



**COTTONWOOD DISTRICT – BARTON
4-H NEWSLETTER
October-November 2025**

The conversation around the need to focus our efforts on preparing youth for work and life started in 2023, it was officially named in 2024. That theme is BEYOND READY and will run through the year 2030. That takes us into National 4-H Week that runs October 5–12 this year. The 4-H program is often labeled by its events and activities held throughout the year like Club Days and County Fair. The reality of the matter is that is so much more than that! The theme of BEYOND READY and the 4-H program is more than branding and labeling. It's a mindset and framework that positions 4-H as an organization to not just prepare youth for the future, but make them capable of leading the generations to come. 4-H provides the resources to help youth gain real-world skills, workforce readiness, leadership, and know the importance behind civic engagement. Work that would not be possible without the adults that volunteer their time, playing a crucial role in helping youth recognize, develop, and articulate these competencies.

We are excited to see how youth this year will step up to these challenges and show that they are BEYOND READY to take on leadership roles, mentoring others, and challenging themselves to grow.

As we prepare for National 4-H Week, check out these fun spirit week opportunities!

Sunday – Selfie Sunday – Post those selfies and share your 4-H Story!

Monday – Beyond Ready: Go Green Day! Where you best green and show pride for 4-H!

Tuesday – Trivia Tuesday – Did you know? Tell us something we don't know, share a fun fact you learned in 4-H.

Wednesday – Help a Friend in Need—Does someone need your help today? Maybe they need a piece of furniture moved, or some branches picked up in the yard. Be sure to take pictures and share!

Thursday – 4-H for Good Day—A day to recognize all the good our 4-H members and volunteers do throughout the year!

Friday – Friday Night Lights – Spotlight a 4-H Alum

Saturday – Saturday Service – 48 Hours of 4-H – how do you serve your community?

Watch for fun ways to interact on the Cottonwood Extension District Facebook page!

<https://www.facebook.com/ksrecottonwood>

"To Make the Best Better!"

Ben Sims



Family Resource Page



Oct 1	New 4-H Year enrollment begins!
Oct 3	4-H Project Records and Pin Applications <u>DUE</u>
Oct 4	Live Well, Lead Well Workshop, Great Bend (Registration info on pg. 5)
Oct 10	Updated Officer/Leader Sheets—Club Summary—Financial Records <u>DUE</u>
Oct 5-11	National 4-H Week
Oct 11	484H—Baking for First Responders, Great Bend—details on Jr. Leader FB page.
Oct 11	484H Volunteer Workday, Rock Springs Ranch (More info on pg. 7)
Oct 12	484H Cleaning 4-H Educational Bldgs., Great Bend—details on Jr. Leader FB page
Oct 18	Live Well, Lead Well/Engineering and Technology Workshop, Hays
Oct 18-19	4-H Dog Conference, Rock Springs 4-H Ranch (see flyer/registration info pg. 11)
Oct 25	Live Well, Lead Well/Engineering and Technology Workshop, Manhattan
Oct 27/28	4-H Volunteer Training, various locations (See flyer with more info on pg. 14)
Nov 1	Live Well, Lead Well/Engineering and Technology Workshop, Wichita
Nov 1	Financial Reviews <u>DUE</u>
Nov 2	4-H Achievement Celebration
Nov 8	Live Well, Lead Well Workshop, Garden City
Nov 11	Officer/YQCA Training, Russell 4-H Building, Russell (registration on pg. 6)
Nov 15	Officer/YQCA Training, 4-H Education Building, Great Bend (pg. 6)
Nov 22/23	KYLF (Kansas Youth Leadership Forum) and Kansas Volunteer Forum— <u>INFO</u>
Nov 24	4-H Livestock Committee meeting
Nov 27-28	Thanksgiving, Cottonwood Extension Office closed
Feb 15/16	Citizenship In Action, Topeka
Feb 21/22	Horse Panorama, Rock Springs Ranch

Interested in testing your evaluation skills?

Open to a day of fun and learning?

Join 4-H youth on March 21 for Super Saturday at Fort Hays State University! This event alternates sites with Colby Community College and the morning involves multiple judging contest such as Life Skills, Entomology, Crop ID, Weed ID, and Photography. In the afternoon, you can test your livestock judging skills or participate in one of several project-related activities such as STEM or Visual Arts. Watch for more information in November!

Jillian Axman

BLUE IN COLOR PHOTOGRAPHY

Melody Braddy

BLUE IN COLOR PHOTOGRAPHY

BLUE IN BLACK & WHITE PHOTOGRAPHY

Emaline Debes

PURPLE IN DEMONSTRATION OR ILLUSTRATED TALK

BLUE IN COLOR PHOTOGRAPHY

PURPLE IN TWO DIORAMA MODELS INTERIOR DESIGN & ARCHITECTURE

BLUE IN WILDLIFE EDUCATIONAL DISPLAY

Jackson DeVoss

BLUE IN GENERAL CRAFTS

BLUE IN GEOLOGY 30 ROCKS DISPLAY

Brantley Edgerton

BLUE IN COLOR PHOTOGRAPHY

WHITE IN FOOD & NUTRITION

Jonas Kern

RED IN COLOR PHOTOGRAPHY

PURPLE IN BLACK & WHITE PHOTOGRAPHY

Maggie Kern

BLUE IN COLOR PHOTOGRAPHY

PURPLE IN CONSTRUCTED OUTFIT

BLUE IN INTERMEDIATE FORESTRY

Kassie Linsner

RED IN KNITTING FIBER ARTS

Callie Loesch

BLUE IN BLACK & WHITE PHOTOGRAPHY

Elizabeth Martin

PURPLE IN COLOR PHOTOGRAPHY

Ellie McKenna

BLUE IN NEEDLE ARTS

PURPLE IN WEAVING FIBER ARTS

Kylee Miessler

BLUE IN COLOR PHOTOGRAPHY

Samantha Negaard

PURPLE IN ILLUSTRATED TALK

PURPLE IN COLOR PHOTOGRAPHY

PURPLE IN NEEDLE ARTS

Emmalynn Perron

BLUE IN BLACK & WHITE PHOTOGRAPHY

PURPLE IN THREE-DIMENSIONAL VISUAL ARTS

Eden Ringwald

BLUE IN FOOD & NUTRITION

BLUE IN CONSTRUCTED OUTFIT

Emmett Salem

RED IN INTERMEDIATE WELDING ARTISTIC FABRICATION

Aliza Straub

RED IN BLACK & WHITE PHOTOGRAPHY

BLUE IN KNITTING FIBER ARTS

PURPLE IN CONSTRUCTED OUTFIT

PURPLE IN FRESH CULINARY HERBS

BLUE IN ANNUAL GARDEN FLOWER

Chloe Vaupel

BLUE IN COLOR PHOTOGRAPHY

BLUE IN CONSTRUCTED OUTFIT

Mikayla Watts

BLUE IN COLOR PHOTOGRAPHY

DJ Wyant

2 RED IN AEROSPACE ROCKETRY

Kaelynn Axman

BLUE IN FINE ARTS

Willow Braddy

BLUE IN COLOR PHOTOGRAPHY

Brogan Edgerton

WHITE IN WOODWORKING

Russell Kern

PURPLE IN FOOD & NUTRITION ED. EXHIBIT

BLUE IN PICKLES FOOD PRESERVATION

Lilly Ann Linsner

RED IN LARGE VEGETABLE SPECIMEN PLATE

Everett Negaard

BLUE IN COLOR PHOTOGRAPHY

RED IN FOOD & NUTRITION

BLUE IN INT ASTRONOMY EDUCATION POSTER

Ensley Vaupel

BLUE IN COLOR PHOTOGRAPHY

PURPLE IN CONSTRUCTED OUTFIT

CONGRATULATIONS PARTICIPANTS!





Sr PHOTOGRAPHY
JUDGING TEAM

2ND PLACE

COTTONWOOD DISTRICT

Sr PHOTOGRAPHY
INDIVIDUAL

4TH PLACE

JONAS KERN

Sr FCS JUDGING TEAM

12TH PLACE

COTTONWOOD DISTRICT



LIVE WELL, LEAD WELL WORKSHOP

SATURDAY, OCTOBER 4
GREAT BEND, KS

9:00 AM TO NOON

Register
Here



**Beyond
Ready**

Preparing our youth with

★ *Strong Minds*

★ *Active Hearts*

★ *Helping Hands*

★ *Healthy Lives*

Workshop Topics

Head

Yoga & Breathing

Modeling Dough & Activity Cards

Heart

Target Heart Rate

Line Dancing

Snack

Smoothie

Blender Bike

Hands

Conversation Rocks

Health

Re-Think Your Drink

Hands-On Activities



Who Should Register: All adults and youth (ages 7 to 18) interested in learning about healthy living choices and coping strategies through fun, hands-on activities.

Registration Fee: \$15 per attendee. (Registration fee includes workshop supplies, take home modeling dough and activity cards, conversation rocks, smoothie snack, and door prizes.) Please pay at your local Extension office by September 30th or bring your payment with you the day of the workshop.

What To Bring: Please bring your favorite drink for one of our activities.

Accommodations: Kansas State University Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested with registration to this event.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
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REGISTRATION LINK!



OFFICER / YQCA TRAINING



Tuesday, November 11th:
at the Russell 4-H Building

5-7:00 pm - Officer Training

7-8:00 pm - YQCA Training

Saturday, November 15th:
at the 4-H Educational Building
in Great Bend

4-6:00 pm - Officer Training

6-7:00 pm - YQCA Training

K-STATE
Research and Extension



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

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 Ben Sims prior to the start of the event at (620-793-1910 or benjam63@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.

REGISTRATION LINK!

YOU'RE INVITED!

VOLUNTEER WORKDAY AT ROCK SPRINGS RANCH



The day will kick off with **check-in and refreshments at 8:00 AM** in the **Johnson Administration Building**. After that, you'll get to pick a project category and get to work with an awesome crew of fellow volunteers.

Choose Your Project!

There's options for everyone, whether you want to break a sweat or keep it light:

- Outdoor – High Intensity: Trail work, landscaping, repairs
- Outdoor – Low Intensity: Gardening, painting, cleanup
- Indoor – High Intensity: Deep cleaning, lifting, organizing
- Indoor – Low Intensity: Light organizing, office support



Beyond Ready

LEADERS' CORNER



CLUB LEADERS—It is very important that you set up a Volunteer Profile in 4-H Online and verify that you have completed the volunteer training in 4-H Online! This helps us manage volunteer resources, training, and certification. Please remember that in order for a 4-H Club to be in good standing you must have TWO leaders who have current 4-H volunteer certification. As we begin the new 4-H year on Oct. 1, please complete your paperwork as well as working with 4-H families!

Please visit with your club's 4-H Council Representatives so that they are aware of their role and responsibility to attend 4-H Council and fulfill their elected duties. They serve as the conduit of information between the club and the county-wide 4-H Council.



Are you a member of the Kansas Association of 4-H Volunteers? Would you like to know more? Check out the information at <https://www.kansas4-h.org/volunteers/volunteer-association/index.html>. The association meets at least annually during KYLF in November.



At your October and November 4-H Club meetings, actively work with members to share about 4-H and recruiting new members! Some great resources can be found at: <https://www.kansas4-h.org/resources/leader-resources/clubcorner/index.html>



Also, a great resource for welcoming new members (and not just at the first meeting) can be found at https://bookstore.ksre.ksu.edu/download/welcoming-new-4-h-members_4H1117



Project Records—October and November are great times to begin the Project Record Process for the new year with Goal Setting! This can be a learning activity for a club meeting!

<https://www.kansas4-h.org/resources/awards-and-recognition/index.html>

2025-2026 4-H Enrollment

Why enroll in October?

The goal of 4-H is project learning throughout the year, not just to produce a fair entry!

The sooner your family is enrolled, the sooner you are added to email lists for communication.

Clubs should not elect officers from non-enrolled 4-H members (that's hard to keep in mind during October officer elections!)

Selecting Projects—setting goals

Using the goal setting sheet (https://bookstore.ksre.ksu.edu/download/setting-4-h-project-goals_4H1100) is a great way to start your project year!


Keep in mind that winning Grand Champion or a purple ribbon is not a goal. Goals should be SMART: **Specific** (bake a cake), **Measurable** (understand and improve the texture of my cake), **Achievable** (I can do this myself or with help from a family member); **Relevant** (I am enrolled in the Foods & Nutrition project); **Timely** (one/week in Feb-May)

Why start Project Records in October?

By having Project Records out in October, you have the opportunity to look ahead for activities and events that provide learning/practice or where you need to practice at home.

For older youth, you may need to include leadership activities related to the project and this is much easier to plan in October or November than in September when the year is nearly complete.


4-H Online closed for access sometime in late September to prepare for the new 4-H year. As we get closer, watch for an announcement that 2025-2026 4-H Online enrollment is open!

K-STATE Research and Extension  **KANSAS 4-H CLUB CORNER**

A 4-H Project: More than a Fair Entry


4-H project-based learning provides a place for youth to explore their interests and passions—or what we like to call their “spark!” Youth learn from caring adult volunteers, or in some cases through self-guided study, in projects in areas such as science, health, agriculture, and citizenship. Screened adult volunteers provide a safe and positive environment where youth learn by doing. Young people thrive through 4-H participation, finding their way to success in life and career.

Careful consideration should be used when selecting a 4-H project to enroll in for the year. A 4-H project has five components: Learning Experiences, Leadership, Citizenship, Exhibition, and Record Keeping. An explanation of each component can be found below. These five components can all be found along the Kansas 4-H Learning Pathway (4H1131).



Learning Experiences	Citizenship	Leadership	Exhibition/Showcase	Record Keeping
<ul style="list-style-type: none">• Curriculum-guided activities• Project meetings• Kansas Clover Classroom• Educational tours• Workshops/clinics• State project events• KSU Junior Producer Days• Judging contests• Public presentations• Interviewing the experts• Educational presentations• Quiz bowl contests• Skill-a-thon• How-to shows and online videos	<ul style="list-style-type: none">• Helping your community or others outside your family• Helping others without financial compensationExamples may include:<ul style="list-style-type: none">• Food drives• Sew and donate lap quilts to nursing home• Knit caps for newborns• Assist in community garden• Volunteer with Story Walk, featuring a book related to project work• Launch rocket with daycare or elementary grades	<ul style="list-style-type: none">• Teaching skills or information to others outside your family• Organizing or coordinating an event or activityExamples may include:<ul style="list-style-type: none">• Teach a workshop• Facilitate a group activity• Assist a Project Leader with project meeting• Plan a tour• Serve as a Junior Team Leader• Serve as a Junior Superintendent• Create project-related videos for use on social media	<ul style="list-style-type: none">• Contest (foods show, photography contest, wheat show, etc.)• 4-H Club Days• 4-H Project Displays• Livestock show• Educational presentation• County Fair• Kansas State Fair	<ul style="list-style-type: none">• Goal setting• Record of project work, income, expenses, and skills learned, etc.• Leadership and Citizenship• Project reflection• Pictures documenting learning and engagement

Local Contact Information

K-STATE Research and Extension  Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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4H1132 November 2020
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

A 4-H Project: More than a Fair Entry can be downloaded from:

https://bookstore.ksre.ksu.edu/download/4-h-project-more-than-a-fair-entry_4H1132

4-H Online Resources are available at:

<https://www.kansas4-h.org/resources/4-h-online/index.html>

As we begin the 2025–2026 4-H year, it's important to understand how publicity permissions are handled and how we, as Extension professionals, can responsibly share the stories and successes of you, our 4-H members.

What Is the Publicity Release?

When families enroll in 4-H Online, they are asked to agree (or not agree) to a **publicity release**. This release gives permission for the use of a member's name, image, and likeness by:

- Local Extension Units
- Kansas State University (including the State 4-H Office)
- The Kansas 4-H Foundation

This includes use in photos, videos, social media, websites, press releases, and more. If a family selects **"I Do Not Agree,"** their child's name and image **cannot** be used. Some examples include:

- Kansas State Fair & County Fair entry cards, schedules, or results
- Local or state contests
- Social Media posts
- News articles or promotional materials

Additional Consent Questions

To provide more clarity, families are asked to give specific permission for:

- First and last name
- Extension unit
- 4-H club or town name
- Media (photos, video, audio, etc.)
- Print-only media
- Social media
- County fair-related publicity

These responses **override** the general publicity release and help guide what can or cannot be shared publicly.



Photo credit:
Lydia from Phillips County

Register
using this
QR Code:



Cost
\$170



Shirts available for additional cost.



Artwork by:
Keri from Scott County



TRAILS & TAILS

KANSAS 4-H DOG CONFERENCE

OCTOBER 18-19, 2025

Stay at Rock Springs Ranch *with your dog*. Enjoy the beauty of the Flint Hills in the fall with a guided hike with your furry friend. Sharpen your obedience training skills. Learn about dog health and potential careers related to the Dog Project. Make new friends through fun canine-related activities. Participate in the **Dog Photography Contest** and **Kansas 4-H Dog Quiz Bowl**.

For more information visit: <https://www.kansas4-h.org/projects/animal-science/dog/>

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For more information and registration: [TRAILS & TAILS](#)

KANSAS YOUTH VIRTUAL ENTREPRENEURSHIP CHALLENGE



Join our **statewide** virtual pitch competition, open to elementary, middle, and high school students, by pitching your business idea in a **3-5 minute video** for a chance to win **cash prizes!**

 [GOVENTUREDASH.COM/COMPETITIONS/729](https://goventuredash.com/competitions/729)



**COMPETITION OPEN FROM:
SEPT 1 - OCT 26**

**JUDGING WINDOW:
OCT 28 - NOV 4**

**WINNERS ANNOUNCED:
NOV 6**



To register and find more information visit: <https://goventuredash.com/competitions/729>

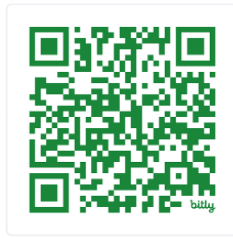
SERVE  **GROW**  **THRIVE**  **MAKE** 

Volunteers Needed



Scan me

Being a 4-H
volunteer



Scan me

Kansas 4-H Project
Offerings



Scan me

Impact of 4-H

Help make a difference!
Join us and be part of something bigger!

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

 **MAKE**  **THRIVE**  **GROW**  **SERVE**

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Cottonwood
District

Barton County
620-793-1910
[cottonwood.k-state.edu
/barton-county4h/](http://cottonwood.k-state.edu/barton-county4h/)

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

**Please share with anyone you think may be interested in joining our
great group of 4-H volunteers here in Barton County!**

4-H VOLUNTEER TRAINING



*for 4-H club leaders, project leaders
and volunteers in Western Kansas*

Join us as we explore the 4-H Thriving Model and the importance of **DEVELOPMENTAL RELATIONSHIPS** in youth development. Participants will work to build individual plans focused on intentionally strengthening relationships with youth, while going home with tangible activity and club strengthening ideas.



MON., OCT. 27TH
6:30-8:30 PM

**HAYS
MEADE
PRATT
RUSSELL**



TUES., OCT. 28TH
6:30-8:30 PM

**COLBY
HILL CITY
HUGOTON
NESS CITY
ULYSSES**



REGISTER ONLINE:

[BIT.LY/4-HVOLUNTEERTRAINING2526](https://bit.ly/4-HVOLUNTEERTRAINING2526)

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Junior Leaders are welcome to attend! Follow this link to register for the [4-H Volunteer Training](https://bit.ly/4-HVOLUNTEERTRAINING2526).

Junior Leaders

October 20 6 pm

4-H Council

October 20 7:30 pm

Council committees meet before the meeting or at 7 pm on meeting nights or may schedule meetings at other times.

Meetings are held at the 4-H Education Building (Hwy 281) OR Zoom Conference Call



Stay in touch with Cottonwood Extension District—Barton 4-H

www.cottonwood.ksu.edu

620-793-1910



K-State Research and Extension—Cottonwood Extension District

Barton County 4-H Members