## Geary County 4-H Club Day

4-H Club Day will be held **February 19th** 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 31st** at 5:00pm. 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 be helpful to you as you prepare for 4-H Day.

Room monitors are needed for Geary County 4-H Day on February 19th. Please call the Extension Office at 785-238-4161, email Ginger at gkopfer@ksu.edu, or mark the appropriate box on your entry form to volunteer.

## Post-Secondary Education Scholarships

Applications for both state 4-H and county 4-H scholarships are due by **March 1st** and will be submitted online via a separate application. The state 4-H website ([https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html](https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html)) has a link to the online application and more information. The link for the county scholarship application and information can be found online at [http://www.geary.k-state.edu/4-h/forms.html](http://www.geary.k-state.edu/4-h/forms.html).

## 4-H Citizenship in Action Conference

Would you like to have more influence in laws and rules that affect your life? Then you’ll want to attend Kansas 4-H Citizenship in Action! This two-day event will be held Sunday, February 20th through Monday, February 21st, 2022 in Topeka. All youth who are at least 13 years old are eligible to attend. The purpose of this event is for Kansas 4-H members to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their communities. Registration and further information is available online at [https://www.kansas4-h.org/events-activities/conferences-events/citizenship-in-action/index.html](https://www.kansas4-h.org/events-activities/conferences-events/citizenship-in-action/index.html). The registration deadline is February 1st.

## 4-H Camp Deadline for Financial Support

The deadline to sign up for 4-H camp and receive financial support from the Geary County 4-H Foundation is May 1st. Those 4-H members who meet this deadline will have the $225 scholarship applied directly to their Rock Springs account as long as they were enrolled in 4HOnline by January 1, 2022. For more information about camp and to register, visit [https://www.rockspringsranch4hcamp.org/](https://www.rockspringsranch4hcamp.org/).
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.

Check out the Geary County Extension website at http://www.geary.ksu.edu. Pay special attention to the 4-H section which includes newsletters, a calendar of events, a forms section, and a resources page that should be especially helpful.

Reflective rural address signs are still available at the Extension Office. Proceeds benefit the 4-H program. Contact us to get your sign today!

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.

Weigh-in will be held on Sunday, March 20th 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. Further information will be provided to Market Beef project members.

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 Level 1 testing by the district show deadline. In order to participate in the 4-H horse show at the Kansas State Fair, 4-H members must qualify at a District Horse Show. Geary County’s district show is scheduled for June 22nd in Salina with a registration deadline of June 1st. Information for additional District Horse Shows should be available online soon at https://www.kansas4-h.org/events-activities/conferences-events/horse/districthorseshows.html. 4-H members may participate in their county designated District Horse Show plus one additional District Horse Show of their choosing. Before entering the Kansas State Fair, 4-H members must indicate through which District Horse Show. Participants will not be allowed to pick classes from each district, only results from one of the districts attended will be used.

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 – March 5 (registration deadline February 11)
- Junior Sheep Producer Day – March 19 (registration deadline February 25)

More information on these events is available online at https://www.asi.k-state.edu/research-and-extension/youth-programs/ks-jr-producer/index.html or at the Extension Office. 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.
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.

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 or updating a profile in 4HOnline and the required training offered through 4HOnline is available at 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.

Would you like to share your knowledge with 4-H members in Geary County? We are seeking teens and adults who would like to present one of the remaining 4-H Project Meeting Evenings this year. Available dates are March 7th, April 4th, and May 2nd. Meetings usually start at 6:30pm, last about an hour, and include sharing of information and hands-on activities. Contact Ginger at 785-238-4161 or gkopfer@ksu.edu if you are interested.

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 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 2022. 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.

It’s time once again for K-State’s Integrated Pest Management Insect Art Contest! This year’s theme is “The Benefit of Insects”. The goal is to capture in an art piece that insects benefit us as a society and why they are important. Selected artwork will be used to promote the importance of insects and to create other educational items. Artists who have art selected will receive a certificate and a prize to recognize their achievement. Visit https://www.ksre.k-state.edu/pesticides-ipm/ for more information. Postmark date to submit entries is April 15th.

Applications from teens for 2022-2023 Academic Year Exchanges with Japan and South Korea should be arriving in early February. Kansas families who would like to host should contact Mary Kay Munson at mkm2@ksu.edu or 785-375-3189 for an application and information about the programs. Students arrive around August 1 and are placed with one family for the school year, while attending a public high school. Families are expected to provide three meals a day, lodging with their own bed, and transportation.
If your family is interested in hosting an exchange participant this summer, visit http://www.kansas4-h.org/events-activities/global-citizenship/index.html or contact Mary Kay Munson at 785-238-3631 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.

**Calendar of Events**

**January**
14  4-H Ambassador Training registration deadline, Noon  
14  Dog Judge’s Certification & Training registration deadline  
23  4-H Day with Wildcat Women’s Basketball  
28-30  Horse Panorama at Rock Springs  
28-30  Dog Judge’s Certification & Training, Wichita  
31  4-H Day entries due to Extension Office or online by 5pm  

**February**
1  Citizenship in Action registration deadline  
4-5  4-H Ambassador Training @ Rock Springs  
7  4-H Council Meeting @ 4-H/Senior Citizens Center – 7pm  
11  Junior Beef Producer Day registration deadline  
19  4-H Day @ JC 1st Presbyterian Church  
20-21  Citizenship in Action Conference, Topeka  
25  Junior Sheep Producer Day registration deadline  

**March**
1  4-H Scholarship Applications due to Extension Office by 5pm  
5  Junior Beef Producer Day, K-State  
7  4-H Project Meeting Evening  
19  Junior Sheep Producer Day, K-State  
20  Beef Weigh-in, 2 to 3pm  
25-27  Shooting Sports Instructor Training @ Rock Springs  
26  Regional 4-H Day, Clay Center High School  

**April**
2  4-H/Senior Citizens Center Building Fundraiser  
4  Project Meeting Evening  
15  Insect Art Contest entry postmark deadline  
17-23  National Volunteer Week  

**Important Future Dates**
May 1  Camp registration deadline to receive 4-H Foundation financial support  
May 2  4-H Project Meeting Evening  
May 2  Horse ID deadline  
May 2  Project drop/add deadline  
May 6  Ag Day  
May 20  Bucket Calf ID deadline  
June 1-3  Discovery Days at K-State  
June 1  District Horse Show entry deadline  
June 6  4-H Council Meeting, 7pm @ 4-H/Senior Citizens Center  
June 22  District Horse Show, Salina  
June 27  Fair pre-entries due  
July 17-21  Geary County Free Fair  
September 9-18  Kansas State Fair, Hutchinson
# 4-H Day Presentation Hints

## 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 13, 2022

Welcome to 2022! 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 project report forms and complete Section 1 right away.

Ginger D. Kopfer
County Extension Agent

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact (Ginger Kopfer) two weeks prior to the start of the event at gkopfer@ksu.edu or 785-238-4161. Requests received less than two weeks before the event will be honored when it is feasible to do so.

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