| **Geary County 4-H Club Day** | 4-H Club Day will be held **February 15th** at the First Presbyterian Church in Junction City. Pre-entry forms and event descriptions were included with the December newsletter and are also available online at [http://www.geary.k-state.edu/4-h/](http://www.geary.k-state.edu/4-h/). Entry forms are due to the Extension Office by **January 24th** at 5:00pm. |
| **4-H Day Room Monitors Needed** | Room monitors are needed for Geary County 4-H Day on February 15th. Please call the Extension Office at 238-4161, email Ginger at [gkopfer@ksu.edu](mailto:gkopfer@ksu.edu), or mark the appropriate box on your entry form to volunteer. |
| **4-H Day Resources** | Central Kansas District 4-H has created a video about preparing and presenting 4-H speeches that may be helpful and can be viewed at [http://tinyurl.com/clubdayvideo](http://tinyurl.com/clubdayvideo). Kansas 4-H Communication Fact Sheets and event score sheets are available at [http://www.geary.k-state.edu/4-h/resources.html](http://www.geary.k-state.edu/4-h/resources.html) and may also be helpful to you as you prepare for 4-H Day. |
| **Post-Secondary Education Scholarships** | Applications for 4-H scholarships are due to the County Extension Office by **January 27th** at 5:00pm. More information is available at the Extension Office or in the December 4-H Newsletter. You can apply for all of the available scholarships by filling out the Kansas 4-H Scholarship Application packet that can be picked up at the Extension Office. This packet can also be found online at [http://www.geary.k-state.edu/4-h/forms.html](http://www.geary.k-state.edu/4-h/forms.html). |
| **Geary County Extension Website** | Check out the Geary County Extension website at [http://www.geary.ksu.edu](http://www.geary.ksu.edu). Pay special attention to the 4-H section which includes newsletters, a calendar of events and a forms section that should be especially helpful. |
| **Rural Address Signs** | Reflective rural address signs are still available at the Extension Office. Proceeds benefit the 4-H program. Contact us to get your sign today! |
| **Judging Contests and Spring Shows** | Information about upcoming judging contests and spring shows can be found online at [http://www.geary.k-state.edu/4-h/shows_judging%20contests.html](http://www.geary.k-state.edu/4-h/shows_judging%20contests.html). |
Beef Weigh-in

Weigh-in will be held on Sunday, February 23rd from 2:00 to 3:00pm. We will be weighing and tagging beef cattle. Please bring $3.00 for each tag that you will need.

Horse Level Testing

Now is a great time to get started on your horse Achievement Level testing if you haven’t already done so. All District Horse Show participants will need to have completed the appropriate level testing by June 1st (9-13 year olds Level 1, 14 and up Level 1 and 2). In order to participate in the 4-H horse show at the Kansas State Fair, 4-H members must qualify at the District Horse Show scheduled for June 29th in Salina.

Upcoming Youth Livestock Events at K-State

The K-State Youth Livestock Program has some exciting events planned for the upcoming months. Mark them on your calendar now and plan to attend!

- Junior Beef Producer Day – February 29 (early registration due February 7)
- Junior Sheep Producer Day – March 14 (early registration due February 21)

More information on these events can be obtained at the Extension Office or online at http://www.youthlivestock.ksu.edu. The K-State Youth Livestock Program has Twitter and Facebook accounts to keep everyone updated on information and deadlines. Go to the webpage listed above to find links to these accounts.

Sale Committee Volunteers

Club leaders are, or will soon be, searching for adult and youth volunteers to serve on the fair sale committee. Sale committee members represent their club to help make sale-related recommendations to the Fair Board. Contact your club leader to volunteer.

4-H Judging Contest Guide

A guide to 4-H judging contests can be found online at http://www.geary.k-state.edu/4-h/judging_contest_guide.html. The guide includes information about what to expect during judging contests. The guide and the website include links to resources to help 4-H members prepare for the contests. Now would be a great time to check out this website since judging contests are held during 4-H Day each year.

Sign Up to Receive 4-H Reminders

The Extension Office is using the Remind program to send 4-H-related reminders to 4-H families. To sign up to receive reminders, go to https://www.remind.com/join/geco4h.

Invitation to Participate in Dickinson County 4-H Basketball Tournament

This event will be held on March 7th starting at 8:30am at the District Gymnasium in Chapman. Entry fee is $10 per team. The tournament is an annual tradition in Dickinson County that encourages teamwork and wellness in members and their clubs. Again for the 2020 tournament, Geary County 4-H clubs are invited to participate. The deadline is February 1 for Geary County entries. More information was given to each club in club boxes and is also available at the Extension Office. Questions can be addressed to the Dickinson County Extension Office at 785-263-2001.
Volunteer Screening

Any Club Leaders, Project Leaders, and other adult volunteers in direct contact with youth will need to fill out a profile in 4HOnline and complete training if they haven’t done so. Information about creating a profile in 4HOnline and the required training offered through 4HOnline is available at [http://www.geary.k-state.edu/4-h/forms.html](http://www.geary.k-state.edu/4-h/forms.html). Thank you for helping to make sure Geary County 4-H members have a safe 4-H experience.

Multi-County Photo Workshop

This annual event will be held February 23rd, starting at 9:00am at Stormont Vail Events Center in Topeka, KS in conjunction with the Kansas Lawn and Garden Show. Fee is $8 and registration is due by February 6th. The day will begin with a photo shoot followed by a photography judging contest, workshop classes, and a key note speaker. There is something for everyone! An informational flyer is available online at [http://www.geary.k-state.edu/4-h/shows_judging%20contests.html](http://www.geary.k-state.edu/4-h/shows_judging%20contests.html).

Fair Auction Participation Requirement for 2020

4-H members will be required to attend at least 4 regular monthly meetings of the 4-H club in which they are enrolled between October 1 and June 30 to participate in the project/livestock auction held at the end of the fair in 2020. Official record of meetings attended will be the club secretary’s book. This requirement does not limit fair participation, only participation in the auction. Plan ahead now to make sure youth meet the requirement if they want to participate in the auction.

Applications Being Accepted for 2020-21 Academic Year Exchanges

By the end of January Kansas expects to begin getting information on high school students available for 4-H Academic Year Programs (AYP) in the 20-21 school year. 4-H programs provide a strong network of support for students and host families and include participants in 4-H. Families who want to consider hosting one of these students, should contact Kansas Coordinator, Mary Kay Munson, for information about AYP programs and available students as information is released. There will be options to host students through Kennedy-Lugar Youth Exchange and Study (YES), which involves students from Southern Europe, Asia and Africa; the Future Leaders Exchange (FLEX), which includes students from Europe and Central Asia; 4-H and Bright Futures Education (BFE) in South Korea; and Labo and LEX in Japan. To have first choice of students, families must be already approved as host families for 4-H AYP, so there is advantage to applying now. Mary Kay Munson may be contacted at mkm2@ksu.edu or 785-238-3631 (leave a message).

Apply Now for Hosting Exchange Participants this Summer

If your family is interested in hosting an exchange participant this summer, visit [http://www.kansas4-h.org/events-activities/global-citizenship/index.html](http://www.kansas4-h.org/events-activities/global-citizenship/index.html) or contact Mary Kay Munson at 238-3631 or mkm2@ksu.edu. Exchange participants are expected from multiple countries. Interested families should apply now for the full array of options. The exchanges have summer hosting periods of 3 to 4 weeks between June and September.
Students from across the country with an interest in the livestock industry and related careers can apply now for the Kansas State University Animal Sciences Leadership Academy (KASLA). The academy, now in its 12th year, is an intensive four-day educational experience designed to enhance the leadership skills and animal science knowledge of students in grades 9-12. Hosted by the K-State Department of Animal Sciences and Industry and sponsored by the Livestock and Meat Industry Council (LMIC), the academy’s goal is to develop young leaders within the livestock industry and prepare them for a successful future in this field. The academy will take place in Manhattan, June 24-27.

Applications are due April 15th and can be found at http://www.YouthLivestock.ksu.edu. The program’s itinerary will feature interactive workshops, tours, and faculty mentor time with animal sciences and industry professors. Participants will stay on campus in university housing with program staff for the duration of the event. Transportation to and from the event is the responsibility of the participant, along with a $50 fee to reserve space. This fee is only due upon acceptance and not at the time of application. For more information or questions, contact academy director Sharon Breiner at sbreiner@ksu.edu or 785-532-6533.

January
15 4-H Horse Panorama registration deadline
15 4-H Citizenship in Action registration deadline
18 Northeast Leadership Event (NELE) at Rock Springs
24 4-H Day entries due to Extension Office by 5pm
24-26 Horse Panorama at Rock Springs
24-26 Dog Judge’s Certification & Training, Manhattan
27 4-H Scholarship Applications due to Extension Office by 5pm

February
1 Dickinson County 4-H Basketball Tournament registration deadline
3 4-H Council Meeting @ 4-H/Senior Citizens Center – 7pm
6 Multi-County Photo Workshop registration deadline
7 4-H Ambassador Training registration deadline
7 Junior Beef Producer Day registration deadline
15 4-H Day @ JC 1st Presbyterian Church
16-17 Citizenship in Action Conference, Topeka
21 Junior Sheep Producer Day registration deadline
21-22 4-H Ambassador Training @ Rock Springs
23 Beef Weigh-in, 2 to 3pm
23 Multi-County Photo Workshop, Topeka
29 Junior Beef Producer Day, K-State

March
2 4-H Project Meeting Evening
7 Dickinson County 4-H Basketball Tournament, Chapman
8 4-H Day with Wildcat Women’s Basketball
14 Junior Sheep Producer Day, K-State
27-29 4-H Shooting Sports Instructor Training, Rock Springs
28 Regional 4-H Day, Clay Center High School
28 4-H/Senior Citizens Center Building Fundraiser

April
6 Project Meeting Evening
15 KASLA Applications due
Tips on Appearance and Talking
- Dress appropriately and comfortably. Be well groomed.
- Stand on both feet instead of rocking back and forth or leaning on the table.
- Be friendly – SMILE!
- Show interest and enthusiasm in what you are doing.
- Look at the audience. This is a “must” in keeping attention.
- Talk loud enough to be easily heard.
- Don’t talk too fast.

Tips to Combat Nervousness
- Be well prepared – making a list of needed items will help you not to forget anything
- Arrive early
- Yawn to relax your throat
- Breathe deeply, evenly, and slowly for several minutes
- Be yourself
- Remember that the audience wants you to succeed

Visual Aid Tips
- **Size**
  Make letters big enough to be read. Consider letter width as well as height. Here are some suggested letter sizes in relation to distance.

<table>
<thead>
<tr>
<th>Distance from viewer</th>
<th>Minimum size</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 feet</td>
<td>¼”</td>
</tr>
<tr>
<td>8 feet</td>
<td>½”</td>
</tr>
<tr>
<td>15 feet</td>
<td>1”</td>
</tr>
</tbody>
</table>

If you make posters, be sure the poster is able to stand by itself on the easel. Many times the poster board is hard to view when it is bent.

- **Color**
  Color makes a difference, both in attractiveness and readability. Visuals in two colors are easier to read than multi-colored ones. Avoid multi-colored letters and words. Here are some suggestions for colors.

<table>
<thead>
<tr>
<th>Use:</th>
<th>Don’t Use:</th>
</tr>
</thead>
<tbody>
<tr>
<td>black on yellow</td>
<td>white on red</td>
</tr>
<tr>
<td>green on white</td>
<td>white on orange</td>
</tr>
<tr>
<td>blue on white</td>
<td>white on black</td>
</tr>
<tr>
<td>black on white</td>
<td>red on yellow</td>
</tr>
<tr>
<td>yellow on black</td>
<td>green on red</td>
</tr>
<tr>
<td>white on blue</td>
<td>red on green</td>
</tr>
</tbody>
</table>

- **Subject**
  Don’t attempt to say too much with visuals. State the main idea and support it with a limited number of points. An outline form works well.

- **Lettering**
  Use upper case and lower case letters. Avoid using all capitals because they make the visuals harder to read. Avoid script and other fancy letters. Instead, use neat, well-spaced block letters. If making a poster, use a pencil to design your poster then fill in with magic markers, crayons, etc. Try using a straight edge to lightly rule the poster board before making letters to keep them straight.
January 15, 2020

Welcome to 2020! The start of a new year is a great time to make goals, including general goals for 4-H and goals for your 4-H projects. It is a proven fact that if you write down your goals, you are more likely to achieve them, so get out those KAP forms and complete Section 1 right away.

Ginger D. Kopfer
County Extension Agent