State & District 4-H News

SENIOR SPOTLIGHT

High School Seniors are being asked to help share your 4-H Story with the Post Rock District. Please consider sharing your 4-H journey, memories and wisdom with our team as a way to celebrate your experience through the years, but also as a way to encourage younger 4-H members to make the most of the opportunities they are provided. We are looking for throwback photos of your 4-H years, a current senior photo, and for you to answer a few reflective questions by video, phone or email. Please watch for communication from Nora, Risa, Kim, or Daphne to get involved!

TEEN and TWEEN BABYSITTERS "SUDDENLY in CHARGE"
The closing of schools and preschools linked to the spread of the new coronavirus sent parents scrambling to find help in taking care of their young children. That means older children in some cases are helping look after younger kiddos. K-State Research and Extension has launched a new program, “Suddenly in Charge” aimed at helping older children learn the best ways to handle what in some cases is a new role taking care of younger children, whether in their own homes or those of a neighbor or friend. For the babysitting resources, visit: https://www.ksre.k-state.edu/families/suddenly-in-charge/index.html.

COUNTY FAIR INFORMATION
Planning for the Post Rock District 4-H events and activities related to county fairs is underway. You can find local 4-H county fair information and resources at https://www.postrock.k-state.edu/4-h/county-fairs/. As we navigate the ever-changing health recommendations in our communities as well as other consequences of the COVID-19 pandemic, the planning process and expectations surrounding the 4-H events and activities at fair may change from what we are used to. At the time of this newsletter distribution, we still don’t have a clear picture of what changes are needed. Please remain in contact with your club leader, check your email regularly, and follow Post Rock District 4-H on Facebook to stay informed as we navigate this unique time.

LIVESTOCK OWNERSHIP and TAGGING DEADLINE IS JUNE 1
The livestock ownership & tagging deadline for the 2020 4-H year is extended to June 1 by the end of the business day for all Post Rock District counties. Complete details can be found at https://www.postrock.k-state.edu/4-h/county-fairs/.

FLAT 4-H FRIEND
In April, each actively enrolled Post Rock District 4-H Family was mailed a letter from Nora Rhoades with a friendly surprise. Your new flat 4-H Friend is excited to join your family on many adventures throughout the summer! Your friend wants to understand what it means to Learn by Doing and see how you live through the 4-H Pledge! For complete details or to print more flat 4-H Friends visit, https://www.postrock.k-state.edu/4-h/postrock-district-events/
LEAD a VIRTUAL PROJECT MEETING!
We are happy to help you host a virtual project meeting, learning experience, or club meeting. Reach out and we’ll discuss the details together! We are also excited to hear about the virtual and distance-learning project activities you have discovered, so please share!

4-H at HOME!
4-H at Home provides critical learning resources for kids and teens while they are home. Explore National 4-H to receive hands-on, educational activities, including activity guides and curriculum to help inspire young people to do, learn, and grow! Find the activities at: https://4-h.org/about/4-h-at-home/.

PRD INSIDER EXPERIENCE
Post Rock District 4-H has a private group on Facebook called the PRD 4-H Insider Experience. When you join this group, you get the inside scoop about upcoming activities... like virtual and distance-learning camp and conference opportunities! We know Kansas 4-H is working hard to help you keep learning, growing and connecting. We look forward to sharing these opportunities with you!

PRD 4-H SWEEPSTAKES
The PRD 4-H Sweepstakes is an incentive program recognizing district-wide 4-H engagement. For a chance to enter, join the PRD 4-H Insider Experience and our other social media platforms. You can also enter by completing the opportunities shared in the 4-H Newsletter and sharing those successes with us. When engagement is noticed by our Post Rock District Team, we’ll add your name to the Sweepstakes. Regularly, winners will be drawn from the PRD 4-H Sweepstakes, earning incentives that’ll enhance your 4-H experience! There is no limit to the number of individual entries.

KANSAS YOUTH LIVESTOCK PROGRAM
Youth planning to exhibit livestock at the Kansas State Fair and Kansas Junior Livestock Show should pay close attention to K-State Youth Livestock Program Deadlines and Updates. Visit https://www.asi.k-state.edu/research-and-extension/youth-programs/

MEMBER ACHIEVEMENT AWARDS
The COVID-19 restrictions and recommendations are requiring 4-H youth to demonstrate creative-thinking, problem-solving and perseverance. Working toward member achievement awards is still possible and encouraged! We are providing ideas for Post Rock District 4-H members related to reaching these goals at https://www.postrock.k-state.edu/4-h/forms-resources/.

MINDFUL MONDAY MORNINGS
A group of Kansas 4-Hers and volunteers are taking the organization’s motto to ‘Make the Best Better’ pretty seriously with an ambitious online program that debuts to the public on April 27. They will be producing a weekly series dubbed ‘Mindful Monday Mornings’ in which they will help people of all ages find creative ways to deal with stress during the current pandemic. The pre-recorded series will appear each Monday at 10 a.m. on the K-State Research and Extension Facebook page. Currently, the series is scheduled to run for three months, through the end of July, with sessions for preschoolers, youth, and adults each month.

HEALTHY HABITS, SEWING & MORE
Each Monday, 4-H will be sharing four at-home learning resources from 4-H programs across the country. In this week's 4-H at Home activities series, get daily tips on practicing healthy habits and learn how to make your own face cover. Each week, 4-H will be sharing four at-home learning resources from 4-H programs across the country. Visit the links to learn more about the activity and check back every Monday for new ideas and hands-on, educational resources for all young people. These daily activities can be done at home with supplies found in your home. The series features a range of activities, including yoga, art, STEM, baking, and more! Go to: https://4-h.org/about/blog/4-h-at-home-healthy-habits-sewing-more/.

NOTE: To get to any underlined website, hold the control key and then click on the website.
**PRD 4-H Member BINGO**

Check off things you have completed in March, April and May. See who can get a BINGO first in your family or 4-H Club! Email a picture of you holding your BLACKOUT game card to nhoades@ksu.edu by May 25, 2020 to be entered into the PRD 4-H Sweepstakes!

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<tr>
<td>Capture an adventure with your flat 4-H Friend!</td>
<td>Watch a video or online class related to a project area</td>
<td>Call a 4-H friend to say Hello!</td>
<td>Update your 4-H Permanent Record</td>
<td>Show compassion by offering to help an elderly friend with yard work</td>
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<td>Start a 4-H Project Record or KAP for 1-2 projects</td>
<td>Read the Kansas 4-H Participant Code of Conduct</td>
<td>Creatively explain why you are 4-H Proud</td>
<td>Share a video/audio of you reciting the 4-H Pledge</td>
<td>Read the 4-H Newsletter</td>
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<td>Visit kansas4-H.org to explore project learning opportunities</td>
<td>Write 3-5 paragraphs for your 2020 4-H Story</td>
<td>Post a selfie while wearing a 4-H shirt</td>
<td>Read a book related to a 4-H project</td>
<td>Participate in a virtual 4-H Meeting</td>
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<td>Try something new in an interesting project area</td>
<td>Record a virtual 4-H Project Talk or Demonstration</td>
<td>Complete a 4-H.org inspired at-home learning activity</td>
<td>Answer the question, “How does 4-H light your spark?”</td>
<td>Ask a caring adult to teach you a new project skill</td>
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<td>Send a thank-you to your 4-H Club Leader</td>
<td>Write down a S.M.A.R.T. goal for each enrolled 4-H project</td>
<td>Capture a photo of you Learning by Doing</td>
<td>Journal how you have adapted your positive 4-H experience during COVID-19</td>
<td>Make a homemade card to show a friend you care</td>
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JEWEL COUNTY NEWS

JULY 1st DUE DATE ITEMS
All fashion revue scripts, cost sheets and entry cards are due to the extension office by July 1st. Plus all dogs, pets, and poultry numbers registered at the extension office by July 1st.

SMALL ANIMAL TAGGING DEADLINE EXTENDED TO JUNE 1
You will have seven days to insert the tag and send the office two pictures of the animal: one of the tag in the ear, and one of the animal for identification. This needs to be completed before Monday, June 1, so the tags need to be obtained before May 25. Rabbit tattooing and ID forms will also be extended until June 1.

NO BOOSTERS THIS YEAR
We will not be selling fair boosters to businesses this year due to the pandemic. If your family or club wish to make a donation to the fair, you may still do that.
HATS OFF TO OUR GRADUATING SENIORS
We wish you the very best in your future endeavors!

Proudly Announcing

Class of 2020

KELSEY DECKER
KILBY MEYER
KYLE FREDERKING

TAZ YATES
TRASE MCQUEEN

MAY COUNCIL MEETING
The 4-H Council will meet on May 14, 2020 at 6:30 p.m. via Zoom. Representatives will be emailed Zoom connection information prior to the meeting.

MAKE APPOINTMENTS TO THE EXTENSION OFFICE
You must call the Lincoln Office IN ADVANCE to schedule an appointment. The Post Rock Extension District is currently in soft closure due to COVID-19, and walk-in traffic is not available. Additionally, the Lincoln Office is short staffed, and Ashley will need advanced notice to schedule an appointment. Call the Lincoln Office at 785-524-4432 or email Ashley at asvaty@ksu.edu.

LINCOLN COUNTY FAIR
The 2020 Lincoln County Fair theme, selected by the 4-H Council, is "A Fair to Remember — Celebrating 150 Years of Lincoln County". There will be no rate-of-gain contest for small animals at this year’s fair, and small animal weigh-in will not be rescheduled. All animals must meet the tagging and verification deadline shared in the District portion of this newsletter to be eligible for county fair exhibition. Please get your tags picked up no later than May 25 to meet the verification deadline. Lincoln County Fair information, particularly for the related 4-H events and activities, will be posted at https://www.postrock.k-state.edu/4-h/county-fairs/ as it is available.

PROJECT VIDEO CHALLENGE
The Lincoln County 4-H Council challenges all 4-H members to do a video/photo project talk, demonstration, or show-and-share to showcase your project learning during the spring and summer! Talk to your club leader about presenting virtually to your 4-H club. Contact Nora Rhoades, Youth Development Agent, at nrhoades@ksu.edu to post on the Post Rock District 4-H social media platforms, such as the private Facebook group PRD 4-H Insider Experience. This is a great way to build confidence and communication skills while presenting to local, county and district audiences!

4-H BOOSTER CAMPAIGN
Typically, the 4-H Booster Campaign takes place in the early spring, but unfortunately it has been delayed due to the coronavirus restrictions and local impacts. The Post Rock District Team and Lincoln County 4-H Boosters will implement the campaign throughout the summer. We'll share more information when it is available.
FAIR INFORMATION ON WEBSITE

The fairbook, schedule, entry forms, etc. will be posted on our website as they become available. Please bookmark this site http://www.postrock.k-state.edu/4-h/county-fairs/ so you have a reference to assist you this summer in finding fair items and resources.

MITCHELL COUNTY FAIR FOOD STAND –SIGN UP COMING SOON

If the fair moves forward, we will be using the same system to sign up to help at the 4-H Food Stand as last year. Each family will be able to sign-up for the shift they would like to work. All 4-H members and parents are expected to sign-up and help out. During each assigned shift, we need a combination of youth and parents. In the next few weeks, you will receive an email from the Extension Office with a link to the online sign-up document. We recommend you sign-up early as shifts filled fast last year.
ONLINE 2020 4-H FOOD STAND SIGN UP OPENS UP FRIDAY, MAY 8
We will be using an online service, SIGN UP GENIUS.COM, to sign up for 2020 Food Stand slots. The link will be emailed and texted to all families on Friday morning, May 8. Attached to the newsletter is a copy of the Food Stand shifts and a tentative 2020 Osborne County Fair 4-H Event Schedule. Please review these documents in advance of May 8. If you have questions, email kimn@ksu.edu.

2020 OSBORNE COUNTY FAIRBOOK – 4-H/FFA DEPARTMENT
A draft version of the 4-H/FFA Department portion of the Fairbook was emailed to families on April 24. A copy is also posted online on the Post Rock District Extension website. Please bookmark this site https://www.postrock.k-state.edu/4-h/county-fairs as a reference for fair resources.

PURCHASE TAGS BY MAY 25 TO COMPLETE ANIMAL VERIFICATION BY JUNE 1 DEADLINE
- All animals for 4-H projects including Beef, Bucket Calves, Sheep, Swine, Goats, Dog, Cats, Hand Pets and Poultry must be identified and properly verified by June 1 to show in the 2020 Osborne County Fair 4-H/FFA Department.
- Tags must be purchased on or before May 25. Photo(s) showing a clear whole body picture of each animal with tag in animal’s ear must be emailed to kimn@ksu.edu by June 1. Please contact 785-346-4471 to make arrangements for purchasing tags.

4-H COUNCIL JUNE MEETING
The next 4-H Council meeting is set for Monday, June 1 at 7:30p.m.

SHARE YOUR 4-H PROJECT LEARNING EXPERIENCES AND FLAT FRIEND
Many Osborne County 4-H members and families have been taking advantage of the past weeks to work on 4-H projects. Families were also mailed a letter and a “flat 4-H friend”. Please share your 4-H activities with us via email, Facebook posts and/or Facebook Messenger.

CONGRATULATIONS 2020 OSBORNE COUNTY 4-H GRADUATING SENIORS
Thank you 2020 graduates for your contributions, commitment and participation in Osborne County 4-H! Best of luck in your future endeavors. Keep living the 4-H pledge as a road map to guide you.

Ryann Brown
Sunflower 4-H Club
Felicity Conway
Sunflower 4-H Club
Connor Goheen
Sunflower 4-H Club
Ayden Long
Solomon Valley 4-H Club
Jacob Murphy
Eager Beaver 4-H Club
Vaughn Stull
Eager Beaver 4-H Club
Hi all – Sandra, Shelly, and I hope things are going well for all of you. I am attaching some simplified records that you can use to start your KAP’s. Also, we have new t-shirts to wear at fair this year. We will get them distributed to your club leaders and you can get the shirts from them. We are to have no interactions until July 4th. Fair is set to begin July 10th with Foods Judging. We are always happy to help, so just give us a call.

Thanks, Risa.

May
29th Tag for Animals Must be Picked up from Office

June
1st Animals must be tagged and Pictures sent to Risa
15th Sheep, Swine, and Goat Nominations due to State

July
1st Stall & Armory Reservations Due
1st Fashion Review Pictures and Scripts Due
10th Foods Judging
12th 3:00-6:00 p.m. Fair Set Up
13th Clothing Judging
16-20 County Fair – Party in Smith County, USA 2020

CONGRATULATIONS!
We want to wish our seniors good luck in all the future holds for them!

Joseph Ferguson
Kaitlynn Godsey
Brennan Kirchhoff
Iva Rust
Samantha Tucker
Dates to Remember

May 1:
- 4HOnline project changes deadline
- Horse ID papers deadline

June 1:
- Livestock ownership & tagging deadline (pictures emailed to your local office)

July 9-12:
- Jewell County Fair

July 15-18:
- Lincoln County Fair

July 16-20:
- Smith County Fair

July 21:
- Post Rock District 4-H Dog Show, Osborne County Fairgrounds

July 22-25:
- Osborne County Fair

July 23-25:
- Mitchell County Fair

October 10-11:
- 48 Hours of 4-H

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 at a Post Rock District Office two weeks prior to the start of the event. Requests received after this date will be honored when it is feasible to do so. More information is available at: https://www.postrock.k-state.edu/

Post Rock District 4-H Program Coordinators

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