



**K-STATE**  
Research and Extension

Sedgwick County

# 4-H UPDATE

[www.sedgwick.ksu.edu](http://www.sedgwick.ksu.edu)

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## UPCOMING EVENTS

September 30	Record Books and Pin Applications due to the office
October 10-12	Horticulture Nationals in Baltimore
October 15	KYLF/KVF registration deadline
October 15	Club Financials due to office
October 18-19	State Dog Conference
October 22	4-H Grow deadline
Oct. 1	New 4-H Year begins
Oct. 26	Carnival
November 2	Officer Training
November 9	Awards Ceremony



## *From the Desk of..... Stephanie Hays*



Dear 4-H Families:

Celebrating an Incredible Year in Sedgwick County 4-H

As I close out my first year serving as your Sedgwick County 4-H Youth Development Leader, I am overwhelmed with gratitude, pride, and excitement for what lies ahead. This year has been extraordinary, not only because of the impressive achievements of our youth and volunteers but also because of the spirit of teamwork, generosity, and resilience that defines our 4-H family. Together, we have grown stronger, reached new audiences, and demonstrated the true meaning of "Making the Best Better." And creating a society of youth that are "Beyond Ready" for whatever lies ahead for them.

Over the past twelve months, the 4-H team expanded school enrichment programs to reach thousands of students across Wichita and Sedgwick County. Lessons like embryology, Wheat Science, and Life Cycle Miracle brought science to life for classrooms, while Mindful Me social-emotional learning equipped students with the tools to manage their emotions and build healthy relationships. We have maintained high-quality enrichment opportunities. In addition, our STEM workshops, robotics, and coding classes sparked curiosity and opened doors for students who may one day pursue careers in science and technology.

Our 4-H youth have truly shined, earning recognition at many county, state, and national level contests, the Kansas State Fair, Kansas Junior Livestock Show, but just as importantly, they demonstrated civic engagement and community service. 4-H youth around the county led projects like caroling at care homes, town clean ups, Quilts of Valor, Hospice gown event, raising money for The Humane Society, and fairground beautification, while dozens of youth participated in Teen council, KYLF, Rock Springs camp, Discovery Days, and Citizenship in Action to learn about government and leadership. Sedgwick County 4-H youth showed us that 4-H isn't only about winning ribbons; it's about building character, empathy, and a desire to serve others.

I am deeply thankful for every leader, parent, and volunteer who gave their time, energy, and expertise to guide our members. Whether you were teaching a project class, supervising fair exhibits, mentoring a nervous first-year member, or simply cheering from the stands, your

contributions have shaped this program and its future leaders. To the 4-H youth, your curiosity, courage, and commitment to trying new things, even when they seem hard, make me proud every single day. Your willingness to support one another, celebrate each other's successes, and ask for help when needed embodies the best of what 4-H represents.

As I am looking ahead to the coming year, I am excited to start setting goals to make our great Sedgwick County 4-H even better my goals for the year include increasing our membership, recruiting more project leaders, and continuing to strengthen our school enrichment and urban outreach programs. I will be improving our evaluation process by sending more surveys after events to ensure we gather measurable feedback, helping us adapt and grow stronger. Together, we will expand opportunities for youth sparks, foster belonging, and prepare today's young people to become tomorrow's leaders.

Thank you for making my first year as your 4-H Youth Development Agent so rewarding. The accomplishments we've achieved together prove that when our Sedgwick County 4-H family unites, there is no limit to what we can do. I am eager to step into this next chapter with all of you, leaders, parents, and youth, confident that the year ahead will bring even greater successes, stronger connections, and lasting memories for our 4-H community.

Attention all 4-H families: I am working at making sure I finish my 1<sup>st</sup> year with as much information as I am able to. I love Sedgwick County 4-H. Lets make it the best it can be.

[https://kstate.yul1.qualtrics.com/survey-builder/SV\\_ef9A96wTk9jgmpg](https://kstate.yul1.qualtrics.com/survey-builder/SV_ef9A96wTk9jgmpg)

With all my appreciation!!

Steph

Stephanie Hays, Extension 4-H Agent  
Sedgwick County  
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sahays@ksu.edu





## Best Practices for 4-H Publicity: What Families and Volunteers Need to Know

Submitted by Sarah E. Maass

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.

## Best Practices for Sharing Youth Information for Extension Professionals

Even when full permission is granted, it is best practice to:

- **Use first names only** in social media posts.
- If no consent is given, refer to youth as:
  - "A 4-H member from [Club Name]"
  - Or use initials, e.g., "C.C., participant from Cloverville 4-H Club"

These practices help protect youth privacy while still celebrating their achievements.

To view the complete best practices document, please go [here](#). If you have questions about publicity permissions or how to apply these best practices, please contact your local Extension Office.





## Kick off the 4-H Year with Service

Submitted by Beth Hinshaw

We hope every Extension Unit will join us this fall in seeing just how much we can give back to our communities! The weekend at the end of National 4-H Week is the perfect opportunity to set up a service project. Invite your friends, clubs, adult volunteers, and 4-H Alums, too! Consider inviting some local organizations or businesses to work with your group.

When: October 11-12, 2025

Who: 4-H Members, 4-H Clubs, Friends,  
Adult Volunteers, Parents, 4-H Alumni



It's time to make plans for your club to participate.

Register your project here: <https://kansas4h.org/educational-experiences/project-based-events/conferences-events/48-hours-of-4-h/https://kansas4h.org/educational-experiences/project-based-events/conferences-events/48-hours-of-4-h/>

We would appreciate having projects registered by September 25.



### 48 Hours of 4-H at Rock Springs Ranch State 4-H Center

Submitted by Garrett Johnson

Hi Friends!

We're excited to invite you to our Volunteer Workday at Rock Springs Ranch on **Friday, October 11!**

We'll kick off the day 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!

We've got 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

You'll be assigned a project when you arrive, so come ready to jump in where you feel most comfortable!

Please let us know you're coming by filling out this quick form:

Sign Up to Volunteer: [https://docs.google.com/forms/d/e/1FAIpQLSf9\\_oJM76ebvy-MwpArAPA3lIBYx\\_ogZLA4RhWZSGogNGg1kw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf9_oJM76ebvy-MwpArAPA3lIBYx_ogZLA4RhWZSGogNGg1kw/viewform)

## **KYLF and KVF---Kansas 4-H Leadership Weekend-Sedgwick County has some scholarships available for youth and adult volunteers. 😊**

**Submitted by Beth Hinshaw**

The Kansas 4-H Leadership Weekend will be November 22-23 at Rock Springs 4-H Ranch and consists of the [Kansas Youth Leadership Forum](#) and the [Kansas 4-H Volunteer Leader Forum](#). KYLF is for youth ages 14-18 before January 1, 2026, and KVF is for all Kansas 4-H Volunteers. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. The Kansas 4-H Volunteer Leader Forum will feature workshops and information to help volunteers be more effective and learn from each other. The Kansas Association of 4-H Volunteers organizes this Forum for adults.

Registration will open soon. Again, this year, participants in both forums will register through the same system. Registration deadline is October 15, 2025, for both events. There will also be an option for coming in on Friday evening and having breakfast Saturday morning for those coming from a distance. Draft agendas and prices are on the websites linked above.

## **Applications are Open for Kansas Youth Leadership Council and National 4-H Conference**

**Submitted by Beth Hinshaw**

The application for and information about the State 4-H Youth Leadership Council and National Conference is open and available now! The Youth Council Application and National 4-H Conference Application will be combined again this year, with applicants indicating if they are applying for one or both opportunities.

Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2026, may apply as a Council Rep, and those 15-18 before January 1, 2026, may apply for the National 4-H Conference.

This year's Kansas Youth Leadership Forum delegation will elect representatives from the four extension program areas (NE, NW, SE, SW) for one-year terms on the council. Up to 6 National Conference Delegates will be selected through an interview prior to KYLF, and they serve a two-year term on the council.

The deadline will be October 1, 2025.





**GAMES, FOOD, FUN, AND FRIENDS!**

**GROW 4-H  
WITH A HALLOWEEN  
CARNIVAL**

**ALL ARE WELCOME TO  
COME ENJOY THE  
FUN**

- DRESS IN YOUR FAVORITE COSTUME
- PURCHASE TICKETS TO PLAY GAMES
- BUY CONCESSION STAND FOOD
- BRING YOUR FRIENDS
- HAVE FUN AND LEARN ABOUT 4-H

**October 26, 2025 | 5-7 PM  
Sedgwick County Extension Office  
7001 W 21st St. Wichita KS 67205**

**Support Local 4-H clubs and our  
Teen Council**



# GROW 4-H

**K-STATE**  
Research and Extension



**Club Community Leaders,**

**It's time to GROW 4-H!**

**Please distribute these envelopes to your members as soon as possible.**

We are asking all 4-H'ers to collect donations to support Sedgwick Co 4-H. **Packets are due back to either you or the Extension Office on Wednesday, October 22.**

PLEASE do not waste any of these envelopes, if a member does not want to participate, that is fine – just bring back any unused envelopes as we want to be good stewards of resources and these can be used year over year. If you need more envelopes, please let me know.

Also, if 4-Her needs more space to write donations, please have them print the sheet I emailed you and staple it on their envelope. All money/checks collected go into the individual 4-Hers' envelope and please DO NOT combine funds in your club. We need to tie out what each 4-Her collects to their packet.

**Your club will get 25% of all the funds your members collect** and the remaining will support 4-H at the county level (3% supports the Extension Office and 72% the 4-H Advisory Council that funds all the scholarships for camp, state trips, national trips, county level events, GO CREATE memberships for project leaders etc.)

We are getting awesome prizes and experiences donated throughout the community for individual prizes the 4-Hers will be able to put coupons they earn (1 coupon for every \$5 collected) into raffle buckets for those prizes the night of the **4-H Carnival (October 26)**. Again, I welcome any help with finding experiences and prizes that 4-Hers would be interested in – please contact me.

We will send weekly emails with a pdf and a link to the current prizes we have as we get closer to the Carnival.

Hopefully the total cost of this fundraiser will be only the printing of the packets (approx.. \$125). Again, you can help us by being good stewards of the packets. If they are not used, please return them. (forgive me, I'm a huge reduce, reuse !!, recycler).

If you have any questions, please contact me. And Thank YOU in advance for your help in getting the word out and encouraging your club members to fundraise to support Sedgwick County 4-H.

Rebecca Snell

Community Leader, Achievers and volunteer with the Council

719-238-0743 cell

[Rebeblack@juno.com](mailto:Rebeblack@juno.com)



## Sedgwick County 4-H Horticulture Teams Bring Home State Titles!

We are thrilled to share that Sedgwick County had an outstanding showing at the 2025 Kansas State 4-H Horticulture Judging Contest held on August 16 in Manhattan! Both our Intermediate and Senior teams placed 1st overall in their divisions. -Go Sedgwick County

### Intermediate Team Results

Erin Kroetch – 1st

Samir Awwad – 2nd

Genevieve Wilson – 5th

Brylee Hula

Intermediate Team – 1st Place



### Senior Team Results

Corli Wisner – 1st

Johnny Hula – 2nd

Piper Hula – 4th

Colin Wisner – 6th

Senior Team – 1st Place and advancing to Nationals in Baltimore!

Ellie Hula also represented Sedgwick County as an Individual Senior Competitor.



A special thank you to Coach Su Henderson for her guidance and dedication to the horticulture program and our youth!

Representing Kansas at the National Horticulture Contest is an incredible honor—but also comes with significant travel expenses. Approximately \$7500.00. We are asking for donations to help the Sedgwick County 4-H Horticulture Team make the trip to Baltimore in October a reality.

If you would like help, donations can be made to the Extension Education Foundation, Inc. by check (please note "Horticulture Team" in the memo) OR by credit or debit using the QR code below and selecting "4-H Youth Development and notate "Horticulture Team" in the note from the drop-down menu.

With gratitude,

The Sedgwick County 4-H Horticulture Team



# TEEN COUNCIL ACTIVITIES

For more information contact:

Lori Holt

316-660-0111

llholt@ksu.edu

Sedgwick County Extension Office



Sedgwick County  
4-H invites you to

.....

**JOIN THE 4-H  
TEEN COUNCIL**

*Meeting Times  
4th Monday night of every  
month  
7:00 p.m.  
Extension Office*

**Open to any Sedgwick County 4-H Youth ages 13 and over.**

Sedgwick County 4-H Teen Council provides an opportunity to work within your community with younger 4-Hers, participate in community service projects, get to know 4-H Teens from other county clubs and participate in leadership conferences and workshops.

The September meeting of the Sedgwick County Teen Council was called to order by Vice President Aria Baalman at 7:03 PM on Monday, September 22, 2025. Knox Crouch led the Flag Salute and 4-H Pledge. Eight members were present. Since Secretary Larissa Reilly has aged out of 4-H, the minutes from the previous meeting were not read.

During old business, general updates were discussed, and it was announced that new officer elections will take place at the next meeting. In new business, members discussed upcoming Teen Council activities. A motion was made and approved to add a fundraising booth at the October 26th carnival, in addition to operating the concession stand. Members were reminded that the County 4-H Awards Banquet will be held on November 9th and to dress appropriately for the occasion. It was also announced that scholarships are still available for members interested in attending the Kansas Youth Leadership Forum (KYLF).

Following the meeting, members created handwritten cards for residents of a local nursing home. These cards will be delivered on October 9th. The next Teen Council meeting will be held immediately after the 4-H Carnival on October 26th.

Sedgwick County 4-H is gearing up for another exciting year, and now is the perfect time for youth to sign up and explore all the incredible opportunities 4-H has to offer. From livestock and horticulture to robotics, photography, public speaking, and community service, there's a project for every interest and passion. Choosing a project isn't just about learning a skill, it's about discovering what inspires you, building confidence, and connecting with friends who share your interests. By selecting your projects early, you'll have plenty of time to dive in, set goals, and make the most of your 4-H experience this year.

## Kansas 4-H Projects

### Animal Science

Beef  
Dairy Cattle  
Dairy Goats  
Dog  
Horse  
Meat Goats  
Pets  
Poultry  
Rabbits  
Sheep  
Swine  
Veterinary Science

### Communication & Expressive Arts

Communications  
Interior Design & Architecture  
Performing Arts  
Photography  
Visual Arts

### Engineering & Technology

Aerospace/Rocketry  
Ag Mechanics Welding  
Astronomy  
Building Block Engineering  
Computer Science  
Electric & Renewable Energy  
Robotics  
Small Engines  
Uncrewed Aircraft Systems  
Woodworking

### Family & Consumer Sciences

Family Studies  
Fiber Arts (includes 9 projects)  
Foods & Nutrition  
Health & Wellness  
Sewing & Textile Design  
Shopping in Style

### Leadership & Personal Development

Civic Engagement  
Entrepreneurship  
Leadership  
Reading Adventures  
Self-Determined

### Natural Resources

Environmental Science  
Geology  
Shooting Sports (includes 10 projects)  
Wildlife

### Plant Sciences

Agronomy  
Entomology  
Forestry  
Horticulture & Landscape Design



## PROJECT LEADERS AND MENTORS NEEDED

We're also looking for caring adults to step forward as project leaders and mentors. Whether you're a seasoned expert or simply enthusiastic about learning alongside our youth, you can play a vital role in shaping the future of our community. You don't need to have all the answers—we have a wealth of curriculum, guides, and resources to support you at every step. By sharing your time and talents, you'll not only help young people thrive but also become part of a community of leaders making a difference in Sedgwick County. Together, we can create opportunities for growth, leadership, and lifelong skills that will benefit both our youth and our county for years to come.

<https://www.sedgwick.k-state.edu/4-h-youth/volunteer/>

**CLUB PROJECT  
LEADERS**

**MENTORS**

**Volunteers  
Needed!**



**COUNTYWIDE PROJECT  
LEADERS**

**FAIR SUPERINTENDENTS**



## NICHE Cooking 101 – Learn from the Experts!

Do you know a 4-H youth who loves being in the kitchen or wants to sharpen their cooking skills? NICHE Cooking 101 is the perfect opportunity!

Hosted by Wichita State University's NICHE Culinary experts, this hands-on class is designed for 4-H youth and their friends who want to build real kitchen confidence.

### What Youth Will Learn

- **Cooking Safety** – smart habits every cook needs
- **Knife Skills** – chop, slice, and dice like a pro
- **Cooking with Flavor** – make dishes that taste amazing

### Cost & Scholarships

- Class fee: **\$75**
- **\$35 scholarship** available for Sedgwick County 4-H families who request it—just let the office know!

### Details

- **Limited space – spots will go FAST!**
- Open to 4-H youth and friends
- Reserve your spot today: [Register Here](#)

 Don't wait—this class is always a favorite and will fill up quickly!

# COOKING 101

**WSU TECH**  
**NICHE**

124 S. Broadway  
Wichita, KS

**\$75\***  
Ages 12+

**OCTOBER 14-16**  
**5:00-7:00 PM**

**SPOTS LIMITED!**  
**Register [HERE](#) by**  
**10/5 or call us!**

**\*\$35 Scholarships are available for 4-H youth upon request**

This institution 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, and American Sign Language), may be requested by contacting the event contact Stephanie Hays four weeks prior to the start of the event 9-16-25 at 316-660-0112 or [sahays@ksu.edu](mailto:sahays@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.

**Kansas State University is an equal opportunity provider and employer.**







## Livestock Sweepstakes Results



Results at the Kansas 4-H Livestock Sweepstakes for Sedgwick County were impressive for the small but smart group I had the pleasure of taking to Manhattan.

**Livestock Judging members:** Eliza, Jackson and Hayden.

Team:

7th overall

6th for reasons overall

13th for placings overall

12th in beef overall

8th in sheep overall

12th in swine overall

Overall: Eliza R. 2nd, Jackson M. 14th

Reasons: Eliza R. 3rd, Jackson M. 7th, team 6th

Cattle: Eliza R. 2nd

Swine: Eliza R. 9th

Sheep/Goats: Eliza R. 6th

Elizabeth R and Jackson M get to try out for the all star team! Eliza will represent Sedgwick County 4-H on our State Livestock Judging team.

**Meats Judging members:** were Cruz M, Isabel M, Violet M, Tenley R, Asher T and Nathan T.

Senior Meat Judging:

Asher T:

1st in Reasons

7th High Individual

Nathan T:

2nd in Placings

12th High Individual

Senior Team:

Isabel M, Tenley R, Asher T, and Nathan T

5th in Identification

4th in Reasons

5th Overall

**Skillathon-team members:** Madelyn B, Trey H, Cruz M, Isabel M, Violet M, Hayden S, and Wyatt S

Team members: Trey H, Wyatt S, Hayden S and Isabel M were 8th overall team and

Trey H was 11th high individual.

Wyatt S was 20th high individual.





Photo credit:  
Lydia from Phillips County

Register  
using this  
QR Code:



Cost  
\$170



Rock Springs Ranch  
1168 Hwy K157  
Junction City, KS



Shirts available for additional cost.



**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/>

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. Language access requests and 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, Kelsey Nordyke, four weeks prior to the start of the event, September 19, 2025, at 785-532-5800, [knordyke@ksu.edu](mailto:knordyke@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.

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





## 2025-2026 Calendar of Events



September 30 Record Books and Pin Applications due to office

October 10-12 Horticulture Nationals, Baltimore

October 13 Office closed to public

October 15 KYLF/KVF registration deadline

October 15 Club financials due to office

October 14-16 Niche Cooking 101

October 18-19 State 4-H Dog Conference, Rock Springs

October 22 Grow 4-H deadline

October 26 4-H Carnival, 4:30 pm - 7:00 pm, Extension Center

November 2 Officer Training for club officers, 2:00-4:00 pm, Sunflower Room

November 9 Project Award Ceremony, 2:00 pm - 4:00 pm,, 4-H Hall, Extension Center

November 22-23 Kansas Youth Leadership Forum, Rock Springs

November 22-23 Kansas Association of 4-H Volunteers Forum, Rock Springs



# Super Shooters

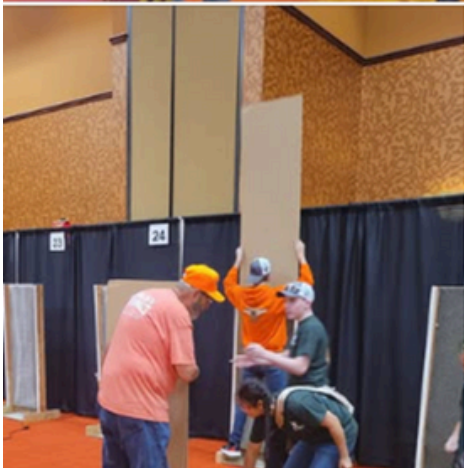


State Qualifiers for Shotgun



Kansas National Team

Sedgwick County 4-H Super Shooters showing citizenship at nationals. They were the only team that helped break down the range. 1st Place in my book. Hope you are all having fun.





# STATE FAIR CELEBRATION

4-H static, competition, poultry, rabbit, and teams competitions:

<https://fairentury.com/Fair/Results/21918?>

[hierarchyEntityToken=&sortColumn=&fourHCountyId=88&exhibitorFirstOrLastName=&pageNumber=4](https://fairentury.com/Fair/Results/21918?hierarchyEntityToken=&sortColumn=&fourHCountyId=88&exhibitorFirstOrLastName=&pageNumber=4)

Livestock results:

<https://www.kansasstatefair.com/p/competitions/grand-drive-results>

Horse results:

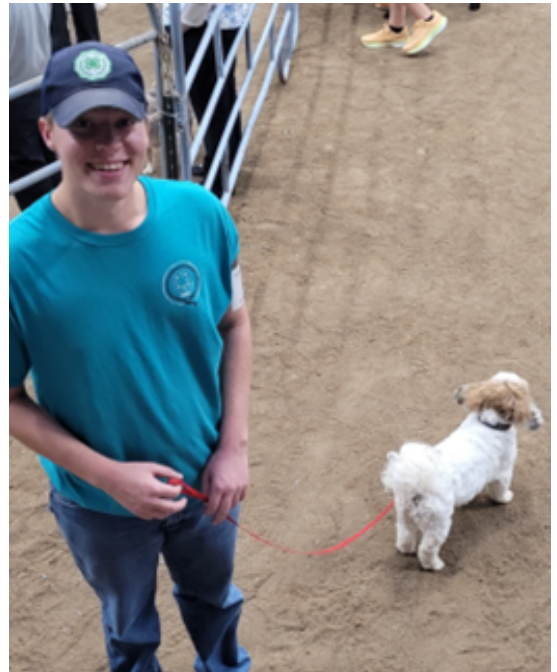
<https://www.kansas4-h.org/educational-experiences/fair-resources/kansas-state-fair/docs/horse/2025KSF%20Horse%20Show%20Results%20To%20Publish.pdf>

















# K-STATE EXTENSION SEDGWICK COUNTY PDC ELECTIONS OCTOBER 2, 2025

Vote online or in-person. Visit our website at [sedgwick.k-state.edu](https://sedgwick.k-state.edu) for more information.



## **2025 Voter PDC Election Guide**



# **K-STATE**

## **Research and Extension**

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