



POST ROCK DISTRICT 4-H NEWSLETTER OCTOBER 2024

DISTRICT/STATE EVENTS AND DEADLINES AT A GLANCE

- Oct. 1: Achievement Pins and Record Books due
- Oct. 1: Club Seal due
- Oct. 1: 4-H Enrollment Begins
- Oct. 6-12: National 4-H Week
- Oct. 6-12: 4-H Spirit Week - A Post Rock District Party
- Oct. 12-13: 48 Hours of 4-H Community Service
- Oct. 13: Osborne County Achievement / Fall Kickoff, Downs
- Oct. 15: KYLF & VLF registrations due
- Oct. 19-20: State 4-H Dog Conference, Rock Springs Ranch
- Oct. 20: Mitchell County Achievement Celebration, Beloit
- Nov. 2: PRD 4-H Office/Member Leadership Training, Smith Center
- Nov. 3: Jewell County Achievement Celebration, Esbon
- Nov. 3: Lincoln County Achievement Celebration, Hunter
- Nov. 23: Smith County Achievement Celebration
- Nov. 23-24: Kansas Youth Leadership Forum, Rock Springs Ranch
- Nov. 23-24: Volunteer Leadership Forum, Rock Springs Ranch
- Jan. 11: Post Rock District 4-H Quiz Bowl, Mankato
- Feb. 8: Post Rock District 4-H Day #1, Beloit
- Mar. 3: Post Rock District 4-H Day #2, Osborne



KANSAS 4-H MASTER CALENDAR

Kansas 4-H has a state and regional events master calendar. It is a living document with regular additions. Access the latest version at 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
tunderw@ksu.edu



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



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



JEWELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER



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



4-H ENROLLMENT OPENS OCTOBER 1!

4-H Online Enrollment website:
<https://v2.4honline.com>

REVIEW INSTRUCTIONS ON PAGES 2 & 3!
ENROLL BEFORE NOVEMBER 15.

Login Email
Password

4-H Online will be open to process enrollments on Tuesday, October 1. Both new and returning youth and volunteers need to enroll for the new 4-H year.

- Returning members will select 'pay by check' and submit. We will enter the sponsor code from the office. 4-H Council will pay your program fee.
- New 4-H members will pay the fee, but you will receive credit at the 4-H food stand in the summer if you are still an active 4-H member.
- Cloverbuds will not be asked to pay a fee.

LAST CALL FOR 4-H ACHIEVEMENT PIN AND RECORD BOOK SUBMISSIONS!



Your 4-H Record Book, Project Records and Achievement Pin Applications are due to the Mankato Extension Office on Tuesday, October 1 before the end of the business day at 4:30 p.m.

CLUB OFFICERS - NOTIFY EXTENSION OFFICE

Please notify Tonia at the Extension Office of all elected officers and club leaders for the 2024-2025 4-H year.

****Make sure club leaders, club officers, and club signatories are all listed in your meeting minutes!****

SHARE YOUR 4-H FUN!



We want to hear about your exciting activities during October for 4-H month (and all year long). Email pictures and highlights to Tonia to be featured by Post Rock District 4-H! Remember to send articles to the local newspaper regularly.

4-H ACHIEVEMENT CELEBRATION

Sunday, November 3
3:00 p.m.

Esbon Community Center

Jewell County 4-H Council invites you to the annual 4-H Achievement Celebration. Please bring a snack or dessert to share. Drinks will be provided. We are excited to spend the afternoon celebrating last year's success and kick-off another year of fun!



4-H COUNCIL NEWS

2024-2025 Jewell County 4-H Council Officer Team:

- ~ President: Faith Reinert
- ~ Vice President: Nelson Underwood
- ~ Secretary: Jayce Cady
- ~ Treasurer: Haylee Fuller
- ~ Reporter: Ainsley Gunn

Jewell County 4-H 2025 County Fair Grievance Committee: Nelson Underwood, Jayce Cady, Lenden Worm, Whitley Frost, Stede Underwood, Jillian Worm, and Natalie Frost

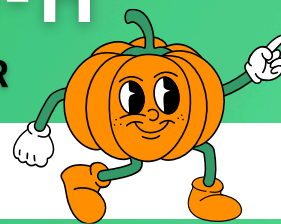
Jewell County 4-H Council is looking to hire a Food Stand Manager for the 2025 County Fair. A committee was appointed to hire a manager. If you know someone interested in this role, contact Tonia for more details.

The next Jewell County 4-H Council Meeting is October 22 at the Courthouse starting at 7:00 p.m.



LINCOLN COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER



Tonia Underwood, 4-H Program Coordinator
(785) 524-4432 tiunderw@ksu.edu



4-H ENROLLMENT OPENS OCTOBER 1!

4-H Online Enrollment website:
<https://v2.4honline.com>


Login Email
Password

REVIEW INSTRUCTIONS ON PAGES 2 & 3!
ENROLL BEFORE NOVEMBER 15.

4-H Online will be open to process enrollments on Tuesday, October 1. Both new and returning youth and volunteers need to enroll for the new 4-H year.

- ALL members will select 'pay by check' and submit. We will enter the sponsor code from the office. Lincoln County 4-H Boosters will pay your program fee! Cloverbuds will not be asked to pay a fee.


LAST CALL FOR 4-H ACHIEVEMENT PIN AND RECORD BOOK SUBMISSIONS!

 Your 4-H Record Book, Project Records and Achievement Pin Applications are due to the Lincoln Extension Office on Tuesday, October 1 before the end of the business day at 4:30 p.m.

EVENT SCHOLARSHIP APPLICATIONS DUE

The 4-H Boosters offer scholarships which cover half of the registration expense to attend a state 4-H event. **Youth must apply every year by October 1 to be eligible.** Submit your application if you think you may be interested in experiencing a 4-H event or conference!

4-H COUNCIL MEETING

 4-H Council will meet on Wednesday, October 16 at the Lincoln Senior Center beginning at 6:30 p.m. All NEW Club Representatives need to attend. We will elect officers and set goals for the year. Bring your calendar so future meeting dates can be set.

FARM SHOW: FEB 15 SAVE THE DATE

The Farm Show in Vesper is February 15. 4-H Clubs and members have been asked to provide booths sharing your project and community work!

4-H ACHIEVEMENT CELEBRATION

Sunday, November 3
6:30 p.m.

Hunter Community Center

Lincoln County 4-H Council invites you to the annual 4-H Achievement Celebration. The Hunter Huntsman 4-H Club will host. The awards ceremony will acknowledge many achievements this past year and kick-off another year of fun with Lincoln County 4-H!

- Everyone is asked to bring a finger food to share.

SHARE YOUR 4-H FUN!



We want to hear about your exciting activities during October for 4-H month (and all year long). Email pictures and highlights to tiunderw@ksu.edu to be featured by Post Rock District 4-H! Remember to send articles to the local newspaper regularly.

WELCOME CARLA!

Carla Morrical is joining the Post Rock District team as a part-time 4-H Program Coordinator! She is excited to serve Lincoln County 4-H. Please help welcome Carla as she transitions into her role this fall!

CLUB OFFICERS - NOTIFY EXTENSION OFFICE

Please notify the Lincoln Extension Office of all elected officers and club leaders for the new 4-H year.

****Make sure club leaders, club officers, and club signatories are all listed in your meeting minutes!****



MITCHELL COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER



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



4-H ENROLLMENT OPENS OCTOBER 1!

4-H Online Enrollment website:
<https://v2.4honline.com>

REVIEW INSTRUCTIONS ON PAGES 2 & 3!
ENROLL BEFORE NOVEMBER 15.

4-H Online will be open to process enrollments on Tuesday, October 1. Both new and returning youth and volunteers need to enroll for the new 4-H year.

- Tipton 4-H Club members will select 'pay by check' and submit. We will enter the code from the office. Your club will pay your program fee.
- West Beloit and Asherville Achievers 4-H Club members will pay for your enrollment personally.
- Cloverbuds will not be asked to pay a fee.

LAST CALL FOR 4-H ACHIEVEMENT PIN AND RECORD BOOK SUBMISSIONS!



Your 4-H Record Book, Project Records and Achievement Pin Applications are due to the Beloit Extension Office on Tuesday, October 1 before the end of the business day at 5:00 p.m.

CLUB OFFICERS - NOTIFY EXTENSION OFFICE

Please notify Tonia at the Extension Office of all elected officers and club leaders for the 2024-2025 4-H year.

SHARE YOUR 4-H FUN!

We want to hear about your exciting activities during October for 4-H month (and all year long). Email pictures and highlights to Tonia at tiunderw@ksu.edu to be featured by Post Rock District 4-H! Remember to send articles to the local newspaper regularly.

**TONIA'S
HERE
TO HELP
YOU!**

Tonia plans to be in the Beloit Office on most Wednesdays or by appointment! Tonia works full-time for Post Rock District, so if you need something, please call or email!

4-H ACHIEVEMENT CELEBRATION

Sunday, October 20
6:00 p.m.

New Fair Building in Beloit

Mitchell County 4-H Council invites you to the annual 4-H Achievement Celebration. Join us for a meal, fellowship and awards ceremony to acknowledge many achievements this past year and kick-off another year of fun with Mitchell County 4-H!

- Asherville Achievers = Location
- West Beloit = Provide Drinks and Tableware
- Tipton = Decorations
- Everyone is asked to bring a main dish and a side, salad, or dessert to share.

TEEN LEADER PRESENTERS NEEDED

If you are a teen member and would like to help present awards at the Achievement Celebration, please let Tonia know ASAP.

SERVICE TO 4-H AWARD NOMINATIONS



Mitchell County 4-H Council recognizes a standout contributor to the county program each year. The Council selects the recipient from nominations submitted from current members and families. The award is presented at the Achievement Celebration. Watch your email for the nomination form!

4-H COUNCIL MEETING

4-H Council will meet on Sunday, October 20 right after the Achievement Celebration. New Club Representatives need to attend. We will elect officers and set goals for the year!





OSBORNE COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER

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



OSBORNE COUNTY 4-H FALL KICKOFF OCTOBER 13



The 2024 Osborne County 4-H Fall Kickoff will be held on **Sunday, October 13th from 4:00 to 5:30 p.m. at the Downs Roadside Park**. Be sure to join us as we kick off the 2024 - 2025 4-H year with games, activities and a light supper. Solomon Valley 4-H Club is planning this fun event. Invite friends and new families to encourage them to join 4-H!

OSBORNE COUNTY 4-H 48 HOURS OF SERVICE PROJECT

This year's Osborne County-wide 48 Hours of Service project is collecting canned goods for local food pantries in Osborne County. Please bring canned items/monetary donations to the 4-H Kickoff. 4-H representatives will deliver the donated items to the respective food pantries.



Show your 4-H pride through participating in Post Rock District's Spirit Week Party! Each day has a theme. Be sure to wear your 4-H T-SHIRTS on Wednesday! Check out Page 5 of the newsletter for all the themes.

FINAL CALL FOR 4-H ACHIEVEMENT PINS AND PROJECT RECORD BOOK SUBMISSIONS

Project record books, achievement pin applications and club seal applications are due to the Osborne Extension Office on Tuesday, October 1 before the end of the business day at 5:00 p.m.

4-H ENROLLMENT OPENS OCTOBER 1!



4-H Online Enrollment website:
<https://v2.4honline.com>

**REVIEW INSTRUCTIONS ON PAGES 2 & 3!
ENROLL BEFORE NOVEMBER 15.**

4-H Online will be open to process enrollments on Tuesday, October 1. Both new and returning youth and volunteers need to enroll for the new 4-H year. ALL members will select "Pay by Check". DO NOT MAIL A CHECK. Osborne County 4-H Council is paying this year's program fee. Cloverbuds will not be asked to pay a fee.

4-H LEADERSHIP TRAINING

Save the date of **Saturday, November 2** for Officer and Member Leadership Training! See page 4 for additional details and how to register. Register by October 24th.



4-H COUNCIL NEWS

October 4-H Council Meeting

October 28 | 7:30 p.m. | Osborne Extension Office



SHARE YOUR 4-H FUN

Share your individual and club fun and exciting activities during October (and throughout this 4-H year)! Email pictures, videos, club news, and 4-H highlights to Kim at kimn@ksu.edu. These materials may be featured by Post Rock District. Club reporters be sure you are sharing club meeting/event information and photos with your local newspaper.

VOLUNTEERS NEEDED FOR COUNTY WIDE COMMITTEES

Youth and adult volunteers are needed for county wide committees. We would like representatives from each club. Please watch your email for a link to the sign-up.



SMITH COUNTY 4-H

POST ROCK DISTRICT NEWSLETTER



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

Enroll in 4-H beginning Oct. 1



Log in to 4-H Online to complete your 2024-2025 enrollment!

Lets challenge ourselves to be re-enrolled by Nov. 1.

For more detailed instructions read pages 2-3 in the newsletter.

Kansas State Fair



Congratulations to all who participated in the 2024 Kansas State Fair. We are proud of you and your accomplishments and hard work. Come to the office to pick up your project and ribbons.

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.

Club and Council Officers

A club and council officer should have been in 4-H for at least 2 years before holding an office. A council member is recommended to be 12 years or older 4-H age as of January 1. We know with our younger clubs this is hard to do, so we are happy to have younger members too.

A great way to understand your office is to attend officer training. We are holding one on Nov. 2 in Smith Center from 9-12 at the American Lutheran Church.



Register by October 24!



Important Dates:

- Oct. 1 - Pin and Record Books due to the office
- Oct. 1 - Enrollment for '24 - '25 4-H year will open
- Oct. 2 - Achievement Committee to meet via zoom @ 8:45 p.m.
- Oct. 6 - 4-H Council meeting 2:30 p.m. @ Courthouse
- Oct. 6-12 - National 4-H Week
- Oct 9 - Show your Spirit wear your 4-H gear!
- Oct. 15 - KYLF registration due; event: Nov. 23-24 @ Rock Springs
- Oct. 27 - 4-H Council meeting 2:30 p.m. @ Courthouse - elections, budget
- Nov. 2 - District Officer Training in Smith Center 9-12
- Nov. 23 - Achievement Celebration
- Jan. 11- Quiz Bowl

Opportunity

If you like to make videos or need something to meet a requirement on your pin application -- We are in need of videos to put up on the Facebook page to encourage others to join 4-H. We will use these videos during 4-H week and the month of October. Remember videos should only be a couple of minutes long. You can email them to tiunderw@ksu.edu or bring to the office to download.

I ♥ 4-H Week - Oct. 6-12



National 4-H week/month in October is a great time to do something for your community. Read the newsletter pg 5 for 4-H spirit days.

#4HBeyondReady

You can do something on your own, with someone, or as a club. Send us photos of what you did to help your community.



POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS



**4-H
ENROLLMENT
OPENS
OCTOBER 1!**



Log in to
4-H Online to
complete your
2024-2025
enrollment!

October is here which means it is time to enroll in 4-H! Participation in events, contests, and other activities will be limited until active membership status has been completed and approved, so do not delay getting enrolled! Cloverbuds, new members, renewing members, and volunteers need to complete enrollment. The Post Rock District priority enrollment period is October 1 through November 15. For more information visit www.postrock.k-state.edu/4-h/enroll/.

Complete your 4-H Online enrollment from a computer. It is easier to navigate the 4-H Online database from a computer rather than a smart phone. Contact your local Extension Office if you have any questions or to schedule an appointment to complete enrollment at the office or other mutually agreed upon location.

Create a 4-H Online Account: If you or your family have never used 4-H Online, begin by creating an account.

1. Go to 4-H Online at <http://v2.4honline.com>
2. Click "Don't have an account"
3. Select the Kansas 4-H drop-down menu
4. Select Kansas 4-H Youth Development as your Institution
5. Choose your 4-H county
6. Complete the information
7. Create a password
8. Click [Create Account]
9. Enter your Family's address information
10. Click [Verify]
11. Continue to Youth Member and Cloverbud Enrollment
12. You will need to remember your account username and password

Log in to Your Existing 4-H Online Account: If you are a current 4-H family and have had an account in 4-H Online, renew your enrollment using the same account. Add additional family members under the existing account. Do not create a new account!

1. Go to <http://v2.4honline.com>
2. Enter your email address and password
3. If your forgot your password, complete the "Reset password?" process
4. Click [Sign In]
5. Continue to Youth Member and Cloverbud Enrollment



Important 4-H Membership Fee Payment Information is on the next page of this newsletter!



Family Enrollment Guide

Review the Family Enrollment Guide for more information about navigating 4-H Online. It's available at www.kansas4-h.org/resources/4-h-online/.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS



4-H AGE REQUIREMENTS

4-H Members are 7 - 18 years old by January 1, 2025. Cloverbuds are 5 - 6 years old by January 1. Cloverbuds participate for experience only.

NEED A COMPUTER?

If you need access to a computer to help you enroll, schedule an appointment with your local Extension Office. We are happy to help you enroll in 4-H!

Important 4-H Membership Fee Payment Information

Kansas 4-H's annual membership fee is \$15 per member.
Cloverbuds do not pay a fee.

Receiving a Sponsorship?

Select 'Pay by Check'

This is the payment method to use to ensure all available local county and club sponsorships are applied. When you select this option, Post Rock District staff will enter your sponsorship code on the backside of the database during the approval process.

Need to Pay Personally?

Select 'Pay by Check' OR Select 'Pay by Credit Card'

- **Pay by Cash or Check to your 4-H Council:** DO NOT mail a check to the State 4-H Office. If you want to pay for your 4-H enrollment with a check or cash, select 'pay by check' in the 4-H Online system. Then, go to your local Extension Office and complete your payment. Please make checks payable to your County's 4-H Council.
- **Pay by Credit Card:** If there are no county or club sponsorships covering your membership fee, you will be personally responsible to pay your enrollment by November 15. If you do not want to pay by cash or check, you can choose to pay your fee by credit card. Keep in mind, credit card payments are made directly to the Kansas 4-H State Office. Once you select this option, there is a very limited ability to change your payment method or address a mistake. When in doubt select 'pay by check'!

Not sure how to pay?

Select 'Pay by Check'

If you are not sure how to pay, select 'pay by check' before submitting and our staff can assist on the backside of the database during the approval process. Some counties and clubs have a membership scholarship. Check your county's page in this newsletter for more specific payment instructions.

4-H PROJECT SELECTION

When enrolling in 4-H Online, 4-H members will select projects you are interested in exploring during the year. Your project selections can be modified until spring. Cloverbuds enroll to a 4-H club, but do not select any projects in 4-H Online. Explore more about the projects in the Kansas 4-H Project Selection Guide, available at www.kansas4-h.org/projects/.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

4-H LEADERSHIP TRAINING FOR CLUB OFFICERS AND MEMBERS SATURDAY, NOVEMBER 2 SMITH CENTER

Post Rock District's 4-H Leadership Training will take place Saturday, November 2 in Smith Center at American Lutheran Church (415 W New York Street). Training will begin at 9:00 a.m. and conclude by Noon. If you are an officer (or if you'd like to build your skill set to serve as an officer in the future) this is a great interactive training to come participate in! There will also be an opportunity to learn about member achievement awards, project records, 4-H presentations, and more. All ages and experience levels of youth are welcome! This year, we'll be learning in a full-group setting so you'll gain information and skills in a wide variety of areas. You'll benefit from a chance to bond with your 4-H club members and have a chance to make new friends from across the District. Adults are welcome to observe the fun so you can support your 4-H young leaders throughout the year. It is free to attend, but please register by October 24 at <https://bit.ly/PRD4HOfficerTraining>.

ALL CLUB OFFICERS AND MEMBERS ARE ENCOURAGED TO PARTICIPATE!



Register by
October 24!

BEYOND READY NATIONAL 4-H WEEK OCTOBER 6 - 12

National 4-H week is October 6 - 12. 4-H clubs, 4-H families, and 4-H members are encouraged to use National 4-H Week as a platform to showcase activities, recruit new members, say thank you to sponsors, and spread the word about the value of 4-H in fostering leadership, encouraging community service, developing friendships, and offering hands-on learning.

Do you have any specific plans for celebrating or promoting 4-H week? Let your local Extension Office know! If you share a photo and spotlight article about your activities, we are happy to give you a shout out on Post Rock District's 4-H Facebook page. This is a great way for your officer team to share the great news about 4-H. Don't forget to share with your local newspaper!



POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

4-H SPIRIT WEEK ~ A POST ROCK DISTRICT PARTY!

You are invited to join the Post Rock District's Spirit Week Party!

You are challenged to celebrate 4-H with each theme day.

There are endless ways to show your 4-H spirit!

~Talk to a friend at school. ~Discuss the theme at supper time.

~Text about the theme to a loved one. ~Feature the theme on your social media.

~Call a friend you'd like to encourage to join 4-H and use the theme to highlight why 4-H is amazing.

Want to be featured with Post Rock District 4-H? Text Tonia at 785-282-8131 or email tiunderw@ksu.edu by 9:30 a.m. on each theme day. If you submit a highlight related to the theme, you can be featured through Post Rock District email outreach to current membership and on the Post Rock District's 4-H Facebook page. You can submit earlier than day-of for each theme. Late submissions will be featured other times throughout October. Remember to follow the Kansas 4-H Code of Conduct with your features.



NATIONAL 4-H WEEK ~ OCTOBER 6-12

SU

Alumni and Current Member Role Call - Share your favorite 4-H Stories.

M

Clover Day - Share a pic of your Cloverbud or First Year of 4-H!

T

Beyond Ready - Tell how 4-H has prepared you for your future.

W

Spirit Day - Wear your 4-H gear! Go Green!

TH

Throwback Thursday - Share about your first 4-H memory.

F

Back in the Barn - Post a picture with your favorite 4-H animal.

SA

Snap a picture of you and your favorite 4-H accomplishment.

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

48 HOURS OF 4-H COMMUNITY SERVICE

48 Hours of 4-H is a community service challenge for all members in Kansas 4-H! The challenge takes place October 12-13, as an exciting end to the National 4-H Week. 48 Hours of 4-H is an opportunity for 4-H members and supporters to engage in a concentrated period of community service and project work. **It's a chance to make a big impact and showcase the dedication and teamwork of the 4-H community.**

You can complete a service project as a member, family, group, or as a 4-H club project. **We know schedules are busy, so any community service project taking place around National 4-H Week or during the month of October can qualify for the 48 Hours of 4-H Service Challenge! Remember to make it an official 48 Hours of 4-H Service Project by registering your project with [Kansas 4-H on the challenge website](#).**

Share a picture and summary of your project with your 4-H Program Coordinator so we can help celebrate your commitment to live out the 4-H pledge. Sending a news release to the local newspaper is also a great way to share your club's local impact.



COUNTY ACHIEVEMENT CELEBRATIONS

Each county will be hosting an Achievement Celebration this fall to kick off the new 4-H year and celebrate the successes of last year. This is a wonderful opportunity to invite new members to start making 4-H friends and memories. Check your county's newsletter page for complete details as 4-H Councils plan the celebrations!



- Jewell County = November 3
- Lincoln County = November 3
- Mitchell County = October 20
- Osborne County = October 13
- Smith County = November 23

KANSAS YOUTH LEADERSHIP FORUM REGISTRATION DUE OCTOBER 15

KYLF is November 23-24 at Rock Springs 4-H Center. The experience is for 4-H members who are 14-18 years old before January 1, 2025. KYLF will feature leadership workshops, State 4-H Council elections, and many opportunities to have fun and make friends from across the state. Post Rock District will provide a chaperone and transportation to and from KYLF. Find cost, schedule, and other details on the [Kansas 4-H event website](#). [Register online by October 15!](#)

Kansas Volunteer Leaders Forum will take place concurrently with KYLF. This event is for adult volunteers. It's a great platform for sharing ideas, gaining new skills, and strengthening the network of 4-H volunteers across the state. Registration and details are on the [Kansas 4-H event website](#).

Sailing Into Lead ARR ship



CONGRATULATIONS TO ALL STATE FAIR PARTICIPANTS

Congratulations to all members that participated in the Kansas State Fair or Grand Drive! You can find results listed at www.kansas4-h.org/events-activities/fairs/kansas-state-fair/. Share photos and highlights of your experience at State Fair with your 4-H Program Coordinator!



POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS



IMPORTANT ITEMS WITH A DEADLINE OF OCTOBER 1

- Achievement Pin and Key Award Applications
- Project Record Reports and Permanent Record Books
- Club Seal Applications
- KS 4-H Youth Leadership Council Applications

SET 4-H PROJECT GOALS ~ SET 4-H CLUB GOALS

Use the "[Setting 4-H Project Goals](#)" [worksheet](#) as you set goals for your 4-H projects and with your 4-H club!

- Once a young person has selected their 4-H projects, they should plan out what they would like to learn and accomplish.
- Goal setting is a great educational activity to incorporate into a 4-H club meeting! It is very helpful when this process is done with the support of a caring adult to ensure the 4-H member has a positive project experience.
- 4-H club meetings should include goal-setting to help your club activities meet the interests of the membership while also striving to try new ways to live by the 4-H pledge! The worksheet is a great guide for clubs, too!

NEWS RELEASES AND SUCCESS STORIES

Throughout this new 4-H year, 4-H club officers are encouraged to share the exciting activities your club is up to by emailing a photo and short success story to your 4-H Program Coordinator. We'll then take these impact stories and share them out on our district social media accounts. While you are sharing your impact, remember to submit news releases about your 4-H club to the local newspaper!

SHOOTING SPORTS PROJECT IN POST ROCK DISTRICT

In the new year of 4-H, all youth 8 years old before January 1, 2025 can participate in 4-H Shooting Sports. You **MUST** be actively enrolled in Shooting Sports via 4-H Online to be able to attend any practice or activity. In Post Rock District, in addition to enrolling in 4-H Online, there is a Shooting Sports project participation fee of \$10.00, due to your 4-H Council before you can attend any activity. You can only enroll in a discipline supported by Post Rock District. Tonia Underwood, tiunderw@ksu.edu, serves as our District's certified Shooting Sports Coordinator. Contact Tonia to learn about fall practices with our instructors, and be sure to get your 4-H Online enrollment completed as soon as October 1 arrives if you plan to participate in fall Shooting Sports activities. Here are the adult volunteers that are certified by Kansas 4-H.

- Archery Instructors: Tommie Berger / Stede Underwood
- Shotgun Instructors: Karen Panter / Dean Heise
- BB Gun / Air Rifle Instructor: Jeff Cady

INDEPENDENT STUDY OPTION

Kansas 4-H believes that participation in an organized 4-H club is the preferred method of involvement for members, but acknowledges there are sometimes extenuating circumstances that may make independent 4-H membership a viable way to still engage in 4-H youth development learning. If you select independent membership while enrolling in 4-H Online, please note there are additional steps that need taken before membership will be approved. You will need to complete an Independent Member Study Agreement. The agreement will be reviewed and approved if all expectations are met. If you selected independent membership, please reach out to your 4-H Program Coordinator or local Extension Office as soon as possible to navigate next steps!

POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS

SHUTTERBUG PHOTOGRAPHY EVENTS

Shutterbug events are state-level 4-H photography workshops led by the Kansas State 4-H Photography Action Team. All participants, youth and adults, will need to register and indicate if they will be staying for lunch. The cost will be \$3 per person. Bring your smart phone or camera. Limited DSLR cameras also available for checkout - bring your own SD card so you can take photos home with you. For more information and dates check out www.kansas4-h.org/events-activities/conferences-events/photography/index.html.

- **Shutterbug at Hays on October 26** (held in conjunction with the regional Live Well, Lead Well Workshop, but it is not required to attend both).
- Register by October 15 at https://kstate.qualtrics.com/jfe/form/SV_6tHQrM4iZhs6Pki.

LIVE WELL, LEAD WELL WORKSHOP

Youth 7-18 years of age are asked to join Kansas 4-H for an exciting afternoon packed with interactive, hands-on activities designed to help you build a Strong Mind, Active Heart, Helping Hands, and Healthy Lifestyles. All participants, youth and adults, will need to register and indicate if they will be coming for lunch. The cost will be \$3 per person. This is a state-level 4-H event when completing your pin applications!

- **October 26 in Hays (held after 4-H Shutterbugs) is the Northwest 4-H region's event.**
- Registration is due October 15. Register at https://kstate.qualtrics.com/jfe/form/SV_6tHQrM4iZhs6Pki.



KANSAS YOUTH *VIRTUAL* ENTREPRENEURSHIP CHALLENGE (KYVEC)



The Kansas Youth Virtual Entrepreneurship Challenge is a state-wide virtual business pitch competition with categories for elementary, middle, and high school students. Participants pitch a business idea in a 3-5 minute video for a chance to win cash prizes! Competition opened September 1 and submissions are due October 26. Winners will be announced in November.

- Register at www.campdestinationinnovation.com/kyvec for additional competition details, including example videos from previous winners.
- Please email campdiwichita@gmail.com directly with any questions.

ALPHA OF CLOVIA HOSPITALITY WEEKEND

Alpha of Clovia is excited to invite high school girls involved in 4-H to their fall Hospitality Weekend on November 9 and 10. This event, held right off the Manhattan campus of Kansas State University, offers a wonderful opportunity to learn about the cooperative Leadership House, meet new friends, and explore the values of Clovia. Register online at [Clovia Hospitality Weekend](#) or contact them directly at alphaofclovia@gmail.com.



POST ROCK DISTRICT 4-H NEWSLETTER

STATE AND DISTRICT NEWS



4-H CLUB CORNER: NEW MEMBER RESOURCES

Kansas 4-H has a variety of helpful resources to help your 4-H Club succeed this year. Explore the resources at www.kansas4-h.org/resources/leader-resources/clubcorner/. Here are some resources that will help your newest members kick-start their journey in 4-H:

- [Welcoming New 4-H Members](#)
- [4-H Greet Sheet](#)
- [New Family Guide](#)

NEW MEMBERS? LET US KNOW!

If your 4-H Club will be welcoming new members this year, be sure to invite them to all of your meetings and activities. Let the Extension Office know their contact information, so we can keep them informed about how to enroll!



4-H/KSRE CO-BRANDING REQUIRED ON APPAREL 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 Extension Office BEFORE ordering any items to ensure your club, council, fair board, etc. are using licensed vendors and that all designs include the required co-wordmark.

4-H DAYS AND JUDGING EXTRAVAGANZAS 2025 - FEBRUARY 8 AND MARCH 3

Post Rock District will host two 4-H Day events in 2025 to provide youth with an opportunity to showcase skills in public speaking, music, dance, and other talents. We plan on expanding the judging contests offered to have a same-day experience of a Judging Extravaganza along with each 4-H Day. Save the dates of Saturday, February 8 in Beloit and Monday, March 3 in Osborne.

4-H QUIZ BOWL 2025 - JANUARY 11

Post Rock District will host 4-H Quiz Bowl on January 11 in Mankato. While a quiz bowl is semi-competitive, the experience is designed to be a fun, educational opportunity for 4-H members. 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!

REGMAX 4-H EMAIL NOTICES

Emails from 4-H Online, based on your enrollment and project selections, arrive in your inbox from RegMax 4-H. When you see this in your inbox, it is legitimate outreach from Kansas 4-H and Post Rock District regarding your 4-H participation.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact four weeks prior to the start of the event. Post Rock District staff and office contact information is available at www.postrock.ksu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.