DIFFERENCE MAKERS FUN NIGHT

Difference Makers Fun Night will be on Monday, December 6 from 7:00-8:30 p.m. We’ll meet via Zoom; email Nora Rhoades at nrhoades@ksu.edu for the connection link.

We’re going to have some fun! We’re also going to talk about 4-H Ambassadors, the Community Action Team, and a Health and Wellness Team opportunity. Participants will also be asked to plan an in-person fun event for our next meeting, so if you have your calendars and ideas that would be great!

4-H Ambassadors – A team of youth that will plan and implement strategies to promote the value of 4-H to all audiences. It is a great opportunity to develop leadership and communication skills while spreading the news about 4-H! This opportunity is for intermediate and senior level members. Adults can engage as district volunteers.

Community Action Team – A team of youth that will plan at least one district-wide civic engagement project from start to finish. This opportunity is for intermediate and senior level members. Adults can engage as district volunteers.

Health and Wellness Team – This opportunity is for youth interested in working on building leadership skills while working on health and wellness issues in north central Kansas. 4-H membership is not required to engage with this developing team (we still need a cool name!). This opportunity is for middle and high school age youth.

VOLUNTEER REGISTRATION

If you will be supporting youth in 4-H through a volunteer role, you will need to register as a volunteer in 4-H Online. It is important that at each 4-H event and activity there is at least one registered volunteer present at all times. It is also important to register if you intend to provide volunteer support to youth that you are not a guardian of (i.e. club leader, have project meeting, judging coach, transport youth to events, etc.). Think about your club, county and district activities to determine who needs to be registered. Remember that each club is to have at least two registered volunteers to remain active and in good standing. Visit the Kansas 4-H website for 4-H Online resources. Reach out if you have questions.
4-H DAY 2022

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It’s an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies. The 2022 4-H Day Guide is available at the Post Rock District website under 4-H Youth Experience > Communications Resources. This will also be where you go to register. Registration will open on January 5, 2022.

- February 12, 2022 @ Beloit United Methodist Church beginning at 8:00 a.m.
- March 7, 2022 @ Smith Center High School beginning at 4:00 p.m.

All contest areas (except Model Meetings) will be offered for in-person participation. Youth can participate at one or both events; however, a participant or group cannot enter the same entry at both events. There will be limited virtual entry options, if you have conflicts with the events. Virtual options ONLY include project talk, illustrated talk, demonstration, public speaking, and public service announcement (PSA). There will be some judging contests available for you to test your knowledge during each event (details will be released in January). Consider volunteering to assist with either event as a door monitor or other role; sign-up during registration to assist.

DISTRICT 4-H SHOOTING SPORTS

4-H members can enroll in shooting sports if his/her 4-H age is 8 or older and if Post Rock District has a certified instructor in the discipline area. For the 2021-2022 year, youth should enroll in a community club in their respective county and then engage in the district-wide shooting sports project meetings for each respective discipline. Each youth enrolling in at least one shooting sports discipline will owe a special project fee of $10.00 to their respective 4-H Council. This fee covers unique expenses for Post Rock District to remain eligible to offer shooting sports (insurance, instructor re-certification, etc.). Post Rock District has certified instructors for archery, shotgun, bb gun, and air rifle. If you try to enroll in any disciplines we do not have an instructor for, you will be notified by our staff regarding an incomplete and incorrect enrollment.

Kansas 4-H is planning for Shooting Sports Instructor training to be held March 25 - 27, 2022, at Rock Springs 4-H Center. If you are an adult interested, contact Nora Rhoades at nrhoades@ksu.edu.
HEALTH EDUCATION AND SERVICE OPPORTUNITIES

4-H Clubs are an important place for youth to learn and grow into healthy and happy individuals. To help support efforts to make 4-H meetings educational and 4-H service projects beneficial to local health initiatives, the NCK Health Collaborative has teamed up with Post Rock District to provide a $50.00 incentive to each 4-H Club that completes the Health Education Opportunity or the Health Service Opportunity! You can sign-up for an opportunity by reaching out to Nora Rhoades, District Youth Development Agent. Nora’s email is nrhoades@ksu.edu and her office phone number is 785-378-3174.

What does it mean to commit to the Health Education Opportunity? This commitment includes incorporating a 30-minute educational experience focused on health into one 4-H meeting (virtual or in-person). Participants will learn about harmful substances like alcohol, tobacco and vaping. Participants will discuss negative peer pressure, and practice strategies to overcome situations where a friend is being a negative influence.

What does it mean to commit to the Health Service Opportunity? This commitment includes planning a club service project that will explore how your community might improve making the healthy choice the easy choice. The project will be planned in partnership with NCK Health Collaborative. Your ideas are important as a project is planned, yet it might include doing a health audit of a park, bringing a health idea to a school board or city council, improving opportunities to make healthy choices by fixing up a park or donating healthful items to a charity, hosting a color contest that spreads awareness about harmful substances, etc. Through the project, youth will contribute their experiences and voices toward efforts of active community teams that are working on current grants and special projects aligning with your project idea.

4-H ENROLLMENT

If you are not actively enrolled in 4-H Online, your correspondence from the Post Rock District is now limited. You will be unable to attend any 4-H events, activities or contests until your registration is completed on 4-H Online! Visit the Kansas 4-H website for 4-H Online resources. Reach out if you have questions.

SET PROJECT GOALS

Now is the time of year to set your project goals. Kansas 4-H has a great resource to assist you! Check it out at https://bookstore.ksre.ksu.edu/pubs/4H1100.pdf.
**4-H DAY WITH WILDCAT WOMEN’S BASKETBALL**

The annual "4-H Day with Wildcat Women's Basketball" is coming back this year. This year's game will take place on Sunday, January 23rd at 1:00 p.m. as the Wildcats take on Oklahoma University. The package for this event will include: 1 game ticket, $10 concession voucher, T-shirt, and an awesome day at Bramlage, all for just $22! Registration is due online by December 21.

**HORSE PANORAMA**

Horse Panorama will move back to Rock Springs January 28-30, 2022. Horse Bowl, Hippology, and Speaking Contests will be held in-person; while photography, logos, posters, and the model horse will be offered as hybrid classes. Registration will be released in early December, closing early January. The exact dates will be released with registration. Check the Panorama webpage for event updates. Let your local Post Rock District Office know if you are interested and we can connect you with registration details.

**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!

**OFFICER & LEADER RESOURCES**

Post Rock District and Kansas 4-H have a variety of resources available to support 4-H Officers, Leaders and 4-H Clubs! Visit the Post Rock District website > 4-H Youth Experience > Officer Resources as well as the Kansas 4-H website > Kansas 4-H Club Corner for some great resources and ideas to support your club this year!
4-H AT HOME FOR THE HOLIDAYS

4-H at Home provides learning resources for kids, teens and families to enjoy from home (or anywhere!). 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! Checkout the Holiday Activity Guide for inspirational activities to keep learning, doing, and making memories this holiday season!

CLUB REPORTER OPPORTUNITY

We hope 4-H Club Reporters will consider sharing with Post Rock District 4-H many highlights of club meetings, community service, educational activities, and fun! We are excited to brag about your club on the Post Rock District 4-H social media platforms, and we are more than happy to assist with developing newspaper articles. Email Shannon Rogers, Communications Manager, at shrogers@ksu.edu.

INTERNATIONAL EXCHANGES LOOKING FOR FAMILIES

Host families are needed for 4-H exchange students from Japan and South Korea who are eager to become members of Kansas families during their school year (August 2022-June 2023)! They have all studied English, passed several levels of interviews, have strong academic backgrounds, and are motivated to work hard in their studies. Families who are interested, have questions or who would like access to the Host Family Application link, should contact Mary Kay Munson, Kansas AYP Coordinator at 785-375-3189 or mkm2@ksu.edu. Families provide food, lodging and transportation. Exchange students provide for their own personal needs, clothing, school expenses, and insurance.

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 local office to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark.
4-H Queen Abbey Schleifer and her attendant Haylee Cockroft.

Abbey Schleifer receives the Achiever Award from Faith Reinert.

Webber Wide Awake Club
Club Leaders- Sara Fuller and Jillian Worm
Members: Myka Fuller, Ainsley Gunn, Haylee Fuller and Lenden Worm.

Prairie Shooters Club
Club Leaders- Stede Underwood and Jeff Cady
Members: 1st row Jayce Cady, Haylee Bledsoe, Nelson Underwood, Abbey Schleifer, 2nd row Bradley Bledsoe, Jillyan Cady, Wil Lehmann, and Jenna Cady

Mankato Eager Beavers Club
Club Leaders- Karen Cockroft and LaRae Colson
Members: 1st row William Cockroft, Jacob Underwood, Faith Reinert, Haylee Cockroft, Aaron Underwood, 2nd row Allison Underwood, Blaine Frost, Whitley Frost, Harlee Harris, Jacob Cockroft and Devyn Frost

Welcome New 4-H Members!
Achievement Celebration - Congratulations to All

The Lincoln County 4-H Achievement Celebration took place on Saturday, October 23 in Hunter, KS at the community building. Lincoln County 4-H families and guests gathered to celebrate the annual achievements of 4-H members and clubs. Forty-one achievement pins, two Key awards, one Spirit of 4-H award, 21 project record county champion awards and 10 scholarships were handed out at the event. After the awards ceremony, the Hunter Huntsman 4-H Club hosted an ice cream social and dance to enjoy the lifelong friendships formed through involvement in 4-H.

December 4-H Council Meeting

The December 4-H Council meeting will be held on Wednesday, December 29th, at the Senior Center in Lincoln. The meeting will begin at noon and will include a pizza lunch. The date for the Beef Weigh-In will be set at this meeting. Please plan to attend!

Lincoln Office Hours in December

Lincoln office hours will vary with the coming holiday and staff meetings. The office will be closed: Friday, December 3rd; Monday, December 13th; Friday, December 24th and Friday, December 31st.
Dates to remember:

- Mitchell County 4-H Council: January 17, 7:00 p.m. at the First Bank of Beloit Meeting Room.
- Beef Livestock Weigh-In: February, 2022, date will be announced soon.
Welcome New Osborne County 4-H Members!

Please welcome the following new Osborne County 4-H members: Jeffrie Bedient, Kelby & Shandi Callaway, Colson Cline, Cutter Kendig, Addison Sigle, and Harper Wilson! We are looking forward to your participation.

Get Involved on a County Wide Committee

We are still looking for volunteers to serve on the Rules, Recognition & Awards committee and Food Stand committee. Please contact Kim at kimn@ksu.edu to support Osborne County 4-H on one of these committees. No experience needed.

Upcoming 4-H Council and Committee Meetings

January 24, 2022
6:30 p.m. Rules and Recognition & Awards Committee
7:30 p.m. Council Meeting

Osborne County 4-H Event Scholarships

Scholarships are available for 4-H members planning to attend a 4-H event or project related workshop. Application forms can be found at: https://www.postrock.k-state.edu/4-h/recognition_awards/index.html under 4-H Event Scholarships.

2022 Beef Weigh-in Date

February 26, 2022
9:00 a.m.
Osborne Sale Barn
More info in January newsletter

Support Osborne County 4-H Tree at 2021 McFadden Tree Fest!

Stop by the Osborne Public Library December 1 - 22 to vote for the Osborne County 4-H tree by donating canned food items.

Happy Holidays!

Connect with us at postrock.ksu.edu
November Sewing Fun!

Still Time to Join December 6 & 13 Sewing Class. Call the office to register.

Fall Achievement

YQCA Training Available -- Dec. 21st 4:00 p.m. training in Smith Center. If you would like to train a whole club, let me know.

Don't forget to enroll to join 4-H!
UPCOMING EVENTS

December 6: Post Rock District 4-H Difference Makers Fun Night
December 6 & 13: Sewing Project Classes, Smith Center
January 23: 4-H Day With Wildcat Women's Basketball, Manhattan
January 28-30: Horse Panorama, Rock Springs 4-H Center
February 12: 4-H Day, Beloit
March 7: 4-H Day, Smith Center
March 25-27: State Shooting Sports Instructor Training, Rock Springs 4-H Center

K-State Research and Extension is committed 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.