

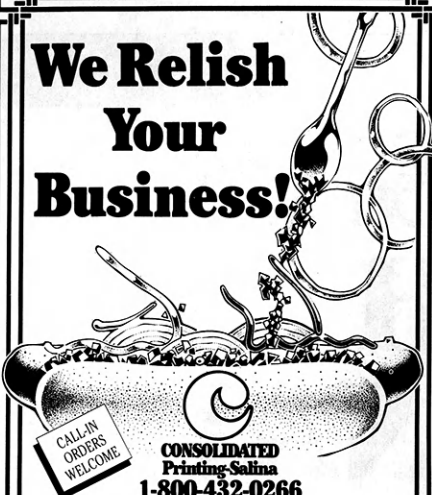
KANSAS 4-H JOURNAL

The Family Magazine

October 1988



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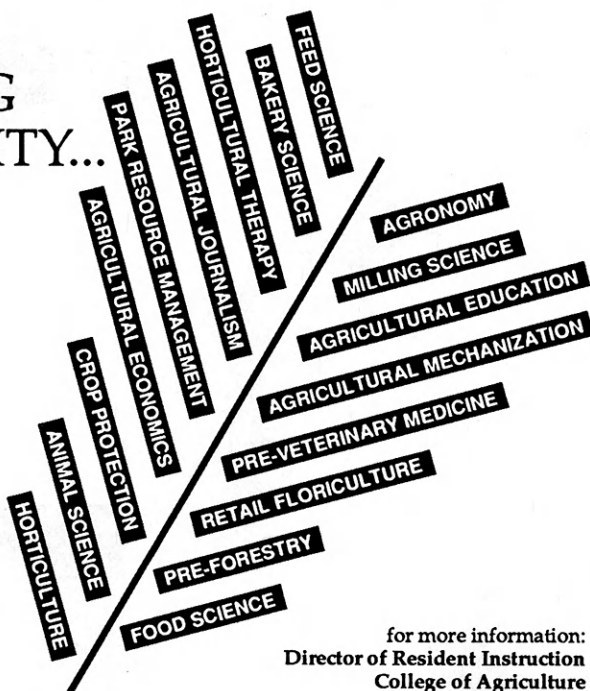
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See page 7 for more details.



KANSAS 4-H JOURNAL

VOLUME XXXIV NO. 9
September 1988

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Linda Akin ... Secretary

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States, January 23, 1951, under the provisions
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of June 25, 1948. Public Law No. 772 80th Con-
gress (10 USC 797).

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Cover Photography by Dari Ashworth, Reno Co.



Clubs Meeting Phase III Challenge

Kansas county 4-H councils and community 4-H clubs are responding to the challenge of raising funds for the support of the "Kansas Courtyard" at the National 4-H Center near Washington, D.C., as part of A STEP AHEAD Campaign.

The courtyard project is a major portion of the third and final phase of the \$2.6 million campaign to support Kansas 4-H.

4-H clubs may participate in one of three levels:

- **GOLD CLUB:** \$20 per member
- **SILVER CLUB:** \$10 per member
- **BRONZE CLUB:** \$5 per member

The Grantville Circle G 4-H Club in Jefferson County is the first club to remit their money to the Kansas 4-H Foundation for the "Kansas Courtyard" project as a Silver Club.

Clubs that participate will be listed appropriately on a permanent marker in the new courtyard at the National 4-H Center and at Rock Springs 4-H Center near Junction City.



Lori Cook and Debbie Clough accept a certificate for Phase III participation from Jim Ploger, development officer of the Kansas 4-H Foundation. The Grantville Circle G 4-H Club is the first club to participate in the 4-H campaign.

Kansas 4-H Clubs Participating In "Kansas Courtyard" Campaign

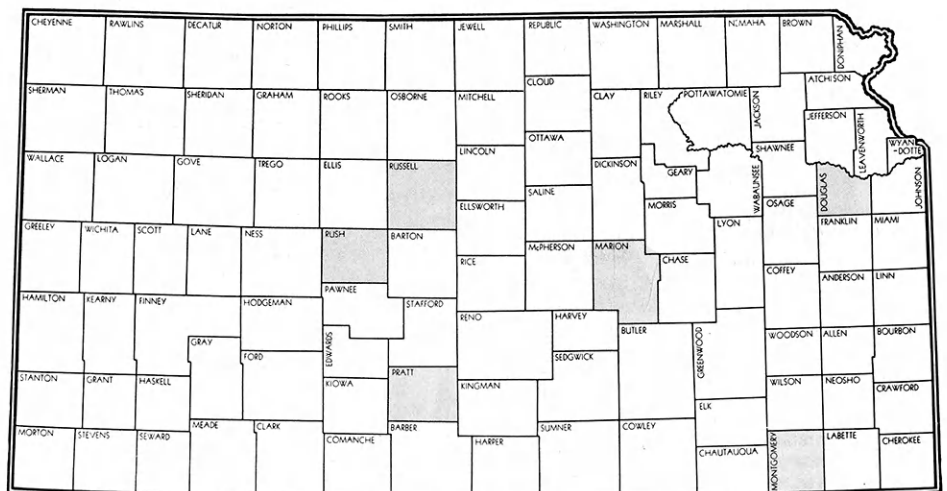
Jefferson County:
GRANTVILLE CIRCLE G 4-H CLUB

Barton County:
BUSY BUZZERS 4-H CLUB

Phillips County:
SUNNYSIDE 4-H CLUB

Statewide:
KANSAS IFYE ASSOCIATION
KSU COLLEGIATE 4-H CLUB
BUTLER COLLEGIATE 4-H CLUB

Clubs listed in BOLD CAPS have turned in their money. (Listing is through 9/19/88 press deadline)



County 4-H Councils which have endorsed the "Kansas Courtyard" project are shaded. Endorsement form was printed in the September issue of the 4-H Journal.



Cookbook Kickoff Captures Statewide Media Attention

The kickoff of the 4-H cookbook, *Essence of KANSAS!*, captured the attention of the statewide media with features on food pages of the large and small Kansas dailies as well as the weekly papers of the state. Many trade and specialty publications also have promoted the first-ever Kansas 4-H cookbook.

Kansas 4-H'ers now have the opportunity to sell the books to help them reach their goals for participation in the Phase III Kansas Courtyard project of the 4-H campaign. Copies of the book are available in county Extension offices statewide and club leaders should have received information packets on ordering and selling procedures. If you have any questions, please contact your local county Extension office or the Kansas 4-H Foundation. Get started now and capitalize on the holiday sales!



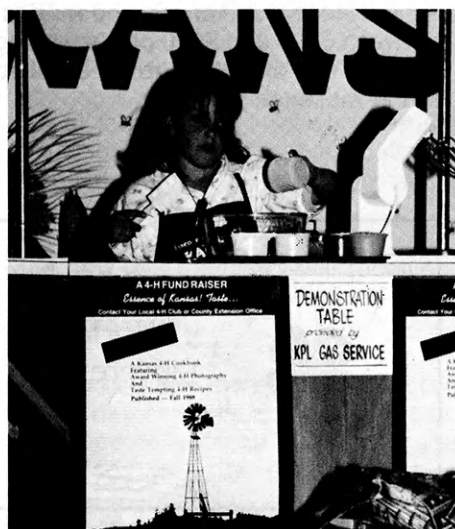
◀ *Essence of Kansas display in hospitality tent.*



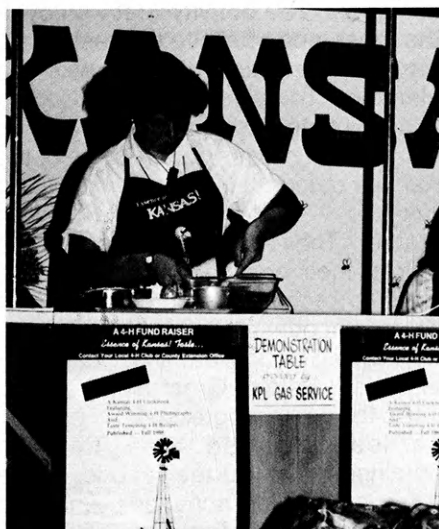
▶ *This decorated cart provided transportation for the cookbooks across the fair grounds.*



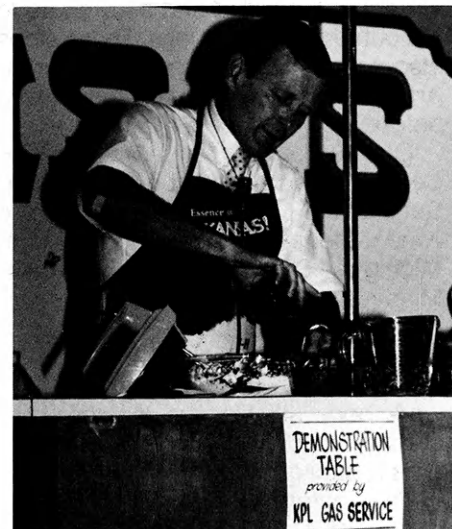
Ethel and Christine Steichen shape pumpkin bread on the Pride of Kansas stage.



Holly Bigge shows the audience how to make sunflower cookies.



Beth Bigge, Rooks Co., demonstrates her ginger snap cookies.



C.R. Salmon, State 4-H Leader, demonstrates his Deluxe Cheese Ball recipe.



Citiwhat? Citizenship!

by Mark Esfeld
"President of the United States"
Barton County

What exactly is citizenship? It is probably one of the most rewarding projects you will ever take. That is probably not the answer most people are looking for. Citizenship is one of the hardest ideas to explain or define. All of us may be United States citizens, but how many of us are great United States citizens? Seventy Kansas 4-H members took great strides to become better United States citizens this past summer.

The Citizenship/Washington Focus seminar at the National 4-H Center enabled them to take these great strides. The center is located in Chevy Chase, MD, and the staff there puts on the seminar for ten weeks during the summer.

The Kansas delegation had the longest amount of travel time (three days), but this allowed us to become better acquainted with our sponsors, and built lasting friendships with our other Kansas 4-H delegates. While on the road, we stopped at the St. Louis arch, the speedway at Indianapolis, and at Gettysburg, Penn. These stops were much needed and allowed us to get out to stretch our legs. Those stops also gave many of us a look at great American sites that we had never seen before.

Once we arrived at the National 4-H Center, the next week became a blur. Besides the Kansas delegation, there were delegations from Connecticut, Michigan, South Dakota, California, Minnesota, West Virginia and Wisconsin. The total number of delegates at the seminar was approximately 600. We were divided in groups for workshops allowing us to meet new people with different cultures and ethnic backgrounds.

The conference was not all meeting new people. We went to workshops and learned about our government and how to become better citizens. Usual-

ly about half of the day we held conferences. During the other half, we would go into Washington D.C. to see all the sites. The Lincoln and Jefferson monuments were spectacular at night with the reflections off the reflecting pools.

During one of our other days, we went to the Capitol building, and each delegate met with their own senators and congressman. The tours ventured as far away as George Washington's home at Mount Vernon. Although we saw many more government buildings and personnel, we also were "cultured." Each of the states went to different theaters. The Kansas delegation went to "Ain't Misbehavin'," with Nell Carter. We watched this fantastic production at the National Theater.

While the 4-H center's staff was running us ragged, we did have some time to relax. There were two dances during the week. We also managed to sneak in a volleyball game here and there.

Although the lectures, and conferences varied on the subject area, it was all very beneficial for all of the delegates. The activity that I enjoyed the most, and I believe the rest of the Kansas delegation did too, was the elections. The elections were used as a tool to teach us all about how much our vote really does count. Three of the Kansas delegates were nominated to run for "President of the United States." They all had to give speeches before their political party within the state to receive the nomination. The Kansas nominees were: Mark Benne, Spring Hill; Doug Hutchins, Scott City; and Mark Esfeld, Great Bend.

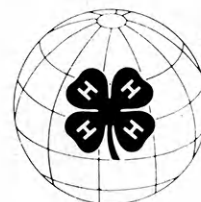
As the week progressed the political parties narrowed their field of nominees from fourteen to one. Of the three nationwide nominees, one was from California, Minnesota and Kansas. When it came time for the campaign speeches and ballot casting, the

Kansas delegation was the most vociferous. In spite of this, they did show good Kansas pride and sportsmanship, but above all they supported their candidate.

The conference was brought to a close on Friday night. Closing ceremonies were extra special because our speaker was former Secretary of Agriculture, John Block. Directly following his presentation the election results were announced. Kansas' own Mark Esfeld was elected "President of the United States."

It was a good thing the conference was finished on Friday because the Kansas delegation was worn out. I think that if all of us were to look back, we would say that our \$550 was well invested. The citizenship project allowed all of us to partake in this experience, and become better citizens.

We all lived the dream ... Freedom ... Pride ... Democracy ... CITIZENSHIP! You can too be entering the citizenship project. For those of you interested in the Citizenship/Washington Focus trip, you can contact your county Extension agent in November. The trip is scheduled for June or July and will cost between \$500 and \$600 plus spending money. You also have to be enrolled in the citizenship project.



4-H Makes
a World of
Difference



Groups Reaching Out

2,000 4-H members can't be wrong!
Get involved in GRO!!

by Kirk Astroth
State Extension 4-H Youth Specialist

This fall, why not consider getting your club and your county involved in the Kansas 4-H GRO program — Groups Reaching Out. More than 130 4-H clubs participated last year in the first phase of the GRO program recruiting more than 880 new members, re-enrolling more than 2,500 4-H'ers, and helping to create at least 13 new clubs. Now is the time to consider getting your club involved this year or continuing your involvement from last year. The GRO program is a four-year concentrated effort to recognize our club leaders and members for their expansion efforts.

A variety of expansion and retention goals have been set for individuals and clubs who choose to participate in the GRO program. When these goals are met, a variety of forms of recognition are available. For example,

Individual and Family Incentives:

- all individual 4-H'ers who re-enroll in 4-H this year can receive a ballpoint pen with the GRO logo printed along the barrel.

- new 4-H members will receive a new member pin compliments of the GRO program.

- current 4-H members who recruit two or more members to their 4-H club can receive a green t-shirt with the GRO logo in white on the front. If several members of the same family recruit these new members, all these 4-H'ers can receive a t-shirt, not just one member of the family.

- every family who recruits new members to their 4-H club can receive a GRO bumper sticker.

Club Incentives:

4-H clubs that choose to participate in the GRO program have the opportunity to receive a unique wood plaque for their expansion efforts. These plaques include a plate with the GRO logo and club name engraved at the top. Beneath the name plate is a place to attach four smaller metal plates that indicate which expansion goals have been reached. In order to earn this plaque, clubs can aim for one of three goals:

- individual 4-H clubs who retain at least 60% of their members;

- individual clubs who recruit at least five new members;

- individual clubs can help with the formation of one new club in the county.

In addition, organizational leaders whose clubs meet any of these club goals will be collectively recognized in a feature article in the *Kansas 4-H Journal* next spring.

Moreover, new clubs that are created as part of another club's participation in the GRO program will receive free a new club packet, including an organizational leader's handbook, a leader's planning calendar, a complimentary copy of the *Kansas 4-H Journal*, a desktop flag set, charter, and a special "birth" announcement in the *Kansas 4-H Journal*. All new members enrolling in 4-H will also receive new member pins.

Incentive items that are part of the GRO program are provided free of

(Continued on page 14)

Groups Reaching Out

Recognition Requirements

Re-enrollment

Recruit two or more

new members

4-H family recruits

new 4-H family

Club Participation

Club Participation

New Individual Member

Recognition Item

Ballpoint Pen

T-Shirt

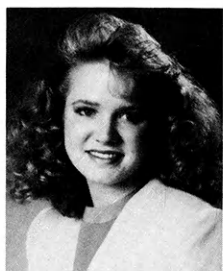
Bumper Sticker

Wooden and Metal Plate

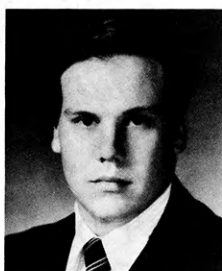
Wooden Plaque

New Member Pin

1988 STATE 4-H AWARD



Achievement
Katie St. Pierre
Cloud County



Agriculture
Chris Stewart
Leavenworth County



Alumni
Kenneth Jennison
Saline County



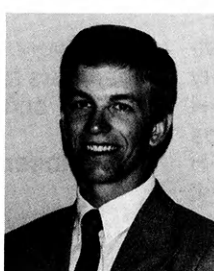
Alumni
Marjory Fowler
Lyon County



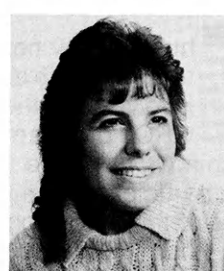
Alumni
Martha Streeter
Riley County County



Arts & Crafts
Stephanie Wise
Miami



Beef
Chris Martin
Stanton County



Bread
Stephanie Herring
Franklin County



Citizenship
Heather Easterday
Meade County



Clothing
Beth Hagen
Douglas County



Conservation
Robert Thompson
Phillips County



Crochet
Shelley Bradberry
Cowley County



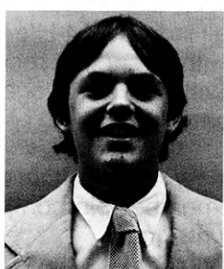
Crop Production
Chris Floyd
Stanton County



Dairy
Marlo Showalb
Franklin County



Dairy Production
Brian Myers
Dickinson County

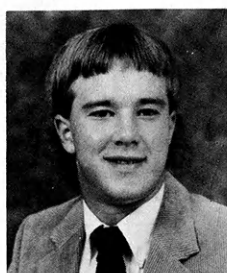


Dairy Production
Lee Burgess
Reno County

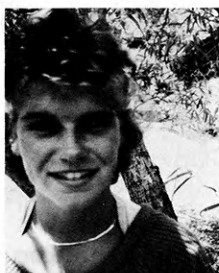
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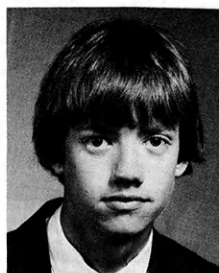
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Scott Hietland
Shawnee County



Dog Care
Jodi Clay
Neosho County



Electric
Aric Branham
Douglas County



Entomology
Kristy Ross
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Fashion Revue
Michelle Munson
Geary County



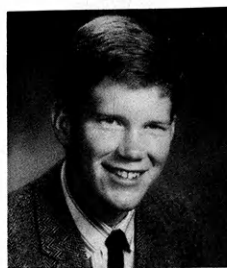
Fashion Revue
Ann O'Bryan
Bourbon County



Food Conservation,
Preservation & Safety
Traci Nightingale
Jackson County



Food-Nutrition
Sharon Wienck
Washington County



4-H Foundation Talk
John Strobel
Pratt County



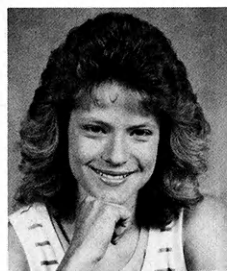
Fun With Children
Monica Diener
Reno County



Fur Harvester
Chad Barnes
Jefferson County



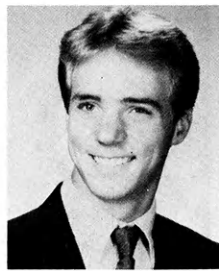
Gardening/
Horticulture
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Johnson County



Health
Teresa Broyles
Norton County



Home Management
Kay Dinkel
Ellis County



Horse
Jim Kemp
Shawnee County



International Focus
Catherine Smith
Osage County

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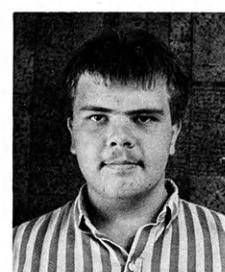
Knitting
Jerrod Rauth
Scott County



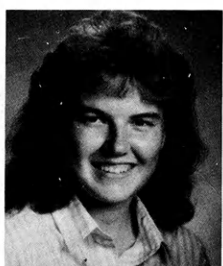
Leadership
Dionne Meyers
Morris County



Livestock
Todd Johnson
McPherson County



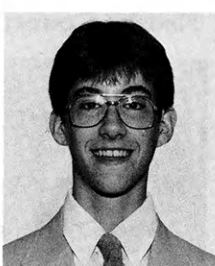
Meat Science
Michael Snell
Stanton County



Pets
Janet Gilliland
Bourbon County



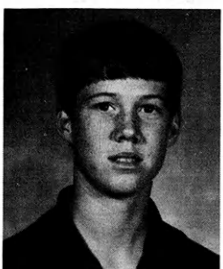
Petroleum Power
Shane Adams
Franklin County



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Scott Krusemark
Reno County



Poultry
Jarod Golden
Jackson County



Poultry
Keith Walter
Franklin County



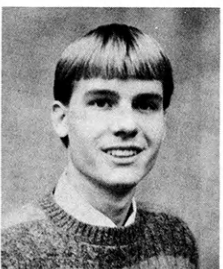
Public Speaking
Connley Litton
Franklin County



Rabbit
Emily Busenitz
Harvey County



Reading
Roberta Prose
Lane County



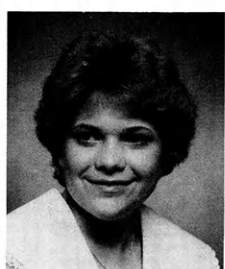
Rocketry
Craig Neubecker
Cowley County



Safety
Mitzi Banks
Dickinson County



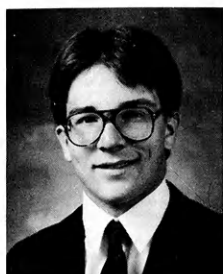
Santa Fe
James Stephens
Lyon County



Santa Fe
Tami Dunlop
Kearney County

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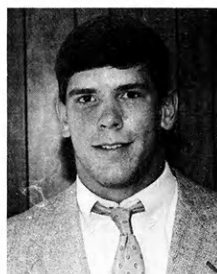
AWARD WINNERS



Santa Fe
DeLoss Jahnke
Riley County



Santa Fe
Lisa Splichal
Republic County



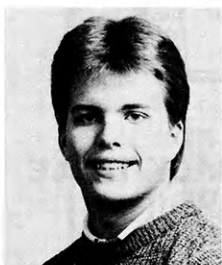
Santa Fe
David Dysart
Miami County



Santa Fe
Amy Frohardt
Johnson County



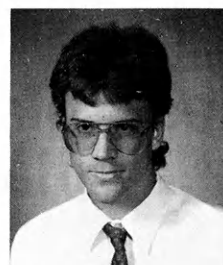
Self-Determined
Alisha Cromes
Johnson County



Sheep
Eric Landgraf
Scott County



Swine
Brian Dunn
Stafford County



Wildlife & Fisheries
Shawn Mitchell
Butler County



Wood Science
Michael Norstrom
McPherson County

NOT PICTURED

Denise Ochs, Alumni
Harry Lewetzow, Bicycle
Janet Bailey, Dairy Production
Matt Johnson, Ecology

Mike Winkler, Fur Harvester
Nathan Beyer, Geology
Rodney York, Home
Environment

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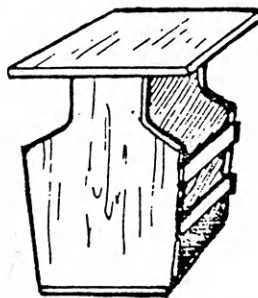
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5755 S. Hoover
Wichita, KS 67215

and

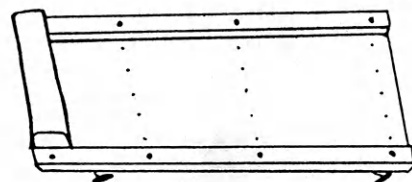
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Say Thanks!

in the KANSAS 4-H JOURNAL to:

- Your host family
- Community leaders
- Extension agents
- Your community
- Junior leaders
- Livestock buyers
- 4-H supporters
- Project leaders
- Adopted grandparents
- Scholarship sponsors
- Your local newspaper
- A neighbor

4-H people have a lot to be thankful for. Say thanks to that special leader, agent, neighbor or friend who went that extra mile with you this year with a *Kansas 4-H Journal* thank you. Thank you's will appear in the November/December issue of the *Kansas 4-H Journal*, an appropriate time for giving thanks.

Anyone can place a thank you: 4-H'ers, parents, leaders, volunteers, clubs, county councils, agents. Cost is \$5.00 minimum for the first 15 words and 15¢ for each additional word. Cash or check must accompany the ad. Deadline for placing ads is November 5. The order blank below is for your convenience.

PLEASE PRINT:

Message: _____

Name _____ Phone _____

Address _____

Mail to: **Kansas 4-H Journal**
116 Umberger Hall - KSU
Manhattan, KS 66506

\$5.00 for the first 15 words - 15¢ for each additional word.
Please enclose payment.



Groups Reaching Out

(Continued from page 7)

charge to counties and clubs from a special grant made possible from the Kansas 4-H Foundation.

"We're pleased to be able to provide this variety of high quality materials for the 'Groups Reaching Out' program," said Dr. C.R. Salmon, Assistant Director of Extension, 4-H Youth Programs. "We hope the program is very flexible and will enable as many 4-H members, leaders, and clubs as possible to participate."

County agents got a preview of the GRO program incentives a year ago during the August 4-H Updates conducted around the state. 4-H'ers, their families, and leaders, as well as the general public, learned about Groups Reaching Out during Discovery Days and at the Kansas State Fair through a special display in the 4-H Exhibit Building.

Expansion efforts for 1988-1989 will center around the October through January 4-H enrollment period. "During this time, clubs will have an opportunity to carry out their own local expansion plans using the materials provided through the GRO program," Salmon said. These materials include colorful recruitment posters, and a handbook for implementing the GRO program at the county level.

Kansas 4-H clubs had enrollment increases for the past two years — the first time in 20 years that our club program has shown an increase. "GRO will help us maintain that momentum. Through retention, recruitment, and the creation of new clubs in each county so that more youth have the advantages of becoming involved in 4-H, the necessary components for tomorrow's 4-H programs will be provided. There's no better time to join and be involved in Kansas 4-H than right now," Salmon asserted.

Contact your County Extension Office for details on how you and your club can become involved in the GRO program. And keep on GRO-ing!

A 4-H Fund Raiser - A Step Ahead Campaign

A project of the Kansas 4-H Foundation

Unique to Kansas 4-H

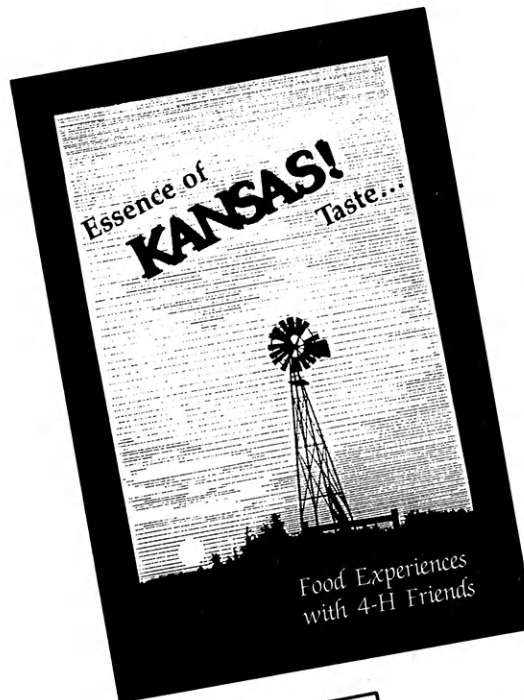
- ★ features winning 4-H color photography
- ★ tempting recipes contributed by statewide 4-H friends
- ★ 4-H ownership with pride

Quality Publication

- ★ premiere "first of its kind" statewide book
- ★ nutritional analysis of each recipe
- ★ 388 recipes for 208 pages
- ★ limited edition hardback copies

Statewide Sales Support

- ★ sales training sessions
- ★ Foundation statewide promotion/publicity/posters/press releases
- ★ professionally designed retail marketing display packages/kits



Sunflower Cookies

- 1 cup shortening
- 1 cup sugar
- 1 cup packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon soda

- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 cups quick-cooking oats
- 1 cup flaked coconut
- 1 cup sunflower seed

Cream shortening, sugar and brown sugar in mixer bowl until light and fluffy. Blend in eggs and vanilla. Add sifted soda, baking powder and salt; mix well. Stir in oats, coconut and sunflower seed. Drop by spoonfuls onto ungreased cookie sheet. Bake at 350° for 8 to 10 minutes or until brown. Cool on wire rack.

Yield: 36 cookies.

Approx Per Cookie: Cal 154; Prot 2.0 gr; T Fat 9.5 gr; Chol 14.0 mg; Carbo 16.2 gr; Sod 53.7 mg; Potas 85.0 mg.

Holly Bigge, Stockton

Club/County/State Benefits

- ★ good value product - \$10 retail
- ★ clubs can use \$3 for Campaign credit and recognition

Sales Plan

- ★ a product to generate consumer demand
- ★ independent club participation possible
- ★ books ordered direct on toll-free number - shipped within 48 to 72 hours
- ★ available for prime retail marketing period - holiday gift sales

Contact your
County Extension Agent for more information.

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Notice to 4-H Volunteers & Parents

Each year there is a need for a number of adults to function as chaperones for several state sponsored 4-H trips. Applications are solicited from 4-H volunteers and county Extension agents. Unfortunately, we sometimes fail to get enough volunteers to meet the needs, so we are trying one more time to encourage more of you to apply. These trips are enjoyable and educational, but they are not vacations. They require a selfless and service-oriented attitude.

If you, as a 4-H leader or parent, are interested in applying, please call your county Extension office for a form. If you have questions, please call your county office or myself (913) 532-5800. We hope to hear from some of you before the end of October.

Errol Burns, State 4-H and Youth Extension Specialist.

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school education comes from
family income and savings then
from any other source. Be
prepared; early in life start a
savings account at your**

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