State & District 4-H News

4-H QUIZ BOWL—JANUARY 2
Post Rock District is having a virtual 4-H Quiz Bowl on Saturday, January 2. Visit the Post Rock District 4-H Youth Experience. Registration in due December 17. A flier is included in this newsletter.

VOLUNTEER REGISTRATION DUE IN 4-H ONLINE
It is time for 4-H Volunteers to complete annual enrollment and screening in 4-H Online. Adults that provide direct supervision to youth at a 4-H meeting or program; make decisions on behalf of the 4-H program; have access to private data of 4-H members or volunteers; and/or handle funds as part of 4-H must be enrolled on 4-H Online, complete the volunteer screening process, and be accepted. This includes review and approval by the Post Rock District Executive Board. 4-H volunteers and adult helpers are expected to follow the Kansas 4-H Code of Conduct. This may include, but is not limited to 4-H club leaders, 4-H Council adult representatives, 4-H project leaders, 4-H food stand managers, etc. Volunteers may include, but are not limited to 4-H club leaders, 4-H Council adult representatives, 4-H project leaders, 4-H food stand managers, etc. Watch for correspondence from your local office team regarding volunteer enrollment and screening steps.

WORLD CITIZENSHIP PEN PAL OPPORTUNITY
States’ 4-H International Exchange Programs is launching the online registration for its second Pen Pal Program! Registration closes December 11, 2020. Space is limited on a first-come, first-serve basis, so don’t delay. Kansas had several participants in the first Pen Pal Program this summer and reports are that they had communications with a Pen Pal friend in one of the States’ 4-H partner countries: Japan, South Korea, Taiwan, Norway or Romania and enjoyed the experience. Interested Kansas 4-H’ers can go to the World Citizenship webpage for more information.

AVAILABLE BY APPOINTMENT—CALL BEFORE VISITING A POST ROCK DISTRICT OFFICE
If you need assistance from the Post Rock District Team, please call any local office to schedule an appointment, before making a visit. Staff are working in a blended—remote and in-office format— to help slow the spread of the coronavirus in our communities. By calling our offices to schedule an appointment, we can make sure the right team member and resources are available to best meet your needs. Visit our website for Post Rock District Contact Information and Post Rock District COVID-19 Updates.

K-State Research and Extension
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
4-H DAYS – FEBRUARY 13 and MARCH 8

4-H Day is a valuable opportunity for youth to build and showcase communication skills! In 2021, Post Rock District will return to offering two district-wide 4-H Days. The February 13 4-H Day is a Saturday morning in Beloit, and the March 8 4-H Day is a Monday evening in Smith Center. A summary of available entry areas is provided on the Post Rock District website at 4-H Youth Experience > Communications Resources. Take some time to review options and start practicing! We hope to offer an in-person experience with appropriate covid-19 precautions, yet we are also planning appropriate virtual options similar to past years. Online registration and details will be shared in the January newsletter as we further assess the public health situation.

OFFICER TRAINING—ONE-ON-ONE CONSULTATION AVAILABLE

If you were unable to participate in an officer training experience or have some questions to answer, reach out to your local Post Rock District Office! Your 4-H Program Coordinator can work with you one-on-one to explore officer resources, practice skills you’ll need, and help you develop leadership skills. Check out Post Rock District’s Officer Resources online.

JUNIOR SWINE & MEAT GOAT PRODUCER DAYS

The Kansas Junior Producer Days will be hosted in 2021 as a virtual series over the course of a week. The Junior Swine Producer Week will be February 15-20. Presentations will be provided a couple of days during the week, with the final sessions and discussions being on Saturday morning. All of the sessions will be recorded and shared with those who register. Junior Meat Goat Producer Week will follow a similar format March 15-20. All youth, parents, and leaders are invited to participate in these educational experiences with topics related to project management, selection, nutrition, meat science, health, and showmanship. Watch the K-State Youth Livestock Program website and Facebook page for updated information and a link to register.

4-H PROGRAMMING DURING COVID-19 PANDEMIC

Program organizers are strongly encouraged to consult your local Post Rock District Office and the local Health Department to ensure appropriate health, safety and inclusive programs are implemented. Refer to the COVID-10 Meeting Guidelines from KSRE, available in this newsletter, to assist with planning appropriate in-person, distance or virtual learning experiences and meetings such as 4-H club meetings, 4-H Council meetings, committee meetings, project workshops, day camps, etc.

LIVESTOCK PROJECT YQCA TRAINING 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 annual. 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. Learn more at the K-State Youth Livestock webpage. In the Post Rock District, we also offer in-person trainings! Risa Overmiller, 4-H Program Coordinator, is a certified instructor. She is willing to organize an in-person training in your county during the winter months. Contact your local extension office if you are interested in an in-person training, so arrangements can be made!
LOCAL 4-H MEMBERS ELECTED TO STATE 4-H COUNCIL

Two Post Rock District 4-Hers were elected to the State 4-H Youth Leadership Council at KYLF (Kansas Youth Leadership Forum) on November 22. Courtney Baetz of Osborne County was re-elected to a third term on the Council. Jaden Huehl of Lincoln County was elected to serve her first term. We are proud of these two girls and thankful to have Post Rock District representation at the State level. Be on the lookout for a video of Courtney and Jaden sharing their KYLF experiences.

Courtney Baetz is an 8 year member of the Solomon Valley 4-H Club in Osborne County. Courtney is a senior at Lakeside High School. Courtney is currently serving as the President of the Solomon Valley 4-H Club and the President of the Osborne County 4-H Council. This is Courtney's third year as a northwest representative on the Kansas 4-H Youth Leadership Council. Some of Courtney's most memorable moments include fun times with 4-H friends she has met across the state of Kansas. One of her goals as Youth Council Representative is to improve upon the Kansas 4-H experience as a whole for Kansas youth.

Jaden Huehl has been a 4-H member for 9 years in the Hometown Helpers 4-H Club in Lincoln County. Jaden is a sophomore at Sylvan-Lucas High School. She is currently serving as the President of the Lincoln County 4-H Council.

Jaden’s favorite 4-H memory is attending CIA (Citizenship in Action) last year. The highlight of that trip was meeting new friends, having fun, and finding out about the State 4-H Youth Leadership Council. Her goals as a Youth Leadership Council Representative are to ensure 4-H opportunities and programming are available for all Kansas youth and to create teen programming to keep teenagers engaged in 4-H through their high school years and beyond.

4-H Quiz Bowl
January 2, 2021

Post Rock District is having a virtual 4-H Quiz Bowl on Saturday, January 2, 2021 beginning at 9:00a.m. and ending before Noon. Interested youth will participate as individuals, no team competition this year.

Find additional details on the Post Rock District's Website (postrock.ksu.edu) > 4-H Youth Experience > Events & Activities

Register online by December 17 at https://bit.ly/4-HQuizBowl2021
State & District News Continued

COVID-19 Meeting Guidelines

The health and safety of all Extension participants, volunteers, guests, and professionals is the top priority of K-State Research and Extension. To help reduce the risks associated with the spread of COVID-19, the following guidelines from the Kansas Department of Health & Environment and the Centers for Disease Control (CDC) should be followed to protect yourself and others during any KSRE programs:

1. Stay home when sick and avoid contact with other people unless you need medical attention.
2. Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
3. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
4. Avoid touching your eyes, nose, and mouth with unwashed hands.
5. Avoid close contact with people by staying at least 6 feet apart.
6. Wear cloth face coverings in public settings where social distancing is difficult to maintain.
7. **Wipe down all high touch surfaces** as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

KSRE professionals and volunteers should always monitor themselves first. Please do a self-assessment for COVID-19 symptoms each day before going to work. If you are experiencing 2 or more symptoms below, **PLEASE STAY HOME** and contact your supervisor or local office.

- Cough
- Fever over 100.4
- Muscle Pain
- Sore throat
- Headache
- Vomiting
- Diarrhea

- Shortness of breath, difficulty breathing or severe wheezing
- Pain or chest pressure
- Chills, or shaking with chills
- New loss of smell or taste, change in taste
- Blueish lips or face
- Lethargy, fatigue

**To help safeguard the health and safety of our people, the following guidelines should be followed for all face-to-face KSRE meetings or workshops.**

KSRE professionals and volunteers should consider the needs of their audience and make reasonable adjustments to programming to best engage learners with these guidelines.

Realizing that Extension clientele will have various levels of comfort with being in face-to-face situations during a pandemic outbreak, **no participant should be asked to participate in any manner that makes them feel uncomfortable or is unsafe.**
Then consider:
- Can the program be offered using a virtual platform?
- Are there participation options for families interested participating but concerned about the health/safety of their family?
- What precautions are you taking to minimize the participants’ risk of exposure to COVID-19?
- Are all local public health guidelines being followed? Check with your local health authority.

BEFORE YOUR KSRE MEETING

☐ I know the recommended number of attendees in the space I plan to use.
  - Ensure that no more than __________ people are in attendance. This number should follow the guidance of the current local Directive Health Measures.
  - The number needs to include everyone (volunteers, parents, members, siblings, guest speakers, etc.)

☐ Communicate to participants the public health etiquette to be practiced at Extension programs?
  - Stay home if you have tested positive, are showing COVID-19 symptoms (see previous page), or had close contact with a person with COVID-19 in the last 14-days.
  - Stay home if you re considered at high risk or if they live or work with individuals at high risk. (age 65+, are immunocompromised, or have other health factors identified by the CDC that increase risk if being exposed)
  - Practice hand hygiene and respiratory etiquette:
    - Frequently wash hands with soap and water for at least 20 seconds. If soap and water is not readily available use hand sanitizer with at least 60% alcohol.
    - Cover cough and sneezes with a tissue or use the inside of your elbow.
  - Use Cloth face coverings.
  - Maintain a 6-ft distance with others as much as possible.

☐ I have provided signage to educate those at my meetings
  - Create and prepare any signs or documents that will be used at the event communicating procedures like, checking in, information for parents, expected times, reminders to wash hands/sanitize, etc.
  - Utilize KSRE COVID Templates for signage.
  - Contact your local extension office for signage.

SHOULD YOU HAVE FOOD AT YOUR MEETING?

☐ If providing food at an event, provide pre-packaged boxes or bags for attendees instead of a buffet or family-style meal.

☐ If doing a food preparation demonstration:
  - Do not allow participants to help at this time, encourage them to view demonstration from a 6-foot distance.
  - Educator should wear a mask and gloves at all times during preparation.
  - Taste tests should be packaged by the person demonstrating into individual, single-use containers and the demonstrator should provide the taste test to each class participant to decrease potential of cross-contamination.

PREPARING FACILITIES FOR A KSRE MEETING

☐ I have ensured the size of the room or facility is large enough to allow for the number of expected attendees and to allow for social distancing.
  - This should be in accordance with current guidelines of the local Health and Human Services Dept.
  - Keep in mind what would be developmentally appropriate for the ages in your club. For instance, clover kid age level youth may have more of a challenge understanding distancing and sanitizing.
  - Space tables, chairs, shooting points, etc. farther apart to ensure social distancing (at least 6 ft.).
  - Provide access to restrooms or hand-washing stations with soap, hand sanitizer with at least 60
percent alcohol, paper towels, tissues, disinfectant wipes, cloth face coverings, and no-touch trash cans as feasible.

☐ I have properly sanitized the space and all areas we plan to use.
  • Wipe down all high touch surfaces as recommended by the Center for Disease Control (CDC). See number 7 in the previous guidelines.

WHEN EVERYONE ARRIVES

☐ I reminded participants of meeting expectations like maintaining appropriate distancing and reducing the items in the room they touch.
  • Have a “check-in” process in place and follow it - include providing hand-washing location, hand sanitizer, & directions for where to wait until activity starts to ensure practicing social distancing.

☐ To support safety practices, I collected information and I did not ask participants to pass papers and share pens.
  • Take attendance. Be sure to write down the names of EVERYONE that attended and the date. File this, and any meeting attendance list, in an easy to find location.

DURING THE KSRE MEETING

☐ The meeting was planned and formatted to allow for social distancing and limiting potential exposure.
  • Maintain social distancing (6 feet), and the length of time they are close to each other throughout the meeting or activity.
  • Ensure a protocol is in place and followed for use of any type of equipment. This may require planning of sanitizing equipment between uses. This is especially important for shared equipment like sewing machines, firearms, clippers, pencils, crayons, etc.
  • Reduce the amount of necessary touching of shared equipment/materials.
    o Important to provide individual pens/pencils for sign-in and any handouts already compiled for each participant.
    o Whenever possible, group participants/volunteers from the same household together.
    o Discourage handshakes, hugs or any other signs of greeting that violate physical distancing.
    o Limit sharing of items that are difficult to clean, sanitize, or disinfect.
  • Circulate outdoor air when possible.

AFTER THE KSRE MEETING

☐ I have a plan in place for youth who have not yet left the space.
  • Provide activities for individual youth to do while awaiting their pick-up. These could be handouts, games, etc. that do not involve contact with each other.

☐ I have properly disinfected the entire space utilized and properly prepared it to be used again.
  • Think about the additional spaces that may have been used such as bathrooms, walkways, trashcans, any panels/additional buildings or equipment, etc. and ensure all are cleaned and disinfected properly.
  • Wipe down all common surfaces with a disinfectant as recommended by the Center for Disease Control (CDC). See number 7 in the previous guidelines.

SUMMARY

Your health and that of others is of utmost importance and as such some engagement may be minimized at the request of a KSRE staff and/or volunteers based on a health concerns associated with COVID-19.

By following the above best practices, we hope to offer more opportunities for youth to interact face-to-face, within the parameters provided by your county health officials. If you have any questions, please contact your local extension office.
4-H ACHIEVEMENT
The annual 4-H Achievement Day was held at the UTE Theater in Mankato on November 1st. Elaine Cockroft was awarded the 2020-2021 4-H Queen; Lacey Langer won the Leadership Award; Lacey Langer received the 4-H Key Award; and Lenden Worm earned the Achiever Award.

4-H Queen Elaine Cockroft and her attendant Abbey Schleifer.

Lenden Worm receives his Achiever Award from his sister, Jillian.

Lisa Boyles was honored for her 23 years as Webber Wide Awake Club Leader by retired 4-H Coordinator, Daphne Manning.


The next 4-H Council meeting is January 25, 2021.

AFTER SCHOOL MATTERS S.P.I.N. CLUB FOCUSES ON VISUAL ARTS
After Schools Matters started on November 17th for youth in grades 6-8. The dates for this program are December 3, 7, and 18.

Welcome New 4-H Members!!!
We are pleased to welcome Derrick Dooley, Emmitt Dunstan, Griffin Dunstan, Ainsley Gunn, Jayden Jackson, Brenley McCary, Isaac Nelson, Catelyn Rothchild, Chloe Rothchild, and Logan Colson. We also have a new club leader for Webber Wide Awake Club, Jillian Worm.
Salt Creek Club celebrated the completion of two years of hard work as they dedicated their service project to the residents of Barnard with an inspiring flag raising ceremony.

The Achievement Ceremony was held at Finch Theater. It was a fun evening celebrating the accomplishments of our 4-H youth. Jonah Huehl received the Key Award. The Kansas Key Award is one of the highest honors awarded to 4-H members across Kansas. Congratulations to Jonah and all Lincoln County 4-Hers for their efforts during a difficult year!

**CONGRATULATIONS!**

Lincoln County’s very own, Jaden Huehl, was elected to the 2021 State 4-H Youth Leadership Council at the Kansas Youth Leadership Forum. Congratulations Jaden on achieving this goal! Lincoln County and the Post Rock District are fortunate to have your representation at the State level.

**Dates To Remember:**
December 21st – 4-H Council Meeting
December 25th – Merry Christmas!!
Record Keeping 101

Record keeping and Project Reporting are valuable skills that will be used throughout life. 4-H members are encouraged to keep a permanent record of all 4-H and non 4-H experiences. Those who have filled out college scholarship applications will tell you what an asset their 4-H record book was during this process. Contact Holle for help getting your record book started.
START PLANNING FOR 2021 4-H DAY

What is 4-H Day? 4-H Day is an annual competitive event where 4-H youth can showcase their talents in music, drama, dance and public speaking with others. 4-H members have the opportunity to participate as a club and/or an individual and/or team activity. Kids have fun, develop self-confidence and further their communication skills when they participate. Help Osborne County youth to grow by participating in 4-H Day.

Saturday, February 13th is 4-H Day in Beloit and Monday, March 8th is 4-H Day in Smith Center. If you would like to know more about 4-H Day or need some ideas, please contact Kim.

PLEDGING OUR HANDS TO LARGER SERVICE THROUGH THE 4-H TREE

Osborne County 4-H will be represented at the 2020 McFadden Tree Forest at the Osborne Public Library with a tree. The tree is decorated with gingerbread people decorated by our Osborne County 4-H members along with a quote on their thoughts about community service and/or 4-H. Please stop by the library to vote for the 4-H tree by bringing canned food items which will be given to the local Food Pantry. For each item brought to the library, you will receive a ticket to be placed in a drawing for a gift basket. You can vote December 1st to 21st. Osborne County 4-H pledges our hands to larger service for our community through this project!

POST ROCK DISTRICT YOUTH ELECTED TO KANSAS 4-H YOUTH LEADERSHIP COUNCIL

Osborne County 4-H member, Courtney Baetz, and Lincoln County 4-H member, Jaden Huehl, were elected as northwest representatives to the 2021 Kansas 4-H Youth Leadership Council. Congratulations to Courtney and Jaden and thank you for representing Post Rock District!

OSBORNE COUNTY 4-H COUNCIL MEETING -
January 25, 2021, 7:30pm
Rules Committee Meeting 6:30pm
Rules Committee Members: Heise Family, Kaylene Heller Family, Andrea & Lainey Kendig, Amanda Schultze Family, Jennifer and Ava Stull

SAVE THESE UPCOMING 2021 4-H EVENT DATES!
Osborne County Beef Weigh-in | February 27, 2021
Great NW Camp | June 8 – 12, 2021
Osborne County Fair | July 28 – 31, 2021
Fair Theme: Summer Days and Country Ways

OSBORNE COUNTY 4-H CREATES FUN IN NOVEMBER 4-H ACTIVITIES

Solomon Valley 4-H Club members worked through one of the fun communications exercises at their November meeting.

Solomon Valley 4-H Club members crafted several Christmas items for Downs Care Center residents.

Sunflower 4-H Club members had a full agenda but took time to celebrate members’ accomplishments with an awards ceremony.

Sunflower 4-H Club members brainstormed ways to communicate ideas in a Communications Project activity.
Smith County News

Upcoming Dates:
December 6, 2020 ~ 4-H Council Meeting at HS FACS Room 2pm

*** If there is someone who knits please let me know. We have supplies but need someone to teach us.

Don’t Forget to Enroll If you have already enrolled, great. I have had to send several back for payment options to be changed. Busy Bee’s and Heart of America are paying for their members. Also, if you needed something else changed I may have sent it back to you. You should have gotten an email if I did. Here is the information again if you still need to enroll. Call or text me 282-8111, if you have questions. Happy to help. Thanks, Risa

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

- New Website Address -https://v2.4ohonline.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.
Dates to Remember

December 11: World Citizenship Pen Pal registration due
January 2: Post Rock District Quiz Bowl, virtual
February 13: 4-H Day #1, Beloit
February 14-15: Citizenship in Action
February 15-20: Junior Swine Producer Week, virtual
March 8: 4-H Day #2, Smith Center
March 15-20: Junior Meat Goat Producer Week, virtual
June 8: Great Northwest 4-H Camp Counselor Training, Rock Springs
June 9-12: Great Northwest 4-H Camp, Rock Springs
June 27-30: Campference, Rock Springs

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K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact the Beloit office at 785-738-3597, the Lincoln office at 785-524-4432, the Mankato office at 785-378-3174, the Osborne office at 785-346-2521, or the Smith Center office at 785-282-6823.