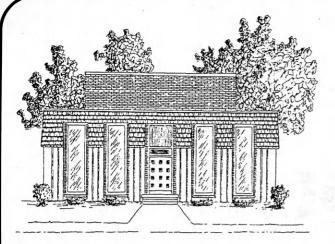
## Featuring 4-H Camping

## KANSAS 4·H JOURNAL

The Family Magazine

May 1988





## Clovia 4-H Cooperative House

ENJOY ... College life among others with interests and experiences like your own. Single female students with a 4-H or similar background.

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HURRY ... Space is limited! Complete and mail attached form to:

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Clovia 4-H Cooperative House 1200 Pioneer Lane Manhattan, KS 66502 (913) 539-3575 -or- Fort Hays State University

Clovia 4-H Cooperative House 209 W. 5th Hays, KS 67601 (913) 625-4052

Manhattan Clovia



Please send me more information about the Clovia 4-H Cooperative House unique college-living option.

Clovia: A project of the Kansas 4-H Foundation.



### KANSAS 4-H JOURNAL

#### VOLUME XXXIV NO. 5 May 1988

Rhonda Wessel Atkinson ... Editor Linda Akin ..... Secretary

Address all correspondence: Kansas 4-H Journal 116 Umberger Hall, KSU Manhattan, Kansas 66506 Phone (913) 532-5881

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Cover Photography by Jennie Honas, Sedgwick County



# Important State Fair Rule Changes

ummerized for your information are the major changes for the 4-H Division of the 1988 Kansas State Fair.

Schedule changes:

- Beef Heifers Saturday, Sept. 10, 10:00 a.m.
- Beef Steers Saturday, Sept. 10, 12 noon
- Market Barrows Saturday, Sept. 10, 8:00 a.m.
- Breeding Swine Saturday,
   Sept. 10, 3:00 p.m.
- Market Lambs Saturday, Sept.
   10, 3:00 p.m.
- Breeding Sheep Sunday, Sept.
  11, 8:00 a.m.
- Round Robin Showmanship Contest Sunday, Sept. 11, 1:30 p.m.
- Dog Showmanship Saturday, Sept. 17, 10:00 a.m. (check-in for showmanship is 8:30-9:45)
- Dog Obedience check-in is noon-12:45 p.m.

All exhibits are open to 10-18 year olds, except minimum age for poultry and rabbit exhibits is 9 years of age by Fair time.

*Pre-entries* for Showcase, Mini-style show and Demonstrations may be submitted any time during the summer up until August 15.

Poultry — each member is limited to 2 entries in all classes accept Pigeons.

#### Foods/Nutrition —

- 1. Read GENERAL REGULATIONS.
- 2. A member may exhibit only one baked product and one educational display in this Division. Member must exhibit under the phase they are enrolled in. Recipes are required for Class 6224 International Foods, and Class 6226A Advanced Foods, and recommended, but not required, for all other food-nutrition exhibits.
- 3. Entire product must be entered and uncut. Exhibit 3 cookies, 3 muffins, etc.

- Attach white and green gummed food labels to bottom of plate or cardboard.
- 5. For this division, quick breads do NOT contain yeast.
- 6. 4-H'ers are encouraged to use whole grain flours, fruits, nuts, etc.
- 7. Remove baked products from pans and place on paper plates or cardboard. Do not send food in pans or dishes.
- 8. Exhibits should be in FOOD PLASTIC BAGS or BOXES. (Foods will be judged Friday and sold on Saturday so food will need to be quickly re-wrapped for overnight.)
- Carefully secure the entry form to the outside of the wrapped exhibit. DO NOT WRAP IN PLASTIC.
- 10. All unfrosted cakes should be exhibited in an upright position with crust showing, except for those cakes made with special designs such as bundt cakes. They should have top crust side down.
- 11. Space is limited for judging so use small paper plates when possible for foods exhibits. Only the exhibit is judged. The container is not judged.
- 12. Foods with custard type filling and frostings or other perishable foods should not be exhibited for safety reasons
- 13. All exhibits must be baked, and loaves must be whole and uncut. Cookies and rolls must be same shape and same recipe.
- 14. Educational exhibits if a poster, it must not be larger than 22x28". May be notebooks or other displays. Total space required for display must be no more than 12" high by 12" deep and 18" long. NO card table exhibits. Name and county must be clearly marked on educational displays.
- 6220 Snacks and Mini Meals
  - A. Baked or unbaked cookies
  - B. Educational exhibit
- 6221 Discover Kansas Foods A. Baked cookies
  - B. Quick bread any kind or shape
  - C. Educational exhibit

6222 Fit It All Together I

A. Quick bread - any kind or shape

B. Educational exhibit

6223 Fit It All Together II

A. Baked cookies

B. Loaf quick bread

- C. Cake may be unfrosted
- D. Educational exhibit
  6224 Foods With An International
  Flavor (must include country
  origin and recipe)
  - A. International yeast bread
  - B. International quick bread
  - C. International cookies
  - D. Educational exhibit
- 6225 Yeast Breads
  - A. Three yeast rolls
  - B. Yeast loaf
  - C. Specialty bread example, three pretzels, three bread sticks, a fruit bread, or tea ring
  - D. Educational exhibit

6226 Advanced Foods

- A. A baked food made from a recipe which you have changed to improve the nutritional value. Include recipes.
- B. Food gift package at least three different items in a suitable container.
- C. A decorated food item -MUST BE A FOOD ITEM, not a decorated box.
- D. Dried food two kinds of dried foods, to be in a small jar, clear plastic bag, or other see-through container. Suggested amounts: 1/3 to 1/2 cup, or three or four pieces, per exhibit.
- E. Educational exhibit

Demonstrations - A new Horse Demonstration class has been added for those members desiring to represent Kansas at the National Horse Classic in Denver.

Fashion Revue - Senior Public Fashion Revues will be held outside at the Fair's Lake Talbot area.



## Wheat Variety Test Plot Program

ou can combine farming, research and fun all in one by enrolling in the State 4-H Wheat Variety Test Plot Program. You'll be given five varieties of certified seed wheat, five steel wheat variety signs and a large steel plot sign with your name on it so friends and neighbors will notice your test plots. All of these supplies are free — you just supply approximately 1½ acres of ground (from Dad, a relative or a neighbor) and the labor.

What's in it for you? For one thing, you'll learn a lot more about five different varieties of wheat than you ever thought possible. In case you're trying for a scholarship, trip or award with your 4-H records, this event adds more strength to your total record book.

And that's not all. You are urged to exhibit your seed wheat in a special booth at the county fair for lots of people to see. Who knows? Your wheat booth may be one of the ten selected to be displayed at the Kansas State Fair in September. These booths are always some of the most attractive and educational displays on the whole fairgrounds. Every booth exhibitor is a winner — donors offer the following prizes:

- First Place Booth All-expensepaid group marketing trip to KSU and Kansas City
- Second Place Booth A quality engraved wristwatch
- Third Place Booth \$25.00 cash and engraved plaque
- Fourth Place Booth \$15.00 cash and engraved plaque
- Fifth Place Booth \$10.00 cash and engraved plaque
- Sixth through Tenth Place Booths
   Engraved walnut plaques
- State Fair ribbon awarded for each booth exhibit.

Call your Extension Office soon to enroll or if you need more information. You must enroll by July 10 if you're planning to participate. Time must be allowed for certified seed to be ordered, secured, sacked and shipped to you before planting time.



▲ Dana Hibbard Harper County

◆ By Eldon Weaver South Central Area Extension 4-H Youth Specialist



## Extension 4-H Specialists Retire

he Kansas 4-H program says good-bye to two outstanding state Extension 4-H Youth Specialists as they retire.

Charles Bates, a 4-H youth specialist with the Extension 4-H program for 32 years, and Lois Redman, with 34 years of service to the program, retired earlier this year.

Friends and staff members honored the two with a reception on March 11 at the K-State Union in Manhattan.

Both Bates and Redman have contributed countless hours of service to Kansas 4-H and have brought national attention and recognition to many projects they've designed and implemented over the years.

The Kansas 4-H Ambassador program, which was developed by Charles Bates, is used as a nationwide example to help other states set-up their 4-H ambassador programs. In addition to the Ambassador program, Bates has been instrumental in demonstrations and public speaking, Citizenship Washington Focus, Heritage Encounter, and dairy projects.

The international programs in Kansas have grown over the years under the leadership of Lois Redman and today is the largest international program in the United States. Redman has also provided leadership for home economics, foods and nutrition, home economics judging, and 4-H Discovery Days.

"Both Charles and Lois have been truly dedicated to 4-H over the years and have continued to perfect their programs to best serve Kansas 4-H youth. They will be missed, and we wish them well in their retirement," said C.R. Salmon, Kansas State 4-H Leader.







## 4-H Camp '88

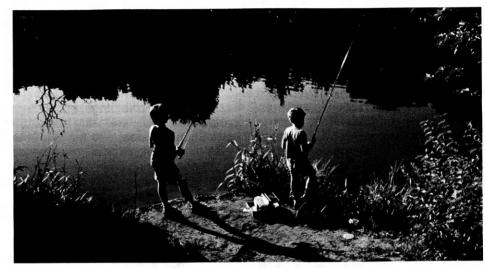
Going to camp to have fun is the main reason kids go to camp, but while they're having fun, they are also learning.

The camping experience teaches the five life skills of: a positive self concept, decision making, a positive relationship with others, concern about the community and an inquiring mind.

"Camping is often one of the first times a youngster makes a decision on his own, and then sees the ramifications of that decision," Emily B. Kling, Extension Specialist, 4-H Youth Programs said.

To make a child's stay at camp a fun learning experience, you may want to follow these tips:

- Be enthusiastic and promote the camping experience as a fun adventure.
- Don't send too much money, and teach a child to take care of money.
- Encourage safety in the sun drink plenty of fluids and bring plenty of lotion.
- Stress the child should always let someone know where he's going.
- Make clear the child should inform a counselor if he's not feeling well.
- Help a child pack so as not to over or under pack, and remind him to shower and change often.
- Don't send valuables with a child going to camp.
- Most of all tell them to have fun!



▲ Mike Evancho Thomas County



■ Becky Shoffner Sumner County

▼ Travis Taggart Allen County





## Outdoor Development at Rock Springs

un ... leadership training ... group interaction ... and creative thinking opportunities await those attending camp at Rock Springs 4-H Center with the addition of a new ropes leadership training course.

The course is currently under construction at the center, and the low elements will be completed by June 1. The 4-H adventure ropes leadership course experience is an outdoor educational program designed to promote:

- · Positive group interaction
- · Positive individual self-worth
- Non-competitiveness in a grouporiented activity.

The ropes course is physically and emotionally challenging, and it offers opportunity for personal growth at ones own individual level.

The course is designed to be a fun way of learning new concepts and skills. All 4-H'ers and other participants need to put forth a genuine effort to receive the maximum benefits the course is designed to offer.

The overall benefits are the same as any other outdoor education program at the Rock Springs 4-H Center in that the programs must:

- Develop and strengthen the mental and physical skills of youth, volunteer leaders and other users of the facilities.
- Offer a challenge to participants to accomplish a high level of selfconfidence, individual self-worth, personal growth and achievement.
- Strengthen interpersonal relationship skills of youth and adults so as to become a functioning team member.
- Involve 4-H'ers and adults in a group-oriented experience.
- Develop leadership life skills in order that participants become contributing members of society.
- Develop an appreciation for and respect of the outdoors, animal life, weather, and other areas of nature.

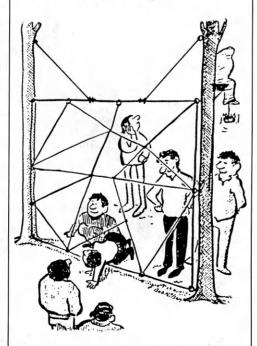
In addition to the ropes leadership course, a new rifle range, pistol range and horse stable are being built at the Wa Shun Ga archery range has been renovated.

An orienteering course, with varying

distances and degrees of challenge, is almost ready for use. The course is designed to teach participants to use a map and compass through the investigation of the natural areas of Rock Springs.

# SpidersWeb

A put-up/take-down, customized, fabricated "web" which incorporates the latest in high tech spider design and spinning. The group must try to get through the web without touching any web material (or the spider gets you — you knew that). As each web opening is used by an individual, it is "closed" to further passage by anyone else until all are safely through.



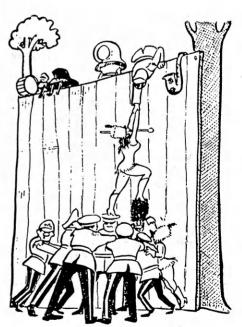
#### Benefits/Challenges

Group cooperation; trust, unselfconscious touching, suspense, spontaneous approval, frustration, thinking ahead.

## TheWall

A classic initiative problem.

See how quickly and efficiently your entire group can safely get up and over the 12' smooth-sided wall. These obstacle walls are built from 8' to 14' high, depending upon the age and adeptness of the participants.



#### Benefits/Challenges

Thinking through the problem, working together, trust, physically demanding, fear, exhilaration, pride.



#### Camp Schedules

**June 6-9:** Barber, Barton, Edwards, Ellis, Ellsworth, Harper, Kingman, Pawnee, Pratt, Osborne, Rush, Russell, Stafford

**June 9-12:** Allen, Atchinson, Anderson, Bourbon, Coffey, Linn, Jefferson, Nemaha, Neosho, Wilson, Woodson

**June 12-15:** Dickinson, Geary, Marion, McPherson, Rice, Saline

**June 16-19:** Douglas, Franklin, Johnson and Miami

**June 19-22:** Cheyenne, Decatur, Graham, Logan, Ness, Norton, Phillips, Rawlins, Rooks, Sheridan, Sherman, Smith, Thomas, Wallace

**June 22-25:** Clay, Cloud, Jewell, Lincoln, Marshall, Mitchell, Ottawa, Republic, Washington

**June 25-28:** Chase, Cherokee, Crasford, Haskell, Lyon, Morris, Scott, Sumner

**June 28-July 1:** Leavenworth, Shawnee, Osage, Sedgwick, Wyandotte

**July 5-8:** Brown, Doniphan, Jackson, Pottawatomie, Riley, Wabaunsee

July 8-11: Butler, Cowley, Elk, Greenwood, Harvey, Reno

#### Health Cards

Health cards should be used for all camps and trips. Parents or guardians must sign them in the presence of a notary public. Many hospitals and doctors are refusing to treat minors unless their health forms have been notorized.

#### Saline County 4-H Club Wins Wildlife Program

The Friendly Valley 4-H club in Salina has won the National Wildlife Federation Backyard Wildlife Habitat Awards Program.

Clubs in nine states were invited to participate in the program which is designed to develop a community area such as local parks, schools, churches or a section of private property for wildlife.

## Butler County Youth Named Youth Conservationist of the Year

Darren Jackson, Butler Co., was named the Youth Conservationist of the Year by the Kansas Wildlife Federation. This award is the only youth award the Wildlife Federation presents each year. Jackson has developed acres for wildlife, learned about taxidermy at Discovery Days which is now a class he teaches, and has donated many of his pieces to various groups and individuals.

#### Proposed 4-H Postage Stamp

The Hegne Hustlers 4-H Club of Norman County, Minnesota, has submitted a proposal for a U.S. Postage Stamp commemorating the 75th Anniversary of 4-H in the United States, in 1990.

We would appreciate your support, as a State organization, a county or civic

organization, or as a family or individual.

Simply send a letter to the address listed below explaining that your club endorses the proposal for the U.S. Postage Stamp commemorating the 75th Anniversary of 4-H in the United States in 1990.

Include in the letter that the Hegne Hustlers 4-H Club of Norman County, Minnesota, has submitted a request for such a stamp. Our club requests that you approve this timely proposal.

Mail requests to: Citizens' Stamp Advisory Committee, U.S. Postal Service,

c/o L'Enfant Plaza, SW, Washington, DC 20260-6351.

#### Hands-On Horse Clinic

May 7th-8th Goodland, Kansas 67735 (913) 899-7110

4-H Open sponsored by Sunflower Quarter Horse Circuit, Inc. Conducted by professional trainers.

#### Dog Show

Mid-Kansas Invitational 4-H Dog Show Hutchinson, KS — June 4, 1988 Entries must be in by May 15, 1988 All counties welcome.

#### For more information:

Sharon Moots 3815 E. 56th Hutchinson, KS 67502 (316) 663-5317



### Kansas Range Youth Camp

by Kirk Astroth Southeast Area Extension 4-H Youth Specialist

hile Kansas is usually known as America's bread basket because of our leading role in wheat production, Kansas could also be called the nation's meat counter. Kansas ranks third among all states for numbers of cattle on feed, fourth in the nation in total red meat production, and second only to Texas in numbers of cattle slaughtered. Kansas is a meat-producing state.

Kansas excels in meat production, in part, because of our extensive native prairies. These lands — called rangelands — are usually unsuitable to cultivation, but provide abundant plant growth for domestic livestock, wildlife habitat, soil protection, and recreation activities. Our own Flint Hills are the largest remaining expanse of native prairie left in the United States. It is not coincidental that our state song is "Home on the Range."

While Western states contain the majority of U.S. rangelands, Kansas' ranges are much more productive because of our amply rainfall. Over 20 million acres — or about 1/3 of the state — are classified as rangeland in Kansas. These rangelands represent an important renewable natural resource.

Committed to protecting our rangelands, members of the Kansas-Oklahoma Section of the Society for Range Management each year (and for the past 26 years) sponor and conduct the Kansas Range Youth Camp. The counselors are all adult SRM members and come from a variety of professions associated with range management: ranchers, researchers, SCS, the Extension Service, and Fish and Game. The purpose of the camp is to provide Kansas youth with an appreciation for



Range Youth Camp is designed to develop an appreciation for Rangelands and an understanding of management techniques.

our rangelands and with an understanding of proper management techniques.

Kansas Range Youth Camp is July 13-16 at the Wa-Shun-Ga area of the Rock Springs 4-H Center. The camp is open to any high school youth and each participant is usually sponsored by a local Soil Conservation District, so that all expenses are paid. More of a school than a camp, these youth gain a better understanding of range management through classes as well as practical, hands-on experiences.

Most evenings are spent in the adjacent native Flint Hills pastures learning how to identify and classify nearly 80 important range plants. One day is also filled with various mini-sessions which focus on topics like range ecology, stocking rates, livestock grazing systems, wildlife uses of range, and soils. In the field, a soil scientist uses a probe to show how soils develop and demonstrates the relationship between soil composition, depth, and range sites.

Small groups work together to identify and clip all the plants in a small area to determine total forage production, and range condition and trend. Clipping is an effective method of helping a rancher to determine an appropriate stocking rate.

Certainly, the highlight of the camp is the all-day tour. Each year, this tour is different, but in the past, campers have visited the KSU Range Research Pastures north of Manhattan and the Simpson Ranch near the Konza Prairie. This summer the group toured the SCS Plant Materials Center and the Lyons Angus Ranch in Geary County. By visiting with local ranchers, students get to observe range improvement practices like water developments, native grass seedings, and brush control projects.

Following the tour, campers are treated to some of Kansas' finest steaks, with all the trimmings, prepared and served by the counselors. While there is a lot of education that goes on at Range Camp, there is also ample time for rest and recreation — like swimming, canoeing and softball.

The final day of camp includes the range identification contest. After three days of intensive training, everyone is challenged to identify 50 important range plants on a course set out in the Flint Hills. The top contestants receive a plaque and copy of the book, Range and Pasture Plants. While the results are tallied, each of the counselors share some insight into possible careers in range management — from research to Extension, to ranch management.

Kansas Range Youth Camp builds an appreciation for rangeland as an important natural resource and that its proper management is beneficial to all Kansans. For more information about the Range Youth Camp and how to apply for a full-tuition scholarship, contact your local Soil Conservation Service office. Plan to spend a few days next summer, at home on the range. Registration deadline is June 1.

Attention, Kansas 4-H Clubs: Use Your 4-H Center Year-Round!



Start Planning Now!

4-H CENTER

## Yours to Use

The Rock Springs 4-H Center is exactly that \_ a 4-H center designed for your use. Yes, you go to summer camp at Rock Springs, but you can also enjoy the complex at other times throughout the year. Start planning now for your next. Leadership Training

Workshop Fall and Winter Planning Retreat Project Fair or Seminar Hay Ride, Trail Ride Let us help coordinate the equipment, activities and

schedule for your club or county outing so you can simply enjoy the learning environment and fun offered at Rock Springs.

### Housing

Your group will be housed in comfortable cottages with double decker bunk beds in dormitory style quarters or shared bedroom-bath units designed to enhance the group enthusiasm and cooperative spirit shared at Rock Springs.

### Meals

Traditionally, Rock Springs' meals are served familystyle. However, you can arrange to have picnics, barbecues and banquets for your special club outing at the center. Be sure to ask us about preparing snacks and beverages for breaks throughout your stay with us.

## Equipment Rental

If you are planning an acti-Vity away from Rock Springs and need equipment, we can help. You can rent canoes, canoe trailers, lifejackets, backpacks, backpack tents, and much more from the center by just writing us at: Rock Springs 4-H Center, R.R. 1 Box 55, Junction City, KS 66441, or give us a call at (913) 257-3221.

## Reservations:

Ms. Teri Springer Scheduling Coordinator 116 Umberger Hall Kansas State University Manhattan, Kansas 66506 (913) 532-5881





## Camper's Budget Planning Guide

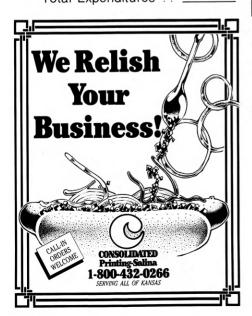
inancial responsibility is one of the skills 4-H'ers can learn through the 4-H program, and summer camp at Rock Springs 4-H Center provides an excellent opportunity for members to manage money on their own without the direct supervision of their parents.

To help prepare your camper to successfully complete this task, you may want to sit down together and plan a budget sheet for the time he's at camp.

A current price list of snack bar and souvenir items is provided for your use as you plan a daily budget, and the subject to slight prices are adjustments.

DAY 1											
Snacks					10			-			-3
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Souvenirs								_			-
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Day 1 Total Expenditures



DAY 2		DAY 4
Snacks	*.,., <u></u> _	Snacks
		c
Souvenirs	3	Souvenirs
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Day 2		Day 4
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		Total Expenditures for
DAY 3		Snacks and Souvenirs
Snacks		
		7.00
		Total Camping Expense:
		Camping Fees
Souvenire	3	
		Travel Expense
		Traver Expenses
		Snacks and Souvenirs
		76. JAN .
Day 2		Miscellaneous Expense
Day 3	I Expenditures	
TOta	LAPERIUITUIES	Total Expenses

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

### Kansas Savings and Loan

Hutchinson

Valley Federal Savings & Loan Assn.

Leavenworth

Citizens Mutual Savings & Loan Assn.

Lyons

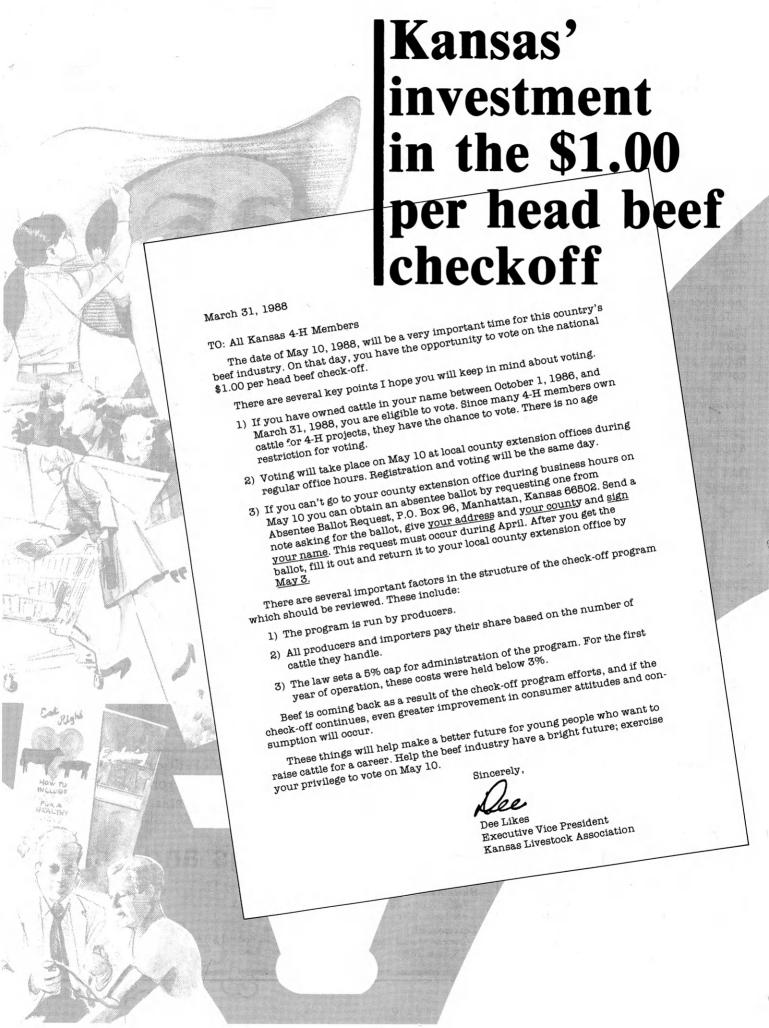
Lyons Savings & Loan Assn.

Manhattan

Manhattan Federal Savings & Loan Assn.

Medicine Lodge The Barber County Savings & Loan Assn. Plainville and Stockton Rooks County Savings

Assn.



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May 31-June 4, 1988 Rock Springs Ranch 4-H Center (Located near Junction City, KS)



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