

# POTTAWATOMIE COUNTY 4-H NEWSLETTER



## Ambassador Spotlight

Meet **Cody Pennington**! Cody comes to us from the Shining Star 4-H club. He is passionate about Poultry and Fabrication and attended CWF and KYLF last year!

## UPCOMING EVENTS

- ✿ **Clovio Weekend**  
November 8-9, 2025  
Kansas State University
- ✿ **Extension Annual Meeting**  
November 12, 2025 6PM  
Sunflower Room
- ✿ **County Council Meeting**  
November 17, 2025 7PM  
Sunflower Room
- ✿ **Living Well**  
November 19, 2025 12-1PM  
Buzz on Energy Drinks
- ✿ **KYLF**  
November 22-23, 2025  
Rock Springs Ranch
- ✿ **Thanks & Treats Workshop**  
November 24, 2025 1-4 PM  
Sunflower Room
- ✿ **Thanks & Treats Workshop**  
November 25, 2025 1-4 PM  
Sunflower Room
- ✿ **Discover Your Future**  
Deadline: December 8<sup>th</sup>  
See Attachment
- ✿ **County Officer Training**  
December TBD  
Location TBD
- ✿ **County Leader Training**  
December TBD  
Location TBD
- ✿ **Dust to Diamonds**  
January 24, 2025 6-10PM  
St. Bernard's, Wamego, KS
- ✿ **Regional Club Days**  
TBD  
Alma, Kansas



## Monthly Shout Out

# 48 Hours of 4-H

The 48 Hours of 4-H program gets to the heart of the 4-H mission – giving back to our communities – and this year, four of our clubs truly stood up and shined through the challenge!

4-H members are three times more likely to give back to their communities through service – and this year's efforts prove that teamwork truly makes the dream work. Great job, everyone! ♥

**Blackjack 4-H Club** spent an evening cleaning and repainting lines at St. George Grade School as a way to give back to the school that graciously hosts their meetings each month.

**Olsburg Boosters 4-H Club** rolled up their sleeves at the American Legion and local parks to rake leaves, pull weeds, and ensure the areas are clean and safe for youth to enjoy during these last few warm days.

**Dutch Mill 4-H Club** held a soup drive, collecting cans of soup to add to their birthday cake bags donated to the Faith Market Food Pantry – spreading warmth and kindness in more ways than one!

**Shining Star 4-H Club** partnered with Havensville Rural High School to sweep, vacuum, and deep-clean the kitchen, helping prepare the space for future community events.

## Shout Out Nomination Link

Use this link to tell me all the cool things you are doing in 4-H! Include a photo! It can be a club, member, volunteer, organization, business.... anyone/thing that is doing great things for or in 4-H!

[https://docs.google.com/forms/d/e/1FAIpQLScU6hxS0dhounXHA\\_T5\\_udggbzc\\_8tegkhoaDzns93szcgQ/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScU6hxS0dhounXHA_T5_udggbzc_8tegkhoaDzns93szcgQ/viewform?usp=pp_url)

## Project Workshop

**Thanks and Treats**

Attention Foods Members!  
On the Monday and Tuesday of Thanksgiving Break we would like to hold a mini cooking class where we will focus on measuring, mixing, baking and or coarse taste testing!

Our space is small, so each day is limited to 5 youth. Sign up early! There will be a small \$5 cost to cover the supplies, but you will leave with treats and a few kitchen items to help you with your project!

<https://www.signupgenius.com/go/10COA4FA8AC2BA3F9C25-60092067-thanks>

Nov 24th



Pumpkin Chocolate Chip Muffins

Nov 25th



Caramel Apple Cookie

**This Month in Pictures**

Lynelle and Lex Cline of the Shining Star 4-H Club helping clean up Havensville Rural High School during the 48 Hours of 4-H Challenge!



New Pottawatomie County 4-H Ambassadors are Introduced at the Achievement Banquet on October 26<sup>th</sup>!



3 of our Pottawatomie County 4-H Members (Mason Rookstool, Jacob DeRouchey and Will Meinhardt) represented the Wamego FFA at the Royal and placed 2<sup>nd</sup> in the Livestock Judging Contest!!!



Wamego Match Day Booth brought in \$3,606 before matching funds are added! Thank you to everyone who donated and worked the booth to help our youth travel and participate in many opportunities!

**DISCOVER  
YOUR  
FUTURE**  
K-STATE  
Research and Extension

*"I was able to use concepts I learned in the intro to human development course through Discover Your Future in my leadership role as a 4-H Ambassador."*

Jadyn Eckert -  
2024 DYF Student

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



## K-State Opportunity

**Discover Your Future**

Provides high-school juniors and seniors enrolled in 4-H, learning and career exploration opportunities through 4-H project participation and access to introductory college courses at Kansas State University.

The program is designed to help youth prepare for things like postsecondary education and future careers.

## Benefits to 4-H Youth:

- Combine 4-H project with advanced learning.
- Use course assignments to help set goals, manage project expectations and increase knowledge within project area.
- Obtain dual high school and college credit.

## Benefits to Parents/Guardians:

- Inexpensive opportunity for child to gain college credits.
- Opportunity for 4-H youth to explore career opportunities and pathways.

## Courses offered in Spring 2025

- **Introduction to Public Speaking** COMM 106 (3 credit hours)
- **Introduction to Agricultural Communications** AGCOM 110 (2 credit hours)
- **Introduction to Human Development** HDFS 110 (3 credit hours)
- **Introduction to Personal Financial Planning** PFP 105 (3 credit hours)

See Attached Flyer for more details

[https://kstate.qualtrics.com/jfe/form/SV\\_01CbtGRIpzdoPYO](https://kstate.qualtrics.com/jfe/form/SV_01CbtGRIpzdoPYO)

## Enrollment Time

**Time to Enroll!**

Don't forget to enroll by December 31st and select "Pay with Check" to have your \$15 fee covered by 4-H Council!

(Do not send a check! We have great donors like Blue Valley Telecom that help cover the fees!)

<https://www.pottawatomie.k-state.edu/4-h/enrollment.html>



## Experience of a Lifetime

**Citizenship Washington Focus**

Are you ready for the adventure of a lifetime? Join us as we start our journey towards Citizenship Washington Focus (CWF) 2028. The CWF experience brings together our area 4-Hers for a year and a half of leadership, team-building, and friendship. In the summer of 2028 our delegation will travel across the country to participate in an immersive citizenship experience, ultimately landing in Washington, D.C.. As we travel east, we will make stops at a number of sites; St. Louis Arch, Mammoth Cave, Gettysburg, Etc, which will be determined by the 4-Hers during our time together. Please consider joining us for this unforgettable experience, as it is truly a once-in-a-lifetime opportunity. Anyone who will be (14) by January of 2028 is eligible to participate.

Although we will not start the formal meeting process until February of 2027, we need to keep the fundraising in order to keep trip costs low for delegates and their families. Call or Email Amber today to get your name on the list! Any and all fund raising ideas are welcomed! If we start early we pay less out of pocket!



## Time to Shine!

**Regional Club Day TBD**

- We are still hunting for a Date, but it is WB Counties time to host so it will be in Alma!
- We are introducing some contest areas to the Club Days!!! Bring the ol' thinking cap and try your hand at some Horticulture, FCS, Crops and Weed ID and Livestock Sweepstakes mock contests!
- More information to come soon!!!

## K-State Opportunity

**Clovia Hospitality Weekend**

- November 8 and 9!
- Hospitality Weekend is a recruitment event available to all high school and college-aged women who are interested in attending Kansas State University and living at Clovia.
- This event is free of charge and will provide an opportunity for potential members to get to know Clovia and K-State better.
- Interviews will be scheduled before official events begin for any interested women who wish to become members in future semesters.
- We would love to see you there!



## Knowledge Expansion Warning!

**Living Well Wednesday**  
**The Buzz on Energy Drinks**  
**November 19<sup>th</sup> 12:10-1:00PM**

Energy drink consumption is on the rise, particularly among adolescents! We will explore common ingredients and outline the benefits and risks to help consumers make informed decisions.

See attached flyer for more information!

Party Time!

## Dust to Diamonds

- Help raise money to continue improving the Onaga Fair Grounds!
- January 24, 2026
- The Fair Board is asking each club to donate a basket to auction off! These can be dropped off with any fair board member or at the extension office prior to the 24<sup>th</sup>!
- More Information on the Attached Flyer!

POTTAWATOMIE COUNTY FAIR  
ENHANCEMENT FUNDRAISER

*Dust to Diamonds*  
*Saturday, January 24, 2026*

K-State Opportunity

# Save the Date

## 2026 K-STATE JUNIOR PRODUCER DAYS



<https://www.asi.k-state.edu/extension/youth-programs/events/ks-jr-producer/>

K-State Opportunity

## Grilling Academy

Saturday November 15<sup>th</sup>

9:30Am-4:00PM in Weber Hall

More Information on attached flyer!



Pottawatomie County Conservation Opportunity

## Poster Contest

- Theme: "Soil, Where It All Begins!"
- Poster Contest: K-8<sup>th</sup> Grade
- Limerick Contest: 5<sup>th</sup> -8<sup>th</sup> Grade
- Essay Contest: 5<sup>th</sup> -8<sup>th</sup> Grade
- Deadline December 19<sup>th</sup>
- See Attached Flyer for more Details!

Contest entries can be mailed or delivered to our office at:  
Pottawatomie Conservation District  
501 State Street, P.O. Box 246  
Westmoreland, Kansas 66549  
Call or Email Chalee Braun at  
785-457-3398  
[chalee.braun@ks.nacdn.net](mailto:chalee.braun@ks.nacdn.net)



Knowledge Expansion Warning!

## Kansas Geology Events

Register for 4-H Today and select Geology as a project topic to ensure you get the most up to date information!!!



Time to Shine!

## Horse Judging Contest

What: 2026 KS State 4-H Horse Judging Contest

- Cost: Early bird (by January 2, 2026)- \$25; Late (by January 9, 2026)- \$30

When: January 23, 2026

Where: Equifest of KS; Topeka, KS

Who: The contest awards are available to all Kansas 4-H members 9-18.

- An open contest is also available

For More Information:

<https://www.kansas4-h.org/educational-experiences/project-based-events/contests/horse-judging/>

K-State Opportunity

## EXCITE Shadow Day

Experience a day in the life of a K-State student! High school students (grades 9-12) are invited to register for an EXCITE Shadow Day. Join EXCITE to learn about STEM majors and opportunities on the K-State Manhattan Campus. Students will be paired with a current K-State student who shares similar interests in STEM. Together they will attend classes/labs, tour campus, eat lunch at the K-State Student Union, and discuss what it's like to be in a STEM major at K-State.

November 12!

Hosted by KAWSE, the K-State Office for the Advancement of Women in Science and Engineering.

The mission of EXCITE Shadow Days is to encourage girls' continued interest in science, technology, engineering and math (STEM) careers. All students in grades 9-12 are welcome to attend.

How do I sign up?

Register online or email [kawse@ksu.edu](mailto:kawse@ksu.edu) for a printable registration form that can be completed and mailed to the KAWSE office 2 weeks prior to your selected event date.

When an event reaches its 10-person capacity, additional registrants will be waitlisted.

Register for your date here:

November 12, 2025

<https://www.k-state.edu/kawse/excite/events/shadow-days.html>

# SHADOW DAYS

Leadership Experience

## Citizenship In Action

Would you like to have more influence in laws and rules that affect your life? Citizenship in Action is for you! This 2-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



K-State Opportunity

## GROW Workshop (11/8)

- GROW offers one Saturday Workshop and is open to students of all genders on a first-come, first-serve basis.
- GROW Saturday Workshop - November 8, 2025
- At the K-State campus in Manhattan. Middle school students participate in a hands-on workshop related to the event's theme hosted by K-State faculty, staff and students.
- Interested participants can sign up for our [GROW Listserv](#) to receive email notifications about these events.
- [Register here!](#)

# GROW

# DISCOVER YOUR FUTURE

**K-STATE**  
Research and Extension



4-H Career Exploration and Career Pathway Program (CEP)

DYF is a program created to ignite curiosity and build skills in 4-H youth by fostering early career exploration and creating pathways to post secondary success, ensuring a seamless transition into future careers and academic endeavors.



## HDFS 110 - INTRO TO HUMAN DEVELOPMENT

A study of lifespan human development through an individual's awareness and understanding of his or her own physical, social, and psychological growth and relationships with family, peers, and others.



## PFP 105 - INTRO TO PERSONAL FINANCIAL PLANNING

Students will learn to analyze and evaluate strategies for managing money on both personal and family levels, covering essential topics such as budgeting, saving, investing, credit use, and debt management.



## AGCOM 110 - INTRO TO AGRICULTURAL COMMUNICATIONS

Introductions to agriculture communications programs, activities, careers, and trends, this course will cover audience analysis across media platforms, Associated Press writing style, and understanding target audiences.



## COMM 106 - PUBLIC SPEAKING

This course introduces students to the art of public speaking, guiding them in crafting and delivering impactful speeches while fostering critical thinking about public discourse. Students will develop essential communication skills, reduce speaking anxiety, and learn how to tailor messages for diverse audiences.

### STUDENT APPLICATION:

[https://kstate.qualtrics.com/jfe/form/SV\\_01CbtGRlpzdoPYO](https://kstate.qualtrics.com/jfe/form/SV_01CbtGRlpzdoPYO)

### SIGNATURE FORM:

[https://kstate.qualtrics.com/jfe/form/SV\\_3F71B70tRkIWuSG](https://kstate.qualtrics.com/jfe/form/SV_3F71B70tRkIWuSG)

**Application opens November 1st. Due December 8th, 2024**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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

**Chelsea King**

Nutrition/Food Safety/  
Health Agent Johnson County  
K-State Extension



# The Buzz on Energy Drinks: Unpacking the Truth

Energy drink consumption is on the rise, particularly among adolescents and young adults. These drinks are often marketed as a way to increase focus and performance, as well as give a boost of energy. But what is really inside the can? We will explore common ingredients and outline the benefits and risks to help consumers make informed decisions around energy drink consumption.

November 19<sup>th</sup>  
12:10 - 1 PM



Scan the QR code or use  
the link below to register:  
[bit.ly/41E7kqJ](https://bit.ly/41E7kqJ)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.

**LIVING WELL  
WEDNESDAY**  
K-State Research and Extension's Webinar Series

**POTTAWATOMIE COUNTY FAIR  
ENHANCEMENT FUNDRAISER**

*Dust to Diamonds*  
*Saturday, January 24, 2026*

St. Bernard's Parish Hall  
17665 Old Post Road, Wamego

**Ticket Sales Open Now!**  
**Table of 8 \$350 - Single \$50**  
**Adult (21+) Event - Country Attire**

6-10 PM

Catered Meal by Barleycorn's,  
Open Bar, Silent Auction,  
Live Auction, & Fun and Games

All proceeds go to support the Pottawatomie County  
Fairground Improvements.

Questions 785-844-0430





**SATURDAY, NOVEMBER 15<sup>TH</sup> | 9:30AM - 4:00PM**  
**WEBER HALL**

**9:30am-** Registration

**10:00am-** Introductions

**10:15am-** Fabrication and seasoning of beef prime rib

**10:45am-** Meat palatability and the science behind cooking

**11:15am-** Holiday favorites and seasonings

**11:45am-** Sensory panel- Flavor profiles of holiday favorites

**12:00pm-** Chicken and turkey safety and fabrication

**12:30pm-** Lunch- Prime rib

**1:00pm-** Cooking methods

**1:30pm-** Sensory panel- cooking methods

**2:00pm:** Chopped style cooking competition- Whole chicken with mystery ingredients

**4:15pm-** Awards for cooking competition

**4:30pm-** Final comments and questions

## SCHEDULE



# Conservation Contests!

The Pottawatomie County Conservation District is again offering three contests for your elementary and junior high/middle school students!

Poster Contest: K - 8<sup>th</sup>  
**Theme: "Soil. Where it all Begins"**  
Limerick Contest: 5<sup>th</sup> - 8<sup>th</sup>  
Essay Contest: 5<sup>th</sup> - 8<sup>th</sup>



**Everyone gets a prize!**

1<sup>st</sup> - 3<sup>rd</sup> Places and Honorable Mentions will receive additional prizes.  
Awards will be announced at our annual meeting in 2026.

**Deadline for all Contests: December 19, 2025**

Please contact us for any needed materials to help you discuss the topic with your students and for a detailed copy of our rules and guidelines. We have a list of websites available as well! We welcome entries from schools, 4-H clubs, Scout troops, religious affiliated groups etc. as long as students are given a lesson and entries are monitored by an adult.

**Only one entry per student per contest.**

Contest entries can be mailed or delivered to our office at:

Pottawatomie Conservation District  
501 State Street, P.O. Box 246  
Westmoreland, Kansas 66549  
Call or Email Chalee Braun at  
785-457-3398  
[chalee.braun@ks.nacdnet.net](mailto:chalee.braun@ks.nacdnet.net)

