

WALNUT CREEK DISTRICT 4-H NEWSLETTER



Stay connected, To Make the Best Better!



785-798-5020



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www.walnutcreek.ksu.edu



Member Spotlight

Emma Petersilie, Clever Clovers 4-H Club, participates in Christmas with the LTC residents. Crafting and Bingo field the day!

UPCOMING EVENTS

January

4 4-Hon the 4th - Family Board Games

9 Area Record Books Due

10 Leadership Day in Cimarron

12 Extension Board Meeting

13 NW/SW Record Book Judging

19 Martin Luther Office Closed

23 State Horse Judging

February

2 Monday Fun Day, Lane Council

9 Rush 4-H Council

15-16 Citizenship in Action

21 District 4-H Club Days

Learning Together, Growing Stronger

4-H prides itself on growing competent public speakers. Now is the time to start preparing your Show and Tell, Project Talks, Demonstrations, Public speeches, talent and music numbers for District Club Days.

Are you ready to unlock your voice and share your ideas with the world? Whether you love speaking, writing, or expressing yourself through multimedia, this is your chance to shine. Participants will learn valuable public speaking, presentation design and much more! You will want to learn how to create and use visual aids, learn to write a talk that includes an introduction, 3-5 talking points and a conclusion.

There are many resources on the Communications 4-H project page <https://kansas4h.org/projects/communication-and-expressive-arts/communications.html>

Some great examples of Show & Tell or Project Talks would be **What's in a Sewing Box, My Bucket Calf, My First Rocket, Parts of a Camera**.

Anyone who has ever shown someone how to show an animal, bake a cake, sew on a button, or service an air cleaner on a small engine has given a demonstration. Demonstrations may be given individually or in a team of two.

Message from Robyn

"There are three things to aim at in public speaking: first, to get into your subject, then to get your subject into yourself, and lastly, to get your subject into the heart of your audience."

Alexander Gregg.



Project Focus:

This month the Project Focus is Foods & Nutrition and Visual Arts. 4-H offers projects in food preparation, food preservation, and nutrition. It is designed to involve you in fun experiments, teach you to prepare nutritious recipes, and to go on fact-finding missions. You'll have fun learning about food ingredients, food characteristics, and food safety. You'll discover the health benefits of eating a variety of nutritious foods, using MyPlate as a meal planning guide. You will develop and demonstrate skills in planning, purchasing, preparing, and serving tasty and nutritious meals.

The visual arts project teaches artistic skills and the elements and principles of design. 4-H members explore techniques, study art history, culture, and discover their talents. Be creative; draw, paint and work with different mediums. Art is created through experimentation using a variety of tools and organizational strategies. The elements of design are color, value, form, line, shape, space, and texture. Design principles are balance, emphasis, movement, pattern, proportion, repetition, rhythm, unity, and variety.

January 31st

Visual Arts at the Ness County Fairgrounds

Come and Go or Come and Stay 9:30am to 2:30pm

Scrapbook Projects	Button Art
Clay crafts	Painting

RSVP by calling the Ness Office 785-798-3921 by Jan. 23



Volunteer Tip:

Learn by Doing: Let kids explore and make mistakes; it's more important than ribbons.

Ask Questions: Spark curiosity with open-ended questions, encouraging reflection.

Share, Don't Do: Show interest and help them learn skills, but don't do the project for them.

Teach How to Think: Your goal is to develop their decision-making, not tell them what to think.

Encourage Ownership: Designate roles and responsibilities for members and families.

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.

February Challenge: For the love of AG!
Which Ag project do you participate in?
Send Robyn a 30 second Video promoting 4-H & Agriculture.

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 flyer included in this newsletter an

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

Sr. Public Speaking

Public speaking is intended to assist older, (14 years and older) more experienced members further develop confidence and skill in speaking before an audience. Talks are original. Visuals may be used. One or two note cards are suggested. Outlines should be provided for each judge. Suggested maximum time limit is 15 minutes. Each county may enter 2 speeches from this section in the regional club day.

Jr. Project Talks

Project talks are intended for 4-H'ers, 13 years of age and younger, to gain confidence in expressing themselves before an audience. They tell of their actual project experiences. Visuals may be used. Suggested maximum time limit is 6-7 minutes. Each county may enter two (2) talks from each age group from this section in the regional club day. (Jr. and Sr. Divisions)

Demonstrations

Demonstrations involve doing or making something while giving an explanation. It uses actual items, supplies, equipment, people or animals while going through a process. There is usually a finished product to show. 10 minute time limit for Juniors, and 15 minutes for seniors.

Illustrated Talks

Illustrated Talks is a presentation that tells how something is done. With an illustrated talk you show pictures, charts, models, equipment and other types of visual aids. The purpose is to teach the audience. 10 minute time limit for Juniors, and 15 minutes for seniors.

Digital Presentations

Digital presentations are presentations that use current digital and computer technology to help in showing or demonstrating a presentation. This method can be used to give an illustrated talk or a demonstration. Time frames are the same as Demonstrations,

Readings

Reading, this may be a musical, dramatic, interpretive, humorous or other type of reading. The presentation should be one that can be done in 10 minutes or less. Each county may enter two Sr. Division and two Jr. Division from this section at the regional 4-H day. Readings need not be memorized. All participants must have one original of their piece(s) to be given to the judges for them to view while judging.

Learning Opportunities:

District 4-H Club Days Continued

Show and Tell Clover buds and 1st and 2nd year members

Show and tell is intended for 4-H'ers that are first or second year members, to have a non-competitive public presentation experience. The presentation does not have to be related to a 4-H project experience. Suggested maximum time limit is 5 minutes. Each participant will receive a participation ribbon. There is no regional 4-H day division.

Extemporaneous

Extemporaneous is intended for older members that would like to display their spontaneous speaking skills. Each participant will draw two topics and select one for his/her 3-5 minutes' presentation. A 15-minute preparation time will be given after the topics are drawn. Notes may be made on the card containing the topic. Each county may enter two from this section in regional 4-H club day.

Dance

Dance: This may be a tap dance, ballet, interpretive, acrobatic dance, circle dance, line dance, polka, or other type of dance done by an individual or by a group. The kind of music is the choice of the group. A tape or live music may be used. It is suggested that each group/individual be limited to one dance or 10 minutes performing time.

Skits, Plays and Novelties

Only one setting is allowed. The curtain may be dropped to denote the passing of time. A change of setting is not permitted during the drop of the curtain. This section is designed for original plays or skits written by 4-H members or other amateurs. Any size group may participate. Original plays and skits should not exceed 10 minutes. Participants must be 4-H members, no adult participation.

Music Instrumental or Vocal

All participant must have one original of their piece(s) to be given to the judges for them to view while judging.

1. A chorus may be composed of 6 or more 4-H members.
2. Ensembles are 2-5 members
3. Solo is individuals
4. Chorus, Band, Ensembles will perform two number of their own choosing.
5. Solos only need to perform one song
6. Singing may be with or without accompanist.
7. The director and the accompanist need not be 4-H'ers, but they cannot sing with the group unless they are 4-H'ers.
8. Selections should be memorized.

**4-H Club Days is
Saturday, Feb. 21st
Ness City High School
Deadline to enter
2/13/26
Regional Club Days
will be March 7th in
Dodge City**

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, January 18th at 2:00pm.

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

Volunteer Zoom

Volunteer Association Zooms for KS 4-H Volunteers The Kansas Association of 4-H Volunteers is trying something new for this 4-H Year. They will be holding Zoom Connections for Kansas 4-H Volunteers. They want to continue with the theme from the Leadership Forum and nurture more Kansas 4-H Volunteers to be the most successful they can be in their volunteer role!!!

Upcoming Sessions and Topics

Sunday, February 22 @ 7 PM (Club Days, Spring Into Volunteering, Fairs)

Sunday, June 28 @ 7 PM (State Fair, Record Books)

Sunday, August 30 @ 7 PM (Club Structure, Club Activities, Volunteer Forum)

NOTE: Hosts will log out at 7:30 PM if no one has logged on and/or the conversation is complete.

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

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 overcame. Please email me your articles at rdeines@ksu.edu.

The Northwest Kansas 4-H Agricultural Ambassador Program

The Northwest Kansas 4-H Agricultural Ambassador Program is a premier leadership opportunity for youth ages 13 to 18 (current 8th-grade through Senior in high school) who are passionate about agriculture and are willing to complete a one-year term. The program focuses on: connecting youth with their local agricultural industries; exploring the richness and diversity of Kansas opportunities; developing ag advocacy skills and fostering educational mindsets. Ambassadors complete training to develop leadership and teamwork skills used to promote and educate communities about agriculture. This includes leading educational experiences for youth and attending ag events, such as the Kansas Youth Ag Experience trip. Youth interested in being a part of the ambassador program must complete an application, submit a leadership resume, a cover letter, three letters of reference, and complete a virtual interview if selected as a finalist. Applications are due by January 15.



Southwest Cream Cheese Chicken

Ingredients

1 tablespoon olive oil
 3 cups chicken cooked and shredded
 1/2 teaspoon cumin ground
 1/2 teaspoons chili powder
 1 teaspoon onion powder
 Dash of cayenne pepper
 2 cloves garlic minced
 1 jalapeno seeded and finely chopped
 1 red bell pepper diced
 1 cup frozen corn thawed
 1 15 oz. can black beans, drained and rinsed
 1 cup sour cream
 4 ounces cream cheese softened and cubed
 1 tablespoon lime juice
 1 cup shredded cheddar cheese
 1/4 cup chopped green onions
 1/4 cup chopped fresh cilantro
 6-8 large wraps or tortillas
 1 1/2 to 2 cups tortilla strips optional

Instructions

- In a large skillet, heat the olive oil over medium heat. Add the 3 cups chicken, 1/2 teaspoon cumin ground, 1 1/2 teaspoons chili powder, 1 teaspoon onion powder, 2 cloves garlic, 1 jalapeno and 1 red bell pepper. Cook about 5 minutes, or until mixture is warmed through and peppers are just tender.
- Stir in the 1 cup frozen corn, the black beans, drained and rinsed, 1 cup sour cream, 4 ounces cream cheese and 1 tablespoon lime juice. Continue cooking and stirring until cream cheese is melted. Remove from heat and stir in the 1 cup shredded cheddar cheese, 1/4 cup chopped green onions and 1/4 cup chopped fresh cilantro.
- Divide the mixture between the 6-8 large wraps or tortillas and sprinkle with 1 1/2 to 2 cups tortilla strips, if desired. Roll up tightly and serve immediately.



4-H Record Book Tips

Each 4-H member should have at least one 4-H project that they accomplish enough learning opportunities to complete a record book. What should you be keeping track of if you plan to accomplish a 4-H Project Record Book?

All your learning opportunities that you participate in.

Your income and expenses to the project.

All your show supplies expenses. Show entry fees.

Photos of you working on your project.

How many eggs you gathered.

How many photos you took.

How many articles you wrote.

If you gave a presentation.

How many pounds of feed your steer ate.

How many dozens of brownies you made and /or donated.

How you provided leadership within the project.

How you completed citizenship within the project.

Your goals for the year - what you want to learn, make, buy, share, etc.

If you need help, reach out to Robyn. She would love to help you keep up throughout the year.



Want Your Rocket to Look Different

than the rest at the County Fair?

Check Out all of these options

<https://estesrockets.com/collections/rockets>

Let Robyn know what you want by Feb.
2nd and she will place a bulk order.

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.

Citizenship in Action

What: Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

When: February 15 - 16, 2026

Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)

Who: Youth 13-18 years old by January 1 of the current year

Registration: [Here](#)- Due to Hotel room constraints, we will be capping the number of attendees so get registered soon.

Registration Deadline: January 26, 2026 at midnight

Cost: \$225 per attendee



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



- K-State 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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audiotape, and American Sign Language), may be requested by contacting the event contact, Walnut Creek Extension District, four weeks prior to the start of the event at 785-798-3921 or email rdeines@ksu.edu. 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."