-H project. A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal include:

1. ACTION — How you are going to do something.
2. RESULT — What you are going to do. Be specific!
3. TIMETABLE — When you are going to do it.

Here’s to leveling up!

Nora

Rock Springs 4-H Camp is June 9-12!

Camper and Counselor registration begins on March 1. The Post Rock District deadline for both will be April 9 at close of business.
Rock Springs 4-H Camp
The Great Northwest 4-H Camp at Rock Springs will be June 9-12. All enrolled 4-H members ages 7-12 are able to attend. The Post Rock District will not be coordinating transportation for campers. You can find your county’s camp brochure at the Post Rock District’s website > 4-H Youth Experience > Rock Springs 4-H Camp. A paper form needs to be completed, signed and submitted with your payment to your local office by the end of the business day on April 9. Rock Springs has not announced what the Covid protocols will be, if any. There could be a cap on the number of youth able to attend, in which case the camp group will accept campers based on the date your registration was submitted as complete (including payment). Register early!

Camp Counselor Experience
Youth ages 14-18 are able to experience camp through the exciting role of being a counselor. 4-H membership is not required to serve as a counselor, so please spread the word about this great leadership and service opportunity! Counselors must be available to serve at Rock Springs June 8-June 12. The Post Rock District will provide transportation for all counselors to training on June 8. If we are unable to provide transportation home on June 12, we will help coordinate rides for counselors. Counselors are responsible for paying the counselor registration fees. If you or someone you know would like to be considered for a counselor position, you will need to apply. Applications can be accessed at the Post Rock District’s website > 4-H Youth Experience > Rock Springs 4-H Camp. They are due to your local office by the end of the business day on April 9.

K-State Junior Meat Goat Producer Week
March 15-20 is virtual Junior Meat Goat Producer Week. All ages and knowledge levels are invited! K-State faculty members, graduate students and guest speakers will cover topics including selection, nutrition and feeding, livestock guardian dogs, health, grooming and clipping, showmanship, and the state livestock nomination process. Online registration is due by March 8. Find complete details and register at the K-State Youth Livestock Program website.

Sheep and Swine Producer Week Resources
The presentations shared at 2020 Sheep Producer Day and 2021 Swine Producer Week are available to watch at the KSU Youth Livestock Program’s Youtube channel. Checkout the playlists for some great learning resources.
Elderly Outreach Project

“A person’s most useful asset is not the head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help.” This saying is exemplified through the 4-H youth on the Post Rock District’s 4-H Community Action Team. The team identified that many communities have suffering elderly citizens who are unable or unwilling to leave their homes due to the Covid-19 pandemic. These citizens need assistance to get essential needs such as food, toiletries, and medical items. They also are cut off from friends and family with little or no social interaction.

The team of youth devised a plan to help each 4-H club in our District identify elderly citizens in their local communities. 4-H members will focus on building intergenerational relationships as each club completes this outreach project. The 4-H clubs are challenged to prepare personalized care packages and provide assistance to meet individual needs such as running errands and buying groceries. They also are encouraged to address physical, mental, and emotional needs as well.

Each club will receive $180 to assist with completing the project. Checks are ready for pick up at your local extension office. Reach out to Jaden Huehl, Elderly Outreach Project Leader, at jadenhuehl@icloud.com if you have questions. More information is available to assist with the project on the Post Rock District website > 4-H Youth Experience > Events & Activities.

4-H Ambassador Team

The Post Rock District is forming a district-wide Ambassador Team. If you are interested in helping the Post Rock District spread the good news about 4-H while developing and practicing your communication and leadership skills, consider joining the team! To get involved, email Nora Rhoades at nrhoades@ksu.edu.

Kansas 4-H is hosting an Ambassador Training on March 23 and 30 at 6:30pm via Zoom. Participating is not required to be on the Post Rock District’s 4-H Ambassador Team, yet it would be a great opportunity to learn about the role of the 4-H Ambassador and start developing your skills to make a difference! Let Nora know if you want to attend!
Swine Across Kansas: Ask Before You Buy

‘Swine Across Kansas: Ask Before You Buy’ is the 1st session in a series of workshops that will be hosted by KSRE throughout the year via Zoom. These sessions will include swine experts visiting with you about selection, feed, nutrition, health and diseases, general care, showmanship tips and tricks, and breeding for those who are producers. The ‘Ask Before You Buy’ session will include information about what you should know before purchasing your next show pig project. Meet with livestock judges and show pig producers about insider tips on selecting the best pig for your barn. Before you go out to those swine sales, be sure you are prepared by knowing what to look for and what to expect! Join virtually on March 7th @ 2:00pm for the first session of the Swine Across Kansas Series - Ask Before You Buy. This program is free and open to all! Sign up for the webinar at: Swine Across Kansas - Ask Before You Buy.

North Central Kansas Livestock Circuit

There are many spring shows available for livestock project participants. While the Post Rock District does not plan or coordinate these events, we can refer interested 4-H and FFA members to the appropriate contacts. The "North Central Kansas Livestock Circuit" has a Facebook group with helpful information and show dates.

Insect Art Contest

The K-State Pesticide Safety and IPM program is hosting an insect-themed art contest for Kansas 4-Her’s and art students across the state. The artwork created by Kansas youth will be used to promote pollinator week (June 21-27, 2021). The program encourages youth to get creative and create an entry before the April 16 deadline. Visit the Pesticide IMP website for contest rules and entry forms.

Archery Program

Post Rock District 4-H Shooting Sports certified instructor, Tommie Berger, is planning to host an archery series throughout March in the Sylvan Grove area. To register, email Nora Rhoades, nrhoades@ksu.edu, so additional program details can be planned and shared. If you have already registered, watch for an email from Tommie as final details are planned.
Horse Judging Contest
The Kansas 4-H Horse Judging Contest has been rescheduled to Friday, April 23rd in Hutchinson at the Kansas State Fairgrounds. The contest will consist of both Intermediate and Senior 4-H Divisions spread out in both Expo I and Expo II. Division entries will be limited based on first come first serve. Due to the limitation, the registration opening will be repeatedly publicized in advance. Contact your 4-H Program Coordinator if you are interested so we can make sure you are shared complete details and registration information as soon as it is available.

Horse Panorama
The Kansas 4-H Horse Panorama will be virtual this spring. Contact your 4-H Program Coordinator if you are interested and we will assist with getting registered.

- Digital Uploads (Photography, Logo, Poster, Power Point, Ad Layout, Exhibition Model Horse Show) - Uploads will open March 26 and close April 7. Judging will begin after April 7 with feedback given to youth.
- Hippology- April 10
- Quiz Bowl Preliminaries via Qualtrics- April 10
- Quiz Bowl Finals via Zoom- April 11
- Public Speaking, Demonstration, & Project Talks- Zoom with judges by scheduled date/time, April 10-14. Sign-ups will be available.

Livestock Project YQCA Requirements
Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. It is an annual training open to youth and focuses on food safety, animal well-being, and life skill development. A YQCA certification is valid for one year, so youth need to re-certify annually. YQCA is required to participate in the Kansas State Fair Grand Drive and Kansas Junior Livestock Show. YQCA is recommended for all youth in livestock projects regardless of level of competition, it is a great learning opportunity. YQCA can be completed online or contact your 4-H Program Coordinator to see if in-person classes are available. Learn more at the K-State Youth Livestock webpage.

4-H at Home
4-H at Home provides learning resources for kids, teens and families to enjoy from home. Explore National 4-H’s 4-H at Home website to receive hands-on, educational activities, including activity guides and curriculum to help explore your spark!
4-H Branding on Clothing and Awards

The use of the K-State Research and Extension/Kansas 4-H co-wordmark is required on all 4-H print, digital, apparel, and merchandise. This requirement applies to all designs created at the local, county, district, area, and state levels. Communicate with your 4-H Program Coordinator to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark.

New Kansas 4-H Project Record Keeping

Kansas 4-H has replaced the KAP record with a new Project Record process. We’ve updated our Post Rock District website to include some helpful information about record keeping for your project areas, and we are happy to assist you on an individual or club basis to understand the new expectations and record keeping skills in general. Go to Post Rock District’s website >4-H Youth Experience > Record Keeping Resources.

Animal Ownership Verification & Tagging

In order to exhibit at your local county fair in the 4-H division, your animals (all species) must be properly owned and identified by May 1 of the current year. It is recommended to have your animal verified at the respective county’s official ownership verification, tagging and weigh-in event. Some animals require paperwork submitted to the office. Your county’s section of the 4-H newsletter will share specific event information once it is available. If you are not able to attend the event, you must contact your 4-H Program Coordinator and schedule a time to pick up a tag at your local office. You must submit a picture of the tagged animal within 7 days of tag pick up. The picture must include a visual of the entire animal so it can be clearly identified, with the tag in the animal’s ear able to be easily read in the photo. All animals that do not meet the May 1 deadline will not be allowed to exhibit in the 4-H division of your respective county’s fair. Any livestock not weighed in at the designated event are not eligible for the county’s 4-H rate-of-gain contest.

Exhibition beyond the county fair has unique requirements and deadlines. If you are new to these experiences, reach out to your 4-H Program Coordinator and we are happy to assist you with understanding the process, requirements and deadlines!
COVID Programming Update

Club and project leaders are working with 4-H Program Coordinators and Nora Rhoades, District Director and Youth Development Agent, to complete the risk management planning steps in order to implement a 4-H related meeting, program, event, or activity that includes an in-person component. If you have questions, contact your 4-H Program Coordinator or Nora at nrhoades@ksu.edu.

We're Hiring!

We are taking applications for a full time 4-H Program Coordinator to be located in the Beloit and Lincoln, KS Offices. The motivated professional is responsible for coordinating and managing the comprehensive 4-H Youth Development program in the Post Rock District, with a focus on Mitchell County and Lincoln County. Visit www.postrock.ksu.edu for position description and application procedure. Position is open until filled. K-State Research and Extension Post Rock District is an equal opportunity provider and employer. A criminal background check is required.
Animal Weigh-in/Tagging

The small animal (bucket calves, goats, sheep & swine) weigh-in and tagging will be Sunday, April 18th at 2:00pm at the Jewell County Fairgrounds. Breeding beef can be tagged on this day also. Please let the extension office know if you cannot make it on this date.

Jewell County 4-H Council

Jewell County 4-H Council's next meeting will be Monday, March 1st at 7:00pm.

Great Northwest 4-H Camp

Great Northwest 4-H Camp will be June 9-12 at Rock Springs 4-H Center. 4-H members age 7-12 are eligible to attend. It is possible that camp will limit attendance numbers this year, so get your registrations in early. Here is the link to the Jewell County Camp registration brochure. It is form fillable. Also, youth can apply for the Jewell County Alumni Event Scholarship for half the fee of $210. Registration is from March 1-April 9, 2021.

Great Northwest 4-H Camp Counselor Applications

Youth ages 14-18 can apply to be a camp counselor at Great Northwest 4-H Camp at Rock Springs 4-H Center June 8-12. Youth do not need to be a 4-H member to be a counselor. Applications need to be filled out and brought into the extension office. 4-H Council will pay for half the fee of $111. Counselors can apply for a scholarship at Jewell County Alumni Event Scholarship for the other half of fee. Application is from March 1-April 9, 2021.

Kansas State Scholarships

Kansas State Scholarships are due March 1st. They can only be submitted online this year. The application is available here: https://tinyurl.com/ybkx4akn

After School Matters


After School Matters is for youth in grades 6-8 at Rock Hills Jr/Sr High School. The dates for this program in March are March 1, 16, and 22.
4-H Council Recap

4-H Council met on February 22nd. The fair schedule was presented by the Fair Planning Committee. Small Animal Weigh-in date was set for Sunday, April 25th from 4:30-6:30pm. Swine will be weighed in this year and can compete in a rate of gain contest.

Next 4-H Council Meeting is April 19th at 6:30pm.

We're Here to Help!

Melody Saxton
Office Professional
mjsaxton@ksu.edu

Ashley Svaty
Extension Agent
asvaty@ksu.edu

SENIOR SCHOLARSHIPS

State Scholarship Application
Due March 1: For Applications Click Here

Local Scholarship Applications
Due May 1: Applications found here

DON’T FORGET

Shooting sports registration fee of $10 is due to the office. Watch the newsletter for information on dates for practices to begin!
4-H Council

4-H Council met on January 18th via Zoom. There was a vote in favor of having the public style revue on Friday night of the fair. This will take place on the Entertainment Stage at 5:30pm. The 4-H building will be used for wardrobe changes.

Next 4-H Council Meeting is March 15th at 7pm!

We're Here to Help!
Erica Bletscher
Office Professional
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Cassie Homan
Extension Agent
choman@ksu.edu

DON'T FORGET
Shooting sports registration fee of $10 is due to the office. Watch the newsletter for information on dates for practices to begin!
2021 GREAT NORTHWEST 4-H CAMP AND COUNSELOR INFORMATION
June 9 - 12, 2021 | Great Northwest Camp | Rock Springs 4-H Center, Junction City, KS
Detailed information on camp counselor applications and camper registration included in main section of newsletter. Registration is first come, first serve. Deadline: April 9, 2021

OSBORNE COUNTY 4-H COUNCIL SPONSORED SCHOLARSHIPS
Osborne County 4-H Council is providing the following scholarships to Osborne County 4-H members in good standing in 2021: Four (4) "Camp Counselor" scholarships and Five (5) "Any camp/4-H event" scholarships. Applications due by email to kimn@ksu.edu by 5:00pm Monday, March 22, 2021. Applications are located: https://tinyurl.com/4ndrav24

2021 OSBORNE COUNTY FAIR 4-H SUPERINTENDENT SIGN UP
Watch your email on March 1 for link to 2021 4-H Superintendent sign up.
Questions, contact kimn@ksu.edu

MARCH 4-H COUNCIL MEETING AND COMMITTEE MEETINGS
Rules Committee | March 22 | 6:30pm
Council Meeting | March 22 | 7:30pm

EXPLORE YOUR SPARK IN 4-H THROUGH PROJECT CHALLENGES
Looking for fun project ideas? Now is a great time to begin working on projects. The kansas4h.org website has some great resources. Check out this link for fun Project Challenges for different project areas - https://tinyurl.com/lrz3i3z9

PLEASE WELCOME KRISTA
Please join us in welcoming our new Osborne Office Professional Krista Ruthstrom. Krista and her family have lived in Osborne for the past six years. In her spare time, Krista loves to read and spend time with her family. Krista looks forward to interacting with Osborne County 4-H families in the future and helping out whenever possible.
May 1st is the add/drop date for fair projects.

Smith County 4-H Council
Sunday, February 28th | Zoom | 2:00pm meeting

4-H Camp Registration
4-H Camp Registration will be on a 1st come 1st serve basis. So let us know early so we can get you on the list to go.
- Registration Opens: March 1, 2021
- Camp Dates: June 9-12, 2021
- Registration due: April 9, 2021
- Cost: $210.00

YQCA Training
Call the office or email Risa if you are interested in YQCA training in-person. We will get some dates set based on interest. The cost is $3.00 in-person training paid to YQCA.
UPCOMING EVENTS

March 1:
- Kansas State Scholarships online submission due
- State KAP submissions due

March 7:
- Swine Across Kansas: Ask Before You Buy

March 15-20:
- Jr. Meat Goat Producer Week

March 23 & 30:
- Ambassador Training

March 26-April 7:
- Horse Panorama uploads

April 10:
- Horse Panorama: Hippology
- Horse Panorama: Quiz Bowl Preliminaries

April 11:
- Horse Panorama: Quiz Bowl Finals

April 16:
- Insect Art Contest due

April 23:
- Kansas 4-H Horse Judging Contest, Hutchinson

May 1:
- Animal Ownership Verification deadline
- Add/Drop Projects deadline

June 1-4:
- Discovery Days

June 9-12:
- Great Northwest 4-H Camp, Rock Springs

K-STATE RESEARCH AND EXTENSION IS COMMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES AND ACTIVITIES. ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT TWO WEEKS PRIOR TO THE START OF THE EVENT. CONTACT INFORMATION FOR THE POST ROCK DISTRICT IS AVAILABLE AT POSTROCK.KSU.EDU. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO.

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