VIRTUAL REGIONAL-LEVEL EDUCATIONAL EVENTS

The Post Rock District Life Skills Challenge is interactive learning for youth that lasts a lifetime. The first challenge, When Life is Tough, shares key tools to cope with stress. Future challenges will teach lessons on savings accounts, reading, leadership, and more.

Each life skill features a cartoon story, quiz, educational video, and downloadable interactive worksheet. Tackle one or all of the challenges with a single, no cost registration.

Learn more and register at postrock.ksu.edu/youth-development/life-skills.

If you're looking for good tools to help your kids of all ages learn and grow, the Life Skills Challenge is a simple and fun resource created to build basic skills for a better life.

DISTRICT 4-H/YOUTH PROGRAM DEVELOPMENT MEETINGS

The 4-H Youth Development Program Development Committee (PDC) provides feedback to Post Rock District professionals to support the local extension youth-focused programming. If you are an adult or youth looking for an opportunity to get more involved in the Post Rock District’s comprehensive 4-H Youth Development Program, reach out to your 4-H Program Coordinator or Nora Rhoades.

- February 3 at 8:30 a.m., Noon, 3:00 p.m., and 7:00 p.m. (participant chooses one to attend). We will share meeting connection and details with those interested. Email nrhoades@ksu.edu.
KANSAS 4-H SCHOLARSHIPS OPEN

The Kansas 4-H Scholarship and Vanier Scholarship Applications are now open on the Kansas 4-H Scholarship Opportunities webpage. All applications and corresponding requested materials must be submitted by March 1. If you have any questions about the scholarship application process, please contact your local extension office or Dona Ratliff at the Kansas 4-H Office, dsratlif@ksu.edu.

COUNTY 4-H SCHOLARSHIPS

If your county offers 4-H scholarship opportunities for current seniors and/or college students, you can find the details on the Post Rock District website > 4-H Youth Experience > Awards & Recognition.

DISTRICT 4-H DAY REGISTRATION

Registration is open for both 4-H Days at the Post Rock District website > 4-H Youth Experience > Communications Resources. When you register, you will sign-up for BOTH individual and group communications contests that you’ll be participating in. This is different than past years. If you are part of a skit or model meeting, for example, be sure to select it on your registration form! If you cannot register online, call your local Post Rock District Office during business hours before the deadline and we will complete your online registration on your behalf during a phone conversation.

- February 12 @ Beloit United Methodist Church
  Communications contests will take place in the morning beginning at 8:00 a.m.
  Schedules will be made and emailed to participating families as soon as possible after the registration deadline. REGISTRATION DEADLINE IS FEBRUARY 3.

- March 7 @ Smith Center High School
  Communications contests will take place in the afternoon beginning at 4:00 p.m.
  Schedules will be made and emailed to participating families as soon as possible after the registration deadline. REGISTRATION DEADLINE IS FEBRUARY 24.

There is helpful information related to 4-H Day on the Communications Resources webpage. You can also find a printable 4-H Day Guide online.
4-H DAY JUDGING CONTEST DETAILS

There will be judging opportunities available at both 4-H Day events. Participants DO NOT need to pre-register for these judging contests, just come judge when you are able. If you have never participated in a judging contest before, volunteers/staff will be available to explain the process to you before you start. 4-H Day is a great opportunity to try a judging contest for the first time!

Age divisions and rules are specific to each contest. Cloverbuds can practice by participating with an adult. 4-H members will participate individually. All cell phones and other communication devices must be turned off while participating in a contest. Details are at the Post Rock District website > 4-H Youth Experience > Communications Resources.

- **4-H Day Family and Consumer Science Health and Nutrition Judging Contest:** Ashley Svaty, District Nutrition, Food Safety and Health Agent is preparing a great learning opportunity! It will be the same contest at both events, with district-wide winners announced after they are both completed. The Intermediate Age Division for this contest is for youth 4-H age of 12 and under. The Senior Division of this contest is for youth 4-H age 13 and older. Both divisions will have four classes that will be judged. You will have four different scenarios and you will rank the four different options as most fitting to least fitting to the scenario and mark your selection on the judging score card. If you have participated in life skills judging contests or livestock judging contests, these classes will be set up the same way. Studying ahead of time for this event is HIGHLY recommended. The Intermediate and Senior Study Guide can be accessed online.

- **4-H Day Horticulture Judging Contest:** Cassie Homan, District Horticulture Agent, is preparing a horticulture judging learning experience to be available at both 4-H Days. There will be two classes of judging. All ages will compete together. One class will include plant identification and the other class will be about judging the quality of produce, ranking highest quality to lowest quality. The format will be the same at both 4-H Day events, but the contests will have different results, so you can participate at both. There are study materials available at [https://www.kansas4-h.org/events-activities/contests/horticulture-judging/index.html](https://www.kansas4-h.org/events-activities/contests/horticulture-judging/index.html).
LIVESTOCK PROJECT YQCA TRAINING

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 annually. 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 or at an official in-person class. Post Rock District staff Blaire Todd and Risa Overmiller are certified to teach in-person and will set up trainings if you reach out and request one. Learn more at the K-State Youth Livestock webpage.

In-Person Trainings: Please register and pay $3 at: http://yqca.org/. Contact Risa with questions.

- February 12 at Noon on District 4-H Day at Beloit Methodist Church
- February 20 at 5:00 p.m. at Solomon Valley Beavers 4-H Club meeting
- March 20 at 5:00 p.m. at Osborne Christian Church

KANSAS JUNIOR BEEF PRODUCER DAY

Kansas State University’s Department of Animal Sciences and Industry will be hosting Junior Beef Producer Day on Saturday, March 5 on campus. This family event will be a fun-filled, educational day of activities in which youth, parents, and beef project leaders can expand their knowledge of youth beef projects covering topics such as selection, nutrition, meat science, reproduction, health, grooming, and showmanship. An optional YQCA certification session will be offered at the end of the day. A complimentary lunch and t-shirt will be provided. Register by February 11 at the Kansas Junior Beef Producer Days event webpage.

CITIZENSHIP IN ACTION

CIA will be taking place in-person February 20-21 in Topeka. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. Registration is due by February 1. Post Rock District will have a staff member attending as a chaperone and transportation will be coordinated within the District. Learn more at the Citizenship in Action event webpage.
KANSAS JUNIOR SHEEP PRODUCER DAY

Kansas State University’s Department of Animal Sciences and Industry will be hosting Junior Sheep Producer Day on Saturday, March 19 on campus. This event will be a fun-filled, educational day of activities in which youth, parents, and sheep project leaders can increase their knowledge of youth sheep project. Topics include project selection, nutrition and feeding, facilities, health, reproduction, meat science, wool, clipping and grooming, showmanship, and youth livestock quality assurance training. This event is designed for all ages and skill levels. A complimentary lunch will be served and all participants who register by the February 25 deadline will receive a t-shirt. Registration and details are at the Kansas Junior Sheep Producer Days event webpage.

SHOOTING SPORTS INSTRUCTOR TRAINING

Level 1 Shooting Sports Instructor and Apprentice Certification Training will be held March 25-27 at Rock Springs 4-H Center near Junction City. Training for Coordinators and each of the Shooting Sports disciplines will be offered. It is Kansas 4-H's intention to offer training for any discipline that has registered participants. Official registration will open in early February, but you should contact Nora Rhoades at nrhoades@ksu.edu as soon as possible if you are interested because space will be limited.

DISTRICT DOG SHOW

Instead of having a dog show at each county fair, our local unit has one district-wide 4-H show. Save the date for Monday, July 25 at 9:00 a.m. at the Osborne County Fairgrounds. If you have questions, contact Kim Naber, kimn@ksu.edu.

VOLUNTEER SALUTE TO EXCELLENCE AWARD

The Kansas 4-H Volunteer Salute to Excellence Recognition award is now accepting nominations. Each year a state level award is selected for an outstanding volunteer with less than 10 years experience and a volunteer with over 10 years of service. The winning state applicants are honored at the Emerald Circle event and their applications are submitted for further recognition at the regional and national level. If you want to nominate a volunteer from your county, contact Teresa Shipley, tshipley@ksu.edu, and we'll assist with working through the application steps before the deadline of early March!
ANIMAL OWNERSHIP AND IDENTIFICATION

Animals (all species, from beef to poultry, and from dog to horse) must be properly owned and identified by the end of day May 1 of the current year. Ownership means that the animal is under the daily care and supervision of the member. Identification for some species requires a specific 4-H tag while others require an identification form. ALL species identification is to be documented with the local Post Rock District office. The purpose of this deadline is so youth take responsibility for their involvement with animals to maximize learning potential throughout the season. If an animal is not properly owned and identified by the deadline, it is not allowed to exhibit in the 4-H division of the county fair. Post Rock District animal ownership verification is for county-level participation and does not constitute a fair entry. A member must meet fair entry expectations and deadlines for each project area as outlined in the fair book. Participation at state and other levels must meet those specific requirements and deadlines.

LIVESTOCK FAIR MANAGEMENT CLINIC

Registration is now open for the Livestock County Fair Management Clinic! It will be hosted April 5-6, virtually, from 7:00-9:00 p.m., via Zoom. The sessions will be recorded. This program consists of a forum for open communication for individuals working with livestock at their local fairs. Although some of the topics can be applied generally to the county fair, this program focuses on the livestock perspective. All participants need to register by March 31 at https://kstate.qualtrics.com/jfe/form/SV_2hKAxBfaQHYPQHk.

TEEN LEADERSHIP AT COUNTY FAIRS

Are you interested in helping with some of the county fairs in Post Rock District other than your own? You could help as a junior superintendent, ribbon handler, show/event assistant, food stand helper, announcer, etc. This could be a great learning and leadership experience! This opportunity is in addition to the expectations at your local county fair and would be eligible to count toward project record work and achievement pins. Let Teresa Shipley, tshipley@ksu.edu, know if you are interested. We’ll need to know your available dates and interested project areas so we can connect you with another fair leadership experience!
4-H FUN NIGHT AT ROLLERSKATING PARTY!
Post Rock District 4-H families are invited to a Rollerskating Party on Sunday, March 6 from 2:00-4:00 p.m.! The party is being hosted by the Jewell County 4-H Council as the youth leaders think it is time for everyone around the district to get together for some fun and rollerskating! It will be at the Formoso Skating Rink, 201 Howe St, Formoso, KS. All 4-H family members will get in free with your skate cost covered. Bring a snack to share. Please register at https://bit.ly/PRD4HRollerskateParty.

INSECT ART CONTEST
The Kansas State Pesticide Safety and IPM program is hosting an insect-themed art contest. This year the contest theme is “The Benefits of Insects.” The goal is to explore why insects benefit us as a society and why they are important and create an art piece that captures that information. Learn more about this contest at the IMP website.

4-H RECORD BOOKS - NEW ONLINE OPTION
Record keeping and Project Reporting are valuable skills taught to members of the Kansas 4-H program. To help you through this process, refer to the Guide to Kansas 4-H Project Recognition. New this year, there is an optional way to keep records through an online platform called ZBooks. It aligns with the Kansas 4-H Project Record Reports and Permanent Records. If you are interested visit the Kansas 4-H ZBooks webpage for details and account sign-up steps.

4-H BRANDING ON CLOTHING AND AWARDS
The use of the K-State Research and Extension/Kansas 4-H co-wordmark is required on all 4-H print, digital, apparel, and merchandise. This requirement applies to all designs created at the local, county, district, area, and state levels. Communicate with your local office to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark.

POST ROCK DISTRICT JOB OPPORTUNITY
The Post Rock District is hiring an Office Professional to be located in the Lincoln Office! You can find our current job opportunity, position description and application procedure on the Post Rock District website, postrock.ksu.edu. Thanks for helping us recruit great talent!
Set Your 4-H Project Goals!

It is important to plan out what you would like to learn and accomplish with each 4-H project. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

Parts of a Goal:
Setting a goal is like deciding what you want do and learn in a 4-H project. It is a road map and helps you get where you want to go. Your goals should have three parts that will allow you to measure and check your progress.

1. **ACTION** — How you are going to do something.
2. **RESULT** — What are you going to do. Be specific!
3. **TIMETABLE** — When are you going to do it.

Sample Goals:

<table>
<thead>
<tr>
<th>ACTION</th>
<th>RESULT</th>
<th>TIMETABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to learn</td>
<td>about my bucket calf’s nutritional needs</td>
<td>before county weigh-in.</td>
</tr>
<tr>
<td>I want to make</td>
<td>three nutritious snacks for the nursing home residents</td>
<td>by our June club meeting.</td>
</tr>
<tr>
<td>I want to learn</td>
<td>about the aerodynamics of my rocket</td>
<td>before the spring launch.</td>
</tr>
<tr>
<td>I want to lead</td>
<td>a horse project meeting</td>
<td>by February.</td>
</tr>
<tr>
<td>I want to keep</td>
<td>accurate records of my photography project expenses</td>
<td>monthly.</td>
</tr>
</tbody>
</table>

Pass the Control Test:
Do you have control over all parts of what happens? If you can answer "yes," then you are ready to begin working on your goal! For example, "I want to win grand champion with my cookies at the county fair", does not pass the control test. A 4-H member does not have control over ribbon placing.

4-H Days
February 12 @ Beloit United Methodist Church. Register by February 3.
March 7 @ Smith Center High School. Register by February 24.
Judging Contests available at both 4-H Day events.

Regional Life Skills Challenge
The Life Skills Challenge is an interactive experience that teaches youth financial, health, leadership practical, and relationship lessons. Earn badges and complete regional activities toward year-end pin awards while building a tool kit for success in school and work.

Animal Weigh-In/Tagging Dates
Market beef weigh-in and tagging will be Sunday, February 20, 3:00 p.m. at the Mankato Sale Barn. Small animal weigh-in and tagging will be April 10, 3:00 p.m.
Breeding beef animals may be brought in on either date for tagging.

4-H Council Meeting
Tuesday, March 1 at 7:00 p.m.
Mankato, Courthouse Meeting Room
4-H DAY
Read the district newsletter pages for details about 4-H Days! Registration is due February 3!

4-H COUNCIL MEETING
February 21 at 6:30 p.m.
Lincoln Senior Center

JUDGING CLINIC PLANNING COMMITTEE
4-H Council is hoping to host a spring judging clinic for a variety of project areas. Each club is to select at least one family to serve on the committee. Let Nora know who is representing each club as soon as possible, and we'll schedule a meeting in February.

BEEF TAGGING & WEIGH-IN ON FEBRUARY 24
Beef Weigh-in is Thursday, February 24 from 5:00-7:30 p.m. in Sylvan Grove at the sale barn. Market Beef must be weighed in on February 24 to compete in 4-H Average Daily Gain contest. Beef will also be officially tagged for 4-H. Families enrolled in the project have been emailed a schedule sign-up link. You can also sign-up here: https://signup.com/go/WuKwzvn.

ELLSWORTH PROCESSING REQUEST FOR FAIR ANIMALS
Ellsworth Processing is requesting a list of any market animals that will be butchered as part of the Lincoln County Fair. Please be prepared to make your selection on February 24 at weigh-in or email Teresa Shipley, tshipley@ksu.edu, before that date. We need to know species, number head, and family name. We'll collect tag number as animals are identified.

SENIOR SCHOLARSHIPS
Lincoln County 4-H Seniors are encouraged to apply for local scholarships provided by the Lincoln County Boosters, the Lincoln County Cattlemen’s Association, and the Bob and Marty Walker Scholarship. The forms can also be accessed at the Post Rock District website > 4-H Youth Experience > Awards and Recognition. Read the district newsletter pages for the State 4-H scholarship details.

WE ARE HERE TO HELP!
Melody Saxton, Lincoln Office Professional, is now working part-time. Please call before coming by so we can best meet your needs. If you have 4-H questions, contact:
- Teresa Shipley, Office Professional in Mankato, 785-378-3174 or tshipley@ksu.edu
- Tonia Underwood, 4-H Program Coordinator, tiunderw@ksu.edu
- Nora Rhoades, District Youth Development Agent, nrhoades@ksu.edu
BEEF WEIGH-IN
Market beef weigh-in and tagging will be held February 16th at Solomon Valley Veterinary Hospital from 4-6 p.m.
Tags are $3.50/ea.
*If you wish to compete in the Beef Rate of Gain contest, you must attend this weigh-in*

Beloit 4-H Day
February 12th - Beloit United Methodist Church
Communications contests will take place in the morning beginning at 8:00 a.m.
Schedules will be made and emailed to participating families as soon as possible after the registration deadline. To register, visit www.postrock.k-state.edu >4-H YouthExperience> Communications Resources
*REGISTRATION DEADLINE IS FEBRUARY 3*
Risa will be providing YQCA training at noon during Beloit’s 4-H Day! Register online at www.yqca.learngrow

THE 2022 MITCHELL COUNTY FAIR NEEDS A THEME!
We would like each club to come up with 2 potential fair themes and submit them to the Extension office by March 1st. The winning theme will be voted on by all 4-H members!

2022 Mitchell County Fair
July 20 - July 23
2022 POST ROCK DISTRICT 4-H DAY
Get signed up for entries in one of the upcoming Post Rock District 4-H Day events. Contest information and registration link on the Post Rock District website. Judging opportunities available at both events.

February 12 | Beloit | Registration Deadline February 3
March 7 | Smith Center | Registration Deadline February 24

Osborne County 4-H Council Notes
4-H Council met January 3. Council members made plans for the 2022 Fair 4-H Events schedule, approved payment of bills for Fair Entry and rent for Food Stand Building.

Upcoming 4-H Council Dates
February 28 | 7:30 p.m.
March 28 | 7:30 p.m.
April 25 | 7:30 p.m.

2022 BEEF VERIFICATION & TAGGING
Saturday February 26
9:00 a.m. - 11:00 a.m.
Osborne Sale Barn
Tags $3.50 each
Market Steers & Heifers
Commercial Heifers
Market Steers & Heifers must be weighed in on February 26 to compete in Beef Average Daily Gain contest. Rate of Gain contest is optional.

SAVE THE DATE
YQCA TRAINING
All Osborne County 4-H youth invited
March 20 | 5:00 p.m.
Osborne Christian Church
Register at: https://yqca.learngrow.io/Account/Login

State 4-H Scholarship
Application Info
Kansas 4-H State Scholarship Applications
Due March 1
https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html

CONNECT WITH US AT POSTROCK.KSU.EDU
District 4-H Day
register online
Beloit Feb. 12th
Smith Center March 7

Storm Hockey
Sat. Feb. 26th 7 p.m.
Deadline to order
Sunday Feb. 13th.

4-H Council
FEB. 13TH
4PM
HIGH SCHOOL
FACS ROOM

YQCA Training
FEB 20TH
5 PM SOLOMON VALLEY BEAVERS
REMEMBER TO ENROLL ONLINE AT
yqca.learngrow.io/account/login

Valentine Cookie Sales
ORDERS DUE TO EXTENSION OFFICE
BY FEB. 4TH
PICK UP AT HS ON THE 13TH OR OFFICE
ON 14TH TO DELIVER

Beef Weigh-In
SUNDAY, FEBRUARY 27, 2022
2-4 PM SMITH CENTER VET CLINIC

CONNECT WITH US AT POSTROCK.KSU.EDU
UPCOMING EVENTS

February 1: Exchange Youth Host Family applications due
February 4-5: 4-H Ambassador Training, Rock Springs 4-H Center
February 12: 4-H Day, Beloit
            YQCA Training, Beloit
February 20-21: Citizenship in Action, Topeka
March 1: Kansas 4-H Scholarships deadline
March 5: Kansas Jr. Beef Producer Day, Manhattan
March 7: 4-H Day, Smith Center
March 19: Kansas Jr. Sheep Producer Day, Manhattan
March 25-27: State Shooting Sports Instructor Training, Rock Springs 4-H Center
May 1: District Animal Ownership and Verification Deadline (ALL animal
        species tag and forms submitted to extension office)
May 1: Project Drop/Add Deadline on 4-H Online
May 1: State Market Beef Nominations Due
June 1-3: Discovery Days, Manhattan
June 15: State Commercial Heifer, Swine, Sheep, & Meat Goat Nominations Due
July 7-10: Jewell County Fair
July 14-18: Smith County Fair
July 20-23: Lincoln County Fair
July 21-23: Mitchell County Fair
July 27-30: Osborne County Fair