

WALNUT CREEK DISTRICT 4-H NEWSLETTER



Stay connected, To Make the Best Better!



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www.walnutcreek.ksu.edu



Member Spotlight

Robert Schlegel, Rush Co Road Runner 4-H member, is very active in many projects, wildlife being one of them. He allowed me to borrow a couple of his past exhibits for a class I taught. Thank you

UPCOMING EVENTS

February

9 6:00pm RH Jr Leader Real Color

9 7:30pm RH 4-H Council

12 Lane YEC at DHS

15-16 Citizenship in Action

16 Office Closed Presidents Day

17 Ness Co 4-H Council 6:00pm

18, 20, 26 Work in Rush

19 Work in Lane

21 WCD 4-H Club Days, Ness City

21-22 Horse Panorama

23 WCED Board Meeting, Rush

March

1 4-H Day with Women Wildcat

4 Work in Rush

8 Walnut City Club Meeting

14 Rush Center St. Patricks Day

21 Super Saturday Judging, Hays

Learning Together, Growing Stronger

4-H is more than projects and meetings—it's a place where youth, families, volunteers, and leaders learn together. Through hands-on experiences, members gain practical skills while building confidence, responsibility, and leadership. Who would like to partner with me to help Walnut Creek 4-H Grow? I am looking for teens to help teach, or a community service project that we can all get involved in.

Y Learn

- Hands-on projects (STEM, ag, foods, leadership)
- Youth teaching youth
- Adult volunteers learning alongside members

Y Grow

- Confidence and independence
- Life skills (communication, responsibility, teamwork)
- Project mastery over time

Y Lead

- Youth voice and decision-making
- Older members mentoring younger ones
- Service and community impact

Message from Robyn

“A leader is one who knows the way, goes the way, and shows the way.” – John C. Maxwell.

What are you doing to LEAD in 4-H? Our program needs MORE leaders to help us GROW!



Project Focus:



This month the Project Focus is on our Beef and Fiber Arts Projects. Each 4-H project offers a variety of activities and learning opportunities to suit your interests and strengths. Whether you're just getting started or taking your knowledge to the next level, there are several activities to learn and do throughout your project experience!

BEEF

Beginner Beef youth - Identify breeds of beef cattle, Learn the parts of a calf, Compare animal differences, Halter break a calf

Intermediate Beef youth - Learn about cattle feeds and how they are digested, Judge beef cattle and present oral reasons, Show a calf and learn showing techniques

Advanced Beef youth - Use performance data to make breeding decisions, evaluate beef carcasses and identify meat products, explore impact of technology and career opportunities in the beef industry.

FIBER ARTS

Have you ever wondered how your grandmother crocheted that scarf for you or embroidered the pillowcases? Have you seen all the trendy crocheted and knitted fashion scarves? Have you looked at the quilt on your mother's bed and wondered how it was made? The fiber arts project will embrace how to make these things. Fiber arts is defined as the practical skills passed down from preceding generations that were developed to provide basic family needs, such as apparel, home furnishings or decorations.



Volunteer Tip:

Hey, Project Leaders and Volunteers what is your plan for implementing project learning?

Do you have a list of the youth who are enrolled in the project that you said you would volunteer for? We can provide this if you want!

I would love to see some more learning opportunities offered to our kids.



4-H on the 4th

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

March's Challenge: Is Horticulture FUN, I have some Mystery Flower seeds, that i would share for 4-Hers to grow. To get your seeds you need to share a 30 second 4-H video. Who's up for some FUN?

Learning Opportunities:

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 flyers are located under the 4-H tab at www.walnutcreek.ksu.edu

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.

Besides writing a good project talk, demonstration, illustrated talk, or public speech, there are a number of other criteria to consider when polishing your presentation. By using these criteria, your presentation will shine, and you will be effective in getting your points across to your audience.

Appearance Attire should be appropriate for the occasion. That will change for every presentation that you give.



Smile Begin with a smile. A smile can do more for the presentation than any other single item. A smile will relax you, the audience, and the judges and make it easier to present. A smile indicates your interest and enthusiasm for the subject.

Talk positively Don't apologize for your appearance, your limited knowledge of the subject, the amount of time you had to prepare your presentation, or taking up the audience's time. Simply put, do not apologize for anything.

Don't memorize It is best not to write your presentation word for word or memorize it, but you may want to note on index cards certain statements or phrases you don't want to forget. You will need only a word or a short sentence at the most — just enough to bring the thought into focus.



Voice Speak clearly and distinctly to make sure you are being heard. Be careful not to speak too fast or drop your voice at the end of sentences. Do not run your words together or speak too softly.



Make eye contact Remember to maintain eye contact. You should be looking at your audience about 75 percent of the time. If you notice that people in the back of the room have lost interest, think about what you're saying, and adjust your delivery accordingly. By the way, you'll never know if this is happening unless you look at the audience you're speaking to — so look.

Choose words wisely Simple analogies, stories, illustrations, metaphors, and personal examples can help your audience understand you. • Be smooth. Avoid long clauses. Use contractions. • Be vivid; appeal to the senses. • Keep your audience in step with you. Use transitions, list points, enumerate, summarize. • Be at ease with a moment's silence. Don't fill in with um, you know, okay, let's see, or like. • Don't tell jokes. In most cases, they are best left to professional entertainers. • Be convincing. Show your audience that what you have to say is important to them.

Learning Opportunities:

Thriller, Filler and Spiller!!!!

Tips for a successful exhibits at the fair, flowers, arrangements and plants.



When: May 13th, 2026

Where: Bison Community Room
202 Main Street, Bison

Time: 6:00 to 7:00 PM

Presenter: Patricia Thibault
K- State Extension Master Gardener

We will learn how to put together arrangements to be eye catching, what the judges are looking for in fresh flowers, and as a bonus you might even win a ribbon at the fair.

Everyone is invited to attend this presentation.

Refreshments will be served.

Sponsored by the FCE Sunshine Unit and the Bison Community Library

Junior Producer Day Registration Open

Registration is now open for the 2026 K-State Junior Producer Days! Junior Beef Producer Day will be Saturday, March 7, with Junior Sheep Producer Day scheduled for Saturday, April 11. Both events will be hosted at the new Bilbrey Family Events Center, north of the K-State campus in Manhattan. These events are one-day educational events for families to learn more about the selection and management of a specific species. Youth, adults, extension agents, project leaders, and volunteers of all ages and skill levels are invited to attend! Presentations will be provided by K-State faculty, staff, students, extension agents, former exhibitors, and guest speakers. Topics range from selection, to nutrition, reproduction, health, clipping and grooming, and showmanship. This is a family learning event! Everyone who plans to attend must register, including both youth and adults. The cost is \$20/person by the deadline, or \$30 after the deadline for both events. Only those who register by the appropriate deadline will receive a t-shirt.



IPM Insect Art Contest



The K-State Extension Pesticide Safety and IPM Program is hosting its annual insect-themed art contest, open to all ages and skill levels in Kansas! This year's theme is "Metamorphosis Magic." The goal is to explore insects that undergo complete and incomplete metamorphosis, then create artwork that fits the contest theme. Artwork may include drawings or paintings, digital art, or a 3-D piece such as sculpture, stained glass, or other creative media.

Awards will be given for 1st-3rd place in each of the following age categories:

Kindergarten - 2nd grade

3rd grade - 5th grade

6th grade - 8th grade

High school

Adult

Entries must be received or postmarked before

April 15, 2026.

Full contest rules and details are available at:

<https://bit.ly/3NHuIEU>

Beef Weigh Dates

March 15th at 2:00pm Lane Co

Lane Co Fairgrounds

March 19th at 5:00pm Ness Co

March 22 at 2:00pm Rush Co
LaCrosse Livestock Sale Barn/Vet Shack



More Opportunities:

Knitting and Crocheting

Knitting and Crocheting classes are being held at the Ness County Fairgrounds, and they are open to all 4-H youth that want to learn one of these Heritage Arts. Debbie Huber a long time 4-H'er and volunteer is working with the kids. The next meeting will be Sunday, February 8th at 2:00pm

Please bring yarn, knitting needles or crochet hooks and a project that you would like to learn.



DOWNLOAD 4-H ACTIVITY GUIDES

CLOVER by 4-H creates opportunity for all youth with curriculum from over 100 Universities, interactive hands-on learning activities, and the supportive 4-H community – available anytime, anywhere – helping young people discover their passions and build the life skills to thrive. Explore the downloadable content online at 4-h.org

Pen Pal Program is Back this Spring

K-States' 4-H International Exchange Programs has announced that their Pen Pal Program will be back April 1 to June 1. 4-H'ers and others 9-18 as of April 1 are eligible to participate. More information on partner countries for the program will be announced as available, but the communications will be in English and pen pals are likely in countries with which States' 4-H conducts exchange programs. Youth who are pen pals are to commit to writing a weekly message by email or letter during April and May. There will be a \$10 registration fee to participate which will be payable online. We expect registrations will open in the next few weeks to meet their March 20 deadline. Interested persons can find more information when it becomes available on the States' 4-H website States' 4-H International Exchange Programs. In Kansas Mary Kay Munson, Kansas 4-H Exchange Coordinator, at mkm2@ksu.edu will have updates as they are announced. These programs have filled quickly in previous years.

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.

Host Applications for Summer 2026

Enjoy sharing your family life and Kansas culture with a teen from Japan or Taiwan as you learn about theirs. Taiwan 4-H members will arrive in Kansas June 28 and stay with a host family until July 26. Ages of teens from Taiwan are expected to be in the 13-18 range. Thirty-four Japanese teens and chaperones, representing LABO and LEX groups, will be in Kansas July 21 to August 16. Host families of teens must have a host sibling near the age and the same gender as of the teen they host. Online applications may be found here: States' 4-H International Exchange Programs. To host Japanese teens, contact Pam Van Horn, State Japan Exchange Coordinator, pvanhorn@ksu.edu for information. For information on the exchange with Taiwan 4-H, contact State Exchange Coordinator Mary Kay Munson, mkm2@ksu.edu.



**IFYE® Association
of the USA, Inc.**

Peace Through Understanding

Super Saturday

Super Saturday will be held in Hays this year on Saturday, March 21st starting at 9:00am at Albertson Hall on FHSU campus.

There will be judging contests covering Photography, Crops, Horticulture, Entomology, Life Skills, Livestock Skillathon, and NEW this year Wildlife Skills & Geology!

Mark your calendars and grab a couple of friends to make a team of 3-4.

The afternoon will start at 1:00pm with Livestock Judging and STEM activities learning opportunity.

There will also be a couple of Parent/Volunteer Sessions offered in the morning while your kiddos are working through the Judging. Watch for more details and the registration link coming soon.

Register Here:

https://kstate.qualtrics.com/jfe/form/SV_78Jwy8nnfMNIBW6

County Fair Dates & Themes

This years fair dates and fair themes are as follow:

Lane County - July 15-18 Stars, Stripes & Summer Nights

Ness County - July 21-25 American Flair at the Ness County Fair

Rush County - July 29-Aug. 1 Spotted at the Rush Co Fair, Celebrating 250 years of Freedom.

Meats Judging Opportunity

A spring youth meats judging contest will be hosted again this year on Sunday, March 1 in the KSU Meats Lab on the K-State campus in Manhattan. The flyer is attached. This will be a wonderful opportunity for youth to see actual meat product.

Registration is live and can be completed through judging card, using the link below. The deadline to register is February 27.

<https://www.judgingcard.com/Registration/Info.aspx?ID=24341>

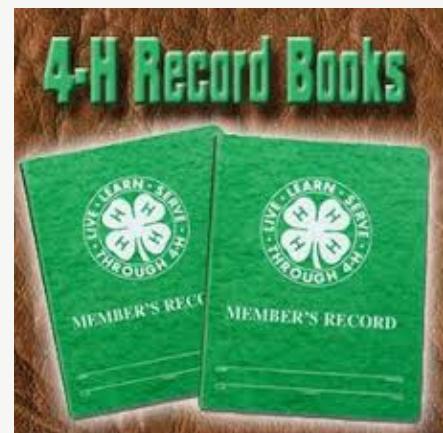
If you have questions about the contest, contact Erin Beyer.

4-H Record Book Tips

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.

A great way to assure that you can apply for a Membership Achievement Pin each year is to print the application off early and use it as a guide for what opportunities you need to accomplish. You can find the applications at <https://www.walnutcreek.k-state.edu/4-h/record-books.html>

If you need help figuring out what you can do to reach these Achievements ask your club leader or talk to Robyn.



Daphne Rider

Congratulations to Daphne Rider on having her Rabbit Record book selected at Regional Judging to advance to State Awards Judging,



Kansas 4-H Day with K-State Women's Basketball

K-State Wildcats Vs. Iowa State WILL BE TELEVISED

Step 1: Pick a Package:

- \$28 Package Includes:
 - Ticket
 - \$10 Concession Voucher
 - T-Shirt
- \$18 Package Includes:
 - Ticket
 - \$10 Concession Voucher

Step 2: Register to get Tickets:
Use the QR Code or the link to register

<https://tinyurl.com/5x84fp33>
Pick up ticket packages on
 game day 10:00 am - 12:30 pm
Location TBA closer to event.
 Doors open for the general public at 12:00 pm
 Tip-off at 1:00 pm

Sunday, March 1, @ 1:00 PM

Online registration for this event will be due February 8, 2026. No paper registrations will be accepted.

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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.

YQCA-Youth Quality Care of Animals

Each 4-H Member that is enrolled in a Livestock Project is required to take a one hour educational class called YQCA. If this is your first year in any livestock projects you need to take the class, If you turn 10 this year you need to take the class, if you turn 14 this year you need to take the class. Everyone must take it their first year showing, and then again when they advance to a new age group. The age groups are 7-9, 10-13, 14-18.

Also, if you are planning to participate in Kansas Junior Livestock Show, Kansas State Fair or any National shows you will need to take the class every year.

The class is offered via face to face with Jared or Lacey and online at <https://yqcaprogram.org/>

If you question whether you need the class, please ask. Watch for upcoming dates of trainings to be held.

Walnut Creek District 4-H Club Days
Saturday, February 21, 2026
Ness City High School 8:30am start time

Name: _____ (One 4-Her per form)

Club: _____ Age as of Jan 1, 2026 ____ JR ____ SR (Jr - 7-13, Sr 14 & up)

Please enter me in the following events: Please check each one you plan to participate in. If you plan to do 2 of the same type of entry mark "2"

If you have a time preference please make a note. _____

- Show & Tell (7-9 yr old members and Cloverbuds only)
- Jr Project talk
- Sr Public Speaking
- Dance or Gymnastics List members on back
- Talent Circle one: Skit Play Novelty Vocal Performance List members on back
- Model Meeting List members on back
- Gavel Games Jr (7-10) ____ Int. (11-13) ____ Sr (14 and Up) ____
- Demonstration
- Illustrated Talk
- Digital Presentation
- Extemporaneous Speech (14 and older only)
- CRI- (Cover Letter, Resume, Interview with an application) Sr Members only
- Reading
- Instrumental Solo Type of Instrument _____
- Instrumental Circle one: Band Ensemble List members on back
- Vocal Solo
- Vocal Circle one: Chorus Ensemble List members on back

Please Return to your local Extension Office by Friday, February 13th at noon.

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 Dennis' 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

1 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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