CLUB FINANCIAL REVIEWS DUE!
Club Financial Review documents and details were included in each club leader packet distributed in August/September. They are due November 1. Please turn it in ASAP as it is required each year to remain an active club.

LEADERSHIP WEEKEND REGISTRATION CLOSES NOVEMBER 4
Kansas 4-H Leadership Weekend registration is open! The theme this year is Leadership is Timeless. The Forums will be held November 20-21, 2021, at Rock Springs 4-H Center. Kansas Youth Leadership Forum (KYLF) is for youth ages 14-18 before January 1, 2022, and Kansas Volunteer Forum (KVF) is for all Kansas 4-H Volunteers. KYLF will feature leadership workshops, small groups, a speaker and opportunities to learn and have fun. The Kansas 4-H Volunteer Forum will feature workshops and information to help volunteers be more effective and learn from each other. Registration and other details are available at https://www.kansas4-h.org/. Post Rock District staff will provide transportation and chaperone. Registration deadline is November 4, 2021, for both events.

4-H ONLINE ENROLLMENT IS OPEN!
4-H members need to enroll in 4-H Online for the 2021-2022 program year! Cloverbuds, new members, renewing members, and volunteers need to enroll. Contact a Post Rock District Office if you have any questions or to schedule an appointment to complete enrollment at an office. Enrollment resources are available on the Kansas 4-H Website > 4-H Online Resources. If you are not actively enrolled in 4-H Online, your correspondence from the Post Rock District will end after November 1. You will stop receiving important emails and information about engaging in 4-H. You will also be unable to attend any 4-H events, activities or contests until your registration is completed on 4-H Online!

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. At each 4-H event and activity, it is important to have 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 meetings, judging coach, transport youth to events, etc.). Think about club, county and district activities to determine who needs to be registered. Remember, 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.

OFFICER TRAINING - REGISTRATION EXTENDED
Join Post Rock District in Mankato at Rock Hills High School for Officer Training on Saturday, November 6! Youth and adults are welcome to learn about their important 4-H Club role and develop leadership skills. Youth participants will leave with a packet of helpful resources. Officer Training will begin at 10:00AM, ending by Noon. Registration is extended through November 1. Resources are available on the Post Rock District website > 4-H Youth Experience > Officer Resources. Sign up at https://bit.ly/PRD4-HOfficerTraining.
POST ROCK DISTRICT DIFFERENCE MAKERS FUN NIGHT
We're planning an activity on December 6 for youth interested in district-level leadership. We'll hang out and have fun while also discussing some goals for the year. If you are interested in any of the following please reach out to Nora Rhoades at nrhoades@ksu.edu. Watch PRD Insider Experience on Facebook for more details about fun night!

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 building leadership skills while working on health and wellness issues impacting 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.

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.

4-H QUIZ BOWL - REGISTRATION EXTENDED
Test your 4-H knowledge at the Post Rock District Quiz Bowl in Mankato on Saturday, November 6! Quiz Bowl will take place at Rock Hills High School beginning at 1:00PM. There will be a Junior Division (7-12 years) and Senior Division (13 and older), according to your 4-H age before January 1, 2022. You can sign up as a team of four or as an individual. Team members can be from any Post Rock District club or county. You will compete in the division of the oldest team member. Individual entries will be grouped to form teams before the event. Registration is extended through November 1. Study resources are available on the Post Rock District website > 4-H Youth Experience > Quiz Bowl Resources. Sign-up at https://bit.ly/PRD4-HQuizBowl.

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

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!
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. Independent 4-H members cannot enroll in shooting sports projects. Post Rock District does not have a chartered project club specifically for shooting sports at this time. Due to the enrollment limitations and special requirements associated with being able to offer shooting sports, no discipline of shooting sports should be selected by a community club to be a “club project” of focus throughout the year. 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.). All live-fire discipline meetings/practices must take place under the direct supervision and leadership of the certified instructor, and youth only become eligible to compete once they have completed an instructor’s required practices. Post Rock District has certified instructors for archery, shotgun, bb gun, and air rifle. If you try to enroll for any disciplines we do not have an instructor for, you will be notified by our staff regarding an incomplete and incorrect enrollment.

STATE 4-H SHOOTING SPORTS INSTRUCTOR & COORDINATOR TRAINING PLANNED

The 4-H Shooting Sports Advisory and State 4-H Office are planning for Level 1 Shooting Sports Instructor training to be held March 25 - 27th, 2022, at Rock Springs 4-H Center. Training for Coordinators and each of the Shooting Sports Disciplines will be offered. It is their intention to offer training for any discipline that has registered participants. Additional information and registration details will be communicated at a later date. There will not be a training offered this fall.

If you are an adult interested in becoming a registered Kansas 4-H volunteer and shooting sports instructor for one of the state’s offered disciplines, contact Nora Rhoades at nrhoades@ksu.edu. Instructors can host meetings/practices at an approved location of their choosing; however, all instructors are expected to openly promote educational opportunities to all Post Rock District youth enrolled in the relevant shooting sports discipline.

Post Rock District is required to have a registered and certified volunteer Shooting Sports Coordinator. This position is currently vacant, and we are allowed to operate on an interim basis with Nora Rhoades, District Youth Development Agent, acting as the Coordinator because she has completed the required certification. However, this allowance is not long-term, so if you are interested in becoming the Post Rock District Shooting Sports Coordinator (or Co-Coordinators) please reach out to Nora so training expectations and responsibilities can be shared.

4-H AT HOME

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!
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.

Reach out to Nora if you have any questions or want to explore these opportunities further. Post Rock District and NCK Health Collaborative look forward to hearing your ideas and working with you to improve quality of life where we live, work, play, learn, and serve!

PROJECT SELECTION GUIDE


4-H DAY 2022

Save the Date for Post Rock District 4-H Day on February 12, 2022 in Beloit. Registration and contest details will be shared in the next 4-H newsletter.

KANSAS 4-H T-SHIRTS

Did you miss getting a Kansas 4-H “Find Your Spark” t-shirt during the Kansas State Fair? You can order until November 24 through the online order system on the Kansas 4-H website. Proceeds of t-shirt sales benefit the Kansas 4-H Youth Leadership Council.
4-H Online Enrollment
If you have not yet enrolled, please do so immediately. All returning 4-H families be sure to choose check/invoice in the payment option. Jewell County 4-H Council will be responsible for paying this fee. All new 4-H families will pay the fee, but you will receive credit at the 4-H food stand in the summer if you are current 4-H members. You will not be asked to pay a fee for Cloverbuds. If you have any questions or need help, please call the extension office.

National 4-H Week

Prairie Shooters 4-H Club at the Jewell Corn Show Parade.

Mankato Eager Beavers 4-H Club at the Jewell Corn Show Parade. They also helped serve the soup supper the next day!

Officer Training
Post Rock District Officer Training is on Saturday, November 6 at Rock Hills High School in Mankato. Officer Training will begin at 10:00 a.m. and end by Noon.

Achievement Celebration
Jewell County 4-H Achievement Celebration is on Sunday, November 7 at 4:00 p.m. It will be held at the Jewell Community Center. Bring a potluck food item to share.

4-H Quiz Bowl
Post Rock District 4-H Quiz Bowl is on Saturday, November 6 at Rock Hills High School in Mankato. 4-H Quiz Bowl begin at 1:00 p.m. There will be a Junior Division (7-12 years) and Senior Division (13 and older). Study resources are available in the Post Rock District website > 4-H Youth Experience > Quiz Bowl Resources. If you are interested in volunteering to help out with 4-H Quiz Bowl, please call the extension office.
Congratulations to All Award Winners

Congratulations to all of the 4-H members and clubs that received awards at the Achievement Celebration. We are proud to announce that 88 awards and recognitions were handed out to members and clubs for their excellent achievements. Thanks Hunter Huntsman Club for hosting a fun night!

Reminder - Please Complete Enrollment

Please complete your enrollment in 4-H Online. November 1st was the goal for all Post Rock District youth and adult volunteers to complete your enrollment. Also remember that the Booster Club is sponsoring all enrollments this year. If you need help, please call the office and we can send you directions or the Code to use for payment.

Club Financial Review

Clubs need to complete their financial review. This is an important part of the process to remain accountable to our members and our leadership. If you need assistance or documentation to show you how to complete the process, please contact Nora for assistance. We will be glad to help.

Lincoln County 4-H Council Dates

The Lincoln County 4-H Council chose the following dates for meetings during the 2021-22 year: December 29 (noon pizza party); February 21st at 6:30 p.m.; April 11th at 6:30 p.m., June 13th at 6:30 p.m., August 8th at 6:30 p.m.; and September 26th at 6:30 p.m. All meetings will be held at the Lincoln Senior Center. More information will be shared about the December meeting as soon as it is available.

4-H Council Officers

Council officers were elected at the meeting held in September. The new officers are: Tyra Meyer - President; Jacob Schultz - Vice President; Maddie Dobrinski - Secretary; Miranda Rosebrook - Treasurer; and Molly Heller - Reporter. Congratulations to all. We know you will do an excellent job!
CONGRATULATIONS MITCHELL COUNTY 4-H MEMBERS!

The 2021 Achievement Ceremony was held on Sunday, October 24. An outstanding group of 4-Her’s earned their achievement pins. Guaranty State Bank was honored with the Service to 4-H Award. Thank you to everyone that helped with the banquet and congratulations on your awards!

COUNTY CHAMPION WINNERS

ACHIEVEMENT PIN AWARD WINNERS

HERDSMASHIP AWARD WINNERS

MITCHELL COUNTY 4-H COUNCIL
2021-2022 OFFICERS

President: Taylor Kibbee
Vice President: Addison Emmot
Secretary: Gunner Pruitt
Treasurer: Norah Ellenz
Reporter: Reagan Cheney
Adult Advisors: Kim Ellenz & Amanda McGuire

DON'T FORGET TO ENROLL IN 4-H ONLINE!

Dates To Remember:

• Post Rock District 4-H Officer Training and Quiz Bowl is on Saturday, November 6 at Rock Hills High School in Mankato.

• January 17th – 4-H Council Meeting, 7:00 p.m. First Bank of Beloit
Osborne County 4-H members, 4-H club leaders and 4-H families joined together on Sunday afternoon, October 10 to pick up trash and paint at the fairgrounds. The Bucket Calf Barn looks great!

Congratuations 4-H Members!
We recognize the following 4-H members:
- Membership Pin awards: Lainey Kendig, Kaiden Schultze, Kinsley Schultze and Ava Stull.
- Key Award Winner: Chris Heise
- Project Report Form Winners:
  - Beef Project - Lainey Kendig
  - Swine Project - Kaiden Schultze
  - State Shooting Sports Contest - Chris Heise
To learn more about 4-H Records, contact Kim.

2021 Osborne County 48 Hours of 4-H Service Project
Osborne County 4-H members, 4-H club leaders and 4-H families joined together on Sunday afternoon, October 10 to pick up trash and paint at the fairgrounds. The Bucket Calf Barn looks great!

Save the Date
Osborne County Fair
July 27 - 30, 2022

Osborne County 4-H Council News
Osborne County 4-H Council met October 25 and elected officers. New 4-H Council officers:
- President - Reilly Stremel-Smith
- Vice President - Taylor Baetz
- Secretary - Emilie Becker
- Co-Treasurer - Chris Heise & Raylyn Paget
- Reporter - Addison Poore

Upcoming 4-H Council Meeting Info
Monday, November 22, 2021
- Rules Committee - 6:30 p.m.
- 4-H Council - 7:30 p.m. - Plan 4-H event schedule for 2022 Osborne County Fair
** Sewing Class - Table Runners --
Nov. 1 & 8, Dec. 6 & 13 --
Smith County youth FREE.
Limit 10 per class. Call office to RSVP.

Enroll in 4-H Now!

WATCH FOR YQCA TRAININGS

FALL CRAFT FUN!!

4-H PRESENTATIONS

Thank You to those who spoke at the schools.
UPCOMING EVENTS

November 1: 4-H Online Enrollment
Club Financial Report due
November 1 & 8: Sewing Project Classes, Smith Center
November 4: Registration deadline for KYLF & KVF
November 6: Post Rock District Officer Training, Mankato
 Quiz Bowl, Mankato
November 20-21: Kansas Youth Leadership Forum, Rock Springs 4-H Center
 Kansas Volunteer Forum, Rock Springs 4-H Center
November 24: Deadline for ordering Kansas 4-H T-shirt
December 6: Post Rock District 4-H Difference Makers Fun Night
December 6 & 13: Sewing Project Classes, Smith Center
February 12: 4-H Day, Beloit
March 25-27: State Shooting Sports Instructor Training, Rock Springs 4-H Center