



March, 1962

15 Cents

KANSAS 4-H

# Journal

The 4-H Family Magazine

Kansas 4-H Foundation, Inc., Publisher

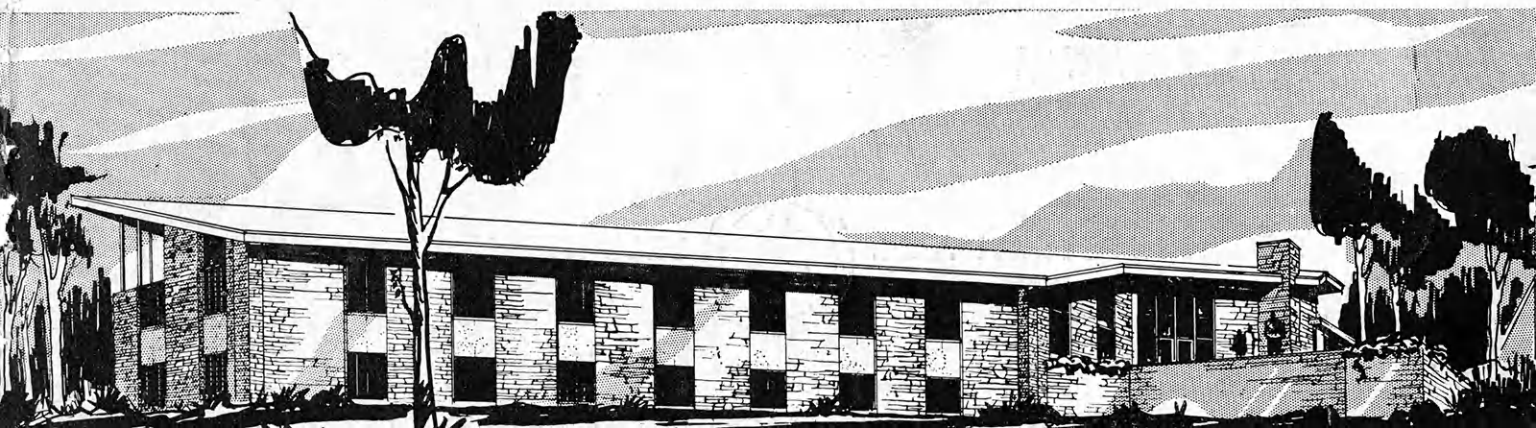
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Serials



*Rock Springs Ranch  
Dining Hall  
Nears Completion*

See Page 7





Logan county 4-H'ers Judy Russell, Marsha Kemp and Jessie Brown discuss with their leader, Mrs. Oren Daniels, their personal development projects.

*It's Popular—*

## 90% of Logan 4-H Teenagers Enroll

Logan county teen-age 4-H'ers find the personal development project one of the most interesting. Last year 90 percent of them took the project with a big percentage reenrolled this year.

Character development was the most popular of three phases studied last year. Next in line were manners and relationships with others.

The character development group leader, recommended by the members themselves, was Mrs. Oren Daniels, a housewife with experience in leading church discussion groups.

Mrs. Daniels showed films (your county extension agent has a list of available ones); then discussed them in relationship to the chosen evening topic.

The group also enjoyed discussing their answers to a true-false check sheet on the evening topic.

All were encouraged to borrow and read from a table filled with reference material.

To add an air of informality, refreshments were served.

"Preparation by the leader plays a big part in the success of these discussion groups," Mrs. Daniels commented.

Among the many topics discussed by the group were "Understanding Ourselves," and "How to Make and Keep Friends." At the conclusion of the year members participated in a panel discussion at a county-wide meeting.

For more information on other phases of this active Logan county group, watch future Southwestern Bell Telephone Company advertisements in the Kansas 4-H Journal.

Southwestern Bell Telephone Company is proud to have a part in the 4-H personal development project by providing medals, certificates, savings bonds, and trips as awards for members actively participating in the project.

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## Letters

If you have ideas or 4-H Club experiences that you would like to write about or if there is something you like or dislike about the Kansas 4-H Journal, write to the Editor, Kansas 4-H Journal, Manhattan, Kansas.

Leaders, parents, members, agents and 4-H friends are invited to write.

### Completion Is Important

Dear Editor:

I have just been reading through some of my back issues of the Kansas 4-H Journal. I noticed several articles questioning the advisability of stressing completion.

I would like to tell you why, from my own experience, completion is important.

I have been in 4-H seven years and have found that those members who do not complete their records are the ones who do not participate in any activities of the club.

They are the members who attend four or five meetings a year; skip model meeting practice, fail to attend committee meetings, or help in any way when asked. The only reason these members are in the club is for the parties, which they do not miss.

What good does lowering standards do these clubs? The only clubs who are gaining mem-

bers are those who are striving for high goals, both for the club and their members.

Vicky Hatfield  
Pratt County

(Dear Vicky: Maybe the boys and girls get enough out of the parties to make their joining 4-H worthwhile. The Editor)

### Concerned About 4-H

Dear Editor:

I was very glad to read "Is 4-H for Adults or Boys and

(Continued on page 6)

## Kansas 4-H Journal

VOL. VIII, No. 3 March, 1962

Dale Apel.....Editor

### Editorial and Business Office

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## In This Issue

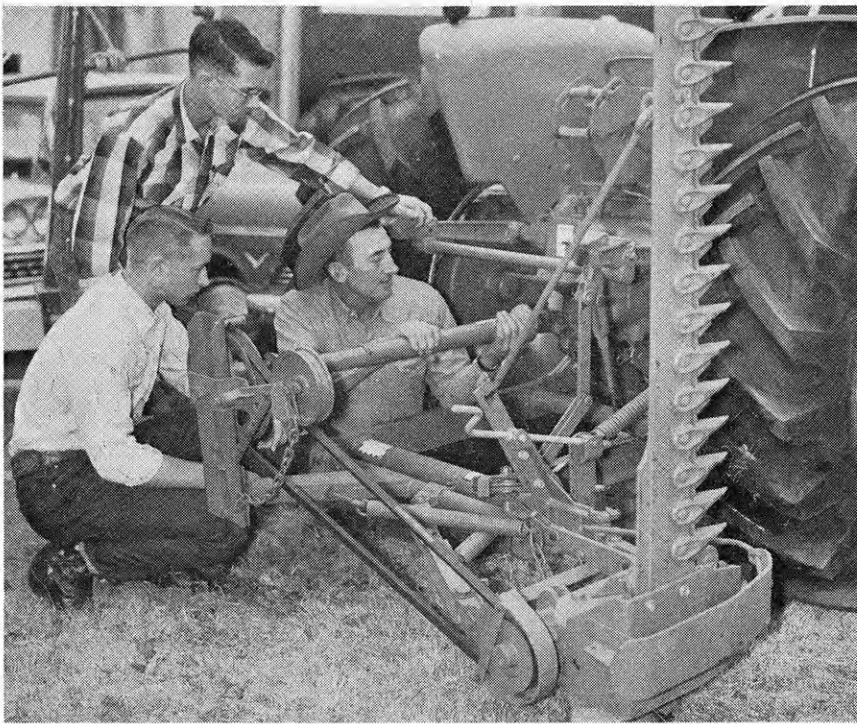
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so good with

The  
All-Family  
Drink!

YOU LIKE IT IT LIKES YOU

# Seven-Up Bottlers Provide 4-H Recreation Awards



Preston McNally, Barber county tractor leader, gives Mike Thomas and George Junior Catlin tips on hooking up and adjusting a mower.

# You ,Too,

## Successful Project Meetings, Tours, Field Days

**H**ow do tractor leaders (or any project leader) "sell" and keep members interested in the project?

Successful tractor leaders and agents in four counties supplied varied answers.

If you're a tractor or other project leader, you may find these ideas valuable.

Leaders agreed good talks and interesting demonstrations at local club meetings, at 4-H Days, and at the county fair were most successful.

Tractor demonstration kits, available in many extension offices, contain equipment to give demonstrations in the tractor leader's book.

"Having a good organized course of study is the tool Sherman county leaders use to attract members," according to county agent Loren Whipps. "Their main interest is to get boys to see the need."

Many leaders place special stress on the importance of Dads coming to the meeting. "We think it a must he be at the first meeting," Kay Bates, Sumner county, says.

### When Should He Join?

"When a boy starts driving a tractor choring, he can enroll in the project," is the sentiment of Preston McNally, Barber county.

Most leaders agreed members

get involved in other activities unless they start early in the tractor project.

Sumner county leaders believe county-wide meetings lend interest and enthusiasm.

Bates, a long-time leader, says "At county meetings we can use films and visit implement dealers. When we have a club group, there's not often enough to warrant either."

All Sherman county meetings, on the other hand, are in the club. They are generally held at the members' home in the evenings, though some are held in the daytime so members can get experience with air cleaners, filters, etc. They will occasionally visit an implement dealer for help on complicated problems.

Each member gives a demonstration, films are used, and each meeting includes a work session.

Barber and Hodgeman counties used a combination of county-wide and local club meetings.

To make the project more interesting, McNally suggests

(Continued on page 12)



Extreme left, leader Joe Gutsch, Sherman county, shows Jim Shaver and Gary Mogge how easy it would be to tip a tractor over backwards if it were not operated correctly. Near left, Gene Hall, Sherman county leader, shows Doug and Chuck Hall, and Charley Denton that kerosene fumes will burn vigorously while dipping a match in a can of kerosene will not cause it to burn.



# Can Have

## *How Do You Rate?*

4-H members taking the tractor project, their leaders and fathers, can probably answer the questions below on tractor care. If you can't answer at least four of them, why don't you ask your county agent about the tractor project so you can take proper care of your tractor and other valuable farm equipment.

1. A type of grease which resists both heat and water is (A) Lithium Soap Grease, (B) Calcium Soap Grease, (C) Sodium Soap Grease.
2. Water in the tractor fuel tank is usually caused by (A) Rain, (B) Leaving the tank empty overnight, (C) Carelessness by the Oil Company.
3. To keep water added to tractor tires from freezing, (A) Sodium Chloride, (B) Calcium Carbonate, (C) Calcium Chloride, is added.
4. Distributor breaker points set too far apart will cause ignition timing to be (A) early, (B) late, (C) no change.
5. Most diesel engines require a lubricating oil with an API service classification of (A) 50 cetane, (B) non-detergent, (C) DG, DM, or DS.

Answers to these questions are on page 19.

## *Leader Helps Provided*

Standard Oil Division, American Oil Company, provides extensive tractor leader helps including lesson plans and demonstration books.

Standard Oil provides, each fall, funds for leaders to attend district training sessions so they will be better equipped to do their job as leaders.

See your county extension for leader kits, demonstration kits, or the dates for leader training sessions.

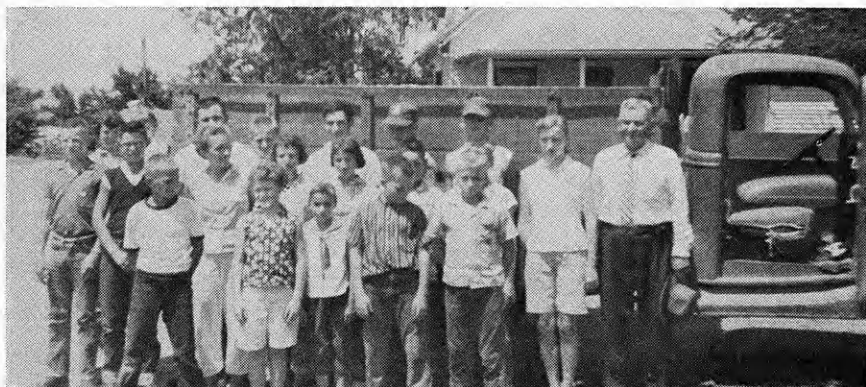
Top, Dean Roeder, left, watches as Harlan House, Sherman county, gives some tips on cleaning the air cleaner. Center, Kay Bates and Wayne McIntyre, Sumner county tractor leaders, discuss some of the points to be covered at the next meeting. Right, Vernon Tonar, Hodgeman county, shows Kenneth Cole and Bob Lonnberg some adjustments to make before using a drill.



# Record Grows and Grows: Outstanding 4-H Leader Receives Pin for 30-Year Service



Covering three decades of 4-H leadership, John Kugler, Harmony Hustlers Club in Dickinson county, is pictured with a tour of the Club in the 1930's (above) and again in the 1950's (below).



Reprinted from  
Abilene Reflector-Chronicle  
By Sharon Totten

When John Kugler received a gold pin for five years service as Harmony Hustlers Club, Dickinson county, leader in 1937, the old Abilene Chronicle termed the achievement "an exceptional record."

No one, of course, knew at that time that Kugler's "exceptional record" would grow until on Feb. 8, 1962, he would receive an award marking 30 years as leader of the club.

He retired from active leadership of the club at the end of 30 years service last October.

Asked why he retained an active interest for so long a period, Kugler replied, "We (4-H leaders) are not paid money but we are paid many times over when we see what these youngsters get out of their 4-H work."

Kugler believes 4-H Club work helps youngsters to "find themselves and to get on their own two feet."

"I have seen many a youngster get over his shyness and embarrassment when given an opportunity through 4-H to do individual work and to get up in front of people and express himself."

Kugler sees in 4-H work a chance for youngsters to advance toward good education, good leadership and good citizenship.

He lists a number of facets of 4-H work which he believes are most important to youth. Among them are parliamentary procedure, the ability to keep good records, and the ability to become good leaders. Topmost, however, Kugler believes, is the ability to "do it themselves."

The Harmony Hustlers Club was organized by the late Rev. William Page in 1929, receiving its seal and charter in 1930. Kugler became adult leader in 1931.

Kugler is a member of the Rock Springs Ranch development committee.

## Letters—

(Continued from page 3)

Girls?" in your March issue.

After one year in 4-H for our 10-year old son, I was ready for him to drop out, except he wanted to stay in.

How can we train and develop boys and girls by the 4-H creed, the pledge and the motto without Jesus Christ as our guide?

I don't recall a single talk on Christianity or Church membership at any of our meetings since our son has belonged. How can we hope to build character and leadership in our boys and girls without Christian parents as leaders?

Another sore spot with us is the 4-H fat livestock sale—with the businessmen as buyers. Why can't the livestock be sold ac-

cording to their worth?

When poor grade red ribbon stock comes into the ring and brings more than reserve champion and blue ribbon stock there is something wrong somewhere.

What kind of leadership is that building in 4-H'ers?

Mrs. Curtis Wilson  
R 2, Winfield

### Congratulations on February Issue

Dear Editor:

I want to congratulate you on the February issue of the Kansas 4-H Journal. You have done a good job and I hope many 4-H members and their parents will take the opportunity to study it.

C. Peairs Wilson, Dean  
School of Agriculture  
Kansas State University



# New Dining Hall Will Nearly Double Capacity of Rock Springs



Completion of the L. C. Williams Dining Hall at Rock Springs Ranch by May 15 will make it possible for more campers than ever to use the State 4-H Center.

Increased housing capacity is also under construction.

Previously, camp size was limited to slightly under 300. About 6,000 have used the Center each summer.

Trustees of the Kansas 4-H Foundation took the responsibility, in January, to raise \$60,000 needed to complete construction and equipping of the \$276,000 structure.

Members of 4-H Clubs have raised or pledged \$190,000 of the \$215,000 estimated cost of the structure in 1956. The Sears Roebuck Foundation pledged \$25,000 "for the construction of a major building," so the \$60,000 to be raised by the 4-H trustees is the difference between 1956 and 1962 construction costs.

The dining hall will seat 500, nearly double the previous capacity. It will also make it possible to use the center for year-round activities. It will replace a temporary dining area under a steel roof with open sides.

The dining hall will be named in honor of the late L. C. Williams, dean of the Kansas Extension Service and long-time 4-H booster.

Basement of the building was completed in 1959. Contracts for the first floor and furnishings total \$183,000 of the \$276,000 cost.

Members of the board of trustees of the Foundation are, in addition to Critser, E. B. Shawver, Wichita, vice chairman; Donald Atha, Mission, treasurer; Harry Darby, Kansas City; W. Laird Dean, Topeka; Mrs. Olive Garvey, Wichita; Clifford Hope, Garden City; A. D. Jellison, Junction City; J. J. Moxley, Council Grove; George B. Powers, Wichita; Dolph Simons, Lawrence; Lester Weatherwax, Wichita; Fred D. Wilson, Andover; Harold E. Jones, Kansas extension director; and Roger E. Regnier, state 4-H leader, both of Manhattan.

## "The Meeting Will Please Come to Order"

When more than 1,200 4-H presidents in Kansas say each month, "The meeting will come to order," they are repeating a phrase almost universal in meetings of all kinds and types throughout the United States and, in fact, the world.

Perhaps the one authority most new leaders and club leaders learn to quote first is "Robert's says—." The Roberts referred to is the very familiar "Robert's Rules of Order" by which the parliamentary procedure is guided.

Where did these parliamentary procedures come from? Who was this Robert whose name and rules are so well known? Why did he compile an orderly set of rules for the governing of debate?

Henry Martyn Robert was a military man although his father

and grandfather were Baptist ministers.

The Roberts' were very early immigrants from Switzerland, first arriving in South Carolina in 1696. Perhaps because his mother's side of the family was composed largely of military men and diplomats, the young Henry Robert chose the army as a career. He was a graduate from West Point in the class of 1857 and a member of the corps of engineers.

With the nation expanding toward the west, and trouble not far off in the South, an able engineer's services were much in demand. Robert moved about the country building roads and fortifications. Once the war was over he worked on river and harbor improvements and construction until his retirement.

Because road building, and

river and harbor improvements were of great concern to the communities involved, Robert often had to meet with civilian committees.

He was often appalled at the conduct of these meetings. Some of them degenerated into fist fights and confusion because the chairman could not handle the quick tempered citizens. Henry Robert felt the chairmen failed to maintain order because they did not have established ground rules to regulate debate.

Quoting from his letters, Robert said what was needed was "a very brief pocket manual, so cheap every member of a church or society could own a copy."

Utilizing his valuable experiences of meeting with many diverse groups, and a well orga-

(Continued on page 15)

**NOT as easy as falling off a log!**



Practicing

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- In the Home
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## **The Survey of Safety**

**The New Safety Program for 4-H Members**

Every 4-H Club member, regardless of age, may participate and receive recognition in the different phases of this program. Get the details now from your 4-H leader or county extension agent.

DONOR OF AWARDS FOR THE 4-H SAFETY PROGRAM

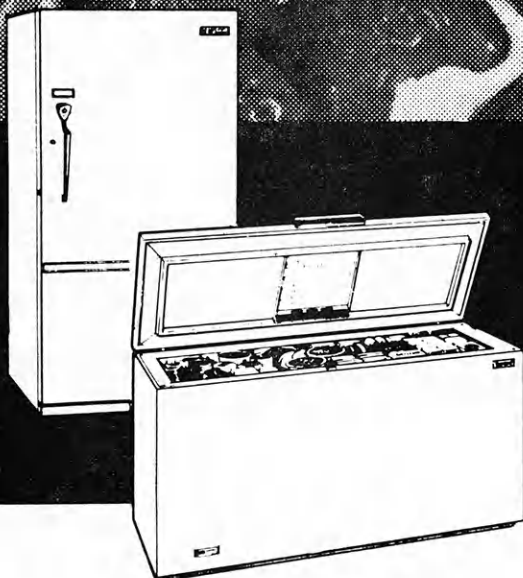
# **KANSAS FARM BUREAU**

SAFETY DEPARTMENT

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**UPRIGHT & CHEST**

# **FREEZERS**

Good things come in small packages, mostly freezer packages . . . good things like strawberries in January, corn on the cob in midwinter, your own garden vegetables whenever you like. Your family will enjoy better flavored, more nutritious food, with far greater variety when you help yourself to the convenience of a CO-OP Freezer.

CO-OP Upright Freezers come in five sizes, each designed to give you the greatest amount of convenient storage in the least amount of floor space. The largest Freezer, the UF222, holds 726 pounds of

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CO-OP Chest Freezers are available in four sizes, from the HF222 which holds 740 pounds to the HF142 which stores 459 pounds of food. In between are the HF182 accommodating 600 pounds and the HF162 holding 529 pounds of food. All are smartly styled and give maximum capacity at the least possible cost.

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**Plainville**  
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**Pratt**  
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**Salina**  
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**Topeka**  
Capitol Federal Savings and Loan Assn. at 6th and Kansas, and 12th and Topeka Blvd.

**Wichita**  
The Commercial Savings and Loan Assn. at 4601 E. Douglas Avenue and 147 North Market Street



## *Song of the Month*

### **Finlandia** (A Song of Peace)

Finlandia is perhaps one of the most widely known songs in the world today sung wherever people are searching for peace and freedom. The song was written by Jean Sibelius (pronounced Za-ba-li-us), as the middle part of a three part composition for a full orchestra.

Part one of the composition portrays the struggle of little Finland against her enemies, Russia and Sweden. Then comes an interlude of peace for the little country, when the people pursue their own ways and enjoy the benefits of peace to build for a better Finland. It is in this middle movement that the melody of the song we call "The Song of Peace" occurs. The Finnish government has adopted this part as their national hymn, just as we have our Star Spangled Banner.

The words as they appear on page 57 of Joyous Singing and page 48 of the National 4-H Song Book are a free translation of the original Finnish words. Although it was written for another country, perhaps there is no other song that fits so well into the American history and ideals as we have struggled toward peace. It would be well for the club to read together each verse of the song before singing it.

Note to song leaders—try to get a recording of the middle part of Finlandia and play it for the club, perhaps before singing it for the first time.

#### **Tips on Personal Development**

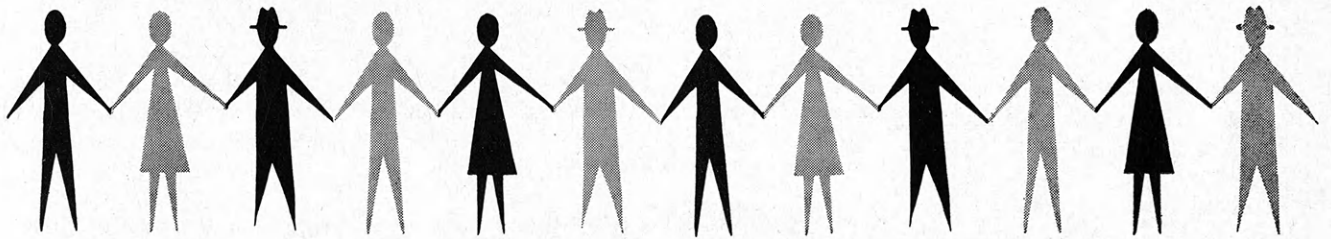
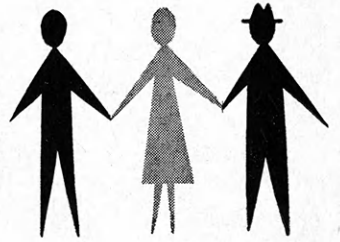
Joel Pelzl, eight year member of the Cunningham Club, Kingman county, states his biggest 4-H thrill was winning an award in the new personal development project.

Joel feels consistent work on this new project will help any member set higher personal goals with a follow-through plan for self-improvement which will aid in the broad objectives of good character and effective citizenship.

Carolyn Witt, Rep.



# TOPS IN YIELD



# KANSAS CLUBS



THE FOLGER COFFEE CO.



Kansas City, Mo.

## 4-H Girls Invited To Home Economics Hospitality Day

4-H girls, their leaders and parents are given special invitations to attend the Hospitality Day sponsored by Kansas State University School of Home Economics on March 31.

The event is held the same day as Ag Science Day and the Little American Royal.

Skits on college life and talent numbers will open the Hospitality Day program. Exhibits of eleven areas of home economics will be featured from 8:30 A.M. to 3:30 P.M. Areas include art, nursing, dietetics, teaching, extension, journalism, family economics, foods and nutrition, clothing and textiles, institutional management, and family and child development.

Each exhibit will display classwork material and textbooks used in the curriculum.



Home economics students majoring in family and child development observe and guide pre-school children in a Hospitality Day exhibit.

There will be a noon luncheon for the guests. The day will conclude with a tea in the freshman dormitories. Girls will have an

opportunity to tour the dormitories.

Home economics agents have details on the event.

## Tractor Project Leader—

(Continued from page 4)

combining the D project unit with others.

"That boy has an implement behind the tractor he is driving," McNally pointed out.

Visits to local implement dealers, films, practical demonstrations, and question and answer sessions were emphasized by McNally.

Farm visits are emphasized in each county. In addition to county-wide leaders, Barber county has club leaders who visit each member.

Vernon Tonar has three county-wide meetings. He then meets with tractor members in each community, one meeting at each farm home. He feels meeting on the farm increases attendance and interest of the "Dads."

One all-day meeting is held at the home of each Sumner coun-

ty Clippers Club member in the D unit. Members actually work on the machinery with lunch provided by the host.

Sumner county leaders also treat competing members to a skating party and refreshments.

A tractor project Field Day is a highlight for Barber members. An implement dealer furnishes the equipment. Leaders and dealer cooperate in demonstrating the setting of a plow to follow a tractor, the lining up of a mower, etc.

Tractor contests are held in nearly every county. Most are held in the summer, many at the fair.

Details on the tractor driving contest will be featured in the Kansas 4-H Journal this summer and will also be available from county agents.

### What Do Members Get Out of the Project?

Safety was mentioned first

by each leader when asked what his members learned. Second was care and preventive maintenance.

"Safety is most important," says Preston McNally. "Our first meeting every year is our safety meeting."

Wayne McIntyre, an implement dealer serviceman and Sumner county leader, says, "Major problems grow out of little ones. Wheel bearings are gone because they weren't packed. The motor is often ruined because the oil wasn't changed. Preventive maintenance is important!"

In summary, then, these tractor leaders felt interesting talks and demonstrations at good meetings, films, and question and answer sessions would help attract and keep members interested. Meetings should be supplemented with farm visits, field days and tractor driving contests to help maintain the boy's interest.



#### Celebrates 15th Anniversary

In honor of their 15th anniversary, Plum Creek Club, Cheyenne county, had a special program at their last meeting.

All former members and leaders in the community were invited. A special program "Plum Creek in Review" was prepared and presented by the junior leaders.

A pleasant social hour for past and present members and leaders concluded the evening. For refreshments, the hostesses prepared special anniversary cakes, one of which was shaped as a large four leaf clover with an H on each leaf.

Linda Keller, Rep

#### 4-H'er Has Pen Pal

Glenda Odgers, Washington county, is enrolled in the 4-H People to People activity. As one of her projects, she has a pen pal in Okuloo Siding, Queensland, Australia. She'd like to share a part of one of her letters.

Marie Gail Christensen lives on a sugar cane farm in Queensland, second largest Australian state.

Marie owns two dogs—a blue cattle dog and a black fox terrier. She also has a chestnut pony and a leudigerigar (birk of the parakeet family).

About six months ago electricity came to their district so they now have an electric jug, iron, stove and fry pan.

In Australia the children start to primary school at five or six years of age and continue until 13 or 14. Then they sit for a scholarship and usually go to secondary school for two to four years. After this they either get a job or go on to the university.

Marie's father is manager of a sugar cane farm owned by her grandmother. In the slack season he works on the Main Roads Department.

There are no 4-H Clubs in Australia but they do have Junior Farmers, age 16 to 21. Everyone speaks English with a few dinkum Aussie words thrown in.

Glenda Odgers

#### Celebrates 30th Anniversary

December, 1961, was the 30th anniversary of the Mt. Pleasant Club, Decatur county. Though organized two years earlier, the club received its first charter in 1931.

Sherman Howard, then Oberlin vocational ag teacher, his wife, and Mr. and Mrs. Art Berndt, were first leaders of the club.

Some firsts in the history of the club include Paul Griffith as first county agent in 1936; first club tour in 1937; and a 30th anniversary celebration.

The 30th anniversary reunion was at the 4-H building for all former members, leaders and anyone else sharing in the continuous growth of the club through the years.

The club today has 20 members with Mr. and Mrs. Edwin Wolfram serving as leaders since 1957. The club has 12 project leaders.

Reporter

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*Official White House Physician*

With David D. Lewis

Reprinted from Sports Illustrated

**R** For a healthier, happier, longer life for you and your family: regular, natural exercise

This is what I have prescribed for myself, my family and my patients—including the President of the United States.

By "regular exercise" I do not mean a rigid training program to weary mind and muscle. I mean, rather, occasional exercise that is both beneficial and enjoyable. You can have fun while you exercise, and it can be fun for your whole family as well.

President Kennedy is a walking—or rather running—testament to the principle that people who are active in sports during youth and continue their activity as adults are likely to remain vigorous as they grow older.

As each of us grows from childhood (when exercise is organized) to maturity (when it is likely to be sporadic) we find ourselves losing stamina, tend-

ing to tire and injure ourselves by overexercising in sudden spurts.

## Muscle Memory

The continuing factor that can lessen such tendencies is something that I like to call "muscle memory," the effort of early conditioning carried over into maturity. As an example of muscle memory, remember how long it took you to learn to ride a bicycle? Yet you never forgot the skill, once you had it, even if you hadn't bicycled for years. The same holds true for other "carryover" sports learned in youth, such as golf, tennis, swimming, bowling, skating, skiing and horseback riding. Once the memories are established, the skills may become rusty through lack of use, but in a short time they can be "recalled" and you'll manage nearly as well as before.

Muscles without the right memories, on the other hand, will prove clumsy at jobs they never knew. Of two middle-aged people taking up tennis, the one who played in childhood will find his natural strokes returning with comparative effortlessness while the other strains more with less effort. If you once learn a coordinated movement you don't have to think about it again. But if the muscles never learned these lessons in youth, never acquired the athletic skills of free movement, then it becomes exceedingly difficult and even dangerous to attempt them later on. When you learn new physical skills in the adult years, you are likely to suffer strains and sprains.

For this reason, every parent should do his or her best to see that children train and develop muscle memories while they are young, and not just in team sports like football and baseball, but in the carryover sports that will serve them all their lives.

But what of those of us whose parents have neglected to take this early precaution? Are we automatically doomed to be sedentary because we never learned tennis and played only tag? The answer to the last question is an emphatic no, provided we seek a sport not too far removed from whatever muscle memories we may have established—and provided we don't drive ourselves too hard or expect too much.

## Middle Class Athletes

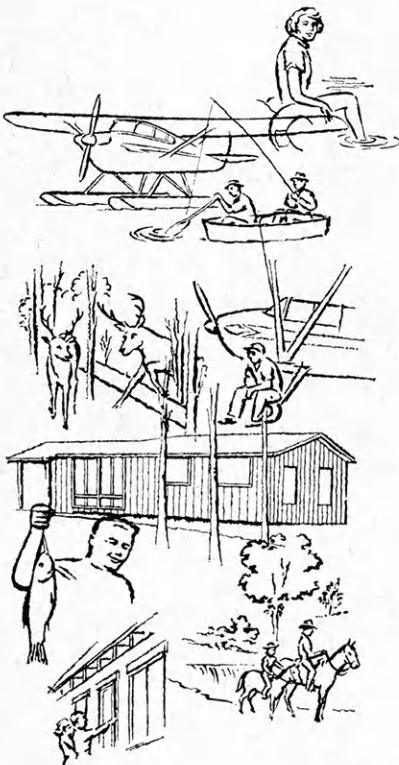
In the United States, we have become, in a sense, victims of the demand for excelling in sports. The goal instead should be physical excellence, achieved through sports. I suspect that a thoroughly healthy nation depends on a solid "middle class" of athletes who never win a championship but who, on the other hand, have skills just adequate to enjoy whatever sport they pursue.

We, in the United States, have no such solid middle class; we've lost it because of too much emphasis on winning. The result has been excellence of the few and neglect of the many. This begins in school and college athletics, where much is done for the proficient and not enough for the rest. It continues into maturity, where many sit watching while few play the game.

## Carryover Sports

One of the fundamental health problems facing our nation today is that of getting our young people to develop proper exercise habits, so that their muscles are trained for sturdy use in later life. Another problem is getting ourselves to keep those muscles exercised and healthy when later life arrives.

Here's how to decide what exercise and how much of it is best for you. \*Choose the physical activity you enjoyed as a





youth, and concentrate on that. This may be a sport or some other activity like dancing, hiking or bicycling. If there are several, that's fine. Variety is a key to getting the right kind of exercise. It's better for you to swim one day and play golf the next, for instance, than to swim or golf both days. This holds true for most exercising, because there are lots of muscles you don't use to the full extent in any one activity. If you specialize in only one kind of exercise, there is the likelihood of over-working one set and not giving the remainder enough work.

\*Remember that the goal is improving your health, not exercising just for the sake of exercise or to get a particular chore finished. You are much more apt to overdo if you are doing a job, such as mowing your lawn or cleaning the house, that you want to complete before quitting. You are likely to work past the point of benefitting yourself. Don't overdo. If you find that an hour's activity leaves you pleasantly tired, but not exhausted, then don't try to do more.

\*Exercise regularly, preferably at least once during the middle of the week and then again on the weekend. Even when the opportunity for frequent exercise presents itself, as on a vacation, don't overdo for extended periods. If you are resuming after a long layoff, it is best to alternate the days on which you exercise. This gives your muscles time to recover from stiffness and soreness. When you must get your exercise on consecutive days, try to vary your activities from time to time.

\*Don't try to learn new sports at an advanced age. If you never tried golf but were a good tennis player in your youth, then concentrate on tennis. But if you were only an occasional athlete, in limited endeavors, don't try to become a world-beater at a late date. There is one form of exercise with muscle memories for all of us—walking. Even if you never participated in carry-over sports like tennis, cycling, golf and so on, you at least can take up hiking.

\*But whatever you do, ease into it. Keep your exercising well within the bounds of your energy. You may do harm by overdoing. The best guide is to stop when you begin to tire and don't wait until you are exhausted.

\*Not all varieties of exercise are equally good for everybody, and there are times—too soon after eating or during recovery from some infection — when strenuous activity of any kind should be avoided. Remember, too, that exercise that is right for a weight lifter or competitive swimmer is not necessarily good for the adult whose life is largely sedentary. And there is no reason why you should put an age limit on your participation in athletics, if the doctor says that you are physically sound.

"The physical vigor of our citizens is one of America's most precious resources," wrote John F. Kennedy. (The Soft American, Sports Illustrated, December 26, 1960.) "If we waste and neglect this resource, if we allow it to dwindle and grow soft, then we will destroy much of our ability to meet the great and vital challenges which confront

us."

It is my task to remind the President of his admonition.

#### 4-H Agrees

Editor's Note: The development of muscle memory, participation in carry-over sports and activities, and regular natural exercise for all have been woven throughout many 4-H projects, activities, and events.

4-H has emphasized physical fitness through recreational activities at club meetings, camps, club days, and special events. 4-H foods projects have stressed proper nutrition for fitness, the new personal development project encourages proper exercise and developing leisure time activities that are wholesome and beneficial to 4-H'ers. The recreation activity offers opportunities for exploring a wide range of recreational interests. Later, 4-H'ers can develop the areas where they have particular interest.

4-H Clubs that promote softball teams, skating, and folk dance parties; offer lessons in swimming, bowling, or folk dancing, etc.; afford opportunity for development in physical, social, emotional health.

## Kansas 4-H Is Big Business

More than 31,000 members with 80,000 projects valued at \$6 million—that's one short summary of Kansas 4-H work.

Most popular projects were food preparation with more than 14,196 members enrolled, clothing with 11,460, beef with 5,212, junior leadership with 5,167, and the swine project with 4,034 members enrolled.

Newer projects including personal development, photography, dog, automotive, showed an increase over past years.

In addition to the more than 30 projects, Kansas club members enroll in activities and take leadership as individuals and as a club in community service.

Health was the most popular activity in the club year with 9,008 members enrolled. The safety activity attracted 7,997, recreation 6,027 club members.

Other activities included citizenship, conservation, community relations, promotional, and people-to-people.

### The Meeting—

(Continued from page 7)

nized writing skill (perhaps influenced by a military developed flair for brevity), he wrote his first manual.

Through the latter part of his career, until he retired as a brigadier general in 1901, he used and revised the manual of parliamentary procedure that came to bear his name. By the time he died at the age of 86 in 1923 his little book of organizational conduct had become the standard for a nation that quoted as its authority, "According to Robert's Rules—."



Ronda Rodman, Bachelor Buttons Club in Greenwood county, presents Kansas 4-H Journal sponsor Paul Parks with a box of Christmas cookies. He is with the Race Parks Oil Company in Eureka. The Bachelor Buttons presented cookies to each of the eight Greenwood county sponsors. Cookies were contributed by each family.



King and Queen of the Sheridan county fair are Patricia McClelland and Dean Richards.



When eight new members were initiated into the Mentor Club, Saline county, in December, it meant an all time high in membership for the club. The members are Aron Lee Richardson, Phyllis Swisher, Randy Scoggins, Elaine Selleck, Betty Caldwell, Shirley Selleck, Don Muir and Sharon Lilly.

These boys—Ronnie Gilliland, John and Joe Gardner—plan to out shine the girls by showing them how to measure correctly in a project meeting of the Zion Zippers Club, Johnson county.



A decoration made from a tin can and covered with sparkling glitter was presented to Randy Perkins, seated on his Mother's lap, to cheer him up during a stay in the hospital. Randy, 1, is suffering from an incurable disease. Health committee of the Richland Boosters Club, Ford county, is making the presentation.

The Peppy-58 Club, Montgomery county, has won its third prize in a row in the Coffeyville Christmas parade. Two firsts (the above is the 1961 first prize entry) and a third netted the club treasury \$165.







Lavon Scollin, in her first year in home grounds beautification, made two window boxes, planted grass and helped her dad build a picket fence.



Markel Ball, KC-OK Club in Wyandotte county, spent 43 hours on these home improvement projects which won her a grand champion ribbon at the county fair and a purple ribbon at the state fair.



"A Million Dollar Smile" was the title of the health activity talk of Diana Goertz of Marion county. Diana received a blue ribbon on the talk at the county 4-H Day.

#### SEND IN YOUR PICTURES

We want pictures taken by Kansas 4-H'ers. Prizes will be given for all pictures used in the Journal.

The picture need not be on 4-H Club work, but pictures with subjects related to 4-H Clubs are preferred. Action pictures are desired.

All pictures should be glossy prints at least five by seven inches in size unless accompanied by the negative.

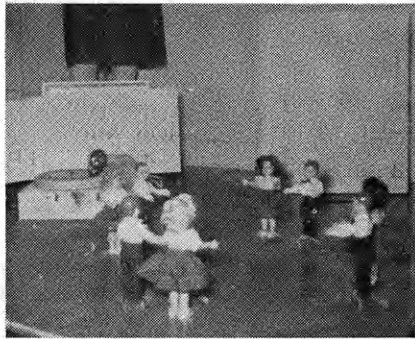
Photographs should be accompanied by a short statement explaining the picture and including the names of persons shown.

Entrants should designate their choice of the following prizes. A year's subscription to the National 4-H Club News, one roll of color film—sizes 620, 120, 616, 116, 127 or 35 mm only, or a 4-H Club photograph album.

4-H members, parents, leaders, county agents or friends of 4-H may send in pictures.



Junior leaders of the Derby Club, Sedgwick county, made Easter Bunny cakes the Saturday before Easter, delivering them to shut-ins.

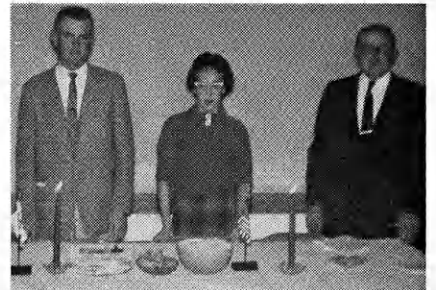


Northern Star Club, Edwards county, carried out a recreation theme with their National 4-H Week window display.

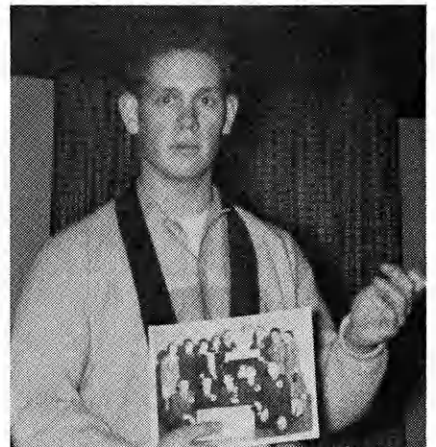


The "kitty" at left was the object of the square dance by the Highland Club, Thomas county. They had a dance and served home made ice cream and cake.

Officers installed for the Maple-Leaf Rustlers Club, Stevens county, vice president David Cutter, secretary-treasurer Susan Gooch, president Karen Timmons and reporter Charlotte Reardon.



Sandy Hill and Grant Boosters Clubs, Sherman county, were hosts to Kanorado Lions Clubs members at a dinner in appreciation of the Lions support. Pictured are 4-H'ers John Nelson and Victoria Denton with Lions president Homer Winn.



Lewis Brogan, Fort Zarah Club in Barton county, tells fellow club members of his recent trip to the National 4-H Congress as a state and national home improvement winner.



# Ideas That Work

**Reporter's Notice:** The Kansas 4-H Journal would like to print interesting stories of your local club events, activities, members and leaders. Local club meeting stories, if submitted, should contain something unusual or of interest to people outside your county.

Outstanding projects, services or events of your club, or stories of individuals within your club that would give ideas to other 4-H'ers would make excellent stories.

Prizes will be awarded all blue award stories each month. Please state your choice (1) a year's subscription to the National 4-H Club News or (2) a hard cover loose leaf 4-H notebook.

## Health Committee Keeps Busy

Health committee of the Richland Boosters Club, Ford county, has kept busy.

Some of their projects have included placing 160 TB posters in downtown store windows, making marshmallow turkeys for hospital tray favors, and making door decorations for the community's elder citizens.

The club served cookies and punch for the Christmas party of the school for mentally retarded children. Another club gave candy canes to the children.

Several members wrapped Christmas gifts which the Chamber of Commerce brought for the town's needy children.

At each monthly meeting, committee members give either a demonstration or talk on health. Special project for January and February is to make litter bags and give them to community families.

Darlene Dirks, Rep.

## Ideas in Brief

White Church club, Wyandotte county, will present the play "Wilbur Takes His Medicine" in the 4-H Days . . . Nancy Hinze gave a demonstration on fitting a sewing box at the meeting of the Busy Bees, Wyandotte county . . . The Hayes Club were guests of the Sylvia Club, Reno county, for Hal Judy's talk on his visit to Luxembourg . . . The Thomsadora Club musical ensemble, Reno county, called the Polka Dots played at the Electric Leaders Clinic at Hutchinson . . . Logan Avenue Club, Lyon county, food sale netted \$27, according to a ditto newsletter prepared by Dale Fowler and mailed to the Kansas 4-H Journal . . . Junior leaders in Decatur county discussed "Early Marriage" at their February meeting, plan to discuss "Relationships with Parents" at

their April meeting . . . As a community service project, Lawn Ridge Club members, Cheyenne county, marked Christmas trees for sale in St. Francis with pink tags indicating safety rules . . . Horanif Hustlers, Wyandotte county, had a special December meeting to honor their leaders . . . Roll call for the Hesston Union Champions club, Harvey county, was "What Would You Do with \$1,000." . . . "Choose a calf built close to the ground," advised Mike Sherow in a beef project talk for the Langdon Club, Reno county . . . "An average sized farm in Luxembourg is 30 acres," IFYE Hal Judy told members of the Partridge Upstreamers Club, Reno county, at their meeting . . . Valley Pride members, Reno county, entertained their families and friends with a skating party . . . "Help Sparky Clean Up to Prevent Fires" said the poster Herold Murphy used to illustrate his safety talk for the Country Pals Club, Thomas county . . . Members of the Country Pals Club, Thomas county, caroled, square danced and read readings as entertainment for residents of the Old Folks Home at Levant . . . The Grantville Club, Jefferson county, received a purple seal for their work . . . Betty Bremenkamp, music major at Marymount College, told members of the Country Pals Club, Thomas county, that communists brag they will bury us and that they are going to do this by taking over the minds of our children and young people in our schools. SHAFF Club, Franklin county, entertained Full O'Pep, Happy Go Getters and Jolly Juniors Clubs with a party including games, relays and music. Refreshments were hot chocolate and cookies. Gary Wages gave a demonstration on gardening at the Nearman Busy Bees, Wyandotte county, meeting . . . A bakeless bake sale was held in place of the regular meeting of the T n' T Club, Wyandotte county . . . Hazel Grove Club, Wyandotte county, has six new members . . . Pat Racy, a new member, talked on parliamentary procedure for the Hazel Grove Club, Wyandotte county . . . "A Wish for the New Year" was roll call for the Salem Club, Reno county . . . "Did you know all major league baseball bats are made of white ash?" asked Tommy Bontrager in his woodworking talk for the Partridge Upstreamers Club, Reno county . . . Members of the Cheyenne Sunflowers Club, Cheyenne county, sang Christmas carols and presented boxes of cookies to about 50 people in five St. Francis nursing homes . . . A committee of the Cheyenne Sunflowers Club, Cheyenne county, served coffee and cookies to the staff of the Citizens State Bank in appreciation of their sponsorship of the Kansas 4-H Journal and their many other services to the club . . . Members of the Kechi Club, Sedgwick county, adjourned to a party after their recent meeting . . . An appreciation fried chicken dinner was given to honor Haskell county extension agents Willis Blume and Helen Blackwood by the Lakeview Livewires Club, Haskell county. The club also presented a gift to the agents . . . Green Clover and KC-OK Clubs, Wyandotte county, had a joint meeting in January . . . Members and parents of members of the Mitchell county 4-H Council served the Credit Union Annual Meeting Banquet in January with all profits going to complete their county 4-H building . . . Kathleen Guthrie demonstrated how to make an elephant out of cake at the meeting of the Walton Willing Workers Club, Harvey county . . . In an impressive



Scott Valley Club members, Miami county, pack boxes of home made candy and cookies to be delivered to a nursing home in Paola for Christmas.

## Health Committee Performs Community Service

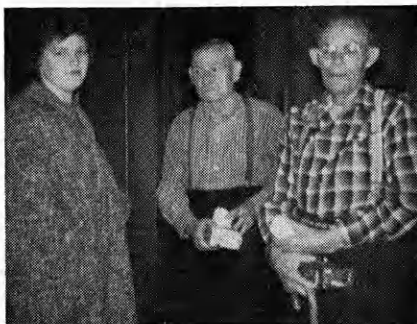
It's an annual community service project of many clubs to make "goodies" and tray favors for the less fortunate in the community.

These pictures show part of the health committee of the Scott Valley Club, Miami county, as they work at their project. The girls made cookies and candy, boxed them attractively, and delivered them to the nursing home guests.

In addition they made tray

favors and pop corn balls.

Omera Knoop delivers boxes to two nursing home guests.





ceremony, Mary Jane Maddox, secretary, placed a purple seal on the Richland Livewires Club charter, **Harvey** county . . . Sally Smith, T'n T Club of **Wyandotte** county, represented Kansas in the National Bee Queen contest in Biloxi, Mississippi, in January . . . Miss Jeannie Campbell, former member, is now a community leader of the Hazel Grove Club, **Wyandotte** county . . . Advance Club, **Wyandotte** county, voted to close their membership at the end of March because they now have 75 members . . . New members of the Arlington Club, **Reno** county, are Roi Ann Warner and Juliene Raymond . . . "Keeping poison out of reach of little children" was the topic for Kenny Hill's safety talk at the Haven Club, **Reno** county, meeting . . . Jim Childers, **Reno** county club agent, talked on awards and scholarships at a meeting of the Obee Club . . . The Plevna Club, **Reno** county, voted to buy a new flag for the Community Church . . . Sue Jones started out talking about a butcher and ended up talking about her photography project in a very clever way to get the attention of her audience, the North Reno Club members, **Reno** county . . . Manners, a phase of the new personal development project, were highlighted at the **Harvey** county junior leaders meeting . . . Wayne Regier demonstrated on safety at the meeting of the Pleasant Club, **Harvey** county . . . Kansas Jayhawkers Club members, **Harvey** county, plan a family picnic supper and swimming party in July . . . "More than a thousand lives would have been saved if people would use seatbelts," commented Wayne Nune-maker in his safety talk at the February meeting of the Langdon Club, **Reno** county . . . A new twist to an old recipe was shown by Patti Kay Koestel as she showed Partridge Upstreamers Club members, **Reno** county, how to make a clover-leaf of basic sweet dough . . . Judy Cole, Advance Club in **Wyandotte** county, is one of six boys and girls on the Board of Directors of the Youth of America Rabbit Association . . . "What members like best about Valentine's Day" was roll call for the Horanif Hustlers, **Wyandotte** county . . . Junior leaders in **Wyandotte** county have started to sell advertisements for the county fair premium book . . . White Church Club, **Wyandotte** county, has 6 new members . . . "The world is at war now. It is a war of ideas. Communism versus Capitalism," stated Kay Fair in her citizenship talk at the Partridge Club, **Reno** county, meeting . . . It was parents night at the February meeting of the Salem Club, **Reno** county . . . Bonnie Duffey used two tombstones to illustrate her safety talk when she compared the highway death toll to that of all the wars we have had for the Country Pals, **Thomas** county, meeting . . . Fort Zarah Club, **Barton** county, celebrated their 25th anniversary recently with an open house for 90 guests. A History Table contained all 25 secretary's books, pictures, projects and project records of former members . . . "Did you know the average person loses three days a year because of colds?" asked Kerry Hembree in his health talk for the

Kechi Club, **Sedgwick** county . . . Lawn Ridge Club, **Cheyenne** county, plans to enter three folk games in the 4-H Day . . . Deloris Janzen in her health talk for the Gem Go Getters, **Harvey** county, suggested getting dental and physical examinations regularly as well as getting all needed vaccinations . . . Highlight of the Richland Livewires meeting, **Harvey** county, was a valentine exchange . . . "Your Pet Peeve" was roll call for the Hesston Union Champions, **Harvey** county . . . "Overcoming Friction" was the title for a demonstration given by Tom Veazy for the Macon Happy Hour Club, **Harvey** county . . . Hazel Grove 4-H'ers and their parents, **Wyandotte** county, had a pot luck supper for their February meeting . . . "An Interesting Fact About Kansas" was roll call for the Halsted Cloverleaf

Club, **Harvey** county . . . Stanley Claassen, Kellas Club in **Harvey** county, reported on his trip to the Western Livestock Show at Denver . . . Ladd Hurd, Bearcreek Boosters Club in **Clark** county, received a \$100 college scholarship from the Kansas Veterinarian Medical Association. He is a pre-vet student at KSU . . . "What is germination and how do you find the percent of germination?" were questions asked by Warren Decker in his demonstration at the model meeting of the Kechi Club, **Sedgwick** county . . . Lawn Ridge 4-H'ers, **Cheyenne** county, were introduced to a new type of music when Sue Neitzel explained English folk music and played the song "Dorothy" . . . Grantville Club, **Jefferson** county, plans an exchange meeting with the Meridan Club in May and June.

## Kansas 4-H Journal Sponsors

### These Sponsors Have Renewed Their County Support of the Kansas 4-H Journal

<b>Anderson</b> Garnett State Savings Bank, Garnett	<b>Farmers State Bank, Asherville</b> Farmers State Bank, Hunter First National Bank, Beloit Simpson State Bank, Simpson The Guaranty State Bank, Beloit Tipton State Bank, Tipton Traders State Bank, Glen Elder
<b>Barber</b> The First National Bank, Medicine Lodge	<b>Montgomery</b> Citizens National Bank, Independence First National Bank, Coffeyville
<b>Butler</b> Andover State Bank, Andover Augusta State Bank, Augusta Bank of Whitewater, Whitewater Benton State Bank, Benton Citizens State Bank of El Dorado, El Dorado El Dorado National Bank, El Dorado Mid-Continent Federal Savings and Loan Association, El Dorado The Potwin State Bank, Potwin The Prairie State Bank, Augusta The State Bank of Leon, Leon Walnut Valley State Bank, El Dorado	<b>Pawnee</b> First State Bank, Larned
<b>Clark</b> Citizens State Bank, Ashland Peoples State Bank, Minneola Stockgrowers State Bank, Ashland	<b>Pottawatomie</b> Farmers State Bank, Westmoreland
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<b>Mitchell</b> Farmers and Merchants State Bank, Cawker City	<b>Woodson</b> State Exchange Bank, Yates Center

Answers to the questions on page 5 are 1-A, 2-B, 3-C, 4-A and 5-C.



## Alliance Companies

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# We SALUTE Electric Project Winners

The Investor-owned electric companies of Kansas proudly salute the Electric Project winners listed below. These worthy 4-H'ers have received Westinghouse Medals for the fine work. If you are not currently enrolled, join the many 4-H'ers in this project to learn more about electricity and the proper care and use of electrical equipment. Contact your club leader for more information.

**KANSAS CHAMPION: DEAN ERICKSON, GREENWOOD**

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**LYON**  
Henry Pine  
Roy Gatewood

The list of winners will be continued next month.

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