State & District 4-H News

NOW HIRING 4-H PROGRAM COORDINATORS!
The Post Rock District is looking for two enthusiastic leaders to coordinate and manage the comprehensive 4-H programs in Lincoln and Mitchell counties, as well as contribute to the impact of our district-wide 4-H youth development program. Contact any office or visit www.postrock.k-state.edu for responsibilities, qualifications and application procedure. Application deadline is February 5, 2020. Please help us spread the word!

EXTENSION AGENT JOB OPPORTUNITIES!
K-State Research and Extension is currently accepting applications for two Extension Agents to serve the Post Rock District. You can learn more about the responsibilities, qualifications and application procedure for the Livestock Production Agent and Family Resource Management Agent at https://www.ksre.k-state.edu/jobs/. Applications, for both positions, will be accepted through February 16, 2020. Please share this opportunity with your networks!

4-H DAY SCHEDULE
4-H Day entries are past due. Late entries will be accepted until February 4 at the end of the business day, but you must call your local office as the online registration is closed. The judging schedule will be emailed to participating families by Monday, February 3rd. It will also be posted online at https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html. The printed schedule will not include late entries.

DOOR MONITORS NEEDED for 4-H DAY
4-H Day is February 8 in Beloit. Please contact your local office ASAP, if you would like to volunteer as a door monitor and have not signed up yet. We need volunteers to help make this event a success, and serving as a door monitor is an excellent opportunity to learn about different contests happening at 4-H Day while lending a hand to serve at a district 4-H event.

PLANT SCIENCE CHALLENGE at 4-H DAY!
Make plans to challenge your plant science knowledge with District Horticulture Agent, Cassie Homan, at 4-H Day! Prizes will be awarded to the winning 4-H participants.

4-H DAY with WILDCAT WOMEN’S BASKETBALL
Join Kansas 4-H in Manhattan to watch a K-State vs. University of Kansas Women's Basketball Game on March 8, 2020. Registration also includes a game day t-shirt and meal voucher to use at the concession stand. Registration is due online by February 18. Find all the details at https://www.kansas4-h.org/ under "What's Hot".

YQCA QUALITY ASSURANCE at 4-H DAY!
YQCA training will be provided February 8th after judging at 4-H Day in Beloit, 12:15-1:15 p.m. If you are interested, please call Risa at 785-282-6823 as soon as possible so she can prepare supplies. See flyer in this newsletter.
HAZARDOUS OCCUPATIONS TRAINING (TRACTOR SAFETY)
Save the date: Midway and Post Rock Extension Districts of K-State Research and Extension will be providing the Hazardous Occupations Training for area youth and is scheduled for Saturday, March 28 at KanEquip Company in Ellsworth. More information will be in the March newsletter.

SAVE the DATE 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. Complete details about camp, including registration details, will be in the March 4-H Newsletter. Before March, 4-H Clubs and Councils need to determine what scholarships/financial assistance you'll be offering and how eligible youth should apply for these opportunities. Notify the extension office as soon as decisions have been made. Camp registration and payment will be due in April due to the timing of camp this year.

PLAN 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. The application procedure and other details will be shared in the March 4-H Newsletter.

ADULT CHAPERONES at 4-H CAMP
Adults interested in serving as volunteer chaperones at the Great Northwest 4-H Camp can contact District Youth Development Agent Nora Rhoades to learn about the unique responsibilities and expectations of this role. Adults must be 19 years or older and more than one year out of 4-H membership. In addition to a chaperone interview and screening, you are required to complete the Kansas 4-H Volunteer Screening Process to be considered.

LIVESTOCK OWNERSHIP VERIFICATION & TAGGING DEADLINE
Each county in the District will set an ownership verification and tagging deadline appropriate for their county fair. Any animals that don’t get tagged at the official livestock ownership verification and tagging event must pick up a tag at their local office and submit a picture within 7 days of the tag in the animal’s ear. Each office will establish the deadline to pick up tags based on fair dates. All animals that do not meet the livestock ownership verification and tagging deadline will not be allowed to exhibit in the 4-H division of the fair. Be watching for details on your county's newsletter page!

PLANNING a FUNDRAISER?
If you are working on a fundraiser, we encourage you to consider developing a healthy fundraiser! District Health, Nutrition and Food Safety Agent, Ashley Svaty, is happy to help brainstorm healthy ideas. She has shared a helpful guide which is included in this newsletter.

Daphne, Nora, and Kim attended the 4-H Program Rally gaining an update on the research driving positive youth development and building networks to enhance the local programs that help our youth thrive!
KANSAS JUNIOR BEEF PRODUCER DAY
The 2020 Kansas Junior Beef Producer Day will be held Saturday, February 29, in Weber Hall on the K-State campus in Manhattan. The early registration deadline is quickly approaching in just two weeks, on February 7! Look for details about this event in last month’s newsletter. Families may register online. Everyone attending, including adults and youth, must register. Here is the registration information: ONLINE REGISTRATION LINK: http://bit.ly/ksasuasiregister.

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 https://www.kansas4-h.org/ under "What's Hot".

GEOLOGY FIELD TRIPS
The State 4-H Geology Field Trips will be June 7-9 in two locations: Northern Smoky Hills headquartered in the Republic County 4-H Building, Belleville and Southern Osage Cuestas headquartered in the Flint Hills Middle/High School, Rosalia. 4-H Geology project members and their families are encouraged to attend one of these trips. Participants can register by May 24th at: https://www.kansas4-h.org/events-activities/conferences-events/geology-field-trip/index.html.

Kansas 4-H Shooting Sports Instructor and Apprentice Certified Training Program
This training will be held March 27-29, 2020. If you or someone you know wants to be contacted directly with updates about this training, please notify your local office. More information will be coming soon!

4-H SUPER SATURDAY IS MARCH 21ST
You will find judging contests, hands-on project learning, volunteer engagement and more at this year's 4-H Super Saturday. Held on March 21 in Hays, this annual event promises to provide engaging learning opportunities for 4-H'ers of all ages and their parents. The contests are also open to FFA members. Specific contest and workshop details are available at: https://cottonwood.k-state.edu/ellis-county4h/4-hevents/ellis_nw4hJudging.html.

4-H PHOTO WORKSHOP: PLANTING SEED of PHOTOGRAPHY in TOPEKA, KS
4-Hers of all skill levels, don't miss the opportunity to sharpen your photography and participate in competitions on Sunday, February 23rd, 2020 at Stormont Vail Events Center. Activities include: photo shoot at the KS Garden Show, photo judging, keynote speaker, and hands-on classes. Expand your project knowledge and have some creative fun at a Statewide event! Deadline to register is Friday, February 6th. Register at: https://tinyurl.com/vdh8bnf.

CAMPFERENCE 2020
Registration and detailed information will be on the State 4-H Website in March. Register online by May 15. Register early as the space will fill on a first come first serve basis, and Campference was full the last 6 years! Payment is due to your local Extension Office by May 15.

4-H THEMED BOGS BOOTS ARE AVAILABLE
The Midway Coop Feed Mill in Osborne will be taking pre-orders until February 21st for a special 4-H themed Bogs boots. The boots will feature the 4-H logo. Boots will be delivered in July. In addition, the Bogs Boots company will donate $5.00 to the National 4-H Foundation, $5.00 to the local 4-H Council and $5.00 to your club, a total $15 donation for each pair of boots sold. Prices are kids-$60, men and women - $92. Payment due on delivery.

NOTE: To get to any underlined website, hold the control key and then click on the website.
State & District News Continued

Post Rock District
YQCA In-Person Trainings

Saturday, February 8th
12:15-1:15 pm
Beloit United Methodist Church

Cost:
• $3 per child via YQCA website

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

Instructor:
• Risa Overmiller, Smith County 4-H Coordinator
  785-282-8111 cell 785-282-6823 office

Wednesday, February 26th
4-5 pm
Smith County Courthouse

Thursday, March 5th
4-5 pm
Smith County Courthouse

Kansas State University 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, contact Post Rock District – Smith County Risa Overmiller 785-282-6823 and Extension is an equal opportunity provider and employer.
State & District News Continued

Healthy Fundraising

What’s wrong with candy sales?
Children’s lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When less healthy foods are sold “for a good cause”, children may think that these foods are a healthful part of a balanced diet. Such misperceptions can contribute to development of poor eating habits. Schools and child care centers encourage healthy eating habits by avoiding fundraisers that rely on the sale of less healthy foods such as candy and cookies.

Benefits of Healthy Fundraising:

- **Healthy kids learn better:**
  Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools and child care centers must also provide an environment that supports healthy behaviors.

- **Provides consistent messages:**
  Fundraising with healthy foods and non-food items demonstrates a commitment to promoting healthy behaviors. It supports the lessons children are learning about health, instead of contradicting them.

- **Promotes a healthy school or child care environment:**
  Children need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school or child care environment.

“What message does it send our children when we constantly preach to them about getting more exercise, eating healthy and cutting back on junk food and then ask them to sell truck loads of cookie dough and candy bars to friends and family?”

www.fundraisinggreen.com

Positive Options

Try one of these fundraiser options that have a positive impact on children, families and the community.

Here are a few examples to get you started:

**Support Academics**
- Read-a-thon
- Science fair
- Spelling bee
- Workshops or classes
- Book fair

**Support the Arts**
- Art show
- Concerts
- Dances
- Plays and musicals
- Talent show
- Singing telegrams
- Rent-a-band, rent-a-choir, or rent-a-music group

**Support Physical Activity**
- Walk-a-thon
- Bike-a-thon
- Jump rope-a-thon
- 5-mile fun run/walk
- Golf, tennis, horseshoe or other sports tournament
- Bowling or skate night
- Sports camps or clinics

**More Activities**
- Garage sale
- Live or silent auction
- Carnival
- Giant game of musical chairs
- Guessing games
- Car wash
- Pet wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals
- Bingo night
- Karaoke competition
- Chess, checkers or other tournaments
- Treasure hunt or scavenger hunt
- Gift wrapping services
- “Parents Day Out” babysitting services
- Rent-a-teen helper (rake leaves, mow yards, etc)
Items to Sell Other Than Food:
- Candles
- Greeting cards
- Gift wrap, boxes and bags
- Magazine subscriptions
- Coupon books
- Gift certificates
- Cookbooks
- Balloons
- Holiday ornaments/wreaths/flowers/trees
- T-shirts and sweatshirts
- Books
- Calendars
- Buttons and pins
- Customized stickers
- Crafts
- First aid kits
- Emergency kits for cars
- Batteries
- School spirit gear
- Plants, flowers, or seeds
- Brick, stone or tile memorials
- Temporary tattoos
- Stuffed animals
- Coffee cups and mugs
- Special parking space rental
- Scarves and stocking caps
- Spirit, seasonal, state or U.S. flags
- Bumper stickers
- License plate holders
- Tickets to sporting or fine arts events
- Jewelry
- Flower or balloon bouquets for special occasions
- Artwork
- Newspaper and/or yearbook space or ads
- Stationery
- Stadium pillows
- Used books, CDs, videos, DVDs
- School supplies
- Greeting cards
- Refillable water bottles

Healthy Food and Beverage Items to Sell:
- Low-fat popcorn
- Fresh fruit and vegetables
- Fruit baskets
- Nuts or seeds
- Trail mix
- Fruit smoothie mix
- Frozen bananas
- Whole wheat pasta and sauce kits
- 100% juice
- Low fat or fat free milk
- Community dinners

This handout was developed with information from the following source:
- South Dakota Department of Education


Questions?
ANIMAL WEIGH IN/TAGGING DAYS
Market Beef weigh in and tagging will be **Sunday, February 23rd** at 3:00 p.m. at the Mankato Sale Barn.

The small animal (bucket calves, goats, sheep & swine) weigh in and tagging will be **Sunday, April 19th** at 3:00 p.m. Swine will not be weighed in. Breeding beef can be tagged on either date. Please let the extension office know if you cannot make it to either date.

4-H DAY SCHEDULE AND RESOURCES
The schedule for 4-H Day in Beloit will be posted to our website at [https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html](https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html). Please contact the office if you need to cancel your presentation. Make sure you double check for your 4-H Club Room Monitor responsibilities.

4-H THEMED BOGS BOOTS ARE AVAILABLE
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S.P.I.N. CLUBS PHOTOS
**Cooking with Kids**

[Images of children cooking]
LINCOLN COUNTY 4-H COUNCIL MEETING

The next 4-H Council meeting will be held on February 20th at 6:00 p.m., at the Post Rock District, Lincoln Extension Office, located at 108 W. Lincoln. If you cannot attend, please send an alternate from your club.

4-H DAY SCHEDULE AND RESOURCES

The schedule for 4-H Day in Beloit will be posted to our website at https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html. Please contact the office if you need to cancel your presentation. Make sure you double check for your 4-H Club Room Monitor responsibilities.

Find 4-H Day Resources at Kansas4-H.org / Projects / Communications.

REMINDER – 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 PROGRAM COORDINATOR - LOCAL JOB OPPORTUNITY!

The Post Rock Extension District is enhancing our team! We are currently accepting applications for two part time 4-H Program Coordinators. Each 4-H Program Coordinator is responsible for coordinating and managing the 4-H program in Mitchell and Lincoln Counties, respectively. Additionally, the professionals will contribute to extending a comprehensive positive youth development program across the extension district.

Are you looking for an opportunity to make a difference in your community? 4-H Program Coordinators play a valuable role on our dynamic extension team. Contact your local Post Rock District office or visit www.postrock.k-state.edu for responsibilities, qualifications and application procedure.

Application deadline: 2/5/2020. K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. Background check required.
4-H DAY

The schedules for 4-H Day in Beloit will be posted to our website. You can view the schedule at https://www.postrock.k-state.edu/4-h/postrock-district-events/index.html. Please contact the office if you need to cancel your presentation. Make sure you double check for your 4-H Club Room Monitor responsibilities.

Fun and learning combined for a great Tipton 4-H Club Quiz Bowl!

BEEF WEIGH-IN

Mitchell County
Wednesday, February 19th
4:00 – 6:00 PM
Solomon Valley Vet
OSBORNE COUNTY ANIMAL TAGGING DATES
Beef (Market Steers, Market Heifers & Commercial Heifers) | February 22nd | 9:00 – 11:00AM | Osborne Sale Barn | Beef EID Tag prices $3.50 each. If you have questions, contact Kim.
Small Animal (Swine, Sheep, Goats, Bucket Calves) | April 17th | 6:00 PM – 7:30 PM | Osborne County Fairgrounds Rabbits must be owned & tattooed by May 1 (We will be tattooing rabbits at Small Animal Tagging.)

OSBORNE COUNTY 4-H COUNCIL UPDATE
Here are some of the things the Awards and Recognition Committee, Rules Committee and 4-H Council worked through at the January 27th Council meeting. The Awards and Recognition Committee reviewed scholarship applications, scholarship recommendations to 4-H Council and awards ideas for fair Grand Champions. The Rules Committee discussed ideas to improve fair forms, selecting the appropriate project area for project exhibits and continued reviewing sections of the 4-H and FFA Division Fairbook. Council reviewed and confirmed the 2020 Osborne County 4-H Fair event schedule.

FEBRUARY OSBORNE COUNTY 4-H COUNCIL AND COMMITTEE MEETINGS
Monday | February 17th | 6:30 p.m. | Rules Committee and Awards/Recognition Committee
Monday | February 17th | 7:30 p.m. | 4-H Council

FUTURE OSBORNE COUNTY 4-H COUNCIL MEETINGS
Monday | March 23rd | 7:30 p.m. | Osborne Extension Office.
Monday | April 27th | 7:30 p.m. | Osborne Extension Office

UPCOMING OSBORNE COUNTY WIDE PHOTOGRAPHY PROJECT MEETING
The Photography project is one of the most popular 4-H projects in Osborne County. To help 4-H members grow and develop their photography skills, a county wide Photography project meeting will be held with more details to come later in February. Mark your calendar for Saturday, March 28. More info will be available in March newsletter. Please let your 4-H Council representative know what particular subjects or items regarding Photography you are interested in learning.

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 AWARDED MCFADDEN GRANT FOR OSBORNE COUNTY COURTHOUSE NORTH FLOWERBED BEAUTIFICATION
Osborne County 4-H Council submitted an application last fall 2019 for a McFadden Charitable Trust Foundation grant. We received news that our grant has been funded! Funds received are being used to plant prairie perennial flowers, grasses and bushes in the north flower beds at the Osborne County Courthouse. This will complete the project Osborne County 4-H began with last year’s 48 Hours of 4-H community service in October 2019. 4-H members created a walking path with pavers and planted 150 plus daffodil bulbs.
February 8 – County Club Days in Mitchell County
February 9 – 4-H Council decorate cookies
February 24 – Sewing Class for those who we could not fit in first time. Call the office to RSVP
February 26 – YQCA Training 4 p.m. Smith Center Courthouse
March 5 – YQCA Training 4 p.m. Smith Center Courthouse
March 15 – T-Shirt sizes to office for new fair shirts
April 1 – Camp counselor applications due to office
April 15 – Camper applications due to office

SAVE the DATE
Beef Tagging and Weigh-In | Smith Center Vet Clinic | March 7th, 9-11 a.m.
Small Animal Weigh-In | SC Fair Grounds | April 26th, 2-4 p.m.

SEWING CLASS PICTURES
**Dates to Remember**

February 8: 4-H Day, Beloit

February 16-17: Citizenship in Action, Topeka

February 21-22: 4-H Ambassador Training, Rock Springs 4-H Center

February 23: Photography Workshop, Topeka

February 26: YQCA Training, Smith Center

February 29: Kansas Junior Beef Producer Day, Manhattan

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 21: 4-H Super Saturday, Hays

March 27-29: Shooting Sports Instructor Training

March 28: Hazardous Occupations Training, Ellsworth

April 3: State Art Contest for Pesticide Safety Education 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

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**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.