



POST ROCK DISTRICT 4-H NEWSLETTER DECEMBER 2024

DISTRICT/STATE EVENTS AND DEADLINES AT A GLANCE

Dec. 7:	Discover Your Future Course Apps Due
Dec. 12	PRD Shooting Sports Project Fee Due
Dec. 25-Jan. 1:	Post Rock District Offices Closed
Dec. 30:	Adult Volunteer Enrollment Deadline
Jan. 1:	KS 4-H Camp Early Bird Registration Ends
Jan. 4:	K-State Women's Basketball 4-H Day
Jan. 10:	PRD 4-H Project Records Due for Regional Judging
Jan. 11:	Post Rock District 4-H Quiz Bowl, Mankato
Jan. 12, 19, 26:	Winter Archery Practices, Jewell County Fairgrounds in Mankato
Feb. 2, 16, 23:	Winter Archery Practices, Jewell County Fairgrounds in Mankato
Feb. 8:	4-H Day #1 & Judging Extravaganza #1, Beloit
Feb. 12:	Mitchell Co. Beef Weigh-in
Feb 15:	Vesper Farm Show
Feb. 16:	Jewell Co. Beef Weigh-in
Feb. 22-23:	Horse Panorama at Rock Springs
Feb. 23:	Osborne Co. Beef Weigh-in
Mar. 1:	Kansas 4-H Scholarships Due in Manhattan
Mar. 1:	KSU Jr. Swine Producer Day, Manhattan
Mar. 3:	4-H Day #2 & Judging Extravaganza #2, Osborne
Mar. 22:	KSU Jr. Meat Goat Producer Day, Manhattan
Mar. 22:	Super Saturday, Colby
Apr. 15:	KSU Animal Science Leadership Academy Application Due

KANSAS 4-H MASTER CALENDAR

Kansas 4-H state and regional events master calendar: www.kansas4-h.org/events-activities/.



Post Rock 4-H



Kansas 4-H



4-H Online



Nora Rhoades
Youth Development Agent
nrhoades@ksu.edu



Tonia Underwood
4-H Program Coordinator
tiunderw@ksu.edu



Kim Naber
4-H Program Coordinator
kimn@ksu.edu



Risa Overmiller
4-H Program Coordinator
overmiller@ksu.edu



Carla Morrill
4-H Program Coordinator
cemorrill@ksu.edu



JEWELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Tonia Underwood, 4-H Program Coordinator
(785) 378-3174 tiunderw@ksu.edu

JEWELL COUNTY BEEF WEIGH-IN

Beef weigh-in is on Sunday,
February 16, at 3:00 p.m. at the
Mankato Sale Barn.

4-H COUNCIL NEWS

Jewell County 4-H Council is looking for a **Food Stand Manager for the 2025 County Fair**. A committee was appointed to hire a manager. If you know someone interested in this role, contact Tonia for more details.

The next Jewell County 4-H Council Meeting is December 2 at the Courthouse starting at 7:00 p.m.

Start thinking about Fair Themes for the 2025 Jewell County Fair!

4-H QUIZ BOWL

New in 2025, we are going to extend an invite to neighboring extension unit 4-H members to participate, making this a fun regional event. Save the date of January 11 at Rock Hills High School!

VOLUNTEERS NEEDED FOR QUIZ BOWL

Save the date for the Post Rock District 4-H Quiz Bowl on January 11 in Mankato throughout the morning. Adult volunteers are needed to help with the competition rooms. Please let Tonia know what volunteers from your club can help!

SHARE YOUR 4-H HOLIDAY FUN!

We want to hear about the exciting activities that you do to celebrate the holidays - parties and community service! Email pictures and highlights to Tonia! Remember to send articles to the local newspaper regularly.

2024 Jewell County Achievement Celebration

4-H Key Award Winner



Jewell County 4-H King



4-H Grows Strong in Jewell County!





LINCOLN COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Carla Morrical, 4-H Program Coordinator
(785) 524-4432 cemorrical@ksu.edu

4-H COUNCIL MEETING

4-H Council will meet on January 2, 2025 at Noon. A lunch will be provided. This is a meeting where representatives dive into planning the 2025 fair. Be sure to discuss fair ideas at your club meetings so representatives can bring them to 4-H Council.

4-H QUIZ BOWL

Get your Quiz Bowl team together NOW!
WHEN: Saturday, January 11, 2025
WHERE: Mankato, KS
Details are elsewhere in this newsletter.

4-H DAY/JUDGING EXTRAVAGANZA

4-H Days are just around the corner on Saturday, February 8, 2025 in Beloit and Monday, March 3, 2025 in Osborne. This is a great opportunity to showcase your leadership skills & speaking skills. A Judging Extravaganza will also be offered the same day. Details elsewhere in this newsletter.

FARM SHOW: FEBRUARY 15 MEMBER/CLUB BOOTHS NEEDED

The Farm Show in Vesper is February 15. 4-H clubs and members have been asked to provide booths to share your project and community work! 4-H will not be charged to have a booth. Sign up with the community center!

LINCOLN COUNTY 4-H COUNCIL OFFICERS

The 2024-2025 4-H Council officers are:
President - Tyra Meyer
Vice President - Dylan Rosebrook
Secretary - Nash Seehafer
Treasurer - Jonathan Bell
Reporter - Cason Hlad

Achievement Celebration

Spirit of 4-H Award



Key Award Winner



Beef Bell Ringer Award



All 4-H Attendees



Herdsman Winners

Event Scholarship Winners





MITCHELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Tonia Underwood, 4-H Program Coordinator
(785) 738-3597 tiunderw@ksu.edu

MITCHELL COUNTY BEEF WEIGH-IN

Mitchell County Beef Weigh-in is on Wednesday February 12, 2025 at Solomon Valley Veterinary Hospital from 4:00 - 6:00 p.m.

4-H QUIZ BOWL

New in 2025, we are going to extend an invite to neighboring extension unit 4-H members to participate, making this a fun regional event. So get a team and sign up for Quiz Bowl, on January 11 at Rock Hills High School.

SHARE YOUR 4-H HOLIDAY FUN!

We want to hear about the exciting activities that you do to celebrate the holidays - parties and community service! Email pictures and highlights to Tonia! Remember to send articles to the local newspaper regularly.

CHRISTMAS BREAK PROJECT LEARNING

School break is a perfect time to get a jump start on your 4-H projects. It gives you a chance to plan, research, and start laying the foundation for something great. Did you know that setting clear goals early on can actually help you improve your project's outcomes by up to 30%?!?!?

4-H COUNCIL NEWS!

The next Mitchell County 4-H Council Meeting is January 20, at the First Bank of Beloit meeting room at 7:00 p.m.

Please start thinking of a theme for the 2025 Mitchell County Fair!

NORAH ELLENZ HAS BEEN ELECTED TO STATE 4-H COUNCIL! CONGRATULATIONS!



TONIA'S OFFICE HOURS

Tonia will be in the Beloit Office on limited hours during the month of December. Please call ahead to check her schedule or to make an appointment.



OSBORNE COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Kim Naber, 4-H Program Coordinator
(785) 346-2521 kimn@ksu.edu

PLEDGING OUR HANDS TO LARGER SERVICE

Osborne County 4-H is supporting the 2024 McFadden Tree Forest in a fun and festive way this year. A basket full of goodies for youth will be donated. For each food item donated, participants will be given one ticket to enter in the drawing for baskets like the one donated by Osborne County 4-H and other local organizations and businesses. Check it out at the Osborne Public Library.

2025 POST ROCK DISTRICT 4-H DAYS & JUDGING EXTRAVAGANZA

Post Rock District 4-H Days are quickly approaching - February 8th in Beloit and March 3rd in Osborne. Build your communication and talent skills by participating! A fun and challenging Judging Extravaganza will be offered. See page 4 of District newsletter for details.

4-H COUNCIL NEWS

4-H Council met on November 22. Items discussed included the schedule of 4-H events for the 2025 Osborne County Fair, planning project workshops and project meetings, and hosting the 2025 Post Rock District 4-H Day #2 in Osborne.

Upcoming 4-H Council Meetings

January 6 | 7:00 p.m. | Osborne Extension Office
February 20 | 7:00 p.m. | Osborne Extension Office

2024 OSBORNE COUNTY FRIEND OF 4-H



Beth Schultze was named the 2024 Osborne County Friend of 4-H. Beth served 25 years as the Sunflower 4-H Club leader. She currently serves as the Osborne County Fair Board secretary/treasurer and organizes and operates the Petting Zoo at the fair. We applaud Beth for giving her time and talent to Osborne County youth!

2025 OSBORNE COUNTY 4-H/FFA WEIGH-IN

The Osborne County Market Beef Weigh-in will be held **February 23 at 4:00 p.m.** at the Osborne Producers Sale Barn in Osborne. This weigh-in is for all market beef steers and heifers 4-H members want to be eligible for the Beef Rate of Gain contest. Read the January newsletter for more info.

FORM A TEAM FOR THE POST ROCK DISTRICT 4-H QUIZ BOWL

The Post Rock District 4-H Quiz Bowl will be Saturday, January 11th. We encourage Osborne County 4-H'ers to represent Osborne County. 4-H Quiz Bowl is much like Scholars Bowl except all questions pertain to 4-H history and 4-H trivia. See page 2 of this newsletter for details.

VOLUNTEERS NEEDED FOR COUNTY WIDE COMMITTEES

Volunteers are still needed for 4-H county wide committees. We are looking for both youth and adults to help plan Osborne County 4-H activities. We would like to see a representative from each club so all clubs have a voice. Please consider signing up! Most committees meet one to two times and we offer the option to participate remotely.



QR Code for Osborne County Committee Sign-up

SAVE THE DATE FOR 2025 OSBORNE COUNTY FAIR



July 23 - 26, 2025

Stars, Stripes &

Summer Nights



SMITH COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

Risa Overmiller, 4-H Program Coordinator
(785) 282-6823 overmiller@ksu.edu

Merry Christmas

Think About It

- Discuss as a club what activity you would like to do as a whole county?
- What would be some prize choices you would want to win at the fair?

Tell your council members so they can bring feedback to our December meeting.

Smith County 4-H Achievement

Congratulations to all 4-Her's who received their achievement pins and project awards. We are so proud of you for the hard work you have put in this last year.



Project Record Award Winners

Sierra Kingsbury - 4-H Key Award



Leaders- Laura & Marlene

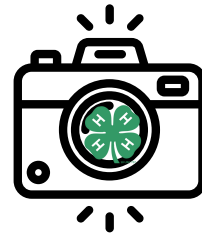


Achievement Pin Award Winners

Important Dates:

- Jan. 4 - KSU Women's Basketball Game
- Jan. 11 - 4-H Quiz Bowl, Mankato
- Feb. 8 - PRD 4-H Day & Judging Contests, Beloit
- Mar. 3 - PRD 4-H Day & Judging Contests, Osborne
- Mar. 22 - Super Saturday in Colby, KS

2025 Smith County Fair Theme *Lights, Camera, 4-H Action!*



Record Keeping 101



[ZBooks Online 4-H Record Keeping](#)

ZBooks online 4-H Record Keeping and Resources. The Permanent Record is included in ZBooks. This is a great way to keep your records as you go all year long, so you don't wait until the last minute and forget something.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

QUIZ BOWL

JANUARY 11 IN MANKATO

New in 2025, we are going to extend an invitation to neighboring extension unit 4-H members to participate in making 4-H Quiz Bowl a fun, regional event. Make plans to participate in 4-H Quiz Bowl on Saturday, January 11 at Rock Hills High School in Mankato, beginning at 9:00 a.m. The 4-H Quiz Bowl is a fun, semi-competitive event where participants demonstrate their knowledge about various topics related to the 4-H program, its history, and its values. It is designed to help youth deepen their understanding of 4-H while fostering teamwork, leadership, and public speaking skills! Registration, rules, and a study guide will be available on the [Quiz Bowl event webpage](#) starting December 3.

It is free to participate, but registration is needed by January 3. Youth will participate in teams of four. There will be two age divisions, junior and senior. Team members must participate in the division of the oldest member. You do not have to be from the same club or county to be on a team together. When you register, tell us what team you intend to be on. If you don't have a team yet, just sign up and we will combine youth into teams!



Register by
January 3
bit.ly/4-HQuizBowl



Practice with the
Study Guide!

4-H DAY WITH KSU WOMEN'S BASKETBALL

The annual 4-H Day with the K-State Women's Basketball Team is scheduled for Saturday, January 4, 2025 at 4:00 p.m. Cheer loud with 4-H friends from around the state as the Wildcat women take on the Red Raiders of Texas Tech! Register at <http://tinyurl.com/4HDaywiththeCats2025> by December 13, 2024. The event flier will be posted on the [Post Rock District 4-H Events](#) webpage.

KANSAS 4-H CAMP EARLY BIRD REGISTRATION ENDS JANUARY 1

It's time to sign-up for Kansas 4-H 2025 Summer Camp! There is an early-bird sign-up that runs until January 1 with a 10% discount! Kansas 4-H camp sessions are posted at www.rockspringsranch4hcamp.org. Each family will register directly with Rock Springs Ranch through the website. Before you register, contact your local Extension Office and your club leader. There may be club or county-level event scholarships available.

ENTREPRENEURSHIP CHALLENGE

The Kansas Youth Entrepreneurship Challenge (YEC) takes place through a partnership between Network Kansas, K-State University, and Kansas 4-H! 4-H members are encouraged to think about how project learning can be enhanced through business planning and entrepreneurship. Look for an opportunity to compete in YEC in your county! If you need a mentor or additional support, let your local Extension Office know! We are happy to help! *P.S. - We are adding some new contests to 4-H Day that are entrepreneurship focused! This gives youth entrepreneurs an opportunity to practice pitching a business and you'll gain valuable feedback to help you prepare for YEC!*

REDUCED OFFICE HOURS IN DECEMBER - DELAYED JANUARY NEWSLETTER RELEASE

Post Rock District Offices will be closed December 25, 2024 through January 1, 2025. Our normal hours will resume on January 2. There will be very limited access to Post Rock District staff by email and phone during this time. Please plan ahead if you need support with your 4-H experience or if you need to visit the local Extension Office. January's newsletter will be sent out on Friday afternoon, January 3. We wish you a great holiday season!

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

DISCOVER YOUR FUTURE COURSE APPLICATIONS DUE BEFORE DECEMBER 8

The 4-H Career Exploration and Pathway Program is a new collaboration between Kansas 4-H and KSU! It offers high school juniors and seniors the chance to explore potential career paths through 4-H projects and introductory college courses at Kansas State University. The program aims to equip participants with valuable skills for their future careers. For more information on the Discover Your Future 4-H Program, please [visit the website](#).

SHOOTING SPORTS PROJECT FEE DUE BY DECEMBER 12

If you enrolled in a Shooting Sports project, it is time to pay your County 4-H Council the \$10.00 project participation fee. One amount is due regardless of number of disciplines enrolled in. The project fee supports the special requirements needed to maintain a 4-H Shooting Sports Program in the Post Rock District. If you do not submit your fee by December 12, you will be removed from Shooting Sports project enrollment. You will not be able to re-enroll in the project disciplines until the fee is paid.

Youth 8 years old before January 1, 2025 can participate in 4-H Shooting Sports. Youth MUST be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. Contact Tonia Underwood, tiunderw@ksu.edu, our District's certified Shooting Sports Coordinator, to learn about practices with our certified instructors.

WINTER ARCHERY PRACTICES BEGIN IN JANUARY

Indoor archery practices will be on January 12, 19, 26, and February 2, 16, and 23 at the Jewell County Fairgrounds in Mankato. Stede Underwood, certified Kansas 4-H instructor, will facilitate the practices. He will run 2 groups this winter. Beginners practice will start at 2:00 p.m. More experienced archers (aka: youth that have been to a qualifier before) will practice at 3:00 p.m. For more information and to sign-up to attend, contact Tonia at tiunderw@ksu.edu or 785-378-3174.

4-H PROJECT RECORDS ADVANCING TO REGIONAL JUDGING DUE JANUARY 10

Post Rock District Senior age 4-H members (ages 14 – 18) are eligible to advance to the North West 4-H Project Record screening if they were chosen as the project award winner in their local county. 4-H members must turn in project records for regional screening to their local Post Rock District Extension Office by January 10, 2025. This allows us to get the project records to our Post Rock District staff who will be going to the North West Regional screening on January 16. The following items complete a Regional Project Award submission: check sheet; personal information page; cover letter; resume; and project report form. Contact your local Extension Office for additional information or for one-on-one assistance. Helpful resources to assist with preparing the cover letter and resume can be found at these links: [Local Record Keeping & Project Report Forms](#), [Guide to Kansas 4-H Project Recognition](#), and [Create a Successful Resume](#).

K-STATE JUNIOR PRODUCER DAYS

K-State Junior Swine Producer Day is on March 1 and K-State Junior Meat Goat Producer Day is on March 22 in Manhattan. These educational events will be fun-filled days in which youth can increase their knowledge in swine and meat goat projects. Youth and adults must register by February 5 for Swine Day and February 26 for Meat Goat Day to receive a t-shirt at <https://commerce.cashnet.com/KSUASIND>.

HORSE PANORAMA IN ROCK SPRINGS

Save the date! Kansas 4-H Horse Panorama is February 22-23, 2025 at Rock Springs 4-H Center. Let your Extension Office know if you plan to attend, so we can share registration information once the details are released!

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

4-H DAYS IN POST ROCK DISTRICT

Post Rock District 4-H Day registration will open January 3. The 2025 4-H Day Guide will be available on our 4-H Day webpage at www.postrock.k-state.edu/4-h/4-hday/. It will be published by December 9.

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It's an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies.

Kansas 4-H members have been learning communication skills and building confidence for more than 100 years. Through engagement in 4-H, youth will learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more! Kansas 4-H has many helpful resources to assist you with developing communication skills. If you can't find a resource to meet your needs, please contact your local Post Rock District Office.

Plan ahead and practice your presentations during club meetings. Explore public speaking resources on the [Post Rock District's 4-H Communication webpage](#).

- **4-H Day #1: Saturday, February 8 in Beloit beginning at 8:00 a.m.**
- **4-H Day #2: Monday, March 3 in Osborne beginning at 4:30 p.m.**

New in 2025, we are expanding the judging contests that are part of 4-H Day into a Judging Extravaganza! Judging Extravaganza is a come-and-go experience. There is no pre-registration required for these contests. An optional team competition of four members will be available. Study guides for each judging contest will be available beginning January 10!

SCHEDULE AN IN-PERSON YQCA EXPERIENCE FOR YOUR CLUB/COUNTY

Youth for the Quality Care of Animals (YQCA) is a youth livestock quality assurance program that covers food safety, animal well-being, and character development. It is a great learning experience for youth involved in any livestock project! Learn more about YQCA at www.postrock.k-state.edu/4-h/yqca/. *Your club or county can host an in-person training. Blaire Todd, Livestock Production Agent (blairet@ksu.edu), or Risa Overmiller, 4-H Program Coordinator (overmiller@ksu.edu), can assist with your questions and getting an in-person class scheduled.*

CONTINUING EDUCATION SCHOLARSHIPS FOR 4-H MEMBERS

The application for Kansas 4-H Scholarships are now available on the [Kansas 4-H website](#) under [Awards & Recognition](#). It is important to review the requirements before getting started on your application. Applications and supporting documents are due no later than March 1, 2025. Additionally, there may be a local scholarship opportunity you are eligible for as a 4-H member! Find applications and details on the [Post Rock District's Education Scholarships website](#). Contact your local office with questions.

ADULT VOLUNTEERS NEED TO ENROLL IN 4-H ONLINE BY DECEMBER 30!

It takes many adult volunteers to have successful project learning experiences, workshops, community service activities, etc. Register as an adult volunteer in 4-H Online as soon as possible. After registering, your local Extension Office staff will share with you the steps to complete the required background check. This is paid for by Post Rock District. Once all of these steps are completed, you are eligible to be considered for approval by the Post Rock District Governing Board. **If you plan to assist/support your club, council, or at project meetings (beyond helping the children in your immediate family), please register as an adult volunteer!**