FALL 4-H DAY
We are excited to offer an in-person Fall 4-H Day Saturday, September 25, at Lakeside School! Register at bit.ly/2021PRDFall4-HDay. Registration deadline is September 6. Learn more at the Post Rock District website > 4-H Youth Experience > Communications Resources.

For this 4-H Day event only, Post Rock District participants can count participation for the current program year (2020-2021, ends on September 30) as well as the upcoming program year (2021-2022, begins October 1). While we hope to provide a traditional 4-H Day experience during the late winter/early spring of 2022, this special allowance will ensure youth have an in-person communications engagement opportunity amid the on-going pandemic.

NATIONAL 4-H WEEK – FIND YOUR SPARK!
National 4-H Week is October 3–9. The theme is “Find Your Spark”. The purpose of National 4-H Week is to help spread the word about the great opportunities provided throughout the 4-H experience. Now is the time to plan a way to celebrate and spread the good news about 4-H! Some popular ideas include: decorate a business window, record a radio PSA, plan a social media campaign, speak about 4-H during announcements at school, participate in a community service project, wear your favorite 4-H t-shirt, place an article in the newspaper, etc. You can find resources at the National 4-H Website.

PROJECT RECORD KEEPING
Project records provide an opportunity to develop record keeping skills through the summarization of a given year’s 4-H work within a certain project, including, but not limited to: goals, learning experiences, finances, leadership, service, and exhibits. Post Rock District 4-H strives to align project recognition with the current recommendations and processes supported by Kansas 4-H. Project Record Reports have replaced KAPs. To learn more about the new recording keeping process, find forms, and understand expectations to receive project record keeping recognition please visit the Post Rock District website > 4-H Youth Experience > Record Keeping Resources.
In the workshop, Michelle Cummings with Training Wheels, will share insights and strategies on how to surface behaviors through play and experiential learning activities. This high-energy, hands-on workshop will teach participants how to play some of the industry’s best icebreakers, leadership games and unique ways to reflect on what you are learning. Michelle will engage you physically, intellectually and mentally with lots of opportunity for laughter and learning. Attendees will discover how powerful the impact of the value of connection, leadership, and purposeful play have on the participants in your programs. There is a workshop on October 1 or October 2 (or attend both!). It is open to youth 7th grade and older as well as adult sponsors and volunteers. It is a great opportunity for 4-H, FFA, and other teen leadership focused teams! Find complete details and registration information at the Post Rock District website > 4-H Youth Experience > Events & Activities. Registration is due September 24.

315 health pledges were made during the Jewell, Lincoln, Mitchell, Osborne, and Smith County Fairs! Way to go! Each pledge identified ways to commit one’s health to better living. Did you miss the health pledge booth during your fair? From September 1 through September 30, 4-H members who have not yet completed the pledge can do so at: https://bit.ly/2021HealthPledge. Each 4-H member will earn the green tie-dye shirt after completing the pledge. We’ll contact you once it can be picked up from your local extension office. Parents and siblings of current 4-H members can also complete the pledge, but shirts are not guaranteed for those who are not a 4-H member (while supplies lasts).

Join fellow young leaders in North Central Kansas at the Leadership Summit on October 30 in Beloit. Youth are invited to participate in a highly interactive day focused on practicing and developing communication skills that can help you make a difference in your club, school, community, and beyond! Complete details will be released in the October 4-H Newsletter. Save the date to level up your leadership and communication skills!
RE-IGNITE YOUR SPARK IN KANSAS 4-H: A VOLUNTEER TRAINING

Sit and think for a moment. What makes your 4-H volunteer role have meaning and purpose? What is something that you are passionate about, the hidden flame that motivates you? The Search Institute describe this passion as one’s “spark.” Sparks are activities and interests that brings out a person’s energy and joy, allowing them to express their personality and contribute to the world.

Join Kansas 4-H for an evening to re-ignite your spark in 4-H as we hear from current volunteers and passionate 4-H alumni. Participants will explore how to find their spark, engage families, and realize the impact they have on youth. The training will take place on September 23, 2021 at 7:00PM. Register online at https://tinyurl.com/4HSparkTrain. Registered volunteers can participate virtually or attend the Post Rock District’s meet-up in Downs at the Zion Lutheran Church, 1019 Blunt Street. Contact your local extension office if you have any questions!

48 HOURS OF 4-H SERVICE WEEKEND

The weekend after National 4-H Week, October 9-10, is the perfect opportunity to engage in a service project. Invite your friends, clubs, adult volunteers, potential members, and 4-H alums, too! It’s time to make plans for your club to participate. Visit the 48 Hours of 4-H website for a helpful guide, to register your projects(s), and submit your impact report!

STATE YOUTH COUNCIL AND NATIONAL CONFERENCE APPLICATIONS

The Youth Council Application and National Conference Application will be combined this year, with applicants indicating if they are applying for one or both opportunities. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2022 may apply as a Council Rep and those 15-18 before January 1, 2022 may apply for National Conference. This year’s KYLF delegation will elect representatives from the four extension program areas (NE, NW, SE, SW) for one-year terms on Council. Up to 6 National Conference Delegates will be selected through an interview process at KYLF and they serve a two-year term on council. Application information for State 4-H Youth Leadership Council and National Conference will be available at the Kansas 4-H Youth Leadership Council website. The deadline to apply is October 1, 2021.
ROCK SPRINGS 4-H CAMP: PRIORITY ENROLLMENT OPEN FOR 2022

Kansas 4-H Camp at Rock Springs is expanding to involve more opportunities for youth. Starting in 2022, 4-H Camp will be open to all youth ages 8-18 with both three-night and six-night options. Youth can register for any session of interest; the historical camp groupings are discontinued. 4-H membership is not required to attend.

Registration and payment will take place directly with Rock Springs Ranch at rockspringsranch4Hcamp.org. Early bird registration will be open from September 1-October 31, 2021. 4-H members who register during the early bird window will receive a 10% discount. It is recommended to register early, as camp sessions will fill on a first-come-first-serve basis. You can schedule an appointment if you would like the Post Rock District Team to assist you with the new online registration process.

There will continue to be opportunities to earn a financial scholarship through many county-level councils and clubs in Post Rock District, but they will happen as a reimbursement to the family instead of a deduction of the payment due for camp. You’ll get updates about these opportunities from your 4-H Council representatives, at 4-H Club meetings, and through your county’s page of 4-H newsletters.

You can find more information about the expanded Kansas 4-H Camp experience at the Post Rock District website > 4-H Youth Experience > Events & Activities.

MEMBER ACHIEVEMENT PINS

Achievement pins recognize 4-H members as they reach milestones throughout their 4-H journey. Pin applications ask members to highlight 4-H and project-related events, activities and achievements accomplished within the 4-H club, county/district, region, state, or beyond. Applications and expectations are outlined at the Post Rock District website > 4-H Youth Experience > Awards and Recognition.
PROJECT LEADER TRAINING SERIES

Project leaders play a valuable role in the 4-H experience. Project leaders provide education and support related to a specific 4-H project of interest. Kansas 4-H is offering a training series to support project leaders with tangible ideas and resources you can use. The free sessions are scheduled to start at 6:30PM CST. You do not have to attend all sessions, but registration is required to participate live or receive the recording. Register online at: 4-H Volunteer Project Leader Training Series Registration.

If you are interested in serving as a Post Rock District 4-H Project Leader, please reach out to Nora Rhoades at nrhoades@ksu.edu to discuss, plan and promote experiential learning experiences to youth across the District. Adults serving as project leaders need to complete the Kansas 4-H volunteer registration and screening through 4-H Online. Older youth serving as project leaders need to be actively enrolled as a 4-H member.

- Sept. 21 – Personal Development – Public Speaking
- Sept. 23 – STEM – Rocketry
- Sept. 28 – FCS - Textile Science
- Sept. 30 – Animal Science – Livestock
- Oct. 5 – Service Learning
- Oct. 7 – Creative Arts – Visual Arts – Barn Quilts
- Oct. 12 – Financial Literacy
- Oct. 14 – Ag & Natural Resources – Wildlife

KANSAS YOUTH LEADERSHIP FORUM

The Kansas Youth Leadership Forum (KYLF) is planned for November 20-21, 2021 at Rock Springs 4-H Center. KYLF is for youth ages 14-18 before January 1, 2022. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun! Registration opens in early September at the Kansas 4-H website. The registration deadline is October 15 at an early bird rate or before November 1 at the regular rate. Post Rock District staff will provide a chaperone for this personal development event. Transportation will be available through the Post Rock District.
DISTRICT OFFICER TRAINING AND QUIZ BOWL

Save the date for the Post Rock District’s Officer Training and 4-H Quiz Bowl on November 6 in Mankato. The Officer Training will take place in the morning and Quiz Bowl will be in the afternoon. More details will be released in the October 4-H Newsletter. If you are a teen leader or adult volunteer interested in helping plan and teach activities at the Officer Training please contact Nora Rhoades at nrhoades@ksu.edu.

PHOTOGRAPHY PROJECT LEADERS TRAINING

If you would like to serve as a photography project leader, you could attend the State Photography Action Team’s event C.A.T.S. (Cameras at the Springs). It is a training and networking weekend designed to provide leaders with hands-on shooting activities, resources from print, web resources, mentors and materials to take back to home counties to use with youth. Because of a grant, up to 24 volunteers are eligible to attend with a full scholarship. Adults and youth age 16 and older are eligible. C.A.T.S. will be held October 9-10 at Rock Springs 4-H Center. Interested? Contact Pansy F., at pansyfryman@gmail.com before September 24.
2021 Kansas State Fair

2021 Kansas State Fair is September 10–19. Kansas State Fair entries of horticulture, floriculture, and foods can be brought to the Mankato office on September 7 between 7:30AM and 8:30AM.

Jewell County 4-H Council

The next Jewell County 4-H Council meeting will be Monday, September 27 at 7:00PM at the Courthouse meeting room. This meeting will be for the current year’s representatives and the new year’s reps.

Webber Wide Awake

Webber Wide Awake members cleaned the inlet at the lake for one of their community service projects.

October 1st Reminders

4-H Enrollment begins on October 1st. Additionally, all record books and applications are due to the Extension Office no later than close of business on October 1, 2021.

Family Fun Day

Jewell County 4-H Family Fun Day is on Sunday, October 31, 2021 from 11:00AM to 2:00PM at the Mankato City Hall.

4-H Achievement Celebration

Jewell County 4-H Achievement Celebration is on Sunday, November 7, 2021 at 4:00PM at the Jewell Community Center. There will be a potluck dinner.
ELECTION OF COUNCIL REPRESENTATIVES
4-H Clubs need to elect their representatives for the 2021-22 year prior to the September meeting. Both retiring and newly elected representatives are invited to attend the Council meeting to assist with training and to explain the procedures to any new representatives.

SAVE THE DATE – SEPTEMBER 20
The Lincoln County 4-H Council will meet on Monday, September 20th, at the Lincoln Senior Center. An election of new officers will be held. The dates for future meetings during the 2021-22 year will also be established. Please plan to be at the meeting!

LINCOLN COUNTY 4-H REGISTRATIONS TO BE PAID
All 4-H registrations for youth and adults who belong to a Lincoln County 4-H club will be paid this year by the Lincoln County 4-H Boosters. Please send the number of members in each club to Melody no later than September 27th. Once she has the numbers, she will send one leader for each club the instructions on how to sign up on 4-H Online 2.0 to get the registration fee paid. Please do not register any members until you have the “go ahead” from the Lincoln County Extension Office.

PROJECT PINS AND PROJECT RECORD BOOKS
Please complete and turn in all your paperwork for project pins and project record books (formerly KAPs) to the Extension Office no later than September 20th so that they can be evaluated. We hope to have an extremely busy year and want to make sure each member receives the awards they have worked so diligently to complete. If you need forms, please contact the office.

ACHIEVEMENT NIGHT
Achievement Night will be held on October 23, 2021 at the Hunter Community Building. The awards ceremony will begin at 6:30PM with an ice cream social and dance to follow. Put on your dancing shoes and plan to join in the fun!

CLUB PROJECTS
It’s time to start thinking about Club Projects! We saw some amazing activities last year and are excited to see what our clubs create in 2021-22. Please let us know what you are planning and how we can help you locate resources. We are here to help!

4-H QUESTIONS
Please contact the local Extension Office with your 4-H questions. Nora Rhoades, District Youth Development Agent, will have weekly hours at the Lincoln Office to assist with the county’s 4-H management, events and activities. You can email Nora at nrhoades@ksu.edu and call to schedule a time to meet as needed!
2021 Achievement Banquet
Sunday, October 24th, 2021 at 5:30PM
Location TBA; stay tuned for an email invite!
LET'S CELEBRATE OUR 4-HER'S
ACHIEVEMENTS!!

Reminders:

September 1st State Fair items need to be brought to the Extension Office

September 7th by 8:30AM Perishable State Fair items can be brought to Office

September 27th Pin applications and Project Records due by 5:00PM at Office

October 1st 4-H Enrollment begins

4-H QUESTIONS

Please contact the local Extension Office with your 4-H questions. Nora Rhoades, District Youth Development Agent, will have weekly hours at the Beloit Office to assist with the county’s 4-H management, events and activities. You can email Nora at nrhoades@ksu.edu and call to schedule a time to meet as needed!

Next 4-H Council Meeting:
Monday, October 18, 2021
at 7:00PM
1st National Bank-Beloit

THANK YOU to all our FAIR SUPERINTENDENTS!!!
A SHOUT OUT TO ALL THE 4-H FAMILIES, MEMBERS AND VOLUNTEERS WHO HELPED MAKE THE 2021 OSBORNE COUNTY FAIR FUN AND FABULOUS!

SAVE THESE IMPORTANT DATES

- **September 1** - Drop off non-perishable State Fair exhibits to Osborne Office
- **September 6** - Deadline to register for Post Rock District Fall 4-H Day online
- **September 7** - Drop off perishable State Fair exhibits to Osborne Office by 8AM
- **September 25** - Post Rock District 4-H Day Fall In-Person Experience
- **October 1** - Member Pin Applications and Project Records due in Office by 5PM

HELP YOUR CLUB WIN A PIZZA PARTY!

Enrollment for the new 4-H year begins **October 1**! Help more Osborne County kids find their spark through 4-H and help your club win a pizza party! A pizza party will be awarded to the club which has the highest percentage growth in membership during the month of October. Take your friends along to your next club meeting.

JOIN US FOR THE 2021 OSBORNE COUNTY 48HOURS OF 4-H WORKDAY OCTOBER 10

All Osborne County 4-H members and families are encouraged to join in our county-wide service project at the Osborne County fairgrounds on **October 10 at 1PM**. Wear work clothes. We will be painting and cleaning up the fairgrounds.

SEPTEMBER 4-H COUNCIL MEETING

4-H Council will meet Monday, September 27, 7:30PM, at the Extension Office.
4-H Council Meeting
Sept 19 2:30PM. Courthouse Meeting room!

Dates to Remember

September 1st State Fair items need to be brought to the Extension Office

September 7th by 8:00AM. Perishable State Fair items can be brought to Office

October 1st Pin applications and Project Records due by 5:00PM at the Extension Office

October 1st 4-H Enrollment begins

October 6th at 4PM Courthouse Meeting room 4-H Visual Arts - General Craft Class - Fall Art Painting - Call office to register.

October 31st Achievement Celebration and 4-H Fall Fun Party - Open to all, 3-5PM - watch for more information.
UPCOMING EVENTS

September 1- October 31: Rock Springs 4-H Camp Early Bird Enrollment for 2022 Camp Season
September 5: Asherville Achievers 75th Anniversary Party, Beloit
September 10-19: Kansas State Fair
September 21: Project Leader Training Series begins
September 23: Kansas 4-H Volunteer Training, Zion Lutheran Church, Downs
September 25: Fall 4-H Day, Lakeside School in Cawker City
October 1: Deadline to apply for State Youth Council & National Conference
October 1 & 2: Northwest Kansas Team Building Workshop
October 3-9: National 4-H Week
October 9-10: 48 Hours of 4-H Service Weekend
October 30: Photography Project Leaders Training, Rock Springs 4-H Center
October 30: NCK Leadership Summit, Beloit
November 6: Post Rock District Officer Training & Quiz Bowl, Mankato
November 20-21: Kansas Youth Leadership Forum

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 TWO WEEKS PRIOR TO THE START OF THE EVENT. CONTACT INFORMATION FOR THE POST ROCK DISTRICT IS AVAILABLE AT POSTROCK.KSU.EDU. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO.

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.