HAZARDOUS OCCUPATIONS TRAINING (TRACTOR SAFETY)

Midway and Post Rock Extension Districts of K-State Research and Extension will be providing the Hazardous Occupations Training for area youth. It is scheduled for Saturday, March 28 at KanEquip Company in Ellsworth. Hazardous Occupations Training is required before a 14 or 15-year old can perform “hazardous” farm work for anyone other than a parent or legal guardian. (A tractor more than 20 hp is classified as hazardous). This is a safety course, not a machinery operations course. Safety is so critical for everyone in the field of agriculture, but fines up to $10,000 can be imposed on employers not complying with this law. A thirteen-year old may enroll in the training if turning 14 before the next year’s class is offered, but the certificate will not be issued until their fourteenth birthday. RSVP is requested by Friday, March 20 either ONLINE at www.postrock.ksu.edu or to any Post Rock Extension District Office in Beloit, Lincoln, Mankato, Osborne or Smith Center. There is a $20 fee to cover the cost of materials for the course. Payment can be made and materials for the course must be picked up at any of the Extension District Offices PRIOR to the training so assignments can be completed BEFORE the course. For further information contact Sandra Wick (swick@ksu.edu) at 785-282-6823, or your local Post Rock District office.

APPLY TO BE A COUNSELOR AT 4-H CAMP!

Youth ages 14-18 are able to experience camp through the exciting role of being a counselor. 4-H membership is not required to serve as a counselor, so please spread the word about this great leadership and service opportunity! Counselors must be available to serve at Rock Springs May 31-June 4, 2020. The Post Rock District will provide transportation for all counselors to training on May 31. If we are unable to provide transportation home on June 4, we will help coordinate rides for counselors. Counselors are responsible for paying the counselor registration fees. If you or someone you know would like to be considered for a counselor position, you will need to apply. Applications can be accessed at https://www.postrock.ksu.edu/4-h/postrock-district-events/index.html and are due to your local office by the end of the business day on March 31, 2020.

REGISTER FOR 4-H CAMP!

The Great Northwest 4-H Camp at Rock Springs will be June 1-4, 2020. All enrolled 4-H members ages 7-12 are able to attend. The Post Rock District will not be coordinating transportation for campers. You can find your county’s camp brochure at https://www.postrock.ksu.edu/4-h/postrock-district-events/index.html. A paper form needs to be completed, signed and submitted with your payment to your local office by the end of the business day on April 7, 2020.

WALK KANSAS

An 8-week healthy living challenge is made up of teams with 6 members. Each team chooses a goal to reach in the 8 weeks. All youth can participate free. For more information and to register, go to www.walkkansas.org or visit your local extension office.
4-H SUPER SATURDAY
Join Kansas 4-H in Hays on March 21 for a day filled with judging contests and learning opportunities. The opportunity is available to 4-H and FFA members statewide. The six contests at Super Saturday include: Crops, Entomology, Horticulture, Life Skills, Livestock and Photography. In addition to judging contests, there will be hands-on workshops to choose from. Included will be a session for parents and volunteers, where participants will gain new ideas to take back to their 4-H clubs. The event is sponsored by the Northwest 4-H Advisory. Registration and event details is available at https://cottonwood.k-state.edu/ellis-county4h/4-hevents/ellis_nw4hJudging.html. Pre-register for workshops and livestock judging by the March 13 deadline.

TEAM DEVELOPMENT WORKSHOP
Join the Northwest 4-H Advisory for a fantastic team building workshop featuring Michelle Cummings from Training Wheels. The workshop is in Hays on April 3rd & 4th. Participants can register for one or both days. This high-energy workshop is open for all teens, 4-H and School, 7th grade and above, plus staff and volunteers. For registration and more information, go to: https://cottonwood.k-state.edu/ellis-county4h/4-hevents/nw4hevents/NWTeamBuilding2020.pdf.

SUPER SITTER BABYSITTING CLINIC
The Post Rock District is partnering with Beloit Parks & Recreation to offer a babysitting clinic March 23, Beloit Municipal Building for youth, 10 years & older. Join us for this opportunity to learn and practice skills that will improve your ability to keep children happy and healthy as you go about your babysitting adventures! Registration is due by March 13 or until full. Find registration and payment information at www.postrock.ksu.edu under events.

4-H DAY RESULTS
All results are posted online at https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html. Congratulations to all!

CONGRATULATIONS to DISTRICT PLANT SCIENCE JUDGING CONTEST WINNERS!
49 Post Rock District 4-H members participated in the District's plant science judging contest during 4-H Day! Thanks to Horticulture Agent, Cassie Homan, for organizing the great learning experience. Tyler Heise, Sunflower 4-H Club, earned top honors. Kayden Trimble, Asherville Achievers 4-H Club, and Chris Heise, Sunflower 4-H Club, tied for second. Winners can stop by your local extension office to pick up your prize!

VANIER FAMILY SCHOLARSHIP
The Vanier Family Scholarship Program was established in 2016 to enhance the strong leadership skills already exhibited by 4-H members. This program invests in the educational endeavors of young people who have overcome challenges in their lives to pursue their educational goals. Scholarship recipients will be recognized leaders and role models within their home communities who have balanced “greater than usual” demands and contributed in positive ways as a 4-H member and citizen. Students will receive scholarships in the amount of $7,000/year for use at community or technical institutions and $12,000/year for use at baccalaureate institutions. For more information, go to: https://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/vanier-family-scholarship.html. Applications are due March 16th.

SHOOTING SPORTS VOLUNTEERS
If you are interested in serving as a volunteer adult project leader for the Post Rock District's Shooting Sports Program, there are specific steps that you need to take for to this project area. You can learn about the opportunity at https://www.kansas4-h.org/events-activities/conferences-events/shooting-sports/instructor-training.html or by contacting Kim Naber, 4-H Program Coordinator. Kim can be reached at the Osborne Office 785-346-2521 or kimn@ksu.edu. Kansas 4-H is hosting an Instructor and Apprentice Certified Training Program (ages 14+) at Rock Springs 4-H Center March 27-29, 2020, with Western Heritage March 26-29. This training is a required step to work with the Shooting Sports project.
SCIENCE OF AGRICULTURE TEAMS NOW FORMING

The Kansas 4-H Science of Agriculture Challenge is a hands-on learning experience to inspire the next generation of agriculture leaders in Kansas. Teams of 3-5 youth in grades 6-12 work with volunteer coaches and mentors to create projects and develop solutions. Teams will identify agriculture-related issues in their community, find solutions and share projects with the community. Teams will present their ideas to a panel of industry expert judges at a preliminary and state competition. Each member of the top three teams receives a scholarship. If you are interested in learning more about leading a team, check out this link: https://www.kansas4-h.org/projects/science-engineering-and-technology/science-of-agriculture/index.html or email Anissa Jepsen at ajepsen@ksu.edu.

YOUTH LIVESTOCK EDUCATIONAL EXHIBITION

*CALLING YOUTH AND ADULT PRESENTERS*

OSBORNE, KS – APRIL 25, 2020

The Post Rock District is organizing a Youth Livestock Educational Exhibition in Osborne, KS on April 25. All Kansas 4-H youth are invited to participate. Save the date for this opportunity to gain education and skills related to the 4-H project areas of beef, swine, sheep, goat, rabbit, and poultry.

4-H members are encouraged to submit a proposal to present an educational project talk or demonstration as part of the event. Presentations can be individual or as a group. This is a great opportunity for individuals to build communication skills while teaching others through project-based learning. A judge will provide presentation feedback to assist youth with improving communication skills. Audience members will be allowed to ask questions and engage in any hands-on activities the presenter facilitates. Adult volunteers are also invited to submit a proposal to present as an opportunity to share passion and knowledge for the project areas while contributing to the positive development of youth. Topics to consider presenting include: selection, husbandry, nutrition, fitting, showmanship, record keeping, production, farm to table, safety, etc.

Interested presenters at this regional event should submit their proposal at https://tinyurl.com/prd42520. Presenter proposals will be reviewed after March 15. A schedule for the day will be developed and released by April 1 and included in the April Newsletter. Please contact a Post Rock District Office with questions. You can also email Nora Rhoades, District Youth Development Agent, at nrhoades@ksu.edu.

STATE ART CONTEST

The KSRE Integrated Pest Management and Pesticide Safety Education program is hosting an insect-themed art contest for Kansas 4-H members and art students across the state. The artwork will be used to create an "Old Maid" style card game and distributed to Kansas schools. The program encourages youth to get creative and submit an entry before the April 3, 2020 deadline. Find contest rules and entry forms at at https://www.kansas4-h.org/ under "What's Hot".

AgDISCOVERY OPPORTUNITY

AgDiscovery is an 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. Learn more about this 2- to 4-week summer outreach program at https://www.aphis.usda.gov/aphis/ourfocus/civilrights/agdiscovery/ct_agdiscovery_program.

CAMPFERENCE 2020

Registration and detailed information will be on the State 4-H Website in March.

NEW HORSE SHOW RULE BOOK

The newly revised 4-H Horse Show Rule Book is now available and can be found on the state horse project page at https://www.kansas4-h.org/projects/animals/horse.html.
**YQCA QUALITY ASSURANCE**

If anyone is still interested in the YQCA training, please call Risa at 785-282-6823 as soon as possible so she can set up a time and place for the training.

**MANNA PRO WILL MATCH UP to $10,000 in DONATIONS to 4-H! #InspireKidsToDo**

CALLING ALL CHAMPIONS!! Share your photo, support 4-H, and enjoy $50 in coupons! Manna Pro’s 2020 Champions Cause Campaign is going on now and ends April 30, 2020 at 11:59 PM. Only legal U.S. residents, who are eighteen (18) years of age or older, residing in the U.S. at the time of entry, are eligible to participate or win. The winner must provide a valid U.S. address to receive their prize. All participants who submit an eligible entry will receive fifty dollars ($50) in Manna Pro product coupons via e-mail. The Prizes will be e-mailed to all eligible participants upon verification of eligibility. Contest rules:  

**THEME & T-SHIRT DESIGN FOR 2020 4-H DOG CONFERENCE**

We are seeking ideas for the 2020 Kansas 4-H Dog Conference Theme and T-Shirt Design. The 4-H member who creates the winning design idea will receive a free Dog Conference registration for the 2020 event. The 2019 winner was Josslyn DePew from Dickinson County with the “Rock Star 4-H Dogs” theme. Please submit your ideas to Shane Potter – potters@ksu.edu by April 15, 2020. Please include: Name, Local Extension Unit, Address, Email, and Theme idea for 2020 Dog Conference – Please include the text idea as well as a sketch for the conference graphic.

**POST ROCK DISTRICT DOG SHOW**

The Post Rock District 4-H Dog Show will be on Tuesday, July 21 at the Osborne County Fairgrounds. There will not be a 4-H dog show during other county fairs. The Osborne County Fair has an open class dog show scheduled for the same day. Save the date and watch for more information in future emails. There is a dog project leader for the District. If you want to engage in learning opportunities related to the dog project, please contact your local office and we’d be happy to help connect you with more opportunities!

**NORTH CENTRAL KANSAS LIVESTOCK CIRCUIT**

There are many spring shows available for livestock project participants. While the Post Rock District does not plan or coordinate these events, we can refer interested 4-H and FFA members to the appropriate contacts. The "North Central Kansas Livestock Circuit" has a Facebook group with helpful information and show dates.

**TRACTOR SUPPLY PAPER CLOVER CAMPAIGN**

Each spring and fall, Tractor Supply Co. helps raise money for 4-H programs through the sale of Paper Clovers in their stores. In the most recent campaign, we raised more than $1 million nationwide. 90% of funds raised go back to state and local 4-H programs to support scholarships for camp and leadership activities. Dates for the 2020 Campaigns are: Spring: 4/29/20-5/10/20 AND Fall: 10/7/20-10/18/20. Support 4-H at a Tractor Supply Co. Store!

**CARE FOR THE ELDERLY**

Show kids all the ways they can lighten the load and brighten the day of older community members. Kids can rake leaves, plant flowers, or deliver handmade cards to elderly neighbors. Youth might enjoy playing board games or reading to seniors at a retirement community.

**NOTE:** To get to any underlined website, hold the control key and then click on the website.
LINCOLN COUNTY 4-H COUNCIL MEETING
The next 4-H Council meeting will be held on March 26th from 6:30 to 7:30 p.m. at the Lincoln Senior Center. If you cannot attend, please send an alternate from your club.

REMEMBER – WE NEED YOUR HELP AS A 4-H FAIR SUPERINTENDENT
Contact your club leader or Extension Office to sign up. Deadline to sign up is March 10th.

4-H BOOSTER SCHOLARSHIP RECIPIENTS
If your name is listed below, please notify the Extension Office to which State 4-H event you would like your scholarship applied. Booster Scholarship pays half of the registration fee to the State 4-H event of recipient’s choice.

Jr. Division: Tevis Dohl, Climena Jordan, Sam Jordan and Emma Suelter.
Int. Division: Vance Dohl, Isaac Schultz, Jacob Schultz and Bethany Jordan.
Sr. Division: Jaden Huehl and Ethan Suelter.

LINCOLN COUNTY 4-H CAMPERS
Each Lincoln County 4-H member attending Rock Springs 4-H Camp receives a $50 discount due to funds provided in Memory of Janice Rahmeier Tucker. This year’s Camp Registration Fee (includes: camp, housing, meals and activities) is $210 (-$50) = $160.

LINCOLN COUNTY 4-H CAMP COUNSELORS
Lincoln County 4-H Boosters cover camp registration costs for each Lincoln County 4-H member serving as a 4-H Camp Counselor.

VOLUNTEER REGISTRATION REMINDER
4-H Volunteer registration is required for clubs to be in good standing and adults to participate as Kansas 4-H volunteers.

MAY 1ST – IMPORTANT DEADLINE
May 1st is a very important deadline in 4-H. It is the last day to drop or add projects. You can do this by logging into your account on 4-H Online. May 1st is also the deadline to complete your Horse ID paper. This MUST be done each year in order to exhibit your horse at the Fair.

SHEEP, SWINE & GOAT VERIFICATION AND TAGGING
Lincoln County
April 29th
5 – 7 p.m.
Lincoln County Fairgrounds

JUNIOR LEADER CREDIT FROM MUM SALES
If your name is listed below please contact the Extension Office to discuss how to use your funds.

Wayne Elder
Tyra Meyer
Carter Rathbun
Cade Richards
Ethan Suelter
Tresa Wehrman
MITCHELL COUNTY 4-H COUNCIL
The Mitchell County 4-H Council will meet on Monday, March 16th at 7:00 p.m.
at the First Bank Meeting Room in Beloit.

MITCHELL COUNTY YOUTH FOOD STAND MANAGER POSITION
Applications are being accepted for a Youth Manager to assist with the food stand management at the Fair. Individual must be a current Mitchell County 4-H member and 17-18 years old. For more information or to pick up an application please stop by the Extension Office. Applications due April 3rd.

MAY 1ST – IMPORTANT DEADLINE
May 1st is a very important deadline in 4-H. It is the last day to drop or add projects. You can do this by logging into your account on 4-H Online. May 1st is also the deadline to complete your Horse ID paper. This MUST be done each year in order to exhibit your horse at the Fair.

SHEEP, SWINE & GOAT VERIFICATION AND TAGGING
Mitchell County
Wednesday, April 22nd
5:00-6:00 p.m.
Mitchell County Fairgrounds

FAIR DATES
July 7 – Lincoln & Mitchell County Fashion Revue at Lincoln
July 20 – Mitchell County Fair Foods & Visual Arts Judging
July 23-25 -- Mitchell County Fair

POST ROCK DISTRICT 4-H DAY PICTURES
2020 GREAT NORTHWEST 4-H CAMP AND COUNSELOR INFORMATION
DEADLINES FOR REGISTRATION HAVE CHANGED!
See information in main section of newsletter

SAVE THESE DATES
June 1 - 4, 2020 | Great NW Camp | Rock Springs 4-H Center, Junction City, Kansas
July 22 – 25, 2020 | 2020 Osborne County Fair | “Heroes in the Heartland”

4-H COUNCIL SPONSORED SCHOLARSHIP APPLICATIONS DUE MARCH 20TH
4-H camps and events held throughout the year spark learning in youth. To encourage and support Osborne County 4-H members to attend camps and events, Osborne County 4-H Council is providing the following scholarships in 2020: a $50.00 scholarship for any camp/4-H event, $100.00 scholarship to each Osborne County counselor attending Great Northwest Camp at Rock Springs and a $75.00 scholarship to each First Time Camper at the Great Northwest Camp at Rock Springs. Scholarship forms are attached with the newsletter and must be completed to be eligible. Scholarship applications are reviewed by an outside committee. Applications are due to the Osborne Extension Office by 5:00 p.m. Friday, March 20th.

MARCH 4-H COUNCIL MEETING AND RULES COMMITTEE
4-H Council | Monday | March 23, 2020 | 7:30 p.m. | Osborne Extension Office
Rules Committee | March 23, 2020 | 6:30 p.m. | Osborne Extension Office

OSBORNE COUNTY 4-H MEMBERS GROW AND INSPIRE US

Sunflower 4-H Club members collected donations of hygiene products and baby necessities for the Fostering Hope group at the February meeting.

Solomon Valley 4-H Club members Courtney and Taylor Baetz attended the 2020 4-H Citizenship in Action event February 16 – 17 in Topeka.

Eager Beaver Club members learned lots about guinea pigs thanks to Gabe MacConnell who gave a project talk at the February meeting.

Solomon Valley Club member Linden Rhodes participated in Reading at 2020 4-H Day.

Sumner Club members Jordan and Riley Cameron help move their steers for tagging at the 2020 Beef Weigh-in.

Eager Beaver Club member Emma McNeal presented a piano solo at the 2020 4-H Day.
March Dates:
March 5th – YQCA Training 4 p.m., Smith Center Courthouse
March 7th 9-11am – Beef Tagging and Weigh-in, Smith Center Vet Clinic
March 21st – Super Saturday in Hays, KS
March 29th – 4-H Bowling Party, Downs from 2-4 p.m. Free to all.

April Dates:
April 26th – Small Animal Weigh-in

SEWING CLASS PICTURES

4-H DAY PICTURES
**Dates to Remember**

March 5: YQCA Training, Smith Center  
March 6: State 4-H Horse Judging Contest, Salina  
March 8: Kansas 4-H Day with Wildcat Women’s Basketball vs. KU  
March 14: Kansas Junior Sheep Producer Day, Manhattan  
March 16: Vanier Family Scholarship deadline  
March 21: 4-H Super Saturday, Hays  
March 23: Super Sitter Babysitting Clinic, Beloit  
March 27-29: Shooting Sports Instructor Training  
March 28: Hazardous Occupations Training, Ellsworth  
March 31: Camp Counselor applications deadline  
April 3: State Art Contest for Pesticide Safety Education deadline  
April 3-4: Team Development Workshop, Hays  
April 15: Kansas Dog Conference T-Shirt Design deadline  
May 27-29: Discovery Days, Manhattan  
June 1-4: Great Northwest Camp, Rock Springs 4-H Center  
June 7-9: State Geology Trips, Belleville & Rosalia  
June 22-25: Campference, Rock Springs 4-H Center  
July 21: Post Rock District 4-H Dog Show, Osborne County Fairgrounds

**Post Rock District 4-H Program Coordinators**

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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.