Greetings 4-H Friends,

Did you know Post Rock District has a 4-H Community Action Team? This district-wide team is made up of youth representing each of our counties, and they are doing an incredible job of making a difference!

It all started in mid-November when the Kansas Leadership Center reached out to Kansas 4-H professionals about how to engage more youth in discussions to better understand pandemic-related stressors impacting our communities. They were seeking valuable leadership in the development and implementation of solution-focused strategies to get through local challenges. They knew just where to find the right people... 4-H!

Our staff reached out to teenage council and club members to gauge interest in working collaboratively to “Pledge My Health to Better Living” through community action. A smidge before Christmas, the group gathered for their inaugural meeting, where they participated in a Kansas Beats the Virus community conversation. They identified elderly outreach as a challenge to focus on and have been meeting regularly to make a positive impact. Here we are at the beginning of February, and the group is now referred to as the Post Rock District 4-H Community Action Team!

In this newsletter, the team is announcing their first fully funded community outreach project! You can find all the details on the Post Rock District’s website > 4-H Youth Experience. The team needs every 4-H club to help meet their goal of assisting and supporting 85 older adults in our communities!

If you think the 4-H Community Action Team sounds exciting... you’re right! We’re just getting started, and you are more than welcome to join! While there is no age requirement, it is recommended that team members are mature enough to engage in discussions, projects, tasks, etc. with minimal help from a parent or guardian. There will be no term limits, so if a member wants to step back from engagement they are free to do so at the completion of a project. The team provides a wonderful opportunity to practice and further develop skills related to leadership, citizenship, communication, service, and more. Reach out if you want to get involved!

Thanks for making a difference,

Nora

Want to learn more about the Elderly Outreach Project?
Meet up with the Community Action Team!
Date: Sunday, February 21
Time: 4:00-5:00pm
Email Nora for connection details.
CALL AHEAD BEFORE VISITING AN EXTENSION OFFICE
Please call ahead to schedule an appointment before making a visit to an extension office so we can make sure the right team member and resources are available to best meet your needs.

4-H DAY – BUILD COMMUNICATION SKILLS AND SHOWCASE TALENTS!
Registration deadline for 4-H Day is February 4! Find complete details about 4-H Day contest areas, registration and expectations for the virtual contest at the Post Rock District’s website > 4-H Youth Experience > Communications Resources.

LEADER TRAINING – REAL COLORS
Through the Real Colors program, discover more about your personality’s strengths and what it means. Real Colors will help you understand and work more effectively with your club members. The virtual learning experience for adult 4-H volunteers, club leaders and project leaders is February 18 from 7:00-9:00pm. Registration is due February 1, and space is limited. Find complete details at the Cottonwood Extension District’s website.

LEADING IN TIMES OF DISRUPTION
Adults and teens are invited to engage in a leadership development experience with Kansas 4-H professionals to explore fresh and creative ways to adapt to lead interactive meetings in a time of disruption. The virtual experience will take place on February 8 from 7:00-9:00pm. Register by February 1. Find complete details at the Cottonwood Extension District’s website.

CITIZENSHIP IN ACTION
Citizenship in Action is February 14 and 15, 2021. The experience is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their communities. Registration is due February 1! Find complete details at the Kansas 4-H website.

4-H AT HOME
4-H at Home provides critical learning resources for kids and teens while they are home. Explore National 4-H’s 4-H at Home website to receive hands-on, educational activities, including activity guides and curriculum to help inspire young people to do, learn and grow!

K-STATE JUNIOR SWINE PRODUCER WEEK
February 15-20 is virtual Kansas Junior Swine Producer Week. This educational event will span a week of sessions during which youth, parents, swine project leaders, and adults can increase their knowledge of swine production and management practices. Online registration is due February 8. Find complete details and register at the K-State Youth Livestock Program website.

4-H DAY WITH KSU WOMEN’S BASKETBALL – NO 2021 EVENT
Kansas 4-H is not able to offer the signature event with KSU Women’s Basketball this year. Please watch for this exciting event in the future!
**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.

**KANSAS 4-H SCHOLARSHIPS**

The application process for 2021 Kansas 4-H Scholarships and Vanier Scholarships is now available on the Kansas 4-H website > 4-H Library > Awards and Recognition > Scholarships. All applications and supporting documents will be collected online as no paper submissions will be accepted. Read details outlined on the website closely so you have all components prepared prior to beginning the online submission process. The deadline is March 1.

**ROCK SPRINGS 4-H CAMP**

The Post Rock District will be participating in the Great Northwest 4-H Camp June 9-12. Counselor Training begins on June 8. Plans are being made anticipating the opportunity to participate in camp at Rock Springs. Camp is for 4-H members 7 to 12 years old. Youth 14 and older are eligible to serve as a camp counselor. Registration details for both campers and counselors will be available in the March 4-H Newsletter.

**HORSE JUDGING**

If you are interested in Horse Judging, experts from Oklahoma State University, Purdue University, Michigan State University, and University of Nebraska have joined forces to offer an interactive, online horse judging camp in February. Details can be found at the Michigan 4-H Horse Program’s Facebook page.

**INTERNATIONAL EXCHANGES**

Kansas families who would like to host teens from Europe, Japan, South Korea, Asia, or Africa through 4-H exchange programs should contact Mary Kay Munson at mkm2@ksu.edu or 785-375-3189 for an application and information about the programs. Contact Mary Kay for information on Inbound States’ 4-H one-month exchanges with countries other than Japan. Applications are due March 1.

**DOG PROJECT UPDATE**

Dog project members, volunteers, and judges are encouraged to reference the newly updated Kansas 4-H Dog Show Rules Book. This book guides the dog project experiences and competition expectations. There will be an online Judge’s Re-Certification in February, and all current judges are strongly encouraged to attend. Register with Diane Mack at dmack@ksu.edu.

**CONNECT WITH US AT POSTROCK.KSU.EDU**
BACKYARD BIRD BASICS
Cassie Homan, Horticulture Agent, is hosting an expert birder to help you learn how to attract, feed, and identify birds in your backyard! The webinar is February 22 at 6:00pm. Register at the Post Rock District’s website or contact your local office.

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.

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, by February 10 so additional program details can be planned and shared.

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 seven 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!

AG DISCOVERY PROGRAM
AgDiscovery is a summer outreach program designed to help teenagers explore careers in plant and animal science, wildlife management, agribusiness, and much more! The program allows students to live on a college campus and learn about agriculture from university professors, scientists, and administrative professionals who work for the U.S. Government in a variety of fields. Visit the USDA APHIS AgDiscovery website for more information.
SHOOTING SPORTS PROJECT UPDATE
The Post Rock District currently has instructors certified in the following disciplines: Archery, BB, Air Rifle, Small Bore Rifle, and Shotgun. Please contact your 4-H Program Coordinator to make sure you are signed up for the disciplines you are interested in. As instructors develop programming for these disciplines, we will send emails to those properly enrolled in 4-H Online. If you are an adult willing to assist an instructor, please reach out so we can assist with completing the necessary volunteer registration steps and connect you with the planning process. We are also looking for adults interested in helping lead a district-wide project club for Shooting Sports.

RECORD KEEPING 101 SERIES
Kim Naber is offering a Record Keeping 101 series to help you learn record keeping skills as well as information on completing the new Kansas 4-H records. Meetings will be February 10, 17 and 24 at 7:00pm on Zoom. Email Kim, kimn@ksu.edu, to register.

RECORD BOOK LESSONS AT CLUB MEETINGS – SCHEDULE TODAY!
Holle Evert and Kim Naber, 4-H Program Coordinators, are excited to offer short record book lessons as part of your 4-H club meeting! A ten to fifteen-minute segment on record keeping and record book tips can be catered to meet your member needs. The lessons are for virtual or in-person meetings. Any Post Rock District 4-H Club can take advantage of this opportunity! To schedule, contact Kim, kimn@ksu.edu, or Holle, holle@ksu.edu.

DISCOVERY DAYS – VIRTUAL EXPERIENCE 2021
Kansas 4-H Discovery Days will be delivered virtually June 1-4. Watch for more details in upcoming newsletters.

CELEBRATE JEANNE BRISTOL’S RETIREMENT
Jeanne Bristol is retiring from the Post Rock Extension District team after serving 20 years as the Office Professional in our Osborne Office. Jeanne has been a valuable asset to our team, exemplifying the mission of extension each and every day. While she will most certainly be missed, we wish her the best as she begins a new chapter! Please help us celebrate her career with a card shower by February 15. Cards may be sent to: Post Rock District - Osborne Office 113 N. 1st, Osborne, KS 67473

4-H PROGRAMMING DURING COVID-19 PANDEMIC – IN-PERSON UPDATE
The Post Rock District Executive Board determined that 4-H can resume with an in-person component. However, ALL 4-H meetings, programs and activities seeking to include an in-person delivery component MUST be planned in coordination with the local county’s 4-H Program Coordinator. There are KSRE required steps that must be taken before an in-person component can be implemented, and your 4-H Program Coordinator will ensure these steps are taken. Please reach out as soon as possible to begin the planning process. Virtual experiences are still the preferred method of engagement with KSRE and 4-H, as we closely monitor the public health situation.
ELDERLY OUTREACH PROJECT

The Community Action Team is challenging Post Rock District 4-H Clubs to make a difference! Each 4-H club will receive $180 to support five elderly members of their community! Clubs will identify independent-living elders needing assistance, reach out to the individuals to understand their unique needs, and develop a plan to support them! The Community Action Team decided the funds can be used for care packages, groceries, etc.

Complete details at: postrock.ksu.edu > 4-H Youth Experience

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
Animal Weigh-in/Tagging Days

Market Beef weigh in and tagging will be **Sunday, February 14th at 2:00 p.m.** at the Mankato Sale Barn.

The small animal (bucket calves, goats, sheep & swine) weigh in and tagging will be **Sunday, April 18th at 2:00 p.m.** Swine will not be weighed in. Breeding beef can be tagged on either date. Please let the extension office know if you cannot make it to either date.

**Post Rock District 4-H Day**

Post Rock District is having a virtual 4-H Day. This year, 4-H Day will **only** consist of individual contest areas. Registration deadline is **February 4, 2021**.


**Jewell County 4-H Council**

Jewell County 4-H Council next meeting will be **Monday, March 1st at 7:00 p.m.**

**AFTER SCHOOL MATTERS**


After School Matters is for youth in grades 6-8. The dates for this program are February 15, and 25 and March 1, 16, and 22.

**Fair Superintendents**

Information about fair superintendents for 4-H and Open Class will be sent out soon. Let the office know if you want to change which department you have been assigned to.

**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](https://tinyurl.com/ybkx4akn)
Sugar Cookie Decorating Workshop: A Sweet Success!

Cassie and Chance Kopsa taught us all about outlining and flooding; techniques used to create beautifully decorated sugar cookies. We also learned how to achieve the perfect icing consistency and some cool decorating hacks!

It was fun watching the creativity and smiles!

Cassie Homan will be assisting us with making bird feeders. We'll also learn what birds we might find in our backyards this winter.

We are getting kits put together for this workshop. It will likely be around $5 unless you have the supplies. Watch your email... more information will be coming soon!

February Workshop: Bird Feeders

BEEF WEIGH-IN
Saturday, Feb 27
9-11am
Watch email for schedule and covid protocols

SENIOR SCHOLARSHIPS

State Scholarship Application
Due March 1: https://tinyurl.com/ybkx4akn

Local Scholarship Applications
Due May 1: https://tinyurl.com/yxru57bk

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BEEF WEIGH-IN

Wednesday, Feb 24
4-6 pm
Watch email for schedule and covid protocols

SENIOR SCHOLARSHIPS

State Scholarship Application
Due March 1: https://tinyurl.com/ybkx4akn

Local Scholarship Applications
Due May 1: https://tinyurl.com/yxru57bk

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OSBORNE COUNTY BEEF ANIMAL OWNERSHIP VERIFICATION AND TAGGING FEBRUARY 27, 2021

Attention 4-H Members with Market Steers, Market Heifers and Commercial Heifers. 2021 Beef Weigh-in and Tagging will be held from 9:00AM to 11:00AM at the Osborne Sale Barn. Beef Project members watch for email with COVID protocols.

OSBORNE COUNTY 4-H COUNCIL SCHOLARSHIP APPLICATIONS DUE MARCH 22
Osborne County 4-H Council sponsored scholarships for Rock Springs camp and other 4-H events will be due in the Osborne Extension Office March 22. The applications are form fillable and will be emailed to families in the next several weeks. Scholarship application forms are available on the Post Rock Extension website - https://www.postrock.ks-state.edu/4-h/recognition_awards/index.html.

FEBRUARY OSBORNE COUNTY 4-H COUNCIL AND COMMITTEE MEETINGS

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Meeting</th>
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<tr>
<td>Wednesday, February 3</td>
<td>7pm</td>
<td>Food Stand Committee</td>
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<td>Monday, February 22</td>
<td>6:30pm</td>
<td>Rules Committee</td>
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<td>Monday, February 22</td>
<td>7:30pm</td>
<td>4-H Council</td>
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4-H 2021 FAIR SUPERINTENDENT SIGN-UP COMING SOON

Raise your hand to volunteer as an Osborne County 4-H Adult Superintendent or Junior Superintendent. Volunteering as a Superintendent or Junior Superintendent is a great opportunity to have a fun time with other 4-H families, learn more about a specific project, and assist at the 2021 Osborne County Fair. Watch for more information soon.
February 4th – Club Day Entries Due online!
February 15th – Entry Submission Due for Club Days
February 27th – Beef Tagging and Weigh-in: Smith Center Vet Clinic 9-11am

4-H Online VERSION 2.0
Reenrollment Tips
Enrollment Opens October 1

- New Website Address -https://v2.4honline.com
- Use your existing 4-H Online email address and password. DO NOT create a new account!
- If you forgot your email address for 4-H Online, contact your local Extension Office for assistance.
- If you forgot your password, click "Reset Password?" to receive an email with a link to set a new password.
- Follow the 4-H Online Version 2.0 instructions which were sent to you in an email.
- Members reenrolling will not have their club or projects automatically repopulated this year. Returning members will need to add their club and projects this year.

Remember to turn in cookie orders.

Smith County 4-H Council
Sunday, February 27th | Zoom | 2:00pm meeting

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UPCOMING EVENTS

February 1: Citizenship in Action registration due
Real Colors Leader Training registration due
Leading in Times of Disruption registration due

February 4: Post Rock District 4-H Day registration due
February 8: Leading in Times of Disruption
Jr. Swine Producer Week registration due

February 14-15: Citizenship in Action
February 14-20: Jr. Swine Producer Week
February 18: Real Colors Leader Training
February 22: Backyard Bird Basics webinar
March 1: Kansas State Scholarships online submission due
State KAP submissions due
March 15-20: Jr. Meat Goat Producer Week
June 1-4: Discovery Days
June 9-12: Great Northwest 4-H Camp, Rock Springs

Contact Information:

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Youth Development Agent
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4-H Program Coordinator
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Kim Naber
4-H Program Coordinator
kimn@ksu.edu

Risa Overmiller
4-H Program Coordinator
overmiller@ksu.edu

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.