

WALNUT CREEK DISTRICT 4-H NEWSLETTER



Stay connected, To Make the Best Better!



785-798-5020



rdeines@ksu.edu



www.walnutcreek.ksu.edu



Member Spotlight

Chris Roberts, Shields Jayhawk 4-H Member has been a valued volunteer for STEM in Dighton. Chris will attend North Central Tech next year to continue his love of technology.

UPCOMING EVENTS

December

- 2 Ness New Family Meeting
- 3 Rush New Family Meeting
- 4 4-H on the 4th
- 6 Ag Daycamp, Grainfield
- 8 Monday Funday in Lane
- 17 Rush Photography Meeting
- 18 Lane Photography Meeting
- 19 Ness Photography Meeting
- 22 Rush 4-H Council Zoom
- 30 Project Talk/Demo Training

January

- 9 Area Record Books Due
- 10 Leadership Day in Cimarron
- 23 State Horse Judging

February

- 21 District 4-H Club Days

Learning Together, Growing Stronger

A new year is a perfect time to begin teaching kids about setting goals! Teaching your child to set goals can not only help them take responsibility, but also helps foster a positive “can-do” attitude and increases self-esteem.

Each 4-H member should take this time to write down their goals for each of their projects. IF you don’t have a plan (goals), it is difficult for you to GROW in your project areas. Every 4-H'er should write at least 3 goals per project area. A good rule of thumb is to write your initial three goals and then add one more goal for every year you have been in the project.

Example: if you have been in the Beef project for 5 years, you should be able to write 8 goals. These goals should include project learning goals, leadership goals, and citizenship goals. What do you need to purchase, and what events do you need to attend to achieve these objectives? This resource can help you write your project goals

https://bookstore.ksre.ksu.edu/download/setting-4-h-project-goals_4H1100

Message from Robyn

Being a part of 4-H still today as an adult is truly a blessing in my books, as a 12 year 4-H member 4-H is my passion. I want to help you grow in your projects. How can I help YOU?



Project Focus:

This month the Project Focus is Photography. We will have several Canon DSLR cameras that could be checked out for your use in capturing some great photos for your photography project. We will also host a photography Project Meeting in each county

Rush Co - December 17th 4:00pm, Extension Office

Lane Co - December 18th 4:00pm, Fairgrounds

Ness Co - December 19th 4:00pm, Fairgrounds

Composition and framing

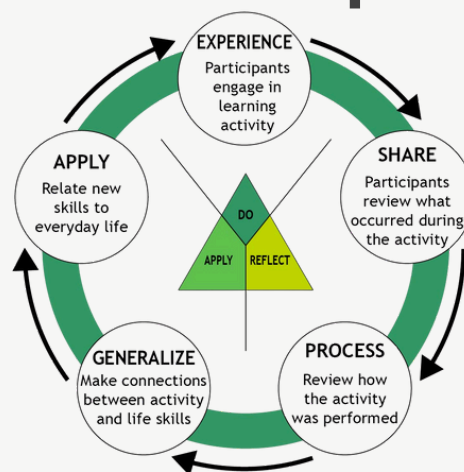
- Plain background: Use a simple, uncluttered background to keep the focus on your subject.
- Rule of thirds: Avoid placing your subject directly in the center. Instead, use the grid to position it along the lines or at the intersections for more compelling shots.
- Frame your shot: Use elements like doorways, branches, or arches to create a natural frame around your subject.
- Change perspectives: Don't always shoot from eye level. Try getting low to the ground or looking from a higher vantage point.

Camera and lighting techniques

- Use flash outdoors: A flash can fill in harsh shadows caused by direct sunlight, preventing dark, unclear faces.
- Move in close: Get closer to your subject to fill the frame and capture more detail.
- Lock the focus: If your camera allows, lock the focus on your subject so it doesn't shift when you recompose your shot.
- Watch the light: Pay attention to the direction and quality of light to avoid harsh shadows or silhouettes, unless that's the effect you want.



Volunteer Tip:



4-H on the 4th

4-H on the 4th is a great opportunity to keep 4-H in the spotlight, keep 4-H in the eye of the community.

December Challenge: Considering one of your 4-H projects complete an act of citizenship that matches with that project. Examples: donate some meat to the foodbank, Grab an Angel from the Angel tree, Print & share photos with others.

Learning Opportunities:

K-State Junior Producer Days

The 2026 K-State Junior Producer Days have been scheduled. The dates are provided below. We host two junior producer days each year, with beef and sheep in even years and swine and meat goat in odd years. So, we will be hosting a junior beef and sheep producer day next spring. These are one-day, educational events focused on a specific species for families, extension agents, and ag teachers to learn about the selection and management of youth livestock projects. All ages and skill levels are invited to attend!

Registration information will be released in the next few weeks. Once released, updates will be emailed to those on the YLP listserv, posted on the youth livestock program Facebook page, as well as added to the [junior producer days page](#) of youth livestock program website, which is under the events tab.

K-State Junior Beef Producer Day – Saturday, March 7, 2026

K-State Junior Sheep Producer Day – Saturday, April 11, 2026

Kansas 4-H Horse Judging Contest

Kansas 4-H, Kansas Quarter Horse Association, and EquiFest of Kansas are teaming up to host the 2026 Kansas State 4-H Horse Judging Contest. The Contest will be held January 23, 2026, in conjunction with EquiFest of Kansas in Topeka.

Two contests are available- an open contest and a 4-H contest. Kansas 4-H members age 9-18 are invited to participate in the 4-H contest, and may also participate in the open contest. Youth of any age are eligible to participate in the open contest hosted by Kansas Quarter Horse Association. Cost to enter the 4-H contest is \$25. Registration for the open contest is \$15. Coaches should register teams and individuals [here](#). Early-bird registration closes January 2nd; late registration is available until January 9th. Registration will NOT be taken the day of the contest.

Cultural

Japan Exchange Host Families Needed

Families looking for a new experience for summer 2026? Host a Japanese delegate in the comforts of your own home while exploring the world. Thirty teens from Japan are needing host families this summer. The Japanese delegate will be in Kansas from July 21 to August 16, but families are needed for hosting from July 23 to August 15. Host families are needed who would be willing to host a Japanese boy or girl. The Japanese youth will be between the ages of 12 and 16. Our responsibility is to make host family assignments matching each delegate with an American same-gender host sibling as soon as possible so that families and exchange delegates can communicate and get to know each other.

Any Kansas family with children aged 9-17 who is interested in the Japanese culture may host. A separate bed is required, but not necessarily a separate room from the host sibling.

Delegates are 100 percent medically covered with 4-H insurance and bring their own spending money for souvenirs. They can go on host family vacations, camping trips, or join their host sibling for summer camps and the county fair. The focus is on everyday family life as the delegate becomes part of your family. The delegates' information is to be available in February 2026.



More Opportunities:

Knitting and Crocheting

Knitting and Crocheting classes are being held at the Ness County Fairgrounds, they are open to all 4-H youth that want to learn one of these Heritage Arts. Debbie Huber a long time 4-Her and volunteer is working with the kids. The next meeting will be Sunday, November 30th at 2:00pm. Please bring yarn, knitting needles or crochet hooks and a project that you would like to learn.

Project Talk and Demonstration Training

Public Speaking is one life skill that 4-H prides itself on. Each 4-H member should learn public speaking and perform a Project Talk or Demonstration once a year at a 4-H meeting. I will host a Project Talk and Demonstration Training on Tuesday, December 30th at the Ness County Fairgrounds. This will be a great opportunity for you to learn and get started on a presentation for District 4-H Club Days.

District 4-H Club Days

District 4-H Club Days is a public speaking contest where 4-H members can perform individually, with a partner or as a club. Club Days includes Show and Tell, Project Talks, Demonstrations, Illustrated Talks, Public Speaking, Digital Presentations, Extemporaneous, CRI - Cover Letter, Resume and Interview, Music, Readings, Skits, and Dance.

District 4-H Club Days will be held Saturday, February 21st at the Ness City High School. Registration and more information will be coming soon.

Regional 4-H Club Days will be at the Nazarene Church in Dodge City on Saturday, March 7th for any 4-Her that receives TOP Blue at District 4-H Club Days.

Leadership Day

All youth 4-H and Non , mark your calendars for Saturday, January 10th for Leadership Day in Cimarron. This years keynote speaker is Dustin Gaylon his goal is to encourage, challenge, and change each person he encounters!

NEW this year Kurt will serve us lunch and then we will have the opportunity for 2 breakout sessions. Cost will be \$20 per youth. I would love to pack a couple of cars.

Clover Connection Articles

Clover Connection articles are still needed!! We attempt to put one in the newspaper each week, that means I need 52 articles to help make it through the year. A Clover Connection article is a 200-250 word write-up sharing one of your 4-H projects and some interesting things about that project such as what you have learned, how it has helped you in life, your future plans, the difficulties that you have overcome. Please email me your articles at rdeines@ksu.edu.

**For every \$1 invested in a
4-H'er, there's a \$40
return in economic
benefit to the youth,
their family and the
community.**





Recipe of the Month: Easy Egg and Sausage Casserole

Gather the following ingredients and supplies for this activity.

1 pound sausage (chicken or pork)

1 cup cheddar cheese, shredded

2 slices whole wheat bread, cubed

6 eggs

1 cup milk

1/4 teaspoon pepper

1/4 teaspoon salt (optional)

1. Brown sausage and drain. Toss with cheese and bread.
2. Pour into a greased shallow baking dish (9x13)
3. Beat eggs, milk, salt, and pepper. Pour over sausage mixture.
4. Refrigerate overnight or at least 6 hours.
5. Bake at 350 for about 45 minutes.

Make this recipe for your family, take a picture while making and when sharing with your family. Text it to 785-798-5020 to be entered in a Prize Drawing. Complete by Jan 1st.

TO BUILD A READY GENERATION THAT IS:

- 2x** more likely to live life with purpose
- 2x** more likely to be a leader
- 4x** more likely to give back to the community
- 4x** more likely to feel competent

* 2024 Westat Study
** Tufts University, the Institute for Applied Research in Youth Development and Boston College conducted the Reconnection and Replication of the 4-H Study of PYD

4-H Member Achievement Pins

4-H Member Achievement pins are designed to recognize 4-H members as they reach milestones throughout their 4-H journey. The pins are awarded in a series. As a member's 4-H journey progresses, the achievement pin requirements expand to challenge individuals to explore and engage in more opportunities to develop life skills.

Membership

Bronze

Clover

Emerald

Silver

Silver Guard

Leadership

Gold

Gold Guard

The Achievement Pin applications can be a great way to track all that you need to accomplish for the year. Achievement applications can be found at <https://www.walnutcreek.k-state.edu/4-h/record-books.html>

Also you can look at your 4-H Online enrollment click on the left side "Awards" tab and find which was your last pin accomplished. Any questions ask at your local Extension Office.

NW KS 4-H AG AMBASSADORS
PRESENT THE

AG & STEM YOUTH DAY CAMP

SATURDAY, DECEMBER 6TH, 2025

1 - 4:30 PM

Wheatland High School
2920 K-23
Grainfield, KS 67737

- RECOMMENDED FOR AGES 7-13
- OPEN TO ANY YOUTH!
- FUN GROUP ACTIVITIES
- HANDS-ON, AMBASSADOR-LED

STATIONS INCLUDE:

- BUTTER & DAIRY FUN
- DRONES & AG TECHNOLOGY
- AGRICULTURAL BYPRODUCTS
- SOIL HEALTH & EROSION
- EMBRYOLOGY
- SNACK SERVED!

\$15/YOUTH
Pay at the door.
Register by Dec. 3rd!

Scan me to register,
or visit:
https://kstate.qualtrics.com/jfe/form/SV_a5n40r1bB6ca9K6

For questions, contact:
Twin Creeks Extension District-Graham County
785.421.3411 or jenileem@ksu.edu

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Member in Good Standing Requirement:

- ★ Attend 3 or more club meetings
- ★ Participate in pre-fair setup and post-fair cleanup
- ★ Work in the Concession stand and provide the needed item asked for.
- ★ Complete 4 optional activities.

Stay Connected with Walnut Creek District 4-H

4-H Agent

Robyn Trussel

rdeines@ksu.edu

785-798-5020 cell

785-798-3921 Ness Office

785-222-2710 Rush Office

620-397-2806 Lane Office

4-H Online Enrollment System - v2.4honline.com

Broadcast emails will come from 4-H Online or Reg Max

Facebook:

Ask to join Walnut Creek District 4-H Facebook group for pictures and upcoming dates.

Follow Walnut Creek Extension District Facebook Page

Follow Kansas 4-H Facebook Page

Website information:

check the <https://www.walnutcreek.k-state.edu> website for upcoming events and information.

www.kansas4-h.org for all Kansas 4-H information

www.ksre.k-state.edu for all KState Extension information.

4-H Brings Families Together

4-H gives families a way to grow together. Families who plan, share and work together develop a sense of unity - a feeling of being a productive team.

When you are a 4-H Family team, you have opportunities to recognize and expand the strengths, talents and skills of each family member, which contributes to increased feelings of self-worth.

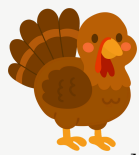
Self-esteem is crucial to the healthy development of young people, as well as to the healthy functioning of families. You will find a place to develop life skills and felling in 4-H.

2025-2026 WCD 4-H Family Calendar of Focus

This list is of approximate dates of important 4-H events, these dates are subject to change. Please watch emails and Facebook posts for the most current and up to date information.

OCTOBER

- 1 NEW 4-H YEAR Begins – Open Enrollment
- 4 4-H on the 4th
- 5-11 National 4-H Week
- 5 4-H Sunday
- 6 Lane County 4-H Council
- 11-12 48 Hours of 4-H
- 13 Rush 4-H Junior Leaders/ Council
- 21-23 Annual Conference for Agents



NOVEMBER

- 1 Rush Achievement 6:00pm LaCrosse
- 1 ALL 4-H Re-Enrollment DUE
- 2 Lane Achievement Ceremony 5:30pm
- 8 District Officers Training
- 8 Live Well, Lead Well, Garden City
- 10 Rush Community Leaders
- 11 Veterans Day Holiday
- 17 Ness 4-H Council
- 19 Lane New Family Orientation
- 21 Donnis' Retirement Party
- 22-23 Kansas Leadership Weekend
- 24 WCED Board Meeting
- 26 Rush New Family Orientation
- 27-28 Thanksgiving Holiday
- 29-30 Lane Christmas Tree Sales

DECEMBER

- 1 Monday Fun Day Dighton
- 1 Lane Co 4-H Council
- 2 Ness New Family Orientation
- 4 4-H on the 4th Be Creative and Share your art project with LTC residents
- 6 Ness Community Christmas
- 22 RH 4-H Council, 7pm Zoom
- 24- Jan2 Christmas/New Year's break
- TBA Project Talk & Demo Training
- Project Focus: Photography



JANUARY

- 1 New Year's Day Holiday, Office Closed
- 4 4-H on the 4th Family Board Game Time
- 5 Lane 4-H Council
- 9 Record Books Due for NW Area
- 12 RH Community Leaders Meeting
- 13 NW/ SW Record Book Judging
- 19 Martin Luther King Day Office Closed
- 23 State 4-H Horse Judging, Topeka
- 30-1 4-H Dog Judge and Leader Training, Salina
- Project Focus: Foods & Nutrition and Visual Arts



FEBRUARY

- 2 Lane Monday Funday/ Lane 4-H Council
- 4 4-H on the 4th For the Love of Ag
- 9 Rush 4-H Council
- 14 Happy Valentine's Day
- 15-16 Citizenship in Action, Topeka
- 17 Ness 4-H Council
- 21 District 4-H Club Days, Ness City
- 21-22 4-H Horse Panorama
- Project Focus: Beef, Fiber Arts
- Order Bulk Rockets for District



MARCH

- 2 Lane County Monday Funday and 4-H Council
- 4 4-H on the 4th Horticulture Fun
- 7 Regional Club Days, Dodge City
- 9 Rush Community leaders
- 14 St Patrick's Day Parade in Rush Center
- 15 Lane Beef Weigh in
- 21 Super Saturday Judging Event, Hays
- 19 Ness Beef Weigh in
- 22 Rush Beef Weigh in
- Project Focus: Horse and leadership



APRIL

3 Good Friday, Office Closed
4 4H on the 4th Family Time
5 Easter
6 Lane County Monday Funday & 4-H Council
13 Rush County 4-H Council
18 Spring State Shooting Sports, Great Bend
20 Ness 4-H Council
20-26 National Volunteer Week
22 Earth Day
25 Spring into Volunteering, Salina
28-29 Youth Entrepreneurship, Manhattan
26 Ness & Lane Small Animal Weigh-in
Project Focus: Lawn Mower/ Babysitting/ Bicycle Safety



MAY

1 Last Day to ADD/DROP Projects, Camp Counselor Apps Due
2 Rush Small Animal Weigh-in
4 4H on the 4th Wild over 4-H
4 Lane 4-H Council
10 Mother's Day
11 Rush Community Leaders
18 Ness 4-H Council
25 Memorial Day Office Closed
Project Focus: Shopping in Style, Building Blocks Engineering

JUNE

TBA Camp Dates
1 Horse ID Papers Due
2 Lane County 4-H Council
3-5 Discovery Days in Manhattan
4 4H on the 4th Daycamp
8 Rush 4-H Council
12-14 State Geology Trip
15 Ness 4-H Council
19 Juneteenth Office Closed
19-20 Insect Spectacular, Yates Center
21 Father's Day



JULY

4 4-H on the 4th Family Time Preparing for Fair
6 Lane County 4-H Council
13 Rush Community Leaders
13 Lane Clothing Judging
15-18 Lane County Fair
20 Ness Clothing and Photography Judging
22-25 Ness County Fair
27 Rush Clothing, Fiber Arts, Photography Judging
29-Aug 1 Rush County Fair



AUGUST

TBA Livestock Sweepstakes, Manhattan
1 Rush County Fair
3 Lane County 4-H Council
4 4-H on the 4th Pool Party
10 Rush 4-H Council
15 Lane Thank You Letters Due
15 State Horticulture Judging Contest, Manhattan
17 Ness County 4-H Council
22-23 4-H Livestock Sweepstakes, Manhattan



THANK
YOU!

SEPTEMBER

4 4-H on the 4th
7 Labor Day, Office Closed
8 Ness Thank You Letters Due
11-20 Kansas State Fair, Hutchinson
14 Rush County Community leaders
30 Record Books Due, Rush Thank You's due



Make



Grow



Serve



Thrive



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