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**Kansas 4-H**

# Journal

June 1971

The 4-H Family Magazine

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# Journal

Vol. XVII, No. 6

June 1971

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 gress (10 USC 797).

New chairman of the Kansas 4-H Foundation Board of Trustees is Dolph Simons, well known editor of the Lawrence Journal-World and president of the World Company. He has been honored many times for his service to mankind. As part of this service, Mr. Simons has been a staunch supporter of 4-H in Kansas in many ways, a dedicated worker on behalf of youth. He has served on the Board of Trustees of the Kansas 4-H Foundation since 1960. His predecessor as chairman was W. Dale Critser, Wichita, who had served in this position since 1952.



## Spread the word about 4-H!

By Dolph Simons

Every member of every 4-H family can be an important good will ambassador for the 4-H program in Kansas! We need to spread the word about what 4-H is doing, and the many good things that are accomplished!

Most of us who work with the program are convinced there is no finer youth program in America but there are many people who do not know of the numerous things done by 4-H to make this a better country.

Hundreds of thousands of Americans are better citizens today because of ideas developed when they first joined a club. They are better wives and husbands, better farmers and business men, better neighbors and better citizens in every way because of the early training.

If every boy and girl in the United States could be a member of 4-H, this would be a better country. That is why we should spread the good word to encourage greater participation by young people and more helpful contributions from adults. People will not learn about the program unless we all make an effort to tell them.

Rock Springs Ranch is a tremendous facility to encourage good citizenship. More than one million dollars has been invested in the Ranch by people who have wanted to share their good fortune with others. More contributions are needed to create additional facilities and I am sure there are many people who would like to help IF they only knew more about 4-H.

The officers of the Kansas 4-H Foundation are deeply grateful to all those good people who have helped build Rock Springs, who have given scholarships and awards, and who have helped in many other ways. They say "Thank You" with all the warmth at their command.

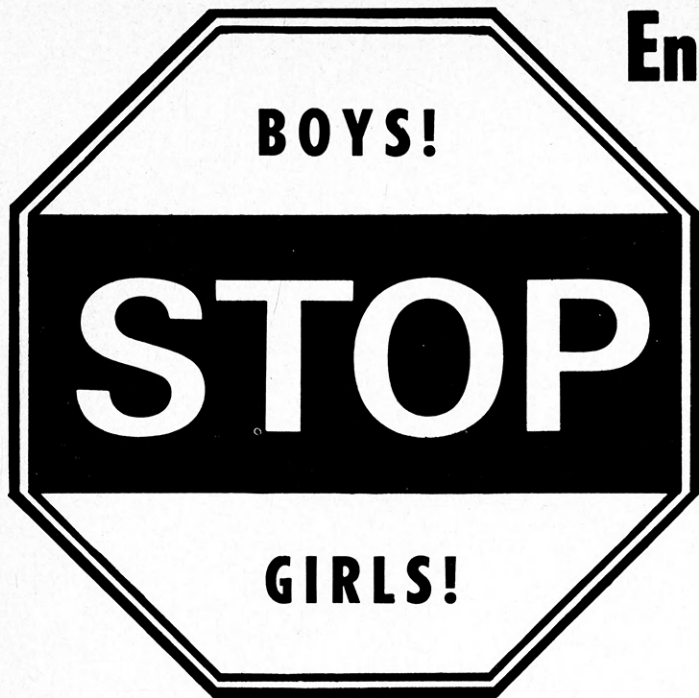
Please speak a good word for the program whenever you have an opportunity—tell folks that giving to 4-H is a certain route to more happiness.

## THE COVER

Max Dickerson, left, chairman of the Agricultural Committee of the Kansas Bankers Association, was on hand to greet John Reynolds, Sheri Hewitt, Janet Rewerts, Edward Juno, and Dr. Glenn Busset when they got off the plane in Kansas City after attending the National 4-H Conference. Mr. Dickerson, a former 4-H member and extension worker, is senior vice-president of the Commercial National Bank of Kansas City.

The Kansas Bankers Association recently received the Citation of Out-

standing Service to 4-H, the highest recognition given by the Kansas Co-operative Extension Service. For more than 30 years the KBA has provided funds to send four Kansas delegates to National 4-H Conference in Washington, D. C., as part of the Kansas 4-H Foundation awards program, and for 57 years has provided financial support to 4-H. Many bankers help 4-H members by providing subscriptions to Kansas 4-H Journal, giving awards, supporting 4-H livestock sales, and helping with the development of Rock Springs Ranch.



# Enter the 4-H Survey of Safety



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To Chicago!**

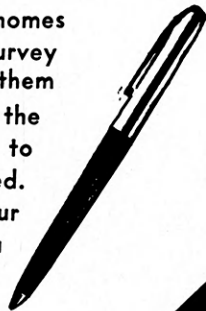
An all expense paid trip to the National Safety Congress in Chicago in October will go to 5 Safety Seniors. While in Chicago, the group will be guests of many national organizations.

## **SAFETY SENIORS**

Take an active part in club safety activities by assuming leadership on committees and assisting younger members with Surveys. Seniors are required to make Surveys also, but in addition make a plan of work and keep a record to show accomplishments. In addition to being eligible for a "Pen" award they may submit their records for consideration in awarding the education trip.

## **SAFETY STARTERS**

Select one or more homes and farms and make a survey of safety hazards. Tag them and make plans with the owner for a return visit to check them after corrected. Your leader will report your accomplishment and you will win one of these safety Ballpoint Pens.



All members, regardless of age, may participate in this program and receive recognition. Additional information is available from your county agent or 4-H leader.

## *Here's How...*

See your Extension Agent NOW for the necessary information. Make plans with your leader and fellow 4-H'ers to conduct the Surveys.

**DONOR OF AWARDS FOR THE 4-H SAFETY PROGRAM**

# **KANSAS FARM BUREAU**

**SAFETY DEPARTMENT**

**MANHATTAN**



# The WRONG way to learn

By Dennis Brink

To learn by doing is one of the main ideas stressed in 4-H club work. Most 4-H'ers learn by actually raising a steer or baking a cake. They learn by actually doing the work.

Of course there are exceptions to the rule. As a 4-H member, I learned a valuable lesson as a result of NOT doing. The value of the lesson was so great that, eight years later as a senior in animal science at Kansas State University, I remember it still.

Ten Brahman calves focused their attention on the enemy, fifteen boys whose solitary goal for the day was to capture a calf. The Brahman calves represented ten Hereford steers which would be presented to the boys that caught a Brahman.

The vision of catching a calf in the calf scramble had entered my dreams many times in the preceeding years. Now the dream could come true for I was one of the fifteen boys anxiously waiting for the starting signal.

"Go," shouted the starter, and 10 calves and 15 boys were off and running! Mass confusion reigned as boys weighing 100 pounds tried to catch calves which weighed 300 pounds. After what seemed to be an hour, but was actually only 10 minutes, the calves were winning the battle. The heavier calves were escaping the desperate clutches of the determined, but much smaller, pursuers.

I was exhausted, but gamely chased one of the calves along the fence. My prey momentarily stopped and I grasped his neck with all the energy I could produce. My body was shaking with my last ounce of energy as I placed the rope around the calf's neck. When the dust had settled, I had managed to drag the calf across the finish line and I was the owner of a Hereford steer.

However, this is not the end but only the beginning of the lesson I was to learn. Several week passed and I received my calf.

In the next two months I worked with the calf with the same enthusiasm that I displayed as I put the rope around his neck, but as more weeks passed my excitement dwindled.

Feeding Partner was no longer a big thrill but a boring chore. I had easily forgotten my responsibility to my calf. Watching television or playing baseball was much more exciting than feeding and watering that old calf. It seemed much easier to lie to my folks when questioned about feeding Partner than to actually feed the calf. I had a terrible misconception that a

little more feed each time I fed was just as good as regular feeding of a given amount. I felt that water was water dirty or fresh. To me brushing and exercising was a waste of energy which could be used doing something else.

So as show day approached, Partner was not gaining the finish and bloom required for a good steer. Nevertheless, I failed to realize that due to my lack of responsibility, Partner was not of blue ribbon caliber.

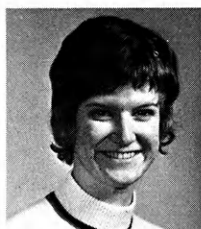
Finally the day of the county fair arrived. Thoughts of receiving a blue ribbon ran through my mind as I led Partner down the aisle to the show ring. I entered the show ring first and at that time felt very confident, but as more steers arrived my heart weakened. The steers which followed were much larger. The first thought that crossed my mind was that I had entered the show ring too early. I theorized that this was a class for older calves. My theory was soon erased when another calf scramble winner entered with his steer.

I can still hear the words, "What happened to your calf; didn't you feed him?" These words were the stimulus which activated thoughts which remain with me today. At that instant I realized my lack of responsibility was the reason for the poor condition of my steer.

My thoughts were interrupted when the judge entered the ring. Within 20 minutes the torture reached its maximum. The calves were lined up with my friend at the head of the class holding a blue ribbon. Standing at the opposite end of the ring, I accepted my white ribbon.

That white ribbon has been a constant reminder that only by accepting responsibility can one become a winner.

Editor's note: Dennis Brink was a member of Valley 4-H Club, Sedgwick County, for 10 years. In 1967 he was a national award winner in the sheep project. This year he was graduated from Kansas State University with a degree in animal husbandry.



**Carolyn Neil**



**Margaret Vesecky**



**Diann Wiens**



**Connie Harms**

## Kansans go, guests come in exchange

In June three of Kansas' four 1971 International Foreign Youth Exchangees will leave for their host countries. The fourth is almost halfway through her visit to Switzerland.

Connie Harms, Harvey County, will be a delegate to the Netherlands from June to December. Connie is a graduate of Bethel College.

Carolyn Neil, Bourbon County, a junior high school teacher in Wichita, will fly to the Republic of China in early June.

Six months in Japan are ahead for Diann Wiens, Marion County. She has completed her junior year at Kansas State Teachers College, Emporia.

The first Kansas IFYE to leave the state this year was Margaret Vesecky, Rush County, who went to Switzerland in April. She is a nurse.

Switzerland, Germany, India, Nepal, Brazil and Costa Rica are countries represented by IFYEs who will visit in Kansas this year.

Funds for the program are provided by the National 4-H Foundation, home counties of the exchangees, and the Kansas 4-H Foundation.

Kansas will be host to the national conference of the IFYE Alumni Association this year. The internationally-minded group will meet August 1-5 at Rock Springs Ranch.

## Two men honored by being named to Wall of Fame

Two new plaques will be added to the Wall of Fame at Rock Springs Ranch during Friends of 4-H Day June 4. The plaques will honor L. R. Quinlan, Manhattan, and the late Fred D. Wilson, Andover.

Mr. Wilson was a local 4-H leader of the Flying 4-H Club at Andover 40 years ago. He continued as a leader for many years, while carrying on his farming and banking business. He helped with organization and policy development in the formative years of the Kansas 4-H Foundation, and served as treasurer of the Foundation Board of Trustees for nine years.

L. R. Quinlan, professor emeritus in landscape architecture, Kansas State University, has helped with the planning and development of Rock Springs Ranch from its beginning. He has given much of his time to help with landscaping and layout of the grounds and with planning for the location of buildings. As chairman of the Committee on Art, Mr. Quinlan has helped develop the Rural-Urban Art exhibits at the state 4-H educational center.

Mr. Quinlan and Mr. Wilson are the ninth and tenth persons to receive this honor from the Kansas 4-H Foundation. It is given to Kansans who have contributed outstanding service to 4-H ideals. Previously honored were W. Dale Critser, W. Laird Dean, Lester F. Weatherwax, Roberta Anderson, A. E. Preston, F. B. Ross, Andrew F. Schoepel and A. D. Jellison.

The first Ship Winter Memorial 4-H Achievement Award went to **Carol Lynn Urish**, who has been a member of the **Burlingame 4-H Club, Osage County**, for eight years. The award is in memory of **Milton Shipman Winter**, Lawrence, who had a special interest in youth organizations and activities.

**Robert Beeler**, Director of International Services with People-to-People, explained what the program is all about to members of the **Lucky Clover 4-H Club, Leavenworth County**. Members voted to have complete charge of the church services on 4-H Sunday at the Linwood Baptist Church.

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With new project series --

# Build a lifetime of good food habits

By Marjorie Area  
Extension Specialist, 4-H and Youth

How's your E-S-P?

Can you apply the 4-4-3-2 magic formula to your daily food intake?

How about a "Bunyan" breakfast?

To answer these questions and to help you explore the exciting field of food, a new project series entered the Kansas scene in 1970 which includes "Tricks For Treats," "All American Foods," and "Meals For Today the Easy Way." "Foods With an International Flavor" will join this trio during the fall of 1971. Developing good food habits that will last a lifetime is a primary goal of this series.

"Tricks For Treats" introduces the basic skills of preparing simple dishes with the excitement of doing simple science experiments to learn **how** things work and **why** things happen. Do you know how to prevent cheese from cooking tough and rubbery? Why do the yolks of some hard-cooked eggs have a greenish coating? These are samples of the "why" experiments included.

So many snacks are chosen



away from home that it is important to know their food value and how to combine them with the day's meals to meet one's needs. Understanding the 4-4-3-2 food plan helps one to put it all together.

Boys as well as girls will enjoy the fun and food found in "Tricks for Treats." Learning how to plan a simple, nutritious meal provides for active involvement by all members.

"All American Foods" explores our customs and traditions through the foods we eat and the ways we like them prepared. Designed for the 10-12 year old, this project introduces foods from various regions of the United States through tales of early heroes and legends. Explore the food world of Pecos Bill, George Washington Carver, Squanto, the early Pilgrims, Johnny Appleseed, and many others. For other learning, make a display of breakfast foods, various kinds of beans, or foods that Indians used. Design a poster to show vitamin A and C content of various fruits for other activities.

"Meals for Today the Easy Way" features a bright, bold, and zingy look with accent on time saving ways by using convenience foods to create some of the teenagers' favorite foods.

As your knowledge grows, talk it over. Role playing and skits are fun activities with friends. Imagine a skit showing the do's and don'ts of eating spaghetti! Or have a tasting board of your favorite breakfast foods. Collect samples of lose-

(Continued on page 8)





## Good food habits

(Continued from page 7)

weight diets and discuss them in terms of essential nutrients, or discuss ways in which families with a limited amount of money to spend on food can provide enough milk for every member. Discussion, displays, and role playing are real "doing" activities to combine food with fun for the 12-14 year old.

Youth who are expanding their horizons beyond home will enjoy the "Foods With an International Flavor" project. Mexico, Germany, Scandinavia, Italy, and Japan are the countries visited through this project. Meet the people, share the customs, and sample the food of these countries. For extra activities, invite an IFYE, Teen Caravaner or foreign exchange student to tell about family life, agriculture, education, and arts and crafts. Looking at posters from travel agencies, assembling arts and crafts displays, collecting new recipes, and shopping in speciality stores can be used as tools to get acquainted with other countries.

Each of these projects opens new opportunities for boys and girls to learn about food while exploring their own communities, countries, and world. Tours, demonstrations, open house exhibits, and favorite food shows can add to the enjoyment of these projects.

The **Skyliners 4-H Club, Butler County**, sponsored a rabies clinic in the Gordon community building. **Dr. John Hyde**, Douglass veterinarian, administered shots to dogs and other pets.

Members of the **Grandview 4-H Club, Geary County**, went through the diabetes clinic in a group at the American Legion Building in Junction City. Health is the club project, writes reporter **Jane Ann Lichtenhan**.

Reporter **Michelle Konrade** says that members of the **Harmony Hustlers 4-H Club, Shawnee County**, can recognize an Appaloosa, quarterhorse, Arabian, or Shetland when they see one, thanks to an illustrated talk about horses by **Gayle Wilcox**. **Mike Branaman** gave a demonstration of the rudiments of drumming and of the sound each drum makes from snare to bongo to bass.



Guns kept in the house should be unloaded and under lock and key. Keep ammunition locked in a different place. **Don Kastl, Washington**, stressed at a community meeting about firearms safety sponsored by the **Lucky-Four 4-H Club, Washington County**, and the **E.H.U.** Persons in the picture, left to right, are **Bob Anderson, Scott Kalivoda, Mr. Kastl, Hayley Matson, Gerrilee Olson, Terry Nelson, Gary Morgan**, and in back, **Cindy Kalivoda**.

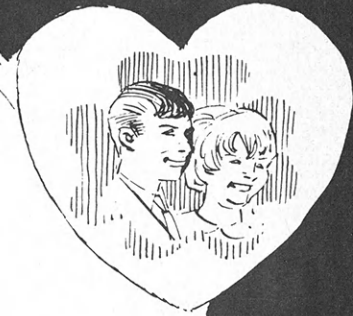
They've been on TV! Eighteen 4-H'ers from **Welborn 4-H Club, Wyandotte County**, presented a one-minute public service spot on **KCIT-TV, Channel 50**, promoting 4-H group activities. Cooking, sewing, ceramics, and knitting were among activities told about and shown.

In the front row, left to right, are **Janice Bartkoski, Karen Wilson, Mary Kistler, and Barbara Kistler**; second row, **Roseann Hohendorf, Noralee Bryant, Debbie Klee, John Bryant, Sharron Herriott, and JoBeth Nastav**; third row, **Kathy DeSchepper, Laura Dercher, Tina**

**Williams, Mary Beth Miley, Chris Antos, and Anna Caudrene**. Sign holders are **Bob Kistler and Gerald Feagles**. Everyone enjoyed doing the commercial which was shown every day for three weeks and at least once a week thereafter, reporter **JoBeth Nastav** says.



'KEEP YOUR HEART YOUNG'



## THANK YOU

is a very small thing to say.

It requires no effort to speak of—only a thankful heart. Yet what joy it brings to others when we say it! The simple sincerity of those two words can make even the great heart of God glad that He took the trouble to make the universe.

—Esther Baldwin York

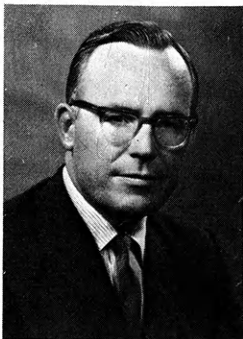
A most sincere

## THANK YOU

to each and every 1970 Donor  
to the 4-H program.



# TO ALL WHO 'KEEP THEIR HEARTS YOUNG THIS HONOR ROLL



## An Open Letter

As Director of the Kansas Cooperative Extension Service and a member of the Kansas 4-H Foundation Board of Trustees, I have a pleasant and unique opportunity to see the relationship the Kansas 4-H Foundation has with the state 4-H program.

Cooperation of individuals, organizations, and businesses listed in this Honor Roll makes possible a more vital, effective youth program in the Kansas Cooperative Extension Service.

Donors provide the means for the various programs of the Foundation including Rock Springs Ranch, Kansas 4-H Journal, awards and recognition for 4-H'ers, training opportunities for leaders, and a 4-H supply service for Extension personnel leaders.

Foundation-supported projects make it possible to enrich, promote, and enlarge the Sunflower State 4-H program beyond opportunities available through resources provided by the Cooperative Extension Service.

The importance of donors to the Foundation in the total Kansas 4-H and other Extension youth programs cannot be overemphasized. As the scope of the youth program enlarges to reach more and more girls and boys of every background, the role of the Foundation becomes increasingly important and essential.

The history of the Cooperative Extension Service shows the origin of this "family centered" educational program began in many communities and counties with "youth clubs." Parents soon became interested when their children showed them the latest methods of canning, the newest corn varieties, a new hog ration, a new dress, or how to handle a difficult parliamentary procedure problem.

History can well repeat itself as the Kansas Extension youth program moves into urban areas and reaches families with limited resources and members of minority groups.

No matter the situation, 4-H stands for the fourfold development of the individual youth — mental, physical, social, spiritual.

As an educational program, 4-H offers opportunities for youth to experience responsibility, achievement, recognition, pride of ownership and creativity.

When 4-H "graduates" are asked to list what they value from their experiences, the most common replies include—learning to work and play with both my age group and adults, gaining experience in speaking before a group, being introduced to possible careers, making friends with youth of all ages at county, state, and national events, and belonging to a group recognized and respected by others.

Each and every name on the Foundation Roll of Honor has contributed to the growth of 8 to 19-year olds who regularly participate in Extension sponsored youth programs.

I deem it a pleasure and privilege, as a professional Extension worker and as a member of the Foundation board, to express appreciation and a sincere "Thank You" to the Roll of Honor members.

—Robert A. Bohannon

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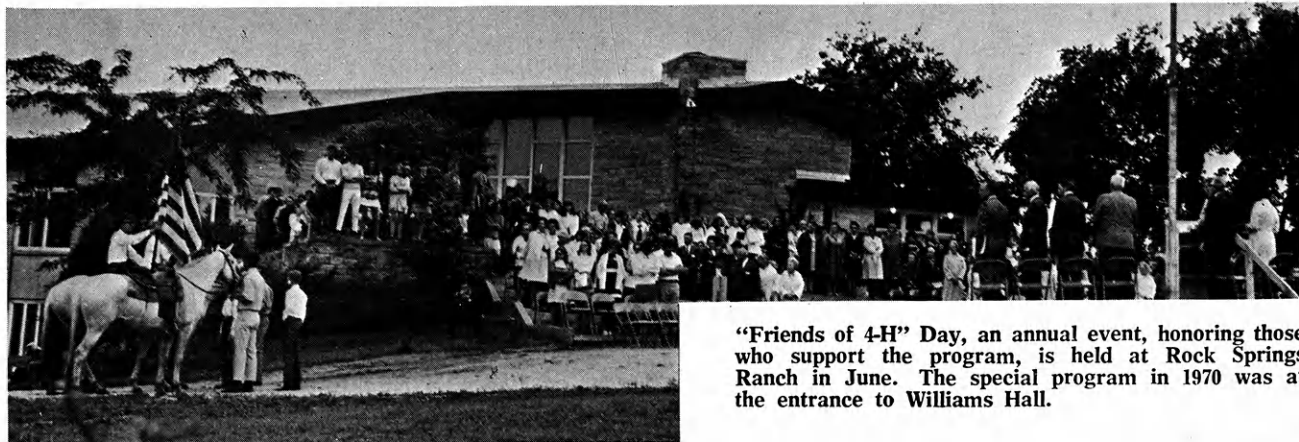


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OF 1970 DONORS IS DEDICATED

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| 2 First National Bank, Clifton               | 2 Johnson Feed & Grain   | 2 Moore, Earl R.                       | 2 Stanton, Robert T.                     |
| 6 First National Bank, Junction City         | 16 Johnson, Mr. & Mrs. J. Harold   | 3 Moore Motor Company                  | 1 Stark-Bruce Depot                      |
| 10 Flint Hills Rural Electric Co-Op.         | 11 Jones, Mr. & Mrs. Eugene  | 3 Morgan, Fred                         | 10 Streeter, Mr. & Mrs. Charles          |
| 17 Folger Coffee Company                     | 5 Junction City Daily Union  | 6 Morrison Grain Elevator              | 9 Strickler, Mr. & Mrs. Ivan             |
| 11 Fooshee, Mr. & Mrs. Claude L.             |  | 4 Morrowville Lumber Company           | 15 Sutherland Lumber Company             |
| 15 Fox & Company, Elmer E.                   | 3 K. T. Wiedemann Foundation   | 6 Munson, Gaylord R.                   |  |
| 1 Frisbie, Mr. & Mrs. Ray E.                 | 2 Kansas Arabian Horse Club  | 6 Munson, Ralph C.                     | 5 Taylor, Ethel                          |
| 2 Frosty's Mobil Service                     | 17 Kansas Ayrshire Breeders Assn.  | 11 Murray, W. L.                       | 7 Teagarden, Mr. & Mrs. E. H.            |
| 1 Fry, Glen                                  | 17 Kansas Bankers Association  |  | 3 Tegemeier, Carl W.                     |
| 3 Frye, Raymond G.                           | 15 Kansas Brown Swiss Breeders<br>Assn.                                    | 1 N. C. K. Shorthorn Breeders<br>Assn. | 2 Tennant, Marjorie Ann                  |
|  | 17 Kansas City Power and Light<br>Company                                  | 10 Nitsch, John                        | 3 Thompson-Hayward Chemical Co.          |
| 1 Gamble Store, Washington                   | 7 Kansas Electric Co-ops.  | 6 Norby, Oscar W.                      | 1 Travelers Protective Assn.             |
| 12 Garten, Mr. & Mrs. Frank                  | 15 Kansas Farm Bureau & Insurance<br>Services                              | 2 Norton-Decatur Co-op Elec. Co.       | 4 Turnbull, Mr. & Mrs. J. K.             |
| 1 Geo. W. Hays & Son, Inc.                   |  | 1 O'Hara High School                   | 2 Turner Furniture                       |
| 10 Gillmore, Ralph E.                        | 17 Kansas Gas & Electric Company   | 11 Orsborn, Mr. & Mrs. Lawrence J.     | 6 Upham, Mr. & Mrs. Ralph                |
| 1 Gillum, M. L.                              | 10 Kansas Guernsey Breeders<br>Association                                 | 9 Ottaway, Lois M.                     | 9 Vanskike, Mrs. Harry                   |
| 5 Golightly, Mrs. Ernest                     | 13 Kansas Jersey Cattle Club   | 3 Ouellette, Mr. & Mrs. Roland         | 10 Veatch, N. T.                         |
| 4 Greenleaf Grain & Feed Co.                 | 17 Kansas Power & Light Company  | 5 Overstreet, Charles                  |  |
| 9 Gugler, Donald P. & Evelyn                 | 5 Kansas Production Credit Assns.<br>& Federal Intermediate<br>Credit Bank | 6 Packard, Bryan                       | 12 Walker, Mr. & Mrs. Howard R.          |
| 5 Gugler, M. C.                              | 1 Kansas Synodical Assn.   | 1 Parker-McCrory Mfg. Company          | 3 Washington County News                 |
| 8 Gwin, Paul B.                              | 1 Kastl, Mr. & Mrs. Don  | 1 Peppermint Stables Riding Club       | 4 Welco Aerospace Corp.                  |
|  | 2 Keas, Mr. & Mrs. John C.   | 8 Presnal, Glade C.                    | 3 Wellington Daily News                  |
| 1 Hadacheck Produce                          | 4 Kiers I. G. A.   | 7 Presnal, Mr. & Mrs. Ross             | 1 Welsh Pony Association                 |
| 6 Haines, Joe D.                             | 5 Killian, Howard S.   | 3 Price, Dr. P. G.                     | 6 Weside All Star Dairy                  |
| 3 Halbleib, Mr. & Mrs. George                | 11 Kirkwood, Frances   |  | 1 Western Auto Store, Washington         |
| 10 Hamilton, Mrs. Dean                       | 8 Kleymann, Mr. & Mrs. Fred  | 17 Quinlan, L. R.                      | 17 Western Power & Gas                   |
| 4 Hanover Imp. & Mfg. Co.                    | 3 Koppes, Glen V.  | 1 Ralph's Market                       | 4 Westervelt, Mr. & Mrs. Darrell D.      |
| 3 Harding, Clifford L.                       | 20 Kraftco Corporation   | 3 Ratinke, Mr. & Mrs. John             | 6 West's I. G. A.                        |
| 2 Harris Drug Store                          | 3 Kuhlman Motor Company, Linn  | 1 Ratuke Hardware                      | 7 Wichita Bank for Cooperatives          |
| 1 Harris, Kent                               | 2 Kuhlman Motor Company,<br>Washington                                     | 3 Rawlins, R. L.                       | 9 Wilson, John L.                        |
| 4 Hatesohl, Herbert                          |  | 5 Record Publishing Company            | 1 Wolfenbarger & McCulley,<br>Architects |
| 11 Heersche, Mr. & Mrs. George               |  | 3 Riley, Mr. & Mrs. Wm. M., Jr.        | 15 Woolworth Company, F. W.              |
| 3 Hesston Corporation                        |  | 1 Roener, Henry                        | 10 Wright, Mrs. Chester                  |
| 16 Hicks, Mr. & Mrs. W. H.                   |  | 4 Rogers, Irene                        |  |
| 1 Hoffman Hardware                           |  | 6 Rolfs, E. W.                         | 8 Yingling Chevrolet Motor Co.           |
| 17 Holstein Friesian Assn., Kansas           |  | 5 Ruhnke, Mr. & Mrs. John H.           |  |
| 10 Hoover, Mr. & Mrs. Laurence J.            | 5 Laing, Verne M.  | 4 Rusk, Mr. & Mrs. Ralph               | 10 Zweifel, Barbara                      |
| 5 Hoovers, Inc.                              | 3 Lewis, E. F.   | 4 Rusk, Ray & Roberta                  | 12 Zweifel, Bernice                      |
| 1 Hope Lions Club                            | 5 Linn State Bank  |  | 12 Zweifel, Robert                       |
| 4 Hubbard, C. R.                             | 11 Lombeyer, Mr. & Mrs. Louis  |  | 10 Zweifel, Robert, Jr.                  |

Note: The figure preceding the name indicates the number of years of support since the Kansas 4-H Foundation Membership and Share Recognition Plan was started in 1954. Please call omissions to our attention.



**"Friends of 4-H" Day, an annual event, honoring those who support the program, is held at Rock Springs Ranch in June. The special program in 1970 was at the entrance to Williams Hall.**

# THE STRENGTH OF A NATION LIES

## EXTENSION 4-H and HOME ECONOMICS

It is worthy of note that many 4-H'ers are helping strengthen their own program through annual contributions to the Foundation. In this, they are joined by the "Mothers of Kansas" through Extension Home Economics Units—Is there a greater way to build character?

### ALLEN COUNTY

- 3 Full O Pep 4-H

### BARBER COUNTY

- 2 Hazelton 4-H
- 5 Stateline 4-H

### BARTON COUNTY

- 3 Hoisington Harmonizers 4-H
- 1 Hoisington Jayhawkers 4-H

### BROWN COUNTY

- 11 Robinson Meadowlarks 4-H

### CHEROKEE COUNTY

- 2 Sheridan 4-H

### CHEYENNE COUNTY

- 3 Happy Larks 4-H

### CLAY COUNTY

- 5 Industry Hustlers 4-H

### CLOUD COUNTY

- 3 Buffalo Valley 4-H
- 3 Fairview Hilltoppers 4-H
- 3 Hill & Dale 4-H
- 3 Hollis Hustlers 4-H
- 2 Hopewell Corners 4-H
- 4 Jolly Jayhawk 4-H
- 2 Miltonvale Hustlers 4-H
- 5 Republican Valley 4-H
- 3 Solomon Valley 4-H
- 8 Sunny 4-H

### COFFEY COUNTY

- 6 Blue Ribbon 4-H
- 6 Stringtown Bombers 4-H

### COMANCHE COUNTY

- 1 Mule Creek Beavers 4-H
- 1 Sunny Valley 4-H

### COWLEY COUNTY

- 2 Floral 4-H
- 2 Pleasant Valley 4-H
- 2 Town & Country EHU
- 4 Udall 4-H

### DECATUR COUNTY

- 7 Decatur County 4-H Council

### DICKINSON COUNTY

- 1 Carry Creek Rustlers 4-H
- 1 Holland Sunflowers 4-H
- 4 Jolly Jayhawkers 4-H
- 2 Navarre Boosters 4-H
- 3 Swenson Creek 4-H

### DOUGLAS COUNTY

- 9 Cottonwood 4-H
- 12 Kanwaka 4-H
- 8 Meadowlark 4-H
- 1 Sarcoxie EHU
- 10 Stull Busy Beavers 4-H
- 6 Vinland Valley 4-H

### EDWARDS COUNTY

- 8 Better Homes EHU
- 6 Trousdale EHU

### ELLIS COUNTY

- 8 Saline River Satellites 4-H
- 13 Winner's 4-H

### ELLSWORTH COUNTY

- 6 Trying Tommies 4-H

### FORD COUNTY

- 2 Harmony EHU
- 9 Richland Boosters 4-H
- 4 Wilburn Willing Workers 4-H

### FRANKLIN COUNTY

- 2 Full O Pep 4-H
- 4 Shining Star 4-H

### GRAY COUNTY

- 3 Charleston Astronauts 4-H

### GREELEY COUNTY

- 5 Go-Getters 4-H
- 5 Golden Opportunities 4-H
- 4 Greeley County 4-H Council
- 3 Straight Ahead Strivers 4-H
- 6 Thrifty Thrivers 4-H

### HAMILTON COUNTY

- 5 C-4 4-H

### HARPER COUNTY

- 9 Freeport Trailblazers 4-H

### HARVEY COUNTY

- 3 Harvey County 4-H Council
- 3 Highland 4-H
- 6 Sedgwick Sunflower 4-H
- 5 Walton Willing Workers 4-H

### HASKELL COUNTY

- 3 Santa Fe Trail Blazers 4-H

### HODGEMAN COUNTY

- 2 Silverlake Hustlers 4-H

### JEWELL COUNTY

- 5 Buffalo Valley 4-H
- 7 Formoso Willing Workers 4-H
- 6 Mankato Eager Beavers 4-H

### JOHNSON COUNTY

- 2 Johnson Co. Home Ec. Adv. Council
- 2 Lenexa Livewires 4-H
- 5 Little Cedar Junior 4-H
- 5 Little Cedar Senior 4-H
- 2 Morning Glory 4-H
- 5 Oxford Hustlers 4-H
- 1 Seam & Simmer EHU
- 8 Sharon 4-H
- 4 Sunnyside 4-H
- 9 Zion Zippers 4-H

### KINGMAN COUNTY

- 5 Galesburg 4-H
- 6 Penalosa 4-H

### KIOWA COUNTY

- 2 Busy Bees 4-H
- 6 Upward Strivers 4-H

### LABETTE COUNTY

- 4 Leib 4-H

### LEAVENWORTH COUNTY

- 2 El Dorado 4-H
- 3 Glenwood 4-H
- 1 Reno Bob Whites 4-H

### LYON COUNTY

- 7 Sunflower 4-H

### McPHERSON COUNTY

- 9 Andover 4-H
- 10 Better Farms 4-H
- 8 Cottonwood 4-H
- 5 Country Cousins 4-H
- 10 Empire Best 4-H
- 9 Friendly Fremont 4-H
- 9 Golden Opportunity 4-H
- 9 Good Luck 4-H
- 9 Green Valley 4-H
- 3 Lindsborg Golden '60 4-H
- 9 Livewire 4-H
- 12 Lucky Leaf 4-H
- 7 New Frontiers 4-H
- 3 Roxbury Jayhawkers 4-H
- 9 Smoky Valley 4-H
- 10 Sunflower 4-H

### MARION COUNTY

- 11 Happy Hustlers 4-H
- 6 Jayhawk 4-H
- 7 Lincolnville Wide-Awake 4-H
- 4 Lucky Leaf 4-H
- 9 Peabody Hustlers 4-H
- 7 Silver Creek 4-H
- 11 South Cottonwood 4-H
- 6 Willing Workers 4-H

# N THE CHARACTER OF ITS CITIZENS

<b>MARSHALL COUNTY</b>	4 Pottawatomie Co. Home Ec. Adv. Comm.	<b>SHAWNEE COUNTY</b>
5 Richland Center 4-H	7 Triple V 4-H	10 Highlander 4-H
<b>MITCHELL COUNTY</b>	10 Vermillion 4-H	10 Kaw Valley 4-H
7 Cloverleaf 4-H	6 Victory 4-H	12 Pleasant Hill 4-H
<b>MONTGOMERY COUNTY</b>	<b>PRATT COUNTY</b>	14 Rochester Heights 4-H
3 Banks Ever Ready EHU	5 Pratt County 4-H Council	12 Shawnee Jayhawkers 4-H
3 Elk River Homemakers EHU	<b>RENO COUNTY</b>	13 Shunga Valley 4-H
1 Pleasant Hill EHU	9 Reno County 4-H Council	10 Wanamaker 4-H
1 River Rangers EHU	<b>RICE COUNTY</b>	<b>SHERIDAN COUNTY</b>
3 Sycamore Valley EHU	6 Country Pals 4-H	6 Hi-Plains 4-H
3 Wayside EHU	2 Lyons Learners 4-H	<b>SHERMAN COUNTY</b>
<b>MORRIS COUNTY</b>	4 Mighty Mitchell 4-H	9 Beaver Valley 4-H
8 Delavan 4-H	11 Valley Bluebirds 4-H	12 Glendale Livewires 4-H
8 Neosho Valley 4-H	<b>RILEY COUNTY</b>	3 Goodland Go-Getters 4-H
4 Wilsey Busy Bees 4-H	2 Green Valley EHU	3 Jolly Workers 4-H
<b>MORTON COUNTY</b>	6 Zeandale 4-H	7 Ruleton Eager Beavers 4-H
4 Richfield Best Yet 4-H	<b>ROOKS COUNTY</b>	<b>SMITH COUNTY</b>
<b>NEMAHA COUNTY</b>	13 4-W 4-H	1 4-H Young Americans
1 Lakeshore 4-H	7 Rooks County 4-H Council	3 Solomon Valley 4-H
7 Nemaha County 4-H Council	12 Star 4-H	<b>STEVENS COUNTY</b>
1 Wetmore Cardinal 4-H	<b>RUSH COUNTY</b>	5 Jolly Jayhawkers 4-H
<b>NESS COUNTY</b>	2 Rush Co. 4-H Foundation Comm.	6 Mapleleaf Rustlers 4-H
3 Triple H EHU	4 Timken Roller Bearings 4-H	1 Pleasant View EHU
<b>NORTON COUNTY</b>	<b>RUSSELL COUNTY</b>	<b>SUMNER COUNTY</b>
7 Busy Beavers 4-H	2 Cedar Creek 4-H	7 Cardinal 4-H
6 Cedar Ridge 4-H	3 City Slickers 4-H	7 Clippers 4-H
6 Four-Square 4-H	2 Lone Star 4-H	2 Paradise Valley 4-H
6 Good Hope Boosters 4-H	3 Paradise Dell 4-H	11 Perth 4-H
<b>OSAGE COUNTY</b>	2 Smoline 4-H	12 20th Malaby Pushers 4-H
16 Carbondale Rustlers 4-H	2 Sunflower 4-H	<b>THOMAS COUNTY</b>
<b>OSBORNE COUNTY</b>	<b>SALINE COUNTY</b>	1 Colby Jayhawkers 4-H
4 Penn 4-H	3 Sasnak 4-H	<b>TREGO COUNTY</b>
4 Solomon Valley 4-H	13 Willing Workers 4-H	4 South Downer 4-H
<b>OTTAWA COUNTY</b>	<b>SEDGWICK COUNTY</b>	<b>WABAUNSEE COUNTY</b>
6 Culver Livewires 4-H	3 Colwich 4-H	5 Friendly Farmers 4-H
<b>PAWNEE COUNTY</b>	10 Delano 4-H	<b>WASHINGTON COUNTY</b>
2 Rozel Rockets 4-H	9 Derby 4-H	13 Busy Bee 4-H
<b>PHILLIPS COUNTY</b>	7 Eastridge 4-H	3 Greenleaf 4-H
10 Deer Creek 4-H	8 Furley 4-H	2 Mahaska 3 H EHU
<b>POTTAWATOMIE COUNTY</b>	8 Goddard 4-H	<b>WICHITA COUNTY</b>
16 Blackjack 4-H	7 Mulvane 4-H	3 Better Homemakers EHU
2 Emmett Hustlers 4-H	4 Ninnescah Valley 4-H	3 Do It Right EHU
2 Kaw Valley 4-H	6 Peck Ramblers 4-H	3 Leoti Anns EHU
6 Olsburg 4-H	12 Riverview 4-H	3 Lydia Homemakers EHU
5 Onaga EHU	9 Rolling Hills 4-H	3 Neighborly Neighbors EHU
	9 Sunnydale 4-H	3 Sunnyside EHU
	4 Wichita Indians 4-H	<b>WYANDOTTE COUNTY</b>
		14 Horanif Hustlers 4-H
		4 K C OK 4-H

The Kansas 4-H Foundation, a non-profit educational corporation, was established to make it possible for all citizens and organizations to share in furthering the 4-H program of the Kansas Cooperative Extension Service. The Foundation is dedicated to getting the highest return from each and every donor's investment in our State's number one resource—its youth.



# MEMORIALS ALSO SERVE YOUTH

Honoring the memory of loved ones and friends, many memorials have been established with the Kansas 4-H Foundation. These provide such needed helps as scholarships, leadership training, facilities, and many others.

The Memorial Tree Walk, planned by L. R. Quinlan, is illustrated below. Started in the spring of 1970, this provides opportunity for "living" memorials, which has great appeal. Some 20 trees have been planted to date.

**FOR MARY KAY BABB—**  
Mr. & Mrs. Robert Bacon

**FOR GLENN S. DAVIS—**  
Peabody Hustlers 4-H

**FOR HARRIET REMLEY ERHARDT—**  
Mrs. Edna. Remley

**FOR ROBERT DORTLAND and  
DAVID B. HUCK—**

Ellis County 4-H Council  
Go-Getters 4-H  
Good Hope 4-H

**FOR 1970 4-H FAMILY CAMP—**

Fred, Pat, Pam & Kenneth Adams  
Mrs. Eleanor Guard Connors, Guy & Elyse Guard  
J. L., Ruth, Brent, Stephen, & Kristine Dowler  
Sheldon K., Charlotte, Miriam, Leah &  
Deborah Edelman  
Terry & Jerry Esfeld  
Amos, Esther, David & Bradley Morris  
Bill, Darlene & Terri Proctor  
J. M. & Marilyn Thies  
Ben & Blanche vanAmburg

**FOR MR. and MRS. P. J. GOERTZ—**  
Mr. & Mrs. Harvey E. Goertz

**FOR CLIFFORD R. HOPE, SR.—**  
Clifford R. Hope, Jr.  
Martha Hope West

**FOR ROBERT LITTON—**  
W. R. & Joan Bilderback  
L. H. Carter  
Kent & Kathy Darrell  
Percy A. & Doris Emerson  
Mr. & Mrs. Robert K. Hunt  
Kenneth E. & JoAnne H. McGinness  
Mr. & Mrs. Lyle Peck  
Shamrock 4-H  
Loren P. & Marlene Troutman  
Others

**FOR W. H. MARSHALL—**  
Charles L. Marshall

**FOR DONALD LEE MATTHEWS—**  
Mr. & Mrs. Guy Matthews

**FOR LT. STEVEN MUELLER—**  
Sylvan Hustlers 4-H

**FOR VIRGINIA NUNEMAKER—**

Arden Booth  
Clinton 4-H  
Cottonwood 4-H  
Arthur Hemphill Family  
Jayhawk 4-H  
Kanwaka 4-H  
Lone Star 4-H  
Glenn May Family  
Palmyra 4-H  
Jim Pendleton  
Harold Shirk Family  
Stull Busy Beavers 4-H  
Sunflower 4-H  
Francis Wiley 4-H Family  
Worden Workers 4-H

**FOR R. W. ROENFELDT—**  
Richland Boosters 4-H

**FOR HAZEL ROTH—**  
Kastle Keepers EHU  
Fun, Fair & Rodeo Week Board

**FOR RAYMOND SCHMIDT—**  
Junior Farmers 4-H

**FOR DR. FLOYD STEELE—**  
Family & Friends  
Riverview 4-H

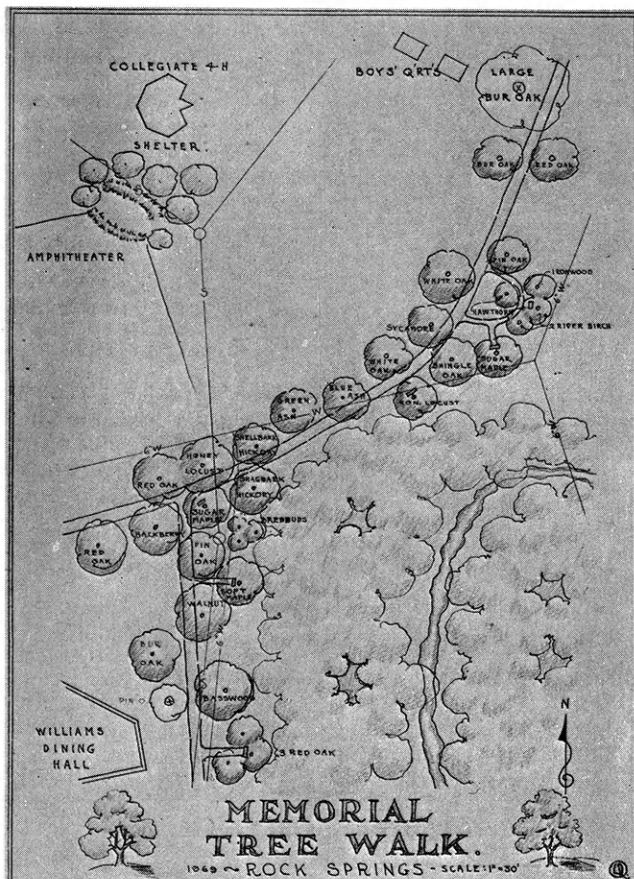
**FOR MILDRED J. SWENSON—**  
Mary Ann Smith

**FOR LESTER F. WEATHERWAX—**  
Samuel P. Wallingford Foundation  
Kiwanis Quartet, Wichita

**FOR FRED D. WILSON—**  
Bank of Whitewater  
Mr. & Mrs. Wm. R. Berges  
Edith F. Berry  
Erna Bly  
Ben F. Brack  
Margaret, Betty & David Browne  
Mr. & Mrs. Jack Davis  
Mrs. Walter P. Davis  
Mr. & Mrs. Walter W. Davis  
Mr. & Mrs. Harold Dick & Hal Dick  
First National Bank in Wichita  
Dr. Norton L. Francis  
H. A. Funke  
Mr. & Mrs. Roger L. Harter  
Home State Bank, Clearwater  
Mr. & Mrs. J. Harold Johnson  
Mr. & Mrs. Leo Levitt  
Mrs. Imogene McClure  
Dr. & Mrs. Ben Matassarin  
Dr. & Mrs. Wm. R. Miller  
Mr. & Mrs. Charles Mitchell  
Mr. & Mrs. John R. Morrison &  
John W. Morrison  
Mr. & Mrs. Morris North Neff  
Mr. & Mrs. Herman Osment  
Mr. & Mrs. Russell Phillips  
T. M. Club  
Mr. & Mrs. Glen C. Thomas  
Mr. & Mrs. Dwane L. Wallace  
Roberta & Leon Watkins  
Dr. & Mrs. Jack D. Weaver  
Mr. & Mrs. T. W. Weaver, Jr.  
Harry Wilson, Jr.  
Mrs. Harry Wilson, Sr.  
Mr. & Mrs. Melvin Wilson  
**FOR SHIP WINTER—**  
Lee Winter Gress

**FOR MRS. DOROTHY WOODSON—**  
Hawk 4-H

**FOR THURMAN WREN—**  
Rolling Hills 4-H



# NATIONAL SUPPORT TO 4-H

Outstanding support is being given nationally by public spirited business firms, organizations, and individuals. Many 4-H Clubs and 4-H Alumni of Kansas are helping finance expansion of the National 4-H Center in Washington, D. C. This is a project of the **National 4-H Club Foundation** which gives tremendous service to the 4-H program.

Service to 4-H is also a major objective of the **National 4-H Service Committee** of Chicago. This nonprofit, educational corporation enlists the support of American business, foundations and individuals in behalf of youth who seek educational

challenges and opportunities through the 4-H program. The Committee's program is carried out at the request of the Cooperative Extension Service of the U. S. Department of Agriculture and the State Land-Grant Universities.

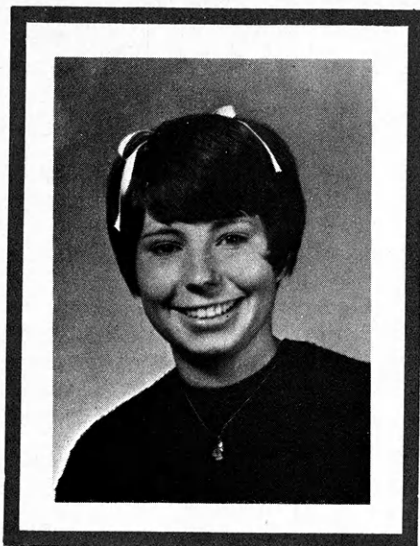
During its 50 years of assistance to 4-H (since 1921) the National Committee has served as a liaison organization between the Extension Service and America's private sector. It has channeled the generous financial and technical contributions of donors into exciting, innovative programs designed to develop and improve the leadership-citizenship potential of young people.

Listed below are the 1970 national donors, together with the year cooperation was begun.

Allied Mills Foundation, 1969  
 Allis-Chalmers, 1946  
 Amchem Products, Inc., 1967  
 American Oil Foundation, 1945  
 Board of Trade, Chicago, 1950  
 Campbell Soup Company and  
 The Wrather Corporation, 1968  
 Carnation Company, 1948  
 Chevron Chemical Company, 1957  
 Coats & Clark, Inc., 1941  
 Conrad Hilton Hotel, 1950  
 Eastman Kodak Company, 1964  
 Edwin T. Meredith Foundation, 1962  
 Eli Lilly & Company, 1956  
 Firestone Tire and Rubber Company, 1944  
 Ford Motor Company, 1962  
 General Foods Corporation, 1961  
 General Motors, 1945  
 Goodyear Tire & Rubber Company, 1969  
 Hercules, Inc., 1952  
 Homelite, Div. of Textron, Inc., 1957  
 International Harvester Company, 1931

John Deere, 1960  
 Kerr Glass Mfg. Corp., 1929  
 Livestock Conservation, Inc., 1936  
 Merck & Company, Inc., 1966  
 Montgomery Ward, 1922  
 Moorman Manufacturing Company, 1958  
 Olin Mathieson Chemical Corp., 1953  
 Ralston Purina Company, 1959  
 S & H Foundation, 1960  
 Santa Fe Railway System, 1923  
 Sears-Roebuck Foundation, 1942  
 Simplicity Pattern Company, 1947  
 Singer Company, 1955  
 Standard Brands, Inc., 1952  
 Sunbeam Corporation, 1960  
 Tupperware, Div. of Dart Industries, Inc., 1966  
 Union Oil Company, California, 1950  
 Upjohn Company, 1968  
 West Bend Company, 1963  
 Westinghouse Electric Corp., 1936  
 White Farm Equipment, 1957  
 Wilson & Company, 1922





## Cindy Newman says:

What does it mean to be an American? What are my rights and freedoms and my responsibilities as a citizen? I live in a country founded on high ideals; the sole purpose of its founding, the idea that human beings are entitled to live in freedom! We often take our freedoms for granted. There are many people in the world today who do not have the liberties we enjoy; people who live like slaves, not free human beings.

The 4-H Citizenship project has been good for me! Through it I began to learn and realize just what America stands for, and I, indeed, have a right to be proud of my heritage.

"What does it mean to be an American?" There are many answers. And they are all good!

Being an American means I have a multitude of freedoms. Freedom to think and to say what I think. Freedom to worship as I choose. Freedom to move about. Freedom to try, and freedom to fail! Freedom to stand up and look the world in the eye. Freedom to protest, one of our rights that we hear so much of today; but that does not mean that every protest is right!

These freedoms were not my doing. They were here long before I was born. My forefathers and yours fought and worked to win them. America stands for equality and justice!

Through my project I have learned to recognize and love the symbols of our great democracy. The first symbol that you usually think of is our flag. Each time I gave my project talk, "Your Flag and Mine," I felt so proud, with always a thrill down deep within me. You see, our flag represents the very soul of our people—our Nation. When I think of the blood that was shed and is being shed to keep our great banner flying, there is a lump in my throat and, often, tears in my eyes. Then I breathe a prayer, "God Bless America"!

I was fortunate to receive a scholarship to the National 4-H Citizenship Seminar in Washington, D. C. I was astonished at how little I knew of the greatness of our Nation and the many, many happenings that caused it to emerge so strong and beautiful.

Now, it is time to think of **MY** responsibilities. I must concentrate on **MY** responsibilities to keep our democratic way of life. This is a big job! Good citizenship is my job! I have learned that if I am to enjoy our freedoms, I am going to have to work to help keep them. It will soon be my privilege to vote; it is my duty to vote. I must learn about the candidates so that I will make the best choice. I must have respect for and obey the laws. I must respect the rights and property of others.

Good citizenship makes you think, "Gee, it's great to be alive! It's great to be an American!"

And now I would like to quote one of my favorite Americans, "I will study and prepare myself and someday my chance will come!"—A. Lincoln

—Excerpts from an article by Cindy Newman of the Lone Beavers 4-H Club of Cherokee County.

It's Great  
to Be  
An  
American



# Dairy products are important

By Sue McCormick  
1970 State Dairy Foods Award Winner  
Smith County



Since June is National Dairy Month, it seems appropriate to share with you my experiences as a promoter of dairy products. Being named state winner in dairy foods and State Holstein Girl for 1970 were highlights of my 4-H career. I could have never achieved such honors without the help of many people.

I became interested in the dairy foods project through my dairy project, which I carried all ten of my years in 4-H. I have given many talks on dairy products such as milk, cottage cheese and butter. I learned a great deal about these products

as well as about the dairy industry by doing the research and reading needed to give the talks.

One of my favorite uses for the dairy product, cottage cheese, is a recipe for sour cream. When cottage cheese is used it is lower in calories than commercial sour cream. Also, it is more nutritious and economical. The recipe is:

- 1 cup creamed cottage cheese
- 2 tablespoons milk
- 1 tablespoon lemon juice

Cream the ingredients in the blender for best results until smooth and creamy.

This sour cream substitute can be used in cakes, pies, salads, salad dressing, casseroles, and meat dishes. It tastes just like commercial sour cream, but it is less expensive and lower in calories.

Milk and milk products should be used extensively because of their great nutritional value.

Milk contains some of all the basic food materials needed for energy and proper growth.

I have been interested in promoting dairy products ever since I began my dairy project because I feel the dairy industry is an industry on the rise.

I learned much from my experience with my dairy project as well as my other projects. But I never expected to get more out of 4-H than I put into it; this is something that I have learned works all during one's life.

The best advice I could give to other 4-H'ers would be to set a goal and strive for that goal. If you set out to do something and you have the will to do it, you can usually accomplish your task.

4-H is one of the finest organizations that I have ever known. I was very proud to be a member of such a fine activity. 4-H does truly strive to "Make the Best Better"!

## 65 4-H'ers live-in in Ellis County

What is life like in a fallout shelter?

Sixty-five Ellis County 4-H'ers found out when they staged a 24 hour live-in to climax Kansas Emergency Preparedness Week. The activity, organized by the Ellis County 4-H Council, was a practical application of fallout shelter management.

Regular procedures in an emergency situation were followed as realistically as possible using the Federal Civil Defense's suggested daily schedule. Meals were served six times in the one-day period to keep those involved active. The day's intake totalled 750 calories and one quart of water.

Group singing, religious services, civil defense training, and recreational activities were on schedule to keep the 4-H'ers active and their morale high.

It may not be very good, but at least it's food! Ernie Pfeifer, Roger Loesch, and Graham Cody wait for their concentrated cracker and candy served by the food and water team.

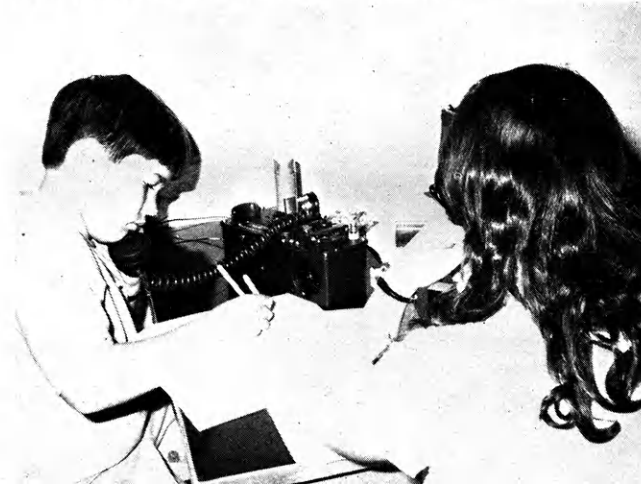


Dr. John Edmunds, local civil defense director, assisted with the project. Shelter manager was Mrs. Ed Dies, one of eight adult leaders in the exercise. Teams of 4-H'ers were responsible for the smooth operation of the shelter in these areas: food and water, health and sanitation, communications and administration, fire safety and security, recreation, religion, radiology, and supply and maintenance.

When going into a fallout shelter one should take such things as bedroll, flashlight, transistor radio, games, books and personal items such as a toothbrush.

Purposes of the live-in were to educate the 4-H'ers in fallout shelter management and to make the public aware of its responsibilities in civil defense.

Jay Fellers and Pam Williams take their turn as part of the communications team. A duty of this team was to log all incoming and outgoing communications for all the 24 hours.



## IDEAS \* & News

**Kipp Wide-Awake 4-H Club, Saline County**, voted to have conservation as its club project this year. The president picked junior leaders, five girls and five boys, to help get the project underway.

One hundred sixty-five 4-H members from southwest Kansas and Baca County, Colorado, judged at the 6th annual **Stanton County Livestock Judging Contest**. Thirty-three adults judged also. The nine classes judged included cattle, sheep, swine, and horses with reasons being taken on some classes. Plaques were awarded to teams and individuals.

**Anderson County** sponsored the East-Central Kansas Beef Show at Garnett.

As a fund raising project the **Miami County** junior leaders sponsored a box supper to which the whole county was invited. Profits will go toward a Citizenship Short Course scholarship and an exchange program with Oklahoma 4-H members. **Connie Debrick** is junior leader reporter.

**Jerry Meng**, Wathena, a sophomore in agricultural economics, will be president of the **Kansas State University Collegiate 4-H Club** for the fall semester. Other officers will be **Doug Stueve**, Olpe, vice president; **Susan Wasserman**, Hoxie, secretary; **David Todd**, Topeka, treasurer; **Doug Johnson**, Andover, Iowa, reporter; **Janet Kidwell**, Enterprise, song leader; **Cindy Busset**, Manhattan, and **Kent Larson**, Mabel, Minn., recreation leaders; **Rod Goes**, Wymore, Nebr., agricultural council representative; and **Randy Dickinson**, Coldwater, marshall. Corresponding secretaries for the club of 250 members will be **Juliana Hiar**, Brownell; **Charlotte Fischer**, Leoti; **Mary Mann**, Toronto; **Dick Wagner**, Richmond; **Sandy Shaw**, Topeka; and **Trudy Macy**, Oberlin. Named as Honored Seniors were **Judy Hendershot**, Anthony; **Steve Fisher**, Meade; **Joe Miller**, Effingham; and **Tim Benton**, Garnett. Honorable mention awards went to **Janice Wood**, Wichita; **Carol Ann Odgers**, Sublette; **Nancy Mauderly**, Strong City; and **Ernest Peterson**, Tonganoxie.

At a spring achievement program, members of the **Grantville 4-H Club, Jefferson County**, presented all entries given at County 4-H Days. Then **Charlene Kendall** and **Bill Rhynas** gave ribbons to the members. **Chuck Bigham** is reporter.

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# How to clean and trim fleece

Conclusion of article by  
**Rodney Carsten**  
1969 National Award Winner  
in Sheep Project

Actual preparation of the fleece should start about a week before the show. The first step is the job of washing the lamb. Most any kind of dish or laundry soap will work or even hair shampoo, although this is pretty expensive. Generally the easiest way to wash a lamb is on a blocking stand. Use a stiff brush to scrub, and pay special attention to the insides of the legs where oil and mud balls collect. It is very important to rinse all the soap out of the fleece since it could burn the skin if left. After I wash my lambs I like to dump a bucket of milk oil dip over them to put some body back into the wool. It is a good idea to cover the lamb with a blanket to keep it clean when you're through washing.

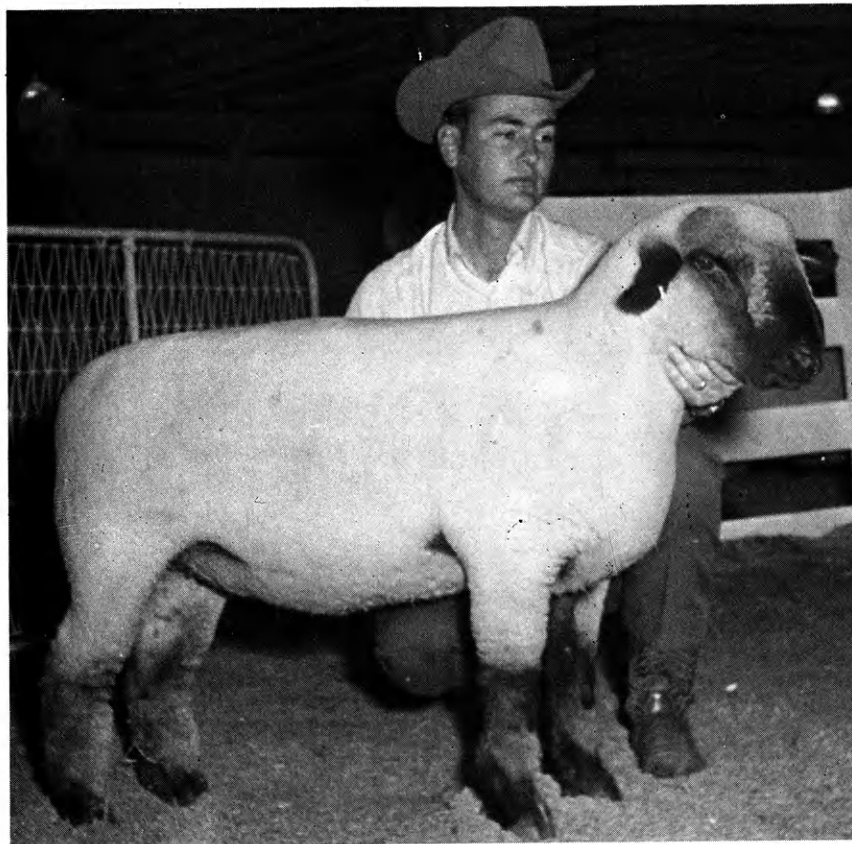
Before trimming the fleece you should know the proper way to use the card and shears. The card is simply used in a rocking motion to pull the wool fibers out. When using the shears be sure to keep the bottom blade

still and move only the top one. This is hard to do and will take some practice. Before you begin any carding or clipping, mix up a small bucket of milk oil dip and brush some of it on the wool. Always keep the wool damp when you are working with it. This will give it body and help it set better. First you should card and clip to get the right shape on the lamb. Look at some recent pictures to get an idea. (Ed. note: See photo this page.) Remember—muscles are round, not square, so don't make him look like a box. After you have shaped the lamb, card the wool up and clip off just the top fuzz to make it look smooth. When it is smooth, dampen it one more time and pat it down with the tong side of the card, not the back. This packs the wool down and tucks the ends of the fibers in. Then put the blanket on it and let it set.

Last minute preparations before the show should include cleaning the dirt and oil from inside the legs and in the ears. Also make sure the hoofs are clean both on top and bottom. Be sure all the straw is off underneath before you go into the show ring.

There are a few basic things you should know about showing. When moving the lamb, hold underneath the jaw with your left hand and pull up on the dock with your right hand. When standing, hold under the jaw with either the left or both hands. Don't ever put your hand on the lamb's back! Keep the lamb's legs squarely underneath him and don't get between the judge and your lamb. It is important that you be alert and keep one eye on the judge and the other on your lamb. Practice these things before you get to the show ring so your lamb and you will both know what is going on. Above all, be courteous to the other showmen.

I hope that I have been able to arouse your interest in the market lamb project and have said some things that could help you complete it. I enjoyed this project for ten years and feel that you would also find it rewarding and enjoyable. Why don't you try the market lamb project?



Three Osage County 4-H members who entered the East Central Kansas Spring Beef Show brought home three blue ribbons and two trophies. Ed Thompson and his reserve grand champion heavy Angus steer pose while brother Gary shows Ed's trophy. Gary received second blue in the light Angus class. They belong to North Osage 4-H Club. Jody Lilly, Melvern, had the reserve grand champion heifer, a Shorthorn.

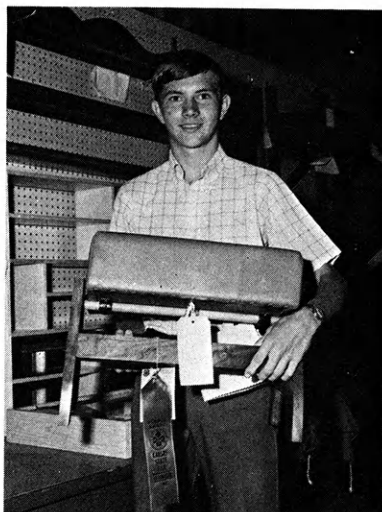
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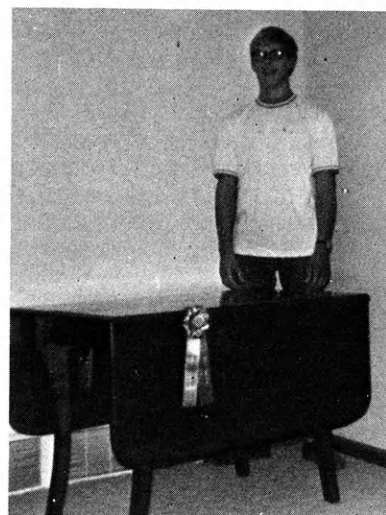
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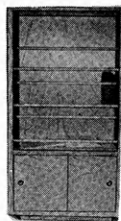
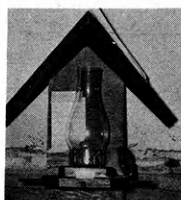
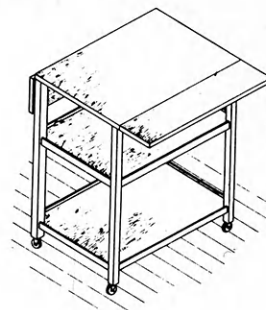
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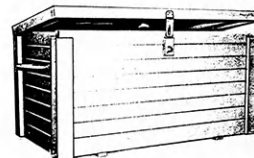
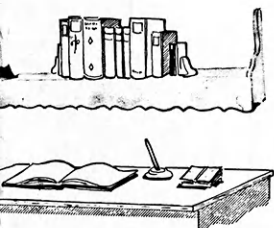
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# Health project grows, community benefits

In 1969 Kent Cooper was the only member of Leib 4-H Club, Labette County, enrolled in health. At the beginning of the 1970 club year 33 members had enrolled. That year the club received state recognition for its health program.

The objective of the program is to promote better individual, family, and community health. To convey their health message, 4-H'ers have visited rest homes, held benefit basketball games,

written news columns, passed out health brochures, shown films, given talks, and presented radio and TV programs.

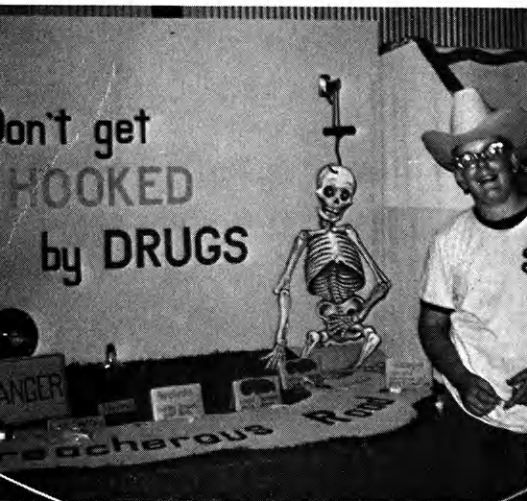
When 4-H members and parents visited Altamont Retirement Acres Rest Home, they gave information to the residents showing the nutritional value of green and yellow vegetables.

In the past two years two basketball benefit games have raised more than \$350 for heart research. The 4-H group also collected \$233.19 for cancer research and education.

During the 1969 and 1970 Christmas seasons Leib 4-H members bought gifts for their club gift exchange. However, they decided to give the gifts to patients at the Parsons State Hospital and Training Center. Newspapers, magazines, and used greeting cards have also been collected by the 4-H'ers to give to the hospital.

Health project leader, Mrs. Margaret Cooper, says that

members have become more health conscious and also have a sense of unity because of their work together on this activity which has benefited many people.



Kent Cooper, who started the club's interest in health, stands beside the Leib 4-H Club booth which won a blue ribbon at both Labette County Fair and the Kansas State Fair in 1970.



Mrs. Betty Hayes, a community leader, Donald Cooper, center, and Kent Hayes greeted spectators at the benefit basketball games with this "Please Give!" sign. The 4-H club also sold pies, cakes, soft drinks, and popcorn.

Club enlarges! Town and Country 4-H Club of Franklin County has received 27 new members into its membership this 4-H year! Reporter is Cindy Hollon. She also says that the largest group at the Rock Springs Ranch clean-up weekend consisted of the 23 junior leaders from Franklin County.

A large crowd was on hand to watch the 4-H'ers perform at Doniphan County 4-H Day. Top blues in musical solos went to Beth Elder, Bendena 4-H Club, and Bonnie Hill, Highland 4-H Club.

"Enthusiasm" is what the Harveyville 4-H Club, Wabaunsee County, had as a large group of 4-H'ers, parents, and leaders gathered to cut about 1/4 mile of brush. After two full days of work, fun, and freezing weather, the road was lovingly nicknamed "Sunset Boulevard." President of the club is Ethel Dagg.

Michael Joy reports that Meadowlark 4-H Club, Gove County, voted to give money to help repaint the Gove library.

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# **Music appreciation**

By Mrs. Joe Brummer  
Community Leader

Corinth 4-H Club, Osborne County

Besides the gallant songs of bravery and love which the knights sang, there were the folk songs of the working people, the farmers and tradesmen who found that a song lightens the labor and makes a light heart. Folk music is like a mirror held up to people. If a people are bold and dashing, or sad and oppressed, or tender and loving, or dreamy and romantic, the same spirit is in their music.

During the Middle Ages the church became powerful, and it was church schools which afforded the only means of education. Cathedrals with huge organs were built, and best voices were chosen to form choirs; however, the singing was poor because there was almost no written music. Monks and scholars went to work to find a way to write music and eventually church music grew in dignity and beauty. This was followed by the Reformation in which the Protestant churches protested against the ceremonies of the Catholic Church. Martin Luther felt that all the people, not just the choir, should sing, so a collection of simple songs of reverence was developed.

Then we have the period of time in which kings ruled and musicians were supported by the king in order to provide lavish entertainment for his court. So the opera, the ballet, the symphony were developed. Not only did the music of kings develop, but also the ballad which recited the troubles of the poor people who lived under the king—the visits of the king's tax collector on a poor man—the bitter enmity between master and workman. Then in 1775 the American colonies revolted against the English government, giving hope to downtrodden people all over Europe that there was hope for independence and freedom.

(To be concluded in July)

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A 4-H team from **Geary County** placed second in the 4-H division of the International Land, Pasture and Range Judging Contest in Oklahoma City. Team members were **Harold Roesler, Ronnie Strauss, Keith Boller, and Charles Collins**, with **Nelson Stroud** as the coach. **Barber County** team was seventh in range judging.



The square dancers of the Angelus 4-H Club of Sheridan County were regional winners as they danced to the "Ole Man from Arkansas." Participants shown in action are Larry Mense and Jolene Rehmer; Doug Bixenman and Lisa Baalman; Steven Engel and Stacie Dickman; and Joey and Michaela Rehmer. Susan Dickman is reporter.



"I JUST GOT MILK PRODUCTION UP SO DON'T HANG AROUND THE BARN AND SCARE THE HERD!"

Jeff Haworth, left, and Jerry Errett, right, model the brown felt vests which Apache 4-H Club members in Wyandotte County wear. The person's name and the club's name are in red sequins; the 4-H clover on the back is in green sequins with a red sequin Indian in the center. Members earn beads to sew on these jackets for finished projects, talks, and service given to club and community.



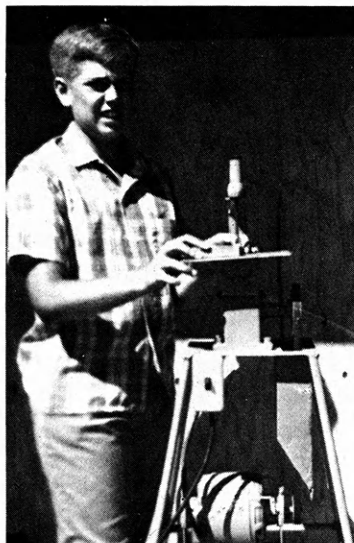
# Stafford County boy puts motors to work

Murray Thole has taken the electric project for all seven years that he has been a member of the Corn Valley 4-H Club,

Stafford County. He has progressed from making a splice and wire board to work with motors and electronics.



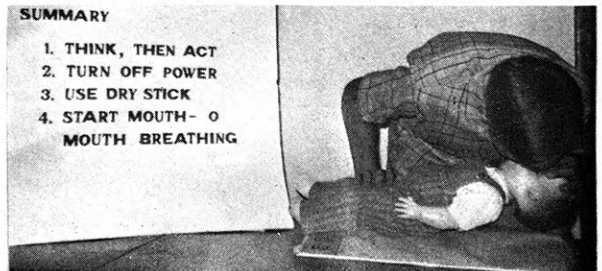
The massager which Murray made last year gets plenty of use at the Thole house.



Murray electrically welded the stand on which he mounted the motor for his zigsaw.

"Hey, I'm alive!" was the title of Murray's County 4-H Day demonstration stressing alertness in recognizing electrical hazards. Here he demonstrates on a doll the procedure used for artificial respiration. Murray writes, "To me, this was the most beneficial talk I have given."

- SUMMARY
1. THINK, THEN ACT
  2. TURN OFF POWER
  3. USE DRY STICK
  4. START MOUTH- O  
MOUTH BREATHING



\* Watch This Page For Ideas On Farm And Home Electric Projects

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