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Kansas 4-H Journal

The Family Magazine

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MAR 2 1981 February-March 1981



COUNTY CLUB DAY PERFORMERS



Dear Readers,

As the new editor of the Kansas 4-H Journal I would like to share with you the challenge of making the magazine the best 4-H communication tool possible. Kansas is the only state that has a magazine available to 4-H families. I am very proud of that fact and intend to work hard to continue its success. My pride and support of 4-H will be obvious through the Journal as I hope yours will be also.

My pride comes from the 10 years I spent as a 4-H member in Douglas County, my family's continued association with 4-H, my work toward a degree in Home Economics Extension, my experience as a junior assistant Extension agent, and my acquaintance with 4-H members, leaders, and parents. All these elements made a lasting impression on me. I remember writing in my 4-H record book that I hoped to someday repay all the volunteer 4-H leaders and Ex-

tension staff who made my 4-H experiences so worthwhile. Now I have that chance and am anxious to follow through. This new position gives me the opportunity to combine my 4-H background with my journalism interests.

I welcome your input and responses to the 4-H Journal. The magazine is for you. I need to know what your interests and needs are. Some of you may wonder how articles, photographs, jokes, and news items are selected for the Journal. ANYONE can send material or ideas to the Journal—you don't have to wait to be asked personally. Readers want to know what is unique about your project, activity, or event. Your material will be used, space and deadlines permitting.

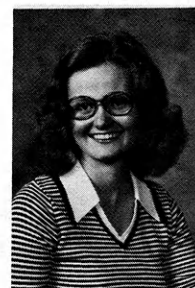
Articles or letters may be edited as necessary. Always include your name and address when you send material to me.

Eight months of the year (January, April, May, June, July, August, September, and October)

the Journal is scheduled to be released the first week of the month (unless special circumstances arise). Material for these issues needs to be submitted a month in advance. The February-March and November-December issues are scheduled for release during the third week of February and November, respectively. Again, material for these issues should be submitted at least a month in advance.

I look forward to hearing your ideas and recommendations for the Journal and learning about your 4-H experiences.

Sara C. Gilliland
Editor



Congratulations, County Electric Energy Winners

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These investor-owned electric companies proudly salute the electric energy project winners listed here. As county winners, each received a Westinghouse medal. If you are not enrolled in electric energy, try it—it may turn you on!

Kansas Gas and Electric Company
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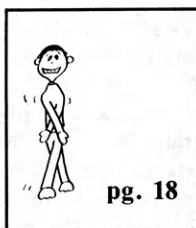
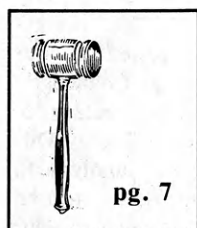


Kansas 4-H Journal

Volume XXVII, No. 2

February-March 1981

COVER: County Club Day Performers — Mikeljon Klinker (top), Jerry Beat (bottom left), Karin and Elizabeth Lee (bottom right), Riley County 4-H'ers. Photos by Maureen Hintz, Riley County 4-H Agent.



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Use of the 4-H name and symbol approved by the secretary of Agriculture of the United States, January 23, 1951, under the provisions of the laws as reenacted by Sec. 707 of the Act of June 25, 1948, Public Law No. 772 80th Congress (10 USC 797).

4-H influences future goals

Editor's Note: Glenn Busset, State 4-H Leader, asked the question, "Where will you be five years from now?" in the editorial printed in the November-December 1980 Kansas 4-H Journal. This question stimulated thoughts from both youth and adults. The following letter was written by Virginia Channel, a Nemaha County 4-H'er, in response to the editorial and is re-printed with her permission.

Dear Mr. Busset,

I enjoyed reading your article, "Goodbye, 4-H 'Graduate'—you're one in a million" in the November-December 1980 Kansas 4-H Journal. I realized I am one of those people who says, "Gosh, he sure is lucky." My Mother, who, like you is a believer in preparation, always says to me, "Luck comes to those who are ready for it."

I wish I had some kind of an idea where I may be in December 1985. In a way, I think it is neat that I won't know until I cross that bridge. But I really wonder what I'll be doing in five years. Right now I am a senior at Centralia High School in Centralia, Kansas. I'm still trying to decide about college and my future plans.

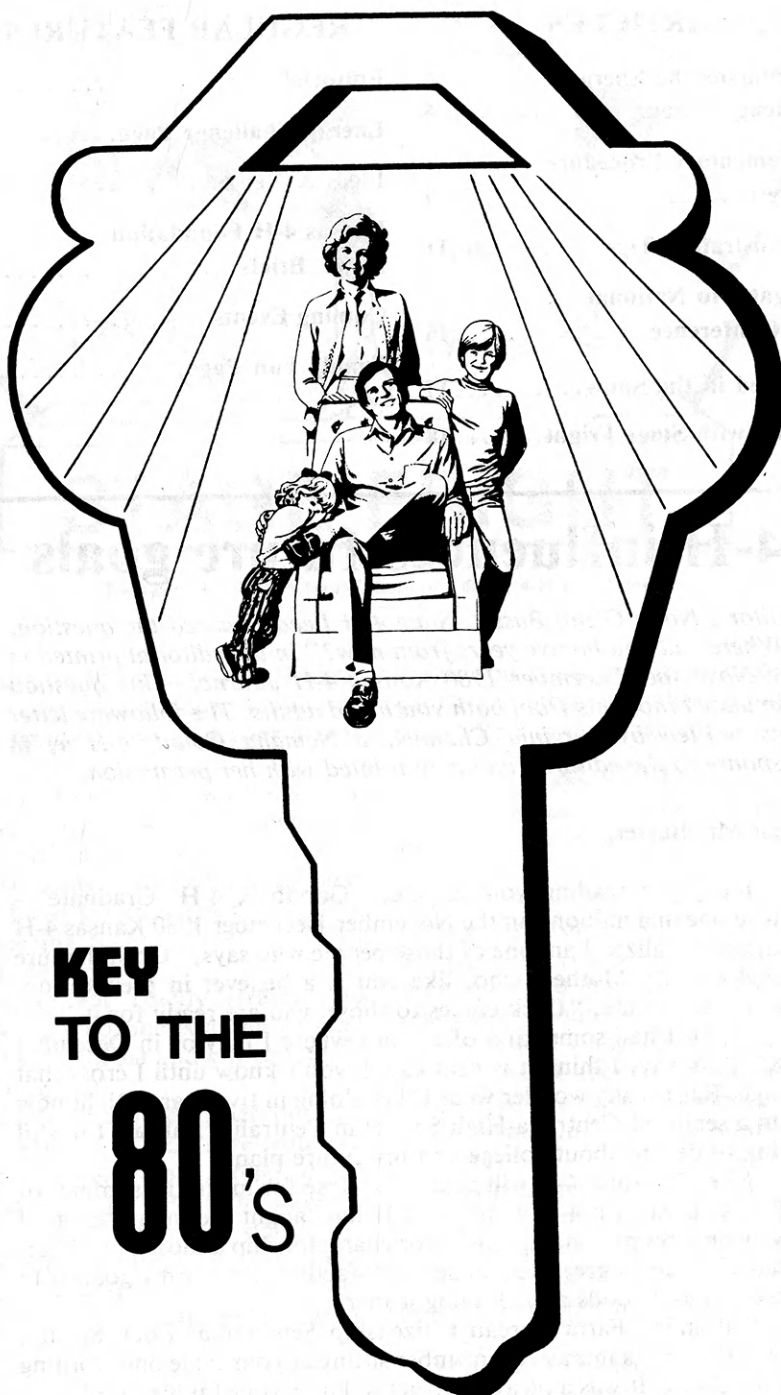
After 11 years, 4-H will come to a close for me in the summer of 1981—at least as a 4-H member. 4-H has taught me many things. I have won a reserve championship or championship almost every year. It has given me a great deal of self-satisfaction. One of my goals is to become a 4-H foods and clothing leader.

I attended Farm Bureau Citizenship Seminar at Rock Springs Ranch this past summer. I remember sitting at your table one morning for breakfast. It was a pleasure to get to know you. I think you have a lot to offer young people. I am glad to know there are people like you in this world. I admire you and people like you. I hope I have a chance to get to know you better some day.

I wish you Good Luck! Success! Happiness!

Virginia L. Channel
Nemaha County 4-H'er

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4-H Journal features new energy page

Want to learn about energy? Want to complete energy-saving or energy-awareness activities? Looking for a demonstration topic for your next club meeting?

The new **Energy Challenge page** (see the facing page) in the 4-H Journal is designed to help you, your family, and your club learn about energy and do energy-saving activities.

Each Journal issue will introduce a new concept relating to energy and energy conservation. A fun energy-saving activity will be suggested. At your group meeting, the "Energy Challenge" activity can be a part of the regular program. You can "Make an Energy Difference" by helping your family with energy conservation measures around the home. The page will serve as your 4-H record and will give instructions for completing the Energy Challenge activity. Additional references may be included on the page but no other project material or records are needed.

To get your club started in the Energy Challenge program, appoint a club Energy Challenge committee or recruit an Energy Challenge leader. Make Energy Challenge topics a part of your regular meetings. The roll call might be a topic related to the Energy Challenge. A project talk or demonstration might be the Challenge activity suggested in the Journal. Sometimes the page will list films or slides that cover the energy topic. Games for recreation also may be included. The energy topics may inspire you to develop a fair booth, float, or display about energy.

If the suggested activities are too long for your group's meeting time, you can complete the activity at home with the help of your family.

Complete the summary at the bottom of the page and place the page in your 4-H record book. Your club or group may want to participate in the Outstanding Club program in Energy Challenge. Your leader may submit a summary of your activities on the National 4-H Group Report Form to the State 4-H Office by October 1, 1981. The winning club will be able to send two adults and eight members to the Kansas 4-H Congress in Wichita during April, 1982.

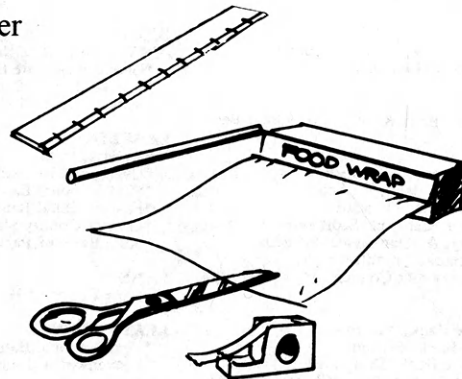
Look for the Energy Challenge page in each issue of the Journal. Next month's topic is: insulating to save energy.

February-March Energy Challenge

ENERGY CHALLENGE: Learn how to test your room or house for drafts.

MEET THE CHALLENGE: Make a draftometer

Materials: Long Pencil
Adhesive Tape
Plastic Food Wrap
Scissors
Ruler



Instructions:

- Cut a piece of plastic wrap 6 x 10 inches.
- Tape the 6 inch edge of the plastic to your pencil. Blow gently on the plastic to see how air makes it move.
- Now you have a "draftometer" that can help you find air leaks. Hold it near edges of windows and doors in your house or meeting place. Be sure to hold your hand steady. Remember, if you have a forced air furnace, be sure it is not running while you check for drafts.

What Happened?



- Where did you find air leaks?
- How does air feel different next to a solid wall and next to a leaky window?
- Why does air come in around windows and doors?
- What happens to the furnace if cold air leaks into a house?
- If leaks are plugged, will the furnace need to run as much?

MAKE AN ENERGY DIFFERENCE:

- Visit a store with your parents or leader and look for products that will help stop air leaks.
- Compare caulking and weatherstripping. How are they different? What will work the best for your house?
- Help your parents caulk or weatherstrip. Learn how by asking your County Extension Office for the bulletin, "Energy Facts"—MF-481, or the packet, "The Ins and Outs of Insulation"—GT-126. You may also request the book, "The Kansas Energy Saving Handbook for Homeowners" from the Kansas Energy Office. Call toll free: 1-800-432-3537.

DID YOU DO IT?

Did you make a draftometer? _____

How many different kinds of caulking and weatherstripping did you find? _____

Did you or your family caulk or weatherstrip part of your home? _____

How did you share what you learned? _____

These sponsors are providing Kansas 4-H Journal subscriptions for another year.

Be sure to thank them!

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Parliamentary Procedure Contest Offers Alternative to Model Meetings

A Parliamentary Procedure Contest is scheduled in addition to the traditional model meetings during County Club Days in Labette County. The contestants are teams of four 4-H'ers from a club who act as officers for a mock 4-H business meeting.

Marvin Anderegg, Labette County 4-H agent, developed this contest to make learning parliamentary procedures a fun, practical experience. By using the small team approach rather than the whole club presenting a model meeting, each 4-H'er can take a larger and more active role. A key element of the contest is the rule that the four team members must rotate officer positions during practice because the team members do not find out what officer they will serve as until just prior to the contest. This encourages learning the procedure, rather than memorizing it.

"Too many times in club model meetings the lines are memorized and the kids are not able to apply the parliamentary procedures in an actual meeting," Anderegg said. Another advantage to the four-member team is that it is much easier to get this number of 4-H'ers together to practice.

Each team presents a mock business meeting, starting with the call to order, including reports of officers and committees, unfinished and new business, and ending with the adjournment. Anderegg has developed a list of 18 parliamentary procedure problems that teams may present. (See the shaded box for a list of the 18 parliamentary procedure problems.)

Teams are divided by three age levels—junior, intermediate, and senior divisions. Anderegg has categorized the list of problems according to age levels. This helps members learn the basic procedures before progressing to more complex problems.

Each individual team member takes a written test. The participants have access to the questions prior to taking the test. In keeping with the intent of the entire contest, it is designed to teach parliamentary procedure in a fun, meaningful way.

Teams receive a score on the written test and the oral meeting presentation. Personal conference judging is used to make the contest a more meaningful learning experience. Teams also receive a written score sheet.

Anderegg says the Parliamentary Procedure Contest has become popular in Labette County. Several other counties have developed similar contests. For more details about how to set up a Parliamentary Procedure Contest contact Marvin Anderegg, Labette County 4-H Agent, Altamont, Kan., 67330.



Parliamentary Procedure Problems

1. Put a motion before the house
2. Lay a motion on the table
3. Call for a division of the house
4. Amend a motion
5. Take a motion from the table
6. Withdraw a motion
7. Call for a division of the question
8. Refer a motion to a committee
9. Rise to a point of order
10. Appeal the decision of the chair
11. Call for the previous question
12. Rescind a motion
13. Reconsider a motion
14. Postpone a motion definitely
15. Suspend the rules
16. Reconsider and have entered on the minutes
17. Postpone a motion indefinitely
18. Object to the consideration of the question

NOTE: Juniors are required to do the first three problems on the list, intermediates are required to do the first six problems on the list, seniors are required to do the first six plus three additional problems of their choice. Any age level can demonstrate any additional parliamentary skills they so desire.



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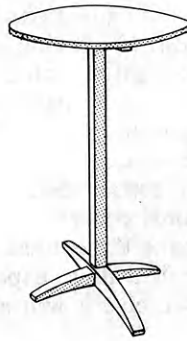
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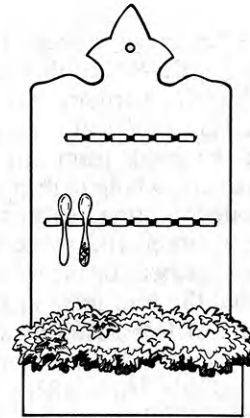
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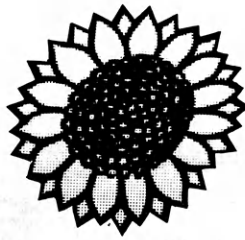
Pittsburg
Broadway Lumber Co. Inc.

Plains
Home Lumber and Supply Co.

Pratt
W.R. Green Lumber Co., Inc.

OTHER PLANS AVAILABLE

Bicycle Rack	Nativity Creche
Bookcase	Padded Hassock
Chair	Picnic Bench
Christmas Tree	Picnic Table
Clock	Pigeon Feeder
Coat Rack	Planter Bench
Coffee Table	Planter Mailbox
Doghouse	Portable Sandbox
Early Am. Shelf	Saddle Rack
Flower Box	Safety Swing
Food Dehydrator	Shifting Pyramid
Fox & Geese	Small Bench w/storage
Garden Bench	Stereo Shelf
Hall Tree	Storage Chair
Hobby Horse	Tack Box
Hurricane Lamp	Tennis Rack
Ladder	Toy Storage Bench
Magazine Rack	Truck Caddy
Martin Bird House	Wood Picture
Meat Mallet	Work Table



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Waterville Lumber

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Planning insures success

By Charles Bates
Extension Specialist, 4-H and Youth

Presenting and watching 4-H demonstrations helps 4-H members

- gain poise and self-confidence.
- acquire skill in speaking and performing before others.
- learn cooperation and appreciation for the work of others.

Each 4-H member, whether shy or confident, will profit in some way by planning and presenting a demonstration. With advance preparation and practice, giving a demonstration can be a satisfying and rewarding experience for the individual and can strengthen the 4-H club by giving members the opportunity to participate and learn from each other.

Good demonstrators are made, not born. **YOU CAN LEARN TO BE A SKILLED DEMONSTRATOR.**

Why do we demonstrate? The demonstration is one of the most effective teaching methods available. We know all learning comes through the involvement of the five senses. Research tells us that 85 percent of what we learn comes through our eyes, eight percent through hearing, three percent through feeling, two percent through tasting, and two percent through smelling. Some demonstrations involve all five senses; all demonstrations involve the senses of seeing and hearing. A recent survey concluded that two out of ten people remember what they hear, while seven out of ten remember what they see.

What is a demonstration? A demonstration is a planned presentation by one or more individuals to teach information by showing and telling how to do something. We tell how to do something by using action words such as cut, fold, stir, mix, or sew. As these words are mentioned, we do the things specified. For example, we say "Cut the seed potato this way," and as we say "cut" we actually cut the potato in the recommended way. A demonstration puts words into action. The main thing to remember is to "do how" to make clear the "telling how."

Developing the demonstration

There are four basic steps to follow in planning a demonstration. The steps are: (1) Selecting the subject, (2) Gathering the information, (3) Choosing a title, and (4) Developing an outline.

Selecting the Subject

The subject should fit your interest, experience or knowledge, and skill. It should seem exciting and not dull, challenging and not routine. You will be more successful if you select a subject from your own project experience. It is very important that you select a subject within your ability range.

Gathering the Information

This seems to be the most difficult part for many 4-H members. Where can I go for information about

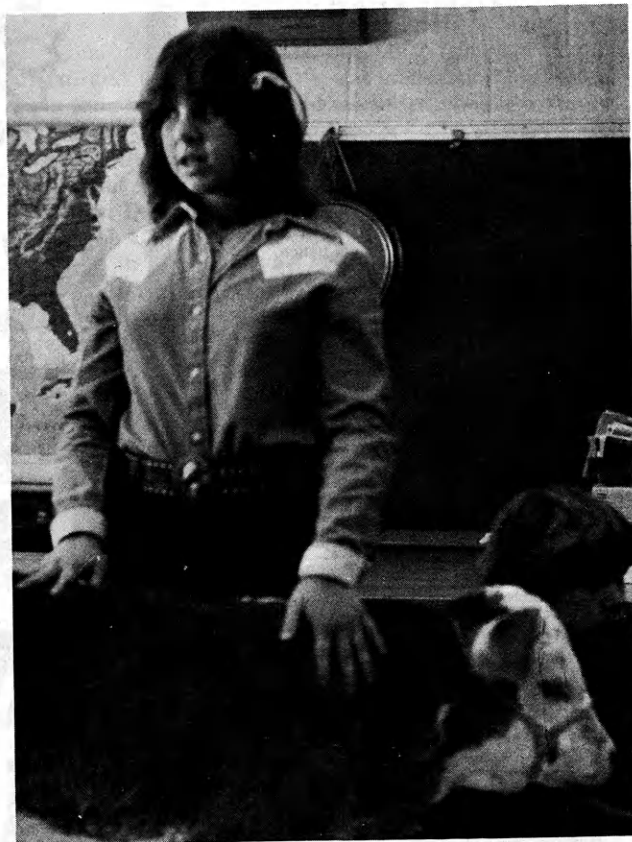


Photo by Scott Pendleton

Nothing Like Using "Live" Equipment—Sheila Schaake, Meadowlark 4-H Club, used her calf as a model to explain what to look for when choosing a 4-H calf during Douglas County 4-H Club Day. Sheila's sister, Shari, assisted.

the subject selected? The 4-H project manuals are good sources of information. In addition, publications from Kansas State University may be helpful; they're available through your county Extension office. Textbooks may be used for references to give more facts and examples. Newspapers and current magazines also contain valuable information. You may contact local people who are experts in their fields of work. You may also write to manufacturers and processors for ideas. Remember that your information must be accurate, up-to-date, and complete.

Choosing a Title

Selecting a title for your demonstration will require some thinking. You may be asking the question, "Why is a title important?" The purpose of a title is to help you capture and hold the interest of your audience. Think of the books you have chosen to read because the titles were interesting. Titles that are most effective usually are short, descriptive, and provocative.

Developing an Outline

You are now ready to outline your demonstration. Organization is essential for a good demonstration, so that the message will be clear and the best use of time

Successful demonstration

will be made. The outline serves as a guide for you to: (1) Present your material in a logical sequence to make the demonstration easy to follow; (2) Determine how much action there is. Balance between talking and doing results from a carefully made outline; (3) Relate the visuals, equipment, and supplies to be used with the information being given; and (4) Emphasize the essential and delete the unimportant.

Outlines for demonstrations have three parts: the introduction, the body, and the summary or conclusion.

The Introduction

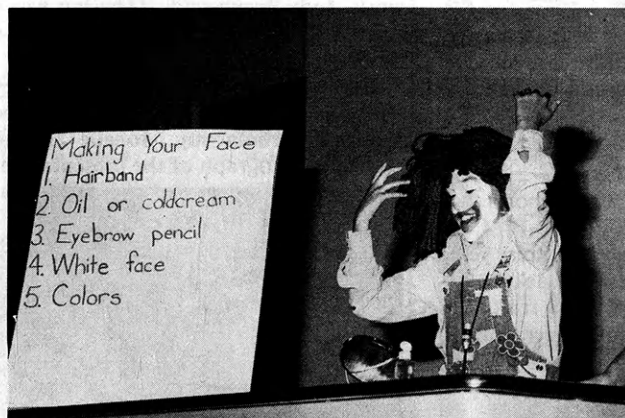
Use the introduction to gain the audience's attention. If you fail to accomplish this through the introduc-

tion, it's hard to do it when you give the body of the demonstration. A good introduction is relatively short.

The Body

Follow the same outline as shown below for each step.

Do Step 1	Say Tell about step 1.	Equipment List equip- ment used in step 1.	Why Tell why you did it this way.
--------------	------------------------------	---	--



"Clowning Around"—Tiffani Dall, Cico Shamrocks 4-H Club, Riley County, demonstrates applying clown make-up.

The Summary

A good summary is short, concise, and pertinent. A summary is not relisting the steps but highlighting a few important ideas you want your audience to remember. The summary should never introduce new information. A real no no!

Questions ???

At the conclusion of your demonstration, always permit questions to be asked. Handle them directly and quickly, giving only correct information. If you do not know the answer, acknowledge it and indicate your willingness to look up the information.

Now that you have planned your demonstration, the key to success is PRACTICE! PRACTICE! PRACTICE!

More money for post-high school education comes from family income and savings than from any other source. Be prepared; early in life start a savings account at your

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El Dorado
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Eureka
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Fort Scott
Liberty Savings and Loan Assn.

Garnett
The Garnett Savings and Loan Assn.

Hutchinson
Valley Federal Savings & Loan Assn.

Leavenworth
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Leavenworth Mutual Savings and Loan Assn.

Liberal
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Medicine Lodge
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Ottawa
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Ideas & News

From the South Central Area:

Butler County: Members of the **Richland Livewires 4-H Club** signed the club's constitution at the January meeting. Four new members were voted into the club: **Stephanie Resnik, Tammy Bowen, Jeff and Angela Grill**. 4-H Dads were honored at the meeting. **Debra Epp** is club reporter.

Dickinson County: The **Talmage Progressive 4-H Club** celebrated its 50th anniversary by inviting former members to present program numbers at the meeting. Three charter members attended the event, reports **Mary Bebermeyer**.

Pratt County: The **Ray Wimmer** family provided a mule team and wagon for members of the **Preston 4-H Club** to go caroling. **Eric Hoeme**, reports nine adults and 14 members attended.



Old Fashioned Caroling—Preston 4-H Club members enjoyed caroling and riding in a mule-driven wagon.

Sedgwick County: **Jay Nicholson**, state winner in the People to People project, is a ten-year member of the **Rolling Hills 4-H Club**. Jay, the son of **Vernon and Rowena Nicholson**, has

been applying the People to People project to his life since the age of eight, when he took his first tour of Europe. Every year since he has made the same tour, as a singer, with his family and the **Mid America Band and Choir**, of which his father is the director. In addition, Jay and his family has hosted a total of two out-of-state 4-H'ers (one from Texas and one from Indiana) and five visitors from other countries (one from Turkey, two women from Japan, and two men from Switzerland). **Tanya Schilpp** sent this information about Jay.

Sumner County: **Mr. and Mrs. Dean Leddy**, community leaders of the **Cardinal 4-H Club**, were successful in increasing the club membership from eight members to 72. They did this by visiting grade school classrooms, talking about 4-H, and showing various 4-H projects. Each child was given written information to take home and a form for the parents to fill out if they were interested in joining 4-H. The Leddy's are looking forward to an exciting and challenging 4-H year.

From the Southeast Area:

Linn County: **Janet Krull** reports that the annual **Lucky Riders 4-H Club** project was popular again this year. Members assembled 50 baskets of cookies, candy, bread, and fruit and delivered them to senior citizens in the **Blue Mound** area.

From the Southwest Area:

Finney County: The **Friendly Friends 4-H Club** had a unique money-making project. They donated all of the profit from making noodles to help defray medical expenses of **Bob Vulgamore** of

Scott County. Bob fell from a horse last spring and has been bedridden since that time. The project turned out to be more than the members expected—they made 435 pounds of noodles. This required 400 pounds of flour and 109 dozen eggs. The noodle factory was set up in a grade school gym. Members worked three nights and one day to complete the task. \$253 profit was made from this venture. **Leon and Evelyn Betts** are the community club leaders.

From the Northeast Area:

Cloud County: **Hopewell Corners 4-H Club** welcomes **Shelly Anderson** and **LeAnn Sedlacek** as new members, reporter **Michelle Paris** writes.

To attract new members, **Miltonvale Hustlers 4-H Club** held a project fair. Tables were set up with displays of project material and samples of 4-H'ers work. **Jody Braun** said, "The fair was a success as the club gained several new members."

Jefferson County: **Bill Phillips**, Valley Falls, is the first recipient of the **Joe Weishaar Scholarship**. **Jonelle Heston** sent the photograph of the presentation.

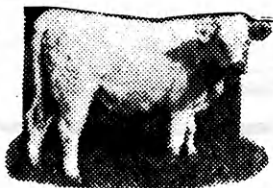


Bill Phillips received the first **Joe Weishaar Scholarship** at the annual **Jefferson County 4-H banquet**. **Mrs. Weishaar** presented the plaque and check.

Wyandotte County: The **Prairie Sunflowers 4-H Club** of **Kansas City** carried out a new Christmas project this year which could be done any time of the year. Each member of the club made a stuffed toy to distribute to patients in the **Children's Ward** at **Providence-St. Margaret Hospital** in **Kansas City**. Three members, **Anne Sambol, Mike Koelliker** and **Brian Suter**, visited the ward and gave the animals to the children. They enjoyed visiting with the young patients and hope to do this again. **Brian Suter** sent this idea to the Journal.

ATTENTION CHAROLAIS OWNERS

Keep up with the Charolais breed by joining the **Kansas Jr. Charolais Association**



2nd ANNUAL KANSAS JR. CHAROLAIS SHOW

Tentative date June 9-10, Salina

*Heifer classes, Steer classes
Showmanship classes, Judging contest*

For more information about membership (dues only \$3) and the **Kansas Jr. Charolais Show** contact **Brant Laue**, President, **Kansas Jr. Charolais Assoc.**, **Hanover, KS 66945**, 913-337-2600.

This ad sponsored by the Kansas Charolais Association, Ken Newell, Jr., President. Contact Ken at Rt. 2, Box 150, Oskaloosa, KS 66006, (913) 863-2753 for information regarding Charolais steers and breeding stock in your area.



Mrs. Gugler Retires

Dear Friends,

I wish to express my appreciation and thanks to you—the many 4-H youth of Kansas, leaders, parents and Extension people. You have played a very important part in my life during the past 22 years while I was employed in Food Service and as Food Service Director at Rock Springs Ranch. Your kindness and cooperation is a treasured memory.

4-H is a challenge, a learning experience, and a place to be a friend, to make a friend or to serve a friend. How else can we work to "Make the Best Better?"

When you think of your opportunities to learn, to play, and to share at Lake Perry 4-H Center, Southwest 4-H Center, or Rock Springs Ranch what else would you do but learn to serve? You are the leaders of our community and our nation. I am grateful to you for having allowed me to be a part of your life in some small way.

In my grade school days I learned a poem—these few lines stay with me. "Lo, here hath been dawning



another new day—Think! Wilt thou let it slip useless away?" Isn't there a message in those lines for the youngest 4-H'er on through to those of us who are retiring?

I thank you for your friendship, your love, and your concern not only for me but for all people of the world. How rich life is in the people and things that mean the most to us!

Evelyn F. Gugler

NEWS BRIEFS



Nominate a possible 4-H Family of the Year

Reminder—nominations for Kansas 4-H Family of the Year are due **March 1, 1981**. This honor is awarded to an outstanding 4-H family at Friends of 4-H Day at Rock Springs Ranch in June.

The eligibility requirement is: one member of the family currently must be a 4-H member or a 4-H leader.

To nominate a family, write a letter telling who the family is and why you think they are qualified for this honor. Prepare a resume telling about the family's 4-H work, areas of involvement, years of service to 4-H, and any other information you think is appropriate.

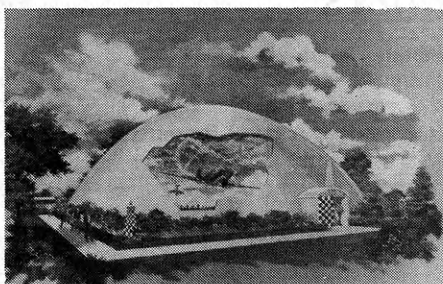
Send the letter and resume to: Merle Eyestone, Kansas 4-H Foundation, Umberger Hall, KSU, Manhattan, KS 66506. The selection will be made by a committee appointed by the Kansas 4-H Foundation.

4-H WEEKEND: May 16 & 17

Worlds of Fun

Enjoy 4-H Family Fun, highlighted by the new and exciting Incred-O-Dome—the most intense sensory experience ever encountered. Go for over 100 rides, shows, and attractions, including the ORIENT EXPRESS, at incredible savings. Simply call or write today for more information and free Incred-O-Dome poster!

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Information Request Form

Call (816) 459-9222 or mail form to: 4-H WEEKEND, Worlds of Fun, 4545 Worlds of Fun Avenue, Kansas City, Missouri 64161

Name _____ Club Name _____

Address _____

City _____ State _____

Zip _____ Phone () _____

Addition to Med Tech Article

The January 1981 Kansas 4-H Journal included an article entitled, "An important member of the health team—The medical technologist." Wichita State University should have been listed among the places offering the clinical phase to complete training to become a medical technologist.

In fact, WSU offers the complete course; first, the pre-professional courses, and also the professional phase.

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Poltera Implement, Inc.

IOLA
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KIOWA
Kiowa Service Co., Inc.

LaCROSSE
Rush County Implement, Inc.

LAWRENCE
Deems Farm Equipment, Inc.

The local John Deere Dealers listed above salute these 4-H members who have been selected as winners in their project work. First chosen as county winners, state winners are selected by a committee of county agents and extension specialists on the basis of their records.

State winners' records are submitted to a committee of state and national 4-H leaders meeting in Chicago who select a group of national winners in each project.

John Deere, Moline, Illinois, is the donor of awards for 4-H winners in conservation of natural resources. At the county level, John Deere gives four medals to individuals and four certificates to 4-H clubs for outstanding work on conservation. In each state, the state winner in conservation receives a trip to National 4-H Congress with his expenses paid by John Deere.

At the national level, six 4-H members are selected from state conservation winners to receive \$1,000 scholarships, provided by John Deere.

State Winners

Achievement

Lucy Anschutz, Russell
Dara Keener, Shawnee

Agriculture

David Strawn, Cimarron

Automotive

Kevin Wiens, Inman

Beef

Scott Schaaake, Lawrence

Bicycle

Bret Eckert, Effingham

Bread

Janel Carswell, Alton

Citizenship

Von Rothenberger, Osborne
Sandra Tegtmeier, Bern

Clothing

Shelley Purcell, Webber

Commodity Marketing

Marilyn Bolt, Goodland

Conservation of Natural Resources

Patrick Schwab, Copeland

Consumer Education

Michelle Stum, Ness City

Corn

Ryan Hobson, Scandia

Dairy

Larry Funk, Hillsboro

Dairy Foods

Sharon Bowman, Larned

Dog Care

Tracy Carlile, Colwich

Electric Energy

Mark Ummen, Great Bend

Entomology

Malea Husted, Spring Hill

Fashion Review

Betsy Herbster, Morrill

Food-Nutrition

Elizabeth Wulf, Newton

Food Preservation

Susan Schoneweis, Manhattan

Forestry

Wesley Rauth, Scott City

Gardening

Charles Stoffer, Abilene

Health

Joy Palmer, Kendall
John Black, Pratt

Home Environment

Cindi Jones, McPherson

Horse

Kim Petibone, Kanorado

Horticulture

Vickie Cordell, Council Grove

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Underwood Equipment, Inc.

PRATT
Mid-Co Implement, Inc.

QUINTER
Gove County Implement Co.

SABETHA
Todd Tractor Co., Inc.

ST. MARY'S
Farmers Union Hardware & Implement

SALINA
Salina Implement Co.

SCOTT CITY
B & B Implement, Inc.

SEDAN
Morton Equipment Co.

SENECA
Todd Tractor Co., Inc.

SUBLETTE
Hoskinson Implement, Inc.

TRIBUNE
A.E. Smith Implement Co., Inc.

ULYSSES
Grant County Implement, Inc.

WASHINGTON
Washington Implement Co.

WELLINGTON
Wellington Implement Co.

WICHITA
Western Implement Co.

National Winners

Agriculture
David Strawn, Cimarron

Entomology
Malea Husted, Spring Hill

Horse
Kim Petibone, Kanorado

Safety
Amy Jo Reinhardt, Erie

Sectional Winners

Dog Care
Tracy Carlile, Colwich

Veterinary Science
Gayle Brown, Leavenworth

Leadership
Chad Messenger, Garden City
Teddi Bankes, Enterprise

Livestock
Keith Conine, Scott City

Meat Utilization
Cindy Houck, Bushong
Diane Johnson, Smolan

People-to-People
John Mishler, Sabetha
Robyn Cole, Modoc
Jay Nicholson, Wichita
Tim Branda, Hays

Petroleum Power
Doug Burnette, Great Bend

Photography
Rhonda Brown, Newton

Pigeon
Craig Tribble, Augusta

Poultry
Curtiss Willems, Parsons
Dean Reida, Goddard

Public Speaking
Ron Wineinger, Marion
Anita Cleland, Baldwin

Rabbit
Tim Branda, Hays

Recreation
Nancy Johnson, Leonardville

Safety
Amy Jo Reinhardt, Erie

Sheep
Stacy Seely, Tonganoxie

Soybeans
Kent Swinney, Rolla

Swine
Eric Thiele, Norton

Veterinary Science
Gayle Brown, Leavenworth

Wheat
Joe Theis, Leavenworth

Wheat Quality
Brad Wasson, Dodge City
Jody Reichel, Bison

Wood Science
Ralph Lebow, Kanorado

Santa Fe Railway Achievement Awards
Dennis Landgraf, Garden City
Romalyn Fox, Syracuse
Neal Hieber, Paola
Renee Nyhart, Agra
Nancy Malir, Wilson
Carla Reichenberger, Mount Hope

4-H Alumni
Donald Deege, Larned
Willa Beth Mills, Pratt

Nat'l Conference delegates named

Four Kansas 4-H'ers will attend the 51st National 4-H Conference April 4-10 in Washington, D.C. Representing Kansas will be **Jay Bohnenblust**, Riley; **Penny Laughlin**, Canton; **Sally McDaniel**, Salina; and **Phyllis Weber**, Grainfield.

The four delegates will have the responsibility to express their opinions on the future direction of the national 4-H program, exchange ideas with delegates from other states, and return home with ideas on how to implement recommendations resulting from the conference.

"Expanding Horizons: You Can Make A Difference" is the theme of this year's conference. As the theme suggests, the purpose of the conference is to allow 4-H youth and adults throughout the nation to participate in determining, implementing and evaluating 4-H programs. Delegates participate in group discussions on a variety of topics including "Exciting Teen Programs," "Jobs and Careers," "4-H Volunteers," and "People Skills—What Are We Doing in 4-H?"

Criteria for selection of the delegates from Kansas is overall achievement and leadership ability. Public speaking skills and experiences also are valuable since delegates are expected to interact and communicate in groups.

The process for choosing the delegates begins in October when County Extension agents nominate 4-H'ers to be considered for the National 4-H Conference. The nominees' record books are screened by members of the State 4-H staff. From the screening process eight to ten 4-H'ers are invited for an interview. The National 4-H Conference award is the only award that is chosen by an interview process. The interview is used because of the role the 4-H'er will be expected to perform while attending Conference.

Delegates from previous years are asked to help interview the nominees and provide information about what to expect from the trip. Michelle Hightower, a 1979 delegate, said that topics such as gun control, the American hostages in

Iran, and ways to improve the state 4-H program all were discussed during the interviews.

The Kansas Bankers Association sponsors the trips to National 4-H Conference. Nominees should be a senior in high school or above, but cannot have passed their 19th birthday by January 1 of the year they attend National 4-H Conference. 4-H'ers who have attended National

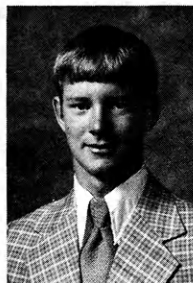
4-H Congress are not eligible to attend National 4-H Conference.

Start to think now about working toward attending National 4-H Conference. Michelle Hightower said, "Going to Conference was the highlight of my 4-H career. Learning about 4-H programs in other states and meeting people with a mutual enthusiasm for 4-H was so exciting."

Penny Laughlin has been a member of the Livewires 4-H Club in McPherson County for 10 years. She was a county 4-H camp counselor, a Citizenship Short Course delegate and a delegate to the American Royal 4-H Conference. Penny is the daughter of Mr. and Mrs. Thomas Laughlin, Canton.



Jay Bohnenblust has been a member of the Leonardville Hustlers 4-H Club in Riley County for 10 years. Jay was chairman of a committee who compiled and distributed a directory of Riley Co. 4-H'ers who are willing to give program numbers at service organization meetings. He was a state winner in newswriting. Jay is the son of Mr. and Mrs. Arlen Bohnenblust, Riley.



Sally McDaniel is a 10-year member of the Saline Valley 4-H Club in Saline County. Besides being active in many county 4-H activities, Sally represented the South Central Area Youth Board at the White House Conference on Families hearings. Sally's parents are Mr. and Mrs. George McDaniel.



Phyllis Weber was a member of the Cloverleaf Club in Gove County for 11 years. She combined her citizenship, junior leadership and recreation projects and received a citizenship-in-action grant to direct a community recreation program for her community of Grainfield. Phyllis is the daughter of Mr. and Mrs. Henry Weber.



Best wishes to Kansas 4-H

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Lifesaving precautions to follow when

*** * * * * stranded in the snow * * * * ***

By Teddi Bankes
Sand Springs Rustlers 4-H Club

The snow season is here!!! So, don't get caught in the cold—plan ahead! Some basic items, kept in your car, will make you better prepared if you become an isolated victim when the blizzard starts.

The Kansas Farm Bureau Safety Division recommends keeping the following items in your car for safe winter travel: steel shovel or hoe, two warm blankets, matches or lighter, several slow-burning candles, three or more highway flares, a sharp knife, two large plastic trash bags, a metal coffee can, a flashlight with good batteries, and non-perishable food. Extra items that may be needed are boots, gloves, coats, a two-quart saucepan, dried soup, and a plastic container of water.

With all these items packed and ready to go, you will be prepared if you are stranded in the snow. The shovel will be useful for digging your way out or digging a cave into a snow bank for protection. The trash bags are good insulators and

good wind breakers. The matches light the candle in the coffee can—this substitutes for a car heater. Note: open a window slightly to release gases while burning the candle. The knife can come in handy for cutting firewood or cutting out the headliner of your car for a blanket. The blankets and flashlight are self-explanatory. To signal for help, use your highway flares, but make sure never to ignite one inside the car.

Remember these few rules: 1) stay near your car; 2) listen to radio and weather forecasts before making your highway trip and while traveling; and 3) don't take chances with Mother Nature.

Remember, STAY NEAR YOUR CAR! To help attract attention to your car, tie a bright cloth to your antenna and have your highway flares ready to flash at rescuers. Go to the nearest house **ONLY** if civilization can be seen from your car. The chances are better that someone will spot your car rather than seeing you.

Use your heater sparingly. It can provide warmth for many hours at

10-15 minute intervals. If possible, check your tailpipe to see it isn't blocked by drifting snow. Keep your hands and feet moving and it'll help fill the time gaps.

NEVER allow yourself to fall asleep! Sleeping can be fatal in sub-freezing weather, so, if you're with someone else, take turns sleeping. Someone should always be awake. One to two hour intervals of sleep is suggested.

Precautions

A good rule of thumb for the winter months is to never allow your gas tank to be under half full. Anyway, the added weight helps traction and assures an emergency reserve. Don't catch yourself moaning, "I don't have enough gas." Prepare ahead of time.

Keep in mind at all times approximately where you are so that your CB can really be of some help. Be aware of landmarks, highway direction of travel, and approximate distance between cities.

THE IMPORTANT RULE IS DON'T PANIC!!! Smart people use common sense but everybody has it.

*** * * * ***

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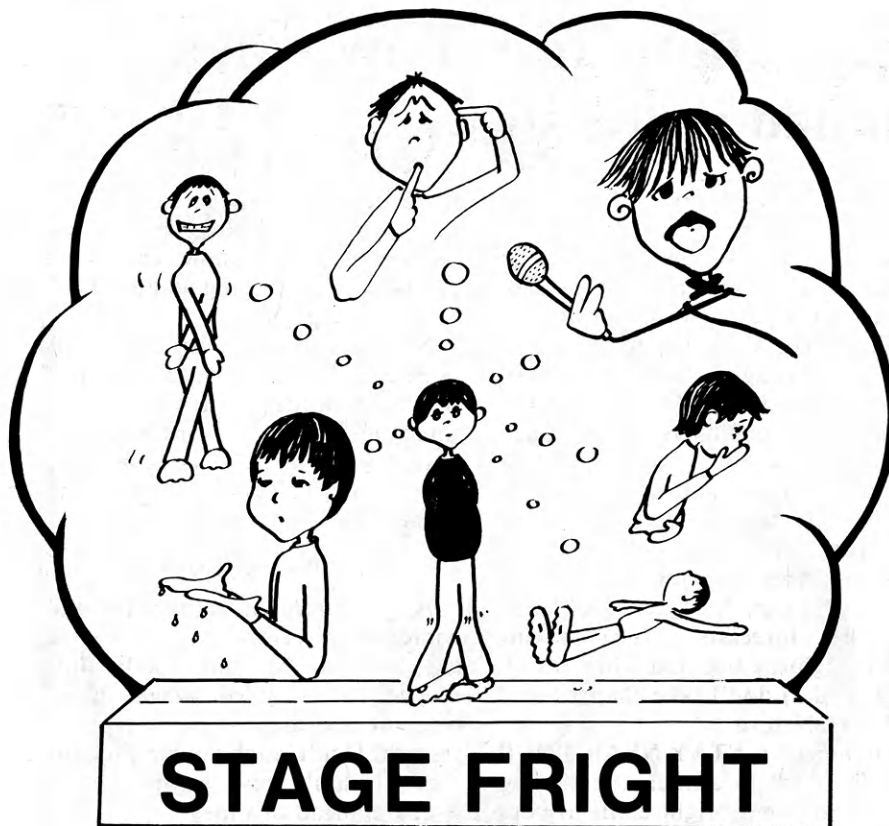
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COMING EVENTS

EVENT	DATE	REG. DUE DATE
County LABO Coordinator Training	February 19,20	
Electric Leader Clinic	March 6,7	February 27
Leader Learning Lab #1 Overland Park	March 13,14	February 27
State Youth Horse Panorama	March 21,22	March 10
National Horse Symposium K.S.U.	March 19-21	
Saline County Spring Beef Show and Judging Contest	March 28	March 18
Kansas Recreation Workshop	April 2-6	



By Kathleen Ward, Assistant Extension Editor, 4-H and Youth

Stage fright—that terrible feeling that leaves your knees knocking, your hands sweaty and your throat dry.

It's like a disease that affects your whole body. You may yawn and yawn and yawn. You may just **know** you're going to throw up. Or, you may have the embarrassing feeling of needing to go to the bathroom—all the time.

You're not exactly afraid. You know that no one is going to grab you by the throat and kill you if you don't do well.

You're just uneasy, nervous and unsure. You're not sure you can keep yourself from doing dumb things once you get on the stage.

You could trip on the stairs. You could drop your props. You could speak too softly. You could forget everything you planned to do or say!

BAD CURES

People tell you all kinds of things to do for stage fright.

Some say, "Don't look at anybody. Look over their heads. Pretend they're heads of lettuce in the garden." Some say, "Get your mind off what you're going to do. Relax and let your mind go blank."

But you know you can't pretend people are lettuce. And how can you relax? You've got stage fright!

REAL CURES

Two things can help almost anyone control stage fright, however.

The first thing has to do with what you perform. You should pick a subject to talk about, a part to play, a song to sing or such that you really care about.

The second thing has to do with how you think about your audience. Even if your audience is a panel of judges, you must realize it's not the "enemy."

How can these two things help?

Well, if you care about what you're going to do, you'll think more about how to share it. You won't spend so much time worrying about yourself.

You'll enjoy practicing it, instead of finding six million other things to do before practice. And happy practice time won't just improve your skills. It also will help you believe you might really enjoy "doing your thing," even if others are watching.

Not thinking that your audience is the "enemy" helps in lots of ways, too.

If the audience is your friend, you'll worry more about giving it pleasure than about doing well. Your biggest reward will be the person who says, "I really enjoyed that," instead of some prize or purple ribbon. And that's the way it should be.

If you're worrying about "Will I win?" or "Will I goof up?" you can't perform as well as you're able to. Such thoughts make you uptight. They also direct your mind to "me-me-me" instead of to thinking about your audience.

As a performer your job is to **give** to the people in the audience—to share what you know or to let them see a play or to help them feel the beauty of music or to . . .

Even if your audience is made up of judges, your job should be to give, not to hope to receive a good score.

Think about those poor people who serve as judges. Over and over they see scared kids come on the stage to make hash out of a simple presentation.

Think how pleased they would be to see young people who enjoyed their subject or piece of music. Think what a relief it would be for them to sit back and enjoy a presentation, too.

I bet most judges spend most of their time feeling uncomfortable because the kids they see are so uncomfortable.

Judges and audiences both know there's no such thing as a perfect performance. In the first place, people aren't perfect. In the second, who's to say what "perfect" is?

But judges and audiences both can recognize someone who cares about the subject and whose only wish is to give the audience a treat. And it's hard for people not to like someone who treats them as a friend.

So, to overcome stage fright and to help your audiences, too, stick to things you'd enjoy sharing. And then don't spend your time worrying about you. Go out to help your friend, the audience.



Family Fun Page

The Cook's Questionnaire Game

Divide the group into teams. Leader reads statements and the team calling out the most correct answers first, wins. The answer to each statement should be in the form of some type of cake.

(Answers)

The brightest cake	Sunshine, Golden Glow
The Saint's cake	Angel Food
The cake that weighs the most	Pound
The cake that weighs the least	Feather
The hen's cake	Layer
The cake with the royal title	Lady Baltimore
The cake that never pays its way	Sponge
The variety cake	Spice
The fire cake	Hot
The squirrel's cake	Nut
The fat woman's cake	Jelly Roll
The small boy's favorite	Marble
The cake that is the farmer's delight	Corn
The baby's cake	Pat-a-cake
The cake that underweighs	Shortcake
The tempter's cake	Devil's Food
The gardener's cake	Hoe cake
The football player's cake	Griddle

Q. What kind of vegetable do you put on your collar?

A. A Cauliflower (Collar-flower).

Q. What did the rug say to the floor?

A. Don't move, I've got you covered.

Mark Schneider, Sabetha

Fun way to pass the time

Here's a game to play when riding in a car, doing dishes, waiting in line at the gas station, or waiting for the school bus. Any number can play.

Going Out West

The first player says, "When I go out west, I'll take _____. He names whatever comes to mind: food, clothing, people or paraphernalia of any kind. For example, he may say, "When I go out west, I'll take my car."

Then each player says in turn, "When I go out west, I'll take _____" and each player names something different; for example, my Stetson hat, a copy of Kansas 4-H Journal, my pet hamster.

When each player has said what he will take, the first player says, "when I go out west, I'll drive my car," or whatever he'll do with his car. Then each player in turn uses the same verb but with the noun he chose, for example, "I'll drive my Stetson hat," "I'll drive my Kansas 4-H Journal," "I'll drive my pet hamster," and so on.

Then the next time around, the second player begins with a new verb to go with what he takes; for example, "When I go out west, I'll wear my Stetson hat." Then each player uses this verb: "when I go out west, I'll wear my copy of Kansas 4-H Journal," "When I go out west, I'll wear my pet hamster," and so on.

Each player begins one time with a verb to go with his noun, and the others use the same verb. Sometimes the game gets really ridiculous!

The game ends when each player has had a chance to begin.

If you want to play longer, just start over with a new list of things to take when you go out west, and go through the same process.



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Electric leaders:

Here's a great training opportunity!

If you're a new — or old — club or county leader for the electric energy project—

If you're a county extension agent —

Again this year you're invited to the **State 4-H Electric Clinic at Rock Springs Ranch March 6 and 7.**

Scheduling the meeting on a Friday and Saturday proved so successful last year the same agenda will be used again this year.

Leaders will be able to select sessions to suit their interests. This year a session on electronics will be offered. Another new session will be offered to train leaders to judge electric projects at county fairs. The "Projects 4-H Members Can Build" session will allow leaders to see and build numerous items.

New project material with many ideas for 4-H project work will be introduced to leaders at the clinic.

This material will be available later at your county extension office.

Speakers and session leaders will be well-qualified persons from extension and from the power suppliers in the state.

Events will begin with supper on Friday evening, March 6, and will end about 4 p.m. on Saturday afternoon.

The cost to you will be \$3 for a pre-registration fee, and partial cost of transportation; all other costs—food, lodging, programs—are paid by Kansas power suppliers.

"This is a once-a-year opportunity," Charles Bates of the state 4-H office says, "don't miss it!" He is working with Elwyn Holmes, extension engineer, to coordinate the program.

Mail this form to Charles Bates, State 4-H Office, Umberger Hall, KSU, Manhattan, Kansas 66506 by February 27.

_____ I plan to attend the electric clinic at Rock Springs Ranch, March 6 and 7, 1981.

_____ I plan to arrive for supper March 6, 7:00 P.M.

_____ Enclosed is pre-registration fee of \$3. Remaining costs are provided by power suppliers for adult leaders only.

Signed _____

Name of adult leader or extension agent

County _____

What are you or your family doing to conserve energy? Please send your ideas, with illustrations if possible, to Electric Page, Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, Kansas 66506.



Watch This Page For Ideas On Farm And Home Electric Projects

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