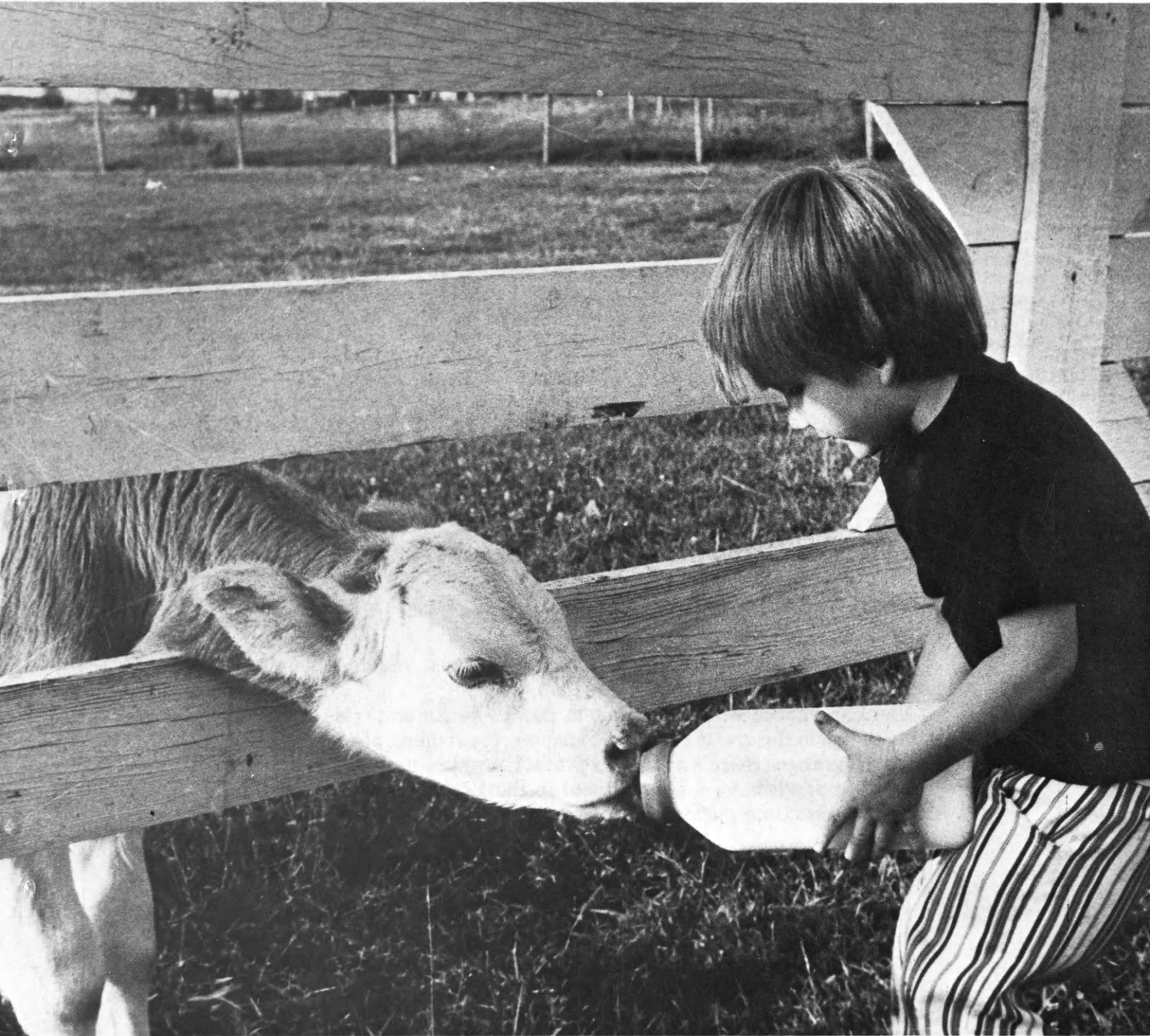


Kansas 4-H Journal

The Family Magazine

June 1979



Kansas 4-H Foundation Honor Roll Section—Page 9

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

Seventh in a Series

The 4-H Program

Awards

The award is not an end in the 4-H program. The objective of awards is to encourage and further a youth's educational development and to help him look farther up the road of achievements. Means of recognition and awards offered in the county as incentives to members are:

4-H ACHIEVEMENT PINS — Bronze, Silver, Guard and Gold — All 4-H'ers are encouraged to work toward receiving the achievement pins. Checklists are given to all

members at the beginning of the 4-H year with new project materials. **BRONZE PINS** are awarded to members who complete one year of 4-H membership and meet specified requirements.

SILVER PINS, GUARDS, AND GOLD PINS are awarded based upon fulfilling standards stated in the checklist. The Gold Pin is the highest award that can be presented a 4-H'er by the county. Checklists are to be turned in to community leaders in August or September.

KEY AWARDS are presented by the state to 1 percent of the 4-H'ers in Kansas. Selection is upon all-round 4-H leadership and participation in local, county, and state 4-H activities. Minimum age to receive a Key Award is 16. Applications are available from the extension office.

COUNTY CHAMPION MEDALS are presented for accomplishment in each individual project. Selection is based on record books (project participation 50 percent, 4-H

leadership 25 percent, citizenship and community service 25 percent). Members will usually have several years in a project before being selected as county champion. Record books are turned in to club leaders usually in August, who in turn submit the books for screening by leader committees. Selection of county champions is done by leaders in the county or by leaders from another county. The top county winners are eligible to have their records considered for area records judging.

KANSAS 4-H SCHOLARSHIPS — Some scholarships are available to outstanding Kansas 4-H'ers who are in college or who will enroll in college in the fall. Applications are available at the extension office and are due in September. There are also National 4-H Scholarships available.

TRIPS—are awarded to Kansas 4-H Congress, National 4-H Congress, and National 4-H Conference. Special trips are offered for work in projects such as dairy, poultry, wheat quality, and meat utilization.

A Mini-vacation at Rock Springs Ranch

Do you have a free day on June 19 or July 4 or 5?

Then you can have a mini-vacation!

For just \$5 per day for any or all of those days, you can spend seven hours in the sun at Rock Springs Ranch.

You can choose what you want to do: go swimming, ride horseback, make things in the crafts room, go canoeing, try fishing, play games, shoot on the trap range (there's a charge for that), practice archery.

At noon you'll have a hearty meal in the Rock Springs Ranch Dining Hall, and sometime during the day you can choose a 50 cent treat at the snack bar.

If a total of 10 of your buddies and you come the same day, the cost will be \$4.50 each instead of \$5.

Pre-registration is \$1 per person sent to Kansas 4-H Foundation five days before the date you wish to attend.

You can register between 8:30 to 9:30 a.m. or later and can enjoy your day in the Flint Hills until 4 in the afternoon. Or if you want to stay for a longer time, on the 4th or 5th of July the Ranch offers four meals and overnight for \$14.

Sound fun? Try it!

Get the pre-registration in soon to Kansas 4-H Foundation, Room 116, Umberger Hall, KSU, Manhattan, Kansas 66506. People will be accommodated on a first come-first served basis. If you want more information, call the Foundation office at 913-532-5881.

Journal

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Glenna Wilson Editor
 Debbie Doebele Secretary

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Use of the 4-H name and symbol approved by the secretary of Agriculture of the United States, January 23, 1951, under the provisions of the laws as reenacted by Sec. 707 of the Act of June 25, 1948 Public Law No. 772 80th Congress (10 USC 797).

"4-H played an important role in my life"

By John Carlin
 Governor of Kansas

In past years I was honored to have helped, in a small way, build the Kansas Legislature and our state. I returned to the Legislature in January in a new capacity and with new prospects for cooperation that I knew from experience we could achieve.

With the adjournment of the session in the spring, I had time to reflect not only on my new role in state government, but also on my past and my involvement with 4-H.

It is with much pride that I say that many of our state's finest legislators and many others whom I was involved with during the 1979 Legislative session have had past involvement with 4-H.

Therefore, I have chosen to write a few comments about 4-H and the positive impact it has had upon my life.

I was a 4-H member from 1948 until 1959 at Smoky View in Saline County. During this period I was actively helping my father, Jack, raise our dairy herd and also participating in various 4-H projects.

During these years, 4-H played an important role in my life. My experience as a judge for 4-H assisted in the development of my speaking skills and this has aided me in both my political career and in life generally.

Also, the opportunity to meet with other young people from cities and rural areas who had similar interests was worthwhile in both a social and an educational sense.

Most importantly, 4-H gave me a chance to participate in programs and projects that helped me to learn to organize my time and efforts. I learned many important lessons about dairy farming which I still use today. In simple terms, as I have grown older, I have had many happy memories about past experiences associated with 4-H.

One experience which I will never forget is a meeting I attended as a 4-H representative in 1959 with President Dwight Eisenhower. I was a member of a group selected to present the President with a tree to plant on his Gettysburg farm. The President met with us for about 15 minutes and to say the least I was quite impressed. The President spent much of the time talking about his Gettysburg farm and farmers in general.

In summary, I would again acknowledge the important role that 4-H has played in my life and the opportunities it gave me to more fully develop myself as an individual and as a member of a group.

I encourage young people to take advantage of the opportunities available through youth organizations and especially through 4-H. The best way to prepare for the future is by obtaining as much knowledge and by getting as much experience as you possibly can. Knowledge and experience are the key words and they were the centerpieces around which my 4-H career revolved.

One final thought. Former Congressman Jerry Litton from Missouri once wrote about the "Ten commandments for success." One which I fully subscribe to, and one which is very much in step with the 4-H program is: "Take advantage of all opportunities that home, community, and country can offer you."

I wish all 4-H members as good and full an experience as I had. Do take advantage of the benefits that 4-H offers.

About the cover

Susan Mackey, Olathe, took the picture of a neighbor, Scott Knappenberger, feeding a calf which was unclaimed by its mother. Susan's picture was exhibited at

the 1978 Kansas State Fair.

This is Susan's second Journal cover photo; her picture of her brother in a tree appeared on the October 1977 Journal.



4-H Around the State



By the State and Area 4-H Staff

South Central Area — The Youth Advisory Committee is planning an overnight fellowship and careers program for June 1 and 2 in Wichita. This active youth committee is assisted by Eldon Weaver and Sandy Shields, and plans a number of entertaining and educational events.

Sedgwick County — The Sedgwick County 4-H Horse Club goes by the appropriate name of "Boots and Blisters."

Russell County — 4-H agent Jacque Sulzbach credits leader attendance at the Marlene Wilson workshop as instrumental in planning and organizing a countywide membership drive, with two county coordinators working with each 4-H club's membership chairman. Overall objective is to make the great benefits of 4-H available to more Russell County boys and girls.

Rice County — The Third Annual Energy Fair at the Sterling Grade and Junior High features results of experiments using irradiated bean and corn seeds, displayed graphically and in research form. Seeds for the experiments were furnished to the Sterling science instructor, Gary Lindahl, by Don DeWerff, 4-H agent.

Manhattan — Eastman Kodak announces the availability of a new pin to honor adult volunteer leaders in the 4-H photography project. Copies of the announcement and an order form are being sent directly to each county. We understand that it is a "once in a lifetime award" for the leaders, and also assume that if there is a good "take" this year, Eastman Kodak is likely to continue the offer.

Riley County — One of the moneymaking projects for the Riley County 4-H Clovers (older youth group) resulted in a 20.45 ton load of paper piled into the loading truck in a record one and a half hours. The net result was a lot of fun and a check for \$511.25 as compensation for the strained muscles.

Leavenworth County — A giant sunflower growing contest is under way in Leavenworth County, with a well-planned joint sponsorship bet-

ween the Extension 4-H Council and the Leavenworth Lions Club. Contacts are being made with all school students, grades one through six, with a novel announcement and self-addressed mail entry card. Ask Ralph Rector for details and watch the tall sunflowers shoot up along the river.

Manhattan — A reminder from Steve Fisher: All market barrows and market lambs to be shown at Sunflower Expo, Kansas State Fair, and the Kansas Junior National Livestock Show must be weighed and ear tagged with the official 4-H ear tag by June 20.

Manhattan — When Ellen Garten, Abilene serves as president of the

Kansas State University Collegiate 4-H Club next year, she'll be carrying on a family tradition by following brothers Carl and Casey as prexy for the K-State group of former 4-H members.

Other new officers will be Steve Young, Calhan, Colorado; David Lehman, Abilene; Jean Loop, Benkelman, Nebraska; Deb Chambers, Wellsville; Susan Tousignant, Herington; Keith Van-Skike, Great Bend; Max Eulert, Paradise; Mary Kay Voet, Oketo; Greg McClure, Phillipsburg; Mary Garten, Abilene; Mark Pottorf, Douglass; Karen Cooper, St. John; Beck Wagner, Richmond; Martha Paschal, Luray; and Dave Zeller, Holton.

Fourth Annual All 4-H'ers Issue

From cover photo to Family Fun Page, the September issue will be made up of material from 4-H members. This will be the Fourth Annual All 4-H'ers Issue.

Here are the categories:

1. Cover photo: your best print: 8"x10" black and white glossy
2. Editorial: comment on any subject of interest to you; about 500 words in length
3. Idea exchange: a short article about a successful group event
4. "How to do it": a step by step description of how to do a craft or activity
5. "My Project": about any project
6. "Can anyone out there help?": ask a question or present a problem which 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. Other pictures: black and white glossy prints
10. We'll add this one this year and see if any entries come: Logo representing the Annual All 4-H'ers Issue: a design which can be used in this special issue each year

Here are the rules:

1. Any 4-H member may submit entries in any or all categories. On the material, put the name and number of the category.
2. Entries postmarked after July 25 will not be considered for this special issue.
3. If you want your material returned, send a stamped self-addressed envelope.
4. Entries will be judged by former or older 4-H members. The entry judged as best in each category will receive a \$2 bill as a prize and will be printed in the Journal. Other entries will appear as space permits.
5. Mail all entries to Special Issue, Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, KS 66506.

What's your dream or ambition? To be a good dancer? Play football? Win the track meet? Star at basketball? Swim like a fish? Or _____? (fill in your own desire). These dreams can't come true unless you're "looking good;" that is, if you are physically fit and radiating health.

"Looking good" doesn't just happen but is the result of doing a number of things "right," including eating right. Summer is a good time to take stock of yourself. Begin now to build physical fitness for summer fun and all the athletics you'll want to take part in next fall.

Faddism often prevails

In the interest of winning, many athletes of all kinds, including youth, are apt to believe things about food and nutrition that are simply not true. With the intense desire to do the very best they can, they often seek special foods or nutrients to improve their performance. Unfortunately, there is little evidence to show that a athlete's diet should be much different from any other good diet. Athletes do not need a steak breakfast on the day of the game, drastic weight loss for wrestling,

Food for "Looking Good"

By Dr. Mary Clarke
Extension Specialist,
Nutrition Education

vitamin E to improve performance, or many other such common practices. But attention to an overall good diet can pay off in real dividends.

Balance calories

One of the truisms for good nutrition is to eat a diet balanced in several respects.

Either being too fat or too thin can affect both your looks and your performance. Some youth go in for quick weight loss schemes in order to "make weight" or look better in a swimsuit. Such extreme dieting is often done without proper medical supervision and guidance. These efforts usually mean that, at the very least, the athlete's body is handicapped in performing at its best. Under some conditions, extreme dieting has caused or contributed to death. Quick weight loss through dehydration or "drying out" is particularly unwise and

dangerous. Heat stroke is a serious condition and much more likely if the body is dehydrated. Other effects of dehydration and severe food restriction are loss in muscle strength, getting tired quickly, and less efficient pumping of blood by the heart.

To protect health and physical performance, combine any moderate weight loss program with physical conditioning so that lost weight is fat, not lean or muscle tissue.

Balance nutrients

A common misunderstanding concerns how nutrients maintain or promote health. Obviously, all the 50 or so nutrients needed by the body must be supplied in food or sometimes through dietary supplements. But nutrients **work together** rather than each separately doing its own thing. For example, vitamin C and animal protein aid the absorption of iron. Enough iron must be available to prevent iron-deficiency anemia. Such anemia will result in fatigue and a quick loss of physical strength during exercise. Giving the body umpteen times the amount of iron needed will not prevent such anemia if the body poorly absorbs it.

Likewise drinking a gallon of milk a day with all its calcium won't prevent "soft" bones with not enough calcium if there isn't enough vitamin D to help the body absorb calcium from the milk. But a quart of milk and enough vitamin D to aid absorption will provide calcium to make strong bones.

Nutritionists are appreciating more and more the complex nature of how nutrients work together both inside the cells and in absorption of nutrients from the intestine.

Too much or too little of one nutrient can interfere with the need for and use of another nutrient. Much remains to be learned about balancing nutrients, especially the best amounts for each individual. Fortunately, our bodies are usually protected from our excesses or lacks by many complicated processes. However, taking excessive amounts of nutrients such as Vitamin A can be just as harmful as not having enough.

The best policy is to eat a wide variety of wholesome, nutritious foods following a food guide such as

(Continued on page 6)



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and 4-H!**

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COMMUNITIES THROUGHOUT THE STATE.

Food for "Looking Good"

(Continued from page 5)

the Basic Four carefully. Some youth are low in minerals such as calcium and iron. Sometimes B vitamins, Vitamin C, and Vitamin A are low. Protein, fat and carbohydrate are usually eaten in plentiful amounts. Eating correct amounts of dairy products, fruits and vegetables, meat and meat alternates, and whole grain and enriched breads and cereals is the

tasty way to protect health and get all the nutrients you need.

Many teens eat too many of their foods relatively high in sugar and fat and low in such nutrients as vitamins and minerals. You cannot expect top physical ability without having all nutrients present and reasonably balanced. Thus "super potency" vitamins or "stress" minerals are not advised unless specifically recommended by a physician well-trained in nutrition. Money spent on such supplements is wasted, as excess supplements can actually be harmful.

matter of "catch as catch can" and ranks low in everyone's priorities. Early morning or over-the-supper-hour practices can disrupt food intake. Athletic contests often require restricted amounts and types of food. Long bus trips and late hours further interfere with good food, sleep, and other health habits.

Studies indicate that the human body functions best when nutritious food is eaten in several meals rather than skipping meals or substituting "empty" calorie foods such as pop and candy for a meal. Proper eating can also help prevent being so tired you can't eat after a strenuous practice session or contest.

Thus, if you engage in individual or team sports such as football, swimming, wrestling, or tennis, you may need to follow some special diet instructions part of the time.

If you wish to learn more about how to eat well and feel your best, you can contact your county extension 4-H agent or home economist and ask for more information. Or jot down your questions, name, and address on a piece of paper and send them to Dr. Mary Clarke, Extension Specialist, Nutrition Education, Room 201, Umberger Hall, Kansas State University, Manhattan, KS 66506. We'd like to learn what you want to know about eating well and looking good.

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Balance meal patterns


Athletes' training schedules and competitive events often interfere with regular meals and good food habits. Your health and well-being could be much improved or protected if everyone, including you, your parents, and those in charge of school athletic scheduling would reexamine current competitive schedules and training programs.

Too often, eating ends up being a



Congratulations, graduates!

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




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<p>Arkansas City First Federal Savings and Loan Assn.</p> <p>Clay Center Northwestern Federal Savings and Loan Assn.</p> <p>El Dorado Mid-Continent Federal Savings and Loan Assn.</p> <p>Eureka Eureka Federal Savings & Loan Assn.</p> <p>Fort Scott Liberty Savings and Loan Assn.</p> <p>Garnett The Garnett Savings and Loan Assn.</p> <p>Hutchinson Valley Federal Savings & Loan Assn.</p>	<p>Leavenworth Citizens' Mutual Savings and Loan Assn. Leavenworth Mutual Savings and Loan Assn.</p> <p>Liberal Frontier Federal Savings and Loan Assn.</p> <p>Lyons Lyons Savings and Loan Assn.</p> <p>Manhattan Manhattan Federal Savings and Loan Assn.</p> <p>McPherson Pioneer Savings and Loan Assn.</p> <p>Medicine Lodge The Barber County Savings and Loan Assn.</p> <p>Ottawa Franklin Savings Assn.</p> <p>Parsons Mid-America Federal Savings and Loan Assn.</p> <p>Plainville and Stockton Rooks County Savings Assn.</p>
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SWEET ACIDOPHILUS**
1 1/2% LOW FAT MILK



Page

**Coffeyville
Kansas**

Dairy project has joys and disappointments

. . . and learning and fun, according to the 1978 state 4-H dairy winner. He's the son of Mr. and Mrs. Walter Rottinghaus, Seneca, and a junior at Nemaha Valley High School.

By Don Rottinghaus
Nemaha County

4-H has been a very important part of my life since I became a member at the age of 8. I am now a junior in high school and have had many interesting and educational experiences as a result of 4-H.

One of the things 4-H has enabled me to do is to meet many people and make many friends. I was fortunate to be a state dairy winner and have the chance to go to National 4-H Congress. I met many 4-H'ers involved in the dairy project and in other projects. It was an exciting experience and really made the years of 4-H look worthwhile and showed me how lucky I was to have had the opportunity to be involved in 4-H.

Upon joining 4-H I received my introduction to the dairy industry. I was given a Holstein heifer calf named Carmen and the freedom to raise and develop her. I have built my 4-H dairy project around her.

One of the largest disappointments in my project was when her first calf was a dead bull. I had a little better luck the second time when she had twin heifers and one of them lived. Carmen now has four live daughters, two granddaughters, and one great granddaughter. I have also got three live bulls from her daughters and have received much satisfaction with working with my animals.

Carmen has also made it possible for me to experience the joy of winning in the show ring. With her I have received four grand champion trophies at our local county fair and I have received two first place and two second place plaques for her and two of her daughters at the Kansas All Breeds Junior Dairy Show.

For someone who has only watched and never shown an animal in a dairy show it might look like

there isn't much to it. But to get an animal to look right, lead properly, and stand right at a show it takes many hours of brushing, leading, and working with her.

When I was a freshman I went to AI school and since then have been artificially inseminating some of my cows and also some in my family's herd.

Working with my dairy project I have learned better feeding techniques. To get a calf to grow properly it is necessary for it to have a good feed ration. A milk cow needs the proper amount of grain to make the most profit.

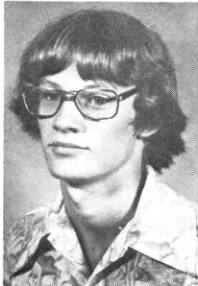
One of the things I have learned through 4-H that should be the most help to me in the future is good record keeping. With all the diseases dairy cattle can get it is very necessary to have a good vaccination program and a good

record system to go along with it. Since all my cows are registered it is necessary to get them identified and get registration papers made out.

I have worked at many different jobs on our dairy farm but the ones I enjoy most are those working directly with the cows.

I have found it very worthwhile to take part in any event related to the dairy industry. I have learned it is necessary to attend dairy judging schools, Holstein field days, and other Holstein events to further my knowledge of the dairy cow and of the dairy industry as a whole.

Through the 4-H dairy project I have learned to care for cattle and develop them. This is very important to me as some day I hope to use the skills I have learned in a dairy herd of my own.



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Try making fresh cheese, condensed milk at home

The 1978 4-H dairy foods winner, Ramona Lintner of Wellsville, shares two recipes for dairy foods to make at home. She points out that they provide both money and calorie savings.

Fresh Cheese

4 quarts 2% milk
1 quart cultured buttermilk
Approximately 1 teaspoon salt

In a heavy 6 to 8 quart kettle, combine milk and buttermilk. Attach a candy or deep-fat thermometer to side of kettle and place over medium heat; stir occasionally to prevent scorching.

When the temperature reaches 170°, reduce heat to low, keeping it between 170° and 175° (if temperature goes over 175° remove from heat until it returns to 170° to 175°). Meanwhile, line a colander with 3 to 4 thicknesses of cheesecloth (18 to 20 inches square, and previously wrung out in cold water). One thickness of muslin

works also. Set colander inside a bowl beside the kettle of milk. When thick white curds separate from the whey, use a slotted spoon to scoop the curds into the colander.

When most of the curds have

been removed, set colander in sink and pour in remaining curds and whey. Discard the whey remaining in the bowl. Allow the curds to drain for 2 to 3 hours. Scrape cheese into a bowl and mix in salt

(Continued on page 21)

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And make a poster for the Kansas 4-H Dairy Poster Contest, which is open to second through seventh graders.

For details, ask your extension office about the contest. The prizes are worth working for.

You'll have till the middle of July to get your poster to your extension office.

But now, during Dairy Month, is the time to start.

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Association



1978 Kansas 4-H Foundation Honor Roll

Remarks from the Treasurer of the Board of Trustees of the Kansas 4-H Foundation:

Our Honor Roll of Friends:

We would like to say "Thank you" to each of the 1,477 individuals, business firms, and organizations who in 1978 helped to promote the 4-H club program in Kansas with a contribution to the Kansas 4-H Foundation. As you know, the Foundation is the entity charged with being behind the 4-H scene in Kansas, supporting extension personnel with funds for various projects. The list includes Rock Springs Ranch, the beautiful youth training center near Junction City; Lake Perry for wilderness camping and outdoor education; Southwest 4-H Center at Dodge City; international programs; two Clovia 4-H houses; leadership training; Kansas 4-H Journal; and trips, scholarships, and awards.

Last November my husband and I accompanied Merle Eyestone to Chicago for a brief stay with the 4-H'ers at the National 4-H Congress. We found it quite inspirational to observe these young people from all across the nation as they were recognized for



achievements during their years in 4-H club work. We were impressed by their poise, their ability to speak in front of an audience, their friendliness as we met them in the halls or sat with them during the meals, their enthusiasm as they responded to speakers or told about their own projects.

This spring I attended a 4-H model meeting where my oldest grandson was initiated into a 4-H club. Head,

heart, hands, and health, the original 4-H's, are still the backbone of the 4-H program, which is the most helpful youth organization that I know of.

I would urge you each to take advantage of any opportunity you have to observe 4-H in action. Whenever you do, you will be inspired, as I am, to do anything you can to promote 4-H.

I feel this is going to be an outstanding year for Kansas 4-H club members. I think we'll see more young people developing new skills at county 4-H camps, learning by doing in their project work, and developing leadership in club, county, and state-wide activities.

Aren't you glad 4-H has had an impact on your life? And aren't you happy you were able to make a contribution so others can be helped, too? We on the Board of the Kansas 4-H foundation are grateful to each one of you. Thank you very much.

**Mrs. Charles
Streeter**

Presenting—

The Kansas 4-H Foundation Medallion

A new medal cast in metal and embedded in lucite will be presented this year to persons who have given major and significant support to 4-H work in Kansas. Depicting symbols of 4-H, the Kansas 4-H Foundation Medallion will go to those who have provided gifts of more than \$250,000 during their lifetimes.

Three medallions will be presented in 1979, the first at Friends of 4-H Day June 10 at Rock Springs Ranch, the other two later in the year. Honored will be the A.D. Jellison Family, Junction City; Mrs. Gladys Wiedemann, Wichita; and Mr. and Mrs. Dwane Wallace, Wichita.

One of the first members of the Kansas 4-H Foundation Board of Trustees, A.D. Jellison, and his wife provided the first permanent buildings at Rock Springs Ranch. Dedicated in 1957, the Jellison Unit of chapel, health center, and auditorium set the style of architec-

ture for the state 4-H leadership center, Kansas 4-H Foundation executive director Merle Eyestone said. The Jellisons also made contributions for scholarships and for leader training. Presenting a challenge that their gift be matched, they offered a large share of the cost of Rock Spring Ranch's citizenship center, which was completed in 1972. As Mr. and Mrs. Jellison are deceased, the medallion will be presented to their daughters, Mrs. Robert Weary and Mrs. Dean Cassity, both of Junction City.

Later this year Mrs. Gladys Wiedemann, Wichita, will receive the medallion. Her husband, K.T. Wiedemann, expressed his wish in his will to help young people by supporting such organizations as 4-H and scouts. As president of K.T. Wiedemann Foundation, Inc., Mrs. Wiedemann provided funds to enable the purchase of Wa Shun Ga, adjacent to Rock Springs Ranch, and a few years later she made

possible the construction of a dining hall in the Wa Shun Ga area.

The third medallion recipients will be Mr. and Mrs. Dwane Wallace, Wichita. A current member of the Kansas 4-H Foundation Board of Trustees, Mrs. Wallace, and her husband provided funds for the Johnson Administration Center at Rock Springs Ranch. The Wallaces gave the building as a tribute to Mr. and Mrs. J. Harold Johnson, and asked that it be named for them. Mr. Johnson was the 4-H agent in Sedgwick County when Mrs. Wallace (Velma Lunt) was a 4-H member.

"We appreciate each donor to the Foundation," Merle Eyestone said, "however, the Jellisons, Wiedemanns, and Wallaces have made such major investments in facilities for Kansas youth that it is a special pleasure to honor them with the first three Kansas 4-H Foundation Medallions."

Other Friends of 4-H who contributed to 4-H work in 1978

Executive Honor Roll

These donors provided more than \$25,000 for 4-H work during 1978.

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3 Waetzig, Mr. and Mrs. Scott
20 Walker, Mr. and Mrs. Howard R.
2 Walker, Thomas and Ann
1 Waln, Mrs. Preston A.
1 Walton, Mrs. Keith C. and Celia
1 Washington County Farm Bureau
4 Wasserman, Gilbert and Edith
4 Weathers, Mrs. George
2 Weaver, Eldon
1 Weaver, Mr. and Mrs. Glenn
5 Wehrman, Claude
1 Wehrman, Mr. and Mrs. Raymond
1 Welch, Robert and Judy
3 Weller, Bernard E.
10 Wellington Daily News
2 Wellington Implement Co.
2 Wendling, Leo T.
1 Wenger, Mr. and Mrs. Harry
2 Wenger, Mr. and Mrs. Leon
1 Wenger, Mr. and Mrs. Virgil
2 Werner, Mr. and Mrs. Dale
5 Wertzberger, Georgia
5 West, Mr. and Mrs. Roland
4 Western Retail Implement and Hardware
7 Wetta, Joseph L.
2 Wetta, Leo and Aileen
5 Whips, Loren E. and Lucille
2 Whitehair, Mr. and Mrs. Raymond
15 Wichita Bank for Cooperatives
5 Wilburn, Hugh and Ruth
2 Wiles, Don K.
1 Williams, Mr. and Mrs. Wayne
1 Willis, Lori
1 Willms, Clifton L.
16 Wilson, John L.
2 Wilson, Johanna (Estate)
6 Wilson State Bank
5 Wilson, W. John and Glenna
2 Winchester Packing Co.
3 Wing, Mark and Karen
6 Wingert, Mr. and Mrs. George D.
1 Winter, Mr. and Mrs. Raymen
1 Witt, Mr. and Mrs. Stanley
2 Wootton, Dick and Karen
4 Works, Mr. and Mrs. George H.
2 Wray, Russell
4 Wright, Mrs. Dorothy
4 Wulfskuhle, Mr. and Mrs. Clarence
11 Wyckoff, Maurice K. and Thelma

1 Younkin, Mrs. Josephine

Note: The figures preceding the name indicate the number of years of support since the Kansas 4-H Foundation Membership and Share Recognition Plan was started in 1953. Please call omissions to our attention.

Extension home economics and 4-H and other groups—

Many Kansas 4-H clubs and extension homemaking units and other organizations regularly contribute to 4-H work by sending a donation to Kansas 4-H Foundation. Those who contributed in 1978 are listed here as more friends of 4-H.

ALLEN COUNTY

- 2 Square B 4-H Club

ANDERSON COUNTY

- 3 Colony Hi-Point 4-H Club
- 2 Lucky 13 4-H Club
- 8 Seekers Not Slackers 4-H Club

ATCHISON COUNTY

- 1 Atchison County 4-H Council
- 3 Brush Creek 4-H Club
- 5 Farmerette EHU
- 4 Friendly Farmer Fellows 4-H Club
- 5 Night Owl Unit EHU
- 3 Rose Valley 4-H Club

BARBER COUNTY

- 8 B-Square 4-H Club
- 3 Lone Eagle 4-H Club
- 12 Stateline 4-H Club

BARTON COUNTY

- 3 Busy Buzzers 4-H Club
- 5 Cleveland 4-H Club
- 2 Comanche Lucky 4's 4-H Club
- 3 El Caballo 4-H Club
- 2 Eureka Homesteaders 4-H Club
- 8 Fairview Scouts 4-H Club
- 7 Ft. Zarrah 4-H Club
- 1 Great Bend City Slickers 4-H Club
- 2 Hoisington Jets 4-H Club
- 3 Lakin Go-Getters 4-H Club
- 1 South Bend Jolly Workers 4-H Club
- 1 Town and Country 4-H Club

BOURBON COUNTY

- 2 Bourbon County EHU
- 2 Bourbon County 4-H Council
- 2 Southeast Scott 4-H Club
- 1 Uniontown 4-H Club

BROWN COUNTY

- 5 Everest 4-Leaf Clovers 4-H Club
- 5 Fairview Willing Workers 4-H Club
- 5 Hamlin Pied Pipers 4-H Club
- 5 Hiawatha Jayhawkers 4-H Club
- 2 Mission Thunderbirds 4-H Club
- 5 Modern Sunflower 4-H Club
- 5 Morrill Tip Tip 4-H Club
- 5 Mt. Zion Rustles 4-H Club
- 6 North West Morrill Unit EHU
- 6 Robinson Meadowlark 4-H Club
- 5 Willis All Star 4-H Club

BUTLER COUNTY

- 4 Cassoday Boosters 4-H Club
- 10 Elm Creek Emeralds 4-H Club
- 15 Flint Hills 4-H Club
- 3 Inverhill Happy Hustlers 4-H Club
- 17 Hickory Helpers 4-H Club
- 6 Lily Lake 4-H Club
- 4 North Butler 4-H Club
- 1 Richland Livewires 4-H Club
- 13 Towanda Rustlers 4-H Club

CHASE COUNTY

- 2 Emerald 4-H Club

CHEROKEE COUNTY

- 2 Helmic Gingersnaps 4-H Club
- 3 Prairie Ramblers 4-H Club
- 5 Sheridan 4-H Club

CHEYENNE COUNTY

- 3 Bird City Go-Getters 4-H Club
- 9 Happy Lark 4-H Club
- 3 Lawn Ridge 4-H Club

CLARK COUNTY

- 5 Bearcreek Boosters 4-H Club
- 2 Minneola Boosters 4-H Club

CLAY COUNTY

- 4 Hayes Boosters 4-H Club
- 2 Lincoln Creek 4-H Club
- 4 Mulberry Busy Bees 4-H Club
- 2 Washington Headliners 4-H Club

CLOUD COUNTY

- 2 Clyde Roadrunners 4-H Club
- 6 Hill and Dale 4-H Club
- 5 Hollis Hustlers 4-H Club
- 5 Miltonvale Hustlers 4-H Club
- 8 Republican Valley 4-H Club
- 2 Spirit of 76 4-H Club
- 5 Sunny 4-H Club

COFFEY COUNTY

- 12 Blue Ribbon 4-H Club
- 10 Stringtown Bombers 4-H Club
- 6 Tip-Top 4-H Club

COMANCHE COUNTY

- 3 Loyal Hustlers 4-H Club

COWLEY COUNTY

- 5 Burden 4-H Club
- 2 City Achievers 4-H Club
- 6 Dexter 4-H Club
- 6 Evening Star 4-H Club
- 7 I.X.L. 4-H Club
- 5 Martha Washington 4-H Club
- 6 Pleasant Valley 4-H Club
- 5 Theaker Busy Beavers 4-H Club
- 6 Tisdale 4-H Club
- 12 Udall 4-H Club

CRAWFORD COUNTY

- 2 Cherokee EHU
- 5 Crawford County 4-H Council

DECATUR COUNTY

- 1 Go-Getters 4-H Club
- 5 Maverick 4-H Club
- 3 Rock Island Rockets 4-H Club
- 6 Sappa Valley 4-H Club
- 7 Star Valley 4-H Club

DICKINSON COUNTY

- 7 Abilene Aggies 4-H Club
- 4 Abilene Trailblazers 4-H Club
- 6 Carry Creek Rustlers 4-H Club
- 4 Chapman Shamrock 4-H Club
- 1 County Lines EHU
- 5 Detroit Ramblers 4-H Club
- 4 Enterprise Livewires 4-H Club
- 4 Fragrant Hill 4-H Club
- 6 Harmony Hustlers 4-H Club
- 7 Holland Sunflowers 4-H Club
- 10 Jolly Jayhawkers 4-H Club
- 8 Lyons Prospectors 4-H Club
- 4 Navarre Boosters 4-H Club
- 4 Newbern Wide Awakes 4-H Club
- 3 Sand Springs Rustles 4-H Club
- 4 Solomon Wranglers 4-H Club
- 5 Swenson Creek Rustlers 4-H Club
- 4 Talmage Progressive 4-H Club
- 5 Wilowdale 4-H Club

DONIPHAN COUNTY

- 7 Bendena Community 4-H Club
- 1 Brenner 4-H Club
- 4 Highland 4-H Club
- 2 Sunflower 4-H Club

DOUGLAS COUNTY

- 5 Buffalo Booster 4-H Club
- 15 Cottonwood 4-H Club
- 1 Douglas County EHU's
- 2 Douglas County EHU Singers
- 8 Four-Leaf Clover 4-H Club
- 1 Hesper EHU
- 3 India EHU
- 4 Kanwaka EHU
- 20 Kanwaka 4-H Club
- 1 Lucky Clover 4-H Club
- 2 Lucky Leaf 4-H Club
- 6 Marion Boosters 4-H Club
- 6 Palmyra 4-H Club
- 16 Stull Busy Beavers 4-H Club
- 9 Sunflower 4-H Club
- 1 Vinland EHU
- 3 Weaver EHU

EDWARDS COUNTY

- 5 Northern Star 4-H Club
- 15 Sunflower 4-H Club
- 3 Trenton Workers 4-H Club
- 11 Trousdale EHU

ELK COUNTY

- 4 Flint Hill Boosters 4-H Club
- 2 Longton Boosters 4-H Club
- 5 Paw Paw Lucky Clovers 4-H Club

ELLIS COUNTY

- 4 Gemini Jrs. 4-H Club
- 3 Go-Getters 4-H Club
- 5 Good Hope 4-H Club
- 2 Junior Farmers 4-H Club
- 4 Meadowlarks 4-H Club
- 2 Victory Vikings 4-H Club
- 20 Winners 4-H Club

ELLSWORTH COUNTY

- 5 Elkhorn 4-H Club
- 12 Ellsworth County 4-H Council
- 2 Ellsworth Evening Belles EHU
- 3 Ellsworth EHU
- 2 Sunrise EHU
- 2 Wilson Winners 4-H Club

FINNEY COUNTY

- 3 Beacon Boosters 4-H Club
- 2 Busy Badgers 4-H Club
- 2 Friendly Friends 4-H Club
- 5 Go Getter 4-H Club
- 5 Happy Hustler 4-H Club
- 2 Pawnee Indian 4-H Club

FORD COUNTY

- 2 Happy Hustlers 4-H Club
- 9 Happy Hour Homemaker EHU
- 2 Harmony EHU
- 2 Hi-Flyers 4-H Club
- 3 Prairie Schooners 4-H Club
- 3 WHC Hopewell EHU
- 4 Wright Wonder Workers 4-H Club

FRANKLIN COUNTY

- 4 Clover Leaf 4-H Club
- 9 Full O'Pep 4-H Club
- 1 Franklin County EHU's
- 4 Jr. Judgers 4-H Club
- 2 Town and Country 4-H Club

GEARY COUNTY

- 5 Blue Line 4-H Club
- 5 Brookside 4-H Club
- 5 Clark's Creek 4-H Club

GOVE COUNTY

- 2 Golden Plains 4-H Club
- 11 Hackberry 4-H Club
- 10 Meadowlark 4-H Club
- 6 Quinter 4-H Club

GRAHAM COUNTY

- 5 Eastside Community 4-H Club
- 7 Graham County 4-H Council

GRANT COUNTY

- 2 Clover Leaf 4-H Club

GRAY COUNTY

- 10 Charleston Astronauts 4-H Club
- 2 Cimarron Rustlers 4-H Club

GREELEY COUNTY

- 12 Go-Getters 4-H Club
- 12 Golden Opportunities 4-H Club
- 3 Greeley County Extension Homemakers Council
- 10 Greeley County 4-H Council
- 11 Straight Ahead Strivers 4-H Club
- 13 Thrifty Thrivers 4-H Club

GREENWOOD COUNTY

- 5 Climax Swingers 4-H Club
- 5 Lamont Boosters 4-H Club
- 2 Lucky 13 4-H Club
- 4 Union Shockers 4-H Club
- 7 Upper Fall River Jayhawkers 4-H Club

HAMILTON COUNTY

- 2 Busy Bears 4-H Club
- 4 Coolidge Straight Shooters 4-H Club
- 1 Wide Awake 4-H Club

HARPER COUNTY

- 5 Harper County 4-H Council (Extension Educational Fund)
- 5 Sunnyside 4-H Club

HARVEY COUNTY

- 2 Hesston Union Champion 4-H Club
- 4 Macon Happy Hour 4-H Club
- 6 Newton City Slickers 4-H Club
- 12 Sedgwick Sunflowers 4-H Club

HASKELL COUNTY

- 2 Soul-Seekers 4-H Club

HODGEMAN COUNTY

- 3 Busy Bee Jrs. 4-H Club
- 2 Jolly Jayhawkers 4-H Club
- 2 Silverlake Hustlers 4-H Club

JACKSON COUNTY

- 4 Delia Early Birds 4-H Club
- 4 Ontario Busy Bees 4-H Club
- 6 Pleasant Valley 4-H Rustlers
- 3 Sunshine Winners 4-H Club

JEFFERSON COUNTY

- 8 Billtown Go-Getters 4-H Club
- 8 Clover Power 4-H Club
- 2 County Line EHU
- 17 Grantville 4-H Club
- 1 Jefferson County EHU's
- 1 Jefferson County 4-H Council
- 7 Mooney Creek Cowboys 4-H Club
- 8 Prosperity 4-H Club
- 16 Rock Creek Boosters 4-H Club
- 7 Valley Victors 4-H Club

JEWELL COUNTY

- 8 Buffalo Valley 4-H Club
- 15 Formoso Willing Workers 4-H Club
- 8 Webber Wide Awake 4-H Club

JOHNSON COUNTY

- 6 Busy Bees 4-H Club
- 2 Clear Creek 4-H Club
- 3 Crackerjack 4-H Club
- 5 Greenwood Meadowlarks 4-H Club
- 1 Happy Helpers 4-H Club
- 1 Johnson County EHU's
- 2 Johnson County Home Economics Advisory Council
- 6 Lenexa Farmerettes EHU
- 11 Little Cedar 4-H Club
- 8 Morning Glory 4-H Club
- 13 Oxford Hustlers 4-H Club
- 8 Pioneer 4-H Club
- 6 Shamrock 4-H Club
- 15 Sharon 4-H Club
- 1 Spring Hill EHU
- 9 Stanley Buccaneers 4-H Club
- 2 Stilwell Mustangs 4-H Club
- 12 Sunnyside 4-H Club
- 16 Zion Zippers 4-H Club

KINGMAN COUNTY

- 2 B.A.R. EHU
- 13 Blemont 4-H Club
- 11 Hawk 4-H Club
- 1 Kingman County EHU's
- 9 Vinita 4-H Club
- 8 Zenda Zoomers 4-H Club

KIOWA COUNTY

- 12 Upward Strivers 4-H Club

LABETTE COUNTY

- 1 Hillcrest 4-H Club

LANE COUNTY

- 1 Amy Aggies 4-H Club
- 7 Eager Beavers 4-H Club
- 2 Lane County 4-H Council

LEAVENWORTH COUNTY

- 4 Bell 4-H Club
- 2 Boling 4-H Club
- 6 Happy Hollow 4-H Club
- 2 Leavenworth County Extension Homemakers Council
- 1 Leavenworth Leaders 4-H Club
- 9 Nine Mile 4-H Club

LINCOLN COUNTY

- 4 Modern Mrs. EHU
- 6 Salt Creek 4-H Club
- 4 Westfall Winners 4-H Club

LINN

- 1 Linn Livewires 4-H Club

LOGAN COUNTY

- 3 Hi-Plains 4-H Club
- 7 Monument 4-H Club

LYON COUNTY

- 12 Admire 4-H Club
- 4 Annie Oakley 4-H Club

11 Frost 4-H Club

- 2 Loganj Avenue 4-H Club
- 7 Lyon County 4-H Council
- 1 Reading 4-H Club
- 10 Rinker 4-H Club
- 8 Riverside 4-H Club

MCPHERSON COUNTY

- 10 New Frontier 4-H Club

MARION COUNTY

- 17 Happy Hustlers 4-H Club
- 9 Lincolnville Wide-Awake 4-H Club
- 9 Lucky Leaf 4-H Club
- 2 Marion County Extension Homemakers Council
- 15 Peabody Hustlers 4-H Club
- 10 Tampa Triple T's 4-H Club
- 9 Willing Workers 4-H Club

MARSHALL COUNTY

- 5 Beattie Musketeers 4-H Club
- 6 Bremen Hustlers 4-H Club
- 2 Happy Horseshoe 4-H Club
- 5 Home City Hustlers 4-H Club
- 6 Jolly Farmer 4-H Club
- 9 Sunflower 4-H Club
- 6 Waterville Busy Beavers 4-H Club

MIAMI COUNTY

- 1 Twin Valley 4-H Club

MITCHELL COUNTY

- 2 Asherville Achiever 4-H Club
- 12 Cloverleaf 4-H Club
- 5 Hunter 4-H Club
- 1 Mitchell County 4-H Council
- 10 Tipton 4-H Club
- 1 Triangle Boosters 4-H Club

MONTGOMERY COUNTY

- 9 Banks Ever-Ready EHU
- 6 Caney Chums EHU
- 1 Caney Pioneer 4-H Club
- 6 Cherry Chums EHU
- 6 Drum Creek EHU
- 8 Gingham Aprons EHU
- 3 Helping Hands EHU
- 2 James Jolly Janes EHU
- 7 Loyal Workers EHU
- 3 Lucky 13 EHU
- 5 Sunflower Workers EHU
- 4 Sunrise Pals EHU
- 11 Sycamore Valley EHU
- 3 Town and Country EHU
- 3 Tyro Home Improvement EHU
- 2 Up and Coming 4-H Club
- 2 Valley Victors 4-H Club
- 2 Wayside EHU
- 5 West Side Workers EHU

MORRIS COUNTY

- 8 Burdick Hustlers 4-H Club
- 6 Busy Workers 4-H Club
- 11 Delavan 4-H Club
- 8 Flint Hills 4-H Club
- 1 Happy Homemakers EHU
- 1 Morris County EHU's
- 13 Neosho Valley 4-H Club
- 1 Pacesetters EHU

- 8 Wilsey Busy Bees 4-H Club
- 2 Wilsey EHU

MORTON COUNTY

- 4 Richfield Best Yet 4-H Club
- 2 Watch Us Grow 4-H Club

NEMAHA COUNTY

- 2 H.H.H.H. 4-H Club
- 13 Nemaha County 4-H Council
- 5 Red Vermillion 4-H Club
- 8 Rustlers 4-H Club
- 6 Wetmore Cardinals 4-H Club
- 2 Woodlawn Unit EHU

NEOSHO COUNTY

- 5 Best Yet 4-H Club
- 5 Eager Beavers 4-H Club
- 5 Four Corners 4-H Club
- 5 Hillcrest 4-H Club
- 5 Jolly Go Getters 4-H Club
- 5 Jolly Jayhawkers 4-H Club
- 5 Lucky 13 4-H Club
- 5 Meadowlark 4-H Club
- 2 Neosho County Extension Homemakers Council
- 5 Neosho County 4-H Council
- 5 Neosho Valley Busy Bees 4-H Club
- 5 Up and Atom 4-H Club
- 6 Willing Workers 4-H Club

NESS COUNTY

- 1 Pawnee Valley Livewires 4-H Club
- 3 Ransom Jr. Farmers 4-H Club
- 5 Schoharie 4-H Club
- 5 Utica Meadow Larks 4-H Club

NORTON COUNTY

- 5 Solomon Valley 4-H Club

OSAGE COUNTY

- 8 Burlingame 4-H Club
- 24 Carbondale Rustlers 4-H Club
- 8 Lyndon Leaders 4-H Club
- 10 Melvern Jr. Highline 4-H Club
- 5 Osage County 4-H Council
- 6 Scranton Scramblers 4-H Club
- 9 Vassar Blue Ribbon 4-H Club
- 11 Willing Workers 4-H Club

OSBORNE COUNTY

- 6 Eager Beavers 4-H Club
- 5 Coronado EHU
- 3 Liberty Bell 4-H Club
- 10 Osborne County 4-H Council
- 10 Penn 4-H Club
- 2 Riverview 4-H Club
- 3 Sumner 4-H Club

OTTAWA COUNTY

- 12 Culver Livewires 4-H Club
- 6 Delphos 4-H Club
- 10 Ottawa County 4-H Council
- 6 Pleasant Valley 4-H Club
- 7 Solomon Valley 4-H Club
- 7 Woodsdale 4-H Club

PAWNEE COUNTY

- 5 Burdett Blue Ribbons 4-H Club
- 8 Tiny Toilers 4-H Club



4-H'ers enjoy the Art-In at Kansas State Fair.

PHILLIPS COUNTY
18 Deer Creek 4-H Club
1 Lakeside 4-H Club
3 Lone Prairie 4-H Club
1 Phillips County 4-H Clubs

POTTAWATOMIE COUNTY
25 Blackjack 4-H Club
3 Cloverleaf 4-H Club
4 Jayhawkers 4-H Club
2 Pottawatomie County 4-H Council
1 Rock Creek Valley 4-H Club
10 Triple V 4-H Club

PRATT COUNTY
9 Glendale Reapers 4-H Club
13 Golden Valley 4-H Club
8 Lincoln Climbers 4-H Club
1 Pratt County EHU's
12 Preston 4-H Club
15 Richland Rustlers 4-H Club
11 Sawyer Hustlers 4-H Club
7 Southwest 4-H Club

RAWLINS COUNTY
6 Beardsley Beavers 4-H Club
6 Chardon 4-H Club
6 Clover Leaf 4-H Club
3 Rawlins County Extension
Homemakers Council
4 Rawlins County 4-H Council

RENO COUNTY
4 Haven 4-H Club
1 Galesburg 4-H Club
11 Huntsville Helpers 4-H Club
1 Nickerson Clovers 4-H Club
3 Ninnescah 4-H Club
2 Partridge Upstreamers 4-H Club
14 Plevna Sunflower 4-H Club
3 Southwest Reno 4-H Club

REPUBLIC COUNTY
2 Friendly Neighbors EHU
2 Republic Pioneers 4-H Club
3 Sherdahl Boosters 4-H Club

RICE COUNTY
8 Chase We Willing Workers 4-H Club
19 Fairplay 4-H Club
2 Rice County Extension
Homemakers Council
2 Trying Tommies 4-H Club
19 Valley Bluebirds 4-H Club

RILEY COUNTY
1 Ashland Boosters 4-H Club
7 Be Busy 4-H Club
10 Bonfire 4-H Club
9 College Hill 4-H Club
10 Happy Go Lucky 4-H Club
10 Kaw Valley EHU
10 Lee Hilltoppers 4-H Club

ROOKS COUNTY
6 Livewires 4-H Club
8 Mt. Pleasant 4-H Club
20 Star 4-H Club
7 Stockton Jayhawker 4-H Club

RUSH COUNTY
2 Alexander Whippets 4-H Club
5 Lone Star Rangers 4-H Club
2 Otis Go-Getters 4-H Club
2 Prairie Valley 4-H Club
3 Rush County 4-H Council
2 Rush County 4-H Junior
Leaders Club
3 Walnut City 4-H Club

RUSSELL COUNTY
4 Big Creek 4-H Club
3 East Wolf 4-H Club
7 Lone Star 4-H Club
4 Paradise Dell 4-H Club
4 Russell County Homemakers
Council
4 Jayhawk 4-H Club

SALINE COUNTY
7 Bavaria Live Wires 4-H Club
9 Brookville 4-H Club
9 Cloverleaf 4-H Club
9 81 Hustlers 4-H Club
10 Falun 4-H Club
10 Friendly Valley 4-H Club
8 Gypsum Valley 4-H Club
11 Kipp Wide Aware 4-H Club
12 Mentor 4-H Club
10 Saline County 4-H Council
12 Saline Valley 4-H Club

7 Sasnak 4-H Club
12 Smoky View 4-H Club
4 Sod Busters 4-H Club
6 Space Agers 4-H Club
11 Sunny Valley 4-H Club
4 Swinging 4-H'ers 4-H Club
19 Willing Workers 4-H Club

SCOTT COUNTY
1 Busy Buffalos 4-H Club
7 Lake Wide Awake 4-H Club
10 Town and Country 4-H Club

SEDGWICK COUNTY
3 Andale Jets 4-H Club
16 Delano 4-H Club
14 Derby 4-H Club
2 East Side Eagles 4-H Club
3 Mulvane 4-H Club
3 Peck Ramblers 4-H Club
16 Riverview 4-H Club
2 Sedgwick County EHU's
3 Wichita Sunflower 4-H Club

SEWARD COUNTY
1 Eager Beavers 4-H Club

SHAWNEE COUNTY
1 After Lunch Bunch EHU
6 Auburn 4-H Club
3 Dover EHU
6 Grove 4-H Club
10 Indian Creek 4-H Club
18 Pleasant Hill 4-H Club
20 Riverside 4-H Club
22 Rochester Heights 4-H Club
7 Rossville Rustlers 4-H Club
5 Shawnee County EHU Advisory
Council
2 Shawnee County 4-H Committee
19 Shunga Valley 4-H Club
4 Silver Lake EHU
12 Silver Lake 4-H Club
3 Town and Country EHU
11 Wakarusa Valley 4-H Club

SHERIDAN COUNTY
2 Angelus 4-H Club
13 Hi-Plains 4-H Club
3 Hoxie Go-Gettes 4-H Club
2 Sheridan County 4-H Council

SHERMAN COUNTY
1 County Cloves 4-H Club
19 Glendale Livewires 4-H Club
6 Jolly Workers 4-H Club
6 Sherman County 4-H Council

SMITH COUNTY
3 Busy Bees 4-H Club
1 Heart of America 4-H Club
1 Maple Leaf Rustlers 4-H Club
3 Solomon Valley 4-H Club

STAFFORD COUNTY
1 Stafford County EHU's

STANTON COUNTY
1 Big Bow 4-H Club
4 Manter Go-Getters 4-H Club

STEVENS COUNTY
1 Buffalo Boosters 4-H Club
7 Cloverleaf Cowboys 4-H Club

SUMNER COUNTY
8 Clippers 4-H Club
5 Drury Millers 4-H Club
6 Jolly Workers 4-H Club
6 Redwing 4-H Club
2 Skylark 4-H Club

THOMAS COUNTY
1 Brewster Prairie Gem 4-H Club
4 Gem 4-H Club

TREGO COUNTY
2 Busy Kansan 4-H Club
1 Happy Crickets 4-H Club
10 WaKeeney Willing Workers
4-H Club

WABAUNSEE COUNTY
3 Blue Ridge 4-H Club
4 Cottonwood 4-H Club
4 Maple Hill Hustler 4-H Club
3 Newbury 4-H Club
5 Wabaunsee 4-H Club

WALLACE COUNTY
10 Harrison Endeavor 4-H Club
2 Smoky Valley 4-H Club
3 Wallace County 4-H Council

WASHINGTON COUNTY
18 Busy Bee 4-H Club
2 Evening Star EHU
2 Hanover 4-H Club
2 Modern Homemakers EHU
2 Washington County EHU

WILSON COUNTY
3 Chetopa Sunbeams EHU
2 Farmdale EHU
2 Sunny Stone EHU
1 Sunshine Kids EHU
3 Vilas Home Builders EHU
1 Wilson County EHU's

WOODSON COUNTY
4 Three-in-One 4-H Club
4 Woodson County 4-H Council

WYANDOTTE COUNTY
1 Challengers 4-H Club
21 Horanif Hustlers 4-H Club

Memorials

Memorials to honor the memory of relatives and friends and to express affection and respect for living persons have been established through Kansas 4-H Foundation.

Some memorial gifts are for specific items; some are unrestricted for use in the Foundation wherever there is need. Some are for scholarships or for equipment or buildings.

Below are listed persons honored with memorials during 1978:

Dinah Sue Crockett
H. Burguss
Ray Saylor
Walter Lankard
Mary M. Eckelman
Mary Schippers
Mrs. Mabel McWilliams
Abbie Jane Dack Wilson
Thad Douthit
Ralph Upham
Mrs. Arthur Cummings
Mrs. Leonard C. Brown
Mrs. Ed Visser
Louis C. Buchman
Mrs. Charles Taylor
Mrs. Edward W. Kaiser
Virginia and Joe Wetta
Harvey Fancher
Henry A. Humphrey
Jim Younkins
E. B. Shawver
H. F. Roepke
John F. Helm

Unfortunately, because of the limits of space, we are unable to list the large number of persons who contributed to memorials during 1978, but their generosity is as appreciated as if their names were listed.

Opinion: Winning by losing

By Stephanie Culver
Billtown Go-Getters
Jefferson County

It seems to me that in this large competitive world where we live that we get caught up in the importance of winning, and forget about learning. True, it is easy to become disillusioned by losing, but this is where a 4-H leader must come forward and teach the 4-H'er to use this failure as a steppingstone to winning.

Anytime a child enters competition he must be taught that he is making a silent commitment that he will abide by the judge's decision. If the child loses, we must teach him not to take his disappointment and use it to criticize the judge. Instead, he should take the criticism and learn to improve, grow, and gain knowledge from the experience.

One of the main objectives of 4-H is to introduce a child to new ideas and open up new horizons. This is why we should introduce 4-H'ers to

as many forms of criticism and types of judging as possible. We need to make new concepts, suggestions, and attitudes available to them so they can choose what is right for them and their own personal needs. In this way we will help them to become unique in their own ability.

If a child wins a lot under similar judging techniques he will not grow as broad as perspective as those who win and lose under different judging styles. These 4-H'ers learn there is never an absolute right way or wrong way of doing any one thing, so they give their projects more depth and a broader range of subject matter. Any achievement obtained from this added knowledge is more complete and fulfilling because it is truly belongs to the 4-H'er and is not the shadow of someone else's judging style.

The opinions of today's 4-H'ers should not be echoes from the past but their own unique ideas for the future. A true individual with knowledge, experience, and self-confidence is what becoming a complete 4-H'er is all about.

So let us as leaders help our 4-

H'ers to obtain as much education and experience from losing as possible. Then teach them to turn it around and use it for the benefit of winning in county fairs, district competition, and most of all in LIFE.

4-H leader honored

The honor of being named the Newton Kansan's Woman of the Year for community and civic service went to a 10-year 4-H leader, Mrs. Otto Wulf.

One 4-H family wrote about the leader of Kellas 4-H Club, "Her time, talents, home, farm and equipment always seem to be available to anyone who may need them."

In addition to serving as a 4-H leader, Joan Wulf has contributed to the community with her musical talent. Mrs. Wulf is organist for her church, and often presents programs for nursing and retirement homes. During the bicentennial year, she prepared a musical history of American music, and with her daughter, Elizabeth, presented the program more than 40 times to various groups.

HELP THE JOURNAL!

Labor costs are up ↗

Printing costs are up ↗

Postage costs are up ↗

Kansas 4-H Journal income is a little higher than in 1978, but just can't catch up with costs.

Can your club help?

If you or your club send \$5, \$10, \$25 or any amount to Kansas 4-H Foundation, and put on the check, "For Kansas 4-H Journal," it will help the Journal.

What's been in the Journal during the past few months that could have helped you?

- ... thought-provoking editorials by state leader Glenn Busset and others—
- ... articles for parents—
- ... recognition of outstanding 4-H members—
- ... special money-saving offers from Silver Dollar City and Worlds of Fun—
- ... information about coming events—
- ... a buyer's directory of places to purchase animals for projects—
- ... news of Kansas 4-H Foundation—
- ... Education and Careers issue with info about post-high school education and occupations—
- ... feature articles—
- ... news about 4-H clubs and from counties—
- ... and jokes contributed by 4-H members.

It's your unique magazine! So lend a hand; perhaps your club will choose helping the Journal as one of your community service projects. The address is Kansas 4-H Foundation, Room 116, Umberger Hall, KSU, Manhattan, Kansas 66506.

From the Southeast Area:

Lyon County: A redbud tree was planted on the grounds of the just-completed public library in Emporia by members of the Lyon County 4-H Horticulture Club, reports Sheila Torrens.

From the South Central Area:

Harvey County — Bottles and cans, pots and pans, silverware, snakes and mice. Cardboard, plastic, records, rugs, and even a "Don't be a litterbug" bag! That's what Kellas 4-H'ers picked up during Easter vacation when they cleaned 42 miles of township roads in Harvey County. Twenty-eight club members ended up with seven bulging pickup loads of trash, some cuts, aching backs, sunburn, and dirty clothes. All agreed, however, that it was worth it . . . until the next day when they saw new trash in their clean ditches. "So we wrote a letter to the editor of our local paper asking people to think about the 56 feet that trudged along the roads and the 56 hands that picked up the stuff that was tossed out on the roads. Kellas 4-H Club wants to keep Newton Township beautiful, Harvey County beautiful, Kansas beautiful, and America beautiful!" reporter James Wulf writes.

Reno County: Huntsville 4-H Club members enrolled in the first four phases of cooking prepared a meal for their parents and community leaders, David Roth reports. Cooking the meal under the watchful eye of their cooking leader, Diane Beck, were: Lisa Albright, Carma and Renae Beck, Melinda and Yvonne Slifer, Ruthie Schweizer, and Shon Yust. Community leaders are Allen Roth and Betty Hill.

From the Southwest Area:

Scott County: Top cats at the Scott County 4-H Cat Show were shown by Shannon Dunagon and Tammy Norman, both of Busy Buffalo 4-H Club. Mary Fran Hughes, Manning Jayhawks, showed the winning kitten, and Twilla Reidl, Trailblazers, had the best decorated crate. A state cat show is planned for June 2. Gwen Marmon is the Scott County cat leader.

From the Northwest Area:

A river float trip is planned for youth aged 14 and up for July 11-14. Two days will be spent on the Colorado River.

Cheyenne County: Each member of Happy Larks 4-H Club made a quilt block, signing his name and adding art

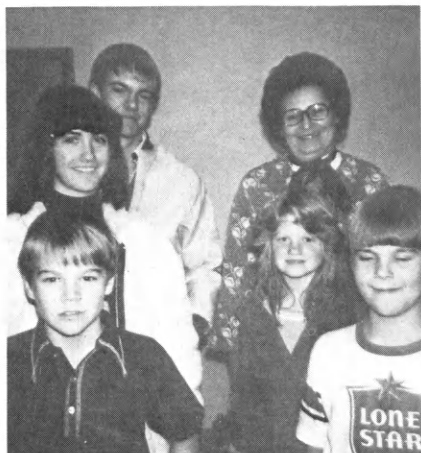
FARM BUREAU'S STAKE IN THE FUTURE . . . LEADERSHIP AND CITIZENSHIP PROGRAMS



AN OPPORTUNITY FOR FARM BUREAU YOUTH
TO PARTICIPATE . . . TO HEAR
WHAT'S RIGHT WITH AMERICA . . .
WHAT'S WRONG WITH AMERICA . . .
WHAT TO DO ABOUT IT . . .

Kansas Farm Bureau believes good leadership and good citizenship are important to a prosperous America.

work relating to 4-H, with a block in the center reading, "Minnie Busse, thanks for 14 years of leadership." The blocks were put together to make a quilt which was given to Mrs. Busse. She is the people to people leader. In the picture below in the front row are, Toby Eggers, left, and Ryan Busse; middle, Julie Howland, left, and Tammy Walden; and Jim Eggers and Minnie Busse at the back. Darla Knapp is the reporter.



From the Northeast Area:

Republic County: Mike Charles, a charter member of Republic Pioneers 4-H Club, told about his five years in the Peace Corps when he spoke to the club. He spent three years in the Philippines and two years in Saudi Arabia, Kevin Mitchell reports. "He said the crime rate is rather low in Arabia, due, possibly, to the severe punishment. If found guilty of a crime, the sentence is carried out in public. Punishment is a portion of body chopped off to suit the severity of the crime." Mike had enjoyed scuba diving in the Red Sea.

Bicycle Safety

By Teddi Bankes
Enterprise

When you are traveling on your bicycle, are you a rider or a driver? Well, you can become both if you prepare ahead of time for those bike hikes and follow a few safe bike driving rules.

As a driver, you must think like a driver — and obey the same rules as a person driving a car. You **COULD** cause an accident yourself. So you should always act and drive like a driver on your bicycle.

These safety rules were drawn up by the National Safety Council, Bicycle Manufacturers Association of America, and Schwinn Bicycle Company.

1. OBEY ALL APPLICABLE TRAFFIC REGULATIONS, SIGNS, SIGNALS, AND MARKINGS. Remember, you're a driver. Yield the right-of-way to pedestrians and automobiles.

2. OBSERVE ALL LOCAL ORDINANCES PERTAINING TO BICYCLES. You should learn the local laws on licensing, inspections, and driving on sidewalks. Ask a policeman about them. Then obey the laws.

3. KEEP RIGHT; DRIVE SINGLE FILE, DRIVE WITH TRAFFIC. NOT AGAINST IT. Keep as close to the curb as you can without hitting it. Don't weave in and out of traffic or swerve from side to side.

4. WATCH OUT FOR DRAIN GRATES, SOFT SHOULDERS, AND OTHER ROAD-SURFACE HAZARDS. Be careful of loose sand and gravel. Look out for potholes. All of these can cause a sudden swerve or tumble.

5. WATCH OUT FOR CAR DOORS OPENING AND FOR CARS PULLING INTO TRAFFIC. Be alert for pedestrians who step out between cars, too.

6. DON'T CARRY PASSENGERS OR PACKAGES THAT INTERFERE WITH YOUR VISION OR CONTROL. Your rule should be: one person, one bike. Use baskets or carriers for packages and books.

7. NEVER HITCH A RIDE ON A TRUCK OR OTHER VEHICLE. Besides being illegal, this is one of the most dangerous things you can do.

8. BE EXTREMELY CAREFUL AT INTERSECTIONS, ESPECIALLY WHEN MAKING A LEFT TURN. Most accidents happen at intersections. If traffic is heavy, get off and walk your bike to make the turn.

9. USE HAND SIGNALS TO INDICATE TURNING OR STOPPING. Again, remember that you're a driver. Signal all turns and stops.

10. PROTECT YOURSELF AT NIGHT WITH THE REQUIRED RED REFLECTORS AND LIGHTS. Each state has its own laws about safety equipment for bicycling at night. Most states require reflectors on pedals and wheels. Some require lights. Learn the laws — and obey them.

11. DRIVE A SAFE BIKE. HAVE IT INSPECTED TO ENSURE GOOD MECHANICAL CONDITION. Make sure your bike "fits" you. Adjust the seat and handlebars. Take your bike to a bicycle inspection clinic.

12. DRIVE YOUR BIKE DEFENSIVELY; WATCH OUT FOR THE OTHER GUY. Keep an eye on the cars in front of you. Leave yourself plenty of room. Be ready to come to a quick stop. You may have to if the guy in the car ahead is not as good a driver as you are.



These sponsors are providing Kansas 4-H Journal subscriptions for another year. Be sure to thank them!

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*These sponsors have provided Kansas 4-H Journal for 4-H members for 20 or more years.

If you simply can't resist doing some trick riding, do it in your backyard, not on the road. On the road, you're a DRIVER.

If you're planning on taking a bike hike this year, the following checklist may not have everything you need (or want), but it's a starting point for organizing many rides.

Add what you need to suit the terrain, weather, and personal needs. Share some items, if traveling with a group to save weight. Make sure your bike meets safety regulations and is in good repair before leaving.

(Continued on page 21)

Free!

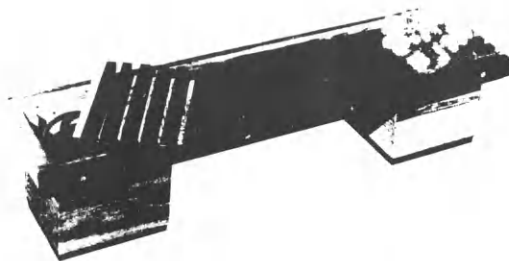
4-H Woodworking Plans from YOUR LUMBER DEALER

These plans
are available:



Hall Tree

Made by Brian Kaiser
Grainfield



Planter Bench

Courtesy—American Plywood Association

For your free plans, see your lumber dealer; he will also help you select the material you need.

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Chair	Doghouse
Toy Storage Bench	Portable Stile
Shifting Pyramid (Game)	Gable Roof Cupola
Food Drying Tray	Padded Hassock
Ladder	Vertical Step Fence
Christmas Card Display	Martin Bird House
Ext. Dining Room Table	Salt Box
Bicycle Rack	Hourglass
Entry Closet	Pigeon Cage
Fox and Geese (Game)	Bed
Laundry Shelves	Redwood Mailbox
Picnic Table	Utility Table
Storage Chair	Hanging Shelves
Bookcase	Meat Mallet
Coat Rack	Planter—Mailbox Stand

Making cheese

(Continued from page 8)

to taste, using a fork or an electric mixer on low speed. Makes about 4 cups, or 2 pounds, cheese.

For cream cheese leave a little more of the whey in and mix with electric mixer; for a dry cottage cheese squeeze all the whey out.

Sweetened Condensed Milk

1 cup instant non-fat dry milk

$\frac{2}{3}$ cup sugar

$\frac{1}{3}$ cup boiling water

3 tablespoons melted margarine

Combine all in a bowl and blend until smooth. Store in refrigerator. Makes $1\frac{1}{4}$ cups and is equal to 1 can.

Bicycle safety

(Continued from page 19)

Prepare your clothing to wear according to the climate in which you'll be riding. Remember — weather is unpredictable, so prepare for the worst. You can always take off and carry those items that become too warm.

The Handy Checklist for Short Rides

- Spare tube or second tire and tube
- Patch kit and tire irons as required
- Wrench kit (or small crescent wrench) and screwdriver
- Water bottle
- Money and I.D. card
- Sunglasses
- Helmet (and hat as needed)
- Riding gloves
- Bicycle lock and chain

Things to Add for Longer Rides

- Maps
- Rain hat and jacket
- Long wool underwear (for wearing over shorts) or leggings
- Other extra clothing (socks, sweaters, jacket, pants as needed)
- Extra shoes (if needed)
- Snacks of food
- First-aid kit
- Additional tools (spoke wrench, chain tool/links, allen keys, etc.)
- Lights for night use

Things to Add for Overnight Tours

- Extra change of clothes
- Camera and film
- Log book
- Pocketknife
- Sewing kit
- Flashlight
- Menu plan
- Cooking gear and clean-up gear (including stove and fuel if required)
- Food (additional to above or buy as you go)
- Matches
- Nylon cord
- Soap, towel, washcloth
- Comb, toothbrush, personal toilet articles
- Toilet paper (remove tube and crush flat)
- Suntan lotion and lip balm
- Insect repellent

- Sleeping bag
- Pad or air mattress
- Ground cloth
- Tent (share with a friend)
- Spare parts (spokes, extra chain links, etc.)
- Swimsuit (snowshoes, water skis, or whatever to suit your own trip)

Keep an extra copy of this checklist in a safe place so it can be found easily for future reference. Check off each item as you load it into your back pack or panniers and you'll never find yourself without some important item when you're miles away from home.

Solution to puzzle on page 23

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L U T V G M L X O O T O N I
V I O E N O H P E L E T O N
A T R P L A N E R N E Z I V
Y U N M X R G O A L L V S E
E D T V A W T F E W M N I P
C T S O E O C S G Y X O V R
H C T A M N C I U C W O E T
P O A S L O T Y M D T L L Q
K M P M P S B I C Y C L E X
I P L E E G Z I O P H A T V
S A N O C R A E L N F B C L
V S N O N N A C P E S U T M
Y S T B A R O M E T E R J G
E E X B M O B C I M O T A T
  
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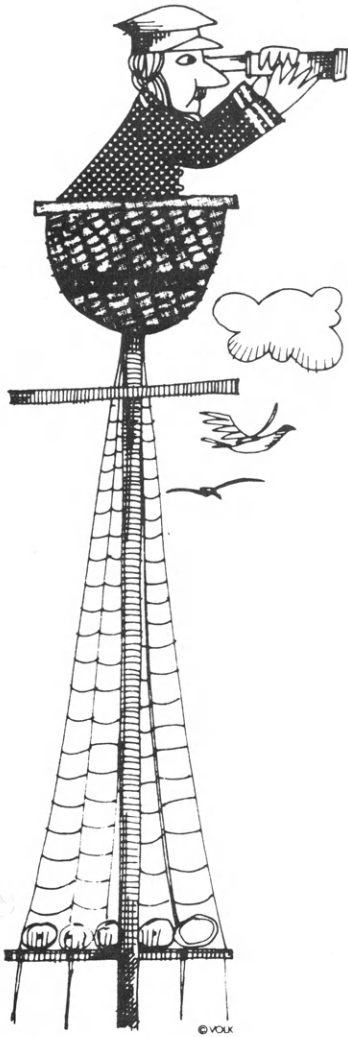
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Looking for a super-good project for your 4-H club?

Look no farther.

Here's a project which can benefit each member of your club and can make your community a little better, too.

The project is **SAFETY**.

More people of 4-H age die from accidents than from the next four causes of death combined.*

How to cope with this problem?

That's where the safety project comes in. It can help you to learn good safety habits and practice them every day—at home, when playing or working, and on the highway. Especially on the highway. You can help others to learn good safety habits, too.

But that's not enough. Look around your neighborhood to see what hazards are there which can be corrected. Then you and your fellow 4-H members and leaders can work with your local police or sheriff or the Highway Patrol or the county Farm Bureau Safety Chairman to minimize the hazards.

Keep records of the things your club does. And in September submit your records for safety judging. You may win a trip to Kansas 4-H Congress for eight members and two leaders of your club. And that's a fun trip. The next nine clubs win a trip to Farm Bureau Youth Safety Seminar at Wa Shun Ga for one member and also \$25 for the club's treasury. Not bad!

• But the real reward is learning better safety habits. And living in a safer community.

To enter the competition, you can get information from your county extension office or write to Kansas Farm Bureau, Safety Division, Manhattan, Kansas 66502.

Farm Bureau provides the awards. But most of all, it wants people to lead safer lives.

*"Too Young to Die" by Donald Germann, M.D.

KANSAS FARM BUREAU

SAFETY DIVISION

MANHATTAN

Family Fun Page

Prize Winner

Trigger

When he runs, he's wild,
When he runs, he's free.
I feel that I'm good to him,
And he's really good to me.

I love it when he runs,
Because he seems to shift gears.
But, when I try to stop him,
He thinks he is hot stuff and rears.

When you come down to it,
He's as gentle as can be.
I love that little horse so much,
And I think he really loves ME!!
Kathy Petesch, McLouth

Joe: Do fish perspire?
Jane: Naturally. What do you think
makes the sea salty?

Robot to gas pump: "Take your
finger out of your ear and listen to
me!"
Teresa Heckman, Ottawa

The teacher had been reading to
the class about the rhinoceros

family. When she finished reading,
she said, "Now, class, name some
things that are very dangerous to
get near to, and that have horns."

"Automobiles," Billy promptly
answered.

Q. What goes "Ha, ha, ha, plo!"?
A. Someone laughing his head off.

Teacher: Sally, what would you do
if a man-eating tiger were chasing
you?

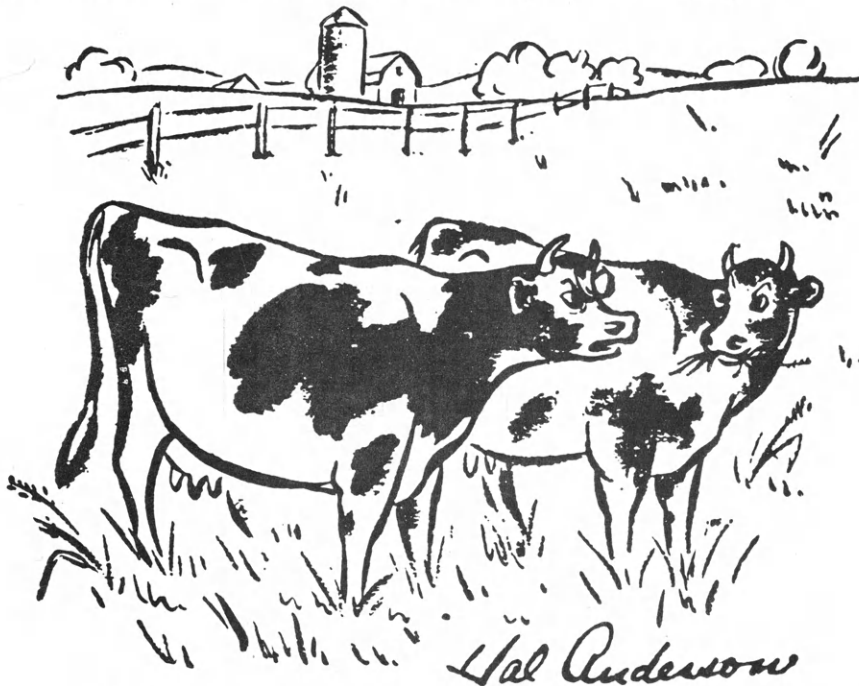
Sally: Nothing — I'm a girl.

Q. What did the boy octopus say to
the girl octopus?
A. "I want to hold your hand, hand,
hand, hand, hand . . ."

Q. Why is your hand like a hard-
ware store?
A. It has nails.

Q. Who always goes to bed with his
shoes on?
A. A horse.

Q. What did one ghost say to the
other?
A. Do you believe in people?



"If they're going to pasteurize it,
homogenize it, and vitaminize
it, I say let THEM make it."

Inventions

INVENTIONS
AIRPLANE
AUTOMOBILE
MATCH
MOTOR
COMPASS
CAMERA
CANNON

BICYCLE
BALLOON
TELEPHONE
TELESCOPE
BAROMETER
ATOMIC BOMB
TELEVISION

L U T V G M L X O O T O N I
V I O E N O H P E L E T O N
A I R P L A N E R N E Z I V
Y U N M X R G O A L L V S E
E D T V A W T F E W M N I P
C T S O E O C S G Y X O V R
H C T A M N C I U C W O E T
P O A S L O T Y M D T L L Q
K M P M P S B I C Y C L E X
I P L E E G Z I O P H A T V
S A N O C R A E L N F B C L
V S N O N N A C P E S U T M
Y S T B A R O M E T E R J G
E E X B M O B C I M O T A T
Solution on page 21

Hope Skiles, Dexter

A man dropped in to pay his
friend a visit, and was amazed to
find the friend playing chess with
his dog. The man watched in silence
for a few minutes, then burst out
with, "That's the smartest dog I
ever saw in my life!"

"Oh, he isn't so smart," was the
owner's answer. "I've beaten him
three games out of four today!"

Stacey Shubert, Hays

Come to Horse Show

The Ottawa County Jr. Leaders
Club is sponsoring a 4-H Horse Show
Sunday, June 10th, at 2 p.m. at the
Bennington Saddle Club Arena, Ben-
nington. There will be three age
groups. Events open to 4-H'ers only
are showmanship, horsemanship
and horsemanship team. All youth
may participate in the races —
cloverleaf, flags, egg race, and
others. Plan to attend and spend the
afternoon with 4-H'ers at work and at
play with their hayburners.

What's a good game for recreation
at 4-H meetings? Tell how to play a
game you like and send to the Family
Fun page. Send a joke or riddle
along, too, if you like. The entry
chosen each month as best gets a 4-H
bandanna.

U. S. POSTAGE
P A I D
Permit 85
Non-Profit Organization
Lawrence, Kansas

Brown County electric winner helps younger members



Jeff made a color organ, useful in his brothers' band.

Jeff Brockhoff, president of Modern Sunflower 4-H Club of Powhattan, has been enrolled in the electric project five years. At first, he made extension cords and did small repair jobs in the home and on the farm. A reading lamp

was one of the most appreciated items made for the home.

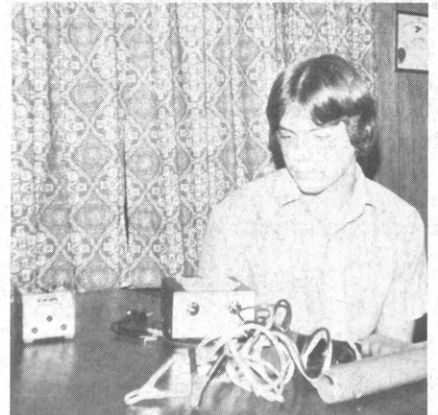
Because he is fascinated by electronics, he has assembled electronic kits for a timing light which his dad uses when making engine repairs, a color organ, a darkroom timer which he and his brothers use in their photography project, and a transistor-diode tester. He's given many talks on electricity at 4-H meetings and for 4-H Days and the county fair.

Electricity has been valuable in his beef and woodworking projects and in learning to weld.

Jeff helped his dad, the county electric leader, by teaching beginning members in the electric project last year; he's helping again this year. He also helped 18 beginning woodworking members this past year.

Jeff is active in FFA, serving as vice-president of his chapter. At high school, he participates in football, basketball, and track.

The Brockhoffs have been a host family to both an IFYE and one of the LABO participants.



On the table in front of Jeff Brockhoff are a transistor-diode tester, a timing light, and a darkroom timer.



* 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
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