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Kansas 4-H Journal

The Family Magazine

May 1978



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Survey shows poor nutrition

By Marilyn Linsey
Happy Helpers 4-H Club
Johnson County

"Hey! What's up Doc? Bad nutrition. A survey shows that most teenagers do not receive four servings of fruits and vegetables per day. What's that? What can we do?"

"Well, first we can try to inform teenagers about proper nutrition. Teenagers need four servings of bread and cereal, four servings of milk products, four servings of fruit and vegetables, and two servings of meat products per day."

This fall I conducted a survey at Santa Fe Trail Junior High School, Olathe. I found that 40 per cent of the students didn't receive four servings of fruits and vegetables per

day, that 27 per cent of the students do not receive two servings from the meat group, that 38 per cent of the teenagers did not get four servings of milk products, and that 42 per cent of the students did not receive four servings of bread and cereal products per day.

To encourage these teenagers to eat better, I made four posters and displayed them at Santa Fe Trail Junior High School.

I recommend the following recipes in order to add fruit to your diet:

Fruit Salad

1 pint apricots
2 bananas
2 oranges
1 pint cherries
1 cup raisins
1 pint pears
1 cup walnuts
Peel bananas and oranges and cut into small pieces. Core apples and cut into small pieces. Drain canned fruit. Cut large pieces into small

chunks. Mix all ingredients together. Serve immediately or chill before serving.

Orange Eggnog

Mix thoroughly . . .
1 egg, well beaten
1 tbsp. lemon juice
½ cup orange juice
1 tbsp. light corn syrup
Chill. Serve ice cold.

Glorified Rice

2 cups prepared rice
2 cups whipped topping
2 bananas
1 cup diced peaches
½ cup coconut
2 cups fruit cocktail
Cut bananas into small pieces. Mix ingredients together.

Assistant needed at state 4-H center

A position is open at Rock Springs Ranch for an administrative assistant in charge of maintenance. Basic responsibilities include coordinating, supervising and developing maintenance work.

Housing is furnished. Other benefits include a retirement plan and a health and life insurance program.

If interested, write John Bolan, 116 Umberger Hall, KSU, Manhattan, KS 66506 or call 913-532-5881. Please apply immediately.

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Letters to the editor

Dear Sirs:

In your Kansas 4-H Journal, April 1978, page 15, the Intelligence Test number 13 asks "Now that you have finished the test, which word is misspelled?" In Number 3, Mississippi is misspelled Mississippi besides the answer you give.

Joe Schmidt family, Dodge City

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Journal

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Glenna WilsonEditor
 Debbie DoebeleSecretary

Address all correspondence:
 Kansas 4-H Journal
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Here's to your health!

By Cathy Karst
 Intern, State 4-H Department

Health! What do you think of? One-fourth of the 4-H clover? The absence of sickness? Rosy cheeks and sparkling eyes? Being strong and robust? Vitality?

Webster defines health as: "the condition of being sound in body, mind or soul." Let us take a deeper look into these three facets in the meaning of health. First let's look at "body."

Probably the most obvious aspect of health is revealed in a body's physical condition. Sometimes a person does not have to guess when his body is not up to par. With the flu epidemic and hundreds of other viruses passing around, there is a constant fight against infection and disease.

On an even more dangerous level than flu, statistics show that heart disease is the leading cause of death in the United States today. One man in five is stricken before the age of 50. Many of these deaths are related to obesity and lack of regular exercise.¹

Dr. Kenneth Cooper, author of the best-selling book, **Aerobics**, with extensive research and knowledge in the area of exercise and fitness, contends that everyone should realize his individual fitness level and work toward improvement. Aerobic exercise is exercise that promotes maximum oxygen consumption so that energy (or calories) will be burned.

Jogging, swimming, walking, and other sports activities have varying degrees of aerobic significance. It is a matter of knowing how long or hard to work at these activities to make an improvement in one's physical health. If you as a 4-H member are really concerned with upkeep of your body, check into investing in the small paperback book called **Aerobics** to find out just exactly where you can start in a personal fitness program.

The next area of health Webster includes in his definition is the "mind." A healthy mind? How do you exercise your mind? As we are all aware, our mind goes through processes of learning and perceiving every minute, every second of our waking hours. But can one mind be any sounder than another?

One of the main objectives of the 4-H program is to "provide opportunities for boys and girls to acquire knowledge, skills and abilities which will be useful to them throughout life" and to "help members reach their full potential as persons."²

There is no way anyone can measure another's potential. Only the individual really knows how much he or she is willing to learn.

It is becoming clearer that learning is not limited to formal classroom education. The concept of "leisure education" is defined by the National 4-H Council as "development of knowledge, attitudes and skills of many kinds through which an individual can learn to enhance his own life through leisure."³

Leisure has been looked upon in several ways. The "quantitative" outlook looks at leisure as left-over time, after the things we **must** do are taken care of. Some see a "qualitative" dimension as well, for if free time is used to bring boredom and depression then many say "leisure" has not occurred.

(Continued on page 7)

About the cover

"Happiness Is a Kitty" is the title whose work has also appeared in the Journal.

Kansas winner in 4-H photography, Scott Pendleton, Lawrence. His brothers, Jim and John, were previous state photography winners

Sharla Schaake, a neighbor to the Pendletons, is the little girl in the picture.



4-H Around the State



By the State and Area 4-H Staff

Scott County—A local 4-H leader is a specialist on 4-H records and is available to help 4-H'ers prepare their records for area and state records judging. She also helps state winners in Scott County prepare their records for national records judging. Her coaching helped three Scott County 4-H'ers be state winners in 1977. One of these went on to become a sectional and a national winner.

County X — A former 4-H leader in a county performs a service to the county 4-H program by checking applications for the silver pin and the silver guard. She makes notes from each application which she keeps for reference the following year. If she does not approve an application, she states the reason or reasons and records these in her notes. She has checked the applications for several years and the agents say this gives continuity and consistency to the silver pin and silver guard awards. This person works anonymously and her identity is known only to the agents.

Manhattan—One of the projects of KSU's Collegiate 4-H Club is working with the Generation Alliance Program (G.A.P.) which is affiliated with the American Association of Retired Persons. The KSU Collegiate 4-H Club has been working with the local chapter of AARP in various service capacities and will be involved with the AARP Generation Alliance Program in the local Kidney Drive. Cheryl Orner, 1200 Pioneer Lane (KSU Clovia 4-H House), Manhattan, is the chairperson for the project.

Lyon County—Although the air is congested with county and state exchanges, perhaps the record goes to Lyon County, who will be hosting in 1978 the Wheat City Riders, a horse project club from Brandon, Manitoba. About 35 Canadian 4-H members will come to Lyon County this summer, and the Kansas 4-H members plan to reciprocate in the summer of 1979.

Manhattan—Cathy Karst, a senior in Health, Physical Education and

Recreation, is interning with the State 4-H Department through March and April. Cathy will be studying the organization and administration of the 4-H department, assisting in recreational planning and events and observing with members of the state 4-H staff and with Amy Good, Geary County 4-H agent. (See editorial.)

Sedgwick County—Window sill gardening, planned to involve boys and girls in third through sixth grades, is organized and handled through the schools of Wichita. Elementary teachers are attending afternoon workshops conducted by the extension agents and specialists. Boys and girls will have an opportunity for a 4-H experience through the horticulture project.

McPherson County—An exchange with almost an international flavor is planned between McPherson County and Cochise County, Arizona. What makes the exchange most newsworthy though is that Cochise County Extension Director Jimmy Biles was formerly Cherokee County 4-H agent. He transferred to Arizona three years ago for his daughter's health. The McPherson swedes might get over the border and habla un poco Mexicano.

Wyandotte County—A cooperative effort between the Wyandotte County Extension Service and the Optomist Club brought about a free youth Fishing Clinic April 29 at the Wyandotte County Lake Park. Other organizations cooperating include the Fish and Game Commission, Kansas Rod and Gun Club, Lake Park Rangers of Wyandotte County, and the Coast Guard Auxiliary. The clinic was open to Wyandotte County youth, ages 8 through 12.

Southeast—A pilot program in a home study series for parents of first year 4-H members has been initiated with eight southeast Kansas counties. The series was developed from prototypes used in several states, and was developed for

southeast Kansas. There are five mailings to the series, designed to acquaint parents with the 4-H program, making them feel a part of the 4-H program early in their child's experience. (See page 5.)

Haskell County—A 4-H bicycle safety rodeo is being planned by the Haskell County extension home economics units, correlating efforts of the Sublette school system and the extension office.

Rooks County—The County 4-H Council has applied for and received a grant from the State 4-H Fund Drive monies to sponsor a regional geology invitational fair, the fourth such event. The geology fair is scheduled for Saturday, May 6, at the Rooks County Fairgrounds at Stockton. A joint Sherman-Logan County geology tour is being planned, but the dates are not definite at this time.

Atchison County—Seven new project clubs in downtown Atchison have been organized by CETA 4-H program assistant Corrine Reder. Projects in use include woodworking, photography, knitting, crocheting, clothing, foods, and ceramics. There is also a new community 4-H club in the Potter area, south of Atchison, the Meadowlarks, and one is being projected for the city of Atchison.

Pottawatomie—Newest county to join in the ranks of those employing full time 4-H agents is Pottawatomie. Shellie Wallace, former Riley County 4-H member, began work in Westmoreland January 1 as the neophyte in 4-H work.

Butler, Riley, Franklin, Harvey—Other new 4-H agents around the state include Charmain Sundgren, Butler; Mary McCurry, Riley; Janis Fengel (to start work July 1), Harvey; and Jo Ellen Arnold, Franklin.

For 4-H parents, especially new 4-H parents

First in a Series

The 4-H Program

Editor's note: A call to Benny Robbins, now Southeast Area Extension Director, brought to the Journal office a copy of the information for new 4-H parents. Similar materials have been used in several counties, but this particular series was used by Robert Davis in Reno County. We think experienced parents, as well as new ones, will be glad to read this series which will continue for several months.

What Is 4-H?

- 4-H is an out-of-school, volunteer-led, educational program that supplements the teachings of home, church and school.
- 4-H is an informal educational program for all boys and girls 7 to 19 years of age whether they live in town, the country, or on a farm.
- 4-H is kids having fun and learning with their friends.

What Is The Primary Objective Of 4-H?

The basic philosophy in 4-H is to provide a program that can make a significant contribution to the **mental, physical, moral, and social** development of boys and girls, therefore helping develop more desirable citizens and leaders.

The primary objective when the 4-H club idea was conceived was to improve farm and home practices. Today, the main objective is the development of boys and girls through the participation in projects, events, and various activities.

4-H endeavors to supplement, not replace, the three primary educational institutions . . . namely the school, church and home.

Why do youngsters enjoy 4-H?

While all youths are different, they are also alike in many ways. Five inner desires are shared by all youths:

1. They want to belong.

2. They want to achieve.
3. They want to become independent.
4. They want experiences and adventure.
5. They want affection.

The wide variety of "learning by doing" projects, activities, and events which make up the 4-H program contribute to meeting these desires. Decision making, individual responsibility, achievement, and recognition further help to make 4-H satisfying to a developing youngster.

Why, when and where did the idea of 4-H originate?

4-H club work, as we know it today, began around 1900 as a means of reaching dad and mom with improved farm and home practices. It was based upon a sound assumption that if new ideas and information were instilled in the minds of the youngsters they would in turn convince their parents to try these innovations.

The second primary reason 4-H club work developed was that the schools were not meeting the needs and interests of the rural youth.

The first organized 4-H work was started by a number of county superintendents of schools. The boys and girls attending country schools were organized into small clubs covering a single topic such as beef, corn, garden, canning, bread-making, and so on.

O. H. Benson of Iowa, county superintendent of schools, was one of the earliest to conceive the club work idea and in 1907, he presented the 4-leaf clover to his boys' and girls' clubs as an emblem of their organization. Similar groups had also been organized in Illinois, Ohio, Texas, Georgia, and elsewhere.

In the 4-leaf clover, Mr. Benson saw the four-fold development of the **physical, social, mental and spiritual** development of the individual.

There were corn, poultry, and garden clubs known to exist in Kansas as early as 1905. The first county agents were hired in Kansas in about 1915 and the first state 4-H leader for Kansas was hired in 1916.

Have the 4-H objectives changed since its early days?

Yes! Following the "teach improved practices to farmers and homemakers through their children" idea, came World War I and the "food-for-victory" theme prevailed. Following the war, the "keep them on the farm" objective was foremost in many people's minds. During World War II the production of food was again emphasized.

Today the primary objective is the development of boys and girls, providing a wide variety of learning opportunities in which youth can participate. 4-H today is for all kids, whether they live in the city or in the country. Almost 50 percent of Kansas 4-H'ers have an urban address.

Who is responsible for the administration of the 4-H program?

To fully understand the organizational responsibility we must go back to 1862 when Congress passed the Morrill Act. This act provided land to each state for the purpose of establishing and supporting a university in each state. These became known as land-grant universities. These institutions were designated to provide educational opportunities in the following areas:

1. Resident instruction.
2. Research.
3. Extension.

The land-grant university in Kansas is Kansas State University at Manhattan.

Some identify the official beginning of 4-H club work with the passage of the Smith-Lever Act of 1914, which made cooperative extension work nationwide. The Cooperative Extension Service is a cooperative undertaking by the United States Department of Agriculture, the land-grant colleges, and the county extension councils.

The extension service has the charge of carrying up-to-date information from the classroom and laboratory to the people of the state and to bring back to the university those problems that can be solved only by careful study and research.

The purpose of the county extension service is to provide instruction and practical demonstrations in

(Continued on page 6)

4-H Program (Continued from page 5) agriculture, marketing, home economics, 4-H club and youth work, community and resource development to all persons in the county. The county extension councils hire college-trained agents in agriculture, home economics, and 4-H and youth to plan and conduct the respective programs in the county.

What is a 4-H club?

A 4-H club is a group of boys and/or girls organized with officers appropriate to the group and with one or more leaders under the Cooperative Extension Service sponsorship. The club is organized with a purpose or a set of goals which are determined by the members. A club may be organized within a neighborhood, a school, a church, a business or social unit in which members of the families function around a common interest. The size of a the club should be suitable to the age of the members, meeting places and leadership available. This type of 4-H club is commonly

called a community 4-H club.

Also, youth are 4-H members by taking part in project clubs (only one project), special interest programs, and T.V. 4-H programs.

Motto

“To Make the Best Better.”

Emblem

The 4-H emblem is the four-leaf clover with the letter “H” on each leaf, standing for head, heart, hands, and health.

Colors

The 4-H colors are green and white. Green symbolizes nature’s most common color and represents life, spring-time, and youth. White symbolizes purity.

Pledge

I pledge

My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
and
My health to better living, for
my club, my community,
my country, and my world.

Membership

Approximately 5½ million boys and girls are 4-H members throughout the United States. In Kansas over 77,000 youth are 4-H members. Nearly 30,000 are members of year-round community clubs while almost 50,000 are in special interest groups.

4-H year

A new 4-H year starts October 1 each year and ends September 30 of the following year.

Age for membership

4-H membership is open to all boys and girls who are 7 years old by September 1 and have not passed their 19th birthday by January 1 of the current year.

4-H age

4-H age is determined as of January 1 of the current year.

Scope

4-H is in all the states and in many foreign countries. In fact, over 80 foreign countries have 4-H or 4-H type youth programs. It is now estimated that there are more than 36 million 4-H alumni in the U.S.

Projects

Other than age, the only 4-H requirement for membership is that 4-H’ers enroll in at least one project (learning opportunity). There are over 50 project areas from which 4-H’ers can choose. Members are expected to complete the projects in which they enroll.

Leaders

Adults serve as two types of 4-H leaders: project (subject matter teachers) and community (organization leaders). Helping boys and girls grow through their 4-H opportunities can be a very rewarding experience for adults volunteers.



Congratulations, graduates!

If you receive money for graduation gifts, be sure to deposit some of it in your



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Beach, Dillon, Streeter lead Foundation Board

A tribute to 4-H

By Judy Keusler
Grant County



Ross Beach

Ross Beach, Hays, was elected chairman of the Board of Trustees of Kansas 4-H Foundation at the annual meeting at Rock Springs Ranch, Merle Eyestone, executive director of the Foundation, has announced. Richard Dillon, Hutchinson, is the new vice-chairman, and Mrs. Charles Streeter, Manhattan, continues as treasurer of the group.

J. Harold Johnson, Manhattan,

who has served as state 4-H leader and as executive director of Kansas 4-H Foundation, was chosen as a new member of the Board of Trustees.

Mr. Beach is the president of Kansas Natural Gas, Inc., Producers Gas Equities, Inc., and of radio and TV companies at Hays and Goodland. He became a member of the Board of Trustees of the 4-H Foundation in 1973.

As 4-H Foundation board chairman, Mr. Beach succeeds Balfour Jeffrey, who served in that capacity since May 1975. Mr. Jeffrey, honored recently when the Jeffrey Energy Center was named after him, is chairman of the board and former president of Kansas Power and Light Company.

Seventeen men and women are active members of the Kansas 4-H Foundation Board of Trustees, with eight others as advisory members. They determine policies, advise the foundation staff, and assist with raising money from the private sector for support of 4-H work in Kansas.

Names of members of the Board of Trustees are listed on page 3.

4-H is more than just a club, my friend!
It's doing your best right down to the end.

It's coming to the regular meeting each month,
And giving your committee work that extra umph.

It's listening carefully to what's being said,
So when it's time to vote, you'll be way ahead.

It's not voting on something without knowing why,
But sharing, and caring, and giving your best try.

It's preparing your talk with that little extra care,
And trying to say it at club when you're scared!

It's patience with those who are new at this game,
And sharing your knowledge so they'll have the same.

It's County Club Day with its busy events slate.

You give a project talk, too — Participate!!

Take as many projects as you feel like you dare.

Your leaders will help you, they really do care.

When fair comes around, you can show with pride,
All you have learned and how hard you tried.

You're a winner for sure if you did your best.

Only you know if you can pass that test!

Each meeting as you all say the 4-H pledge,
Think if you follow it without a little hedge.

Say it again when you get home tonight.

It says a bunch that is really all right.

You'll get out of life about what you give.

So do your best every day that you live.

Here's to your health!

(Continued from page 3)

The recent concept of leisure has been described by John Neulinger, author of **Psychology of Leisure**, in terms of "what is going on inside people's heads." He insists that for a person to experience leisure, he must feel freedom. He must feel that what he is doing, he is doing by choice, and the activity is being done for its own sake, not for any later reward. Leisure is simply the "opportunity to enrich one's daily life."

How do we strive for sounder minds? Not only by engaging in challenging intellectual pursuits, but also by seeking leisure activities which will enhance our total development in knowledge, attitudes, and skills whereby we experience freedom and inward rewards.

To me, the last area, the soul, is what binds all three areas together. I believe that if a person's soul is

"healthy," the other two areas are going to fall into line more readily.

Soul being healthy, you say? That is weird.

In the Bible we can see many examples of how one's inner-being, (heart, soul), affect that person's outward actions. A man by the name of Nicodemus (John 3) was a educated, well-to-do, religious leader of his time. His religion was all outward motions with no inward commitment. He was miserable and searching for more in his life.

Nicodemus saw something different in a man called Jesus. Despite all his religious training, Nicodemus realized that Jesus' teaching was different and he wanted to hear more.

Jesus spoke of being "born again."

This was confusing at first because Nicodemus knew he could not be born again from his mother's

(Continued on page 14)

Increasing the number of volunteers in 4-H and strengthening their roles

“Theresa Schlagel, an outstanding 4-H club member from Olathe, was chosen as one of the four 4-H members in the nation to participate in the National Association of County Agricultural Agents Association meeting in Hartford, Connecticut, last fall. She was also a delegate to the National 4-H Conference in Washington, D.C., in 1977. She is completing her sophomore year in milling science and management at K-State.

“Each of the four delegates to the county agents convention was asked to make a presentation. Theresa’s speech was on the subject of volunteer leadership. As I listened to it, I thought it was the best discussion of volunteer leadership I had heard. Her discussion is concise, interesting and worthwhile. I hope you will read it.”

John O. Dunbar
Director of Extension

By Theresa Schlagel
Olathe

Volunteers and leaders are the core to any type of program and 4-H is no exception. My consulting group at the 1977 National 4-H Conference was concerned with “Increasing the Number of Volunteers in 4-H— Adults and Teens — and Strengthening their Roles.”

For the first two hours of the meetings the members of the committee brainstormed. We came up with five major points of consideration for achieving the goal of increasing the number of 4-H volunteers.

The first of these is **Recruiting**. The first recommendation made by ECOP (Extension Committee on Organization and Policy) in Century III is to double the number of volunteers serving 4-H.

The group felt that to meet this recommendation the recruitment program must be revised. More time must be spent recruiting and everyone must take it upon themselves to help recruit. Recruiters

must seek all potential sources. Too many people feel that leaders just happen. They are usually the mother or father of one of the members and they do an excellent job.

But what about the people in a rest home or retirement village? These people have a lot to offer and would be glad to help — just give them the opportunity. And don’t ignore your teens; they are potential leaders, too!

Sometimes after volunteers are recruited they are not used to their full potential and they feel inadequate.

Train volunteers

This brings up our second point, **Training and Keeping Volunteers**. To keep volunteers after recruitment, they must be trained! Most leaders don’t realize their own potential. They need guidance in realizing their abilities and their limitations.

Placement is another important area. Many times there are more than enough leaders in one club for a certain project. If this is the case, exchange leaders with another club. Also try using inter-county leaders if you don’t have enough. We must **share** the resources we have.

Another method of training and recruiting can be your state newsletter and papers. These can be used for exchanging ideas or even advertising for a certain type of leader. There is no need to look for new sources of this type, just use existing ones to the fullest.

After recruitment and training, the leaders must be informed of the endless number of tasks they may be asked to do, defined as **Structure and Roles**. Project leaders don’t just conduct project meetings, many

times they are asked to be activity leaders, organization leaders, camp counselors or chaperones.

After becoming leaders, they must help with recruiting and training of new leaders. New leaders rarely think about the many indirect services needed. He or she may end up being a typist, clerk, photographer, transportation coordinator, notification chairman, or babysitter.

New leaders have a right to know all the responsibilities they may be confronted with. If they are suddenly bombarded with these responsibilities they may get scared and quit. If they are told in advance, they will have a better outlook on their responsibilities.

To continue, leaders need satisfaction from the work they are doing. This satisfaction will help avoid the 75% turnover some states have in first year leaders. We felt this could be done through developing **Interpersonal Communications**. Among the skills we felt needed developing were listening skills, trust, values clarification, and building a positive self-image. If these are developed in our leaders, they will be passed on to our members.

We also recognized a need for increased **Public Relations** to develop an awareness of 4-H which thereby will strengthen the skills of current 4-H volunteers and encourage potential volunteers to become involved. There are endless ways to promote public relations. One is to put 4-H promotions in existing printed media, such as church bulletins, company bulletins, flyers in bank statements, and athletic programs at your local high school. Put up a promotional display in a local shopping center. Don’t forget that the radio and television stations are there to serve you — use them, too!

You must have good recruiting and training before you worry about roles, communications and public relations. You must get volunteers in order to keep them. And please remember the 4-H motto “To Make the Best Better.” The 4-H program is good today and it can be GREAT tomorrow — if we all work together!



Theresa
Schlagel

Wanted: 25-year leaders

How many 4-H leaders in Kansas have worked with 4-H youth for 25 years or longer? Five? Fifty? Five hundred?

Kansas 4-H Foundation is searching for the answer! As these faithful facilitators of 4-H fundamentals are found, they'll be invited to Friends of 4-H Day at Rock Springs Ranch on June 11.

You can help by furnishing the Foundation with names and addresses of 25-year leaders whom you know. Mail to: Kansas 4-H Foundation, Umberger Hall, KSU, Manhattan, KS 66506. Please send information by May 10.

Junior leadership

By Michael Keener
Johnson County

1977 State Winner in 4-H Leadership

Leadership is a most essential ingredient in the world today. We have leaders of nations, leaders in business operations, and we even have leaders of the neighborhood baseball club.

We also have leaders and we encourage leadership in 4-H. Leadership is the foundation of all 4-H projects. The organizers of 4-H recognized this and established a project for it. It is a very good project designed to give 4-H members a taste of something new while building a foundation for their future.

Kansas has a leadership project designed to give members actual experience in leading. Many counties and even clubs have their leadership project set up differently but they all try to accomplish the same goal.*

I was a member of the Greenwood Meadowlark 4-H Club of Johnson County and our program seemed to function extremely well. Our club assigned members enrolled in junior leadership to a leader of a project they would request. (If they are able to request a



Michael Keener

specific project they tend to work better than if they are assigned to one.) The junior leaders are then to assist the leader at all project meetings and they should be allowed to organize and present one project meeting.

If there are projects that there isn't a leader for, go ahead! Let a junior leader try it on his own. As you well know, we learn by making mistakes.

In our club we also require junior leaders to assist members in their projects with completion of records for that project, and also to help them classify their project for entrance in the fair. This is especially true of junior leaders with both new and young members in their project.

Club leaders and parents, encourage involvement in this project and in overall involvement of members in countywide projects. After all, even though it may require more of your time, it is actually spent for the betterment of the youth in 4-H, not only the junior leaders but also the youth they lead.

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The Third Annual All 4-H'ers Edition of Kansas 4-H Journal will appear in September 1978. Any 4-H member may submit material. In each category one entry will be printed, if the committee deems an entry good enough, with as many others used as space permits.

Categories and rules follow.

Categories:

1. Cover photo: 8"X10" black and white glossy print.
2. Editorial: comment on any subject of interest to 4-H members, leaders, and parents; about 500 words in length.
3. Idea exchange: a short article telling about an idea (moneymaking, county exchanges, or other events) which has worked well as a group event.
4. "How to do it:" a step by step description of how to do a specific craft or activity.
5. Help with a project: suggestions for doing project work; any project may be chosen.
6. "I need help!": ask a question or present a problem which the experience and thoughts of others may help solve.
7. Ideas and news: short paragraphs about any 4-H club, member, or leader.
8. Family Fun Page: jokes, riddles, puzzles, cartoons, games.
9. Pictures: black and white glossy prints.

Rules:

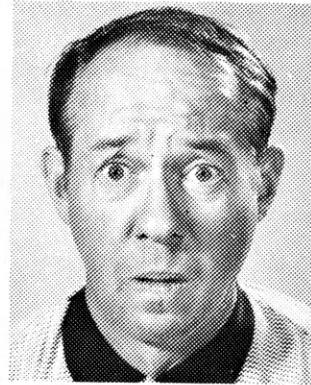
1. Any 4-H member may submit an entry in any or all categories. Identify on the material itself the name and number of the category for which it is submitted.
2. Entries may be neatly written or typed; if typed, please double-space.
3. Entries may be submitted any time until July 25; entries postmarked after that date will not be considered for this special issue.
4. Write your name and address on a separate sheet of paper and attach to your entry.
5. No material will be returned unless a stamped self-addressed envelope is included.
6. Entries will be judged by a committee of former or older 4-H members.
7. The entry judged to be the best in each category will receive a \$2 bill as a prize.
8. Mail all entries to Special Issue, Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, KS 66506.

Ideas & News

From the Northeast Area:

Johnson County: Darla Keener, Shawnee, describes a trip involving a group of 4-H members from Johnson, Jackson, Leavenworth, Wyandotte, and Geary counties. The trip began at the Wyandotte County fairgrounds. "The bus stopped along the way across Kansas and picked up the remaining 4-H'ers. The bus trip took 14 hours and the first night was spent on the bus. There wasn't much sleeping done, but a lot of talking and getting to know one another. Friday we hit the slopes — most of us hit them on our backsides or head first! We had the option of going downhill or cross-country skiing, the majority opted for the downhill slopes. Saturday, after Friday's experiences, we were all 'professionals' attempting more daring feats. We had no major injuries and only one minor mishap. Several of the 4-H'ers took advantage of the snowmobiles and tried their luck again. Some evening activities included: dancing, basketball, volleyball, rollerskating, snow fights, and card games. The long bus ride home began Sunday morning and ended late Sunday evening at Wyandotte County fairgrounds. The parting line of the event was 'What a blast! — see you next year at Breckinridge!'"

Nemaha County: In spite of snow flurries, 42 children gathered at the Goff City Hall to hunt for Easter eggs hidden earlier by members of Rustlers 4-H Club, Lisa Engelken reports. Prizes were awarded to the children in each of the four age groups who found the most eggs. When bright colored plastic eggs were found with the name of a business place or friend of the club inside them, the children presented the eggs to the committee, for the prizes these people had furnished. The Rustlers always gather at the City Hall on Good Friday morning to dye the 13 dozen eggs which the Lions furnish. The next day the 4-H'ers return to hide the eggs, and the younger members, along with all children under 12 in the community, become hunters . . . "They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around them at the skills they've taught, and the youth they've built, there's an inner voice from somewhere that says, 'Well done.'" — a quotation from the tribute to Raymond Dobbins, who has given 22 years of outstanding leadership to Rustlers 4-H Club of Nemaha County as community leader, Lisa Engelken writes. Nora Helen Allen, a former community leader



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of the Rustlers, led the ceremony, helped by members **Lisa Engelken**, **Jean Steinlage**, and **Jolene Strathman**. The club gave **Mr. Dobbins** an engraved plaque. (See picture below.)



Raymond Dobbins listens attentively as **Nora Helen Allen** reads a tribute to him. Assisting in the ceremony were **Jean Steinlage** behind Mrs. Allen, and **Lisa Engelken**, and **Julene Strathman**, not pictured.

Republic County: An event designed to familiarize the community with crime prevention techniques was sponsored by **Willowdale 4-H Club**. The Kansas Farm Bureau Identification system was demonstrated. Based upon an identification number, the system allows law enforcement officials throughout the United States and Canada to identify stolen property. "The 4-H club hopes that more people will become involved

in crime prevention," writes reporter **David Hanzlick**. "Further events to reduce crime will be sponsored by **Willowdale** in the future." (See picture below.)

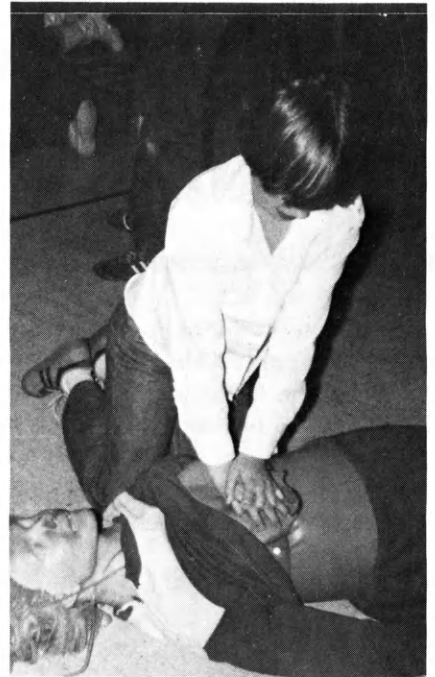


Sheriff Bob Blecha, pictured with secretary **Kandy Tallert** and president **Mark Heyka**, displays some crime prevention materials.

Cloud County: A 4-H club which is active in the community as well as with 4-H activities is **Miltonvale Hustlers**. Reporter **Karen Breen** writes about some of the community projects: "We have a Golden Age party for the elderly men of our community. We also clean the park before the city mows. We gave \$25 to the Miltonvale Manor (an apartment building for elderly people), we also gave \$25 to buy carpet for the city building. And \$5 for the Heart Fund."

Shawnee County: Harmony Hustlers 4-H Club sponsored a six-hour class in cardiopulmonary resuscitation. Twenty-six members and parents participated in the training and all but the small children passed, writes reporter

Nancy Wilcox. **Leland Denton** from St. Francis Hospital and Medical Center was the instructor. (See picture below.)



Leanne Busey was one of the youngest participants in the CPR training class.

From the Southeast Area:

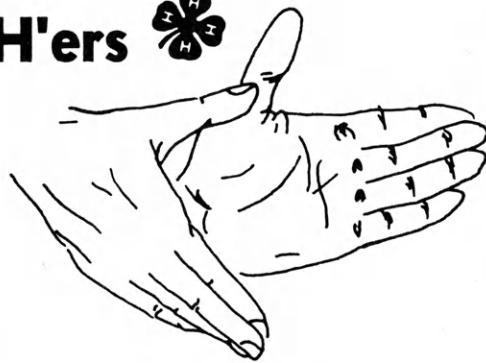
Greenwood County: Fancy Mustangs 4-H Club used 4-H Day numbers to entertain at a community meeting. Other community activities were collecting for the heart fund and singing at the Neal Methodist Church revival, **Janece English** reports.

From the South Central Area:

Reno County: The Southwest Reno 4-H Club was honored by the Hutchinson chapter of Optimist International Club with a special luncheon during Youth Appreciation Week. The club was selected superior youth club in the Hutchinson-Reno County area. Community leader **Bruce Shultz** introduced the project leaders and 4-H members and told about their activities. He recognized **Sandy Claypool** for outstanding 4-H work. 4-H president **Cindy Shultz** accepted a trophy, certificate, and \$100 check from Optimist Club president **Frank Connizzo**. **Margot Fowler** is club reporter.

Congratulations

Kansas 4-H'ers



GOOD WORK!

SAFEWAY STORES INC.



COOPERATIVE COUNCIL

Salutes 4-H



INTERNATIONAL HARVESTER 4-H AGRICULTURE

The International Harvester Company provides a maximum of four gold-filled medals per county to honor county winners in the 4-H agricultural program. State winners receive a trip to National 4-H Congress in Chicago, and six national winners are awarded \$1,000 college scholarships.

County Winners

ALLEN

Gerald Kipp
Mike Setter
Jack Sweany
Douglas Strickler

ANDERSON

Darren McGhee
Donald Holloway
Duane Holloway
David McGee

ATCHISON

Craig Gigstad
Steve Jensen
Kathy Ferguson
Danny Watowa

BARBER

Harold Angell
Clint Lonker
Mark Rook

BARTON

John DeWerff
Scott Yeakley
Don Miller
Darrel Blakeslee

BOURBON

Earl Fink

BROWN

Bradley Chadwell
Scott Witt
Tim Neher
Roger Fuhrman

BUTLER

Jeff Varner

CHASE

Ron Kelsheimer

CHEROKEE

Jeff Martin
Martin Johnston
Dale Wilcox

CLAY

Marvin Fehlman

CLOUD

Matt Dillon
Tony Sorel
Phillip Berndt

COFFEY

Mark Raaf
Calvin Trostle

COMANCHE

Chan Gates
Dennis McKinney
Sandy Murphey
Shauna Murphey

COWLEY

Justin Waite

CRAWFORD

Scott Williams

DECATUR

Elden Huff
David Huff
Alan Shuler

DICKINSON

Mark Brunner
Brad Lauer
Eric Sexton
Larry Garten

DONIPHAN

Matt Fuhrman
Jim Euler
Chuck Fuhrman

EDWARDS

Justin Keen
Kevin Schultz

ELK

Duane Brown
Harmon Bliss

ELLIS

David Pfeifer
Jerry Pfeifer

ELLSWORTH

Brian Huseman
Allan Grothusen

FINNEY

Chad Messenger
Cindy Martin
Wayne Goss
Jeff Herod

FORD

Lyn Snyder
Camme Beckerdite
Lane Newell
Bryan Owens

FRANKLIN

Ted Van Horn
Dean Chambers

GEARY

Keith Ascher
Wayne Hildebrand

GOVE

Bryan Evans
Jack Tuttle
Mitchell Graham

GRAHAM

Lewis Worcester
Mike Dinkel
John Griffith
Tony Wasinger

GRANT

Kevin Shapland
Henry Smith Jr.
Tod Anthony
Doug Hammer

GRAY

David Strawn
John Rowan
Harry Rowan
Bruce Millershaski

HAMILTON

Kevin Fox
Harmon Plunkett

HARPER

Tim Dierksen
Bruce Olivier
Rodney Hughes

HARVEY

Jeff Gronau
Doug Patterson

HASKELL

Doug Moore
Trenton McCaslin
Chris Holovach
Patrick Schwab

HODGEMAN

DeWayne Craghead

JACKSON

Lester Harris
Dean Hug
David Hug
Steve Goodman

JEFFERSON

Daryl Sales
John Houk
Billy Reichart
Keith Hefty

JEWELL

Lyle Shipley

JOHNSON

Charles Voigts

KEARNY

Rhonda Palmer
Mike Klassen

KINGMAN

Dennis Thieme
Scott Mueller
Deanna McGuire

KIOWA

Brent Ralstin
Terra Morehead
Bryan Morehead

LABETTE

Mark Johnson
Gregg Steele
Ken Foster

LEAVENWORTH

Larry Theis

LINCOLN

David Morrical
Brett Murray
Denton Jorgensen

LINN

Wayne Gabbert
Max Krull
Jay Dee Krull

LOGAN

Jim Mather

MARION

Kevin Pankratz
Roy Kliever

MARSHALL

Kurt Obermeyer
Lee Bigham
Gayle Peterson
Lynn Mayer

McPHERSON

David Ferguson

These Kansas International Harvester Dealers are proud of these winners in the 4-H Agricultural Program

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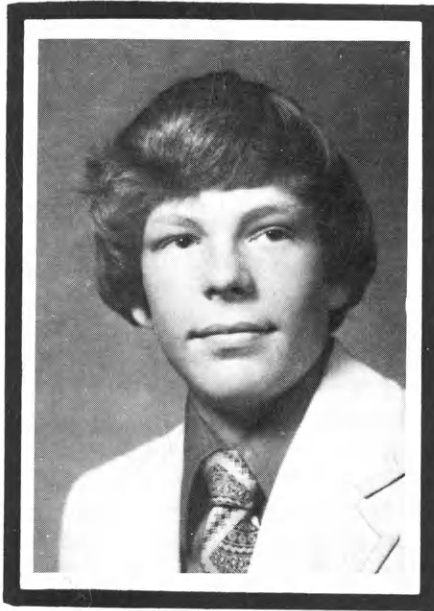
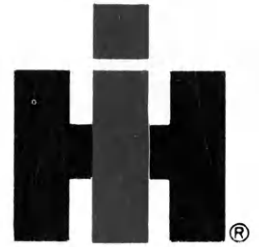
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DEALERS OF KANSAS SALUTE RURAL PROGRAM



1977 STATE AND NATIONAL WINNER

In 1977 Kansas had a national winner in the 4-H agricultural program, Dave Kacirek, the son of Mr. and Mrs. Laddie Kacirek of McDonald in Rawlins County.

In 1977 Dave planted 150 acres of wheat out of 320 acres he rented. He planted 60 trees as part of a windbreak. For five years Dave has been an assistant leader in crops and forestry.

He has been president of Beardsley Beavers 4-H Club, vice-president of the Rawlins County 4-H Council, and the 4-H representative on the PRIDE committee at McDonald. In 1976 he was a Key Award winner.

Dave is a student in agriculture at Fort Hays State University.

MEADE
Tim Cole
Tommy Huelskamp
Stu Morrison
Ronda Wilcox

MITCHELL
Janette Wilson
Tammy Wilson
Pam Underhill
Janet Seidel

MONTGOMERY
Charley Buchanan
Casey Diver
Stanley Gartner
Michael Mitchell

MORRIS
Richard Muller
Lyn Scott
Todd Erichsen

MORTON
Kent Swinney
Bryan Fisher
John Tucker
Reid Bressler

NEMAHA
Judd Meyer

OSAGE
Virgil Miles
Eddie Thompson
Jeff Bond
Raylen Phelon

OSBORNE
Donita Carswell
Kevin Schoen

OTTAWA
Kent Crosson
Mike Hamm
Debra Berry
Brenda Hamm

PAWNEE
Marsha Steffen
Paul Fischer

PHILLIPS
Doug Van Allen
Stuart Jarvis
Kerry Jarvis
Lloyd Schneider

POTTAWATOMIE
Rick Wiedmann
Lance Rezac
Janice Hamerlund
Brett Boswell

PRATT
Connie Clark

RAWLINS
Dave Kacirek
Doug Klein
David Studer
Matt Goltl

RENO
Joe Horton
Craig Brawner

REPUBLIC
Mike Hadacek
Lester Shoemaker
David Heyka
Richard Hobson

RICE
Donna Keesling
Tom Engelland

ROOKS
Dale Carpenter
Dean Hrabe
Jeff Ochampaugh
Wayne Sander

RUSH
Kent Tammen
Joel Reichel
Charles Keener

RUSSELL
Keith Nuss

SCOTT
Steve Landgraf
Dennis Landgraf
Randy Scheuerman
Steve Patton

SEWARD
Jeff Keating
LaDena Zielke
Barr Moon
Mark Zielke

SHAWNEE
LuAnn Miller
Brad Renyer

SHERIDAN
Randy Mader
Lori Cressler
Tim Meitl
Herb Cressler

SHERMAN
Jim Mosbarger
Darla Schilling
Marcia Schilling
Greg Henry

STAFFORD
Alan Meyer
Randall Hildebrand
Dale Miller

STEVENS
Billy Leonard

SUMNER
Les Glenn

THOMAS
David Goetsch
Cory Kersenbrock
Bill Poland
Bob Poland

TREGO
Albert Nichol
Pete Parke

WALLACE
Virgil Scott

WASHINGTON
Rod Stewart
Brant Laue

WILSON
John Evans

WOODSON
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Mark Morrison

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MOLINE
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Olathe Truck & Tractor, Inc.

OSAGE CITY
DeBaun-International, Inc.

OTTAWA
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PARSONS
International Sales and Service

PRATT
International Harvester Sales & Service

ROSSVILLE
Rossville Truck & Tractor Co.

SCOTT CITY
Wheatbelt Implement Inc.

SMITH CENTER
Center Equipment Co., Inc.

STRONG CITY
Beaver, Inc.

ULYSSES
Ulysses Equipment Co., Inc.

VALLEY FALLS
Valley Implement, Inc.

WAMEGO
Wamego Truck & Tractor Co.

WHITEWATER
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FREEDOM TO BE... In Century III

55th Kansas State 4-H and Youth Conference

Kansas State University June 6-9, 1978



Elder to post at 4-H center



A new assistant director for programming at Rock Springs Ranch, with responsibilities which include direction of citizenship activities at Heritage Hall, will begin work at the state 4-H leadership center at mid-May. He is Kelley Elder, Manhattan, who will graduate from Kansas State University in May with a degree in history.

In 1975 Mr. Elder traveled as an actor for four months, presenting a Mark Twain show in North and South Dakota. Later he was the manager of the Purple Masque Theatre at Kansas State University. He has also been employed in Manhattan as manager of a student housing facility and for Bird Music Company, and at Hutchinson for the Wheatbelt Girl Scouts Council.

At Pratt Community College, where Kelley received an associate of arts degree in speech and theatre, he was chosen for Who's Who Among American Junior College Students and as a member of Phi Theta Kappa, national junior college honorary. He is also a member of the national honorary, Phi Alpha Tau. He teaches a Sunday School class of seventh and eighth graders.

Kelley, the son of Mr. and Mrs. Royal Elder, Pratt, is a graduate of Manhattan High School. His wife is the former Penny Crabill, Pratt.

The previous program director, Jamie Schwartz, now in business in Junction City, is the representative in the Kansas Legislature from the 64th District.

What's Kansas State 4-H and Youth Conference?

It's a new name for what used to be called Round-up, but more than the name is new; new ideas and a new philosophy, with emphasis on project enrichment, have gone into the planning of the event. A group of 20 4-H members helped plan the conference, and some of them will be leading groups and teaching classes.

How does the "new philosophy" work?

You'll have the chance to dig into a project or skill, concentrating on it and studying it for two days. Or if you don't want to work that intensively in one area, you can study a variety of topics for one or several hours.

What's offered?

Photography, entomology, choral and instrumental music, leathercraft, job hunting, needle stitchery, puppetry, candle making, genealogy, acrylic oil painting, macrame, backpacking and hiking, basic mountaineering, wheat weaving, and refinishing furniture are some of the classes. Some titles of other sessions are: "What's Your Handle? The Wonder of CB," "Coping with Parents," "The Amazing Stupid Computer."

Who can go?

Any Kansas young person is eligible who was 14 or older on January 1, 1978.

How does one apply?

Contact your county extension office for application forms.

When and where is the conference?

It begins June 6 and closes June 9; it's on the campus of Kansas State University at Manhattan.

Is there still time for me to apply?

Yes, but the sooner the better. Because some classes can take only a limited number, when you fill in your schedule, better give first and second choices. May 8 is suggested registration date.

Will the classes take all the time?

No, there'll be time for swimming, bowling, and tennis, with special programs in the evenings and two assemblies with outstanding speakers.

What will the conference cost?

\$29.50 will cover all the meals and lodging and registration fee.

Here's to your health!

(Continued from page 7)

womb. He found out that Jesus simply meant that by believing in Him, with faith, and desiring a new heart, Jesus would be his personal Savior and friend, thus giving new life.

I believe no man's soul can truly be at peace until the God-shaped vacuum in his heart is filled through a personal relationship with Jesus Christ. Then the body and mind will more readily respond to a new life by desiring the exercise and vitality that we all want and need.

How does this affect you as a 4-H member? That depends on how you want it to. 4-H promotes becoming a better you.

Do you need a health check in any area?

References

1. Charles Corbin et al., *Concepts in Physical Education*, WMC Brown Co., 1975.
2. "Leisure Education, Guide to Extension Staff," National 4-H Leisure Committee with the National 4-H Council, 1978, pp.3.
3. "Leisure Education, Guide to Extension Staff," National 4-H Leisure Committee with the National 4-H Council, 1978, pp.4.

Family Fun Page

Prize Winner

Q. What do you call a bird that got caught in a lawn mower?

A. Shredded tweet.

Q. What do you get when you cross a skunk with a porcupine?

A. A smelly pincushion.

Q. Why did King Kong climb the Washington Monument?

A. To get his kite.

Candy & Cary Leonard, Ulysses

Q. If a puppy loses his tail, where can he go for another?

A. To a retail store, of course.

Sharon Hawks, Hiawatha

Q. What kind of coat has no buttons and is always put on wet?

A. A coat of paint.

Q. How do you make seven even?

A. Take off the S.

Q. How do you keep cool at a baseball field?

A. Sit next to a baseball fan.

Lisa Marthaler, Sabetha

Q. A king was thirsty so he called his servant to bring him some water. When the servant returned he had three glasses of water. The first was full and so was the second, but the third was empty. What was the king's name?

A. Fill up the third. (Phillip the III)

Did you hear about the crossword puzzle addict who died and was buried six feet down and three feet across?

There was once a kingdom and a monster that surrounded it. The monster's name was Yellow Fingers. The king called his bravest knights to get food for the kingdom. The first knight mounted his charger, but he didn't make it and was killed. The second knight did the same and was killed. The third almost made it but he was killed also.

The king was getting desperate and sent his page out and he did it!

The moral of the story is "Let your pages do the walking through the Yellow Fingers."

Christy Myers, Hutchinson

What does a worm do in a cornfield? It goes in one ear and out the other.

Nancy Miles, Basehor

Bernard: Do you know what happened to me yesterday?

Sharon: No, Bernard, what happened?

Bernard: Yesterday I locked my dog in the back of my car and he drank a whole can of gas. When I let him out, he ran around in circles and then he lay down.

Sharon: Oh my! Did he die?

Bernard: Oh, no. He just ran out of gas.

Man (at the movies): Did I step on your toes when I left a few minutes ago?

Lady: You certainly did!

Man: Good, then I'm in the right row.

Drowning Man: Throw me a lifesaver!

Spectator: What flavor?

He who laughs last didn't get the joke.

Chip: How did you get that red spot on your nose?

Munk: I was smelling a brose.

Chip: There's no b in rose.

Munk: There was in this one!

George: How did you get along in that fight with your sister?

Bob: Aw, she came crawling to me on her hands and knees.

George: Yeah, what did she say?

Bob: Come out from under the bed, you coward.

Brenda Hocke, Bartlett

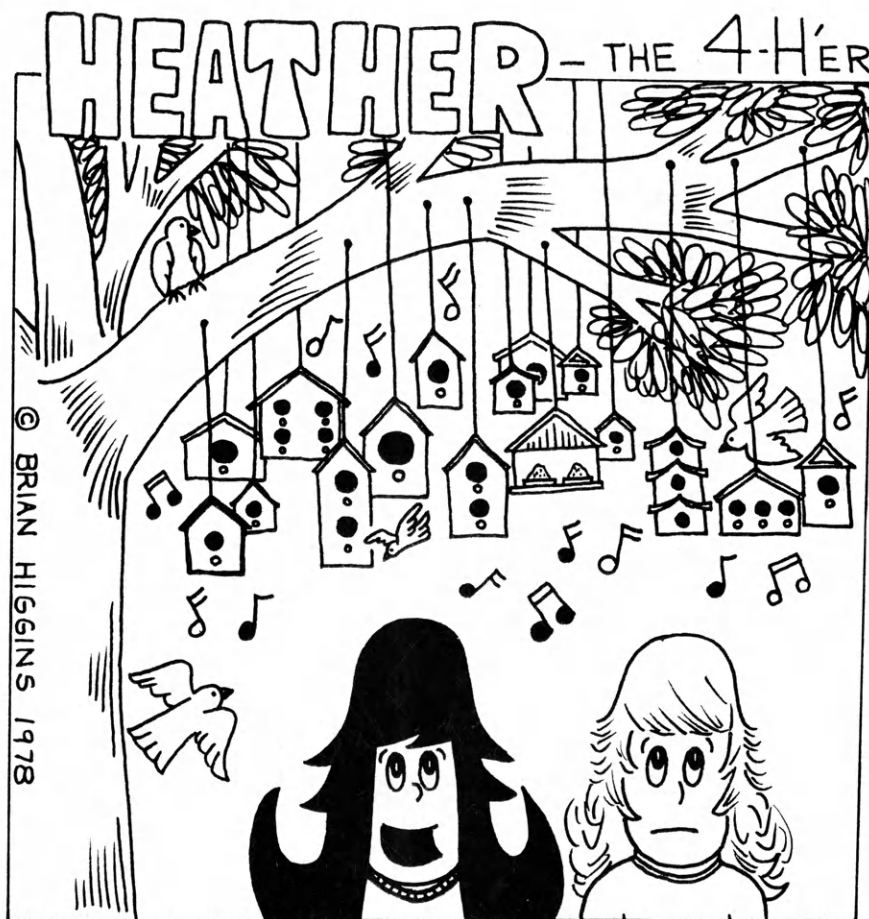
Why did the old lady put roller skates on the bottom of her rocking chair?

She wanted to rock and roll.

What did the painter say to the wall?

One more crack like that and I'll plaster ya!

Wynelle Ediger, Meade



"I'M REALLY GETTING EXCITED ABOUT MY 'BIRDS AROUND YOU' PROJECT!"

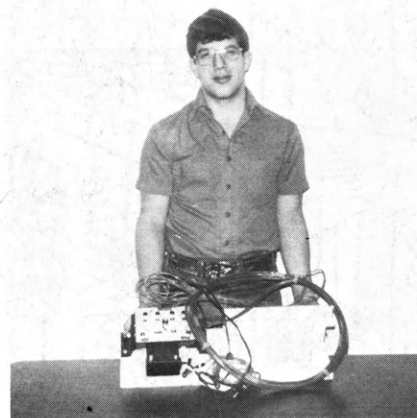
Brian Higgins, Osawatomie

Reno Countian makes seed, fertilizer monitor

Some of David's projects:



A hanging lamp



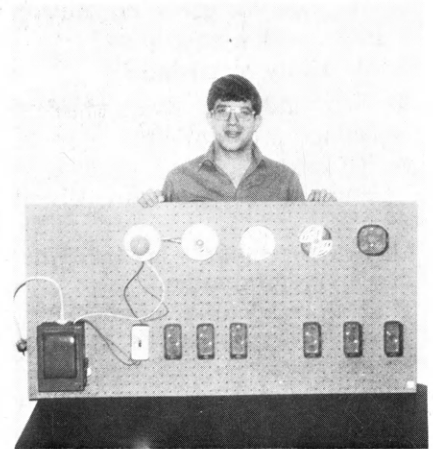
A seed and fertilizer monitor

In 1977 David Roth, Reno County champion in the electric project for two years, made a seed and fertilizer monitor which will be installed on the planter and tractor and will show if the planter isn't working. He says that he made it for about 1/6 of what it would have cost readymade. He also made a sewing lamp.

In previous years David made a study lamp, trouble light, and an extension cord with one switchable and one non-switchable outlet.

Sixteen year old David is active in rocketry and leathercraft as well as the electric project. He is a seven year member of Huntsville 4-H Club and is a junior in high school.

This year David wants to make a TV ping-pong game, to help his father install some wiring in the basement, and to wire a lamp with a shade which he'll make of leather.



David made a wiring board for demonstrations and for showing younger members how to wire different things. He has served as junior leader in the electric project for three years, is club leader in the rocketry project, and is the assistant leader in leathercraft.

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

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

ELECTRIC LIGHT and POWER COMPANIES in KANSAS

The Kansas Power and Light Company Central Kansas Power Company
Kansas Gas and Electric Company
Western Power Division of Central Telephone & Utilities Corporation

