KANSAS 4-H AMBASSADOR TRAINING FOR PRD DIFFERENCE MAKERS

Post Rock District 4-H Difference Makers are invited to attend the state’s 4-H Ambassador Training which will be at Rock Springs on February 4-5. Registration is due January 14, so please let Nora Rhoades, nrhoades@ksu.edu, know if you are interested in attending as soon as possible to assist with district-wide plans. The state training is for youth 13 years or older 4-H age. Training will consist of speakers, workshops and opportunities to practice new skills. Workshops will cover working with others, leadership skills, communication skills, basic marketing, and event planning. Post Rock District will provide a chaperone and transportation. Online registration is [here](#).

DISTRICT 4-H DAY REGISTRATION

Registration will open for both 4-H Days on **January 5** at the Post Rock District website > 4-H Youth Experience > Communications Resources. When you register, you will register for BOTH individual and group communications contests that you’ll be participating in. This is different than past years. If you are part of a skit or model meeting, for example, be sure to select it on your registration form! If you cannot register online, call your local Post Rock District Office during business hours before the deadline and we will complete your online registration on your behalf during a phone conversation.

- **February 12, 2022** @ Beloit United Methodist Church
  Communications contests will take place in the morning beginning at 8:00 a.m.
  Schedules will be made and emailed to participating families as soon as possible after the registration deadline. **REGISTRATION DEADLINE IS FEBRUARY 3.**

- **March 7, 2022** @ Smith Center High School
  Communications contests will take place in the afternoon beginning at 4:00 p.m.
  Schedules will be made and emailed to participating families as soon as possible after the registration deadline. **REGISTRATION DEADLINE IS FEBRUARY 24.**

There is helpful information related to 4-H Day on the Communications Resources webpage. You can also find a printable 4-H Day Guide online.
4-H DAY JUDGING CONTEST DETAILS

There will be judging opportunities available at both 4-H Day events. Participants DO NOT need to pre-register for these judging contests, just come judge when you are able. If you have never participated in a judging contest before, volunteers/staff will be available to explain the process to you before you start. 4-H Day is a great opportunity to try a judging contest for the first time!

Age divisions and rules are specific to each contest. Cloverbuds can practice by participating with an adult. 4-H members will participate individually. All cell phones and other communication devices must be turned off while participating in a contest. Details are at the Post Rock District website > 4-H Youth Experience > Communications Resources.

- **4-H Day Family and Consumer Science Health and Nutrition Judging Contest:**
  Ashley Svaty, District Nutrition, Food Safety and Health Agent is preparing a great learning opportunity! It will be the same contest at both events, with district-wide winners announced after they are both completed. The Intermediate Age Division for this contest is for youth 4-H age of 12 and under. The Senior Division of this contest is for youth 4-H age 13 and older. Both divisions will have four classes that will be judged. You will have four different scenarios and you will rank the four different options as most fitting to least fitting to the scenario and mark your selection on the judging score card. If you have participated in life skills judging contests or livestock judging contests, these classes will be set up the same way. Studying ahead of time for this event is HIGHLY recommended. The Intermediate and Senior Study Guide can be accessed online.

- **4-H Day Horticulture Judging Contest:**
  Cassie Homan, District Horticulture Agent, is preparing a horticulture judging learning experience to be available at both 4-H Days. There will be two classes of judging. All ages will compete together. One class will include plant identification and the other class will be about judging the quality of produce, ranking highest quality to lowest quality. The format will be the same at both 4-H Day events, but the contests will have different results, so you can participate at both. There are study materials available at https://www.kansas4-h.org/events-activities/contests/horticulture-judging/index.html. 
CITIZENSHIP IN ACTION

CIA will be taking place in-person February 20-21, 2022 in Topeka. Youth 13-18 years old (4-H age) are invited to participate. CIA is planned and facilitated by the Kansas 4-H Youth Leadership Council. The purpose of the event 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 local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process. Registration will open in January and be due by February 1. Let your local extension office know if you are interested so we can help you get registered. Post Rock District will have a staff member attending as a chaperone and transportation will be coordinated within the District. Learn more at the Citizenship in Action event webpage.

DISTRICT LIFE SKILLS CHALLENGE

Resolutions fade but life skills last. Learn the foundational skills achievement is built upon. Get excited for the Post Rock District Life Skills Challenge coming in January. The Life Skills Challenge is an interactive experience that teaches youth financial, health, leadership, practical, and relationship lessons. Earn badges and complete District activities to count toward year-end pin awards while building a tool kit for success in school and work. Stay tuned. It’s going to be fun! Join the interested list by emailing Tonia Underwood, 4-H Program Coordinator, tiunderw@ksu.edu.

SHOOTING SPORTS MEETING IN MANKATO

Post Rock District Shooting Sports instructors, Jeff Cady (bb gun) and Stede Underwood (archery) will be having an organizational meeting on Sunday, January 9 beginning at 3:30 p.m. in the Courthouse Meeting Room in Mankato. You need to enter the building and sign-in at the Sheriff’s Office (north east side). This meeting will plan for practices and learning activities which will take place in the Jewell County area, with interested participants from across the Post Rock District. One particular activity of interest is getting a hunter safety course organized. If you have questions or want to learn more, contact Tonia Underwood, 4-H Program Coordinator, at tiunderw@ksu.edu.
KANSAS JUNIOR BEEF PRODUCER DAY

Kansas State University’s Department of Animal Sciences and Industry will be hosting Junior Beef Producer Day on Saturday, March 5 on campus. This family event will be a fun-filled, educational day of activities in which youth, parents, and beef project leaders can expand their knowledge of youth beef projects covering topics such as selection, nutrition, meat science, reproduction, health, grooming, and showmanship. An optional YQCA certification session will be offered at the end of the day. A complimentary lunch and t-shirt will be provided. Register by February 11 at the Kansas Junior Beef Producer Days event webpage.

KANSAS JUNIOR SHEEP PRODUCER DAY

Kansas State University’s Department of Animal Sciences and Industry will be hosting Junior Sheep Producer Day on Saturday, March 19 on campus. This event will be a fun-filled, educational day of activities in which youth, parents, and sheep project leaders can increase their knowledge of youth sheep project. Topics include project selection, nutrition and feeding, facilities, health, reproduction, meat science, wool, clipping and grooming, showmanship, and youth livestock quality assurance training. This event is designed for all ages and skill levels. A complimentary lunch will be served and all participants who register by the February 25 deadline will receive a t-shirt. Registration and details are at the Kansas Junior Sheep Producer Days event webpage.

DOG JUDGES' TRAINING AND CERTIFICATION

The 2022 Kansas 4-H Dog Judges’ Certification training will be held January 28-30 in Wichita. Participants will be trained in and certified in the four dog phases of showmanship, obedience, agility and rally obedience of the Dog Care and Training Project. New judges can be certified and returning judges can get a refresher and be re-certified. This is also a good opportunity for local dog project leaders and 4-H members (16 years and up) to observe the training and better understand dog shows. Find information and registration details at the Kansas 4-H Dog Leader Training event webpage.
AG INNOVATORS EXPERIENCE

Kansas 4-H was selected as a 2022 4-H Ag Innovators Experience (AIE) Implementation LGU. The activity has an agricultural basis that incorporates STEM skills, teamwork, communication and workforce development. Twenty teen leaders will be selected to implement the AIE, reaching 1,000 Kansas youth. More details are available at the Post Rock District webpage > 4-H Youth Experience > Events and Activities. Online applications will be due by 11:59 p.m. January 3, 2022. Questions should be directed to Kelsey Nordyke, knordyke@ksu.edu. Apply at: https://kstate.qualtrics.com/jfe/form/SV_a4Y6anfesomLG6i

SAVE THE DATE FOR 2022 DISCOVERY DAYS

It is scheduled to take place in-person on the Kansas State University Campus in Manhattan on June 1-3. The experience for 13-18 year olds (4-H age) focuses on helping teens develop college and career readiness skills. Post Rock District will have a staff member attending as a chaperone and transportation will be coordinated within the District. Details will be shared by Kansas 4-H on the Discovery Days event webpage.

DISTRICT 4-H PROGRAM DEVELOPMENT MEETINGS

The local extension program in Post Rock District is a partnership of K-State Research and Extension and residents of the county/district. Residents can become active partners by serving as members of a program development committee, or PDC. The members of the 4-H Youth Development PDC work together with Post Rock District professionals to develop local extension programming. Some specific things we focus on are assessing needs and issues of communities, families and youth; identifying new local audiences; developing proactive plans to expand the scope of extension programming; and exploring how we can more effectively utilize extension resources to meet local needs. If you are an adult or youth looking for an opportunity to get more involved in the Post Rock District’s comprehensive 4-H Youth Development Program, reach out to your 4-H Program Coordinator or Nora Rhoades.

- February 3 at 8:30 a.m., Noon, 3:00 p.m., and 7:00 p.m. (participant chooses one to attend). We will share meeting connection and details with those interested. Email nrhoades@ksu.edu.

CONNECT WITH US AT POSTROCK.KSU.EDU
HORSE PANORAMA

The 2022 Kansas 4-H Horse Panorama is scheduled for January 28 – 30, at Rock Springs Ranch. 4-H Horse members are encouraged to register to participate in quiz bowl, hippology, presentations, and more. Registration is open and due by January 9. Find the schedule, contest information, and other details at the Horse Panorama event webpage. Participants will pay registration costs to your local 4-H Council.

ANIMAL OWNERSHIP AND IDENTIFICATION

Animals (all species) must be properly owned and identified by the end of May 1 of the current year. Ownership means that the animal is under the daily care and supervision of the member. Identification for some species requires a specific 4-H tag while others require an identification form, all to be documented with the local Post Rock District office. The purpose of this deadline is so youth take responsibility for their involvement with animals to maximize learning potential throughout the season. If an animal is not properly owned and identified by the deadline it is not allowed to exhibit in the 4-H division of the county fair. Post Rock District animal ownership verification is for county-level participation and does not constitute a fair entry. A member must meet fair entry expectations and deadlines for each project area as outlined in the fair book. Participation at state and other levels must meet those specific requirements and deadlines.

LIVESTOCK PROJECT YQCA TRAINING

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 at an official in-person class. Risa Overmiller, 4-H Program Coordinator, is certified to teach in-person and will set up trainings if you reach out and request one. Learn more at the K-State Youth Livestock webpage. See the flyer on the next page for current Post Rock District in-person training details.
Post Rock District
YQCA In-Person Trainings

Please contact your local office if you would like Risa to come to your county to do a training. Be sure to give them some available dates.

Cost:
$3 per child via YQCA website

RSVP by Signing up at:
Please register at www.yqca.learngrow.io

Instructor:
Risa Overmiller, 4-H Program Coordinator
785-282-8111 cell  785-282-6823 office
overmiller@ksu.edu

Sunday, January 9
4-5 p.m.
Wednesday, January 19
3:45-4:45 p.m.
Smith County Courthouse

Saturday, February 12
12:00 (noon) p.m.
District 4-H Day
Beloit Methodist Church
KANSAS 4-H SCHOLARSHIPS OPEN

The Kansas 4-H Scholarship and Vanier Scholarship Applications are now open on the Kansas 4-H Scholarship Opportunities webpage. All applications and corresponding requested materials must be submitted by March 1. If you have any questions about the scholarship application process, please contact your local extension office or Dona Ratliff at the Kansas 4-H Office, dsratlif@ksu.edu.

STRIVE TO EARN A CLUB SEAL

The Post Rock District 4-H Club Seal is an opportunity for your club to be recognized for the amazing experiences you are involved in! As you consider activities in 2022, check out the Club Seal Application and try to earn a seal! Again, this year, we will have special considerations for programming adjustments due to pandemic limitations. For more details and the application visit the Post Rock District website > 4-H Youth Experience > Awards and Recognition.

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.

APPLY TO HOST ACADEMIC YEAR EXCHANGE YOUTH

January is an ideal month to apply to host exchange youth! Families who have completed applications and are cleared to host will have first choice among the applicants from Japan and Korea. Host families are expected to provide three meals a day, lodging with their own bed, and transportation. There are no requirements for host siblings in the home. More details at the Post Rock District website > 4-H Youth Experience > Events & Activities.
POST ROCK DISTRICT JOB OPPORTUNITY

The Post Rock District is hiring an Office Professional to be located in the Lincoln Office! You can find our current job opportunity, position description and application procedure on the Post Rock District website, postrock.ksu.edu. Thanks for helping us recruit great talent!

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.

DOROTHY WILSON RECOGNIZED

Dorothy Wilson is the recipient of the 2021 K-State Research and Extension Appreciation Award for the Post Rock District. Mrs. Wilson is a volunteer and founding member of the Asherville Achievers 4-H Club, which recently celebrated its seventy-fifth anniversary as an active 4-H club. The Appreciation Award is an annual award selected by the Post Rock District Executive Board recognizing a volunteer who helps us extend the Extension mission in our communities. This 4-H year marks Dorothy Wilson's sixty-ninth year serving as an Asherville Achievers club leader.

Dorothy reminisced about the rich history of community service, leadership, and learning by Asherville Achievers 4-H members and families. One of Dorothy's early memories was the lesson to measure ingredients accurately in baking. Foods and Nutrition was her favorite project and remains a passion. She served homemade cookies while trying to put into words what sustains her commitment to volunteering in Kansas 4-H. She said, "I love working with kids. I just love those kids and those families. They're my second family." The Post Rock Extension District Executive Board and staff are grateful for Dorothy Wilson's dedication to developing our youth into tomorrow's community leaders.
Get Started in Your 4-H Record Book

It is that time of the year when you need to get started on your 4-H projects. To get started you need to set 4-H project goals!

What is a Goal?

A goal is deciding what you want to do and learn in a 4-H project. A road map. It helps you get where you want to go. The three parts of a good goal includes:

1) Action - How are you going to do something.
2) Result - What are you going to do. Be specific!
3) Timetable - When are you going to do it.

This will help you get a great start in 4-H!

Animal Weigh-In/Tagging Dates

Market beef weigh-in and tagging will be Sunday, February 20, 3:00 p.m. at the Mankato Sale Barn. Breeding beef animals may also be brought in on this date for tagging.

4-H Council Meeting

The next 4-H Council meeting will be held on January 21 at 7:00 p.m.
LIVESTOCK WEIGH-IN DATES

The 4-H Council set Beef Weigh-in for Thursday, February 24 from 5:00-7:30 p.m. in Sylvan Grove at the sale barn. Small Animal Weigh-in will be Wednesday, April 27 from 4:00-6:00 p.m. in Sylvan Grove at the fairgrounds. These dates meet with the requirements set in the Lincoln County Fair Book for rate of gain competition. Families enrolled in livestock projects will be emailed more details and a schedule for each event.

Ellsworth Processing is requesting a list of market animals that will be butchered as part of the Lincoln County Fair. Please be prepared to make your selection on February 24 at weigh-in or email Teresa Shipley, tshipley@ksu.edu, before that date. We need to know species, number head, and family name. We'll collect tag number as animals are identified.

SENIOR SCHOLARSHIPS

Lincoln County 4-H Seniors are encouraged to apply for three different scholarships offered by the Lincoln County Boosters, the Lincoln County Cattlemen’s Association and the Bob and Marty Walker Scholarship. The forms have been provided to all club leaders as well as school guidance counselors. They can also be accessed at the Post Rock District website > 4-H Youth Experience > Awards and Recognition. Let your years in 4-H help you further your education.

WE ARE HERE TO HELP!

The staff of the Lincoln office has changed. Melody Saxton is no longer working full-time. Ashley Svaty will continue to be the Extension Agent with her office in Lincoln. Please call before coming by so we can best meet your needs. If you have 4-H questions, contact:

- Teresa Shipley, the Office Professional in Mankato, 785-378-3174 or tshipley@ksu.edu
- Tonia Underwood, 4-H Program Coordinator, tiunderw@ksu.edu
- Nora Rhoades, District Youth Development Agent, nrhoades@ksu.edu

4-H COUNCIL MEETING

February 21 at 6:30 p.m.
Lincoln Senior Center
UPCOMING 4-H COUNCIL MEETING
JANUARY 17, 2021
FIRST BANK OF BELOIT – 7 P.M.

Beloit 4-H Day Registration
Opens January 5th!
Register online at
www.postrock.k-state.edu > 4-H Youth Experience > Communications Resources

Beloit 4-H Day
Feb 12: Beloit 4-H Day
Feb 16: Beef Weigh-In
4-6 P.M. @ Solomon Valley Vet

CONNECT WITH US AT POSTROCK.KSU.EDU
2022 POST ROCK DISTRICT 4-H DAY INFO & RESOURCES

For detailed information on 2022 4-H Day:
Go to the Post Rock District website > 4-H Youth Experience > Communications Resources
This is where to go for online registration which opens January 5.

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

OSBORNE COUNTY 4-H COUNCIL NEWS

Council will meet Monday, January 3 at 7:30 p.m. at the Extension Office to discuss the 2022 4-H Fair Event schedule and other important business. Rules Committee will meet before Council at 6:30 p.m. to begin reviewing items for the 2022 fair book.

2022 MARKET BEEF ANIMAL OWNERSHIP VERIFICATION AND TAGGING

Attention 4-H Members with Market Steers, Market Heifers and Commercial Heifers. 2022 Beef Weigh-in and Tagging will be held February 26 from 9:00 - 11:00 a.m. at the Osborne Sale Barn. Rate of Gain Contest at the fair is optional but market steers and market heifers must be weighed in to participate in Rate of Gain Contest.

4-H FAIR SUPERINTENDENT SIGN-UP COMING SOON

4-H Families will be receiving an email with a link to an electronic sign-up for 4-H Fair Project Superintendents later in January. We rely on adult and junior superintendents to make fair events go smoothly. No experience is needed to be a superintendent. It is a great opportunity to learn more about a specific project.

OSBORNE COUNTY 4-H CLUBS CELEBRATE THE SEASON

Sunflower Christmas party
Solomon Valley decorate ornaments
Eager Beavers party
POST ROCK DISTRICT 4-H
SMITH COUNTY NEWS
OVERMILLER@KSU.EDU (785) 282-6823

DISTRICT 4-H DAY
Enrollment opens
Jan. 5, online.
Feb. 12, Beloit,
March 7, Smith Center

BEEF TAGGING
Sun., Feb. 27
2-4 p.m.
SC Vet Clinic

4-H COUNCIL
January 2, 2022
2:30 p.m.
SC Courthouse

VALENTINE COOKIE SALES
Orders due by Feb. 4
Delivered the 14th.

YQCA
Sunday, Jan. 9
4-5 p.m. Courthouse

Wednesday, Jan. 19,
3:45-4:45 p.m.
Courthouse

ENROLLMENT
Don't forget to enroll your 4-Her.
Double check your projects!

CONNECT WITH US AT POSTROCK.KSU.EDU
UPCOMING EVENTS

January 3: Ag Innovators Experience application due
January 5: 4-H Day registrations open
January 9: Shooting Sports Meeting, Mankato
YQCA Training, Smith County Courthouse
January 19: YQCA Training, Smith County Courthouse
January 23: 4-H Day With Wildcat Women’s Basketball, Manhattan
January 28-30: Horse Panorama, Rock Springs 4-H Center
Kansas 4-H Dog Judge’s Training, Wichita
February 1: Exchange Youth Host Family applications due
February 4-5: 4-H Ambassador Training, Rock Springs 4-H Center
February 12: 4-H Day, Beloit
YQCA Training, Beloit
February 20-21: Citizenship in Action, Topeka
March 1: Kansas 4-H Scholarships deadline
March 5: Kansas Jr. Beef Producer Day, Manhattan
March 7: 4-H Day, Smith Center
March 19: Kansas Jr. Sheep Producer Day, Manhattan
March 25-27: State Shooting Sports Instructor Training, Rock Springs 4-H Center
May 1: Animal Ownership and Tagging deadline
June 1-3: Discovery Days, Manhattan

Nora Rhoades
Youth Development Agent
nrhoades@ksu.edu

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.

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