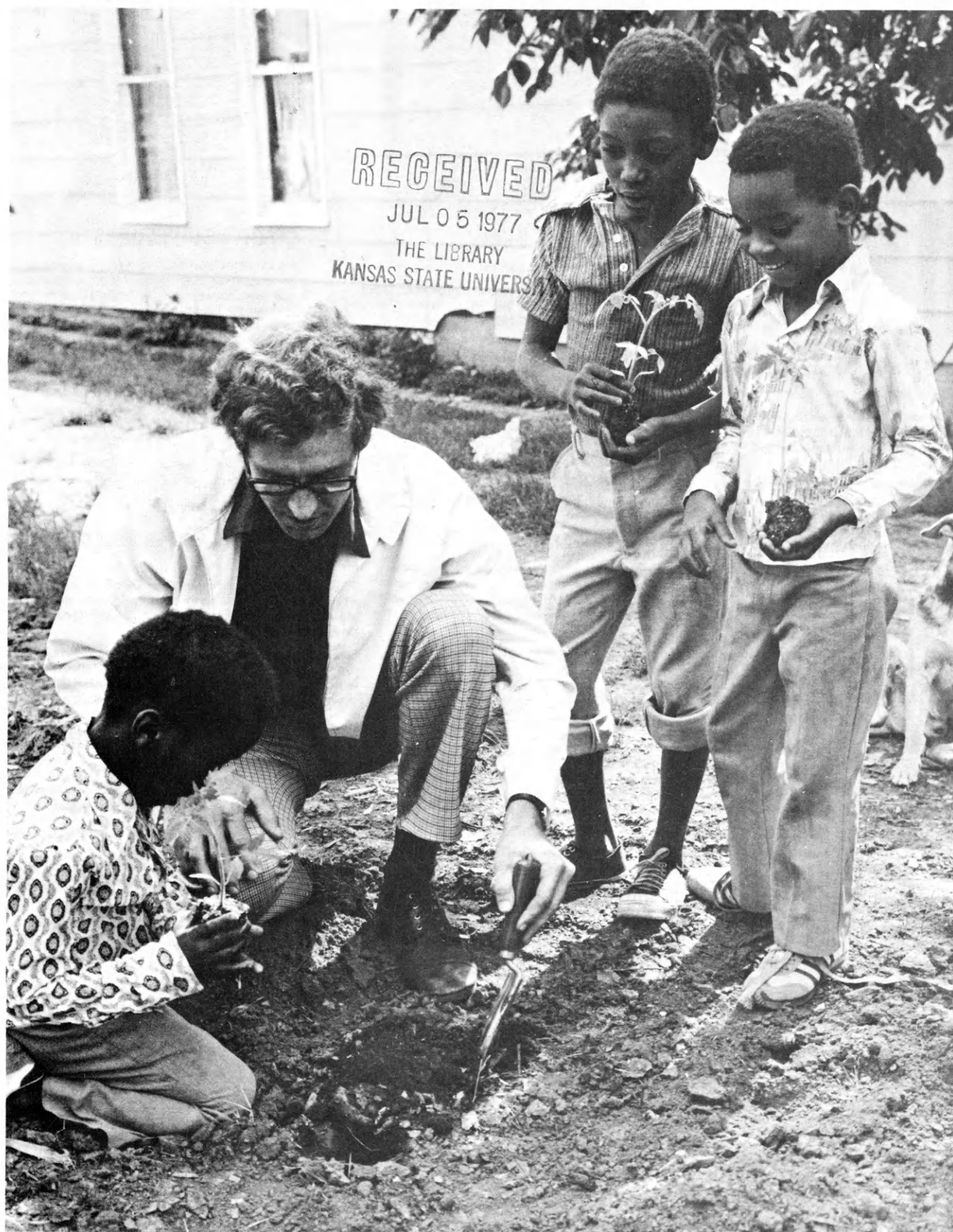


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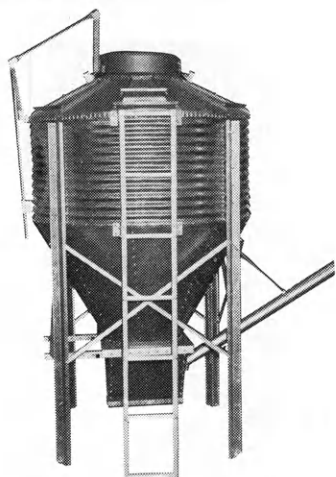
Kansas 4-H Journal

July 1977





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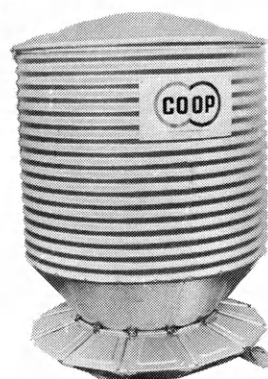
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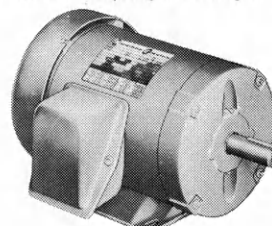
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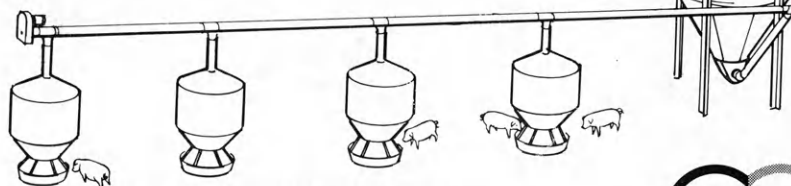
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FARMLAND INDUSTRIES, INC.

Vol. XXIII, No. 7

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JULY 1977

Help is where you find it

By Glenn M. Busset
State Leader, 4-H and Youth

Ask any extension agent to name the prime ingredient that would insure added success to the 4-H program in that county, and without question, the answer would be, "more leadership help." To this ingredient might be added the stipulation, "better trained leadership." That was an objective of the State 4-H Leaders Convention at Rock Springs Ranch. One of the topics discussed was how and where to find added help for volunteer leaders in conducting 4-H programs. Perhaps some observations from the conversation might be useful to leaders and agents not in attendance.

When I went to my first job in Dickinson County as 4-H agent, I was ripe for an education that I had not received at Kansas State University—I needed to learn how to let people help me. My first lesson came early—my first county 4-H council meeting. I had made what seemed to me like an intelligent, educated, knowledgeable, and astute suggestion to solve a problem facing the 4-H council. After awhile, the young president of the council started to go on to another subject and was halted by an objection from one of the leaders, that they had not resolved the original problem.

The president said, "We have heard what the 4-H agent thinks about it. What else should we do?"

The leader said, "Well, we haven't voted on it yet." So they did, and voted my brilliant suggestion down.

The next day the same leader came in and visited awhile, saying rather casually as he left, "I was glad to help you out last night. I sure didn't want you to get in trouble at your first council meeting. Call on me anytime when you need help."

So that's the first principle—if you are doing a youth leadership task that needs to be done, willingly, cheerfully, and maybe a little humbly, **the people are not going to let you fail.** I called on this leader and many others after that, and the help was always there when I asked for it. Note that I said, "when I asked for it," because that brings up a principle we often forget to use. How to ask for help is probably as important as who we ask, or the kind of help we ask of others.

When I was new in the State 4-H Office, I was in charge of obtaining a resource speaker for the State 4-H Leaders Conference. I had written a letter to a professor well qualified to deal with 4-H problems such as maintaining discipline in club meetings, poor attendance, and failure to prepare program numbers as assigned. He had turned me down, also by letter, implying that he was too busy to take the time to come to Leaders Conference and talk to a bunch of farm people.

I was complaining about the failure to my friend and mentor, Roger Regnier, and asked for his advice. He listened to me awhile, then called the same professor.

The conversation I heard went a lot like this: "People tell me you are a master in the field of kid problems, and we are faced with some that frankly have us stumped. Maybe in the course of your work you have run across some answers that would make sense to the people asking them." As I sat and listened to one side of the conversation, it was quite clear that this same man could hardly wait to come to the State 4-H Leaders Conference and share his expertise with the leaders.

There are two things to be learned from this: the appeal must be made in person, and, the exact help needed must be specified in terms that are complimentary to the person concerned, rather than a generalized request to "come and help us." Consider for a moment that you are being asked to help on a community job, and react to these statements of request:

Come in here and help me with this thankless job.

You have a lot of skills to offer.

Most everyone has had experiences in getting help from rather unexpected

(continued on page 4)

About the cover

Youngsters in the picture, planting in a backyard garden, are involved in a special program in Wyandotte County. The article tel-

ling about this and other activities is on page 11; another article about urban programs appears on pages 8 and 9.

4-H Around the State

Manhattan — An authority on young adolescents and their education praises 4-H. Dr. Jean Lipsitz, coordinator of development at the Learning Institute of North Carolina, consultant to Ford Foundation and author of "Growing Up Forgotten," said "... the only young adolescent organization not losing membership was 4-H clubs — because they give them a chance for real responsibility." She's aired her views in a series of magazine and press interviews and on the Today TV show.

Sedgwick County — 4-H members may sell art and crafts they've produced and vegetables they've grown in Wichita July 9-10, July 16-17, August 6-7, and August 20-21. The Downtown Farm and Art Market at the Union Train Station on East Douglas will have a booth where 4-H members will sell vegetables, with art and crafts items sold from other booths. Proceeds will go directly to the individual 4-H'ers. Other local producers and artists will be involved in the market.

Leavenworth and Pawnee Counties — Kansas 4-H members Sheryl Sharp and Jennifer Otte, representing Leavenworth and Pawnee counties respectively, were guests of the Kansas Livestock Association in Chicago June 13 and 14. Sheryl and Jennifer were awarded the trip as winners in the Meat Utilization project. They were accompanied by Mrs. Earl (Liz) Meairs of Sublette.

Graham County — Junior leaders planned a surprise appreciation breakfast as a "Thank you" to their leaders. At 6 a.m. on the designated day, junior leaders called all their club leaders and invited them to a 7 a.m. "come as you are" breakfast in Hill City. More than 60 accepted the breakfast invitation.

Sherman, Wilson, and Johnson Counties — Three girls with outstanding records in Foods and Nutrition were chosen for the Nutrition Awareness Award, an educational trip to the Minneapolis, Minnesota, area. Cynthia Reeves, Wilson County, Theresa Schlagel, Johnson County, and Jorita Henry, Sherman County, were designated to receive

the trip sponsored by the Kansas Wheat Commission, Hutchinson. The group was in Minneapolis May 31 through June 4.

Northwest Kansas — The second annual Great Northwest 4-H Trail Ride was scheduled for June 20-21, all of the ride in Logan County north of the Smoky Hill River this year. The ride covered some rugged and beautiful country around Russell Springs, crossing and recrossing the historic Butterfield Stage Route.

Sedgwick County — A reception for J. Harold Johnson took place June 5 at the 4-H Building in Wichita, honoring Mr. Johnson for 50 years of service to 4-H. He started work as the first 4-H agent in Sedgwick County 50 years ago, moving on to become assistant state 4-H leader, then assistant state 4-H leader, then state 4-H leader, and finally executive director of the Kansas 4-H Foundation. At the present time, Mr. Johnson is field representative of the Foundation. The reception was planned by local 4-H alumni who were 4-H members when "Johnnie" was 4-H agent there.

Help is where you find it

(continued from page 3)

sources, when they have time to think about it. Here are some examples that might help recall others:

The Lee Hilltoppers 4-H Club in Riley County needed a woodworking project leader, but no one seemed available. Then the 4-H Advisory Committee asked me to help, and in turn, I asked my father-in-law, 83 years of age and retired from the Indian Service. What impressed me was not what he did for the woodworking project members, but what being a project leader did for him. The day before the meeting, he would have the garage cleaned out, sawhorses installed, and tools laid out and sharpened. Then he was up early on the day of the project meeting as excited as a kid, waiting for the project members to show up and get started. Well into the third day, he would still be at it, measuring their work, figuring paint and other finish needs, and planning for the next meeting. Here was a man who had lots of time, was delighted to be noticed, and probably got as much from 4-H as he contributed. To it. Getting a pin or a letter from the extension office was okay, but that wasn't the reward — it was the attention that created its own reward.

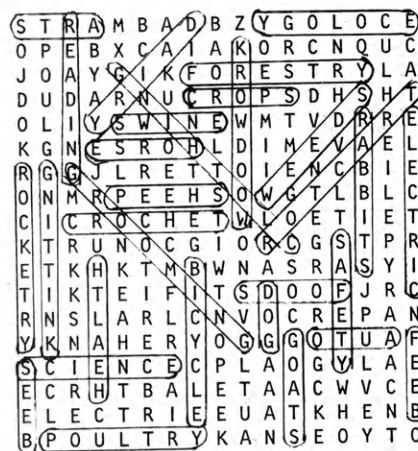
Several years ago when we were talking about starting the Fur Harvest Camps, we wondered if we weren't getting in too deep. There are some skills that require almost one-to-one assistance; that is, one teacher to one student. Certainly the skills connected with trapping, skinning out, and stretching furs would rank high in needing personal attention (anyone who doubts this statement has not been in the same room when a rank learner skinned out a skunk and made a slip). We thought that we should limit attendance to not more than 5 or 10 so that University personnel would be able to handle the work load. But so many wanted to attend that it was decided to take up to 30 (finally we took 35) and then spread the word around that if anyone could come in and help, they would be most welcome. The response was not only significant, as the scientists say, it was overwhelming. Men in their 70s and even older came by just to help out, to share the skills they had learned as farm boys and had not used in many years. They came into the camps one by one, asking if we needed help, volunteering that they didn't want anything for their work, and most offered to pay for their meals and lodging. Help is where you find it.

Let's leave the familiar terrain of Kansas 4-H and look at the ghetto area of Detroit, where the 4-H urban agent in charge of the McClellan Street 4-H Center was committed to securing local leadership. If the 4-H program was to succeed in Detroit, local leadership would have to be developed, since the idea of 4-H and volunteer leadership was not familiar to the people. Among the men returning from the Vietnam service was a young black who had been trained to handle watch dogs and those trained to sniff out mined areas. He had never done such work before, and was so proud of the recognition that when he was discharged and was offered the big

(continued on page 14)

4-H PROJECTS

Puzzle is on page 15.



Farmyard goes to schoolyard

By Marvin Anderegg
Labette County 4-H Agent
Altamont

Mix 1,000 youth with rabbits, cattle, sheep, pigs, goats, horses, and chickens plus 25 quality 4-H youth to serve as instructors, and what do you get? A first-rate educational and fun-filled day, according to Dick Ney, principal of the Washington Elementary School of 503 District in Parsons.

Interest ran at a high pitch as youth had a chance to learn about farm animals, their habits and management, from 9 a.m. till 2:30 p.m. May 10 as Labette County 4-H'ers put on 11 different 10-minute sessions throughout the day, with youth rotating from session to session.

At the dairy station, seeing a Jersey cow being milked caught the attention of many youth. Milk cartons were used to explain the amount of production from an average cow per day. Also explained were milking machines, dairy products, pasteurization, two per cent milk, and the process of homogenization. That a cow has four stomachs was pointed out by Marlene Richardson, 4-H instructor. This was hard for many youth to believe. Then the information that Marlene's cow has several billion protozoa in her stomach to help break down roughages like hay, brought looks of bewilderment.

With their western hats and boots on it wasn't hard to locate the horse demonstrators. Three presentations were set up: tack and equipment, youth riding, and horsemanship. Youth learned to identify the parts of a saddle, bridle, and grooming equipment. Sitting in the saddle had to end too soon for most of the children.

A small-animal exhibit of ducks, chickens, rabbits, geese, and goats brought a smile to all as the children petted, held, and cuddled the cute little creatures. The reproductive cycle of rabbits and their process of building a nest was explained by Steve Davis and Dana and Dale Bump, 101 Go Getters Club 4-H'ers.

Why are the pigs not sweating when they appear so hot, asked a second grader at the swine station. Pigs don't sweat except on the tip of

their noses, explained Janie Cooper, a 4-H swine project member. Also explained were iron shots, pig ear notching, and showmanship techniques. The youth that weren't afraid of the pigs' loud squeals got to touch baby pigs.

The baby lambs, so small and soft, were a big hit. All youth wanted to hold them and some wanted to take them home to Mom. Electric and hand clippers were used to show how wool was removed.

Where the McDonald hamburger comes from was explained by Mark

Johnson, an eight year 4-H'er at the beef station. On display were a Simmental cow and baby calf plus a 1,000 pound market steer. Rhonda Raven, owner of the steer, told the beef management tips she uses in raising beef animals back on the farm. Jeff Falkenstein, another instructor, pointed out to the youth the importance of the beef by-products industry. Such items as marshmallows, insulin, and glue are beef by-products.

Everyone involved thought that it was a great day for animals and man.



Tips for the 4-H horseman

By Cecil Eyestone
Retired Extension Specialist,
4-H and Youth

Six hundred to seven hundred 4-H horse project members have been taking part in the eight district horse shows held during July. The following suggestions will perhaps help those who haven't taken part before and plan to do so this year, or will be a reminder for horsemen who will demonstrate their skills again.

Secure a copy of the "Handbook for Kansas 4-H Horse Shows and Events," bulletin number 4-H 400, printed November 1976. This publication contains the information every 4-H horse project member should know. It discusses horse ownership, identification, general show rules for Western and English classes, and the points that the judge will consider in placing halter, showmanship, and performance classes. Following the guidelines

given in the publication will help a participant give a better performance in 4-H horse shows.

A must for each 4-H horse show is to have your horse identification certificate with you for inspection. It must show that you or your family own the horse, and that your county extension agent has signed this certificate by May 1, 1977, indicating this horse is your project.

Arrive early

Try to arrive at the showground at least an hour before your class will be called. This will give you time to secure your entry number and prepare for your class. Good safety practices should be followed at all times, so no one will be injured. Hurrying because you are late, or haven't planned your time well, can cause unnecessary accidents.

Report to the registration desk as soon as you have your horse unloaded, bring your identification

papers and your horse with you. The committee in charge of the show will check your I.D. paper and your horse, and issue you your entry number if everything is in order. Let the committee know if you plan to not take part in some class which you had previously entered.

The rest of the day can be spent preparing for the class or classes in which you have pre-entered. (Entries are usually not accepted at the registration desk because a program for the day has been prepared and is closely followed.) Be alert for your class! The public address system may not carry to the area of the showgrounds where you are working out. It's your responsibility to keep track of the class being judged, and to be ready when the announcer calls for your class.

When entering the show arena, demonstrate good sportsmanship. Don't crowd, follow the instructions of the gatemens and those of your announcer. During the judging of your class listen closely for the directions given by the announcer or for signals from the ring steward. The judge may also give you some instructions in certain classes. You and your horse must be awake and alert at all times if you want to place well in a class.

Leave grounds clean

Finally, leave the showgrounds as neat and clean as when you arrived. Remember, someone will have to clean-up if you don't. Be sure and take home all your gear or equipment because it will be difficult getting it returned to you if it is left.

Have a good show! It isn't the color of the ribbon you receive but what you learn and how you conduct yourself that is the real value of 4-H horse shows.

Declare your independence from being short of available cash!

Start a savings account and build it up so you will be able to get some of the special things you need. A good place for your savings account is in your local

Kansas Savings and Loan

Arkansas City
First Federal Savings and Loan Assn.

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Northwestern Federal Savings and Loan Assn.

El Dorado
Mid-Continent Federal Savings and Loan Assn.

Eureka
Eureka Federal Savings & Loan Assn.

Fort Scott
Liberty Savings and Loan Assn.

Garnett
The Garnett Savings and Loan Assn.

Hutchinson
Valley Federal Savings & Loan Assn.

Leavenworth
Citizens' Mutual Building and Loan Assn.
Leavenworth Mutual Savings and Loan Assn.

Liberal
Frontier Federal Savings and Loan Assn.

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Lyons Savings and Loan Assn.

Manhattan
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Medicine Lodge
The Barber County Savings and Loan Assn.

Ottawa
Franklin Savings Assn.

Parsons
Mid-America Federal Savings and Loan Assn.

Plainville and Stockton
Rooks County Savings Assn.



INSURED SAFE

Some Summer Events

District 4-H Horse Shows

July 12—Garden City 18—Oskaloosa
13—Hoxie 19—Gardner
14—Salina 20—Fredonia
15—Manhattan 21—Kingman

District 4-H Wheat Shows

July 29—Wichita
August 5—Dodge City

Annual Ford County Invitational 4-H Dog Show — July 9

All 4-H dog project members are welcome to participate, following the Kansas 4-H dog show rules. Trophies will be awarded in each class, with a sweepstakes trophy awarded to the high point obedience champion.

For information write to the Ford County Extension Council Office, Box 159, Dodge City, KS 67801.

Kansas Junior Angus Show — July 15-16

The 1977 Kansas Junior Angus Show will take place July 15 and 16 at the Riley County fairgrounds, Manhattan.

Events of Friday, the 15th, in-

clude checking in, the annual Kansas Junior Angus Association Meeting, a barbecue and a dance. Saturday is show day.

Annual High Plains 4-H Horse Show — July 22

The Ford County fairgrounds arena in Dodge City is the scene for this 13th annual show. The Kansas 4-H dress code, dark blue denim jeans and white long sleeved shirt or blouse with convertible collar, will be enforced.

An entry fee of \$1 is due July 8. For entry forms and rules write to the Ford County Extension Office, Box 159, Dodge City, KS 67801.

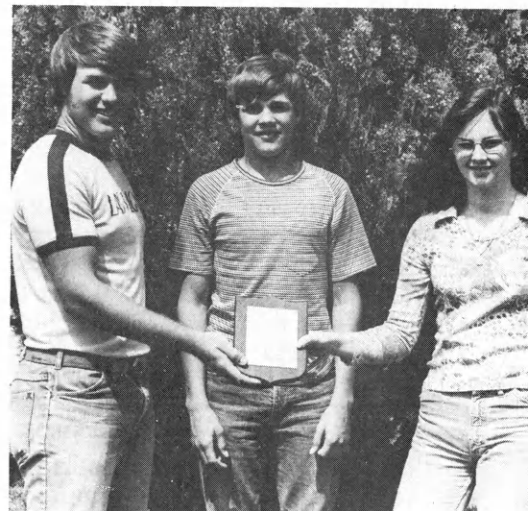
Kansas All Breeds Junior Dairy Show — August 19-20

This 12th annual dairy show for exhibitors in all breeds will again take place in Kenwood Park in Salina. Entries will be accepted until August 15. Age of participants is 8 on January 1, 1977, to not older than 19 years of age.

Fitting and showing classes are divided into three age classes — two junior classes, one for 8 to 11 year olds, and one for the 12 to 14 year olds. The senior fitting and showing class is for those 15 years and older.



Ingrid Erickson, Rocky Hill 4-H Club, Shawnee County, shows her ribbon which she won on her 4-H Day talk about her cat Tiger. With Ingrid are her sister Karen, her cat Tiger, and Tiger's kittens, named Head, Heart, Hand, Health, and Clover.



A livestock judging team from Sunflower 4-H Club in Edwards County won first place among 184 4-H teams at the Fort Hays Experiment Station judging contest.

From left are Craig Russell, Belpre; Kevin Schultz, Trousdale; and Shirley Fouse, Belpre. Shirley was the top individual.

12th ANNUAL

KANSAS ALL BREEDS JUNIOR DAIRY SHOW

Salina, Kansas

Kenwood Park

August 19 & 20

(Entries Accepted Until August 15)

A state-wide show for 4-H & FFA

Eight show classes plus Jr. and Sr. Fitting and Showing and County Herd Class of 5 Animals.

Ayrshire • Brown Swiss • Guernsey
Holstein • Jersey • Milking Shorthorn

Ribbons and Premiums
for all classes

PLUS—SPECIAL BREED AWARDS

Animals in place Friday at 4:00 p.m. Exhibitor banquet at 6:30 p.m. Friday at 4-H Building, sponsored by Midland United Dairy Industries Association. Fitting and Showing will be Friday evening. Judging begins Saturday morning in Agriculture Hall.

Sponsored By

Agricultural Committee, Salina Area Chamber of Commerce and
Kansas Interbreed Dairy Council in cooperation with
the Kansas Extension Service.

Write for entry to: Chamber of Commerce,
P.O. Box 596
Salina, Kansas 67401
Attn. Wilma E. McCormack

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How about four new Hs for 4-H?

By Susan Craig, Shawnee County
and
Bill Fultz, Sedgwick County

4-H, the title given to extension youth programs, has been building broader dimensions and taking on new definitions as more and more people take the concept of helping kids through organized learning experiences and adapt it to new situations. In Shawnee and Sedgwick counties there is a major emphasis on defining 4-H to fit different types of needs. The same objectives will always apply, say Susan Craig, Richard Wayne, Marianne McGuire, Sheryl Wardle, MaryAnne Hart, and Bill Fultz, all actively involved in designing urban programs.

Our extra 4-Hs are HELPING, HOPING, HAVING, and HAPPINESS. Who ever heard of an 8-H program? So, we have 4-H plus 4 Hs. Add to that EFNEP 4-H youth, which designates youth programs designed around nutritional subject matter, and all of this is trying to say, "We are all in business to help kids live and grow." So don't let titles throw you.

In urban programing our audience needs an extra dose of tender loving care. Many urban youth have a feeling that no one really cares. So

the first ingredient for urban programing is HELPING — a helping relationship must be built between leaders, youth workers, and kids. One that says you're O.K. like you are, and you're important. Once trust is established, we are in the 4-H business — helping kids to develop skills, gain self-confidence, learn to work and interact in groups, and all the things traditional 4-H clubs are built upon. We hope to give kids positive feelings about themselves, so that they can reach out to peers and learn to help and care.

HOPING — Urban kids can have a bright future and a feeling they control their lives. 4-H programs help give youth the skills and self-esteem necessary so they can dream and hope for a measure of success and well-being. Career exploration becomes real when kids begin to feel they have skills and an awareness that they have many choices ahead of them. The opposite of hope is hopelessness, which is the strangling situation present in some urban neighborhoods. Hope is built on small success and accomplishments. Through 4-H activities, urban youth broaden their experiences.

HAVING — Having feelings of trust and self-confidence enables youth to take advantage of opportunities offered in 4-H programs. Having someone there when you need help and knowing you're not alone gives kids the boost they need to change and grow. Having doesn't just mean possessions. Knowing that you have some opportunity for economic well-being gives youth a new aspect on their future. Feelings of success comes in little accomplishments, such as learning a simple skill or teaching volunteers at camp.

HAPPINESS — The elusive dream of us all. All youth deserve the right to human dignity, with the feeling that each is a unique, special person, with special gifts, and special talents. We feel happiness is largely tied to one's self concept. 4-H can and always has built its programs on the notion that kids grow step-by-step through involvement in meaningful activities and nurtured by love.

These extra 4-Hs exist in traditional 4-H clubs too, so urban 4-H is not new or different in its objectives. What is different is the methods we use. Most activities are short-term and tied to a single learn-

ing experience. Urban youth aren't placed into complex highly structured groups, because this mode of operation is foreign to them. We mold programs to fit the kids' interests. Some examples of programs are:

1. 1976 Summer Outdoor Educational Program
2. Food Fun For All
3. Special Interest Classes
4. Sedgwick County's Nature Day Camp
5. Raggedy Ann & Andy Teach Good Nutrition

1976 Summer Outdoor Education Program

Around 50 youth met each Monday at various parks to open the first day of a full week of activities in the Outdoor Education Program. In the morning at 9:30 the youth divided into groups of 6 to 15 youth for such activities as food preparation for the noon meal, gardening and nature studies, social awareness, library tours, and sports.

After the noon meal served by the youth, everyone had a chance to rest and then clean up the area before they started on afternoon activities.

Each afternoon started with a special program. Special programs include: sheriff department demonstration with a patrol car by Grant Cushinberry, paramedic demonstration on handling emergencies, fire department demonstration on bicycle safety, relay carnival and crafts.

Following the special program the groups divided up for music, nutrition education and games, crafts and recreation. At 2:30 p.m. everyone enjoyed swimming and then an afternoon snack before they departed for home at 4 p.m.

Each week the Outdoor Education Programs were held at a different site. Sessions were held at Garfield Park, Oakland-Billard Park, Hillcrest Park, Central Park, and Shawnee South Community Center. During the last week in July 11 youth attended Camp Perry for an overnight camping experience.

Richard Wayne, Jr., was the director of the Outdoor Education Program. Susan Craig supervised the food preparation and the nutrition education.

Food Fun For All

In the Expanded Foods and Nutrition Education Program 4-H



Kids have a good time at the Central Park day camp in Topeka.

nutrition project, youth in Shawnee County have fun exploring reasons for eating, experimenting with diets for rats, and learning about new foods.

Youth meet in schools, recreation centers, the Girls Club and the Indian Center. Highlights of the nutrition program include watching Mulligan Stew films and filling out the comic books. Action games, crossword puzzles, and Sunflower Express handouts make nutrition a fun subject. Feeding rats different diets leaves a lasting impression on youth about food and health.

The best part is preparing snacks and tasting new foods. Favorites on the list are fresh pineapple, orange Julius, milk shakes, Indian fried bread, pigs in a blanket, and pat-a-pizza.

Mrs. Mark, a third-grade teacher at Grant School, believes the program helps educate students for living. "I really think people should know more about their environment and the workings of their bodies. If they're healthy they'll have more energy and be able to think better."

This spring 520 youth participated in the nutrition series taught by 47 nutrition leaders. In 1976, we had 98 volunteer leaders working with 1,383 youth.

Nutrition series for youth are organized each fall and spring semester in Shawnee County. During the summer, day and resident camps are in operation.

To start each series off, Susan Craig, home economist, EFNEP, and Richard Wayne Jr., urban youth coordinator, recruit and train Washburn University students enrolled in a nutrition class. After attending three training sessions the students volunteer to teach a youth nutrition group for eight weeks. Since September 1975 we have had 137 student volunteers.

By the time the nutrition series is completed the leaders feel they have learned as much as the kids and have had as much fun. They talk the program up to incoming Washburn University students and each semester we have a ready supply of volunteers.

Special Interest Classes

Have you ever wanted to learn how to knit, sew, macrame, plant a minigarden, improve your grooming habits, and do exciting things in nutrition and cooking? Approx-



Ecology boxes are being prepared by youth.

mately 1,000 youngsters in Sedgwick County enroll each year in one or more of these types of learning situations.

Most of these classes are taught in community action centers, churches, or other similar locations. Most meet 6-8-10 weeks, once a week — long enough to satisfactorily complete the project of their interest.

These classes are taught by volunteers, including 4-H teachers and summer 4-H assistants. The ingredients for a successful special-interest class are an exciting topic or activity, a place to meet, and a lot of love from the instructor.

Boys and girls enjoy getting together, even for a short time, when they can feel good about learning a skill, seeing their friends, and being with a leader or teacher who cares about them.

Nature Day Camps Planned For Youth

Can you imagine seining fish for the very first time, visiting the zoo and seeing all the animals you've always looked at in picture books, or having your first picnic lunch on the edge of a lake?

These experiences and more are in store for youth enrolled in the Sedgwick County 4-H and Expanded Foods and Nutrition Education Program's (EFNEP) Nature Day Camp. Summer 4-H assistants will be camp counselors, involving approximately 300 youth in a variety of crafts, lessons, and games at the county lake. An ecology box will be collected and put together to be awarded the last day. Lunches and snacks are provided by the

Summer Food Service Program for Children. Nutrition lessons on meal planning will be taught while the campers are eating lunches at the lake.

After the last day of camp, the youth return home with their ecology boxes, a ribbon, a certificate of participation, and many good feelings of new experiences. Whether names are remembered, the relations developed between the youth and their counselors will be much longer lasting than the material awards.

Raggedy Ann and Andy Teach Good Nutrition

Topeka children received a special treat during Kansas Nutrition Week March 7-10. Over 1,000 children and 300 adults attended story hour sessions at the Topeka Public Library where Raggedy Ann and Andy talked about good nutrition.

Librarians from the children's section of the library began each story hour by telling the children stories about food. Following the stories Raggedy Ann and Andy talked to the children about nutritious snacks. They were encouraged to eat good food to give them energy and build strong bodies.

At the end of the story hour the children had a tasting party and sampled nutritious snacks including stuffed celery, carrot curls, turnip triangles, raw cauliflower, granola, and a variety of fruits.

The activities at the library were sponsored by the Topeka Home Economics Association, Shawnee County Nutrition Week Committee, the Topeka Public Library, and the Shawnee County Extension Office.

Ideas & News

4-H news from the Southwest Area:

Finney County: The district home economics judging contest took place at Garden City, with nine classes covering home improvement, clothing, and foods. The 4-H'ers gave written reasons in eight classes. Placing in the top ten in order were **Eleanor Spitzer, Scott County; Cindy Fisher, Finney; Connie Christensen, Finney; Janelle Grinstead, Hamilton; Connie Herl, Greeley; Cindi Swank, Kearny; Diana Gugelmeyer, Finney; Patty Fillmore, Finney; Barbara Jasper, Lane; and Lisa Campbell, Gray.**

Ford County: Wilroads Gardens 4-H Club sponsored a skate-a-rama for the cystic fibrosis foundation, with 33 members taking part as skaters, and 19 receiving T-shirts for collecting more than \$25. Total pledges were \$1,813.55. **DeLane Unruh** is reporter, and **Mrs. Rita Vinters** is community leader.

Haskell County: For the past four years **Cloverleaf 4-H Club** has been working on the club project of citizenship. Recently members sponsored a reception for state Senator **Leroy Hayden** during the Satanta Day celebration. Approximately 70 people attended this event and visited with the Senator. The float entered in the Satanta Day parade earned first place. The club won top honors on their skit and model meeting at both county and regional 4-H Day, so afterward the members had a skating party to celebrate. **Kim Wilson** is the reporter.

Scott County: At the **Scott County State 4-H Cat Show** exhibitors from **Seward, Gray, Finney and Scott** counties took part. Over-all grand champion of the show was a non-registered kitten shown by **Doug McGrath, Scott County**, with the over-all reserve grand champion, the champion cat, shown by **Willie Cokeley, Seward**. Winners in other divisions were **Debbie Winderlin, Mylene Beeson, and Paula Conine**, all of **Scott County**, and **Mark Cokely, Seward**. **Gwen Marmon**, county cat leader, organized the show.

From the Northwest Area:

Decatur County: A horse show at Oberlin in June was the culmination of months of work, learning, and fun for **Decatur County** horse project members. The county horse leader, **Mrs. Dan Wasson**, was herself an active youth in the 4-H horse project for almost 10 years. After a series of winter meetings with programs, in April the 4-H group started a drill team in an indoor arena.

(continued on page 14)



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Special interest

4-H projects

By Bill Sullins
Assistant Extension Editor

Scene 1: A huge commercial greenhouse — visually handicapped kids feeling plants ever so gently as they move cautiously along aisles surrounded by hundreds of thousands of plants.

Scene 2: The backyard of a low-income family—neighborhood youth preparing a seedbed and planting a garden.

Scene 3: A nursing home — 4-H kids helping senior citizens plant vegetables.

No, those aren't fictitious scenes from an upcoming flick. Rather they represent real-life situations involving some people not as fortunate and others not so young as the rest of us. They also represent a desire among members of the Wyandotte County 4-H extension agents to "get involved."

Each is a special interest 4-H project directed by Jim Kibby, extension horticulturist, and Gene Lanham, extension 4-H agent.

"The Wyandotte County Extension Council wanted us to explore new areas with new programs," say the two men. "And it was willing to find the money for them."

Mr. Kibby's horticultural program involves 12 youngsters from the Kansas School for the Visually Handicapped.

"While it is an educational experience for them, the program is extra curricular, strictly voluntary," he says. "This is the first time the school has participated in such a project, and school authorities are pleased."

Actually, the program is much bigger than Mr. Kibby had visualized. He was meeting with the kids on a monthly basis. Plants and potting soil for the sessions were being supplied by Alexander Masson, owner of the greenhouse.

"One day I asked him if he would give the kids plants for propagation," Mr. Kibby recalls. "He said yes, if I would allow him to go along, too. Since that time, he hasn't missed a meeting with the kids, and he never fails to give them plants."

The horticulturists teach plant propagation and plant identification



(by touch). They also helped the students plant gardens at their school.

"All of the kids plant seeds, water and care for their plants," says Mr. Kibby. "In fact, they do a better job than sighted people because they're more cautious with them. In preparing the garden, the only thing we do is help them keep the rows straight."

The youngsters also grow house plants in the winter. They propagate the plants and most survive in their rooms at the school.

On a recent visit to the greenhouse, the kids identified plants by touch (often guessing correctly), learned how plants are started in a contamination-free growing chamber, and participated in sacking potting soil for distribution to retail stores. At the end of the visit, they were given plants by Mr. Masson.

The urban backyard garden planting program is an outgrowth of a conversation between a volunteer 4-H leader and Mary Durham, a paraprofessional in the county's Expanded Food and Nutrition Program. The 4-H leader said she would provide the space if the extension office would provide the organization and technical help.

The first step was tilling the ground, of course, and more than 20 youths showed up. "They had never used a rototiller before, and that was quite an experience for

them," recalls Mr. Lanham. "We even had one 5-year-old using it." Miss Durham will follow up when the garden is harvested by assisting the 4-H volunteer in canning the produce.

The senior citizen - 4-H community garden project involves four nursing homes, and the Challengers, Piper, Pony Express and Kaw Drivers 4-H Clubs.

"We had some 4-H'ers who had plenty of energy and were interested in helping senior citizens in gardening," Mr. Lanham says.

"Some of the 4-H'ers previously had been involved with community service projects at senior citizen homes. After a successful pilot project in 1976 the Wyandotte County 4-H Council applied for a Citizenship in Action grant. This was used to pay for garden seed and other material and equipment. Residents of the homes and 4-H'ers worked together planting the gardens.

"At the end of the growing season, harvested vegetables and decorative flowers will be only a small portion of the payoff. A deeper understanding and appreciation of each other's generation will be realized."

Mr. Kibby, Mr. Lanham, and 4-H members and leaders in Wyandotte County are all wrapped up in special projects. Be assured that when other opportunities arise, they'll be ready with a rake, hoe, or flower pot to lend a helping hand.

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These 4-H

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- Four (maximum) certificates for top clubs in each county
- \$25 Cash award to one county for outstanding 4-H Safety Program

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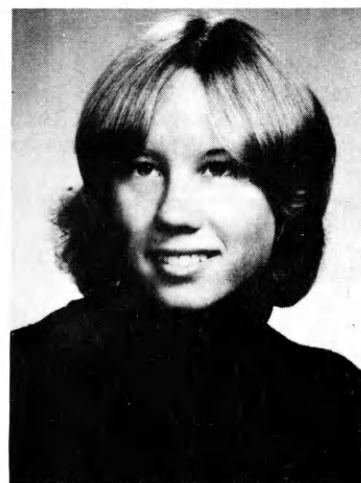
State and National Winner—Kim Glasgow

Kim Glasgow, Salina, was a 1976 national winner in the safety project, the second consecutive national winner in safety from Kansas.

Kim has the exceptional record of having been a state winner in three different projects: safety in 1976, emergency preparedness in 1975, and bicycle safety in 1973.

In 1975-76 Kim was Kansas Safety Queen. Chairman of her 4-H club's safety committee for six years, she has carried out projects in highway safety, farm and home safety, and fire prevention.

The daughter of Mr. and Mrs. Ronald Glasgow, Kim is a member of Sasnak 4-H Club, Saline County.



These progressive, independent General Motors dealers are proud to salute the 4-H safety winners in Kansas. May your efforts continue to reduce the accident toll in the home, on the farm, and on the highway.

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Tiny Toilers, Pawnee

Big Creek, Russell

Tumbleweed, Thomas

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Ideas and news

(continued from page 10)

The **Decatur County** First Annual Horse Show in June had classes in showmanship, horsemanship, western pleasure, reining, cloverleaf barrels, and pole bending.

Wallace County: A group of **Wallace County** 4-H members took a five-day clothing trip across Kansas. They stopped in Manhattan to tour Umberger and

Justin Halls on the KSU campus. In Kansas City the 4-H'ers learned more about clothing at a Jones Store fashion show, at H. D. Lee Company, and at Fitts and Company. For fun they visited the zoo and Nelson Art Gallery.

During the trip there was time to shop for fabric and garments for their 4-H clothing projects.

Karen McDaniel is the **Wallace County** extension home economist.

From the North Central Area:

Cloud County: **Tammy Dorman** reports that the **Hollis Hustlers 4-H Club** collected \$45 for the heart fund, donated \$5 to the Easter seal society, and donated \$10 to the kidney foundation as a part of their health project. They are now planning to find out the blood type of each of their 16 members.

From the Northeast Area:

Riley County: April and May were months for exchange meetings between **Bonfire 4-H Club** and **Lee Hilltoppers 4-H Club**, with the guest club giving the program each month. **Linda Lamb** is the reporter for **Bonfire 4-H Club**.

Help is where you find it

(continued from page 4)

Alsatian, he brought the dog home. Every day he proudly walked McClellan Street in his full uniform with the big dog on a leash. This did not exactly endear him to the neighborhood and before long he was a laughing stock. But the 4-H director saw something else, and, before long, the young man and his dog were co-leaders of the first dog project club in the McClellan Street Center. Help is where you find it.

Getting help in 4-H work seems to depend on these principles:

(1) When we talk about 4-H leadership, we tend always to think in terms of leaders as permanent fixtures, somehow monumental and tied to a job of handling all of a 4-H program from here to eternity. Leaders can also be thought of in terms of special interest help, completing a certain phase of a project, then not associated with the same 4-H club until the special interest comes up again. Some people will help, but do not want to be identified as leaders, for various reasons. Ask these persons to "share" skills or help out a bit, not to serve as leaders.

(2) A source of skills in almost any community, especially in the area of short range project help, are retired and semi-retired people. While their energy and span of attention may be somewhat limited, certainly their numbers are not. The approach to them should be — share your skills with young people, not, come out into the community and reduce my work load.

(3) People want you to succeed when you are giving leadership to a youth group because they have "good feelings" about youth education.

(4) People like to be identified with success — what you say and how you reflect about 4-H will often determine if others will accept leadership tasks.

(5) How to ask for help is probably as important as who you ask. Always ask in person, preferably accompanied by young, attractive boys and girls from your club, who will be the beneficiary of the skills to be shared.

Help is where you find it.



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Family Fun Page

Denny: What is green, has a beak, and pecks on trees?

Dummy: Duh—I don't know, what?

Denny: Woody, the wood pickle!
Cynthia Lucas, Johnson

Prize winner

A farmer went to the county fair and was delighted to see the airplanes. He asked a pilot how much a ride cost.

"Ten dollars," replied the pilot.

"Ten dollars!" said the farmer, "I can't afford it!"

So the pilot said, "All right, I'll make a deal; if you don't say a word the entire ride I'll let you ride free, but if you say one word I'll make you pay \$10."

"O.K." agreed the farmer.

After the ride the pilot said, "Congratulations! You don't have to give me \$10, because you didn't talk."

The farmer said, "I almost yelled when my wife fell out!"

Krystal Korinek, Oswego

Q. Why does Uncle Sam wear red-white-and blue suspenders?

A. To hold his pants up.

Q. Why do potatoes grow better than other vegetables?

A. Because they have eyes to see what they are doing.

Q. What has a mouth and a fork but never eats?

A. A river.

Cynthia Ann Ballou, Delphos

Last call for All 4-H's Issue!

More entries are needed in all categories for the All 4-H's Issue, September 1977. Categories are 1, Cover photo, 8x10" black and white print; 2, Editorial; 3, Idea exchange about a group activity; 4, Description of how to do a craft or activity; 5, Project help; 6, Ask a question or present a problem; 7, Ideas and news; 8, Family Fun Page; 9, Other pictures.

Mail before July 25 to Special Issue, Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, KS 66506. The entry chosen as best in each category will receive a \$2 bill.

Find the 4-H Projects

- | | | | |
|-------------|--------------|--------------|--------------|
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C I C R O C H E T W L O E T I E T
K T R U N O C G I O R C G S T P R
E T K H K T M B W N A S R A S Y I
T I K T E I F I T S D O O F J R C
R N S L A R L C N V O C R E P A N
Y K N A H E R Y O G G G O T U A F
S C I E N C E C P L A O G Y L A E
E C R H T B A L E T A A C W V C E
E L E C T R I E E U A T K H E N B
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Solution page 4

By Jerry Stein, Halstead



Safety in your activities doesn't just happen unless you take the time to be aware of the potential problems and dangers that exist. Using the proper tool for the proper job is one way to assure safety... as well as knowing the limitations of those tools.

We are particularly hopeful that you'll be aware of the overhead power lines and the necessity to look up when you are moving tall farm equipment such as grain augers, irrigation pipe, ladders, and farm machinery with tall antennas. Respect for electric lines is a good safety rule.



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