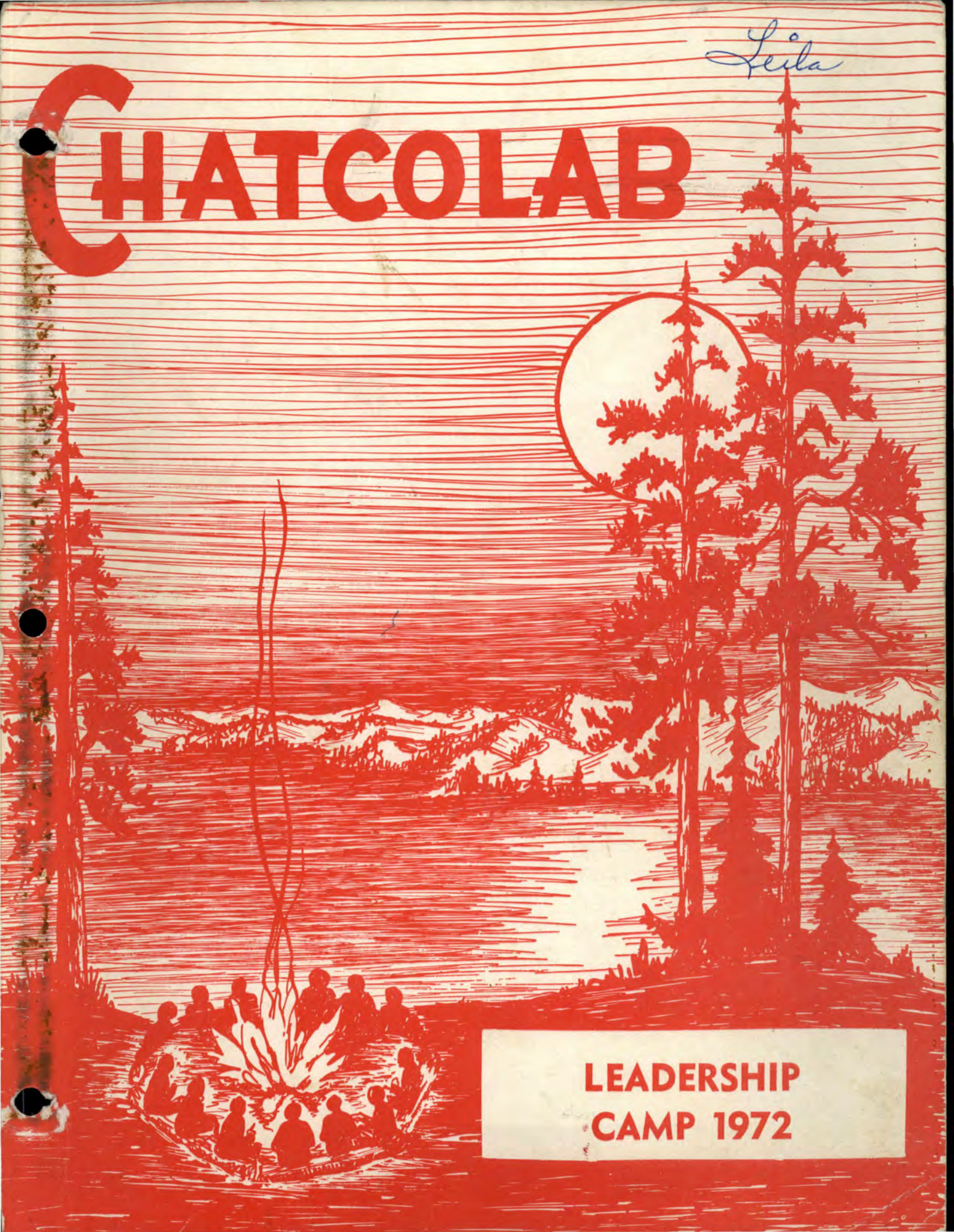


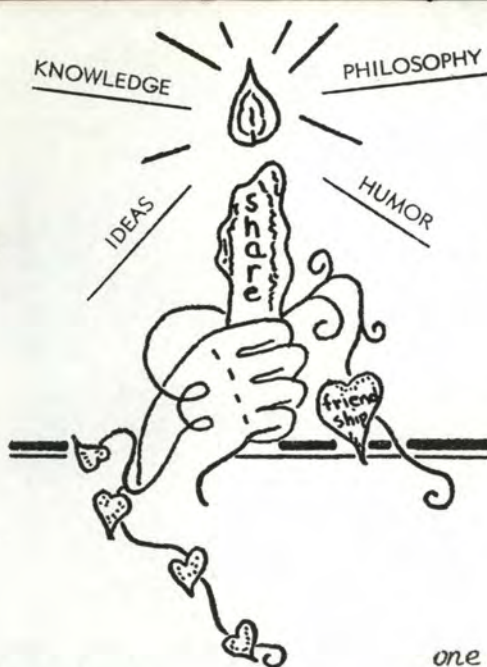
*Leila*

# CHATCOLAB



**LEADERSHIP  
CAMP 1972**





NORTHWEST LEADERSHIP LABORATORY

THE  
SPIRIT  
OF

CHATCOLAB

THIS NOTEBOOK is the outcome of  
one week of sharing experiences. The material  
was gathered, typed, mimeographed, and assembled  
during the camp.

These Western Leaders agreed that:

This should be a sharing camp, with no distinctions  
of leaders from campers or  
pupils from teachers.

This should be a fellowship separated from any  
sponsoring institution and self perpetuating  
by some process of democracy.

Goals must be for the enrichment of all life and not  
merely to add skills and information to already  
busy folk.

Recreation Laboratory would invite attendance from  
diverse vocations and never seek uniformity  
for its campers.

Those who gather here assume cooperation in complete  
sharing as a way of life.

Now you are a part of Chatcolab.

This is notebook number 24

It is a record of a precious week together.

WITH TRUE APPRECIATION we dedicate it

TO ALL THOSE WHO HAVE HERE ENRICHED OUR LIVES.



# CHATCLAB LEADERSHIP LABORATORY PHILOSOPHY

CHATCLAB LEADERSHIP LABORATORY is designed  
as a stimulating experience for people  
who are interested in recreation.

THE LAB IS GROUP LIVING  
in which there is an exchange of ideas and  
techniques in the field of recreation.

THE LAB IS A RETREAT FROM DAILY ROUTINE  
Group unity grows as individuals develop together  
in work and play.

MAJOR EMPHASIS IS PLACED ON JOY IN FELLOWSHIP.

NEW KNOWLEDGE AND ABILITIES  
gained through the sharing of creative activities  
lead to mental, emotional and spiritual growth.

AS A RESULT OF LAB EXPERIENCE individuals recognize opportunities  
for good living.....  
BY SHARING ONE'S SELF FREELY!

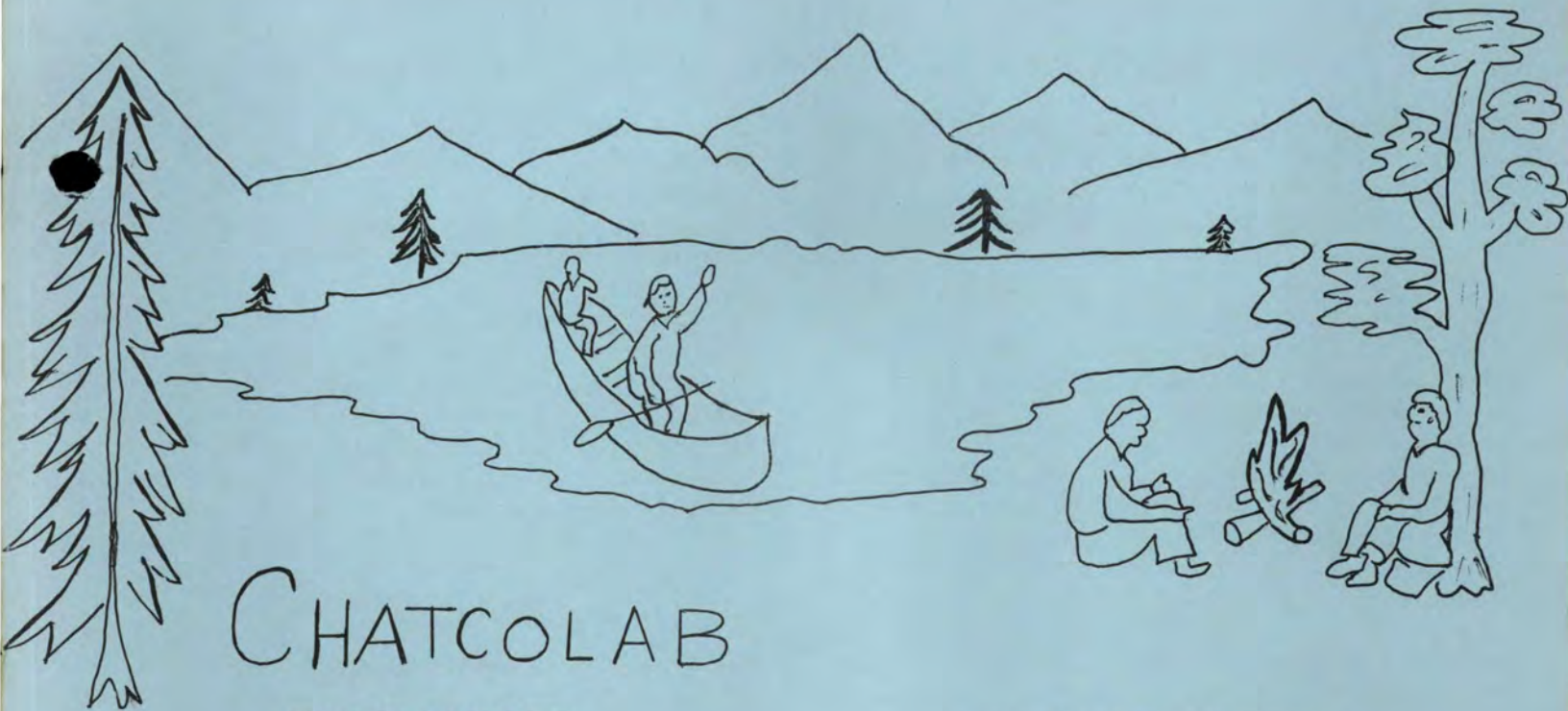


# TABLE OF CONTENTS

Spirit of Chatcolab _____	1
Philosophy of Chatcolab _____	2
Board Members, Old and New _____	5
Notes from your Chairman (Alice) _____	6
Thought from your Editor (Leila) _____	7
Look Who's Here (Picture & Roster) _____	9
Interest Groups _____	21
Chat in the Kitchen _____	28
Table Fun & Tea Time _____	40
Leadership Philosophy-The Name of the Game is Living _____	48
Music _____	62
Expression through Prose & Poetry _____	78
Out of Doors _____	94
Program Planning (Parties) _____	110
Ceremonies _____	130
Social Recreation-Games _____	142
Dancing _____	176
College of <u>H</u> idden <u>A</u> rts and <u>T</u> alents _____	186
Crafts _____	217
Stuff-N-Nonsense _____	245
The End _____	252

(Number your pages and fill in the blanks)





# CHATCOLAB

## WHAT IS CHATCOLAB?

It is an opportunity for you to:

\*grow in leadership. Chat is a laboratory type workshop designed to help you make personal growth through participation in discussions, exchange of ideas, practice of skills, planning and conducting varied group activities.

\*develop creativity. The lab encourages your sharing in creative efforts with others to reach new levels of social, mental, emotional and spiritual maturity.

\*gain new insights. Through helping you to better understand yourself and others, Chat enables you to have a fuller recognition of your potential for living; and you receive inspiration to live up to your potential.

\*have fun. Chat is a retreat from your daily routine, a chance to learn and to play for a week with volunteer leaders from several states. The setting is a developed group camp with many facilities for your enjoyment.

Chatcolab is non-profit. It has no sponsor. Since 1948 it has been perpetuated by those who take part. Nine elected representatives from the labbers form the executive body which does the general planning and makes all the arrangements for each year's session.

## WHAT ARE THE OBJECTIVES?

The objectives are to help volunteer leaders

°further develop their leadership abilities

°become acquainted with new recreation methods and materials

°have a better understanding of self and others

°be stimulated to live more creatively.

## WHO ATTENDS?

People from all walks of life attend Chatcolab. It is for folks like yourself. The lab is a particularly beneficial experience for non-professional, volunteer leaders of youth and adult groups, such as Camp Fire, 4-H, Scouts, church, school and homemakers. Professional workers in youth and adult programs also find the lab to be very helpful.

Youth (ages 16-20) who attend are expected to be mature enough to accept responsibilities on an equal basis with adults at the lab. Registration for any youth must be accompanied by a letter of recommendation from a staff member of his or her sponsoring organization. The number of youth who attend may be limited.



### WHAT'S THE PROGRAM?

Chatcolab philosophy is that growth in leadership is best achieved through experiences within situations that require leadership effort. This makes an individual's benefits from the lab sort of hinge upon the old adage: "What you get out of it is in proportion to what you put into it." Chatcolab can be a training experience that you will find extremely valuable to you in your home and community life.

The lab operates to fill your leadership needs. It is person centered rather than being activity centered. Instead of having a preplanned schedule of activities with a need for people to carry them out, Chat provides opportunities for experiences that develop leadership ability and promote personal growth. Resource people are there to assist when needed, but the major challenge and responsibility of developing the program activities rests with the labbers. Thus the program that evolves during the week is one with a flexibility that makes possible much use of the talents of all the labbers.

Any day's activities at the lab most likely will include:

- °guided discussion sessions on the philosophy, concepts, methods and techniques of leadership.
- °opportunities for personal assistance to help you make leadership growth in special areas, such as group singing, discussion, dancing, crafts and demonstrations.
- °experiences in helping to plan and conduct parties, ceremonies, campfire programs, meal-time fun and other special activities for the lab.
- °periods for sharing information, experiences, feelings and opinions in small group situations--a sharing which likely will result in your forming precious and lasting friendships.

### WHAT IS THE COST?

The lab fee is \$50.00. It covers all your necessary camp expenses. One copy of the lab notebook and songbook are included in the fee. Cost of crafts is not included.

### WHAT TO BRING?

Bring warm and comfortable camp clothes, boots, towels, personal toiletries, warm sleeping bag or blankets, and flashlight. You may rent bedding by sending \$1.50 extra with your registration deposit.

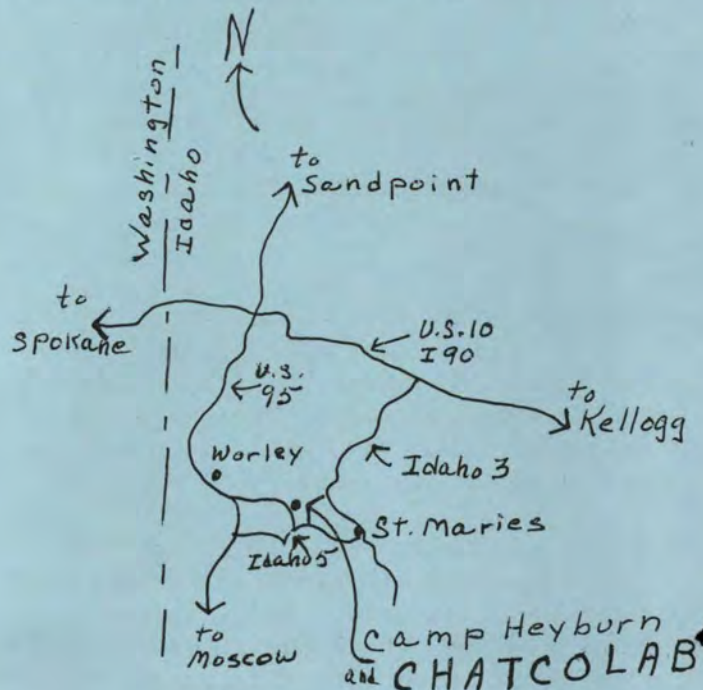
Optional items you should consider: camera, records for dancing or listening, craft tools, pocket knife, musical instruments, materials for demonstrating a craft that you think is particularly good, and costumes or materials for improvising costumes. Tuck in lots of enthusiasm, ideas to share, and a big appetite.

### WHEN TO ARRIVE?

Try to be at Camp Heyburn by 5:00 p.m. on the second Sunday in May. Our first meal at the lab will be at 6:00 p.m. The lab closes with breakfast the following Sunday.

### WHERE IS CHATCOLAB?

It is held at Camp Heyburn on Lake Chatcollet between Plummer and St. Maries, Idaho. (See map.) The camp has good facilities: cabins with beds and mattresses, centrally located restrooms, modern kitchen, cheery dining room, recreation hall, crafts building, water front, dock beach and other outdoor recreational facilities.





1 9 7 2 COMMITTEE

May 14-21, 1972

Chairman	Alice Berner	1973
V. Chairman & Publicity	Betsy Jozovich	1973
Secretary	Leila Steckelberg	1974
Treasurer	Elaine Rovetto	1972
Assistant Treas.	Bill Headrick	1972
	Jerry Kimes	1974
	Diana Mac Rae	1973
	Velma Stephens	1972
	Charles Voss	1974

Honorary Members	Marge Grier	
	Dwight Wales	
Alternates	1st Lois Stephens, Jean Baringer (Tie)	
	2nd Joan Smith	
	3rd Ruby Carpenter	
Advisor	Vernon Burlison	

THE 1973 BOARD MEMBERS

Chairman	Alice Berner	1973
V. Chairman	Betsy Jozovich	1973
Secretary	Leila Steckelberg	1974
Treasurer	Marge Grier	
Assistant Treas.	Robert Beasley	1975
	Brad Bradley	1975
	Bruce Elm	1975
	Jerry Kimes	1974
	Diana Mac Rae	1973
	Charles Voss	1974
	Honorary Member	Marge Grier
	Dwight Wales	
Alternates	1st Bruce Green	
	2nd Joan Smith	
	3rd Angelo Rovetto	
Advisor	Vernon Burlison	
Publicity	Betsy Jozovich, Brad Bradley,	
	Bruce Green, Joan Smith	
Chat Chat Editor	Dwight Wales	
Notebook Editor	Leila Steckelberg	



"From your Chairman"

Dear friends,

As I struggle and search for the words to write, I am also having a very deep emotional struggle with my feelings. This, hopefully will not be a phony, message to the 1972 Labbers but a sharing of my very deep and sincere feelings of this week.

It has been a difficult frustrating and beautiful week for all of us, and all feel this emotion therefore no more need be said about it as we all sense this or will as our memories creep back to us.

The Labbers know or sense there have been situations arise which have developed into confrontations, deep interpersonal relationships and/or a feeling of alienation. They are all a part of our every day lives and the shell we all build in degrees protects us or avoids or ignores them. At Chat, as the week progresses we try as best each one present can--to recognize these frustrations, relationships and even the alienations, and try to deal with them in the short span of one week. Today we accept these completely or partially as we are capable of doing individually.

In the process of development and growth we change and in the process of change there is often pain at times as well as beauty. We need to become strong to stand up under the pressure of the pain and recognize and accept the beauty as each appears in its time.

Therefore, this week of our lives has all the ingredients mentioned and with the mixture of these ingredients we have all changed and grown. We have learned more about ourselves, whether we like what we have learned or not, we hopefully can accept them and as time passes change step by step in the direction we plot for ourselves.

As for me, I will pray and hope that each of you will gain with each step in YOUR direction and be satisfied, that your experiences this week at Chat and the love and support (whether recognizable or not--it is there) of the individuals at Chat you will have the courage and strength to step in a different direction as you feel is right for you.

So from the 1972 Chatcolab Chairman I send home with each of you my love, support, acceptance, and prayers.

Love and God Bless You,

Alice

By the way, a reminder to you and me--ROLL WITH THE PUNCHES, as we are all strong enough to get up and risk the next step which percentage-wise will present a most beautiful experience.



THE LAST  
WORD FROM THE EDITOR

Another wonderful week at Chat is rapidly growing to a close--and it has been good! It has been a new and exciting time for all of us--one we shall long remember because of the new understandings we have gained that will truly enrich our lives. Friendships have been renewed or newly made--they are the jewels that make life worthwhile!

May all who use this book enjoy it as much as we have enjoyed doing it for you. It is a book never to be duplicated any other time or place, for it is the recording of some of the experiences and learnings occurring here. I hope it will help recall many happy memories!

RECIPE FOR A HAPPY DAY

- 1 cup friendly words
- 2 heaping cups of understanding
- 4 heaping teaspoons of time and patience
- Pinch of warm personality
- Dash of humor

Method of mixing: Measure words carefully. Add heaping cups of understanding, use generous amounts of time and patience. Cook on the front burner but keep temperature low; do not boil. Add generous dash of humor and a pinch of warm personality. Season to taste with spice of life. Serve in individual molds.

Again, I would like to share my favorite prayer with you!

O, Lord grant that each one who has to do with me today may be the happier for it. Let it be given me each hour today what I shall say and grant me the wisdom of a loving heart that I might say the right thing rightly. Help me to enter into the mind of everyone who talks with me and keep me alive to the feelings of each one present.

Give me a quick eye for little kindnesses that I may be ready in doing them and gracious in receiving them. Give me a quick perception of the feelings and needs of others, and make me eager hearted in helping them.

"And though I have no gold to give,  
And only love must make amends,  
My only hope is while I live  
God make me worthy of my friends."

"Give me the vision  
to see  
The faith to believe  
And the courage to do!"

*My love to all of you,  
Leila*



These People were  
asked in these  
specific areas.  
Many others  
labbers  
contributed  
resources in  
numerous



Thank you all!

Philosophy of Leadership  
Crafts

Chat Chat Editor & Tormentor  
Mimeographer  
Notebook Editor  
Typists

Illustrators & Helpers

Kitchen facilitator  
Cooks

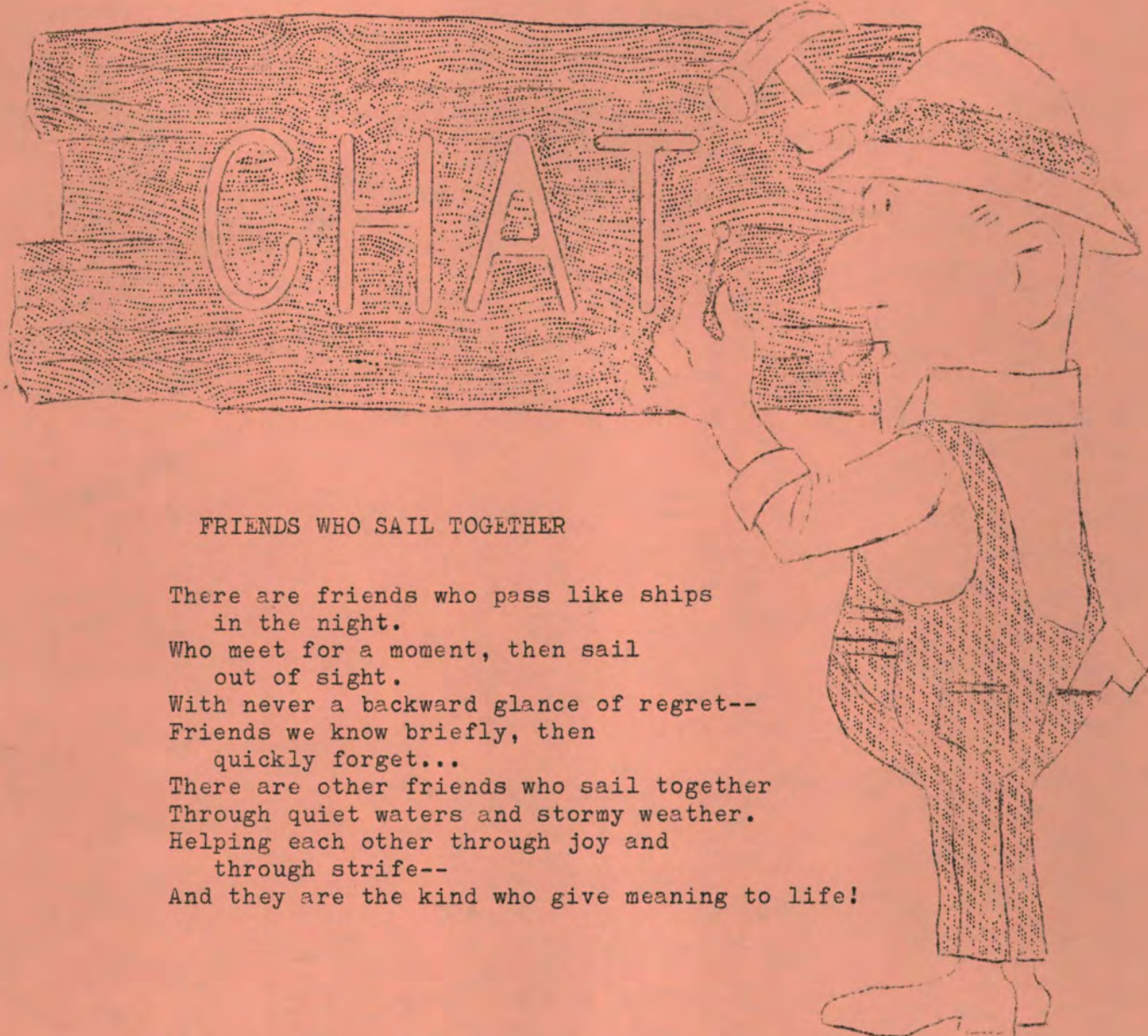
K. P.

Dance + Games

Vernon Burlison  
Billie Marie Studer  
Lois Stephens  
Jean Baringer  
Dwight Wales  
Dwight Wales  
Leila Steckleberg  
Debby Lovel  
Sonia Law  
Geneva Paroz  
Steve Kurk  
Velma Stephens  
Virginia Heppe  
Meta Strickler  
Cheryl Roche  
Brad Bradley  
Marge Grier  
Ruby Carpenter  
Gennie Townsend  
Ethyl Fox  
Cheryl Roche  
Patty Barnum  
Allan Berner

Bruce Elm





FRIENDS WHO SAIL TOGETHER

There are friends who pass like ships  
 in the night.  
 Who meet for a moment, then sail  
 out of sight.  
 With never a backward glance of regret--  
 Friends we know briefly, then  
 quickly forget...  
 There are other friends who sail together  
 Through quiet waters and stormy weather.  
 Helping each other through joy and  
 through strife--  
 And they are the kind who give meaning to life!

<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Jean Baringer Box 1489 108 N. Main St. Conrad, MT 59425 406-278-7716	Crafts, singing, Jayceens, camping	Homemaker
P. T. (Patty) Barnum 3633 Hacienda Santa Rosa, CA 95405 707-542-1303	Youth groups, camps, people	Student, Camp counselor
Chris Beasley 115 Florentia #3 Seattle, WA 98109 206-AT41612	Children <i>after Dec. 1 6231-22nd N.E., 98103</i>	Housewife
J. Robert (Beaz) Beasley 115 Florentia #3 Seattle, WA 98109 206-AT41612	People and activities	Real Estate salesman



<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Jim Beasley 14515 S. Clackamas River Drive Oregon City, OR 97405 503-656-5027	Church, Golf	Teamster
Allan Berner (Tempor) 126 Jefferson Helena, MT 59601 406-442-2701 Wolf Point, MT 59201 (Permanent Address)	Dancing, Hiking, talking w/people, horseback riding	Student
Alice V. Berner (same as above address)	Dancing, games, singing, people, horses	?
Brad Bradley P.O. Box 80041 Seattle, WA 98108 206-R02-5165	Hiking, backpacking climbing, snow- shoeing.	Director NW Alpine Guide Service
Vernon Burlison 517 East B Moscow, ID 83843 208-882-3891	Group singing, nature apprec.	Forester, coop. ext. service, U. of I.
Ruby E. Carpenter Box 174 Livingston, MT 59047 406-222-1068	Jr. Rock Club, 4-H, Scouts, hiking, leather work, plastics	Labor
Cy Collett 102 American Ave. Great Falls, MT 59405 406-454-3507	4-H, Ag and Comm. organizations	County Agent
Donald P. Clark Route 1, Box 338 Moscow, ID 83843 208-882-5709		Electrician
Genevieve Clark Route 1, Box 338 Moscow, ID 83843 208-882-2033	Songs & crafts	Shoppe keeper
Lillian Dove Box 306 Boulder, MT 59632 406-225-3380	Fishing, writing, painting, music, rock hounding, crafts	Registered nurse
Bruce Elm 635 W. 980 North Provo, UT 84601 801-373-3760	Dancing, motor- cycling, canoes, nature study	Computer Programmer
Cody Fletcher Viola Route Moscow, ID 83843 208-882-5998	Backpacking, ski- ing, swimming, horse- back riding	Student



<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Ethyl L. Fox Rt. 1, Box 556 B-27 Boring, OR 97009 503-663-5150	Camping, Hiking, Rocks	Homemaker
Bruce Green <del>511 E. 12th</del> <i>1296 Chase</i> Eugene, OR 97402	Backpacking, sailing, skiing, V-ball, B-ball	Carpenter Past-teacher
Jim E. Grier N. 1108 Oberlin Rd. Spokane, WA 99206 509-WA6-8395		Retired
Marjorie M. Grier N. 1108 Oberlin Rd. Spokane, WA 99206 509-WA6-8395	Rock hound, peasant painting, beach combing	Housewife
Bill Headrick Rt. 1 Box 352 Beavercreek, OR 97004 503-632-3188	Fishing, Camping, hiking	Deputy Sheriff
Virginia Heppe Route 3, Box 315 Elma, WA 98541	Camping, rock digging, sewing	Cook
Libby Hodder 3125 West Babcock Bozeman, MT 59715 406-586-5545	Skiing, hiking, swimming, crafts, meeting people, talking	Student
John T. Hungerford 16333 SE Dagmar Wilwaukie, OR 97222 503-654-5810	Track & field, reading, spongability	Student
Keith L. Johnson 2312 Third Ave. South Great Falls, MT 59405 406-452-6039	Fishing, hunting, lapidary work (rocks)	Student
Fred V. Jozovich <del>220 N. Parkview Ct.</del> <del>Dillon, MT 59725</del> 406-683-4601 August 1 - <del>406-839-2138</del>	All kinds	Teacher
Betsy A. Jozovich <del>220 N. Parkview Ct.</del> <del>Dillon, MT 59725</del> 406-683-4601 August 1 - <del>406-839-2138</del>	<i>Box 187</i> Wise River, MT <i>59762</i> Camping, ski- ing, handicrafts	Deputy Clerk, mother, and homemaker
Jerry Kimes 430 N. Lincoln Moscow, ID 83843 208-882-5360	<i>Box 187</i> Wise River, MT, <i>59762</i> Bowling, swimming, treasure hunting	Retired telephone lineman
Steven L. Kurk 705 E. Cottonwood Bozeman, MT 59715 406-586-2689	Ecology, outdoor sports, square dancing & calling, some modern dancing	Student/Chore Boy



<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Sonia Law Box 235-A Moscow, ID 83843 208-882-3873	Horseback riding, swimming, hiking	Student/Secretary
Debby Lovel 815 West A Street Moscow, ID 83843 208-882-2478	Horse shows, rodeos, trailriding, hiking, skiing	Student/Secretary
Howie Low Rural Route 1 Great Falls, MT 59401 406-454-1282	Drag racing, motor- cycling, rodeos, hiking, hunting, fishing, music.	Student
Tony Luru 509 22nd Ave. NE Great Falls, MT 59401 406-453-2881	Motorcycles, racing, hikes, horses, music	Student
Diana Mac Rae 1955 Creekside Rd. Santa Rosa, CA 95405 707-542-3888	People	
Ruth Munson 2305 Castle Way So. Lynnwood, WA 98036 206-486-2819	Photogr., Hiking, singing, macrame, sewing, playing auto-harp	Homemaker
Linda Nelson 321 N. Washington Moscow, ID 83843 208-882-3009		Waitress at Rathskeller
Geneva I. Paroz Rt. 1 Box 105 Moscow, ID 83843 208-882-2170	Dancing, crafts, assist where help is needed.	Housewife
Josephine Remmen 704 E. 23rd Ave. Kennewick, WA 99336 509-582-2259	Crafts, singing, games	Housewife
Cheryl Roche Rt. 1, Box 190E Arlington, WA 98223 206-652-8795	Weaving, having fun	Student Janitor aid
Elaine Rovetto 2704 Butterfield Rd. Yakima, WA 98901 509-453-2339	Hiking, explor- ing new places, travel, mushrooms, sewing, crafts, art	Homemaker
Angelo Rovetto 2704 Butterfield Rd. Yakima, WA 98901 509-453-2339	Sight-seeing, out of doors, indoors, wildlife & people, even strange people!	Salesman

*860  
Sherwood  
apt. 303  
Boise, 83706*



<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Nancy Lee Schwartz 5720 Harlene Drive Milwaukie, OR 97222 503-654-7593	Young people, old ones, in between people	Homemaker, registered nurse, 4-H leader
Joan Smith Rt. 4, Westriverside Missoula, MT 59801 503-258-6226	Hiking, rafting, dancing, the out of doors	Homemaker
Leila Steckelberg Rt. 5, Box 452 Arlington, WA 98223 206-435-3075 or 206-733-5710	Family, people, folk & square dancing, crafts, rockhound	Samish Council of Camp Fire Girls Field & Camp Director & Home Ec. Teacher
Clarence E. Stephens 204 28th St. N. Great Falls, MT 59401 406-452-1427	People, dis- cussions, crafts, recreation	Dentist
Lois Stephens 204 28th St. N. Great Falls, MT 59401 206-452-1427	People, dis- cussions, crafts, recreation	County HEC Agent
Doc LaRele Stephens 620 Ridge Road Moscow, ID 83843 208-882-4985	People, ecology, rocks, wood	Physician
Velma Stephens 620 Ridge Road Moscow, ID 83843 208-882-4985	"Quiet" recreation	Wife, mother, grandmother, friend
Meta Strickler PO Box 731 Bozeman, MT 59719 406-586-6011	Ecology, camping, crafts, sewing, cooking, singing, constructions, photogr., forestry, Indian lore	Alterationist
Billie Marie Studer 5512 Canfield PLN Seattle, WA 98103 206-ME26106, office-- 206-442-4579	Hiking, backpacking, ski-touring, arts, crafts, swimming	Clerk-typist
Genie Townsend Rt. 3, Box 1030 Gresham, OR 97030 503-665-5876	Hunting, wild flowers, rocks	Housewife & 4-H judge
Chuck Voss 8615 W. 32nd Tacoma, WA 98466 206-L04-9282	Leathercraft, fishing, golf, crisis intervention-- volunteer answerer	Retired county extension agent
Dwight Wales Rt. 4, Box 286 Arlington, WA 98223 206-435-3865	Chat, nature, folk songs	Retired hog caller



<u>Name, Address, Phone</u>	<u>Interests</u>	<u>Occupation</u>
Sydne Ward 2421 6th Ave. S. Great Falls, MT 59405 406-452-6906	Crafts, games, singing, horse- back riding, skiing, 4-H	Student
Stewart E. White Rt. 2, Box 600 Boring, OR 97009 503-658-3995	Water skiing, fishing, swimming, hunting, camping, sports	Student/counselor 4-H & Outdoor School Crafts instructor
Cyndy Williams R. R. 1 Box 177 Bozeman, MT 59715 406-586-5748	Gymnastics, track, swimming, V-Ball, B-ball, horses, hunting, music, 4-H	Student

*Hayburn Youth Camp  
Plummer, Idaho 83851*

S L O W M E D O W N , L O R D

Slow me down, Lord  
Ease the pounding of my heart by the  
quieting of my mind.

Steady my hurried pace with a vision of  
the eternal reach of time.

Give me, amid the confusion of the day,  
the calmness of the everlasting hills.

Break the tensions of my nerves and  
muscles with the soothing music of the  
singing streams that live in my memory.  
Help me to know the magical, restoring  
power of sleep.

Teach me the art of taking minute  
vacations--of slowing down to look at a  
flower, to chat with a friend, to pat a dog,  
to read a few lines from a good book.

Slow me down, Lord, and inspire me to  
send my roots deep into the soil of life's  
enduring values that I may grow toward the stars  
of my greater destiny.



# LOOK WHO'S HERE!

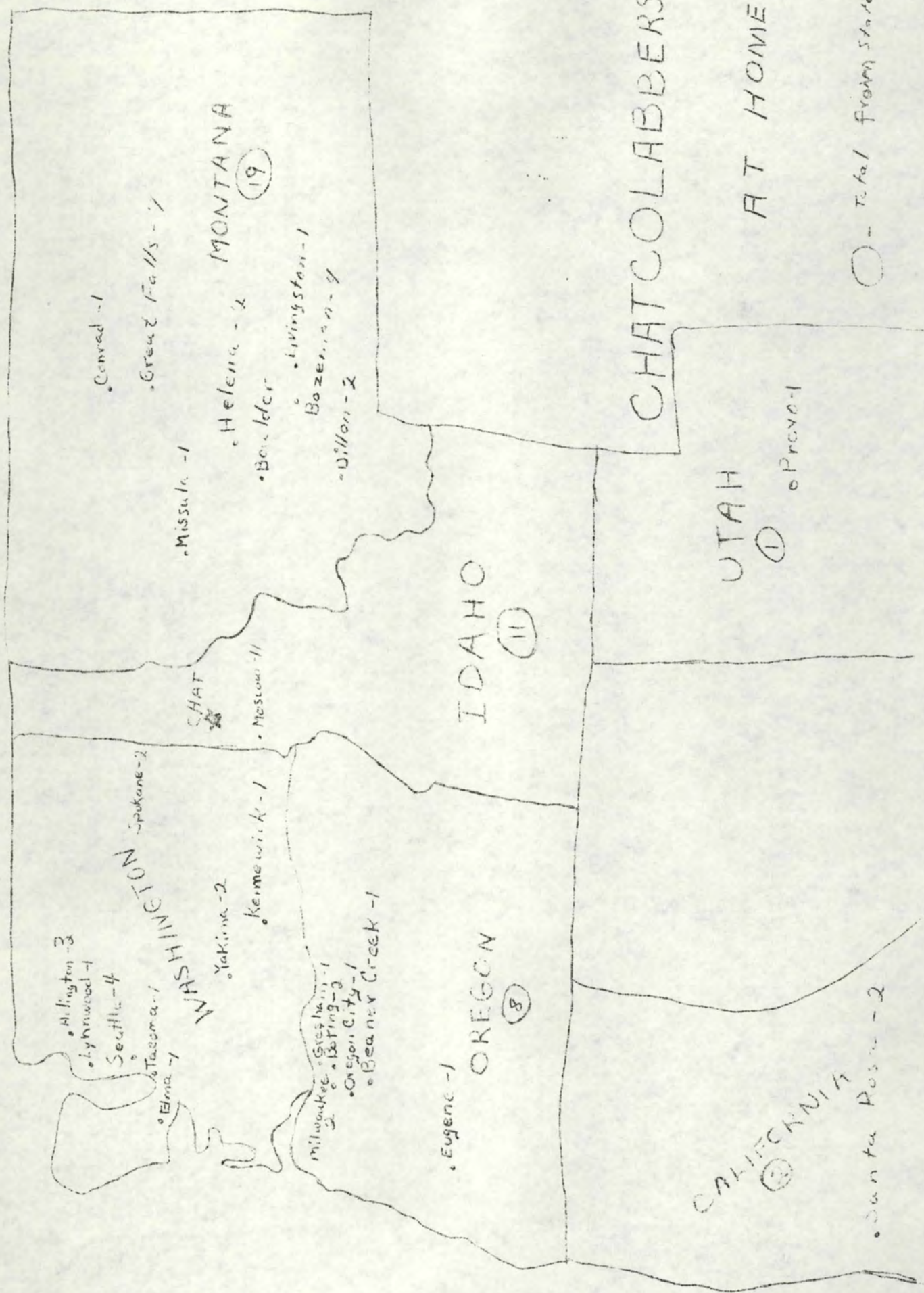


<u>NAME</u>	<u>Interests</u>	<u>Occupation</u>
Al Kajin 22 N. Walnut Dillon, MT 59725 406-683-2785	People, Photography	Student
Bev Lyon Rt. 4 Box 403 Moscow, Id.	People, motorcycles, sewing & cooking, 4-H	
Anne Beasley		
Prudie Burlison		
(Tammy) Twan Thi Thanh		
Bob Stephens		
Melissa Denton Rt. 1 Box 338 Moscow, ID 83843		

Marge Bevan  
~~1317 1/2 South Garfield~~ 2628-37 ave.  
~~Spokane, Wa. 99202~~ Spokane

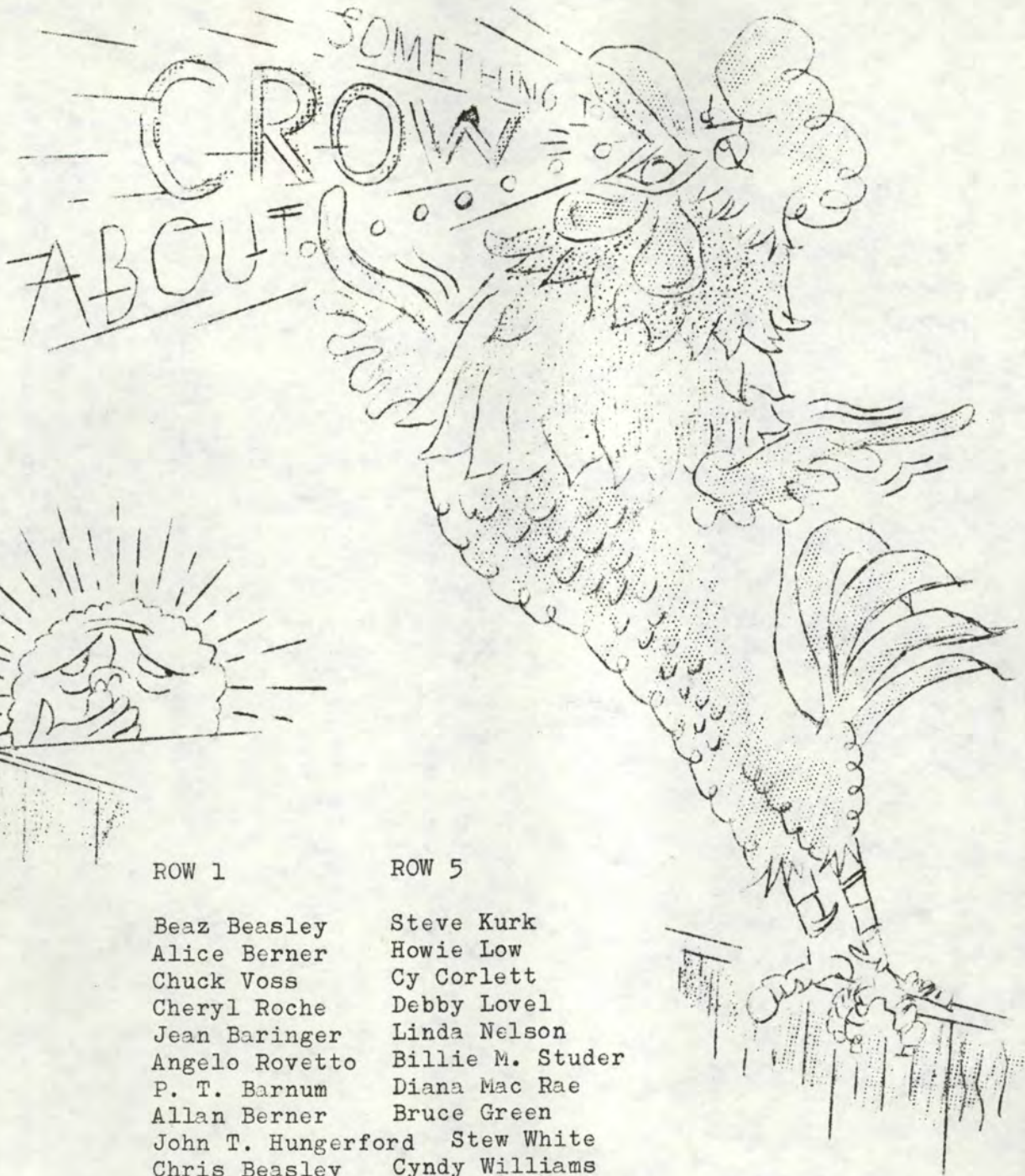






○ - Total from state





ROW 1

Beaz Beasley  
 Alice Berner  
 Chuck Voss  
 Cheryl Roche  
 Jean Baringer  
 Angelo Rovetto  
 P. T. Barnum  
 Allan Berner  
 John T. Hungerford  
 Chris Beasley

ROW 5

Steve Kurk  
 Howie Low  
 Cy Corlett  
 Debby Lovel  
 Linda Nelson  
 Billie M. Studer  
 Diana Mac Rae  
 Bruce Green  
 Stew White  
 Cyndy Williams  
 Tony Luru

ROW 2

Leila Steckelberg  
 Meta Strickler  
 Lillian Dove  
 Doc Stephens  
 Velma Stephens  
 Clarence Stephens  
 Marjorie Grier  
 James Grier  
 Elaine Rovetto  
 Jim Beasley

ROW 3

Dwight Wales  
 Keith Johnson  
 Virginia Heppe  
 Brad Bradley  
 Ruth Munson  
 Geneva Paroz  
 Jo Remmen  
 Jerry Kimes  
 Bill Headrick  
 Genie Townsend  
 Ethyl Fox

ROW 4

Vernon Burlison  
 Sonia Law  
 Libby Hodder  
 Cody Fletcher  
 Joan Smith  
 Sydne Ward  
 Nancy Lee Schwartz  
 Bruce Elm  
 Ruby Carpenter



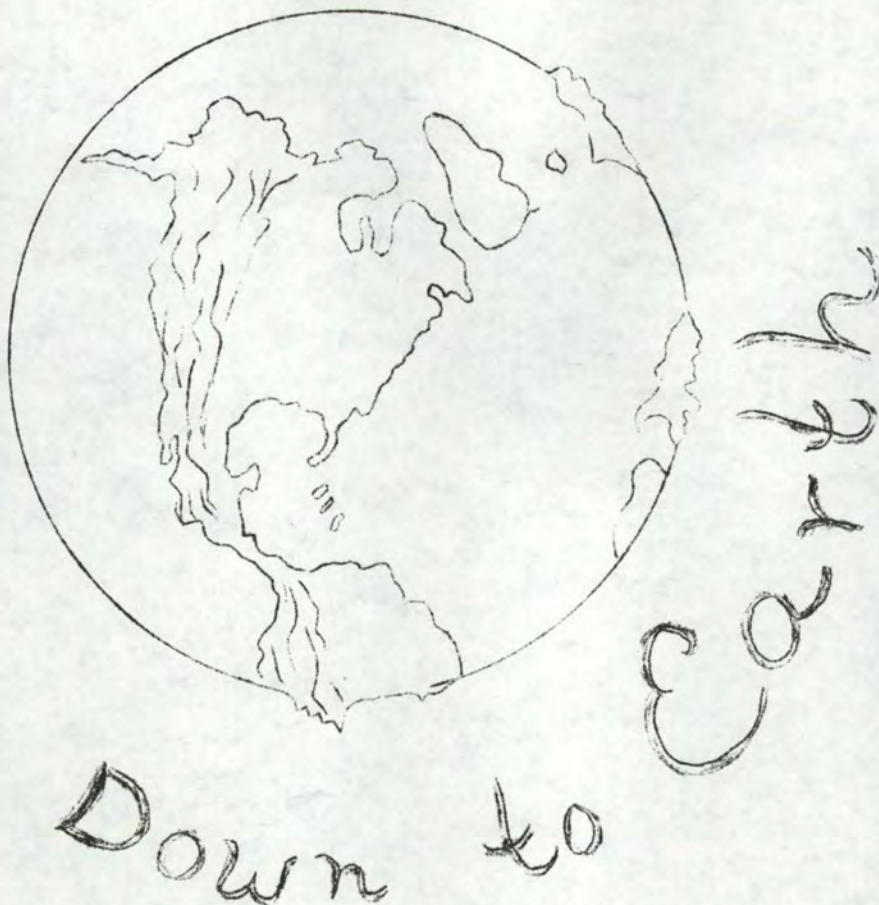
# INTEREST



# GROUPS



By Steve Kurk &  
Debbie Lovel



Group members: Cheryl R., Joan S., Dwight W., Virginia H., Howie L., Keith J., Sonia L., Debby L., Jean B., Chuck V., Doc Stephens, Libby H., Sydne W., Cyndy W., Chairman--Steve Kurk.

On the sunny morning of Tuesday, May 16, our group gathered in front of the Old Rec Hall to discuss our ideas about camp. The first thing we talked about was meditation. Doc Roc stated that he was instructed to contemplate his belly button, as a starting point for concentration. Plans were made for a party to be held Wednesday night. Trust circles, meditation, and other deepening activities would be on the agenda.

Next, our group tossed around the subject of ecology. It was pointed out that the mess our society is in today is a long stemmed problem. It has finally become such a threatening situation that the people have now begun to acknowledge it and do something about it. The generation before ours did not do all the damage and then leave it for us to pick up. No, in the Garden of Eden, when Adam threw away the apple core it started an endless cycle of destruction.

(Continued)



(CONT. DOWN TO EARTH GROUP)

As our discussion continued along this line of thought, Jean Baringer suggested that our group title be "Down to Earth". Everthing we had been discussing seemed to fit this phrase. Thus, our new title "Down to Earth" was adopted. Now was the time to decide what we were going to do in the way of helping save our land. Projects we kept in mind were: Rebuilding and cleaning out part of the Indian Cliffs trail. Getting a closer look at nature around us. Meditation and communication. Evening program using "trust circles" and others.

That afternoon members of our group and other interested labbers set out for Indian Cliffs in an attempt to renovate the trail which was blazed by the CC boys of many years ago. Usually people just clear enough to get through and then end up rerouting the trail or making detours around obstacles. Therefore, we wanted to clear and build up the original trail. Everybody seemed to have a good time and much of the trail was renewed. (There were some pretty sore feet afterwards!)

Thursday afternoon, Debby and Sonia made an attempt to clean up the environment around Chat. Starting from the Chatcolet boat docks, they gathered all the cans and bottles lying in the ditches. They went totally unprepared so were laden down with bottles and cans. Running out of arm capacity, Debby resorted to using cans for high heels and they both ended up kicking half their cans home. To really top off this adventure, while walking along the ditch a truck went by at a breakneck speed and the driver yelled, "You #!"\*#! Hippies!!!" How do you like that! (Well, we tried)





Thank you for  
being in our family  
We do need one another and  
if you have any needs that I  
could help with you know I would  
be honored to give, you have given us  
so much of yourself. God bless you  
and keep you always. Love yours





Just another wheel -  
 another year -  
 us all -  
 re tread and  
 Thank you for being so  
 beautiful -  
 able to see  
 the same  
 but with  
 new  
 growth  
 visible -  
 (I speak  
 always  
 in a lateral  
 way!)  
 Love  
 + looking  
 forward  
 to seeing  
 you in  
 November.  
 Valma J.



TEN WHEELS, A SPARE, AND A RETREAD

It took some trouble in getting the car together, this group emerged through the car skit as the 10 wheels. Later on we picked up a spare and a retread.

The left front tire was Lil Dove and the right front tire was Billie Marie Studer. The engine was help up by Stew White and the steam was Bob Beasley. The left rear tire was Velma Stephens and the right rear tire was Dianne (Yahoo) Mac Rae. Filling in as the trunk was Chris Beasley and stashed in the trunk was one spare, Meta Strickler, and hanging loosely was Alice Berner as the exhaust.

The proud owner of this magnificent machine was Bruce Green and the happy doggie Linda Nelson.

Actually this machine was brought in on the dock, where many original repairs were made until it was presented Tuesday night in the tremendous ability to come apart at the seams, starting with the Tuesday night ceremony down at the lake which came apart when the Park Ranger announced the presence of a bear.

This group experienced protection, concern, understanding, exposure and forgiveness of a Lab experiment.

Needing to use this car on a happier trip we planned a "Children's Party" for the other children.

Many of the parts of this machine went to the Convalescent Home. You can see this magnificent automobile relating to any generations and situations.

Though this automobile has come apart its parts have been completely overhauled and are available for use in Washington, Oregon, California, Idaho, and Montana.



THE FABULOUS FOURTEEN PLUS

Nature and all its variations of all things makes some terrible mistakes and some fantastic pieces of perfection. By random choice we are one of the latter. Realizing this as we looked and talked with each other, is the obvious reason for our name--the beautiful bounty of attrition gave us a plus.

You can tell how this is true by reading their names and of the talents that makes them shine.

Angelo -- A loving husband. Thank you for opening and sharing your abilities. You begin to really lead. Never a dull moment when he is around. A leader of leaders with a warmth of humility and sensitivity. Full of deep feelings and concerns for others.

Clarence Stephens -- Dentist. Has become a little younger each year. A quiet smile of love welcomes everyone. A real help to first timers with his good advice.

Cody -- Aspiring dentist. Thespian. Those beautiful, beautiful eyes, and so lovely to look at. You came into us and joined. You chose to become a true member of the lab. Thank you. My best friends will never believe the peace and understanding found at Chat. It's really been a fabulous experience to know there are people like this. Lovely as any of God's creations.

Brad Bradley -- The Master D.L.O.P.B. Pursuer of flowers-- both vegetable and animal. Slide shows on mountains, flowers, and back packing. He seems to have learned how to love and understand nature and himself. Takes time to talk and share his way of actually living life. Vitally and vibrantly alive. Flowers are fun and beauty. Sense of humor is a delight to share. I hope I can live up to your faith in me.

Libby -- A lot of sweetness in a small package. Thanks for taking over a big job without making me feel guilty about saddling you with it. A quiet smile. Contemplative.



Fabulous Fourteen Plus cont.

P.T. Barnum -- A show all in herself. With love in every ring. I believe in all of you. You have confirmed my belief in good. Everytime she opens her mouth beauty flows out. She always wants to help. Love-alive. Exuberant. Lovely to look at, a jewel within.

Alan -- Gentleness-- He gave me peace. Not a temporary peace but a sense of peace that is mine now. He has been likened to a lake. With nature and people as my teachers I work toward living a simple life as close to this beautiful earth as I can. Gentleness that will be with me forever. STILL WATER RUNS DEEP.

Jim Beasley -- A being on earth that has all the heavenly ingredients to be an angel. All I want to do is be with you. It would not be camp without the smell of that pipe. Without words he notices, cares, touches and heals. I (we) love you! A depth that is unbelievable and beautiful!

Elaine Rovetto -- The calculating mind with able strength to carry it to its realization. Looking forward to October in Portland. Thanks Ang. I'm not sure but thanks. Live in Yakima, like people. Love to be part of and hope to always be allowed to share. Lab is beautiful. She cares about each of us separately. Sees us each as very individual and makes us feel our worth. A radiating warmth. I'm so glad I know her!

Cy -- The charm comes from a cocoon of do. He built people up, said beautiful things that always seemed to get back to whomever he spoke about. He made us feel good. I will always remember a quiet beautiful feeling with a special place in my heart for a "long tall texan". A quiet smile, a friendly word and an aura of confident ability.

Little Bill -- Your favorite fuzz! Lives in Beaver Creek, Oregon. I have been here a few years and this year I think I have really learned that love is more plentiful if you spread it around and give it away. He gives everything in all he does, be it story telling, joking auctioning or just plain caring. Just wouldn't be Chat without Bill. A big man with a bigger heart.

John -- This week has been great for me and I learned that there are some people who, even though different in a lot of ways from me, can be as good or better a friend than someone who is exactly the same. Always ready to try, to experiment. Not afraid to play the fool and so is never foolish. What a wonderful resource--the very soul of American. Young people like John.

Jerry -- I didn't know I could do so much for others until now. With love and understanding and with love of God in your heart its easy. Always there to see something which

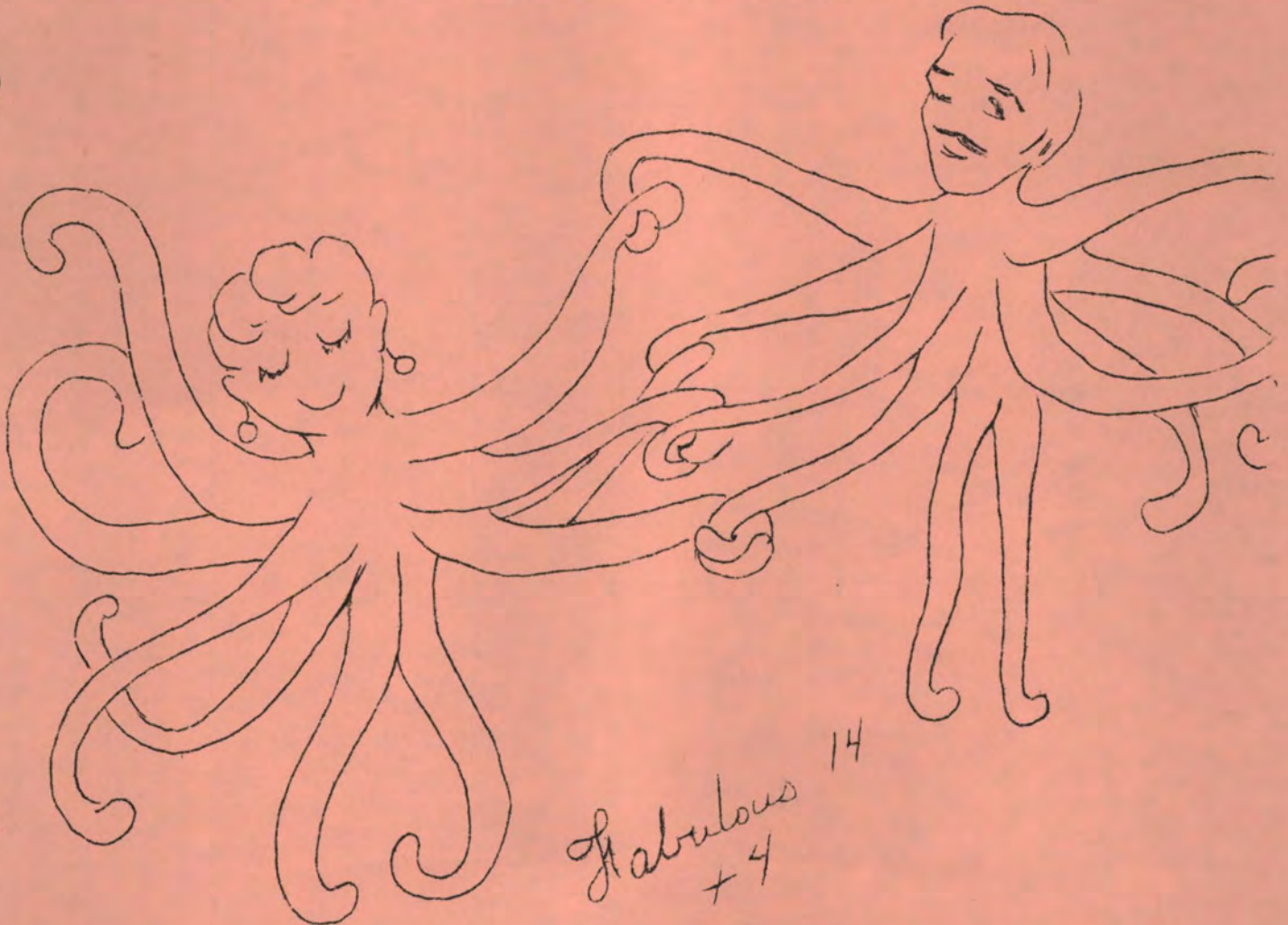


needs his attention and does it. He's helping every time I see him. A quiet sense of humor.

Jo -- At home my nickname is "Shut-up Jo". Here at camp I have been quiet and an observer which I have enjoyed very much for a change. Now I am going home refreshed and also with many new ideas so that when I start talking I have new things to say. She is aware of the small details, the little unnoticed things that comprise life. Serenity, Beautiful people.

Leila -- Red headed -- all good adjectives approved!! Next year we'll get better acquainted. There's a great deal of caring there. Concern for the whole job and likes tea. (Did you know Leila likes tea?) Editor-extra-ordinary. Leader of the work house with a heart as warm and large as the book she oversees.

Nancy -- Nurse Nancy. Dear God, Please let me be at Chat next year. I talked with her and I think it is a safe bet she'll never grow old. She is too open to new ideas for age to set in. She is like a mother but... I'll have to call her sister because she is so full of young ideas. Always helping people. She's great! She has a good understanding for all. Competence personified.

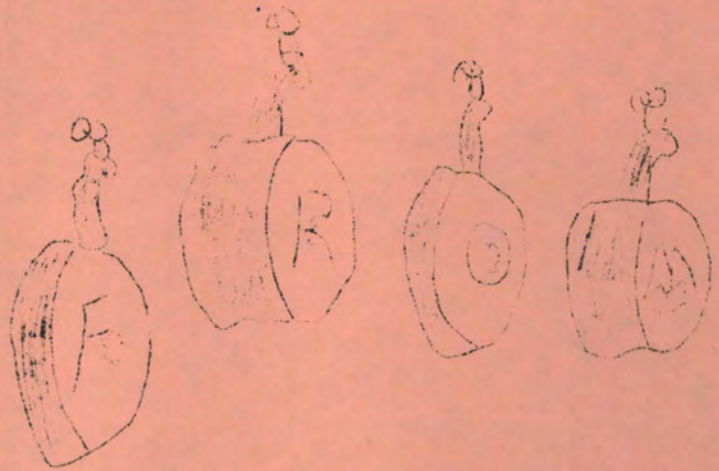


*Fabulous* 14  
+4





M-M-MEALS!



THE

R  
I  
C  
H  
E  
N



# menu



Saturday Night Supper for 25  
 Spaghetti and meat balls  
 Tossed spring salad  
 Pears and cookies  
 Tea-Coffee-Milk

Sunday Breakfast for 25  
 Juice  
 Hot Cakes Eggs  
 Dry Cereal  
 Tea-Coffee-Milk

Sunday Noon  
 Tamalie Pie  
 Grapefruit and orange <sup>salad</sup>  
 Cherry Crisp  
 Tea-Coffee-Milk

Sunday Dinner for 90  
 Beef Stroganoff  
 Green beans, onions with  
 bacon bits.  
 Pineapple and Cottage  
 cheese salad  
 Bread  
 Chat-Co-Cake  
 Tea-Coffee-Milk

Monday Breakfast  
 Apple Juice  
 Bacon and Eggs  
 Hot and Cold Cereal  
 Toast and Jam  
 Tea-Coffee-Milk

Monday Lunch  
 Creamed Dried Beef on  
 Baked Potatoes  
 Crunchy Spring Salad with  
 dry cereal squares  
 Chocolate Cake with  
 Whipped Cream  
 Tea-Coffee-Milk

Monday Dinner  
 Pork Steak and  
 Mushrooms  
 Bean Salad with  
 Onion Rings  
 Diced Creamed Potatoes  
 Peaches and cookies  
 Tea-Coffee-Milk

Tuesday Breakfast  
 Orange Juice  
 Sausages and  
 Scrambled Eggs  
 Toast and Jam  
 Tea-Coffee-Milk

Tuesday Lunch  
 Chicken and Homemade  
 Noodles  
 Cole Slaw  
 Gingerbread with  
 Whipped Cream  
 Tea-Coffee-Milk

Tuesday Dinner  
 Baked Ham  
 Baked Potatoes  
 Peas and Carrots  
 Hard Rolls  
 Apricot Crisp  
 Tea-Coffee-Milk



## 2 Menu

## Wednesday Breakfast

Fried Western Trout--at beach

Cornbread- Syrup

Oranges

Coffee

## Wednesday Lunch

Hobo or Mountain Stew  
cooked at beach

Walking Salad

Canned Pop

## Wednesday Dinner

Bar-B-que'd chicken

Potato Salad

Garlic French Bread

Pickles &amp; Olives

Celery &amp; Carrot Sticks

Ice Cream &amp; Cookies

## Thursday Breakfast

Stewed Prunes

Hot and Cold Cereal

Sausage &amp; French Toast

jam, syrup

Tea-Coffee-Milk

## Thursday Lunch

Texas Goulash

&amp; Mashed Potatoes

Tossed Salad

Hot Biscuits

Strawberry Shortcake

Whipped Cream

Coffee-Tea-Milk

## Thursday Dinner

Tomato Juice

Roast Beef au jus

Browned Potatoes, carrots

and onions

cole slaw

Jello fruit with

Whipped Cream

Cookies

## Friday Dinner

## Friday Breakfast

Rhubarb Sauce

Bacon and Eggs

Toast Jam

Hot and Cold Cereal

Tea-Coffee-Milk

## Friday Lunch

Vegetable Soup &amp; Crackers

Shrimp &amp; Lettuce Salad

Apple Pie and Cheese

Tea-Coffee-Milk

Baked Halibut Creole

Baked Potatoes

Vegetable Jello Salad

Green Beans

Flaming Steamed Pudding

with Hard Sauce

Tea-Coffee-Milk

## Saturday Breakfast

Fruit Juice

Sausage &amp; Eggs

Hot and Cold Cereal

Toast- Jam

Coffee- Milk- Tea

## Saturday Lunch

Potato Meat filled  
Roll

Cole Slaw and Pineapple

Orange Cake

## Saturday Dinner

## Sunday Breakfast

Hot Cakes and Eggs

Anyone wanting to make lunches for the return home trip are welcome to use the leftovers.





# Give Yourself



## a Treat

### Ye Olde Editor's Favorite Candy

1 cup butter  
2 tbsp corn syrup  
2 tbsp water  
1 C. sugar  
1½ C. walnuts

8 oz. Hershey Bar

Put butter, syrup, water and sugar in saucepan in that order. Do not stir! Cook on low heat to 288° F.

Put 1½ C. walnuts or almonds on foil in pan about 12" x 18"  
Cut hershey bar into pieces and spread over nuts. Pour syrup over top and cool. Break into pieces.

Leila

(Recipe corrected from past years.)

Demo by Marge Leinum:  
Dipping Chocolates

### Bon Bons

#### DATE ORANGE CAKE

3 C. sugar  
1 C. oleo  
3 eggs  
3 C. buttermilk  
3 tsp. vanilla  
6 C. flour  
3 tsp. soda  
3 C. nuts  
1 C. dates

Mix and bake 40 min.

Pour TOPPING over warm cake and serve:

Heat juice of 3 oranges (a little rind)  
3 lemons & 3 C sugar  
Pour over warm cake. :  
Or serve cold after setting at least 24 hours.

*CHARM is the ability to make someone else think both of you are wonderful.*

#### CENTER

2 C. crunchy peanut butter  
4 Tbsp butter  
2 C. chopped nuts  
2 C. cut-up dates  
2 C. powdered sugar

#### DIP

Melt 1 pkg  
chocolate chips  
1 pkg. butterscotch  
chips  
¼ slab parafin

Keep pan warm over hot water.

Roll "Center" into small balls and dip in chocolate mixture. Place on Waxed paper

A knitting needle or other sharp instrument would be helpful in dipping.

*A Labber, late for breakfast, gave his order as he went through the kitchen:  
"Toast-- not too brown, not too light.  
Coffee hot but not boiling. A white egg cooked exactly two and a half minutes, and in an egg cup if possible. Add hurry."  
"Just one question," Marge said.  
"The hen's name is Mabel. Will that be alright?"*





### Refrigerator Fruit Cookies

1 c. white sugar  
 1 c. brown sugar  
 1 c. marjarine ½"  
 1 c. lard  
 3 beaten eggs  
 1c. flour  
 1 tsp. soda            Sift these 3 together  
 1 tsp. cinnamon

Add ¾ c. more of flour  
 1tsp. vanilla  
 1 c. nuts  
 1 pkg. fruit cake mix

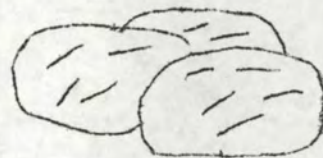
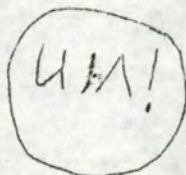
Mold into 3 loaves--refrigerate over night. Slice thin, bake 400 degrees for 8 to 10 minutes.

### Silver White Cake

10 c. flour  
 6 c. sugar  
 14 tsp. baking powder  
 2 tsp. salt  
 2 c. shortening  
 4 c. milk  
 4 tsp. flavoring  
 16 egg whites (about 2-3 cups)  
 Blend flour, sugar, baking powder and salt, add shortening, 2 c's milk and flavoring, beat 2 minutes at medium speed. Add rest of milk and egg whites. Beat 2 more minutes. Bake 350 degrees for 40-50 minutes.  
 Serves 50

### English Cookies

2 c. brown sugar  
 1 c. lard or shortening  
 2 eggs  
 1 c. of raisins and nuts  
 ½ tsp. salt  
 1 tsp. soda  
 1 tsp. Baking Powder  
 3 c. flour  
 1 tsp. cinnamon  
 1 tsp. nutmeg  
 Cream shortening and sugar, add well beaten eggs then coffee and sift dry ingredients and add to mixture. Add raisin and nuts last. Drop from spoon and bake in moderate oven (350) about 10-12 mintues.





STROGANOFF (80 servings)

Heat 3 C. oil  
Cook: 10 C. chopped onions  
in the oil until brown.  
(golden--that is.)

Add: 25# hamburger and cook  
until brown.

Add: 1/2 C. (to taste) SALT  
1/4 C. (to taste) nutmeg  
1/8 C. pepper or less

ADD: 6 small cans of mushrooms  
(stem and pieces)

Add: 3 - 50 oz. cans mushroom  
SOUP and cook 15 minutes  
when ready to serve, spread  
about 4 cups powdered butter-  
milk over top and stir gently.  
Serve on rice.

HUNTER'S STEW

Brown hamburger and onions  
Add raw, sliced potatoes  
Add canned vegetable soup.  
Cook, covered, on top of  
stove until vegetables are  
done.  
Refrigerate, and warm when  
needed.

MEXICAN CHILI

Cook 5# kidney beans  
(can buy gallon cans)  
Mix: 2 Qt. #10 cans tomato  
soup.  
2 C. chopped onions  
4 oz. chili powder  
4 oz. salt  
Sear 10# ground beef  
1/4 C. suet  
Water to make 24 qt. volume  
Simmer together 3 hours, with  
the beans.

( VARIATIONS FOR THURSDAY CAKE ) ICING

Use pineapple juice in the icing  
Other fruits in season; Rhubarb,  
cherries, strawberries, apricots  
etc., can be used for the filling.

1 C. powdered sugar  
1 tsp. butter  
2 Tbsp cream or milk  
1/2 tsp. vanilla  
Drizzle over hot cake.

BUTTERMILK HOTCAKES

8 C. flour sifted with:  
4 tsp salt  
4 tsp soda  
3 tsp Baking powder.

4 Tbls. corn meal  
4 Tbsp. sugar

Add 8 eggs  
8 C. buttermilk  
4 Tbsp. melted shortening.  
Yield 80 hotcakes.

THURSDAY'S CAKE  
Pineapple Squares

Filling:  
1/2 C. sugar  
3 Tbsp cornstarch  
1/2 tsp. salt  
1 can crushed pineapple--  
(3 1/2 cups, 1# 14 oz. size can)  
1 egg yolk  
Cook all together and cool to  
lukewarm.

DOUGH:  
2/3 C. scalded milk  
Add: 1 tsp. sugar  
Dissolve 1 pkg. active dry  
yeast in  
1/4 C. warm water, add to the  
cooled milk.  
Add 4 egg yolks slightly beaten  
4 C. flour  
1 C. margarine

Mix as for pie crust. Stir  
in yeast and milk mixture.  
Blend thoroughly--divide in  
half and roll out on floured  
board to fit pan 10 x 15",  
overlapping edges. Spread  
with filling--roll remaining  
dough to cover, seal edges  
snip top with scissors for air  
to escape. Cover, let rise in  
warm place 1 to 1 1/4 hours.  
Bake at 375 degrees.

(YUM, YUM, MARGE!)



## OATMEAL CAKE

Pour  $4\frac{1}{2}$  C. hot water  
over 3 C. oatmeal and  
3 cubes butter or oleo.  
Let stand 20 min.

Add 3 C. white sugar  
3 C. brown sugar  
6 eggs beaten  
 $1\frac{1}{2}$  C. raisins

Add  $4\frac{1}{2}$  C. flour  
3 tsp soda  
3 tsp cinnamon  
 $1\frac{1}{2}$  tsp baking powder

## TOPPING:

$\frac{3}{4}$  C. sugar  
Melt 3 cubes butter  
Stir in 3 eggs  
3 c. coconut  
 $\frac{3}{4}$  C. Evaporated milk  
Boil 2 minutes  
Add 3 tsp vanilla

Bake 30 minutes 350'  
(30-40 min.)

## GINGERBREAD

6 C. flour  
6 tsp baking powder  
 $\frac{3}{4}$  tsp soda  
5 tsp ginger  
3 tsp cinnamon  
 $1\frac{1}{2}$  tsp salt  
1 C. shortening  
 $1\frac{1}{2}$  C. sugar  
3 eggs  
2 C. molasses  
 $2\frac{1}{4}$  C sour milk  
Sift dry ingredients 3 times,  
cream shortening and sugar,  
add eggs to molasses, and dry  
ingredients with milk.  
Bake 30-40 minutes at 350'

## BAKING POWDER BISCUITS

16 cups flour  
 $\frac{1}{2}$  C baking powder  
3 T salt  
2 C lard  
 $1\frac{1}{2}$  C milk

Bake 12 minutes at 450'

## BARBECUE SAUCE

2 C. chopped onion (about 4)  
 $1\frac{1}{4}$  C. brown sugar  
 $\frac{1}{4}$  C. paprika  
 $\frac{1}{4}$  C. salt  
 $\frac{1}{4}$  C. mustard  
 $2\frac{1}{2}$  Tbsp chili powder  
 $1\frac{1}{4}$  Tbsp cayenne pepper  
 $\frac{1}{2}$  C. Worcestershire sauce  
10 C. tomato juice  
 $2\frac{1}{2}$  C. vinegar  
 $2\frac{1}{2}$  C. catsup  
5 C. water.

Makes enough for 40 # of chicken.

## CORN BREAD

4 EGGS  
7 CUPS BUTTERMILK  
2 TSP SODA  
2 CUPS FLOUR  
6 CUPS YELLOW CORNMEAL  
4 TSP. SUGAR  
5 TBSP BAKING POWDER  
4 TSP SODA  
1 C SHORTENING

400' 40 min.

## FUDGE CAKE for 40

Cream together:  
 $1\frac{1}{2}$  C. shortening  
4 C. sugar  
6 well beaten eggs  
Add: Mix together  
4 oz. chocolate (melted) or 5 oz.  
cocoa  
 $1\frac{1}{2}$  tsp. soda  
 $1\frac{1}{2}$  C. hot water  
 $1\frac{1}{2}$  pints milk  
Add this liquid alternately  
with 7 Cups flour.  
Bake 25-30 min. at 350'  
Makes 6 - 9" layers.

## APPLE PIES

Crust for 7 pies:

10 C. flour  
 $3\frac{1}{3}$  C. shortening  
4 tsp. salt  
 $1\frac{1}{4}$  C. water  
6 gallons canned apples makes  
20 pies.



PICKLED BEAN SALAD

- 1 gallon green beans
- 1 gallon yellow wax beans
- 3 cans kidney beans
- 3 cans garbanzo beans
- 4 or 5 onions, sliced
- 1 cup sugar
- 2 teaspoons salt
- 3 cups vinegar
- 2 cups salad oil
- dash black pepper

Drain juice from beans.  
 Combine drained beans, pepper, and onion.  
 Add remaining ingredients and toss.  
 Refrigerate several hours before serving.

\*\*\*\*\*  
 FLAMING PUDDING

- Sift together: 18 cups sifted flour
- 5 teaspoons soda
- 5 teaspoons salt
- 5 tablespoons cinnamon
- Mix in: 5 cups raisins
- 5 cups finely cut citron
- Mix and blend in: 5 cups ground suet
- 5 cups sweet or sour milk
- 5 cups molasses

Pour into well greased molds, steam for three hours. Serve hot with hard sauce. To make hard sauce: cream 2 pounds butter, blend in confectioner's sugar and 6 teaspoons vanilla until sauce is firm.

\*\*\*\*\*

APRICOT CRISP

- 10 cups flour
- 8 cups sugar
- 4 cups butter

Crumble and spread over fruit.  
 Bake at 400°F. until brown.

CRISS - CROSS POTATOES

Do not peel potatoes, but cut in slices longwise, about 3/4 inch thick. Score criss-cross with fork on one side. Rub with oil and with sprinkled paprika

POTATO FILLED MEAT ROLL

- 8 cups cracker or bread crumbs
- 3 cups milk
- 20 pounds hamourger
- 16 eggs, slightly beaten
- 6 onions
- 4 tablespoons salt
- 2 tablespoons pepper
- 6 cups grated cheese
- 4 cups cracker crumbs
- 3 quarts mashed potatoes
- 1 gallon tomato puree or soup

Soak the 8 cups crumbs in milk. Combine with meat, eggs, onion, salt, pepper, and 4 cups of grated cheese.

Sprinkle the 4 cups cracker crumbs on wax paper. Pat meat on crumbs, spread with potato and the remaining 2 cups cheese. Carefully roll up like jelly roll. Put in shallow baking pan. Bake at 350°F. for 45 minutes. Pour the puree (or soup) over meat and continue to bake another 45 minutes.



HOME MADE NOODLES

Beat up very lightly.

- 30 eggs yolks & 10 whole eggs
- 5 tablespoons salt
- 2 cups of cold water
- stir in 18 cups flour

WALKING SALAD

Take a nice big apple and core out the insdie. Use a teaspoon to do this. Take out as much of the inside as possible, without breaking the outside peel. Then fill "salad bowl" with chopped celery, raisons, nuts and mayonnaise.

Then enjoy your salad as you hike -- or when you get to your camp site -- you'll enjoy eating your salad bowl as you eat your salad. Use no spoon -- but beware, you may end up with mayonnaise on your nose!

ALICE'S CORNFLAKE CANDY

- 2 cups sugar
- 1/2 cup milk
- 1/2 cup light corn syrup
- 1 cup sweet or sour cream

Cook to soft ball stage. Add 1 teaspoon vanilla.

Pour over -

- 8 cups corn flakes
- 1 cup rice krispies
- 1 cup salted peanuts

Mix and press into pan greased with butter.

To serve about 100 people the recipe should be made in a quantity 4 times the recipe above.

-----



## SCALLOP CORN--for 25

1 gal. creamed corn  
 2 cans cond. milk  
 ¼ lb. crackers  
 Little pig sausages for each member

## BAKED BEANS--for 80

8 lbs. Navy Beans cooked.  
 1 qt. molasses  
 3 cup brown sugar  
 2 bottles of catsup  
 4 tlbs. prepared mustard  
 ½ cup vinegar  
 Bake 1½ hr. or till done

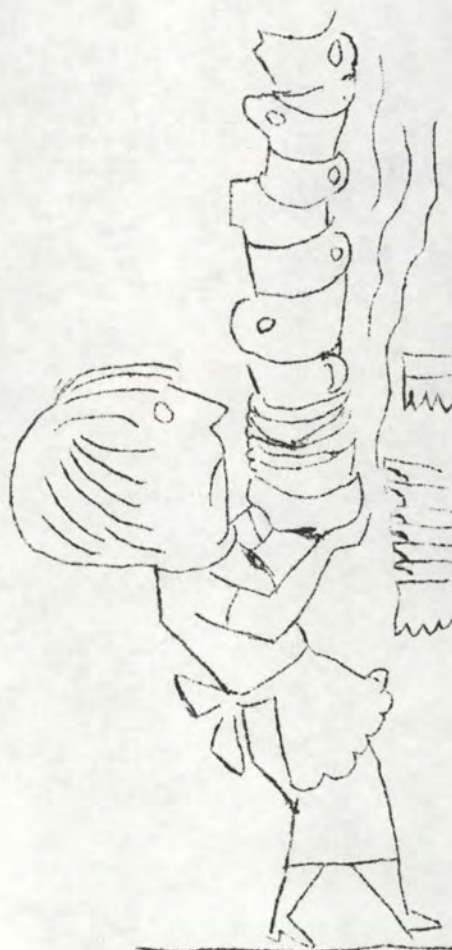
## SWEDISH MEATBALLS--for 8 to 10

1 lb. ground beef  
 ½ lb. ground lean pork  
 ½ cup minced onions  
 ¾ cup dry bread crumbs  
 1 tlbs. snipped parsley  
 2 tsp. salt 1/8 tsp. pepper  
 1 tsp. Worcestershire sauce  
 1 egg  
 ½ cup milk  
 ¼ cup Gold Medal Flour  
 1 tsp. paprika  
 ½ tsp salt  
 1/8 tsp pepper  
 2 cups water  
 ¾ cup dairy sour cream

Mix thoroughly and shape into round balls and brown and cook meat balls in oil remove meatballs -keep warm.

Blend flour, paprika ½ tsp. salt and 1/8 tsp. pepper into oil in skillet. Cook over low heat stirring until mixture is smooth.

Remove from heat and stir in water. Heat to boiling stirring constantly. Boil and stir 1 minute. Reduce heat and gradually stir in sour cream. Mixing until smooth. Add meat balls, heat thoroughly.



DAFFYNITION: Cookbook----- A volume brimfull of stirring passages.



## QUICK TAMALES PIE

(Serves 6)

2 cans tamales  
 1 #303 can cream style corn (2 cups)  
 1 small can ripe olives, pitted  
 1 cup grated cheddar cheese  
 1 T grated onion  
 salt and garlic salt to taste  
 1 T taco sauce  
 1 cup corn chips

Drain tamales, reserving chili sauce. Remove paper wrapping and cut tamales in  $\frac{1}{2}$ " pieces. Place in  $2\frac{1}{2}$  qt. carrerole (oiled). Pour chili sauce over top. Add corn, olives,  $\frac{1}{2}$  cheese and seasonings and mix lightly with tamales. Top with remaining grated cheese and corn chips. Bake at 350 degrees for 45 minutes or until hot and bubbly.



Mighty

M=M=  
Good.

TAMALE PIES



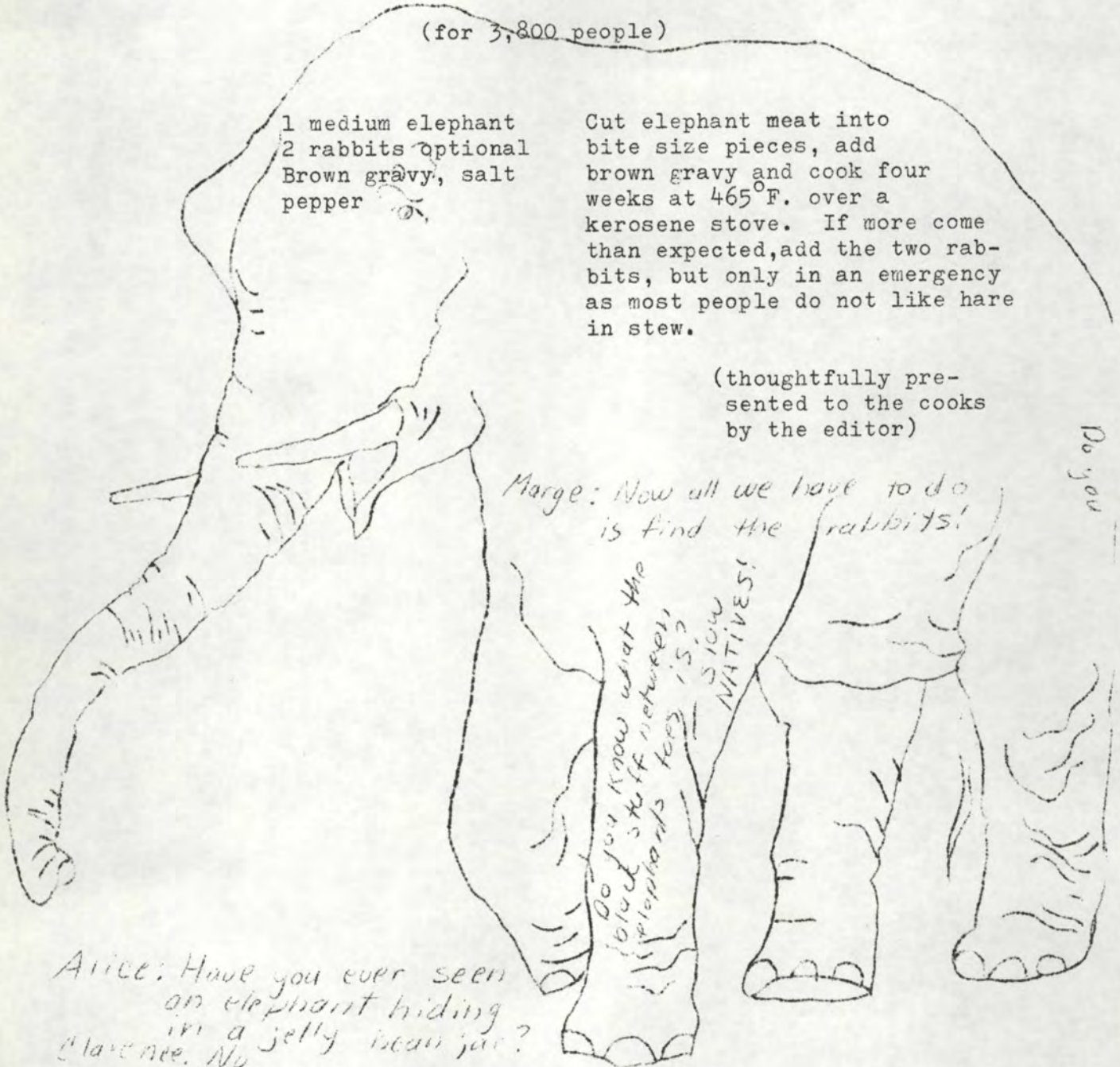
ELEPHANT STEW

(for 3,800 people)

1 medium elephant  
2 rabbits optional  
Brown gravy, salt  
pepper

Cut elephant meat into bite size pieces, add brown gravy and cook four weeks at 465°F. over a kerosene stove. If more come than expected, add the two rabbits, but only in an emergency as most people do not like hare in stew.

(thoughtfully presented to the cooks by the editor)



Marge: Now all we have to do is find the rabbits!

Do you know what the black stuff network elephants feet is? SLOW NATIVES!

Do you

Alice: Have you ever seen an elephant hiding in a jelly bean jar?  
Clarence: No

Alice: Boy! They sure do hide good, don't they?

Do you know how to get out of a elephant?

Run around until you get pooped out!!!

Do you know

Clarence: Do you know the difference between a pound of butter and an elephant?

Alice: NO?

Clarence: Boy, I sure won't send you to the grocery store!





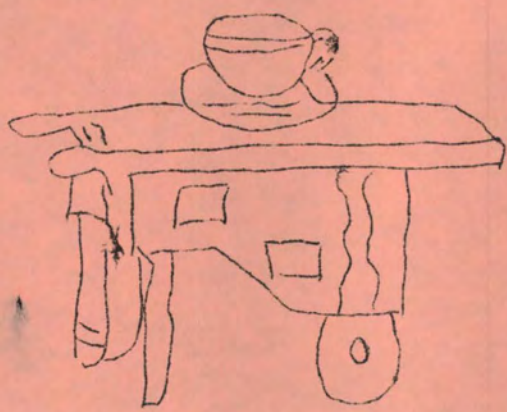
TAKE FUN



CHATCOLAB

FUN!  
AND

Tea



Time



# Kitchen Crew

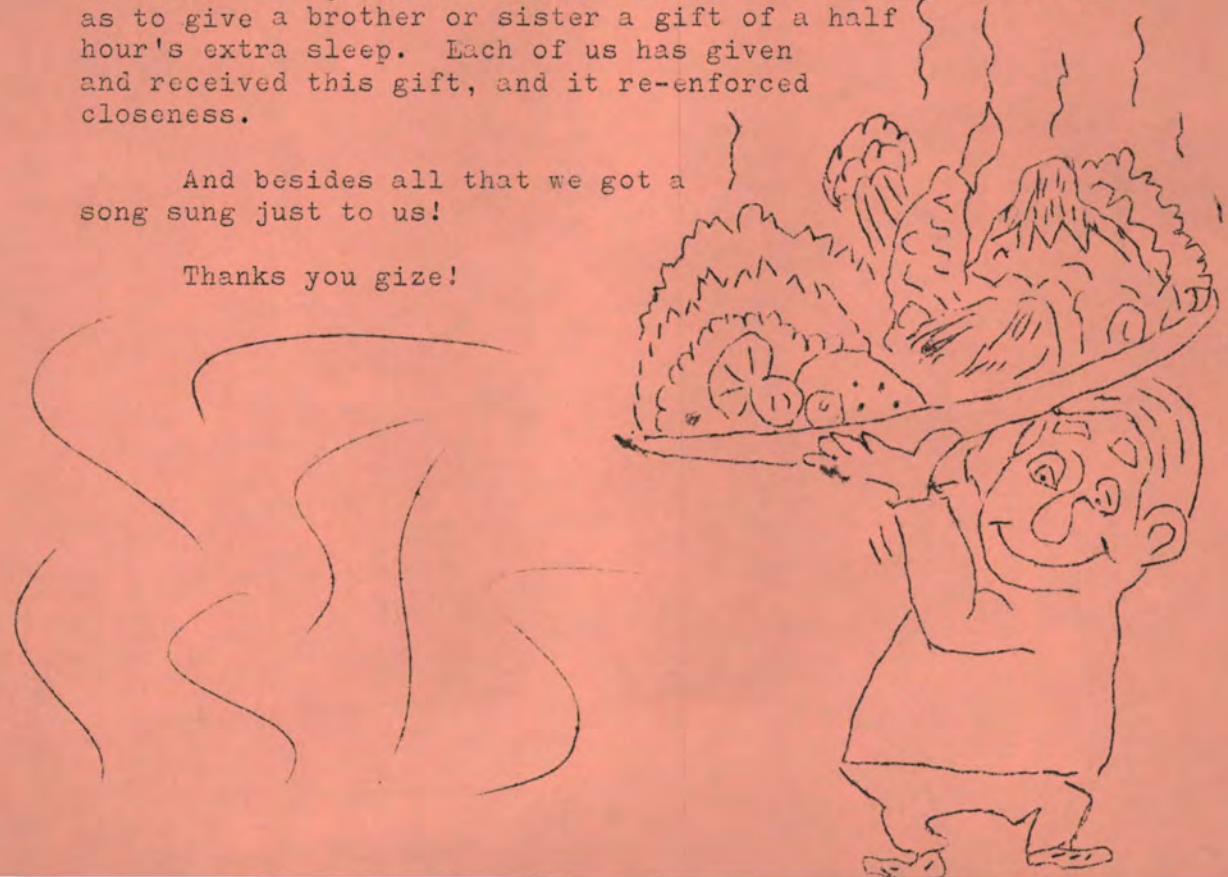
People become aware of the kitchen crew when the alarm goes vibrating violently across the floor at 6:30 in the morning. Warning to all prospective kitchen crewers: this is not (repeat is not) the best time to walk around to all your newly awakened friends and introduce yourself cherily ("good morning! My name is Zelda and I'm your friendly neighborhood kitchen crewer! ("kablam!") It is the time to say in a loud voice "who's the stupid idiot who set an alarm clock at this unGodly hour of the morning?" Turn off the alarm with disgust and go stomping angrily out of the room muttering something about finding a sane place to sleep, and then head meekly across the camp towards obligation.

There are some things missed by being on crew. Sleep, for one. We have to be lugging trays to the tune of Dwight's wake-up song. Then there are those after dinner announcements, announcements, annou-o-ounce-ments, that sometimes get lost in the clatter. There's a half hour of quiet time before each meal which we don't have, and the clean-up afterwards means we don't share in the after meal chit-chat!

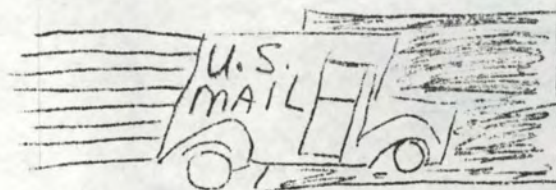
But there's the other side, too. There were three of us working this year: Cheryl, Allan, & P.T., and it gave us a chance to grow. There was an opportunity to know some of the other kitchen people a little better. And it was a great chance to be gentle and generous to one another. This was perhaps the best part. It's a really good feeling to "forget" to wake someone up and start a little earlier on the tables so as to give a brother or sister a gift of a half hour's extra sleep. Each of us has given and received this gift, and it re-enforced closeness.

And besides all that we got a song sung just to us!

Thanks you gize!





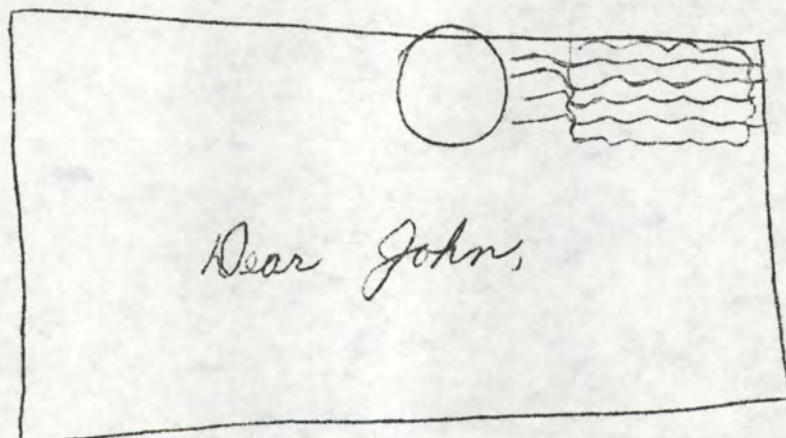


According to Little Bill, the U.S. Postal system isn't always as efficient as it is cracked up to be. Just recently, for example, he was involved in a harrowing run-around.

It seems Little Bill made a change of residence for the present week, and his poor wife attempted to contact him. The letter arrived at the Camp P.O. but got mixed up en-route to Little Bill's quarters. Thus he went tramping all over, under, and around obstacles in the Dining Hall in search of his love letter. It was quite a stringy situation.

Eventually Little Bill came upon his letter and with a sign of relief sat down and ripped it open. A "loud" as usual, he read the contents revealing yard sales, more yard sales, and even more yard sales. To his dismay (and to the labbers dismay) his wife omitted the best part, (the mushy stuff). Oh well! If she had of included it he probably would have pinned it to the bulletin board!

Debby Lovel





PROPELL, PROPELL  
 PROPELL YOUR CRAFT.  
 PLACIDLY DOWN THE  
 LIQUID SOLUTION.  
 EXQUISITLY, EXQUISITLY  
 EXQUISITELY,  
 EXISTENCE IS BUT  
 AN ILLUSION.

Tuesday's YACHT race:

Tuesday noon the lab was honored with a special sporting event due to a committee known as the Chat Yacht Racing Committee of 1972 being able to obtain the world championship Yacht Race.

This race was to be between the two most windy persons in the lab, namely a delegation from Montana (Joan Smith) and the entire Texas...Ooops, I'm sorry, I mean Utah delegation (Bruce Elm). The contestant from Utah "forgot about it" and failed to show up for the race so was thus disqualified. Being a gracious winner and newly crowned queen of the Yacht set, Joan consented to accept the late but otherwise just challenge of Bruce who had just discovered that he had missed lunch.

Well the results of the race are now history and after the mess was cleaned up it was declared a draw...not between Bruce and Joan but between Bruce and Little Bill who as an innocent bystander got thoroughly and completely wet. How did that happen? It wasn't in the original plan to happen that way!

*The man who  
 rows a boat  
 generally doesn't  
 have time to  
 rock it.*





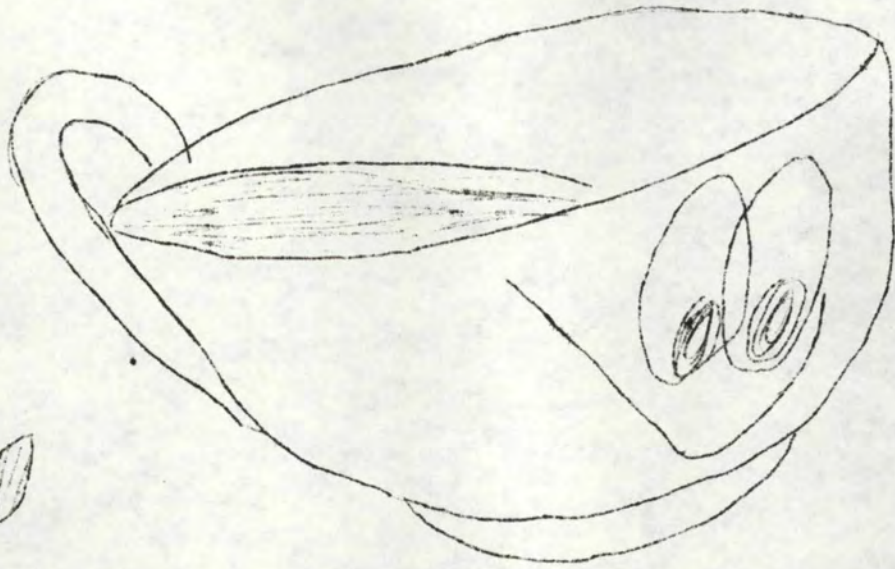
Friday Evening--

With a flaming *dessert* as a "piece de resistance" made the occasion to introduce four French waiters who came especially to Chat with this very exclusive recipe for our enjoyment.

Henri, Pierre, Maurice, and Jon ably served this desert in such a grandios manner with the ladies receiving extra favors in a typical French manner.







# Tea Time

Tuesday: 3:15 p.m.

Dining Hall

Refreshments: Peach Cobbler  
Hot Coffee  
Tropical Punch

Between the noon meal and the night meal  
when your stomach begins to growl  
comes a pause in the day's occupation,  
That's known as the "tea time."

Marge Grier +  
Geneva Paroz



# Gangway

WE'RE ON  
OUR WAY  
TO



TEA

TIME

There's so much  
about you  
That's nice to Recall  
You're a grand kind  
of person  
And that isn't all--  
You make others  
happy  
By nice things you  
do--



It's a pleasure today  
to serve: Hot Jello!  
Coffee, Tea,  
Mushroom Omelet  
for you!!

Mushrooms contributed by all camp hikers



(CONT. WEDNESDAY TEA TIME)

### How To Stretch A Mushroom

#### To Feed 50 People

We did have more than one mushroom but not many more. All told we had about a pound and a half of Morels picked by every labber that went into the woods.

Start out by cleaning and mincing the mushrooms, while this is being done peel as many onions (six nice ones). Mince these and saute in butter along with the top of five celery stalks for flavoring. Next, add one loaf of bread soaked in water and mixed in. All this goes on while the onions are sauteing.

Remove mixture from the fire. Toss in about two dozen eggs, salt, and pepper to taste. Then fry like pancakes in a buttered grill.

The more mushrooms you have and the less people you add less substitutes...

The ideal is three parts mushroom  
one part onion  
a few green leafs of celery  
one slice of dry bread  
one egg

Follow directions as above. I hope you enjoy it!

Angelo Rovetto





# LEADERSHIP



THE NAME OF THE GAME IS  
**LIVING!**



h  
i  
o  
s  
o  
p  
h  
y



49

LEADERSHIP PHILOSOPHY

Vernon Burlison  
Monday Session

There has to be two or more people involved in a common situation, confronted with a common problem, or desirous of a common objective before the thing called "leadership" can exist. In a positive sense, leadership is the constructive influence one person exerts upon others who are in the same situation.

Skills, such as knowing how to make crafts, how to play games, etc., do not assure one of being a successful leader. Being skilled in methods and techniques helps, but more basic to being a successful leader are:

1) knowing your own motivations--what causes you to be a leader 2) understanding what may be the motivations behind other people's actions, and 3) having a relationship with your group members that is based on trust and respect. If you find your motivations are not worthy as you would like, you can seek and accomplish change. If your understanding of what may be behind other people's actions is not as complete as you would like it, you can improve it. If the relations between you and your group members are not founded on love, you can cultivate your love for other people, even for people whom you do not know.

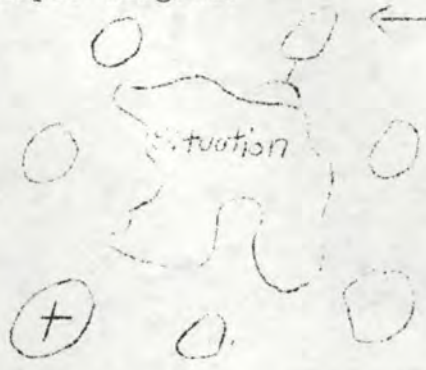
Chatcolab has changed from what it once was in that acquisition of skills is made secondary to the development of understanding that promotes more effective human interrelationships. Discussion of leadership concepts, person to person interrelationships in groups, permissive atmosphere, involvement of activities and somewhat of a schedule--all these things and others constitute an atmosphere wherein individuals and groups can experiment with ideas; they make possible experiencing of a nature that promotes personal growth; yet they may cause anxiety or apprehensiveness to be felt by some whose backgrounds cause them to be less secure in a somewhat unstructured situation than they do in one wherein there are more specific structuring and scheduling and less personal involvement.

Leadership is needed when a group is confronted with a situation. Leadership helps the group to analyze the situation, to define the problems it contains, to set priorities regarding the importance of the problems or the order in which they are to be solved, to find alternative solutions to the problems, to decide which solution is best for each problem, and to carry out the action, then to evaluate the results. The solving of the problem(s) changes the situation for the group. If it does not result in the situation's becoming acceptable then the cycle begins anew for the group with reanalysis.



(CONT. LEADERSHIP PHILOSOPHY)

Some aspects of leadership may be illustrated by a simple diagram:



← Each group member sees the situation from his own background of experience.

All the group must develop enough common understanding of the situation and enough trust and respect for each other to communicate effectively or they cannot become a successful democratic group.

Let the little circles represent a group of people confronted by a situation that needs changing. The one with the cross is the appointed or elected leader. If this leader retains most of the leadership responsibility, making decision, and giving directions; the group may accomplish some worthwhile things; but there will likely be little rapport develop between the leader and the group. The experience will not provide much opportunity for the group members to make personal growth--i.e., their abilities may not much increase for coping with similar situations, and the whole experience may provide only level satisfactions for the group members.

If the leader takes a "hands off" attitude, other leaders will emerge. This may result in the development of two or more subgroups that are apt to proceed in an uncoordinated and unrelated fashion. Unless the group members have had previous experiences that provide them with some expertise in regard to their present situation, their level of group accomplishment it apt to be low. Some group members may be left entirely out of the action. The level of individual personal satisfactions resulting from the experience will generally be low, though it may be relatively high for those few who developed subgroup followings.

A third course of action the leader could take would be that of assuming the authority and the responsibility that appears necessary to get the group into action. Yet from the start, the leader observes the capabilities exhibited by the group members. An effort is made to develop the confidence and the abilities of the group members and to shift to them as rapidly as possible, a maximum amount of the leadership authority and responsibility. Every member is drawn into group participation. The leader works understandingly and patiently, helping the group toward becoming proficient to the point where it quite possibly could proceed further without the leader. This type of leadership action usually results in effective accomplishment by the group, good rapport between leader and group, and a high level of personal satisfaction for leader and group members alike because of the sense each has of having contributed in a worthwhile way to the welfare



(CONT. LEADERSHIP PHILOSOPHY)

of the group. This type of democratic leadership is the most effective. Our individual growth as volunteer democratic leaders is the main objective of the lab.

The types of leadership may be illustrated as follows:



The autocratic leader never relinquishes his authority nor accepts much responsibility. The democratic leader assumes all the authority and accepts all the responsibility at the start that the situation makes necessary, but he relinquishes the authority and delegates the responsibility to the group as they become competent to accept it. A very successful democratic leader could enable the group to reach the point where it could function satisfactorily without him.

\*\*\*\*\*

LEADERSHIP--

Those who lead are people-maybe it is you.

There are many ways that a person does lead.

Think of these people:

- Hitler
- Churchill
- Roosevelt
- Stalin
- Eisenhower (the Soldier)
- Eisenhower (the President)
- Yourself
- John F. Kennedy
- Mahat Gandhi

\*\*\*\*\*

I KNOW THAT YOU BELIEVE YOU UNDERSTAND WHAT YOU THINK I SAID, BUT I AM NOT SURE YOU REALIZE THAT WHAT YOU HEARD IS NOT WHAT I MEANT.



LEADERSHIP DISCUSSION

Vernon Burlison  
Tuesday Session

Personal or Individual Needs

The labbers easily agreed that complete fulfillment of one's physical needs does not result in wholeness or satisfaction in living. Achievement in the manner of accumulation becomes hollow unless it is accompanied by experiences that satisfy one's inner or spiritual being. On the other hand, opportunities that result in growth of the inner man, in development of loving interpersonal relationships, do bring peace, confidence, and deep satisfaction in living, even though not accompanied by material achievement.

Every person has inherent needs that must be satisfied in order to be inwardly at peace, to live with true confidence in oneself, and with trust in and understanding for other people. These developmental needs are:

1. The need to be independant
2. The need to belong
3. The need to achieve
4. The need for adventure
5. The need for recognition

The need for individual independance is evidence that we are not all of one mold. We see it asserted in "Let me do it by myself!", "Can't I have one single idea of my own?", "Do I have to get your approval on everything I do?", and other similar expressions of this inner need that people feel. For me to be able to satisfy this need does not mean I have to infringe upon your individual rights, or upon the collective rights of any group I might be in. If I can satisfy this need in a constructive manner, I will most likely choose to do so if those who become my leaders in my life's situations are discerning enough to help me see opportunities and to overcome unsavory memories of past incidents wherein I tried to stand on my own and (in my own estimation) was not successful.

Neither you nor I can successfully be altogether a loner. Each of us has a need to belong in the sense that in our families, our peer groups, and in all situations with people, we want to feel the acceptance, the support, the trust, the love of the group. In our efforts to satisfy this need, we may frequently try to be what we feel members of the group will approve. This may lead us into behavior patterns that are not true representations of our inner selves. And if in my trying for approval in some group, I fall into a behavior pattern that is in conflict with my values which I try to live by, then I feel guilty and frustrated. So I need to realize that if I must compromise my principles in order to "belong" in a given group situation, then it is better for me as



(CONT. LEADERSHIP DISCUSSION)  
TUESDAY SESSION

a person to search for another group rather than to relinquish what I believe to be right.

The need to achieve has meaning in the sense of purposefully accomplishing in a constructive manner for others. Unsatisfactory experiences sometimes will convince a person that other people are unappreciative, unfeeling, and not really worth his individual effort in their behalf. His striving to achieve will then be directed wholly toward his own benefit, or the benefit of whom he may feel some power of possession, such as young children. But given the opportunity, you or I normally will seek to achieve for others for whom we are concerned unless we have had experiences that make us feel such effort will not result in satisfaction.

Our personal inner need for adventure is the compulsion we sometimes feel to try something new. It is what causes us to tire of the old ways, to become weary with a game or song or place, and to desire a change. Striving to satisfy this need gives us the opportunity for growth. It is quite likely true that your decision to come to Chatcolab was in part a response to this need. If you had felt entirely comfortable with yourself in your leadership role, there would have been little reason for you to risk placing yourself in a new situation.

The need for recognition was added afterward because some labbers felt that this need is important and that it's inclusion in the needs to belong and to achieve is not clear. The recognition you and I desire is that which is given in approval; i.e., favorable recognition. However, this need is so strong that individuals or groups (especially children and youth, but not them exclusively) may do things that bring unfavorable recognition when they fail to see opportunities for behavior that will win approval.

In addition to these developmental needs, there are basic needs:

1. The need for a sense of personal security.
2. The need for a sense of personal worth.

These needs also refer to the inner person because a lasting sense of personal security or personal worth is not gained through material achievement. Real security results from one's assurance that others love him and a real sense of worth stems from being convinced that within love the group places trust in one's ability to achieve importantly for the group.

The developmental and the basic needs are related. In some degree the developmental needs may be satisfied when one successfully reaches middle age; but not altogether because any person that stays aware, observant



(CONTI LEADERSHIP DISCUSSION)

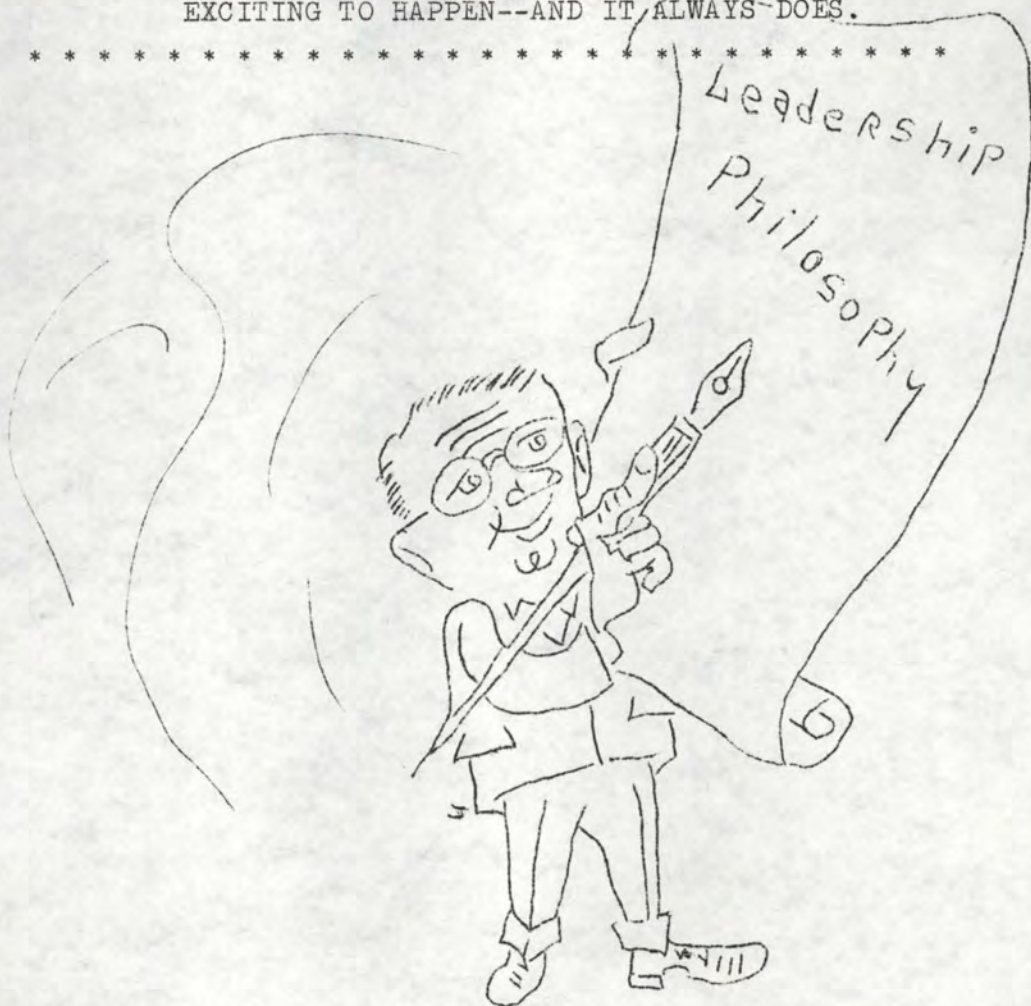
and reasonably healthy still grows as a person, thus showing the needs are still operative. The basic needs go unsatisfied unless the developmental needs are met. Unhappily for some people, even though they may have been reasonably successful in satisfying their developmental needs, life's situations in their old age become such that there is little evidence to them of anyone's love for them and little opportunity for them to achieve constructively for others. Hence, their continuing needs for personal security and personal worth go unfulfilled.

Your understanding that you strive as do all other people to satisfy these inherent needs helps you as a leader better to comprehend what may be behind other people's actions, helps you to have needed patience with others, helps you to offer constructive guidance rather than intolerant criticism when individuals you work with behave in a non-participating, non-cooperative, or disruptive manner.

\*\*\*\*\*

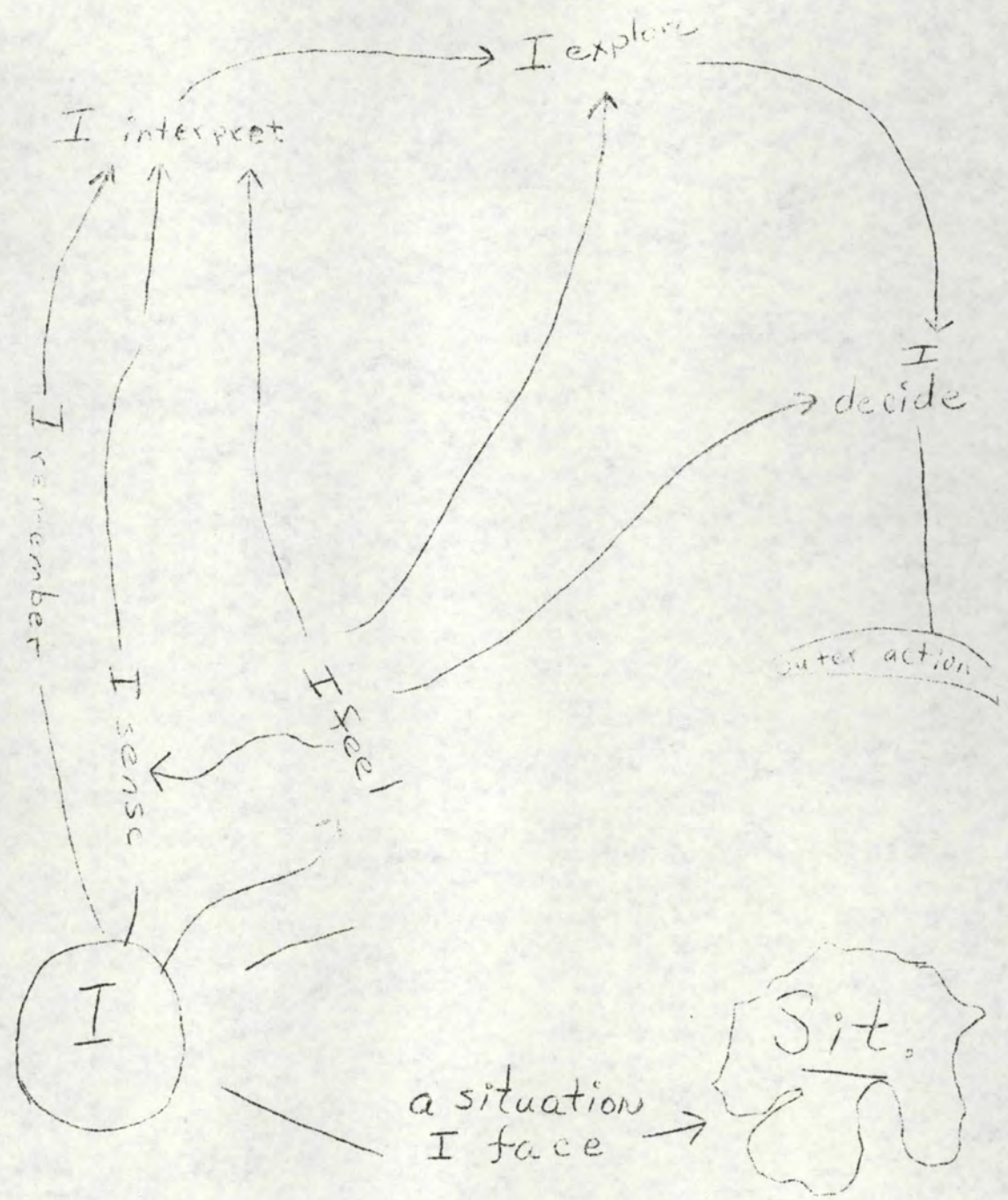
"I WAKE UP EVERY MORNING EXPECTING SOMETHING  
EXCITING TO HAPPEN--AND IT ALWAYS DOES.

\*\*\*\*\*





HOW OUR OUTER ACTIONS ARE FORMED



The above diagram was used to help guide and develop discussion on how we meet situations we face. It reads this way: I (lower left) face a situation (lower right). In regard to this situation, I remember things (generally what I think were similar situations) that seem relevant. This new situation stimulates feeling (s): joy, disgust, apprehension, tension, thankfulness,



(CONT. LEADERSHIP PHILOSOPHY)  
Wednesday Session

fear, etc. The feeling (s) I have about the situation influence(s) my sense of perception of it. My memories and feelings related to and my perception of the situation result in my interpretation of what the situation means to me. And that meaning is the only reality the situation has for me.

Then I explore the alternatives I can see for my meeting the situation. Fast action may be required; so the time for consideration of alternatives may be very short. In light of the time I have had to interpret the situation and explore my possible alternatives for action, I decide what I will do. Then the outer action I take to meet the situation demonstrates my best judgement in carrying out my decision.

Understanding the inner process that results in the outer action helps you as a leader to give useful counsel to others. For example, with feeling being a component of several steps in the process of deciding what to do, it is at once apparent that when it is possible decision should be delayed if strong, non-constructive feelings (such as spite, anger, or hate) are aroused by the situation. If delay is possible, one may be helped to substitute constructive feelings (acceptance, goodwill, love) for those that could be harmful. Then the decision is more apt to be one that will preserve the individual dignity of all persons involved in the situation and will make the experience resulting from the action one that promotes personal growth and enhances interpersonal relationships.

Since feelings are so important in determining what we do, it is especially to our advantage as leaders to cultivate our ability to employ constructive feelings; i.e., those of good intent toward others. A mistake (i.e., a poor decision or inept action in carrying it out) that is made with good intent is never so unpalatable nor harmful as action taken with malice. Neither is it as difficult to forgive or to forget.

(Thursday Discussion)

The group on Thursday discussed ways in which the concepts covered during the three previous periods could apply in real life situations, even here in the lab. It was recalled and confirmed that any person's perception of a situation is the only reality in it for him. Again it was recalled that each person behaves as he does due to inherent developmental and basic needs that have to be satisfied for that person to have a sense of wholeness within himself.



(CONT. LEADERSHIP PHILOSOPHY)  
Thursday Discussion

The climax of the discussion was consensus that if we can react to each other with love (i.e., with a genuine concern for the other person's total welfare) then we stand a good chance of resolving any situation successfully. If others see love for them in our reactions to them, that tends to help them in making loving responses to us. If my reactions to you are selfish out of fear, prejudice or desire to make personal gain at your expense then there is only half a chance that we can between us resolve a situation in a manner that is satisfying to each of us. That half a chance depends on you, and if you also react on a selfish basis toward me, then we stand no chance at all. But if we both react in love, there is almost perfect chance that we can find a solution that satisfies each of us.

The discussion ended with apparent agreement that each of us would try in all situations to react to others in love, consciously practicing strong, sincere concern for them.

(Friday Discussion)

Each person functions as a group; and the reverse is true--each group functions as a person. Our decisions and actions are based sometimes on conscious thoughts but at other times on subconscious levels which makes it difficult or impossible to explain our actions. Each person has attitudes, standards or values, past learning, feelings, memories, and other facets of the subconscious that figure importantly in our decision making processes. even to the point of putting one in the position of having to say, "I can't tell you why I did that because I really don't know." In effect, then, no person can always react in the same manner to all similar situations because in one instance, the strongest subconscious urge or basis for action may be a feeling, in another an attitude, in still another a memory. So the interplay among the various facets, of my inner personal being cause me to function in much the same way as does a group. The interplay or interaction among the individuals within a group in decision making is much the same as what goes on within me or within you as an individual. What you gain, then, in understanding yourself is also gain in your ability to understand how a group functions.

Related to our making decisions and our acting to enable us to fulfill developmental and basic needs is the concept of what governs our interpersonal relationships with other people. This concept is three-faceted: inclusion, control, and acceptance. Inclusion means that the individual acts (in whatever way appears most appropriate to him) to gain inclusion, to be a recognized



(CONT. LEADERSHIP DISCUSSION)  
FRIDAY SESSION

group member, functioning with personal dignity in the common purpose of the group.

Control is the word used to cover our inter-personal actions that result from studied concern for, apprehension about, or fear of what is happening within the group. Within a democratic group, the leadership, temporary power, or control of the group passes from one member to another, back and forth, maybe with each member being in control at one time or another. Also, within the democratic group, each member has his own perception of the situation, his own understanding of what the group is trying to achieve. The degree of perception and the level of understanding vary between group members. The backgrounds of experience of the members also are different. Hence, each member has a slightly different notion from that of all other members as to:

- \*exactly what the group is trying to achieve
- \*how that which is to be achieved should be achieved
- \*whether or not the progress being made is satisfactory
- \*when the job has to be done
- \*what the outside pressures on the group are: physical facilities for the meeting, similar or dissimilar actions by other groups, outside noise, public opinion, etc.
- \*other: \_\_\_\_\_

This means that when we operate in a group, in effect each person has his own agenda for the meeting. When the group's progress (the actions being taken) does not appear to me to be accomplishing what I comprehend to be the group's goal(s)--i.e., when it does not appear to me that my agenda will be covered--I become uneasy and begin to consider and usually act to get the group back "on the beam." Attempted manipulation of the control within the group is the means commonly employed. For example, if I feel the group is not going to get to what I feel is the really important issue, I might suggest that the present matter (which in my mind is less important) be referred to a sub-committee for study and recommendations. If I feel someone is being longwinded at the expense of the group's time and possible achievement, I may suggest that we hear from someone else who (I feel) is more competent to help the group. Or in a party situation when I am responsible later to lead some activity, I may begin to fear that the present activity is taking too much time. Then my activity for the group will have to be shortened or even dropped. So I am apt to try hurrying things along. In other words I, or you, will (when we feel action is not proceeding so that it will accomplish what we think needs to be done) act to shift the control in our favor.



(CONT. LEADERSHIP DISCUSSION)  
FRIDAY SESSION

The third facet of this concept of our interpersonal relations is acceptance. This means that ordinarily my individual reactions to you (especially when sense that you are a person I approve) are such that I might win your acceptance against those who are too much different than I am (those whom I consider undesirable because in my mind they are degenerate, ignorant, etc.) then I bar myself from acting to gain acceptance from them. But each of us reacts to gain favorable standing, supportive recognition, and a feeling of fellowship (i.e., acceptance) among those whom we approve.

Open Discussion brought consensus that each of us, through becoming better acquainted with our own selves, can bring to the conscious level some things which have been operating from the subconscious. In doing this, we sharpen our actions. Also, by understanding that the subconscious is the mind's computer-type memory bank based on all our past experiences, we have the opportunity to improve it as a basis for our actions. When we recognize a memory, attitude or other part of our subconscious that we have been able to bring up to the conscious level, if we do not approve of it we can amend it or replace it. For example, I formerly had quite a repulsive feeling toward people who would drink enough to cloud their minds, benumb their feelings and cripple their judgements. I did not care to be in their presence when they were in such condition, and there as a carry-over that affected my interpersonal relations with them later. When I recognized this feeling was based on rather well-submerged memories of experiences in my boyhood days, I was able to withdraw them as the base for my reaction to drunken people and to substitute an awareness that these people demonstrate by their actions that they maybe are seeking release from tensions within their lives. This enabled me to have a different feeling toward them--one that permits me to allow them this "excess" without my passing judgement on their worth as individuals. So, when we recognize within ourselves an influence that we do not approve, it is possible to reprogram that portion of our mind bank through amending or substituting for the unapproved influence in a way that will make our subconscious more dependable as a base for the type of outer actions that are more befitting of the type of person we want to be.



LEADERSHIP DISCUSSION

(Saturday)

Focus of the discussion was "re-entry"--the explanation being that we are today closing a week of camp life together, a week very different from our normal modes of life, a week of working together with a common purpose, for some a week of newness, for others a week of sailing familiar routes but with a different crew, for all a week of personal growth as individuals, as persons with somewhat better understanding of self and of others, as persons with increasing concern for the total welfare of others as individuals. The week has brought change in each of us. As changed persons we will re-enter our normal walk of life.

In the past some labbers have returned home and have found it difficult to relate as formerly with family, friends, groups. People were unable readily to accept the changed person that resulted from the lab. The labber felt some frustration because he could not satisfactorily share back home the meaning of the wondrous experiences that were his at the lab. Sometimes this change in the labber, plus his inability to communicate effectively about the cause of the change brought misunderstanding, loss of acceptance, and even alienation between labber and family, friends, or groups.

The discussion was centered on how to make the "re-entry" back into normal life safer, smoother, more effective. These give the sense of the suggestions made:

1. Try to talk about Chat only when other people's questions or comments indicate an apparent interest in the lab.
2. When you see an opportunity to talk about the lab, try to talk about that part which involves the purpose and the effort made to accomplish the purpose. Try to talk about the important part of the lab, rather than peripheral activities.
3. When you have an opportunity to talk about the lab, try to be moderate in the amount you tell at any one time because the other persons (not having experienced the lab) cannot be expected to have nearly as high a level of interest in and enthusiasm for the lab as you do.
4. Keep striving to let your loving concern for others grow. Keep alive within you the spirit of Chat by maintaining whatever contacts you can with other labbers, "Chat Chat", the lab newsletter, is one good means of helping you to do this.
5. "Keep the faith, baby!"



AN OBSERVATION OF CHATCOLAB

by Angelo

Tuesday A.M.: We don't have our crutch, (Mama's Bank Account) or better known as (Don Clayton) with us. There's no struggle for authority, no pushing from the people.

Past labbers are showing concern, new labbers are only wondering (we are fifty-fifty new and old).

Today we reached for Mama Bank Account it wasn't there! Where do we go from here?

Within each of us is stirring the accumulated wisdom of the past years and the present need is shining ever brighter. Little darts of answers will come from the many and who shall have "Chat" to remember.

-----

A leader is best when people barely know that he exists  
Not so good when people acclaim him  
Worse when they despise him.  
Fail to honor people -- they fail to honor you.  
But of a good leader, who talks little,  
When his work is done, his aims fulfilled  
They will all say, "We did this ourselves."

LAO-TSE

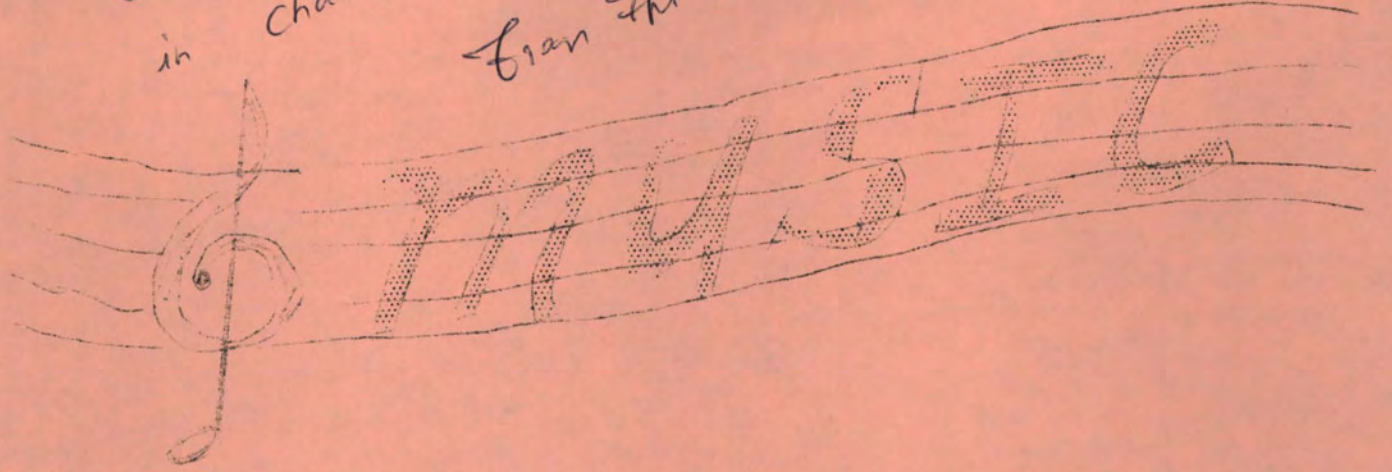
-----

At home we are false people in a real situation.  
Here at Chat we are real people in a false situation.



Dear Leticia,  
It was pleasure  
and joyful to meet you  
in chatcolab.

Love,  
Brian Shi Thank Tam (Tammy or T<sup>n</sup>) 62





## HINTS FOR LEADING INFORMAL GROUP SONG SESSIONS

Don Clayton

**KNOW** your songs well enough to be free to relate positively to the group and the situation.

(If we aren't secure in the role of song leader because we don't feel we know our material very well, the fear of failing tends to preoccupy us to the point where we are not free to size up the situation with both its opportunities and its limitations.)

**BE** enthusiastic and show it

(except when a situation is most solemn the leader inevitably provides the contagious element which sparks the group and involves them in the free and full experience of singing together.)

**SET THE STAGE** for the session and the individual songs by relating the music or the story behind the "here and now" of the occasion that all are a part of.

(It is important that selections be integrated into the experience of the participants)

**AVOID** the use of crutches and props unless you are sure that they will help the situation.

(accompaniment, pitch pipe, individual books or song sheets, microphone and public address system often get in the way of or detract from the success of a singing experience. When we are in the spotlight of the song leading role we are often tempted to depend upon gadgets, instruments and other people because we are worried about ourselves rather than because we have carefully evaluated the situations and the kinds of aids that are essential.)

Generally speaking, Open the session with a familiar song and one which has a lively tempo.

A song that takes too long to practice and learn before the group can really sing it or one which is known and therefore sung by only some of the group means that the group is deprived of a beginning mood setting experience which promises a satisfying experience in song.

**BE READY** to capitalize on and adjust to the unexpected

It is impossible to anticipate all the elements and demands or the opportunities that are in a situation before you actually get into the process of the occasion. Therefore it is impossible to eliminate or avoid the unknowns and the challenge that they often offer.

Learn to roll with the punches and learn to both accept and admit that a leader has the right to be wrong about what he expects of himself and the group situation. Don't be afraid to change the selections, the sequence or the time planned for singing if the condition suggests it.

**VARIETY IS THE SPICE** of a singing experience before tapering and termination the session.

When singers can predict what will be sung and how songs will be led and sung, the enjoyment of the experience is dulled greatly. The same kinds of songs or songs with the same tempo or key are poorly selected if they are grouped together. Certain songs seem to do a better job than others and so should be selected and placed with that in mind. The song or songs you choose to conclude the session should be such that people sense a kind of completeness in their experience of being delightfully bound in music. (cont.)



SET THE STAGE for that which is to follow  
 (So often the very important matter of helping the participants make a transition in mood and attention to the next item on the program is not taken care of and unfortunate results are invited. The song leader can often do this quite logically and easily through the choice of closing songs and the remarks he makes to relate them to the kind of event that is coming up.

REMEMBER THAT: Your main task is to fashion a group experience of discovery and satisfaction through doing something just for the enjoyment of it.

=====  
 Mother was watching as the little girl lay on the floor,  
 singing to herself. Every so often she would roll over.  
 Finally the mother asked her why she was doing that.  
 She said:

"I am a 'record' and I have to roll over to play the other side."  
 =====

### FOLK SONGS

The Ballad, or Folk Song, is the world's first newspaper and informal history book--- a record of battles, adventures, and scandals in the days when an illiterate community depended for its news on the minstrels who roamed the countryside. The minstrel having much news to report, could not rely entirely on his memory. A ballad stanza by its rhyme scheme and general circumscribed framework helped him to supply details which might otherwise be forgotten-- to give accurate versions of names and times and places, and to recall the sequences of an event as it really happened..... Local songsters added tricks of phrasing; additions of verses demanded rhythmical changes as new wordings were added. Only the best elements in the songs continued as the songs became popular.

### TELEGRAPH

A way unknown, a book unread,  
 A tree with fruit unharvested,  
 A sea unsailed, a word unsaid,  
 A house with rooms untenanted,  
 a tale untold, a tear unshed,  
 A reel unrolled of colored thread  
 A field untilled, a friend unfed,  
 A loaf unbaked of living bread,  
 A song unsung, a hill ahead,  
 A beauty spot unvisited,  
 A web unspun, a wing unspread.  
 A hope as yet unheralded,  
 A fight unfought, a fear unfled,  
 A conqueror with uncrowned head.



GRACE-----

Tune: Gillette Shaving Commercial  
Be present at out table, Lord!  
Be here and everywhere adored.  
These mercies bless and grant that we,  
May feast in fellowship with thee.

AMEN

"Thank you--for giving us this moment  
Thank you--for teaching us to share  
Thank you--for giving us each other  
Thanks for being there."

Nancy J. Rice

Praise God from whom all blessings flow,  
Praise Him all creatures here below,  
Praise Him above ye heavenly host,  
Praise Father, Son, and Holy Ghost.

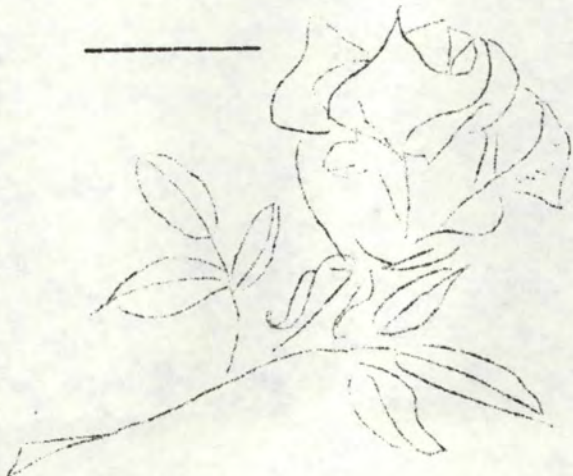
AMEN

Back of the bread is the flour,  
And back of the flour is the mill,  
And back of the mill is the wind and the rain,  
And the Father's will.

AMEN

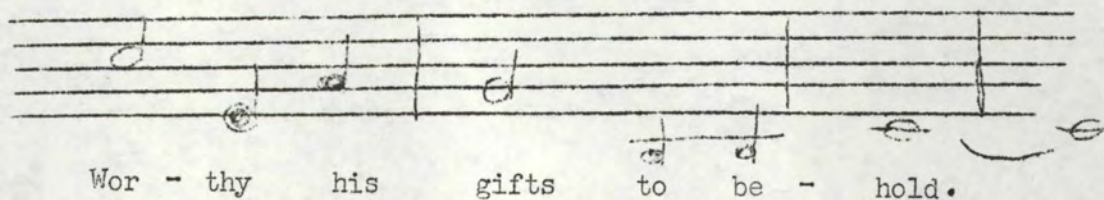
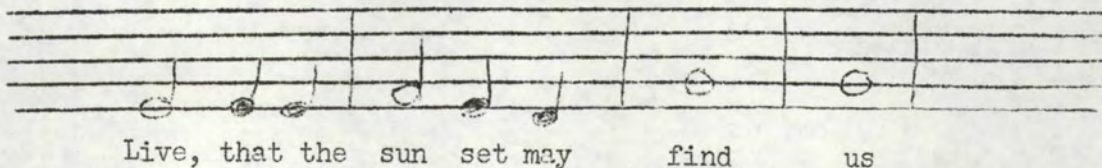
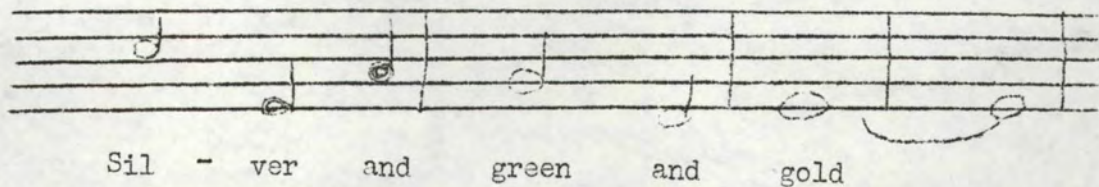
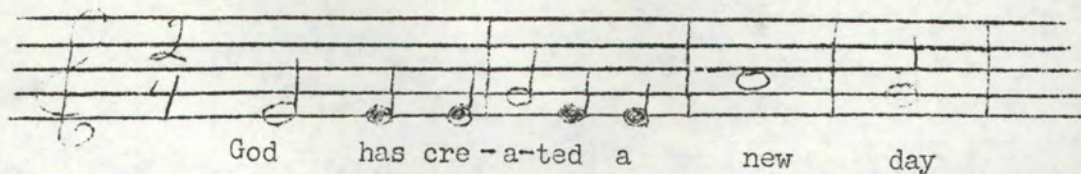
God has created a new day  
Silver and green and gold,  
Live that the sunset may find you,  
Worthy his gifts to hold.

AMEN





## GOD HAD CREATED A NEW DAY



## Aztec Lullabye

KONISH' KONISH PA LO SHAY  
 CHICABEN CHICABEN PA KO KAY (repeat)

## ZUNI SUNRISE SERVICE HYMN

Wa Ta Ho Ta Ho  
 Wa Ta Ho Ta Ho  
 Wa OooTa Ho  
 Wa Ooo Ta Ho  
 Na Wi Ta-Na Lo  
 Na Wi Ta-Na Lo  
 Ma-a Naw!  
 Zum Ni Teth Lanee  
 Zum Ni Teth Lanee  
 Wa Ta Ho, Ta Ho!  
 Wa Ta Ho---(hold)



A song from your editor----

A Few of My Favorite Things

Campfires and treetops and marshmallows  
 toasting.  
 Hillsides and long walks and corn meant  
 for roasting.  
 Cabins and tents and a bird on the wing  
 These are a few of my favorite things.

Teepees and ropebeds and targets for  
 shooting.  
 Lean-tos and camp-outs and hoot owls  
 a-hooting.  
 Cook-outs and camp-outs and magic  
 rings  
 These are a few of my favorite things.

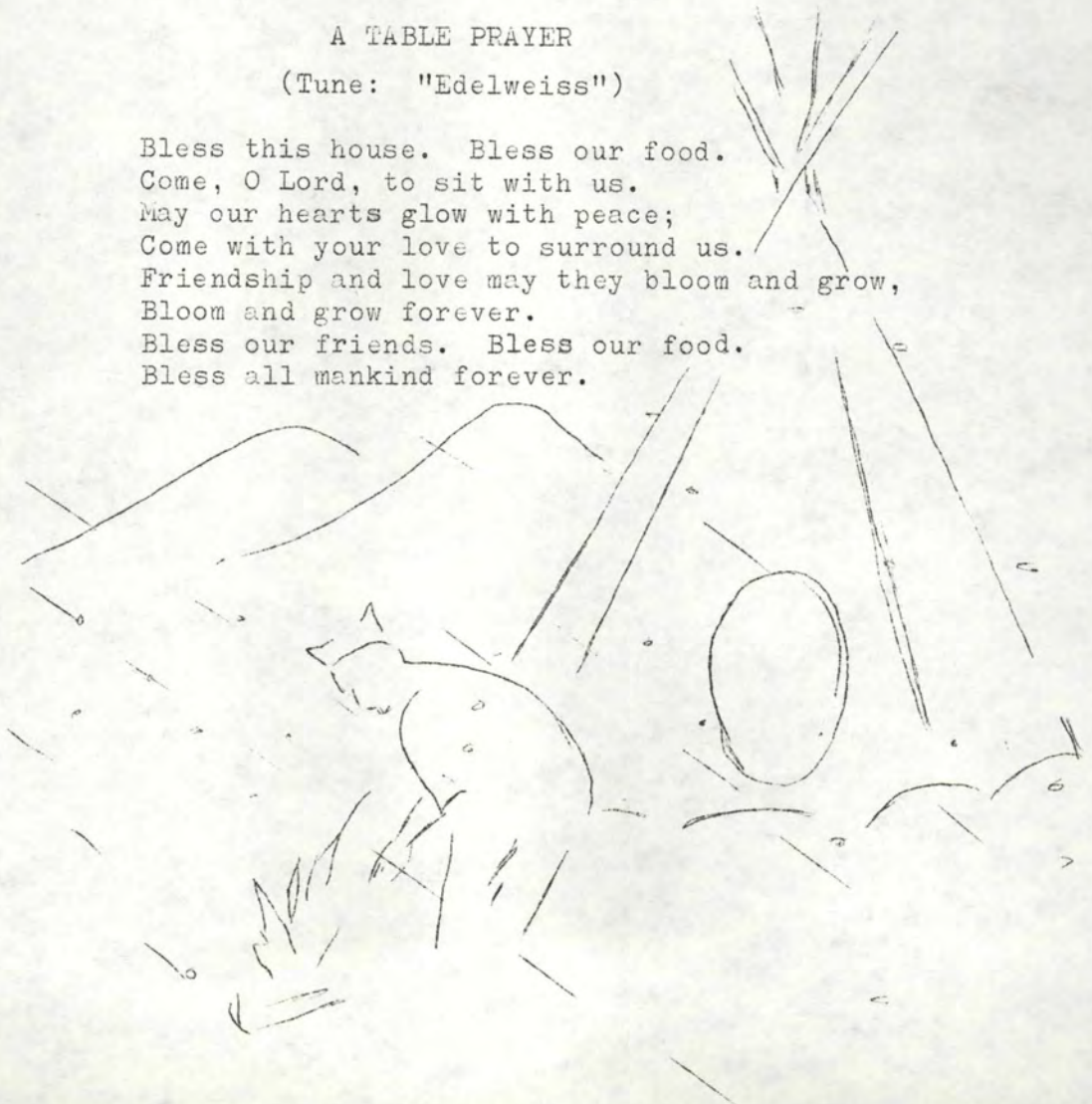
When the snow blows and the ice forms  
 and I'm feeling sad  
 I simply remember my favorite camp  
 and then I don't feel so bad.

\*\*\*\*\*

A TABLE PRAYER

(Tune: "Edelweiss")

Bless this house. Bless our food.  
 Come, O Lord, to sit with us.  
 May our hearts glow with peace;  
 Come with your love to surround us.  
 Friendship and love may they bloom and grow,  
 Bloom and grow forever.  
 Bless our friends. Bless our food.  
 Bless all mankind forever.





THE SUN IS A VERY HAPPY FELLER.

The Sun is a very happy feller  
 He shines on us all da-a-a-ay  
 The Sun is a very happy feller  
 He shines on us all Da-a-a-ay  
 He shines on us all day.

The wind is a very fickle feller  
 He blows all my dreams awa-a-a-ay  
 The wind is a very fickle Feller  
 He blows all my dreams awa-a-a-ay  
 He blows all my dreams away.

The rain is a very sa-ad lady...  
 She cries on me-e some ti-i-mes  
 (repeat 2 lines)  
 She cries on me-e some ti-imes.

A friend is Uncle Wiggle-Bottom  
 He takes care of us all da-a-ay.  
 (repeat two lines)  
 He takes care of us all day.

Love is a friendly Chatcolabber  
 Who shares in every wa-a-ay  
 (repeat 2 lines)  
 Who shares in every way.

Song creates a mood so meller  
 Expressing thoughts in melo-da-yay  
 (Repeat 2 lines)  
 Expressing thoughts in melody.



## PUT YOUR HAND IN THE HAND

## CHORUS:

Put your hand in the hand of the man who stilled the water,  
Put your hand in the hand of the man who calmed the sea.  
Take a look at yourself and you can look at others  
Differently,  
By puttin' your hand in the hand of the man from-a Galilee.

Every time I look into the Holy Book I want to tremble,  
When I read about the part where the carpenter cleared  
The temple.  
For the buyers and the sellers were no different fellers  
Than what I profess to be.  
And it causes me shame to know I'm not the gal that I  
should be.

## CHORUS:

Mamma taught me how to pray before I reached the age of  
Seven,  
And when I'm down on my knees that's when I'm close to  
Heaven.  
Daddy lived his life with two kids and a wife, you do  
What you must do,  
But he showed me enough of what it takes to get you  
Through.





## THE NIGHT THEY DROVE OLD DIXIE DOWN

Virgil Caine is my name and I drove the Danville train,  
 'til so cavalry came and tore up the tracks again.  
 In the winter of sixty five, we were hungry just barely  
 Alive. I took the train to Richmond that fell, it was a time  
 I remember, oh so well,

CHORUS: The night they drove old dixie down and all the bells  
 Were ringin'. The night they drove old dixie down and all  
 The people were singin'. They went la, la, la, la, la, la,  
 La, la, la, la, la, la, la, la.

Back with my wife in Tennessee and one day said to me  
 "Virgil quick come see there goes the Robert E. Lee."  
 Now I don't mind choppin' wood, and I don't care if the money's  
 No good. Just take what you need and leave the rest, but they  
 Should never have taken the very best.

## CHORUS

Like my father before me I'm a workin' man. And like my  
 Brother before me I took a rebel stand. Well, he was just  
 Eighteen, proud and brave, but a Yankee laid him in his grave.  
 I swear by the blood below my feet, you can't raise a Caine  
 Back up when it's in defeat.

## CHORUS

-----

## ONE TIN SOLDIER

Listen children to a story that was written long ago  
 'bout a kingdom on a mountain and the valley folk below  
 On the mountain was a treasure buried deep beneath a stone  
 And the valley people swore they's have it for their very own.

CHORUS: Go ahead and hate your neighbor, go ahead and  
 Cheat a friend. Do it in the name of heaven justify it in the  
 End. There won't be any trumpets blowin' come the judgement  
 Day on the bloody morning after. ----ONE TIN SOLDIER rides away.

So the people of the valley sent a message up the hill asking  
 For the buried treasure ton of gold for which they'd kill.  
 Came an answer from the kingdom, "With our brothers we will  
 Share all the secrets of our mountain all the riches buried  
 There."

## CHORUS.

Now the valley cried with anger, mount your horses, draw your  
 Sword and they killed the mountain people so they won their  
 Just reward. Now they stood beside the treasure on the mountain  
 Dark and red turned the stone and looked beneath it "Peace on  
 Earth" was all it said.



I'D LIKE TO TEACH THE WORLD TO SING

I'd like to build the world a home and furnish it with love.  
Grow apple trees and honey bees and snow white turtle doves.  
I'd like to teach the world to sing in perfect harmony.  
I'd like to hold it in my arms and keep it company.  
I'd like to see the world for once all standing hand in hand  
And hear them echo through the hills for peace throughout  
The land.

That's the song I hear. Let the world sing today. A song  
Of peace that echos on and never goes away.  
Put your hand in my hand. Let's begin today. Put your  
Hand in my hand. Help me find the way.

I'd like to teach the world to sing in perfect harmony. I'd  
Like to hold it in my arms and keep it company.  
I'd like to see the world for once all standing hand in  
Hand, and hear them echo through the hills for peace  
Throughout the land.

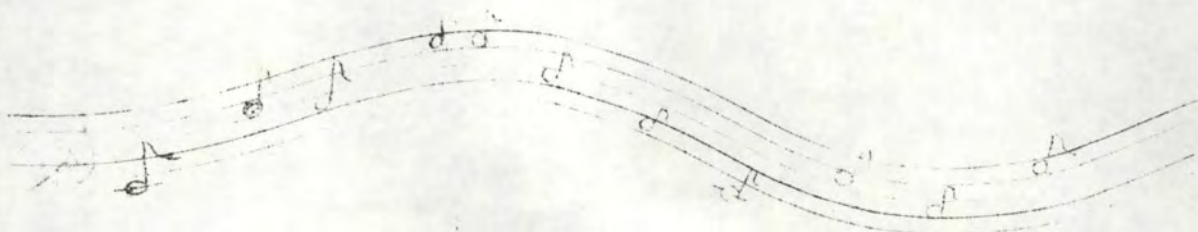
SOUNDS OF SILENCE

Hello, darkness my old friend.  
I've come to talk with you again  
Because of visions that were creeping  
That left its seeds while I was sleeping.

When my eyes were stabbed by the light  
Of a neon light, that split the night and echoed in  
The walls of silence.

And in the naked light I saw ten thousand people maybe more.  
People talking, without speaking,  
People hearing without listening,  
People writing songs that voices never share  
'cause no one dared disturb  
The sounds of silence.

And the people bowed and prayed to the neon god they'd made,  
And the sign flashed out its warning,  
In the words that it was forming.  
And the sign said, "The words of the prophets are written  
On the subway wall and tenement halls  
And echoed in the sounds of silence.



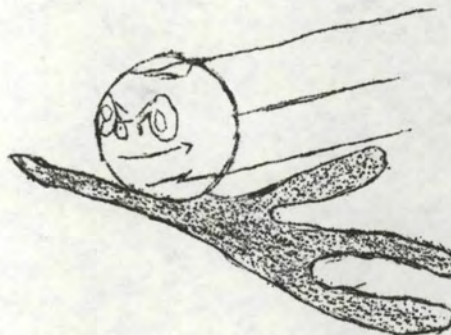


## MARTIAN SONG

Last night I met a man from Mars  
 And he was very sad.  
 He said, "Won't you help me find my girlfriend please?"  
 And I asked him, "What does she look like?"

And the man from Mars said, "She's:

Eight foot two,  
 Solid blue  
 Five transistors in each shoe  
 Has Anybody seen my gal?"  
 Boop-oop-ee-doop  
 "Lucite nose  
 Rustproof toes  
 And when her antennae glows,  
 She's the cutest Martian gal."



"You know she promised me,  
 Faithfully,  
 She wouldn't stray,  
 Came the dawn,  
 She was gone,  
 Eighteen million miles away."

"Oh, how I miss  
 the sweet bliss,  
 of her smooth hydraulic kiss,  
 Oh, bring me back my cutie,  
 My supersonic beauty,  
 Oh, Bring me back my Martian gal."

by Stewart White







## SPIDER SONG

Last night my little spider died,  
 Cha-cha-cha!  
 He died committing suicide,  
 Cha-cha-cha!  
 Some say he died to spidust,  
 Of spider meningitis.  
 Cha-cha-cha!  
 He was a nasty old spider  
 anyway, Cha-cha-cha!  
 I ate him!!



## WORM SONG

Nobody loves me, Stew's style  
 Everybody hates me,  
 Guess I'll go eat Wooorms,  
 Tall ones,  
 Skinny ones,  
 Short ones,  
 Fat ones,  
 Itsy bitsy gutsy wutsy wooorms.



First you cut their heads off, (chop)  
 Then you suck their guts out (slurrp)  
 OOO (ew) what gooey wooorms,  
 Tall ones,  
 Skinny ones,  
 Short ones,  
 Fat ones,  
 Itsy bitsy gutsy wutsy wooorms!

by Stewart White



DAY IS DONE

Sing or hum "Day is Done", use these gestures;

- Start with arms crossed Indian style.
- Day is done - left arm straight out.
- Gone the sun - right arm straight out.
- From the lake - arms to praise the lake or earth.
- From the hill - arms to praise the hill or people.
- From the sky - arms to praise the sky or Creator.
- All is well - right arm back to starting point.
- God is high - left arm back to starting point.

Song to the tune of Turkey in the Straw

There was a little car, the cutest lil' car  
 The cutest lil' car that you ever did see  
 The car was on the wheels, the wheels were on the ground  
 And the motor in the car made the wheels go round

Honkety honk honk honk honk!

O There was a little seat, the cutest little seat  
 The cutest little seat that you ever did see  
 The car was on the wheels, the wheels were on the ground  
 And the motor in the car made the wheels go round

Honkety honk honk honk honk!

- O there was a little boy, etc.
- O there was a little hat
- O there was a little bird
- O there was a little flea
- O there was a little gnat.....(Instead of Honks)

ENDING: Match in the Gas tank (clap bang  
 clap bang!)



THE MAN WHO COMES AROUND

BY Dwight Wales

CHORUS: The man comes to our house every single day.  
Papa comes home and the man goes away.  
Papa does the work and Mama gets the pay  
And the man comes around when papa goes away.

The man comes to our house to bring my mama ice  
He walks into the kitchen and talks so very nice.  
But the little teeny weeny piece soon melts away.  
So he has to come back again later in the day.

CHORUS: The man comes to our house to take away the trash,  
With a little white jacket and a little black moustache  
It's all very friendly but it always seems to me  
He's a lot more familiar than a trashman ought to be.

CHORUS: The man comes to our house to bring the baby milk  
He walks into the kitchen and he talks as smooth as silk  
I have to hold his horsie out by the gate  
He stays so so long at our house, the horse don't want  
to wait.

CHORUS: When I grow up I don't want to be a doctor or lawyer,  
no siree,  
I don't want to be a dentist with an office downtown,  
I just want to be the man who comes around.

\*\*\*\*\*

"WHITE SOCKS" (Tune: White Wings) (1. Verse)

White socks that never get dirty-

The longer you wear them, the  
stiffer they stay.

Night comes, the toes get all curly,

I stand up my white socks,  
And sleep far away.



ESKIMO SONG --The Polar Bear Hunt.

"Ah ta ka ta nu va, ah ta ka ta nu va  
Ay mis a day mis a do a mis a day.

Hex a col a mis a wa ta, Hex a col a Mis a wa ta

Ah ta ka ta nu va, ah ta ka ta nu va  
Ay mis a day mis a do a mis a day."

Eskimo paddles his kayak to hunt polar bear.  
(Clasp both elbows and rock arms back and forth in rhythm  
to suggest paddling a kyak..with a double bladed paddle.  
Sing CHORUS after each verse.

Verse 1: RUB NOSES with neighbor on one side,  
(Kissing wife and relations goodbye) then other side.  
(Little boys and prudes may shake hands)

Verse 2: Shading eyes with right hand, palm up  
with elbow crossed over to left side, scan  
horizon for polar bear. Repeat with left hand.

Verse 3: Aim bow at moving bear during  
first two measures, release string on  
"ta" and then clap hands saying "Bang".  
Repeat, reversing hands. (Sing next cho-  
rus quickly as you paddle over to  
the bear.)

Verse 4 Reach down and pull heavy  
bear into kyak during first two mea-  
sures, then GRUNT. Repeat, (Sing  
next chorus slowly, the kyack is SO  
heavy!?)

Verse 5: Holding arm high and moving  
hand from wrist, wave to folks on  
shore, then point down to your bear,  
shouting "see" Repeat with other  
hand. (Sing next chorus with  
increasing speed (and pride) as you  
near shore.

From Tent and Trail Songs 1962  
in Oregon Sings.



Hand-drawn illustration of a polar bear standing on a small ice floe, looking towards the left. The bear is drawn with simple lines and shading to indicate fur texture.

Handwritten musical notation for the song, consisting of three staves of music in G major (one sharp). The notation includes notes, rests, and a double bar line with the word "FINE" written above it.

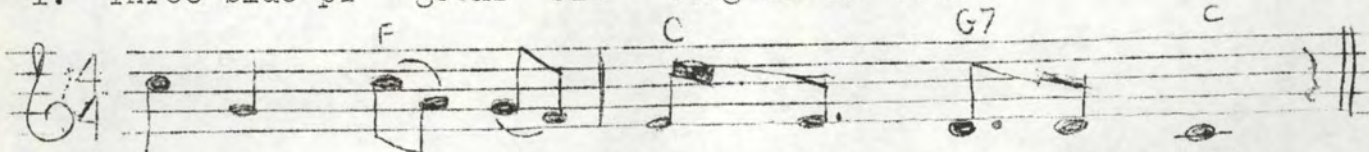


Happily

## Three Blue Pigeons



1. Three blue pi - geons sit - ting on the wall



Three blue pi - geons sit - ting on the wall.

Spoken: One flew away.  
O-o-oh!

2. Two blue pigeons sitting on the wall, two blue pigeons sitting on the wall.  
Another flew away.  
O-o-o-oh!
3. One blue pigeon sitting on the wall, one blue pigeon sitting on the wall.  
And the third flew away!  
O-o-o-o-oh!
4. No blue pigeons sitting on the wall, one blue pigeon sitting on the wall.  
One flew back.  
Whee-ee-ee-ee!
5. One blue pigeon sitting on the wall, one blue pigeon sitting on the wall.  
Another flew back.  
Whee-ee-ee-ee!
6. Two blue pigeons sitting on the wall, two blue pigeons sitting on the wall.  
And the third flew back!  
Whee-ee-ee-ee!
7. Three blue pigeons sitting on the wall, three blue pigeons sitting on the wall.

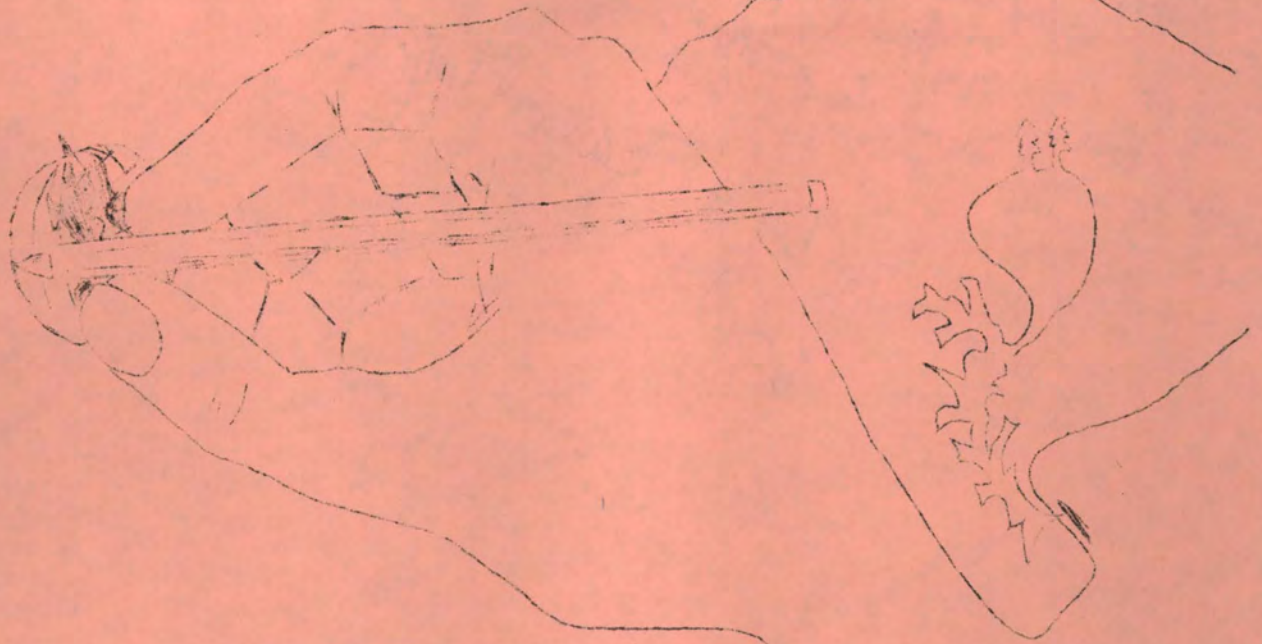
Complete with Words, music, legend, chord symbols for autoharp, guitar, etc.

From heritage songster ---- A songbook of 320 folk and familiar songs

Leon & Lynn Dallin  
Wm. C. Brown, Publishers,  
Dubuque, Iowa.



Expression



through  
and  
Prose

Poetry





leila-  
after knowing you as  
"notebook editor" for 2 years  
it was a good experience to get to know  
you as "leila" a little more. I realized that more  
of your gentleness, and thank you for that -  
love & joy platinum

P.S. stop by for tea any time



prodigal daughter

two faces surging homeness through me  
 but the ride is rough and tension builds  
 I can cushion only against the chuck holes  
 for more than threeness visions of dark-skinned surprise -  
 (distorted looming uncle harveys & unremembered aunt marthas) <sup>shouting entrances</sup>  
 make spinning expectation tighten and tremble  
 I hold tightly to threeness as wishing-well-time approaches  
 but no need for time ~~strolls~~ strolls rightly here  
 welcomes aren't neon

in front of boundary

the fullness of silence is never silent  
 the quietness of a stilled voice is ear  
 to all that with which silence is filled.  
 as speech becomes more and more a thing which  
 has not been.  
 the quietude of great waterfalls of wind and trees  
 and loud bird-like squeaks of the sun edging across sky  
 become silence-fillers so great that the mind succumbs  
 and yet all these crumple before a single steel noise

deja vu the tall glass windows isolate the room  
 the thousand lonely people within can see nothing  
 but their huddling world  
 because the backing of black night  
 transforms the windows into mirrors  
 but I have stumbled into that night  
 and I know there are people in the darkness  
 so I am not afraid



PSALM OF THE MOUNTAINS

I will arise and look unto the Mountains  
 For in them I find strength, and  
     Peace and hope and comfort;  
 And without them I am alone and full  
     of doubt--  
 And I despair and wither and  
     am sore afraid;  
 For the mountain is my guide;  
 And the glowing light about  
     Bring me courage.  
 Yea, the stars above that peak,  
     Call out to me;  
 And the moon and the sun  
     That shine upon its heights  
 Bring strength and happiness to me.  
 I look unto the mountain;  
     And my soul becomes content,--  
 Serenely able to meet what e'er may come.  
 Yea, I will arise and look unto  
     The mountain,  
     And I will find Peace.

By Lillian Dove





## AN ODE TO CHAT

The young and old-they came to Chat,  
 And left all cares behind.  
 They played and sang and this 'n that.  
 Discussions cleared the mind.

For as they came in through that gate  
 No longer was there age  
 And shed were feelings of distrust and hate;  
 This week a fresh new page.

Some there were who could not stay  
 So what they had to share  
 We garnered early on the way;  
 And sent them on with prayer.

Friends both old and new we found,  
 New ideas and crafts,  
 New experiences abound  
 And many happy laughs

But then 'twas time once more to go  
 And friends were told farewell.  
 Some tears were shed perhaps--but oh  
 We have such tales to tell.

And Chat has helped accept with love,  
 And brought us peace of mind.  
 Farewell dear friends--may Chat deep love  
 Help you a path to find!

★ FOR RUTH, BILLIE MARIE & DIANE

The rain began to fall in streams,  
 And snug within our beds,  
 We heard it fall--and thought through dreams  
 About those on the hill.

Were they getting awfully wet  
 Or were they water proofed?  
 Did they know that we would fret  
 Because the weather goofed?

What are they doing on that cliff  
 In all that falling rain?  
 Is it adventuresome enough?  
 Or did they climb in vain?

Written by Lillian Dove



## A MEMORY OF "CHIEF"

One of our Chatcolabbers of bygone days was a wonderful man called "Chief." Howard Morton was deeply concerned with young people and particularly the Young Indian. However, he was always ready to council anyone who felt the need and had a following wherever he might be. While we learned to work with wood we were also gathering the dew drops of Wisdom from his lips. Many a discussion I had with him on the philosophy of always looking up. "Walk tall, think tall, keep your eyes on the heights", he would say. And I would often say, "But there are also things of value to be found by looking down, like garnet." He died shortly after Lab in 1967 and all who knew him miss him. Somehow I know that he is with us at each and every Lab, and I would like to share with you a poem which I wrote for him.

## TO GAZE AFAR--OR WATCH YOUR FEET

A friend of mine advanced in years,  
 And full of wisdom too;  
 Told everyone to dry their tears  
 And meet lifes tasks anew.

Look always to the mountain top  
 And scan that tall pine tree.  
 Keep your eyes forever up!  
 Think tall and you'll be free!

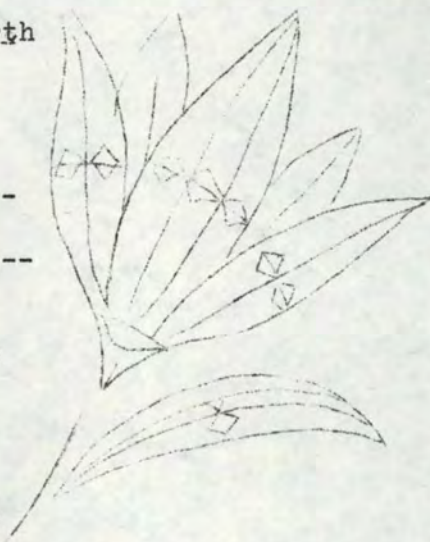
Seek e'er to reach the greatest goals.  
 Walk tall, think tall my friend;  
 and, when your life embarks on shoals  
 You'll find strength to the end.

But when I dropped my eyes to earth  
 I saw the lovely glow  
 Of ve'let his in frassy berth--  
 Forget-me-not also.

The wild strawberry tasted sweet--  
 'Twas found by looking down;  
 And gemstones too were at my feet--  
 God scattered them around.

And so you see, though it is wise  
 To gaze, at times, afar;  
 There also lurks a paradise  
 Much nearer than that star.

The humble things here at my feet  
 Are also dear to me;  
 And things, that, looking down, I seek  
 Can also set me free.





# "THE FRIEND"

By DR. FRANK CRANE

A FRIEND is the person who is "for" you," always, under any suspicions.

He never investigates you.

When charges are made against you he does not ask proof. He asks the accuser to clear out.

He likes you just as you are. He does not want to alter you.

Whatever kind of coat you are wearing suits him. Whether you have on a dress suit or a hickory shirt with no collar, he thinks it's fine.

He likes your moods, and enjoys your pessimism as much as your optimism.

He likes your success. And your failure endears you to him the more.

He is better than a lover because he is never jealous.

He wants nothing from you except that you be yourself.

He is the one being with whom you can feel SAFE. With him you can utter your heart, its badness and its goodness. You don't have to be careful.

In his presence you can be indiscreet; which means you can rest.

There are many faithful wives and husbands; there are a few faithful friends.

Friendship is the most admirable, amazing, and rare article among human beings.

Anybody may stand by you when you are right; a friend stands by you even when you are wrong.

The highest known form of friendship is that of the dog to the master. You are in luck if you can find one man or one woman on earth who has that kind of affection for you and fidelity to you.

Like the shade of a great tree in the noonday heat is a friend.

Like the home port, with your country's flag flying, after long journeys, is a friend.

A friend is an impregnable citadel of refuge in the strife of existence.

It is he that keeps alive your faith in human nature, that makes you believe it is a good universe.

He is an antidote to despair, the elixir of hope, the tonic for depression, the medicine to cure suicide.

When you are vigorous and spirited you like to take your pleasures with him; when you are in trouble you want to tell him; when you are sick you want to see him; when you are dying you want him near.

You give to him without reluctance and borrow from him without embarrassment.

If you can live fifty years and find one absolute friend you are fortunate. For the thousands of human creatures that crawl the earth, few are such stuff as friends are made of.



By GENEVA





### SPECTRUM OF LOVE

"I love you."

There is a much greater motivation than simply my spoken words.

For me to love, is to commit myself, freely and without reservation. I am sincerely interested in your happiness and well being. Whatever your needs are, I will try to fulfill them and will bend in my values depending on the importance of your need. If you are lonely and need me, I will be there. If in that loneliness you need to talk, I will listen. If you need to listen, I will talk. If you need the strength of human touch, I will touch you. If you need to be held, I will hold you. I will lie naked in body with you if that be your need. If you need fulfillment of the flesh, I will give you that also, but only through my love.

I will try to be constant with you so that you will understand the core of my personality and from that understanding you can gain strength and security that I am acting as me. I may falter with my moods. I may project, at times, a strangeness that is alien to you which may bewilder or frighten you. There will be times when you question my motives. But because people are never constant and are as changeable as the seasons, I will try to build up within you a faith in my fundamental attitude and show you that my inconsistency is only for the moment and not a lasting part of me. I will show you love now. Each and every day, for each day day is a lifetime. Every day we live, we learn more how to love. I will not defer my love nor neglect it, for if I wait until tomorrow, tomorrow never comes. It is like a cloud in the sky, passing by. They always do you know!

If I give you kindness and understanding, then I will receive your faith. If I give hate and dishonesty, I will receive your distrust. If I give you fear and am afraid, you will become afraid and fear me. I will give to you what I need to receive.

The degree of love I give is determined by my own capability. My capability is determined by the environment of my past existence and my understanding of love, truth and God.



~~LEILA,~~  
LEILA,  
DO SOMETHING RIGHT THE FIRST  
ONCE IN A WHILE!  
TIME, (BUT NOT VERY OFTEN) MAYBE  
NEXT YEAR WHEN I HAVE LESS TIME!  
WILL BE ABLE TO GET MY COPY IN WITH  
MORE TIME TO SPARE, JUST FOR YOU DO!  
REALLY LOOKING FORWARD TO MY NEW EXPERIENCE.  
WITH AND IN CHAT, THANK YOU FOR YOUR CONFIDENCE.  
SEE YOU AT LITTLE CHAT BOARD MEETING! & WHATEVER.  
LOVE YOU AND YOUR ATTITUDE TOWARDS OTHERS,  
EVEN ME.

Love,  
Deany ME  
HAND 2:2



Spectrum of Love cont.

My understanding is determined by my parents, friends, places I have lived and been. Each experience is fed into my mind from living.

I will give you as much love as I can. If you will show me how to give more, then I will give more. I can only give as much as you need to receive or allow me to give. If you receive all I can give, then my love is endless and fulfilled. If you receive a portion (part) of my love, then I will give others the balance I am capable of giving. I must give all that I have, being what I am.

Love is universal. Love is the movement of life. I have loved a boy, a girl, my parents, art, nature. All things in life I find beautiful. No human being or society has the right to condemn any kind of love I feel or my way of expressing it, if I am sincere; sincerity being the honest realization of myself without hurt or pain for my life or any life my life touches.

I want to become a truly loving spirit. Let my words, if I must speak, become a restoration of your soul. But when speech is silent, does a man project the great depth of his sensitivity. When I touch you, or kiss you, or hold you, I am saying a thousand words.



IS AN

attitude



## PURSUE KNOWLEDGE

In all the little streams that run  
 Across the country side,  
 In all the bounding cataracts,  
 In every surging tide,  
 In all the pleasant winds that blow,  
 The laws of life abide.

The crowing of the clock at dawn,  
 The cooing of the dove,  
 The whistle of the meadowlark,  
 The eagle, high above,  
 The child within his mother's arms,  
 All speak the law of love.

The seeds, the buds, the mellow earth,  
 The blossoms, shy or bold,  
 The glowing warmth of summer time,  
 The winter, bleak and cold.

---

## THE GAL IN THE GLASS

When you get what you want in your struggle for self  
 and the world makes you queen for a day.

Just go to the mirror and look at yourself  
 and see what that gal has to say.

For it isn't your father or mother, sister or brother  
 whose judgement upon you must pass,

The one whose verdict counts most in your life  
 is the one staring back from the glass.

Some people may think you a straight shooting chum  
 and call you wonderful 'til the day you die.

But the gal in the glass says you're only a bum  
 if you can't look her straight in the eye.

SHE'S the gal to please, never mind all the rest  
 for she's with you clear up to the end;

And you've passed your most dangerous, difficult test  
 if the gal in the glass is your friend.

You may fool the whole world down the pathway of life  
 and get pats on your back as you pass.

But your final reward will be heartaches and tears  
 if you've cheated the gal in the glass.





\* \*  
\* THOUGHTS \*



He who gets burned in his soup blows on his salad.

It is nice to be important, but it is more important to be nice.

Everyone must be someone to somebody sometime or nothing is anything to anybody anytime.

Cy



+ +

The following submitted by Debby Lovel--

I Meant To Do My Work Today



I meant to do my work today  
But a brown bird sang in the apple tree,  
And a butterfly flitted across the field,  
And all the leaves were calling me.

And the wind went sighing over the land---  
Tossing the grasses to and fro,  
And a rainbow held out its shining hand---  
So what could I do but laugh and go?

By Richard Gallienne



"A D V I C E"



He that sweareth  
Till no man trust him  
He that lieth  
Till no man believe him  
He that borroweth  
Till no man will lend him  
Let him go where no man knoweth him.

By Hugh Rhodes

From Poor Richard's Almanac:

From a slip of the foot you may soon recover,  
But a slip of the tongue you may never get over.

Tomorrow I'll reform, the fool does say,  
Todays too late, the wise did yesterday.

An open foe may prove a curse,  
But a pretended friend is worse.



## AT DAWN

This is the beginning of a new day.  
 God has given me this day to use it as I will.  
 I can waste it, or I can use it.  
 I can make it a day long to be remembered  
 For its job, its beauty, and its achievement;  
 Or it can be filled with pettiness and ugliness.

What I do today is important  
 For I am exchanging a day of my life for it.  
 When tomorrow comes this day will be gone forever,  
 But I shall hold something which I have traded for it.  
 It may be no more than a memory;  
 But if it is a worthy one,  
 I shall not regret the price.  
 I should like it to be gain, not loss;  
 good, not evil; success, certainly not failure.

So here is a day and here am I.  
 God will not expect more of me than I am capable of giving.  
 But he will expect my best.

There will be beauty and I must not miss it.  
 There will be cries of people in distress.  
 And I must hear and answer.  
 There will be moments of temptation, but I must not yield  
 Nor be impulsive.  
 There will be opportunity for good, and I must be ready.

And then when night comes,  
 May I look back without regret,  
 And forward with a radiant spirit  
 And a thankful heart.

by Samuel Pugh

---

 "Isness"

Forget the past! God wants the present,  
 Wants a life that's free from sham;  
 For your wasness doesn't matter,  
 If your isness really am!



Dear Leila,

Chat has turned me into a miner. Like a prospector searching for precious thoughts and feelings. I heard of a likely sounding place and came to Chatcolab. Some already opened minds producing immeasurable values attracting me and some virgin territory irresistably led me on. I saw only the surface at first but as the week progresses there are many veins to follow and as I've drawn closer to the heart and soul of each one, the treasure has gotten fuller, richer, and more beautiful. Do monetary value can be placed on the nuggets of Chatcolab mine. What a wonderful week of love and I must conclude it leaves me wanting more and more and more and more.

N. L. Schwartz

\*\*\*\*\*

True happiness is not found by doing the things you enjoy but rather by enjoying the things you do.

\*\*\*\*\*

Marriage is a triumph of habit over hatred!!!  
Oscar Levant





Dear Friends,

"...though we part 'tis with joy for we'll always remember..."

"So long, it's been good to know you..."

"We're sorry we're going away..."

Thank you for the warmth of your hearts.

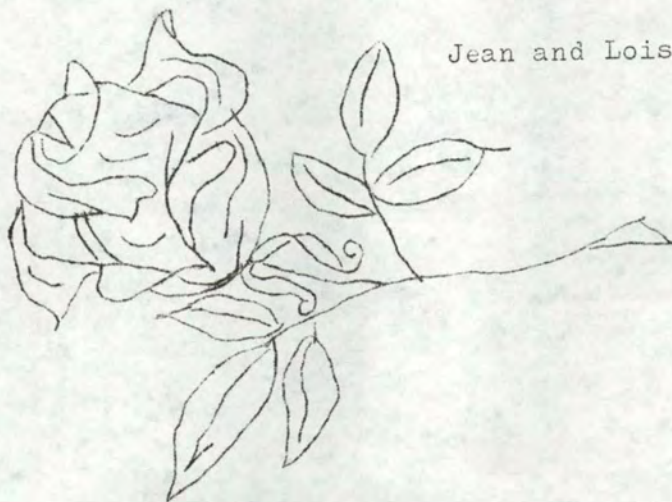
Its amazing what feelings, what friendships, what changes can take place in just a few days at Chat. Each experience,, every contact we have with another person has some-impresion or effect on both our lives-- yours and mine., so that as we leave we take a part of each one of you with us and leave a part of ourselves behind.

You will find this, too, as you leave Chat. It is this feeling that makes you want to return to Chat to renew and deepen these friendships. This is a part of what the Spirit of Chat is all about.

"....hope we meet again someday."

Love,

Jean and Lois Stevens





Mrs. James R. Beasley  
 14515 South Clackamas River Road  
 Oregon City, OR 97045  
 May 17, 1972

Dear Chatcolabbers:

It's hard to describe how difficult it is to be on the home front when Chat is actually in process. Only those of you who have attended before, and then been unable to attend for (what seems to me to be) a long dry spell can possibly share the feelings. Those of you who have attended Chat when I was able to be there, too, can envision how very hard it is to be writing instead of participating. ACTUALLY, having talked with Jim last night, I feel that vicariously, at least, I am there, too. What with the small number of you in attendance at the 1972 Chat, you should all be even closer in your bonds with one another--if, that is possible. No place have I experienced such warmth and open avenues of communication.

The Grandsons on this end are keeping both John and me occupied. We are enjoying them, and needless to say, this Grandmother and Uncle John agree that they are really top notch! No doubt, those two Grampas at Chatcolet Lake have given you the details. If not that, at least buttons must have been popping! Didn't take the precaution of reinforcing Jim's and since Margaret left ahead of Little Bill, his don't have a chance! Anyway for the information of anyone interested--and all the rest of you, too, Tyas Eugene is towheaded, a sleepy head, and WONDERFUL. Bryan--in his Mother's evaluation--enjoys holding his baby brother for about 15 seconds at a time. During those 15 seconds he really thinks he is BIG! In reality he is--comparatively speaking.

Hopefully our rain hasn't reached you, but if by chance it has, by now it should not dampen anyone's spirits there! This afternoon and evening we have had a few respites with no rain. The children at school did have at least one recess in the Oregon mist, but the others without the liquid variety of sunshine. Sooooo, if it comes, it shouldn't last overly long.

Hope all of you are enjoying our Chris, Nurse Nancy, Bruce, Stewart, and John! Just wish I could be there to enjoy them, too--and all of you, of course! Almost went on to say, "there is nothing like the very first year at Chat!", but am convinced there is just no equal to a Chat experience--be it the first fifth, tenth, fifteenth, or twentieth! Enjoy it and savor and appreciate it! Enough for those like yours truly who is there in every sense of the word--not quite--the physical body seems to be here!

Much as I am enjoying the Grandsons, I wouldn't be honest if I didn't admit to "wishing I were there!"

Love to each and all!

Miriam

(P.S. 3 cheers to Marge Grier!  
 Am so glad you are there!)



May 18, 1972

Dearest Chatcolabbers-----

Am still glowing from the joyous '72 Chat adventure. And it was so good of you all to let me try my talents on you those early days. 25-minute plane ride to Seattle was great--compared to the 7½ hour drive--lovely weather. Hope it came for Idaho too. Know you each will recruit and spread the Chat word thru the year so that Chat's Friendship Circle can increase evermore.

Delighted you honor me to head up the Songbook Research Committee. Latch on Anybody! Should be an entertaining experience to write famous lyricist and companies with honeyed words hoping they will release their tunes and talk gratis. Suggestions gratefully accepted.

You'll be happy to know my mom is up, stiffly navigating at short intervals with her bum knee and a mended heartbeat but does require assistance so I'm glad I came home.

They never miss you till you're gone! My boss wants me to return to work immediately as Wash. D.C. & Western Agric. Spvsr are descending Monday--so I said OK I'd come in extra Saturday to do a catchup stint.

A reminder to Ruth M. & Brad B. My blue rain jacket  
Panasonic Tape, Recorder and Mike, 2 Chatbooks,  
Backpack and tools.

My best to Ten Wheels, A Spare, and a Retread Gang!  
Seems we achieved a close alliance in a very brief time and our "experiment" was a relavatory vehicle in many ways. Humble Home--open hearth--and bunks always available at my place in the heart of Seattle, 6 blocks from the Zoo by Greenlake.  
YOU ALL COME!

Love and Laughter,

Billie Marie Studer

#### FRIENDSHIP

Oh the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are--chaff and grain together--certain that a faithful hand will take and sift them, keep what is worth keeping, and with the breath of kindness blow the rest away.

Dinah Mulock



"THE CHATCOLABBER"

\*Last year when I came to Chat, I discovered so much love and goodness, that I knew God had created place for me. It was paradise. I learned so much. I grew so much. I had emotion stirring deep down inside that I never knew existed before.

This year Chat holds a new meaning for me. I came here to escape, to hide from the problems which were about to destroy me. Because of my reasoning for coming here has changed so has my rewards. I find here the peace and serenity I've longed for.

Now it is time to leave, and I must return to those same unbearable problems. I made a mistake though, I was so contented here I forgot that I must prepare myself to accept those problems. But I didn't, so I return to where I left off, lonesome, confused, and afraid.

\*Love is something everyone needs but not everyone gets.

\*Speed kills but then so does love

\*He was joy, He was sorrow both,  
I loved him, but now he is gone  
swept away by the wings of an angel  
to live with a man he called God.

Writer Unknown







## OUT OF DOORS

*O what a glory doth this world put on  
For him who, with a fervent heart goes forth  
Under the bright and gleaming sky, and looks  
On duties well performed, and days well spent!  
For him the wind, ay, and the yellow leaves  
Shall have a voice, and give him eloquent teachings  
He shall hear the solemn hymn, that Death . . .  
Has lifted up for all, that he shall go  
To his long resting place without a tear.*

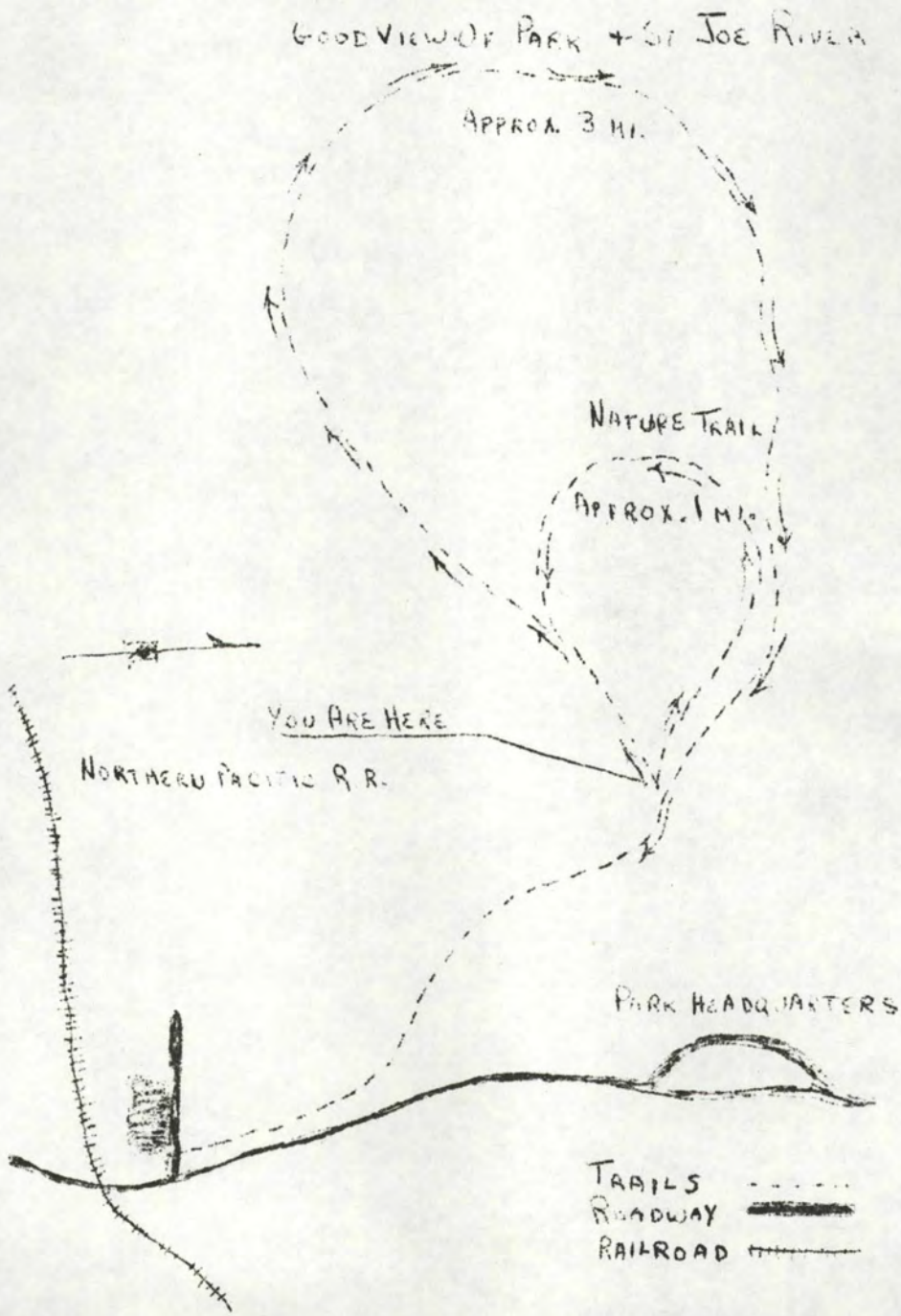
*Henry Wadsworth Longfellow*



# INDIAN CLIFFS SELF- INTERPRETIVE NATURE TRAIL

## HEYBURN STATE PARK

PLUMMER, IDAHO 83851





INDIAN CLIFFS SELF-INTERPRETIVE NATURAL TRAIL  
HEYBURN STATE PARK

PLUMMER, IDAHO - 83851

Early settlers, finding Indians camping near the high cliffs, began, through this association, to call them "Indian Cliffs".

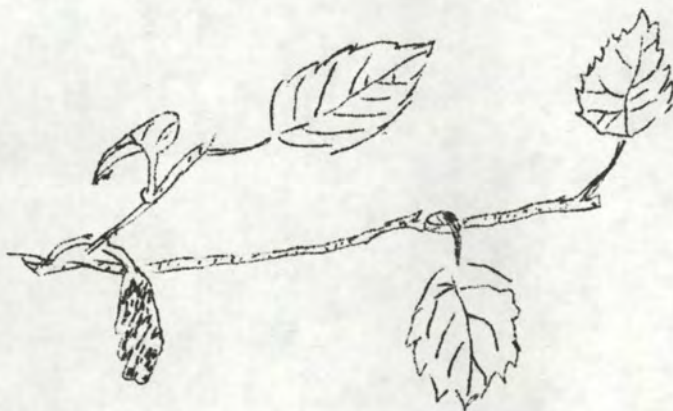
The cliffs are basalt ledges with rock slides "talus slopes" radiating at their base. Over a period of years individual rocks have become covered with lichens (pronounced li-keens) and mosses, thus changing their appearance.

While walking along this trail, one may notice a variety of trees, shrubs, and flowers which help to form the forest community. Whitetail deer, coyotes, and an occasional black bear may be seen in this natural environment. Several varieties of birds, including the ruffed grouse, may sometimes be observed.

The following stations (corresponding to the number markers along the trail) provide information concerning points of interest.

Sta. 1 From this viewpoint, looking out toward your left, several varieties of trees may be observed. Trees occurring in this forest community are: Whitepine, Ponderosa Pine, lodgepole pine, larch, red cedar, hemlock, douglas fir, grand fir, birch, and maple.

Sta. 2 These trees are members of the birch family. The wood of the birch is fine grained, light, and easily split. The bark of the birch is very durable, lasting long after the wood has rotted away. Indians used the decorative bark in their basket weaving.





Sta. 3 White pine, or as it is sometimes called, silver pine, can be frequently located by the presence of a carpet of brown needles on the forest floor. Under normal growing conditions the trunk is distinctly straight. The wood, which is easily worked, is prized for special construction purposes and carving. On some specimens one may notice an area of dead or rust colored needles which, most probably, indicates the presence of "Blister Rust". (Blister Rust is a parasitic fungus growing in the bark which causes a canker that girdles, and eventually kills the affected branch or trunk).



Sta. 4 The small evergreen trees in this immediate area are grand fir, sometimes called western balsam fir. They represent volunteer seedlings achieving a niche in the forest community.



Sta. 5 This unusual tree, called larch or tamarack is not an evergreen. The needle-like leaves turn light golden yellow in the fall and drop to the ground compelling some people to consider them dead or diseased. The wood of the tamarack is valued for commercial use. It is used for piling, railroad ties and general construction. Mistletoe, a parasitic plant, has infected many of these trees and it may be observed in the branches. Mistletoe sometimes causes branches to become gnarled and twisted. Grouse can often be found near stands of larch, eating the fallen needles.

Sta. 6 This larch has, in its past, incurred possible wind damage to its growing tip. Branches located near the damaged area have assumed the characteristics of the growing tip causing this unique development.

Sta. 7 Lodge pole pine is a tree of widespread range. It ranges from near sea level to sub-alpine elevations. It is usually a tall slender tree with dark gray-brown scaly bark. The wood is used for railway ties, fence building and fuel. Lodgepole pines are usually found in thick stands on old burned over areas. This is due to the fact that their cones can withstand fires and later open to release their seed.



Needles in 2's



Sta. 8 Ponderosa pine. This distinct tree, also called western yellow pine, has an almost straight trunk with massive twisted branches. The needle-like leaves are 6 to 9 inches in length, the longest needle of any evergreen in the State. Mature trunks produce jigsaw puzzle shaped scales. The wood (when freshly cut) is a light yellow with brown knots. It is a soft wood used for interior finishing (knotty pine).

Needles in 3's



Sta. 9 This large tree is a hemlock. Hemlocks grow well in moist conditions reaching from 2 to 4 feet in diameter and to 160 feet in height. The limbs are long and irregularly located on the trunk. A drooping tip is a distinct characteristic of the hemlock. The wood is used mostly for pulpwood and the tree itself is used by some for ornamentals. Notice the faint scratches on the trunk. These were possibly made by a stretching or climbing bear.

Needles - flat blunt 2" long





Sta. 10 The leaves or "fronds" of the red cedar are rich in nourishment and provide excellent forage for deer. This tree is usually shaggy in appearance with a fluted trunk that tapers quickly toward the top, which is sometimes dead. The fronds are a yellowish green in color which distinguishes this tree from others. The reddish fragrant wood is valuable for shingles, shakes, and posts because of its resistance to rot. Chest makers and boat builders also value this wood.



Sta. 11 Douglas Firs" Douglas firs, being widespread in their locations, are found in association with most of the evergreen trees in the State. The douglas fir, or as it is sometimes called, red fir, is the largest tree in Idaho. It may reach 6 feet in diameter and over 200 feet in height. The wood is pinkish in color with prominent annual rings. Being very strong, the wood is valued in heavy construction and used for interior and exterior finishing. The douglas fir is a favorite Christmas tree.



Sta. 12 From this observation point can be seen the southern end of Indian Cliffs. You are actually standing on what might be considered a "talus slope". Lichens and mosses cover most of the exposed rocks and contribute to the eventual breakdown of the rock.

Sta. 13 The grand fir grows best under moist conditions. It is usually a tall, straight tree reaching 125 feet in height and 2 to 3 feet in diameter. It has soft light wood which is usually used for pulp and cheap wood products. It has been said that gum from the resin blisters contains healing properties.



A Key To Further Identify Plants:

| <u>Name</u> | <u>Bloom Period</u>   | <u>Color + Form</u>   |
|-------------|-----------------------|---|
| Syringa     | June                  | Shiny white flowers<br>1 inch across, 4<br>petals, a spreading<br>shrub to 12 feet high,<br>Idaho State Flower. |
| Ocean Spray | June                  | Masses of loose creamy<br>plumes, shrub to 8 feet<br>high.  |
| Snowberry   | June + July           | Pinkish flowers 1/2 inch<br>long, white waxy ber-<br>ries, a low bush to 3<br>feet in height.                   |
| Elder Berry | June July +<br>August | Cream colored flowers<br>in large clusters, a<br>shrub reaching 20 feet<br>in height.                           |





| Name         | Bloom Period | Color + Form  |
|--------------|--------------|---|
| Mountain Ash | June         | Small white flowers in clusters, 10 feet in height with large branches of bright red berries during fall. |



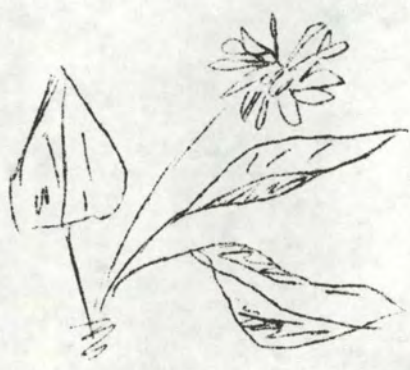
|          |             |   |
|----------|-------------|---|
| Trillium | April + May | A white flower with 3 petals 1-2 inches long, of large distinct leaves. |
|----------|-------------|---|



|               |             |   |
|---------------|-------------|---|
| Snooting Star | March + May | Pink to purple flowers with usually 1-2 flowers on each stem. |
|---------------|-------------|---|



|             |     |   |
|-------------|-----|---|
| Balsam Root | May | Yellow flowers up to 4 inches across with usually 1 to each stem, large basal leaves. |
|-------------|-----|---|



|           |               |   |
|-----------|---------------|---|
| Snow Lily | March + April | A bright yellow flower 1-2 inches across, 1-3 per stem, smooth glossy leaves. |
|-----------|---------------|---|



|                |               |  |
|----------------|---------------|--|
| Lady's Slipper | April to June | Pink to purple flower 1 inch long, 1 leaf occurs at the base of the stem which is 4-6 inches high. |
|----------------|---------------|--|







# NORTHWEST ALPINE GUIDE SERVICE

P. O. BOX 80041  
SEATTLE, WASHINGTON 98108  
RO 2 - 5165

## SUMMER 1972 SCHEDULE

### Climbing School

This school is designed to introduce the novice to mountain climbing in a fun manner. Small classes allow personal attention to each student. Course content is designed to give students the knowledge to climb ninety percent of our mountains and avoid the other ten percent. Class consists of two lectures, a field trip and summit climb. We provide all special equipment. Class will select peak for summit climb. Fee \$25.00

| Lectures             | Field Session | Summit Climb  |
|----------------------|---------------|---------------|
| Tues. May 30, June 6 | June 3 or 4   | June 10 or 11 |
| Wed. May 31, June 7  | June 3 or 4   | June 10 or 11 |
| Thurs. June 1, 8     | June 3 or 4   | June 10 or 11 |

### Back Packing School

This school will teach the novice the fundamentals of safe, enjoyable backpacking. Small classes give individual instruction in equipment, clothing, food, camp site selection, shelter, map and compass, survival and trip planning. Fee \$15.00, Family \$25.00

Lectures: Tues. June 6, Thurs. June 8 Field Trip June 10 - 11

### Summit Climbs

Summit climbs will be scheduled as requests indicate. Fees run from \$20.00 per person depending on mountains climbed.

### Family Backpack Trip August 19 - 26

A week long trip in the Glacier Peak Wilderness. Trinity - Buck Creek Pass - Image Lake - Suiattle Pass - Lyman Lake - Phelps Creek. A loop trip to alpine lakes and meadows with spectacular views of Glacier Peak. Everything but sleeping bags and personal gear furnished. Do your own cooking. Fee \$60.00 You furnish everything - fee \$35.00

TEENAGE BACKPACK TRIPS FOR GIRLS AND BOYS AGE 11 - 16  
18 June to 2 September  
SEE OUR BROCHURE

### Adult Backpack Trip September 2 - 10

A trip in the Cascades north of Snoqualmie Pass to Dutch Miller Gap along trails on the west side of the crest and returning on the east side of the crest. We shall visit many lakes in this trip through part of the proposed Alpine Lakes Wilderness Area. Huckleberries should be ripe too!! Everything but sleeping bags and personal gear furnished. Do your own cooking. Fee \$60.00 You furnish everything - fee \$35.00

Phone RO 2 - 5165 for additional information and registration  
—— Back Packing - Mountain Climbing - Outings - Climbing School - Snowshoeing - Hiking ——





## NORTHWEST ALPINE GUIDE SERVICE

P. O. BOX 80041  
SEATTLE, WASHINGTON 98108

RO 2 - 5165

### Ten Essentials

- 1.) Whistle 2.) Map 3.) Compass 4.) Flashlight 5.) Extra Food and Clothing  
6.) Fire Starter 7.) First Aid 8.) Pocket Knife 9.) Sunburn protection - cream  
and glasses 10.) Waterproof matches

#### CLOTHING

- Wool pants  
Wool shirt  
Wool sweater  
(1) Long underwear - wool, fishnet,  
waffle-weave or duo-fold  
Nylon wind breaker  
Waterproof poncho or rain suit  
Wool socks - Austrian thermal,  
Ripon thermal stretch,  
Wigwam Norway, Norwegian  
Ragg, Knicker Socks.  
Rain or wind pants, chaps  
Wool hat - toque or watch cap  
Brimmed hat (for sun protection)  
(1) Wool mittens  
(2) Long sleeved cotton shirt  
(2) Shorts
- Optional
- Gaiters  
Walking stick  
Down parka, sweater or vest  
Light weight camp shoes

- (1) Leave these home in July and August;  
substitute (2).

#### OTHER ITEMS

- Candle lantern  
Off  
Map case with maps and trail instructions  
Extra candles  
Squibb Rezifilm surgical spray  
dressing for blisters  
Extra food

#### DITTY BAG

- Steel mirror  
Carborundum stone  
Extra shoe (boot) laces  
Clothes pin  
Emery board  
Ball point pen  
Whistle  
G. I. can opener  
Candle & matches in plastic bag  
Compass - Liquid filled Silva on neck cord  
Nylon cord - light weight - about 50'  
in plastic bag  
Plastic soap box with soap  
Dark glasses  
Dark goggles  
Matches  
Pocket knife  
Fire starter -2 film cans with chemical  
charcoal starter  
Salt pills & aspirin  
Flashlight  
Extra batteries  
Extra bulb  
Facial & toilet tissue in plastic bag

#### FIRST AID KIT

- Triangle bandage  
Roll gauze 1" & 2"  
Adhesive tape 2"  
Band-aids 6  
Butterfly band-aids 8  
Safety pins 3  
Molefoam 1 pkg  
Zinc oxide  
Gauze pads 4 - 4"x 4"  
Needle & thread  
Razor blade  
Aspirin 12           Antiseptic salve  
Antiacid 6           Antihistamine 4  
Salt tablets 6  
Phisohex soap 1 oz.





**NORTHWEST ALPINE GUIDE SERVICE**  
P. O. BOX 80041  
SEATTLE, WASHINGTON 98108  
RO 2 - 5165

A Climbing Code

A climbing party of three is the minimum, unless adequate prearranged support is available. On crevassed glaciers two rope teams are recommended.

Carry at all times the clothing, food and equipment necessary.

Rope up on all exposed places and for all glacier travel.

Keep the party together, and obey the leader or majority rule.

Never climb beyond your ability and knowledge.

Never let judgement be swayed by desire when choosing the route or turning back.

Leave the trip schedule with a responsible person.

Follow the precepts of sound mountaineering as set forth in textbooks of recognized merit.

Behave at all times in a manner that will not reflect unfavorably upon mountaineering.

from THE DREAM by Gaston Rebuffat

To become a mountaineer one must not only learn to climb; one must also learn to understand mountains. Mountaineering is one of the finest sports imaginable but to practice it without technique is a form of more or less deliberate suicide.

-- it is like a well regulated ballet, with the roped climbers all in their respective places.

Route Classification

1. Walking; shoes helpful
2. Scrambling, using hands; boots desirable
3. Easy climbing, somewhat exposed; rope should be worn
4. Moderate climbing, very exposed; belaying essential
5. Difficult climbing, very exposed; pitons or other anchors used to protect the leader
6. Extremely difficult climbing; pitons and other equipment used for direct aid
7. Impossible climbing - overhanging sand dunes - supernatural aid required

Climbing Equipment List

Clothing

- Lug soled boots
- Parka with hood
- Wind proof mittens
- Extra wool mittens

- Carabiners
- Belay ring
- Hard hat
- Crampons
- Belay gloves
- Rescue pulley
- Prussik slings
- Brake bar
- Descending rings
- Wands

Equipment

- Rucksack or summit pack
- Ice axe
- Water bottle
- Climbing rope - goldline or perlon
- Sling ropes or webbing



BACK PACKERS NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

GIRL / BOY: \_\_\_\_\_

GRADE COMPLETED IN JUNE: \_\_\_\_\_

PRINT LAST NAME: \_\_\_\_\_ FIRST: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ NICK NAME: \_\_\_\_\_

PARENTS OR GUARDIAN: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ AREA CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_

BUSINESS ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

| SESSION | STREET AND NO.                | CITY | STATE | ZIP | AREA CODE                | PHONE |
|---------|-------------------------------|------|-------|-----|--------------------------|-------|
| 1       | JUNE 18-24 - \$100.00         |      |       | 4   | AUG. 20-26 - \$100.00    |       |
| 2       | JUNE 25-JULY 22-400.00        |      |       | 5   | AUG. 27-SEPT. 2 - 100.00 |       |
| 3       | JULY 23-AUG. 19-400.00 (over) |      |       |     |                          |       |

CLOTHING AND EQUIPMENT LIST

- 1 PAIR LUG SOLED HIKING BOOTS - THE MOST IMPORTANT ITEM - MUST FIT WELL AND BE BROKEN IN PRIOR TO START OF HIKE.
- 1 PAIR LIGHT WEIGHT CAMP SHOES (TENNIS, LOAFERS OR MOCCASIN TYPE)
- 6 PAIR HEAVY WOOL HIKING SOCKS
- 3 CHANGES UNDERWEAR
- 2 WOOL SHIRTS
- 1 WOOL SWEATER
- 1 PAIR LONG WOOL PANTS
- WOOL HAT (PULL OVER)
- 1 LONG SLEEVE COTTON SHIRT
- 1 SHORT SLEEVE BLOUSE (GIRLS)
- 2 PAIR SHORTS
- BRIMMED HAT (FOR SUNSHADE)
- HOODED PARKA OR WINDBREAKER
- RAIN SUIT OR PONCHO - COATED NYLON - NOT PLASTIC
- LIGHTWEIGHT DOWN SLEEPING BAG
- COMPRESSOR BAG FOR ABOVE
- FOAM PAD OR  $\frac{3}{4}$  AIR MATTRESS
- FLASHLIGHT
- EXTRA BATTERIES
- EXTRA BULB
- TOOTH BRUSH
- TOOTH PASTE
- SOAP
- SOAP BOX
- WASH CLOTH
- BATH TOWEL
- WOOL GLOVES OR MITTENS
- POCKET KNIFE
- SUNGLASSES
- COMPASS
- WHISTLE

DUFFLE BAG FILLED WITH ABOVE IN PLASTIC BAGS.

OPTIONAL

- CAMERA AND FILM
- DOWN PARKA OR SWEATER
- INEXPENSIVE WATCH
- DRESS CLOTHES FOR SUNDAY



LEAVE THE  
BEATEN  
TRACK —

BACK PACKING SUMMER  
1972

STAFF AND REGISTRATION  
INFORMATION

PRESENTED  
BY

NORTHWEST ALPINE GUIDE SERVICE

P.O. BOX 8004 SEATTLE, WASHINGTON  
98108



CONDITIONS FOR ENROLLMENT

1. THE BACK PACKER AND PARENTS/GUARDIAN AGREE TO ABIDE BY THE RULES AND REGULATIONS SET BY THE DIRECTORS FOR THE HEALTH, SAFETY AND WELFARE OF THE PARTICIPANTS.
2. NORTHWEST ALPINE GUIDE SERVICE IS NOT RESPONSIBLE FOR ARTICLES OF CLOTHING OR PERSONAL BELONGINGS LOST, DAMAGED, STOLEN, ETC.
3. IN CASE OF MEDICAL OR SURGICAL EMERGENCY, I HEREBY GIVE PERMISSION TO THE PHYSICIAN SELECTED BY THE DIRECTOR TO HOSPITALIZE AND SECURE PROPER TREATMENT FOR THE BACK PACKER LISTED. ALL SUCH EXPENSES NOT COVERED BY NORTHWEST ALPINE GUIDE SERVICE INSURANCE SHALL BE PAID FOR BY THE PARENTS/GUARDIAN.
4. A HEALTH CERTIFICATE TO BE FILLED OUT BY A PHYSICIAN MUST BE SUBMITTED TWO WEEKS PRIOR TO START OF SESSION.
5. THE UNDERSIGNED CONSENTS TO THE USE OF ANY PICTURES OF THIS BACK PACKER TO BE USED FOR ADVERTISING OR PROMOTION.
6. CAMP DIRECTOR WILL BE KEPT ADVISED WHERE PARENTS/GUARDIAN MAY BE REACHED IN EVENT OF AN EMERGENCY.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

NANCY BRADLEY

B.A. IN ART EDUCATION, HOME ECONOMICS  
MAY 1972 UNIVERSITY OF PUEBLO SOUND

ANOTHER BACK PACKER, CLIMBER AND HIKER AT HOME IN THE WILDERNESS. FORMER CAMP FIRE GIRLS CAMP STAFF MEMBER AND RESIDENT ASSISTANT IN GIRLS DORM.

DOUG BRADLEY STUDENT HOBART COLLEGE

CLIMBING AND HIKING SINCE HE WAS OLD ENOUGH TO WALK. TRAINED IN OUTDOOR SKILLS AND FIRST AID. LIFE BOY SCOUT AND SERVED SESSIONS AS COUNSELOR IN SHORELINE CAMPING PROGRAM WHILE IN HIGH SCHOOL.

MEG BRADLEY STUDENT GLACIER HIGH SCHOOL, SEATTLE

MOUNTAIN CLIMBING SINCE AGE NINE AND BACKPACKING EVEN YOUNGER. ADVANCED FIRST AID CARD.

WE ARE ALL MEMBERS OF MAZAMAS IN PORTLAND, OREGON, THE OLDEST MOUNTAIN CLIMBING CLUB WEST OF THE MISSISSIPPI RIVER. BRAD AND MEG HAVE EARNED THE COVERED SIXTEEN PEAK AWARD FOR CLIMBING MAJOR NORTHWEST PEAKS, MEG IS THE YOUNGEST PERSON TO HAVE ACHIEVED THIS. BRAD, NANCY, DOUG AND MEG HAVE INSTRUCTED IN MAZAMA CLIMBING SCHOOLS DURING THE PAST SIX YEARS.

DIRECTOR

BRAD BRADLEY - B.A. IN APPLIED ECONOMICS, HOBART COLLEGE

FORMER CONTROLLER AND BUSINESSMAN. EXTENSIVE EXPERIENCE IN OUTDOOR ACTIVITIES INCLUDING BACKPACKING, CAMPING AND MOUNTAIN CLIMBING IN WILDERNESS AREAS. ASSISTANT SCOUT MASTER WITH SEVERAL YEARS OF LEADING BOY SCOUT GROUPS ON NINE DAY BACKPACK TRIPS AS WELL AS FAMILY CAMPING AND HIKING OUTINGS. LEADERSHIP ACTIVITIES WITH TEENAGERS THIS PAST YEAR INCLUDE TRIPS INTO THE ENCHANTMENTS, DOVE PEAK, OLYMPIC BEACHES, RAIN FORESTS AND ANDERSON PAYS. ADVANCED FIRST AID CARD.

MARGARET BRADLEY - DIRECTOR

B.A. IN SOCIOLOGY, WILLIAM SMITH COLLEGE M.S.W. - SOCIAL WORK, UNIV. OF WASHINGTON

SOCIAL WORKER AT KING COUNTY JUVENILE COURT IN SEATTLE AND FORMERLY A DIRECTOR WITH THE Y.M.C.A. IN PORTLAND, OREGON. EXTENSIVE EXPERIENCE WORKING WITH YOUNG PEOPLE. HAS BEEN INVOLVED IN LEADERSHIP OF BLUE BIRD AND CAMP FIRE GIRLS GROUPS. AVID HIKER, BACK PACKER, MOUNTAIN CLIMBER AND ADVOCATE OF THE GREAT OUTDOORS.

LINDA BRADLEY

B.A., M.A. IN MUSIC EDUCATION, WHITTIER COLLEGE

FORMER GIRL SCOUT, TRAINED IN LEADERSHIP EXPERIENCE WITH YOUTH AT CAMP FIRE GIRLS CAMP AS STAFF MEMBER. RESIDENT ADVISOR AND DOW HOUSE MOTHER IN LARGE GIRLS' DORMitory AT WHITTIER COLLEGE. WHILE ASSISTANT TO THE DEAN OF WOMEN AT WHITTIER, WORKED INTENSIVELY WITH INCOMING FRESHMAN. AN ARDEANT OUTDOOR DEVOTEE WITH BACK PACKING, HIKING AND MOUNTAIN CLIMBING EXPERIENCE.



THERE IS A WILDERNESS HERITAGE WAITING FOR YOUR CHILDREN IN THE NORTHWEST - A BIG COUNTRY FULL OF MATCHLESS SCENIC BEAUTY, OLD MINES AND MINING COMMUNITIES, MOUNTAIN PASSES, HIGH VALLEYS, SUPERB RAIN FORESTS AND EXCITING COASTAL BEACHES - LET YOUR CHILDREN HAVE THE ADVENTURE OF A LIFETIME AND GROW TALL WHILE HIKING SOME OF THESE NAME PLACES - CAPE ALAVA, BUCK CREEK PASS, MONTE CRISTO, CADAVER GAP, TRINITY, IMAGE LAKE, PARK CREEK PASS, KOOL AID LAKE, CACHE COL, THE ENCHANTMENTS, SPIDER MEADOWS, PANHANDLE GAP, DUTCH MILLER'S MINE, PIDDLE PASS, EASY PASS, HUMES RANCH, WHITE PASS, HIGH DIVIDE, HOH RIVER RAIN FOREST, HANGING GARDENS, MICA LAKE - THE LIST GOES ON AND ON.

NORTHWEST ALPINE GUIDE SERVICE RESERVES THE RIGHT TO DISMISS A BACK PACKER WHOSE CONDUCT OR INFLUENCE IS UNSATISFACTORY, OR IN THE OPINION OF THE DIRECTOR, NOT IN THE BEST INTEREST OF THE PROGRAM IN THAT EVENT THERE SHALL BE NO REFUND OF ANY PART OF THE FEE.

BACK PACKER SHOULD CHECK IN BY 10 A.M. ON SUNDAY IN SEATTLE. OUR STAFF MEMBERS WILL MEET ANY INCOMING PUBLIC TRANSPORTATION. SESSIONS END AT 2:P.M. ON SATURDAY.

DURING FOUR WEEK SESSIONS BACK PACKERS WILL STAY IN SEATTLE SATURDAY NIGHT WITH OPPORTUNITY TO HAVE HOT BATHS OR SHOWERS, DO THEIR LAUNDRY, ATTEND CHURCH OF THEIR CHOICE AND REPACK FOR NEXT HIKE. TRANSPORTATION WILL BE BY CHARTERED BUS.



LEAVE THE  
BEATEN  
TRACK—

WILDERNESS ADVENTURE  
BACKPACKING TRIPS FOR  
GIRLS AND BOYS AGES 11-16  
SUMMER

1972

PRESENTED BY  
NORTHWEST ALPINE GUIDE SERVICE

P.O. BOX 80041

SEATTLE, WASHINGTON  
98108



SIX DAY TRIPS ARE DESIGNED TO PROVIDE AN ENJOYABLE AND CHALLENGING WILDERNESS LEARNING EXPERIENCE. OUR EXPERIENCED STAFF WILL TEACH YOUR CHILDREN TO ENJOY SOME OF THE MOST BEAUTIFUL WILDERNESS WITH SAFETY AND CONFIDENCE.

OUR PROGRAM IS DESIGNED TO FOSTER INITIATIVE, SELF RELIANCE, TEAM WORK AND LEARNING TO LIVE WITH OTHERS. GIRLS AND BOYS WILL LEARN THE SKILLS OF BACKPACKING, WILDERNESS COOKING, CAMPING AND ALPINE TRAVEL WITH AN INTRODUCTION TO NATURE (WILD FLOWERS, TREES, FERNS, ETC.) AND POINTS OF HISTORIC INTEREST.

EACH LEADER KNOWS FROM EXPERIENCE AND TRAINING THE WAY TO OPEN NEW DOORS FOR YOUR CHILDREN AND HELP THEM GROW. WE HAVE SHARED THIS WILDERNESS AS A FAMILY AND WANT EACH PARTICIPANT TO HAVE THAT SAME CLOSENESS WITH THE OUTDOORS.

WE FOLLOW THE RULE:  
LEAVE ONLY FOOTPRINTS—TAKE ONLY MEMORIES AND PHOTOS.

SESSION 1 JUNE 18-24 \$100.00

A CONDITIONING PERIOD OF EASY HIKES AND INSTRUCTION IN PACK BACKING. DESIGNED FOR THOSE WHO HAVE NEVER BEEN BACKPACKING BEFORE BUT INTEND TO PARTICIPATE IN ONE OR MORE OF THE LATER SESSIONS.

SESSION 2 JUNE 25-JULY 22 \$400.00

THIS SESSION WILL CONSIST OF FOUR SIX DAY BACKPACKING TRIPS. ACTUAL TRIP SELECTION WILL BE MADE TO FIT CAPABILITIES OF THE GROUP. THE FIRST WEEK WILL PROBABLY BE SPENT ON ONE OF THE OLYMPIC WILDERNESS BEACH STRIPS FOLLOWED BY A TRIP INTO THE OLYMPIC MOUNTAINS AND TWO TRIPS IN THE CASCADE MOUNTAINS.

SESSION 3 JULY 23-AUG. 19 \$400.00

THE SAME FORMAT AS THE SECOND SESSION BUT TRIPS WILL ALL BE AT HIGHER ELEVATIONS IN THE MOUNTAINS. SNOW WILL LEAVING THE ALPINE AREAS SO THE HIGH MEADOWS WILL BE AT THE PEAK OF THEIR FLOWERING BEAUTY. THIS IS NORMALLY THE PERIOD OF THE LEAST RAINFALL.

SESSION 4 AUGUST 20-26 \$100.00

A TRIP IN THE HIGH MOUNTAIN AREAS INVOLVING MORE CHALLENGING TERRAIN AND SOME OFF TRAIL CROSS COUNTRY HIKING. PREVIOUS BACK PACKING EXPERIENCE REQUIRED.

SESSION 5 AUGUST 27-SEPT. 2 \$100.00  
SIMILAR TO FOURTH SESSION.

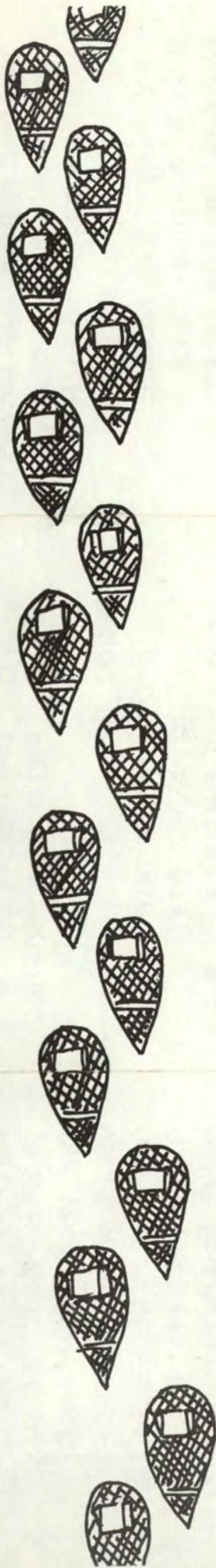
ALL FEES ARE INCLUSIVE OF LAUNDRY, INSURANCE, TRANSPORTATION FROM SEATTLE AND EQUIPMENT OTHER THAN PERSONAL ITEMS. PERSONAL EQUIPMENT LIST WILL BE PROVIDED REGISTRANTS.

20% OF TOTAL FEE TO BE PAID AS DEPOSIT UPON REGISTRATION. REFUND WILL BE MADE PROMPTLY IF NOT ACCEPTED. BALANCE DUE IN FULL TWO WEEKS BEFORE STARTING DATE OF SESSION. NO REFUNDS FOR WITHDRAWALS LESS THAN FIFTEEN DAYS PRIOR TO START OF SESSION.

5% DISCOUNT FOR TWO OR MORE FROM ONE FAMILY REGISTERED 1972

NUMBER OF REGISTRATIONS IS LIMITED





LEAVE THE BEATEN TRACK—  
LET YOUR ADVENTUROUS SPIRIT  
TAKE OVER—  
ESCAPE FROM SKI TOW LINES—  
SNOWSHOE INTO THE STILL  
PRISTINE WILDERNESS.  
EXPERIENCE THE FREEDOM  
OF TRAVEL THROUGH  
UNTRODDEN SNOW IN A  
WINTER WONDERLAND.

# LEAVE THE BEATEN TRACK —

SNOWSHOE SCHOOL

PRESENTED BY

NORTHWEST ALPINE GUIDE  
SERVICE



## SESSION I

LECTURE 7:00-9:30 P.M.

- A. EQUIPMENT
- B. EATING
- C. DANGERS
- D. FIELD TRIP BRIEFING

## SESSION II

BASIC FIELD TRIP

10 AM.- 2:30 P.M.

LOCATION OF FIELD TRIP TO BE DETERMINED BY SNOW CONDITIONS.

## SESSION III

LECTURE 7:00-9:30 P.M.

- A. NAVIGATION
- B. SHELTER
- C. SURVIVAL AND FIRST AID
- D. FIELD TRIP BRIEFING

## SESSION IV

FIELD TRIP

9 A.M. - 3:30 P.M.

LOCATION OF FIELD TRIP TO BE DETERMINED BY SNOW CONDITIONS.

THIS SCHOOL IS DESIGNED TO INTRODUCE THE NOVICE TO THE WORLD OF SNOWSHOEING. CLASSES ARE LIMITED IN SIZE AND GIVE PERSONAL ATTENTION TO EACH STUDENT. ANY PERSON IN GOOD HEALTH AND AVERAGE PHYSICAL CONDITION CAN PARTICIPATE IN THIS SPORT.

YOU WILL LEARN TO PLAN AND PREPARE FOR A SNOWSHOE TRIP IN A WILDERNESS ENVIRONMENT; THE EQUIPMENT REQUIRED AND SUITABLE FOODS TO CARRY. THE DANGERS AND HOW TO AVOID THEM WILL BE DISCUSSED.

THE COURSE CONSISTS OF TWO LECTURE SESSIONS AND TWO FIELD TRIPS.

### CAMERA FANS NOTE:

THIS IS AN AREA OF UNLIMITED OPPORTUNITIES!

YOU OWE IT TO YOURSELF TO GET AWAY FROM IT ALL ONCE IN A WHILE — FROM THE PEOPLE ABOUT, THE NOISE, THE POLLUTED AIR AND WATER OF THE CROWDED CITIES — TO THE FRESH COUNTRY AIR AND THE SERENE WHITE ROLLING HILLS WHERE WEATHER STOPS NO BEAUTY FROM SHOWING THROUGH —

FOR CLASS SCHEDULES AND RATES WRITE

NORTHWEST ALPINE GUIDE SERVICE

P.O. BOX 80041  
SEATTLE, WASHINGTON 98108

CLASSES STARTING

FEB 8 AND 10,

MAR 14, 1972

FREE 15<sup>00</sup>

PHONE R02-5165

FOR INFORMATION AND REGISTRATION



"CLIMB THE MOUNTAINS  
AND GET THEIR GOOD TIDINGS.  
NATURE'S PEACE WILL FLOW  
INTO YOU AS SUNSHINE  
FLOWS INTO TREES. THE  
WIND WILL BLOW THEIR  
OWN FRESHNESS INTO YOU,  
AND THE STORMS THEIR  
ENERGY, WHILE CARES  
WILL DROP OFF LIKE  
AUTUMN LEAVES."

-JOHN MUIR-

WHO KNOWS A MOUNTAIN?

ONE WHO HAS FOLLOWED  
ITS LONGEST TRAIL,  
AND LAUGHED IN THE FACE  
OF ITS FIERCEST GALE;  
ONE WHO HAS SCALED PEAKS,  
AND HAS TROD  
ITS CLOUD-SWEPT SUMMITS  
ALONE WITH GOD.

- ETHEL ROMIG FULLER-



LEAVE THE  
BEATEN  
TRACK—

MOUNTAIN CLIMBING  
SCHOOL  
PRESENTED BY

NORTHWEST ALPINE GUIDE  
SERVICE

P.O. BOX 80041 SEATTLE, WASHINGTON, 98108



THIS SCHOOL IS DESIGNED TO INTRODUCE THE NOVICE TO THE MOUNTAIN WORLD OF SNOW, ROCK AND ALPINE MEADOWS. THE CLASSES ARE LIMITED IN SIZE TO GIVE PERSONAL ATTENTION TO EACH STUDENT. ANY PERSON IN GOOD HEALTH AND AVERAGE PHYSICAL CONDITION CAN PARTICIPATE IN THIS SPORT.

YOU WILL LEARN TO PLAN AND PREPARE FOR A MOUNTAIN CLIMB IN A WILDERNESS ENVIRONMENT; THE EQUIPMENT REQUIRED AND SUITABLE FOODS TO CARRY. THE DANGERS AND HOW TO AVOID THEM WILL BE DISCUSSED.

THE COURSE CONSISTS OF TWO LECTURE SESSIONS, A FIELD TRIP AND A SUMMIT CLIMB ON A MAJOR NORTHWEST PEAK.

#### CAMERA FANS NOTE:

THIS IS AN AREA OF UNLIMITED OPPORTUNITIES!

#### SESSION I

LECTURE 7:00-9:30 P.M.

- A. EQUIPMENT
- B. EATING
- C. SNOW CLIMBING
- D. DANGERS
- E. FIELD TRIP BRIEFING

#### SESSION II

BASIC FIELD TRIP

10 A.M. - 2:30 P.M.

LOCATION OF FIELD TRIP TO BE DETERMINED BY SNOW CONDITIONS.

#### SESSION III

LECTURE 7:00-9:30 P.M.

- A. ROCK CLIMBING
- B. NAVIGATION
- C. SHELTER
- D. SURVIVAL AND FIRST AID
- E. SUMMIT CLIMB BRIEFING

#### SESSION IV

SUMMIT CLIMB OF A MAJOR NORTHWEST PEAK

YOU OWE IT TO YOURSELF TO GET AWAY FROM IT ALL ONCE IN AWHILE —

FROM THE PEOPLE ABOUT, THE NOISE, THE POLLUTED AIR AND WATER OF THE CROWDED CITIES — TO THE FRESH MOUNTAIN AIR AND THE SERENE MOUNTAIN HEIGHTS WHERE WEATHER STOPS NO BEAUTY FROM SHOWING THROUGH —

CLASSES STARTING MONTHLY FROM APRIL THROUGH AUGUST

FOR CLASS SCHEDULES AND RATES WRITE

NORTHWEST ALPINE  
GUIDE SERVICE

P.O. BOX 80041  
SEATTLE, WASHINGTON 98108



LEAVE THE BEATEN  
TRACK — LET YOUR  
ADVENTUROUS SPIRIT  
TAKE OVER — ESCAPE  
FROM CROWDED CAMP  
GROUNDS AND BEACHES —  
ENJOY OUR MATCHLESS  
NORTHWEST ALPINE  
WILDERNESS RECREATION  
AREAS — FLOWERING ALPINE  
MEADOWS — QUIET MOUNTAIN  
LAKES AND TARNs — ALPINE  
STREAMS DASHING FROM  
POOL TO POOL — DEEP,  
PEACEFULL FOREST.

ANY PERSON IN GOOD  
HEALTH AND AVERAGE  
PHYSICAL CONDITION CAN  
PARTICIPATE IN THIS  
RECREATION.



# LEAVE THE BEATEN TRACK —

SUMMIT CLIMBS OF ANY OF  
THE MAJOR NORTHWEST PEAKS

OUTINGS WITH AN ESTABLISHED  
BASE CAMP BY A QUIET LAKE  
OR A SPARKLING MOUNTAIN  
STREAM

BACKPACKING TRIPS TO ALPINE  
WILDERNESS BEAUTY  
PRESENTED BY

NORTHWEST ALPINE GUIDE  
SERVICE

P.O. BOX 80041 SEATTLE, WASHINGTON  
98108



TRIPS ARE DESIGNED TO PROVIDE AN ENJOYABLE AND CHALLENGING WILDERNESS EXPERIENCE TO EACH PARTICIPANT. WHETHER YOU ARE LOOKING FOR THE CHALLENGE OF AN ALPINE SUMMIT OR THE PEACE AND BEAUTY OF SECLUDED ALPINE MEADOWS. WE CAN HELP YOU ENJOY YOUR OUTING WITH SAFETY AND CONFIDENCE. OUR PERMANENT STAFF OF SIX REPRESENTS OVER SIXTY YEARS OF EXPERIENCE IN BRITISH COLUMBIA, WASHINGTON, OREGON AND CALIFORNIA — OVER THREE HUNDRED SUCCESSFUL SUMMIT ASCENTS — AND THOUSANDS OF MILES OF BACKPACKING.

WE CATER TO THE NOVICE WHO WOULD LIKE TO ENTER THE WILDERNESS WITH CONFIDENCE — INSTRUCTION TAILORED TO INDIVIDUAL NEEDS —

TRIPS FOR GROUPS FROM THREE TO THIRTY.

WE FEATURE:

SUMMIT CLIMBS OF ANY OF THE MAJOR NORTHWEST PEAKS AND MANY OF THE MINOR SUMMITS. THESE RANGE FROM ONE DAY CLIMBS EASILY ACCESSABLE FROM A ROAD TO EXPEDITION TYPE CLIMBS OF MORE REMOTE PEAKS.

BACK PACKING TRIPS TO WILDERNESS FORESTS, LAKES AND ALPINE MEADOWS OF TWO TO NINE DAYS DURATION.

OUTINGS WITH AN ESTABLISHED BASE CAMP IN A SCENIC AREA WITH DAILY TRIPS AVAILABLE FROM BASE CAMP.

CLIMBING AND SNOWSHOE SCHOOLS.

ONE DAY CONDITIONING HIKES.

SLIDE PROGRAMS AND LECTURES.

TEENAGE BACKPACK AND SUMMIT CLIMB OF MINOR PEAKS IN WILDERNESS ENVIRONMENT.

YOU OWE IT TO YOURSELF TO GET AWAY FROM IT ALL ONCE IN A WHILE — FROM THE PEOPLE ABOUT, THE NOISE, THE POLLUTED AIR AND WATER OF THE CROWDED CITIES — TO THE FRESH MOUNTAIN AIR AND THE SERENE MOUNTAIN HEIGHTS WHERE WEATHER STOPS NO BEAUTY FROM SHOWING THROUGH —

FOR FURTHER INFORMATION AND HELP IN PLANNING YOUR PERSONALIZED WILDERNESS TRIP AND RATES, WRITE TO:

NORTHWEST ALPINE  
GUIDE SERVICE

P.O. BOX 80041

SEATTLE, WASHINGTON 98108



PROGRAM



PROGRAM



///

Leadership Experience in Organizing and Conducting  
Social Activities

Leila Steckelberg  
Recreation with Youth Groups

Social recreation is any social occasion where people get together for fun and fellowship; to play, to dance, to laugh, to compete in the spirit of a game, to join in the theme of a party.

This social occasion may be at any age level from two to one-hundred - may be any age separately, or all ages together. It may be any size from a handful of friends at home to a group of several hundred at a conference or camp. It may be any length from thirty minutes of games to a three-hour dance or rally. All have one thing in common--a group of people who have the same general interest in sharing some time together in one or more activities.

The party-type recreation is not a special luxury for the few far down on some priority list. Rather, it is one of the most needed mediums for healthy personality development in our modern day. It offers a necessary balance to one's work life, as it promotes and teaches wholesome self-expression in a group, encourages the development of creative talents, gives constructive release of tensions, offers many opportunities to gain a sense of being accepted just for what you are, and all in a gay and friendly atmosphere. A good party may not always be an educational program as far as providing intellectual stimulation and factual knowledge, but a good party never fails to educate one's emotions by helping the participant to experience more confidence in right human relationships with others and with himself. And who of us can deny this need for people to learn cooperative, friendly, intermingling socially. It is an art that requires much practice and participation in wholesome, friendly, and democratic situations.

Having a party doesn't mean that you have to spend a lot of money or hours making decorations and favors, nor does it have to come on some special day. A good party is merely any social recreation centered around one idea or theme. It is a program of events that is unified, has movement gives new twists to old games, stunts, or dances, provides friendly mixing, offers variety in group participation, comes to a climax and tapers off to a mellow close.

When you volunteer, (or someone asks you), to help plan a party, you need not be apprehensive. One of the great educational experiences in democratic living is to serve on a party-planning committee. Many committees have more fun getting the ideas and doing the planning than those who finally attend the "super" affair itself. This fact in itself reveals one of the key secrets to a successful party; that is, that the more the committee and the leaders can do to get those attending the party to help make it, the more fun they will have! The success of a party is to a large degree dependent upon how many people are involved in "putting it on."

The only prerequisites for being a successful and productive member of a party-planning committee are a genuine interest in, and love for all people, a liking for parties, and, most of all, boundless enthusiasm!! A knowledge of the principles and techniques of planning and conducting social recreation will be a great help in bolstering confidence in your abilities and capabilities. In order to be a relaxed leader, it helps to be aware of leadership techniques for planning well, choosing and arranging materials carefully and the conducting of activities for the enjoyment of all. Only you can provide the prerequisites; some of the principles and techniques I shall attempt to bring to you here.



2--Recreation with Youth Groups (continued)

Good parties are not automatic--they don't "just happen." Just getting people together is not enough. This need not be frightening, however, since it does not take a magician to provide the ingredients necessary. Good parties need to appear relaxed and effortless. This means planning down to the smallest detail. A well--planned party agenda, with dependable and enthusiastic people on hand to help, and everything ready to go well before the party begins, means security for the leader and results in a relaxed, smiling happy person who can proceed with confidence. The result will be genuine enjoyment for the guests and the leader as well. It is also the responsibility of the leaders to create an atmosphere where the guests will be at their best. Under certain circumstances and atmospheres, people are shy, self-conscious, afraid, or inhibited. Under other circumstances and different atmospheres, these same people are friendly, relaxed, and cooperative. They are happy, contributing, and spontaneous. It is the objective of the planning committee to find the right combination of circumstances to set the stage. PLANNING FOR, and WITH, EACH SPECIFIC GROUP of PEOPLE is the magic formula for any party-planning committee. Finding the right circumstances is a matter of answering a few questions and building the party around the answers.

1. THE TYPE of party will be determined by:

A. WHO will be attending?

1. Age of participants?
2. Sex of participants?
3. Proportion of men, women, children?
4. Abilities or limitations of participants
5. Special interests of participants?
6. Prejudices, if any?
7. Size of the group--number attending?
8. Type of group: (Church, 4-H, etc.)
9. Experiences this group has had.
10. Do they know each other?

B. WHAT IS THE OCCASION for the party?

1. Why is the group getting together? Will help set the theme.
2. How will they be dressed?
3. What type of party will it be?

C. WHEN is the party being held?

1. Time of day?
2. Season of the year?
3. Weather?
4. How long will it last?
5. Will party include a meal of some kind of refreshments?

D. WHERE will party be held?

1. Location? (Indoors? Outdoors?)  
Size of facility? Kind of place?
2. Facilities available?
  - a. parking?
  - b. hanging wraps?
  - c. Lavatory?
  - d. Fireplace, etc.?
  - e. Electricity?
  - f. Heat & ventilation?
  - g. Kitchen facilities?
  - h. Chairs and tables?
  - i. Waste baskets
  - j. What is the floor like?



## 3-- Recreation with youth groups: (continued)

## 3. What equipment is available?

P. A. system? Record player? Piano?

## 4. Regulations?

How early can you get in? how late to stay?

(Any cleanup requirements, or decoration regulations?)

## E. How much is the budget? Its resources?

## II. THEME (The theme is an idea or hook on which to hang a variety of spontaneous and interesting ideas and events.)

Where does the theme originate--past, present, future; History-- events or people? Activities, sports, circus, Occupations? Geographical areas (Countries, customs, traditions, celebration dates or days? Fiction or make-believe? seasons, nature?

## WHERE DO THE IDEAS COME FROM?

1. Sometimes an already determined by the occasion.
2. Brainstorming (saying the first thing that comes into your head whether it makes sense or not).  
List ALL ideas suggested, eliminate by democratic procedures.
3. Make final decision on mutual interest (even combine themes)

## III. PARTS OF A PARTY

## A. BUILD-UP -- to create enthusiasm, to stimulate interest to want to come to the party.

INVITATIONS, POSTERS, SIGNS, ANNOUNCEMENTS (radio and TV for public events sometimes free)

State clearly the date, time, place, theme; whether the guest is to wear costume or bring anything special.

Should have element of mystery or surprise. A clever committee will create a variety of things to keep interest alive and stimulate "looking-forward" to the party.

## B. ATMOSPHERE -- to create more enthusiasm.

Decorations should accent the theme and be appropriate; need not be elaborate, gaudy, or expensive. May be done pre-party activity, or ahead of time by committee.

C. PROGRAM -- the program IS the party!

1. The program is concerned with:  
Choice of activities -- what kind, how many, order of events.
2. Transition from one activity to another.
3. Relation of activities to the theme -- change the names of activities (games, dances, etc.) to suit the theme.
4. Appropriate activities according to "who" is attending.  
FUN! FUN! FUN! ENTHUSIASM! ENTHUSIASM!



4--Recreation with youth Groups: (continued)

Program continued:

- 2. The program may be made up of any, or all, of the following activities:

GAMES: Ice breakers, defrosters. Get-acquainted. Mixers. Active. Quiet. Relays. Pencil & paper. Musical.

DANCES: Western-Squares. etc., Popular, Interpretive.

PRE-PARTY ACTIVITIES: something easily and readily provided to participants, with very little explanation necessary, as they arrive. Don't let your guests have a moment of bewilderment about when the party will begin--it has begun the moment the first guest arrived! These activities must be of the type that can be used for any number of people; does not upset the whole group when a new person arrives; and is easily terminated.

- 1. Decorations 2. Costumes 3. Name tags 4. Competitive types of things such as each group building something pertaining to the theme of the party -- such as a space vehicle for travel on the moon, dressing another member as a scarecrow, animal, etc.

GROUPS should be kept small so that they may get acquainted if need-be, and share the fun rather than be isolated:

Contests, entertainment, skits, stunts, music, singing, slides and films (and equipment needed!) stories, visiting.

- 3. Preparation of the program--some general leadership directions
  - a. have a definite program planned; however, be flexible and have substitute activities available, and be willing to change if necessary.
  - b. An hour and a half is plenty of time for a program of organized social recreation activities especially if the activities are quite active.
  - c. Always plan more activities than you can use, for something may not prove popular and you may want to change activities sooner than you expected, or some may not take as much time as you planned. On the other hand, some activities may take longer than you planned, so be willing to drop or skip some of the program--don't drag it out to the bitter end!
  - d. A pre-party type of activity should come first in an organized program and should be the type which involves everyone--individually or in groups--as soon as they arrive.
  - e. The second activity should be one which includes everyone together as a group. This may be a get-acquainted, ice-breaker, or mixer type of game or dance, and should be lively, fun, and one of the leader's surefire activities since this event can set the tone of the entire party.
  - f. The next activity should be in a similar formation but contrasting in terms of action--if the first was noisy and active physically, this one can be less active or more quiet. Be sure to have something at the beginning to get everyone started and with a certain laugh--active participation will usually take care of itself after that. Do make it easy for late-arrivals to enter into the activities by choosing those that are simple, and easy to start participating in at any stage of the game. Save the more complicated for later in the party.



## 5--Recreation with Youth Groups: (continued)

- g. Now a change of position or formation is needed. Plan for one activity to have some relationship to the next--winner of the last be captain or "it" for the next activity. Move smoothly from one activity to another with a minimum of time lost--but don't push! Confusion can be kept to a small degree if you can end one game in the formation required for the next activity, or use a game to get into the new position (Choo-choo, circles, Grand March, etc.)
  - h. Vary the program--use ideas from those listed previously....
    - 1. Active and quiet. 2. small group activities and whole-group activities. 3. Participant and spectator.
  - i. A climax activity should bring the whole group back together. This leaves the group happy or exhilarated from good participation.
  - j. The closing activity should be snappy and gay, including everyone. It should send guests home singing, laughing, and chatting about "a good time." Or, you may prefer a "tapering off" type of activity which will unify the group into a mood of fellowship. Real fun is not merely a surface feeling or a whimsical "fling." Good party fun goes deep into the heart of a person and brings to one some of that joy in friendly fellowship that one cannot help but someday realize to be his most priceless possession. A party committee would do well to do some experimenting with some short, but well conceived and planned, closing to their parties. A simple, ceremonial type of affair that takes ten or fifteen minutes and which, through music, poetry or simple dramatics, seeks to present (without preaching) a serious, or humorous but meaningful, note on the party theme may prove to be most effective.
  - k. Be sure that the closing activity is done in such a way that people are aware that this is the last activity without having to say "That's all folks!"
    - 1. Give some consideration to the order of events in regards to ease of setting up the materials. Do not run two consecutive events requiring different materials to be passed out.
  - m. When planning a party around a theme, any activity can be changed or renamed to fit into the atmosphere you wish to create.
  - n. Have a master list of events with leaders (and materials if needed) posted in some inconspicuous, yet accessible, place so that those who are going to lead can check at any time to see when they are due to perform.
- F. REFRESHMENTS** may be served any time, beginning, during--as a part of the regular flow of activities, or at the close. Plans include some activity leading into the serving and also for leading back into the other program activities, if served during the party. May be **PLANNED ACCORDING TO THE THEME**. Keep in mind the comfort of the guests, ease of handling and eating what is served.



6--Recreation with Youth Groups:(continued)

E. CLEANUP -- If all has been planned well, each committee will take care of their own and no one will be stuck with the job. 1. It is a time when those who have worked together to plan the party enjoy sharing the fun, laughs, and good fellowship of clearing it away. 2. Have on hand plenty of waste baskets, brooms or mops, ladders, dish washing materials including hot water, and boxes in which to carry things away.

F. PARTY POST-MORTEM -- E. O. Harbin, the outstanding American recreationalist, says that "a good recreation occasion ought to be enjoyed three times--in participation, in realization, and in retrospect." This is certainly true for a successful party, especially the last part, if we judge by vocal expressions alone. A good party always has a delightful party hangover, with people buzzing and exclaiming as they review the happenings and try to explain it to others.

Much could be learned from this kind of a reaction or even an adverse one, if a kind of supervised or controlled discussion were held after the party. At least, the party committee should indulge in some honest evaluation by looking at the party piece by piece and scoring the success, mediocrity, or failure of each event.

How will this material improve your party planning? I have given you the "whole load" as the saying goes, now you must sift through and use the things which apply to your situation. There is much to learn about social recreation--I have only scratched the surface here.

PLANNING EXCITING PARTIES IS EASY--

HAVE FUN, BE ENTHUSIASTIC!

# #

BELIEVE IN YOURSELF  
by Edgan A. Guest

*Believe in yourself! Believe you were made  
To do any task without calling for aid.  
Believe, without growing to scornfully proud,  
That you, as the greatest and least are endowed.  
A mind to do thinking, two hands and two eyes  
are all the equipment God gives to the wise.  
Believe in yourself! You're divinely designed  
And perfectly made for the work of mankind.  
This truth you must cling to through danger and pain;  
The heights man has reached you can also attain.  
Believe to the very last hour, for it's true,  
That whatever you will, you've been gifted to do...  
The wisdom of ages is yours if you'll read.  
But you've got to believe in yourself to succeed.*



A SUGGESTED PARTY COMMITTEE ORGANIZATION WORKSHEET

PLACE \_\_\_\_\_ DATE \_\_\_\_\_ TIME (Start) \_\_\_\_\_ NO. EXPECTED: \_\_\_\_\_  
(Close) \_\_\_\_\_ Male \_\_\_\_\_  
Female \_\_\_\_\_

PARTY THEME \_\_\_\_\_

GENERAL CHAIRMAN \_\_\_\_\_

THEME SUGGESTIONS \_\_\_\_\_ WORK COMMITTEES: (Each committee does its own clean-up)

Interest Promotion: Invitations, posters, build-up; etc.)

Atmosphere: (Decorations, costumes, facilities, etc.)

Program Events: (Games, dances, entertainment, leaders)

Refreshments:

Closing Fellowship: (For a more elaborate closing)

OTHER NOTES

| TIME | ORDER OF EVENTS | LED BY | MATERIAL NEEDED |
|------|-----------------|--------|-----------------|
| 1.   |                 |        |                 |
| 2.   |                 |        |                 |
| 3.   |                 |        |                 |
| 4.   |                 |        |                 |
| 5.   |                 |        |                 |
| 6.   |                 |        |                 |
| 7.   |                 |        |                 |
| 8.   |                 |        |                 |
| 9.   |                 |        |                 |
| 10.  |                 |        |                 |
| 11.  |                 |        |                 |
| 12.  |                 |        |                 |
| 13.  |                 |        |                 |
| 14.  |                 |        |                 |
| 15.  |                 |        |                 |



THE MORNING AFTER  
(A Suggested Evaluation Sheet)

Rating: 10 Excellent; 8 Good, 6 Average; 4 Mediocre;  
2 Uninteresting; 0 Negative Effort

GENERALLY SPEAKING:

TOP SCORE 50

- Did everybody seem to have a good time? \_\_\_\_\_
- Was the theme practical for shaping a successful program and atmosphere? \_\_\_\_\_
- Was there plenty of opportunity for group expression and participation? \_\_\_\_\_
- Did the party move easily from one event to another to its climax? \_\_\_\_\_
- Did the work of several committees dovetail? \_\_\_\_\_

ADDITIONAL COMMENTS: \_\_\_\_\_ TOTAL: \_\_\_\_\_

INTEREST PROMOTION:

TOP SCORE 40

- Were the invitations inviting? \_\_\_\_\_
- Was the build-up unique and a curiosity arouser? \_\_\_\_\_
- Was there adequate build-up? (All things considered) \_\_\_\_\_
- Were the interest promoters in keeping with the theme? \_\_\_\_\_

ADDITIONAL COMMENTS: \_\_\_\_\_ TOTAL: \_\_\_\_\_

ATMOSPHERE:

TOP SCORE 40

- Was there something significant to do when people arrived? \_\_\_\_\_
- Did decorations, costumes, etc. help to create good atmosphere? \_\_\_\_\_
- Did the party beginning succeed in mixing & unifying the participants? \_\_\_\_\_
- Did everybody feel that they were included? \_\_\_\_\_

ADDITIONAL COMMENTS: \_\_\_\_\_ TOTAL: \_\_\_\_\_

PARTY PROGRAM:

TOP SCORE 50

- Was the balance and variety in the program good? \_\_\_\_\_
- Was there enough partner changing and "mixing"? \_\_\_\_\_
- Was the order of events a good arrangement? \_\_\_\_\_
- Did the program taper off to a good sense of mellow fellowship? \_\_\_\_\_
- Did the party end at the right time? \_\_\_\_\_

ADDITIONAL COMMENTS: \_\_\_\_\_ TOTAL: \_\_\_\_\_

REFRESHMENTS:

TOP SCORE 30

- Was the method of serving in keeping with the theme? \_\_\_\_\_
- Was the type of food in keeping with the theme? \_\_\_\_\_
- Was it served at the right time? \_\_\_\_\_

ADDITIONAL COMMENTS: \_\_\_\_\_ TOTAL: \_\_\_\_\_



Evaluation Sheet cont.

LEADERSHIP:

TOP SCORE 80

- Was the party chairman successfully inconspicuous to the group?
- Was there enough sharing of the leadership with the various events?
- Did each leader seem to be having fun himself?
- Were they successful in gaining group respect?
- Were they able to maintain control of the group?
- Did they adequately communicate directions?
- Did they have an experienced knowledge of their material?
- Did they have a good teaching technique?

ADDITIONAL COMMENTS: \_\_\_\_\_

TOTAL: \_\_\_\_\_

You are very essential to the happiness of the world.  
 Your little services to others may pass unnoticed but the sum  
 of all such helpfulness is what makes the world better today  
 than it was yesterday and builds up our civilization.

Anthony Hope



Small kindnesses, small courtesies, small consideration,  
 habitually practiced in our social relations, give a  
 greater charm to the character than the display of great  
 talent and accomplishments.



Sunday Night Party

|            |               |                        |
|------------|---------------|------------------------|
| Put on by: | Jean Daringer | Diana Mac Crae (Yahoo) |
|            | Vern Burlison | Lois Stephens          |
|            | Marge Grier   | Alice Berner           |
|            | Bruce Elm     |                        |

Materials needed: masking tape  
paper towels  
tubs of water

Setting: The benches were arranged to accommodate 4 to 6 people. At each place was placed a balloon for the people who arrived early to play with.

There were tables and benches arranged and covered with plastic or paper with a piece of white paper to be used for finger-painting. On each table was placed a cereal bowl with finger paints (recipe included).

Jean explained to the group that they were to express their feelings about leadership in their fingerpainting by giving them the theme, "What does leadership mean to me." After each person had finished his or her finger-painting they were to return to their grouping and lay the fingerpainting in front of them and after all were completed the other people in the group were to analyze what each was trying to express. After the fingerpainting was analyzed, the person who created the picture would tell the group they were in what he or she was expressing about leadership.

The fingerpaintings were then put on the wall with masking tap all around the Rec. Hall.

The groups returned to their areas and were given cards to write the answers to the following questions:

1. What is my main interest.
2. Skills I can share with others.
3. What do I personally want to get for me from Chat?

The cards then were attached to each person's finger-painting and the group took a "Gallery walk" around the room, not only viewing the paintings but also reviewing the cards that had been written on.

Again the groups returned to their areas and Vern gave them instructions for each person to get his or her card, write their name on it, and pin it on themselves. Then everyone was to mingle and read the cards and negotiate as to the people they would like to join with to form working groups for the remainder of the week.



Sunday Night party cont.

However, they were told that they had the option to change groups if the individual and the group both agreed. As Vern was giving the instructions for forming the groups and negotiating, Leila came in dressed "Very" so-so with brief case and all inquiring as to who was in charge, who was the expert to direct this Laboratory and offered her services since she was an expert, from the I.T.A (International Training Associates) and was most needed by a group of this type in order to learn the full meaning of Leadership. The skit was humorous but had a serious intent: to explain that the present policy of the lab is to make the best possible use of all talents within the group--to share leadership abilities -- rather than to bring in experts to tell us how to improve as leaders. The skit continued for a short time then the Labbers mingled and formed their groups for the initial getting acquainted.

Bruce Elm taught the group several groups dances for an active activity.

"Jiffy Mixer"  
"The Race is On"

The Labbers were arranged into a large circle. To give the Labbers a background of Chat, Vern and Marge pu on a dialogue skit.

Diane led the Labbers in singing while preparations were for the Ceremony.

Monday Night Party

Put on by: The Fabulous Fourteen Pluss...

Monday evening brought to the lab, a fabulous party sponsored by the Fabulous Fourteen Pluss... The party got underway with Bruce Elm directing a grand march to get the four required groups. These four groups were then involved with a couple of competitive relay races.

The first race was "F ss the spoon" which involved tying a string to a table spoon and passing it through (Under all) your clothing and out the bottom on to the



Monday night party cont.

next person and so on so at the end of the line all contestants on a given team were "Tied Together." To complete the relay the lead person had to pull the string and get the string and spoon back in his possession. This provided a new concept in relay races and every seemed to have a lot of fun with the exception of those who passed the spoon through their clothing BEFORE IT GOT WARM!!

The second relay was the old "Pass the orange" where the orange is passed from chin to chin without the use of hands.

Each group was asked to present a skit and three groups did present skits which will probably be written about in a separate section of the notebook.

The highlight of the evening was a game of "Pin the tail on the donkey." Due to the lack of planning the tail was forgotten so the contestant merely used his finger to point where he would place the tail...a mark was made on the donkey to mark the spot.

The party ended with everyone moving to the area between the craft and chow hall to enjoy a campfire with refreshments and singing.

See the song section for the songs sung Monday night.

Here is one of the skits that was done on Monday night. It was the playout of the song of CAR. They need two chairs as the front seat, a driver and a person as a puppy. Each tire was a person with a balloon which could go flat. (See plays and games)

### Tuesday Night Party

Put on by: Tonwheels, Spare & a Retread

Our third evening at Chat 1972 was started at Tuesday lunch with announcements and appeals for contributions from the lab toward participation and enjoyment of a Rhythm party and homecoming Ceremony, to be held that evening. At dinner Velma invited the entire lab to join us in our home at Chat by the lake for unity in singing, sharing and companionship. Bruce "G" (we have both an "E" and a "G" of the "Bruce" variety in lab this year) with the aid of Linda extended the opportunity to the lab to share actively in our Rhythm party at the Rec. Hall.

### WE GOT RHYTHM

Ella Jenkins never had it so good, at least from the stand point of audience attention and both active



Tuesday night party cont.

and vicarious participation. Young and not-so-young alike seemed to be caught up in the mood of the moment using both instruments and dance to communicate the emotional involvement, both individually and totally as a group. From the rhythm movement we reassembled at lakeside where the total lab was welcomed to our initial home.

### Wednesday Night Party

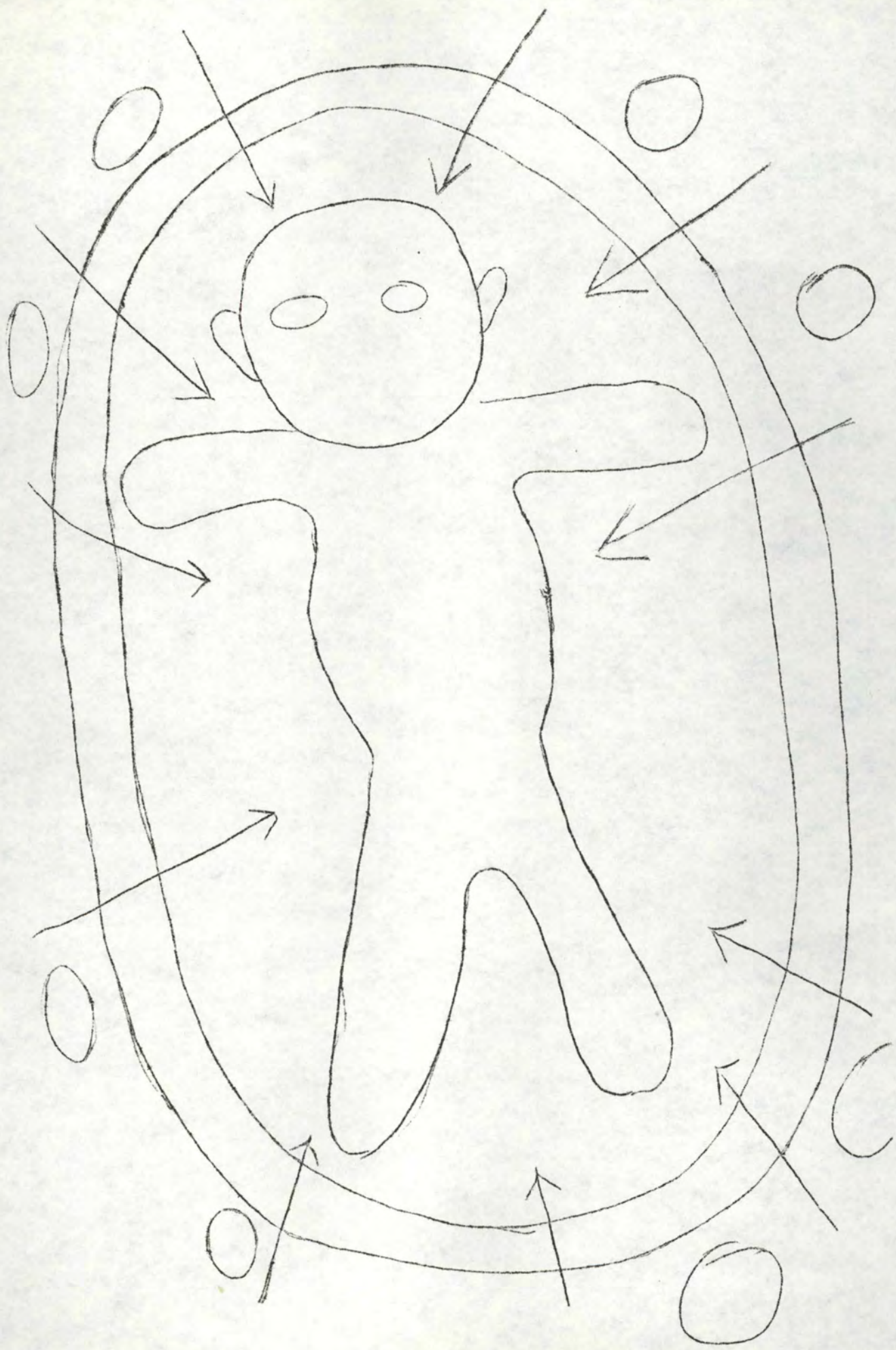
Put on by: Down to Earth

We had two get together games, 1st. being the "no" game and animal game to get everyone into small groups. Then we had three sensitivity games.

Wednesday night party put on by the Down to Earth group centered around the idea of the walls people build around themselves.

Nerve pathways in the body end at the skin and no matter how much an individual may wish he can't extend his sense of touch or feeling beyond the finger tips. As we find the loneliness of being a child or adult alone within ourselves we reach out to others in our loneliness. But as we reach out we may reach acceptance and love and we may reach farther and farther. Eventually we get an adverse reaction from one that we expected to show us love and appreciation and we feel hurt and inevitably make resolutions not to be hurt again so we build up protective reactions or walls around ourselves to prevent being hurt again. Eventually we build up higher and higher walls with only small doors so we can be very selective in who is admitted. We may find that to dig a deep moat with water around our walls to further protect us from being hurt again--then have a draw bridge that we alone can let down. So we become more and more isolated even though we do not want the loneliness; we don't want to take the chance of being hurt. So we build stronger and stronger walls that are harder and harder for anyone to get over to us in our loneliness. We occasionally get in positions of trusting someone so we let the draw bridge down after peering through the cracks in our wall.







Wednesday Night Party cont.

If we occasionally admit someone in our loneliness and they turn out to be trustworthy and return our love, we learn to love and trust again.

Our games were designed to develop trust in each other of the labbers. As people entered the recreation hall they were assigned to groups of about 8 to 10 as pigs, ducks, dogs, cats, horses, and cows. The lights were turned off and like animals found others by quacking, grunting, etc, in the dark. After all groups had found their fellow members the lights were turned on and games to develop trust were played. The following games were played.

A. Each group formed close circles of 8 to 10 with one in the middle. The one in the middle closed his eyes and went completely relaxed to fall in any direction. The others forming the circle on all sides kept him from falling so he was supported back and forth. The game was played until all members had a chance to be in the trust circle.

B. Another trust game involved one person being down and the other 8 to 10 people lifted the person with her or his eyes closed up to a level of their chests while rocking the subject end to end, then she was lowered back to the floor in the same gentle manner. Again all individuals in the group had a try of trusting and being the relaxed subject.

C. A third game consisted of mattress covers being placed over standing subjects. They were then told to take off the thing they would take off first if they were going to take a bath. Of course, if one thought this over, one would take off the sack. But interpreting the directions as if they weren't covered, most subjects took off their shoes, then the socks, etc. until they were getting pretty bare under the sacks. Of course, the watchers were getting as uneasy as the subjects with more and more articles of clothing coming out from under the sacks. Some figured it out early and took their sacks off-some played it right down to the bare facts. Ruth Munson won or lost as the case may be.



By Doc Rock



Wednesday night party cont.

Personal impressions by participants:-

Ruth Munson:

I was a member of the planning group, but arrived at the planning session late. Therefore, I was elected to be a participant. I was assured that I would not be embarrassed. I accepted this. At the party, I donned the sack not knowing what would occur. I followed the instructions (as I received them) with a feeling I had control of the situation since the group would do nothing to embarrass me. Therefore, I followed through with instructions as I heard them and proceeded step by step as I felt the suggestions being given that I was going to take a shower etc. until I could go no further and waited for the return of my garments. It never once entered by mind that I could not trust the planning group or audience. I have to admit my utter denseness in not thinking of removing the bag first. This experience led me into a feeling of trust which followed into subsequent games.

Cy: I felt rather uncomfortable under the bag. I quit when I reach my limits.

Thursday Night Party

Put on by: the whole camp

Bruce Elm stood up at supper time and opened a discussion for suggestions as to what to do on Thursday night.

Many things were put to the floor but it was finally worked into a good lively party that started at 8:00.

As the people entered the front door, a "get acquainted" game was introduced that was called, "Wacky Wordless".

Slowly the game started down hill so that changed to a "bean" game called, "Up or down", and switched on into another game with the beans, called, "yes or no" game.

Directly following this, the group got into a new dance with all involved. This was followed by some square dances that consisted of four different dances. Singing followed until time for ceremony which was just after dark.

Ceremony was held by campfire behind the tepee.



- 1. Dwight
- 2. Beaz
- 3. Little Beaz
- 4. Cheryl
- 5. Virginia
- 6. Nancy
- 7. Little Bill
- 8. Patty (PT)
- 9. Bruce
- 10. Stew
- 11. Vernon
- 12. Jim

- 13. Howie
- 14. Yahoo
- 15. Jo
- 16. Tony
- 17. Joan
- 18. Cindy
- 19. Cody
- 20. Keith
- 21. Cy
- 22. Libby
- 23. Brad (driver)



The above group got together and planned a visit to the Sunset Convalescent Home in Couer d'Alene, Idaho. The visiting group passed among the patients and gave name tags and rhythm instruments and visited with each patient. Dwight then sang his camp Good Morning Song.

After which each member of the visiting group introduced themselves telling their name and where they were from and something about themselves. The group sang a number of old time songs asking all the patients to join in. Followed by a couple of songs by Dwight. Little Bill led everyone in the Napkin check and played his git fiddle.

The younger members of the visiting group sang a few modern songs accompanied by Cy and Howie on the guitars. To close Beaz read a chapter from the Bible and the group sang, "God Be With You Until We Meet Again."

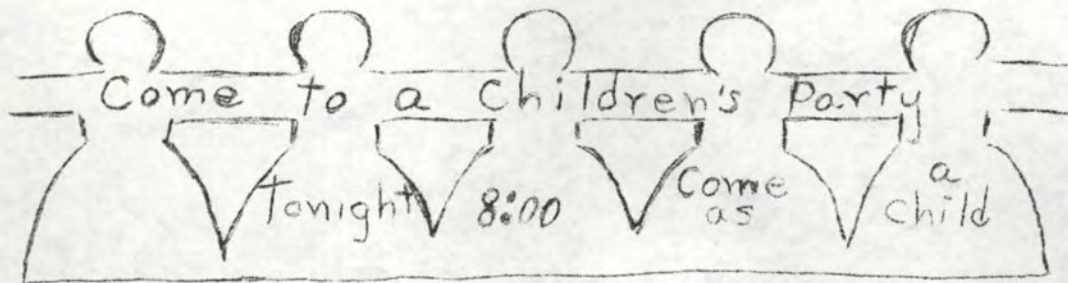
Many of the patients joined shaking the rhythm instruments during the singing--and many remember the group from last year. They stated that they really enjoyed the hour and to please come again. From the view point of many that went it left a very warm and satisfying feeling deep within them to see the smiles and happiness on the folk's faces.





Friday Night's Children's Party

Invitations were placed on the tables at noon.



Everyone showed up aptly dressed. At the door each young Guest was presented with a score card and a pencil. There upon, he (she) joined "A parade of Games.) HOP SCOTCH, JACKS, JUMP ROPE, TEN PINS, HOOP TOSS, APPLE ON A STRING, HIT THE SPOT, these games were placed around the room and each child tried his skill. Score was kept on the card. Total points added up to more than 70, but points were not important.

Lets now mix all these kids up. On each card is a mark to show what team you are on. We use 2 teams to play LEMONAID. Then we played Arches Aliceds Style.

Team games need the score on your cards. Take a curve score to find 4 teams. Place these teams around the room and play these games; PEANUT HUNT, CATCH ME

In a circle, on the floor we watched magic tricks by Stew and John. Real clever!

In this circle, on the floor we had our ending ceremony. Setting there we sang Ah Woonoy Cooney and Indian Taps, both with actions.

As each child leaves he gets a sucker.

The song Indian Taps, ( Ah Woonoy Cooney on p. 68 pink book) can be found in the song section of notebook.

The games: lemonaid, peanut hunt and catch me can be found in the game section.





OFFICIAL OFF PLANET PASSPORT OF  
THE UNITED TERRAN FEDERATION

DESTINATION:

HOME PLANET:

NAME:

DESCRIPTION:



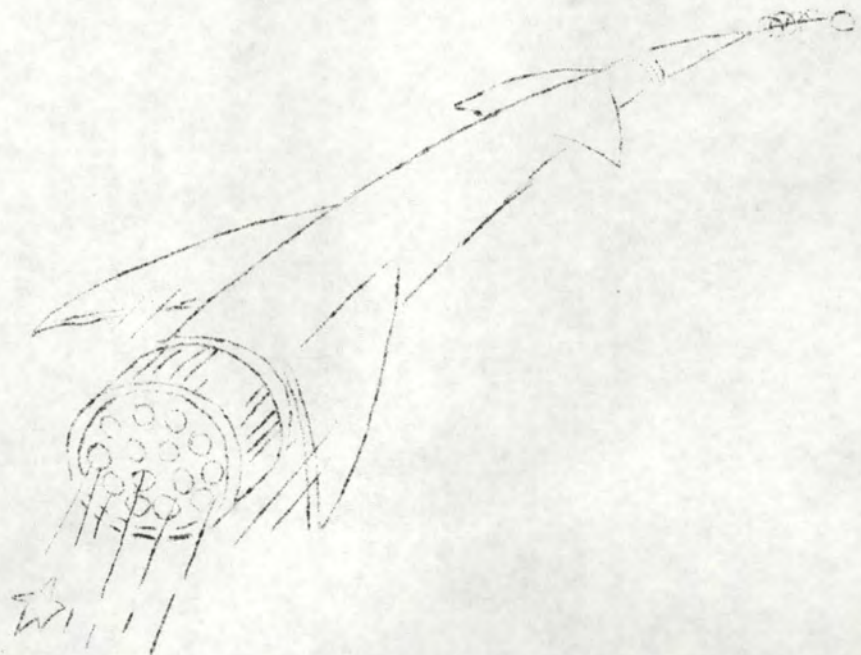
DATE OF ISSUE:  
OFFICIAL REPRESENTATIVE OF THE UNITED TERRAN  
FEDERATION: -----

- Space Sickness (A)
- Swamp Fever (V)
- Bone Strength (A)
- Sun Burn (S) (M)
- Frost Bite (P)
- Ammonia (J)
- All Purpose (A)
- Water (Ma)



Left Thumb  
(or tentical)

Right Thumb  
(or tentical)









## WHEN YOU PLAN A CEREMONIAL -----

It will be more meaningful to both planners and final participants if it is original. One ceremonial would be truly fitting only one time because ideally, it would come being as a creative experience of a planning group out of the situation in which they find themselves and the situation would never again be repeated in exactly the same way with the same people.

We use ceremonials in order to recognize, or minister to the need for spiritual expression that is in each of us, and somehow, after a day that is full of fun and activity it seems fitting to take a few minutes to think of the nice things that have happened and together, finish the day. Ceremonials provide an opportunity to symbolize our deeper feelings about ourselves and our group, usually with verbalization of these feelings by people in the ceremony.

Perhaps the most important leadership quality necessary in planning a ceremonial is the ability to let the group work with ideas in discussion, until one idea "clicks" and everyone can see that this one is right, and this way is best. Quite often it'll take lots of discussing and there'll be much group frustration before the right one comes along. It would be so easy to pass out little "speeches" to everyone and certainly this is done often and can be impressive. But, how much more meaningful the ceremony, no matter how short, that originates on the spot from the real feelings of the people who are planning.

Ceremonies need not be only serious, but can be fun and light in nature, and still transmit the desired thoughts. Perhaps the most important single quality necessary to the planning group is sensitivity both to the needs of the entire group who will see the ceremony and in planning the details of the ceremonial so that the desired effect can be achieved in the best possible way.

Some questions to ask:

1. What does the group desire to express in the ceremony? Too many thoughts will be ineffective. What is the best way to say it?
2. How best can the transition from the evening's activities into the ceremonial be made, in order to change mood smoothly?
3. Where is the best place to hold the ceremony? The entire group can be moved without too much effort if another setting is desirable. (cont.)



4. What is the best way to symbolize the message?
5. How can we make the most of group feeling in the setting and in the positioning of the group in relation to the speaker and focal point of ceremonial?
6. How to best dramatize the ceremonial? Lights, water, music, and any other props are possibilities--- nothing need be excluded, and don't stick just to candles, because they're the most common!
7. What would be a fitting closing for the ceremonial? Don't forget that not only must the ceremony finish, but the group needs to know what to do next--- refreshments, go to bed, go home, or stay and sing for awhile.

Ceremonials are not just seen or heard or spoken, ceremonials are a feeling deep within a person that he can live and love in a worthwhile way and that this day has been a good one. And the most wonderful thing, perhaps, is that one knows that he is sharing this feeling together with the people around him as they sing the closing song.

You have seen, heard, and felt the ceremonials we have created at this Chatcolab. They are reproduced here for enjoyment in rereading and remembering, but we hope that you'll just take the feeling and leave the words and help others to discover the joy of doing their own, unique, ceremonials.

Gloria Johnson

### THE BUSINESS OF THE DAY

Patience Strong

It's just the way we carry though  
 The business of the day  
 That makes and molds the character,  
 The things we do and say;  
 The way we act when we are vexed;  
 The attitude we take;  
 The sort of pleasures we enjoy;  
 The he kind of friends we make.

It's not the big events alone  
 That make us what we are;  
 And not the dizzy moments when  
 We're swinging on a star;  
 It's just the things that happen as  
 Along the road we plod;  
 The little things determine what  
 We're really worth to God.



SUNDAY MORNING RELIGIOUS SERVICE

"L I F E"

"Sing Them Over Again To Me Wonderful Words of Life"  
... pg. 14

Jerry read from Revelations 10:5&6 and spoke on Time, then gave the opening prayer.

Clarence gave a poem to mothers in commemoration of Mother's Day and spoke.

Those congregated expressed their own thoughts on living; Marge giving thanks for another chance of life; Vern and Jim giving expressions on living; Alice reading a poem given to her by her children.

Diana read from I John 3: 1-3 and gave thoughts she had on body and eternal life, remembering those passed on in the Idaho Mine disaster and supporting those left.

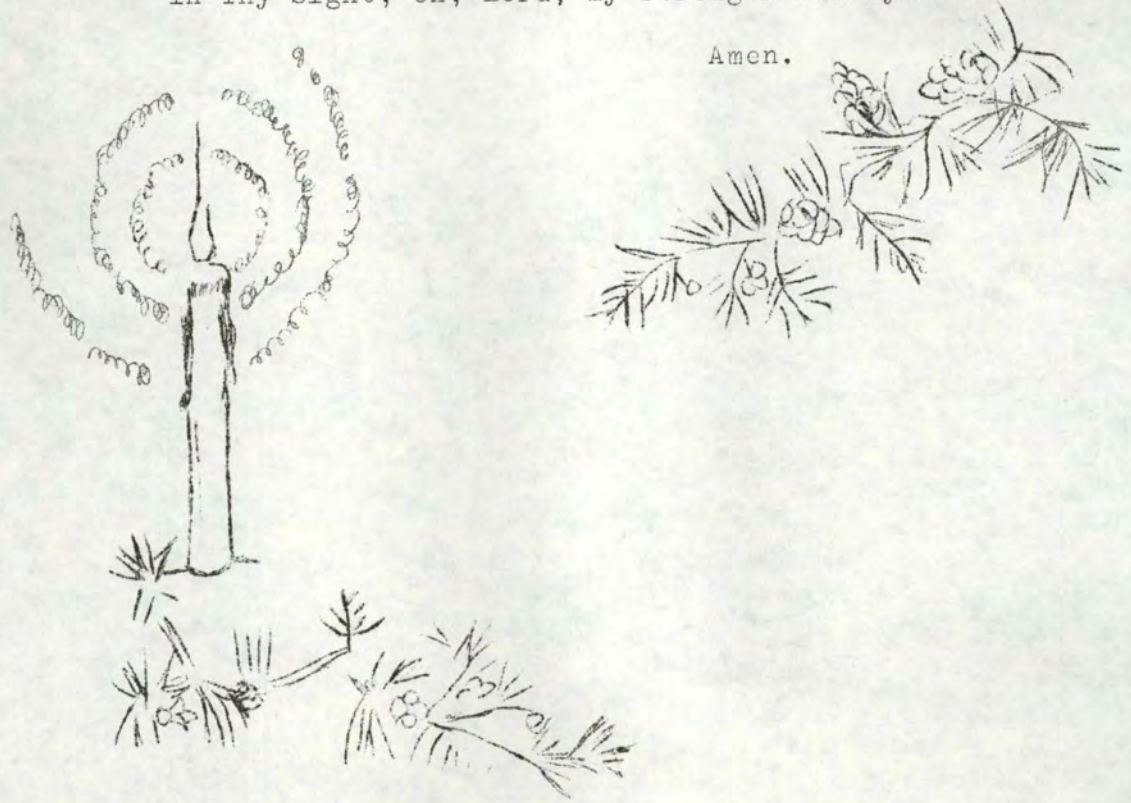
"Breathe on Me Breath of God" ....pg. 25

After a few moments of Silent Prayer, the Lord's Prayer was said in unison in the way individuals were used to saying it.

"God of our Fathers"....pg. 25

Benediction was scripture "Let the words of my mouth and the meditation of my heart be acceptable in Thy sight, oh, Lord, my strength and my redeemer.

Amen.





## Sunday Evening Ceremony

The Chat candle was set in the center of a small table surrounded by two blue and two white candles.

To give a basic philosophy of Chat the following people came forth, after all the lights were turned out.

### 1. Marge and Vern

A skit to explain the beginnings of Chat was presented by Vernon and Marjorie by reminiscing of former days.

They told how Chatcolab was started when nine people from this area realized the need for a leadership training program in the Northwest. Only three of the nine were recalled, Don Clayton, now living in Chicago, Dan Warren of Moscow, and Ruth Radair who has moved to San Francisco.

Some facts were discussed, bringing out that this laboratory is solely supported by those who attend each year. It has a board of directors of nine people, who pay the regular registration fee, three of whom are elected each year. One important item is that this is the oldest continuously operated lab, twenty-four years.

In the early years of our operation we employed some high-salaried people to tell us what we should do to be 'good' leaders, but we have found that we have a high-caliber of labbers attending each year who can 'lead' without directing from the top, people who encourage participation on the part of each one attending. Some of our resource people sacrifice vacations or a weeks salary or both to be able to come and help the lab be the success that it has been.

Two years ago a need was felt to change the nature of our objectives from that of teaching crafts and associated skills to that of understanding our fellow man and searching to know ourselves. We needed the chance to develop a more personal growth.

Also, mentioned were the young people who come that are the 'salt of the earth'. There is no generation gap felt at Chat. In the first five or six years of Chat the young folks (teens) were not included, but it was soon apparent that young folks were being used as junior leaders and needed some leadership experience. They have proven to be a valuable part of the lab.

Various labbers were then recalled, for instance:

Leila--good ol' faithful editor, you know we would'nt have our book of memories at the end of the lab, if she didn't dg ding at us all the time. Pa- I'm getting too old to hurry around and get material for the notebook.



Dwight--you remember that fella, kinda sparse on top of his head. Always got a smile especially when he goes around beating on a drum at 6 a.m. Can't let folks sleep at all.

Angelo--You know, that serious philosopher--he can tell you where all the agates are, even fire-opal. He has a friend, who heard it from a friend, who heard it from a friend. I wonder if he would tell us?

Diane--Then there is that pretty girl from California. Sure knows her Indians--Boy its a treat to talk to her.

Genie--sure knows about camping. I hear she cooked at a 4-H camp just for something to do, as well as judge at the Fair. I bet she learned all about that at Chat.

Jim----I wonder what ever became of that hat of Jim Beasley's? Sure needs something done for it.

Pa, when I first met you at Chat, you sure were strutting yourself--you were a French guard in a skit--all dressed up in a suit of red underwear. You looked mighty sharp.

Bruce--Bruce tells me his wife doesn't like me--whenever he has been here he always has breakfast. Now he expects his wife to get up early and make his breakfast.

Little Bill--who would ever think he was a deputy? Deputy what? Why a deputy calf inspector. He sure has it tough now, what with the girls wearing long slacks. No--really he is a deputy sheriff. Oh, and there's 'Doc Roc' they call him. A medical doctor, he is a avid rock hound and his hobby is Chat.

Say-ma, isn't it about time for Chat again? Where in the world did you put that brochure? Pa--why Chat is this week! Come on, Pa. Help me pack, we wouldn't want to miss Chat for anything!!!

EXIT

\* \* \* \* \*

2. Chuck Knowledge (Blue candle)  
This glow of the candle signifies knowledge. The more knowledge one attains the brighter the glow in the fulfillment of life. This week the knowledge you gain can be more rewarding and satisfying when you import it to others as you go through life.
3. Elaine Ideas (White candle)  
Ideas are an enrichment in our daily lives. They make our lives fuller and during this week may we have many new and good ideas.
4. Alice Philosophy (Blue candle)  
During this week we will be sharing in many ways. The week will be rested and made up of many experiences--some we will consider not so great and some we will judge as great, but by the end of the week the "whole" will be a good, meaningful experience as well as a learning experience. There will be some mistakes made but hopefully we will learn from them remembering that today is done and tomorrow will



## (CONT. SUNDAY CEREMONY)

be a new day and a new start. With this in mind we do not dwell on yesterday, but learn from it and look forward to the new day that will be brand new and exciting with the anticipation that we will be sharing the new day with old friends and new friends.

5. Bill Humor (White candle)  
As I light the candle of humor we are reminded of the strife in the world today. Many persons are unable to laugh and enjoy themselves. This week as we laugh together each laugh may be at our own expense or perhaps someone else's expense. We only hope that as we laugh together we are laughing with one another and not at one another.
6. Jerry Chat candle (Chat candle)
7. Leila (passed small candles out) candle of friendship. An important part of Chatcolab is the friendship and love that is shared here. Each one of you has a candle representing this love and friendship.

A candle is a small thing  
But one candle can light another  
And as it gives its flames to the other,  
See how its own light increases!  
Light is the power to dispel darkness  
in yourself and in others with the birth of  
light created when one mind illuminates  
another, when one man strengthens another.  
And its flame enlarges within you as you pass it on.

(The Eternal Light)

Will you all join me in lighting your candle  
of friendship and love through sharing.

8. Diane Songs  
Pass it On pg. Y-89 This Land is Your Land Y-65  
Swing Low Sweet Chariot Today Y-67  
Wade in the Water P-12 He's got the Whole World G-57  
No Man is an Island G-7 Sing your Way Home  
Standing in the Need G-57  
Kum Ba Yah G-53  
Tell Me Why P-33  
Each Camp Fire G-71

## MONDAY CEREMONY

Singing around campfire between dining hall  
and craft house.

## TUESDAY CEREMONY

|                 |                      |
|-----------------|----------------------|
| Happy Feller    | Song                 |
| Shenandoah      | Pink 42              |
| I Love The Mts. | Blue 38              |
| Lillian Dove    | Poem (see next page) |



## (CONT. TUESDAY NIGHT CEREMONY)

to facilitate the singing stroll. We sang, roasted, cooked, and generally enjoyed bright starry night, cheery campfire, and the warm fellowship of fellow labbers.

OBJECTIVES: create and secure home atmosphere  
break security with an unexpected disruption  
evaluated the disruption and apply it to the responsibilities of leadership in dealing with people who are unfamiliar with camps.  
Evaluate the reaction the labbers individually and as a group. Bring the lab back to the setting of the threat in a state of security.

EVALUATION: The initial atmosphere was well set, the security was definitely broken, the leadership appeared, the identification process was favorable as through the discussion and the comments individually the lab was able to identify with the newness of this experience as it might apply to a person who is unfamiliar with an outdoor recreational situation. In total the ceremony was very well accepted and approached a high degree of success.

THIS CEREMONY WAS PLANNED BY THE 10 WHEELS, SPARE, & A RE-TREAD GROUP:

Chris Beasley  
Bob Beasley  
Bruce Elm  
Bruce Green  
Meta Strickler  
Alice Berner  
Linda  
Billie Marie Studer  
Lois Stephens  
Stewart White  
Jo Remmen  
Diane Mac Rae

POEM by Velma Stephens

So why do we do it?  
What good is it?  
Does it teach you anything?  
Like determination. Invention?  
Improvisation?  
Foresight? Hindsight?  
Love?  
Art? Music? Religion?  
Strength or patience or  
accuracy or quietness or  
tolerance or Which wood  
will burn and how long  
is a day and how far is a mile  
And how delicious is water and smoky  
green pea soup?  
And hot to rely on your  
Self?

PATCH OF HOME

META

I know a path beside a brook  
Where violets bloom in spring;  
I wonder if that little brook  
Still has a song to sing.  
Another path goes winding far,  
A path that Labbers know;  
Beside that path the swallows nest  
Where leopard lilies grow  
Among the pines a path gets lost  
And no one cares at all;  
That is the path that Labbers walk  
When twilight shadows fall.

(CONT.)



|                      |            |              |
|----------------------|------------|--------------|
| I Know a Place       | Yel 92     | Stew & Chris |
| Meta                 | Poem       |              |
| Dickey Bird          | Beaz Leads |              |
| Owl-Battered Elm     | Pink 64    | Diana        |
| Chris                | Poetry     |              |
| Flicker of Camp Fire | Yel 93     |              |
| Other Meditations    |            |              |
| Wind Song            | Yel 69     |              |
| I See the Moon       | Yel 80     | Lillian Dove |
| Silver Moon          | Pink 34    |              |

## INTERLUDE

|                                |         |              |
|--------------------------------|---------|--------------|
| Teach ½ and ¼                  | Yel 86  | Billie Marie |
|                                | Yel 87  |              |
| Velma's Poem "pea soup served" |         |              |
| Bless this Camp                | Pink 27 |              |
| Go Well and Safely             | Pink 36 |              |
| Steal Away                     | Pink 37 |              |

We chose to hold our ceremony at the Lake basically for two reasons, our group had been meeting on the dock, and many of our senior labbers considered the Lake to be an integral part of our home at Chat. Water, trees, campfire, wind, and stars are all a part of what makes up Chat for each of us when sprinkled generously with people filled with sharing, trust, and love. We sang songs, shared thoughts and poetry and generally enjoyed the power of nature until nature itself threatened our security through a park ranger, a bear and two cubs. We retreated from the warmth of the campfire to the safety of the dining hall. This transition was made in an orderly non-panicky manner which emphasized again that the leaders at Chat do step forward when crisis arises..

The first concern upon reaching the dining hall was for a fellow labber who was sleeping overnight on Indian Cliffs. Little Bill took the responsibility of handling this concern and the lab took advantage of the situation to try to examine this incident as it might apply to their own individual camps and recreational programs. The discussion which followed proved to be a very valuable and entertaining, as many experiences were shared with the lab group, aided by sound effects including sonic booms and Beaz's hand being knocked off of a table by Doc Roc. During the discussion, split pea soup was served, which had originally been intended for sharing at the lake, prepared by Lil' Beaz, Lil Dove, Cindy, and a welcome co-operation from the cooks (the only 3 minute soup this writer knows of which took more than 1½hours to prepare!!!!!!). This lively discussion was altered when Billie Marie made an announcement to the lab that this happening had been a preplanned experience with the full co-operation of the park ranger, and had been designed to be a learning and growth experience for the entire lab.

The ceremony was closed in the dining hall after a brief evaluation discussion. All of the lab was invited to rejoin us at the campfire to sing and roast marshmallows. Those who chose to return to the lake increased the feeling of group unity through the use of one of Brad's climbing ropes



## (CONT. TUESDAY NIGHT CEREMONY)

Please take me back where I belong  
And turn me loose to roam  
There are other paths on earth for me  
The paths that lead me home.

Linda's Thought  
Blessed are those who can give  
without remembering  
Without forgetting.





SATURDAY'S CEREMONY

The theme for the ceremony was the "Chatcolab Spirit." Members of the new and old Board prepared this evening. It was held in the Old Rec Hall and the evening meal and festivities.

As the labbers filed into the hall, the four Chat candles were burning.

Bruce Elm related the philosophy of the Chat candles. The symbols of knowledge, ideas, philosophy, and humor. Through the use of these leadership tools, we have made the flame of sharing. The true spirit of Chatcolab kindle and glow. This sharing is more than just a sharing of ideas, but also of each other's problems, support, companionship, and love. We have made many new friends. It is hoped that many of these will endure long after the lab closes.

Some of us may feel that we will never see some of our Chat friends again, but we never know. During this week I was very fortunate in that I was able to be again with someone I met at the 1967 lab.

To some of us Chatcolab is so important that we get somewhat emotional about it, and as you can hear in my voice, I am one of these. Now let us sing some songs as we think of the things we have done this week.

Vernon and Yahoo led in the singing of several ceremonial songs.

Alice was then introduced.

"Each of you exercised the privilege of casting your vote for the people you desire to portrait the philosophy of Chat and to perpetuate its existence.

These people shall do their very best to fulfill this charge that the 1972 Chatcolabbers have given them the privilege to uphold.

As leaders I would like to say to them before introduction--

"As for the best leaders, the people do not notice their existence:  
The next best, the people honor and praise; the next, the people fear; and the next, the people hate..."

As I call the names of the newly elected Board members and Alternates, would they come forward:



Brad Bradley  
Bruce Elm  
Bob Beasley

The alternates are:

Bruce Green  
Joan Smith  
Angelo Rovetto

As they light the candles:

"You may not want to set the world on fire, but you need a flame in your heart to ever amount to much".

To these 6 people I am sure they will amount to a great deal--even above and beyond our expectations.

As I said earlier we of this one and only such Lab, who have given these persons the charge of our Chat I say this --

"When I was young I set out to change the world. When I grew a little older I perceived that this was too ambitious so I set out to change my state. This, too, I realized as I grew older was too ambitious, so I set out to change my town. When I realized I could not even do this, I tried to change my family. Now as an old man I know that I should have started by changing myself. If had I started with myself, maybe then I would have succeeded in changing my family, the town, or even the state - - - and who knows, maybe even the world?!"

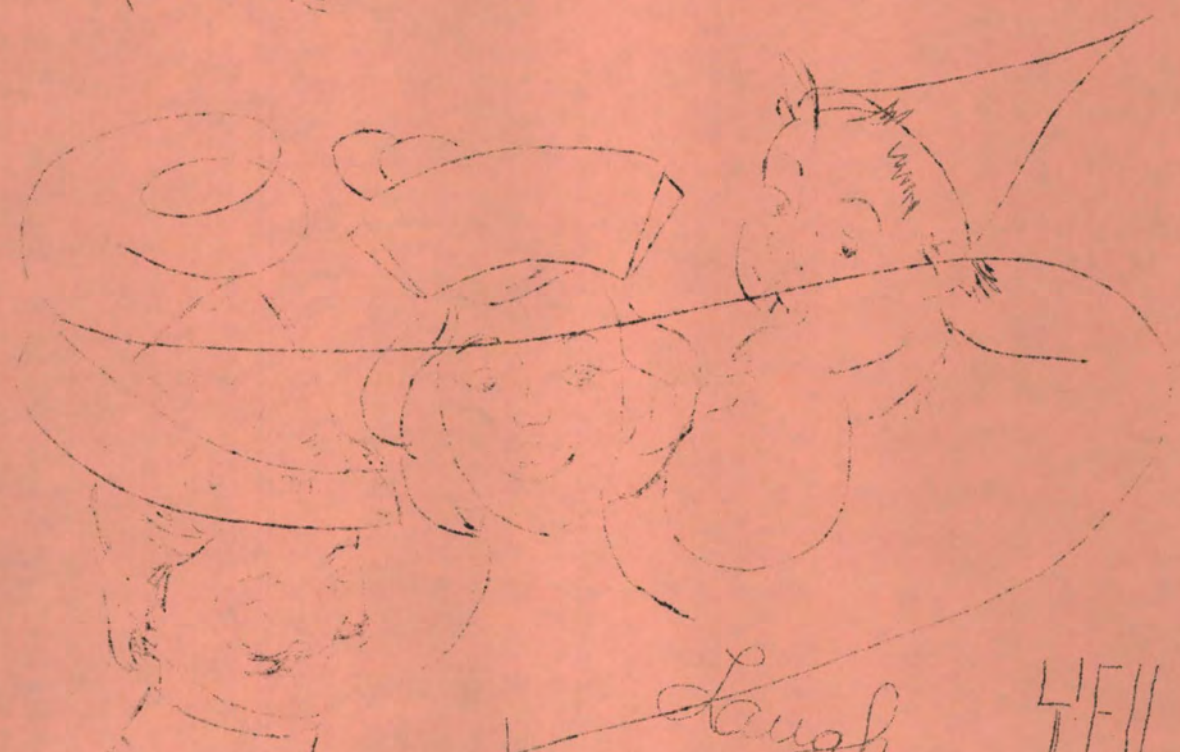
Alice then led us into a personal sharing time. Each labber contributed his personal feeling of Lab and the past week.

Bruce Green asked that each Chatcolabber drop his twig into the "Spirit of Chatcolab" as his contribution to that Spirit. He led the group in "Day is Done". The ceremony and week were concluded with the labbers filing out of the hall.

\*\*\*\*\*



# Social Recreation



STRETCH    Chat    Laugh    YELL  
 Hop    Run    Talk    PLAY  
 Clap    Sing    Jump    BEND  
       Kneel    SKIP



## PLANNING FOR SOCIAL RECREATION & GAMES

By Bruce Elm

Before a good leader can plan any type of social function, he must have some method of classifying the activities which he might possibly use. There are several methods that might be used. One might classify activities into active and non-active, or indoor and outdoor. Neither of these systems really tells the leader too much about the activity though. A better method might be to classify the activities by type according to the following criteria:

- |                        |                   |
|------------------------|-------------------|
| 1. Brain teasers       | 7. Musical mixers |
| 2. Group contests      | 8. Puzzles        |
| 3. Group stunts        | 9. Relays         |
| 4. Guessing games      | 10. Skill games   |
| 5. Individual contests | 11. Dances        |
| 6. Leader stunts       | 12. Songs         |

This method tells the leader much more about the activities, and is therefore, a better system. A second reason that it is a good system is that there are no more than about 15 (in this case 12) categories.

Another good system might be the following classifications in which the criteria is based on the use of the activity.

- |                          |                        |
|--------------------------|------------------------|
| 1. Pre-openers           | 5. Changing formations |
| 2. Starters              | 6. Resters             |
| 3. Get-acquainted games  | 7. Just for fun games  |
| 4. Partner pairing games | 8. Finales             |

This second system is also a good classification system. It, however, gives the leader completely different information than does the first example.

In practice, probably the best system is a combination of these two systems, plus the inclusion of information, such as the formation the activity is done in, the number of people that may participate, the age group for which it is appropriate, the equipment used, and special uses (such as at campfires, swimming pools, etc.)

Before examining the system referred to above, let us first define the terms of the two examples above.

### Classification by Type of Activity

1. Brain teaser -- a recreational quiz or problem in which the correct answer may be arrived at by logical deduction.



- 2. Group contest -- an activity (not included in any other category) in which each team competes against one or more other teams.
- 3. Group stunt -- an activity in which a group of people performs for the amusement of others (very little rehearsal needed).
- 4. Guessing game -- a recreational quiz or problem in which the correct answer may not be arrived at by logical means.
- 5. Individual contest -- an activity in which each person competes against all other contestants on an individual basis.
- 6. Leader stunt -- an activity done by one person for the entertainment of others. "Volunteers" from the audience may be used, but they need to rehearsal.
- 7. Musical mixer -- an activity done to music in which the participants change partners, but without rigid step patterns as in a dance.
- 8. Puzzle -- an activity in which objects are manipulated to fit a pattern or to achieve a desired result.
- 9. Relay -- a race in which each member of a team performs a certain action over a prescribed portion of the course (or racing area).
- 10. Skill game -- an activity which involves a great degree of athletic dexterity. (All sports are included in this area.)
- 11. Dance -- an activity done rhythmically (usually to music) with a prescribed motion pattern.
- 12. Song -- any vocal utterance done by all participants (usually with a prescribed word or sound sequence). With this loose interpretation, chants are included as songs.

Classification by Use of the Activity

- 1. 're-opener -- an activity to keep the guests active until all have arrived.
- 2. Starter -- an activity which signifies the beginning of the party. It should be one in which there is no division into groups, and one in which everyone can participate.



- 3. Get-acquainted game -- an activity which requires exchanging names, and may include some way to learn something about other people.
- 4. Partner pairing game -- an activity used to get the group paired off with partners. It may or may not end in a special formation.
- 5. Changing formations -- an activity which moves the group smoothly from one formation to a second formation.
- 6. Rester -- an activity which allows the participants to catch their breath (mentally or physically).
- 7. Just for fun games -- an activity with no special purposes other than fun.
- 8. Finale -- an activity similar to a starter, but quieter in nature, signifying the close of the function. (Many songs lend themselves to this.)





A Sample Card File System

Probably the most meaningful system is the classification by type of activity. A card file set up on this system might include cards somewhat as follows:

|                        |            |
|------------------------|------------|
| Name of activity _____ | Type _____ |
| Use _____              | Age _____  |
| Equipment _____        |            |
| Formation _____        |            |
| Number of people _____ |            |
| Special used _____     |            |
| Evaluation _____       |            |
| _____                  |            |

The card should be filed according to its activity type. To help for special occasions, a color code might also be included. Red might indicate campfire activities, blue for swimming activities, green for picnic activities, yellow for indoor party activities, and brown for nature study activities. This color could be the color of card on which the information was entered. The age group could be indicated by a dot of color in the upper left hand corner of the card. The explanation of the activity is on the back of each card.

The main disadvantage of this system is that it requires each card to be in a certain place in the card file. The following system overcomes this problem.

The Edge-Punch Filing System

A superior system is the edge-punch or unisort filing system. In this system, each characteristic is assigned to one of the pre-punched holes along the four edges of the card. The example below shows one form of assignments that might be made with the filing system on the preceding pages.



|                     |                       |
|---------------------|-----------------------|
| Brain teaser        | Less than 15          |
| Group contest       | 15 -- 25              |
| Group stunt         | 25 -- 35              |
| Guessing game       | 35 -- 50              |
| Individual contest  | 50 -- 75              |
| Leader stunt        | 75 -- 100             |
| Musical mixer       |                       |
| Puzzle              | Pre-school            |
| Relay               | Lower elem.           |
| Skill game          | Upper elem.           |
|                     | Jr. high              |
| Pre-opener          | High school           |
| Starter             | College               |
| Get acquainted      | Adult                 |
| Partner pairing     | Senior citizen        |
| Changing formations |                       |
| Rester              | "It" game             |
| Finale              | Tag game              |
|                     | Classroom             |
| Single circle       | Playground            |
| Double circle       | Gymnasium             |
| Lines               | Swim pool             |
| Threesomes          | Camp                  |
| Small group         | Campfire              |
| Mass                | Picnic                |
| Team                | Boat (motor)          |
| Special             | Canoe, row boat, etc. |
|                     | Winter game           |
|                     | Dinner party          |
|                     | Dance                 |

As in any card filing system, each activity is placed on a different card. In this system, however, the description of the activity is placed on the front of the card. The characteristics of the activity (type, use, formation, number of players, age range, and special uses) are identified by notches cut into the edges of the card. In the diagram above, these are indicated by the dark wedges on the edge of the card.

With notches such as this in the card, finding an activity for a specialized activity is a simple matter. Let us say that we wished to find an activity which would be a pre-opener for 28 people of college age. We would take the card which had been previously filled out as the card in the diagram above, and place it on the front of our stack of activity cards. Then we would run a spike through the hole indicated as being for pre-openers. The spike would be inserted far enough so that it went through the entire stack of cards. Then, lifting all the cards and shaking them slightly, we would find that all pre-openers would fall out the bottom of the stack because they would have notches cut into them at this position to indicate that they were pre-openers. We would then put aside those cards remaining on the spike and take those that had fallen and run the spike through the hole indicating



25 to 35 people because the size of our group, (28), falls into this category. Again, putting the cards remaining on the spike aside, we would take the ones that had fallen from the stack and finally run the spike through the hole indicating college age. The cards falling this time would be those meeting our requirements, and all that would be left to be done would be to find the activity that appealed to us the most.

Some activities may fall into more than one category within a classification area. For instance, a game might be one which 50 or more people could play. In that case, both the 50 to 75 and up holes would be notched on the card for that game. There is no limit to the number of notches that may appear on one card.

As you can see, the main advantage of this system is that there is no reason to put the cards in any special order. Also, because of this characteristic, an activity may be classified into many different categories at the same time on the same card.

#### PLANNING A PARTY

If a group will be arriving at different times, the party should begin with a pre-opener. This activity will serve two functions: first, it will make the party seem well organized and eliminate the "dead" time that precedes many parties. Second, it sets the mood for the rest of the party. In addition, with the proper selection of activity, it may also be a get-acquainted method as well.

The second activity, or the first activity if the group all arrive at the same time, should be a starter. This an activity in which the entire group participates and should be one which builds group unity. Individual contests done in a large circle fit well here. There should be no division into teams as yet; this should come later in the program. Other good starter activities might be simple dances (Preferably those without partners); a grand march, chain line, or Paul Jones type activities; or lively songs.

At this point in the program it would be well to have some group contests. Small groups allow the guests to get to know one another better. These should be varied from active to quiet games.

From this point until just before the end of the party is the most flexible portion of the program. The leader should be sure that there is a variety of types of activities, adequate time to catch one's breath, and a smooth transition from one formation to another.

At the end of the party there should be an activity which tells the people that it is over. This should be a somewhat quiet activity for most parties, though some parties would



be ended best with the crowd at a high pitch of excitement. Some good finale activities include: songs, round dances, square dancing done in a large circle, etc.

#### TECHNIQUES OF LEADING AN ACTIVITY

It almost seems unnecessary to say it, but the most important thing about leading any activity is for the leader to be thoroughly acquainted with the rules of the activity. So often, however, leaders try to lead an activity, only to find that they must ask someone else for a definition of some point of the activity.

The second requisite is enthusiasm. Notice the last four letters of the word "enthusiasm". They stand for "I am sold myself". Occasionally a leader will be asked to lead an activity which he does not really care for. In this case the leader should be a good actor. Without saying it, the good leader gives the crowd the impression that what they are about to do is the most interesting thing which they could be doing at that time.

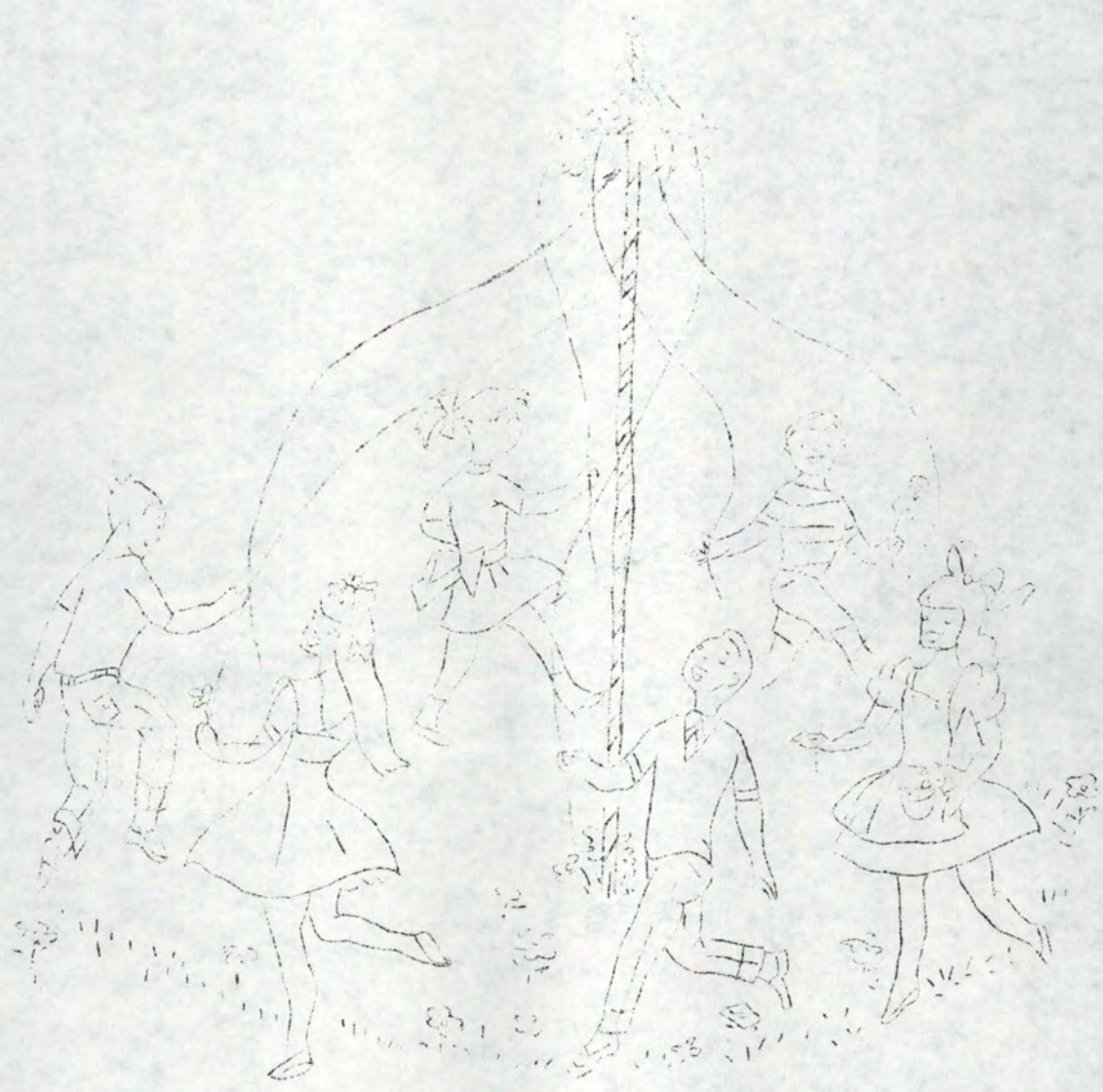
When it comes to actually leading the game or activity, the leader should first use some activity to get the crowd into the formation he wants them to start the game. Then he should stand where all can see him and DEMONSTRATE AS HE DESCRIBES the game. So many leaders describe the activity, then demonstrate it and waste time, thereby losing the interest of the crowd.

The demonstration and description should be complete enough that everyone can participate without the necessity of a question period. The goal is fun, not perfection, so do not worry about slight mistakes. The demonstration should emphasize what the starting signal (if any) will be and how teams (if any) should signify that they have completed the assigned task.

At the conclusion of any social function, the leader should evaluate the activities to see which went over, and which did not. The mere fact that the group enjoyed the activity or not is not sufficient, but why did they react to it as they did? Was it their age, sex, the leadership, or other factor which led to the success or failure of the activity? These observations should be noted and compared with previous observations about the same activity for future reference. Do not discard an activity because one group did not like it. Perhaps they were too young or too old for the particular activity.



Maybe they were too tired for the activity when it was presented to them and it should have been presented earlier in the program. Or perhaps the crowd simply was not at a point where their enthusiasm was high enough to like that particular activity yet. At any rate, do not discard an activity until you are sure that it was the activity itself that did not win over the crowd.





GAME INSTRUCTIONS

Games Using No Equipment

- Fish & net      Three players are chosen to join hands and form the "net". They to encircle other players. Players thus caught must join the "net" and help to capture the other players. The last one to be caught is the winner.
  
- Pocket Rope      The group is divided into groups of from eight to ten people. They are told to use anything they have with them to make a rope. They might use belts, shirts, shoe-strings, etc. The group with the longest rope wins. Placing a time limit on the time to construct the rope adds an interesting challenge.
  
- Get there first      Divide players into teams and form parallel lines. Then call for specific items the players might have with them to be placed at a designated spot. For example, when you call for a black shoe, the team that can place the black shoe in the designated spot first gets a point. Be sure to select items the players will, for the most part, have in their possession.

Games Using Balloons

- Balloon bat      Divide group into two teams. Each player on both teams is given a balloon which he blows up. On a signal from the leader, each tries to bat his balloon over the heads of the team members on the other team facing him. (Teams should be in lines facing each other about five feet apart.) No player may move his feet. The team with the fewest balloons behind it when all balloons are out of reach is the winner.
  
- Big Wind      Each contestant is given a balloon and is told to blow it up until it breaks. With large groups this usually works better if each team sends a representative rather than having the entire group all participate at one time.
  
- Rockets or jets      Each contestant is given a balloon and told to blow it up, but to NOT tie it. They then try to aim their balloon towards a target laid out on the floor in such a manner that when they let it go, it will fly to the target. The person whose balloon



lands coming closest to the target is the winner.

**Balloon basket-ball** The group is divided into two teams. At each end of the hall is a hula hoop or other suitable hoop. The players from both teams distribute themselves about the floor as they wish. Two players, one from each team, meet in the center where the leader tosses up a balloon to start the play as in basket-ball. The object is to bat or blow the balloon to go through the hoop designated for that particular team. (similar to basketball) Keep score as in basketball. Some leaders set up "free-throw lines" and give free-throws as in regular basket-ball. If this is done, however, do not call too many fouls.

**Ball poison** Players take hold of hands in a circle. A large ball (volleyball, beach-ball etc.) is placed in the center. Around the ball is drawn a circle about half the diameter of the circle of players. On a signal from the leader, the players try to pull the other players into the inner circle. Any player stepping into the inner circle is given a point. Any player stepping into the inner circle should pick up the ball and throw it at any other player. Players entering the inner circle and not hitting another player with the ball each receive an additional point. Any player being hit by the ball also receives a point. The player with the least number of points wins the game.

**Overtake** The group is divided into two teams. They then form a single circle with alternating members of the two teams around the circle. A member of team "A" is given one ball and a member of team "B" who is opposite that player is given another ball. On a signal from the leader, the teams pass the ball to their team members (tossing the ball so as to skip one's own team member is not allowed.) The object is for one team's ball to overtake the other team's ball by passing it quickly around the circle.

**Center ball** Players join hands in a circle. "It" stands in the center holding a ball. He then passes the ball to any player in the circle. That player must then place the ball on a mark in the center of the circle



and then chase "it". "It" must try to touch the ball in the center of the circle before being tagged by the other player. If he does so, the other player becomes "it" and the former "it" joins the circle.

#### Dizzy relay

The group is divided into teams of 10 to 12 players. Each team forms its own circle. One member of each team is given a ball. He must turn completely around, then pass the ball to the person on the right who repeats this action and so on around the circle.

#### Catch 10

The group is divided into two teams. One team is given a ball. The players scatter about the playing area randomly. The team with the ball tries to complete 10 successful passes of the ball from one team member to another without the other team intercepting the ball. Each time the ball is caught, the team in possession of the ball shouts out how many times the ball has been caught. (except on interceptions) When the ball is intercepted, the count starts over again. The first team to successfully complete 10 safe passes wins.

#### Guardian Leader

This is a form of dodge-ball in which one member of the team dodging is designated as the guardian. He tries to block his team-mates from being hit by the ball thrown by the other team. Count the number of throws until the entire team except the guardian is eliminated, then change roles of the two teams. The team who put out the other team in the least number of throws is the winner.





Bounce ball This is very similar to volley-ball except that instead of keeping the ball off the floor, it must be bounced. The ball may not go over the net directly from a player's hands, but must be bounced over. Also, a player passing the ball to a team-mate must bounce the ball to him. This game is especially good when some players are overly skilled at regular volleyball and thereby make the other players have no chance at winning. It is particularly suited to younger players.

Games Using Beans

- UP down up Each player is given a number of beans as he enters. The object is to take part of the beans and put them in one hand. After rolling the fists around, player "A" says to player "B". "Black Hills Lab up down up". Player "B" then attempts to guess whether the beans are in the top or the bottom of player "A's" stacked fists. If he guesses correctly, he gets the beans in player "A's" hand. If he misses he must give player "A" a like number of beans.
- Odd or even Similar to the above game, except that guessing player tries to guess whether there is an odd number or an even number of beans in the other's hands.
- Yes and no Yes and no is used with either of the above games. While playing the above game, the players try to get other players to answer a question "yes", or "no". Any player so answering must give the other player a bean. (Answers such as, "affirmative", "I believe so", etc. are acceptable.)
- Intro- ductions This game is also used with the first two games in this section. Any player neglecting to introduce himself before talking to another player must give that player a bean. If two players separate and then later come back together, they must re-introduce themselves.

\*\*Note: All four of these games may be played simultaneously. When this is done, either of the first two games plus the introductions should be used to start the activity. Then the other activities should be added one at a time.



### Games Using Chairs

Cover the  
chair

The person chosen as "it" leaves his chair vacant. He then calls, "shift left", or "shift right". The player with the empty chair to his left must take that chair when "shift left" is called. Then there is another person with an empty chair to his left, so he must shift also, and so on around the circle. Of course, the action would be similar if "shift right" were called. While the players are shifting, "it" tries to sit in an empty chair. When he succeeds, the person whose chair he stole becomes the new "it". To make it easier for "it" to gain a seat, the direction of the shift can be changed often to add confusion.

How do you  
like your  
neighbor?

One person is chosen as "it" and stands in the center of a circle of seated people. He goes to one player and says, "How do you like your neighbor?" If the player answers, "All right", all players must shift one seat to the right. If he answers, "All righteous" all players must shift anywhere in the room at least three seats away from his present position. If he says, "I don't", "it" then asks, "whose neighbors do you like?". The player then names another player whose neighbors he would like. The named player's NEIGHBORS must change places with the NEIGHBORS of the player responding to "it". As any position changes are made, it tries to get a seat. The person left without a seat becomes the new "it".

### Games Using Paper

Tearable art

Each player is given a piece of paper. The group is then told that they are artists and are to create works of art representing any given subject. Subjects might be such things as their favorite sport, person or any other somewhat general subject. Then they are told to put their hands behind their back and tear the paper into the desired shape. They may not look at their creation until they are finished. It may be desirable to display the art pieces and award prizes for the most original, prettiest, farthest out", etc.



Fashion Show When each guest arrives, give him a stack of old newspapers and tell him to create a costume for himself. Tape or staples should be used to hold the costumes together. A grand march should be held so that everyone can see the other creations.

Airplane race Each player is given a piece of typing paper or notebook paper and is told to fold his best flying paper glider. The players then fly their gliders in a race over a course in which there are several spots in which their glider must land. It is a good idea to have these places far enough apart so that the gliders will have to be thrown three or four times to go from station to station.

#### Games Using a Record Player

Paul Jones This activity is in reality directed mixing done to music. The leader chooses any movement similar to the ones listed below which do not need to be taught. To start, the people usually promenade single file about the floor.

1. Walk single file
2. Men to the center
3. Girls turn around, go the other way
4. Find a partner and swing
5. Promenade in couples
6. Promenade in fours
7. Face the other couple
8. Do sa do the other guy's gal
9. With the same girl swing
10. Promenade in couple
11. Join hands circle left
12. Reverse and promenade single file.

This list is by no means an exhaustive list. Variety can be achieved by the leader inventing movements of his own. As a suggestion, star figures work well here too.

Back to back Players are in couples scattered about the floor. The leader gives various directions such as, "elbow to elbow" or "foot to foot". The players follow the action given. When the leader says, "back to back", all players must stand back to back with a NEW PARTNER. This is repeated as often as desired.

Clap mixer Using any strong 3/4 rhythm record or song, the dancers clap with their partners three times with both hands, then three times on their knees. This is repeated except



that instead of clapping their knees, they clap their own hands three times as they go in search of a new partner. The entire sequence is repeated as often as desired.

#### Activities Using Whiz Rings

\*\* NOTE: Whiz Rings are light rings similar to Frizbees except that there is a large hole in the center. They have two distinct advantages over Frizbees. First, they are lighter and will not break things indoors. Second, they cost less than the Frizbee. (about 1/3 the price)

Accuracy throw      Set up targets to be aimed at such things as hula hoops on the ground or a blanket with a small ball in the center as an aiming point.

Throw for distance      This could either be measured, or markers could be put down where each player's ring lands.

Space race      This is a relay with each team divided with one half of the team lined up single file one behind the other facing the other half. The ring is shuttled back and forth between the halves of the teams which are about 15 to 20 feet apart. Each person catches the ring and then throws the ring. (The first person to throw the ring catches the last person's throw.)

#### Games Using Miscellaneous Equipment

Bucket Brigade      This activity requires two bottles for each team. One bottle is filled with water and the other has a mark on it just below the point where the water would come if it were poured from the first bottle. The bottles should have the same size necks and hold the same amount of water for each team. The teams are in single file. The bottle full of water is in front of the leader of each team, and an empty bottle at the



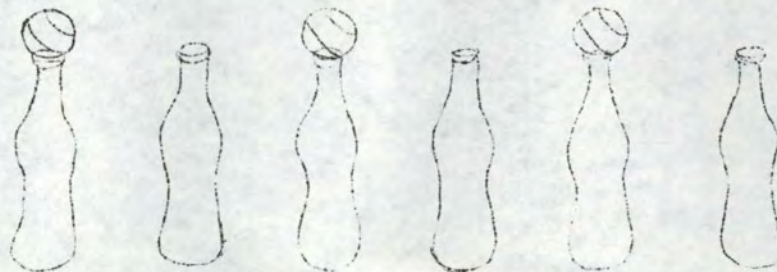
end of each line. On a signal, the team leader fills up his cup with water from the full bottle. He pours the water into the cup of the next player (each player has a cup). He in turn pours it into the next player and so on to the last who pours it into the bottle at the end of the line. This process is repeated until one team has emptied the front bottle and filled the last bottle up to the line. Note: If the water is spilled, it is possible the team will be unable to reach the mark even though it empties the front bottle. The first team to fill its bottle at the end of the line to the mark is declared the winner.

Ball and bottle relay

For this game six empty pop bottles are placed in front of each team in two groups of three bottles. These groups are separated by perhaps 6 to 10 feet. On top one group of three bottles are placed three ping-pong balls. At a signal, the first player from each team runs to the bottles with the balls on them and removes the three balls, and places them on the bottles that are further away. He then runs back and touches off the second player who brings the balls back to the original bottles. This continues until all players have run.

Raft race

Line up players for a relay race. The first player in each line is the "skipper". He stands with each foot on a large pad of newspapers. The second player is the "passenger" and he stands on the same papers with his skipper. On signal, the skipper bends over and rasps the papers with each hand. By shifting their weight and sliding the papers forward, the two boys maneuver themselves to the goal line without stepping off the pads. On reaching it, the passenger runs back to his team with the newspapers and brings the next boy across the river. The first team across the river wins.





Name: HEAVEN OR HELL  
 Use: Roster  
 Formation: Mass  
 Equipment: Piece of paper folded as shown  
 Number: Any number  
 Ages: Highschool and older  
 Evaluation:

Prepare paper folding as shown below:



Fold 'A' over 'B' crossing as shown



Fold 'C' over 'D' crossing as shown



Fold flap 'E' up as shown



Fold 'F' behind 'G'



The dotted lines tell where to tear when telling story

HELL

Man's ticket



Bum's ticket

The story: A man died and went to heaven. When he got there, St. Peter told him that he needed a ticket to get into Heaven. Bypassing the usual rules, St. Peter allowed the man to go back to Earth to look for a ticket. The man looked all over the whole world with no luck. Finally he spotted a bum with paper sticking out of his pocket. Thinking this was a ticket to Heaven the man took what he thought would be enough and left the rest for the bum so that the bum could get into Heaven also. (Tear at line "H".) On his way back to Heaven, the man decided that he hadn't taken enough of the ticket, so he went back and tore off a little more. (Tear at line "I".) Taking the torn pieces to St. Peter, he asked to be admitted to Heaven. St. Peter put the pieces together and found that the ticket was for the "other place". (Arrange pieces as shown to form the word "Hell".) Just then the bum came up to the Heavenly Gates and St. Peter asked to see his ticket. Opening it, the bum was readily admitted. (Opening up the remaining piece to show the cross.)



GET ACQUAINTED WITH YOURSELF

Each of the statements below represents some part of a person. Can you name each part?

- 1. Part of a wagon \_\_\_\_\_
- 2. A school child \_\_\_\_\_
- 3. Tropical trees \_\_\_\_\_
- 4. Edge of a saw \_\_\_\_\_
- 5. Weapons of war \_\_\_\_\_
- 6. What a dog buries \_\_\_\_\_
- 7. A cad \_\_\_\_\_
- 8. A place of worship \_\_\_\_\_
- 9. Top of a hill \_\_\_\_\_
- 10. What the tortoise raced with \_\_\_\_\_
- 11. Part of a river \_\_\_\_\_
- 12. Sometimes it locks \_\_\_\_\_
- 13. To keep tools in \_\_\_\_\_
- 14. A type of macaroni \_\_\_\_\_
- 15. Used by a carpenter \_\_\_\_\_
- 16. What you should keep  
out of other people's business \_\_\_\_\_



## KNOW YOUR LETTERS

Tell what letter is:

1. A vegetable \_\_\_\_\_
2. A drink \_\_\_\_\_
3. A body of water \_\_\_\_\_
4. A command to a horse \_\_\_\_\_
5. Part of the face \_\_\_\_\_
6. An exclamation \_\_\_\_\_
7. A female sheep \_\_\_\_\_
8. An insect \_\_\_\_\_
9. An actor's signal \_\_\_\_\_
10. A query \_\_\_\_\_

Can you give the following in 2 letters?

11. Chilly \_\_\_\_\_
12. Too much \_\_\_\_\_
13. Rot \_\_\_\_\_
- 14 Not hard \_\_\_\_\_
15. vacant \_\_\_\_\_
16. Jealousy \_\_\_\_\_
17. Composition \_\_\_\_\_
18. Indian tent \_\_\_\_\_
19. Poorly dressed \_\_\_\_\_
20. Surpass \_\_\_\_\_
21. An octogenerian \_\_\_\_\_



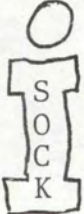
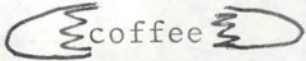
Baseball terms

Each of the 25 expressions listed below represent a term used in baseball. For example, "found in a playground" could mean "SLIDE" of "It will enable you to gain admittance free", would be "PASS". See how many you can figure out.

- 1. A summer pest \_\_\_\_\_
- 2. Hosiery nuisances \_\_\_\_\_
- 3. Inaccuarte \_\_\_\_\_
- 4. Holiday dinner \_\_\_\_\_
- 5. A successful tune \_\_\_\_\_
- 6. Used for pancakes \_\_\_\_\_
- 7. Vessel for pouring \_\_\_\_\_
- 8. A good foundation \_\_\_\_\_
- 9. To take unlawfully \_\_\_\_\_
- 10. A flying visit \_\_\_\_\_
- 11. A dinner necessity \_\_\_\_\_
- 12. If you forget your door key \_\_\_\_\_
- 13. A disguise \_\_\_\_\_
- 14. The number twenty \_\_\_\_\_
- 15. Proprietor of a Dog Pound \_\_\_\_\_
- 16. A coveted Jewel \_\_\_\_\_
- 17. Given for charity \_\_\_\_\_
- 18. Dangerous on highways \_\_\_\_\_
- 19. An offering \_\_\_\_\_
- 20. To multiply by two \_\_\_\_\_
- 21. It flys at night \_\_\_\_\_
- 22. Unmarried \_\_\_\_\_
- 23. A famous Greek poet \_\_\_\_\_
- 24. Used to get relief in hot weather \_\_\_\_\_



Try your hand at WACKY WORDLESS. Each group represents a familiar phrase. For example, the first one is "A sock in the eye". Now see if you can guess the others!!!

|   |                     |                  |  |             |
|---|---------------------|------------------|--|-------------|
|  | PANTS<br>PANTS      | TIRE             | R<br>G ROSIE I<br>N  | RANGER      |
| SAFE<br>FIRST   | YOUR HAT<br>KEEP IT | ENGAGE      MENT | f                      f<br>r                      r<br>i                      i<br>STANDING      miss<br>e                      e<br>n                      n<br>d                      d<br>s                      s | LAWYER      |
| EVERY RIGHT THING   | FAR      HOME       | D K I            |   | X<br>BRIDGE |



PRESIDENTIAL PATTERN

Hidden in the following story are the last names of 30 of the presidents of the United States of America. They are either spelled-out or suggested by sound. See how many you can find. Coolidge's name is underlined to get you started.

This is the story of four boys who lived in Cleveland. There was Jack, son of Peter Tyler, Will, son of Mackinley; Harry, son of Garfield, and John, son of Arthur Henderson. One day the boys, who were good friends, went downtown to do some errands. They stopped first at the tailor shop on the corner of Van Buren and Monroe avenues. When they walked in, they could see bolts of fabric and rows of felt. The tailor was sewing and wearing a thimble so the needle could not pierce his finger. Jack picked up some scissors lying on the table. "Gee, these scissors have a cool edge," he said. "That's true, man," said Will, also admiring the scissors.

"Look, said the tailor, "grant me one request. Don't poke those scissors at me. It makes me mad, son, i could fill more orders, if i weren't always being hazed." so the boys took the hint and left.

Their next stop was at a laundry owned by two Chinese cousins. Harry asked, "can you get the spots out of this shirt?" One of the owners replied, "If anyone can get them out, Hard Ing and Sam Ling cun do it. You go now, please. We been washing tons of dirty clothes and lots more left in back." "Mr. ling," said John, "I'd like Mrs. Howe's laundry." "Mrs. Howe?" said Ling, "I sent Howe her laundry an hour ago by messenger."

So the boys left and went to Bew Adams' house. When they got there, his mother was cleaning the rug with her Hoover. "Does Bew want to play ball?" Jack asked Mrs. Adams. She replied, "I think Bew can answer that better than I can," and she sent Jeff, her son, to find Bew.

When Jeff and Bew returned, Mrs. Adams gave all the boys a big tafty apple and they had a wonderful time for the rest of the afternoon!

(If you need help, the list of the names in the order that they appear is given on the back!)



ENDINGS IN ICE

For each of the following word or words, there is a word of the same meaning ending in "ice". Fill in the blanks by the word with the correct word ending in ice which means the same as the corresponding word.

- 1. Public protectors \_\_\_\_\_
- 2. Spite \_\_\_\_\_
- 3. Fine \_\_\_\_\_
- 4. Value \_\_\_\_\_
- 5. Cut \_\_\_\_\_
- 6. Cereal \_\_\_\_\_
- 7. Interweave \_\_\_\_\_
- 8. Instant \_\_\_\_\_
- 9. Room for business \_\_\_\_\_
- 10. Guidance \_\_\_\_\_
- 11. Three times \_\_\_\_\_
- 12. Lure \_\_\_\_\_
- 13. Two times \_\_\_\_\_
- 14. Plant liquid \_\_\_\_\_
- 15. Toothpaste \_\_\_\_\_



The names of all the fifty states can be found among these letters. The name of the state sometimes is read forward, at other times backward, up, down, or diagonally. Draw a circle around the name of a state when you find it. Some of the names overlap with other states.

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

- 46.
- 47.
- 48.
- 49.
- 50.
  
- 41.
- 42.
- 43.
- 44.
- 45.

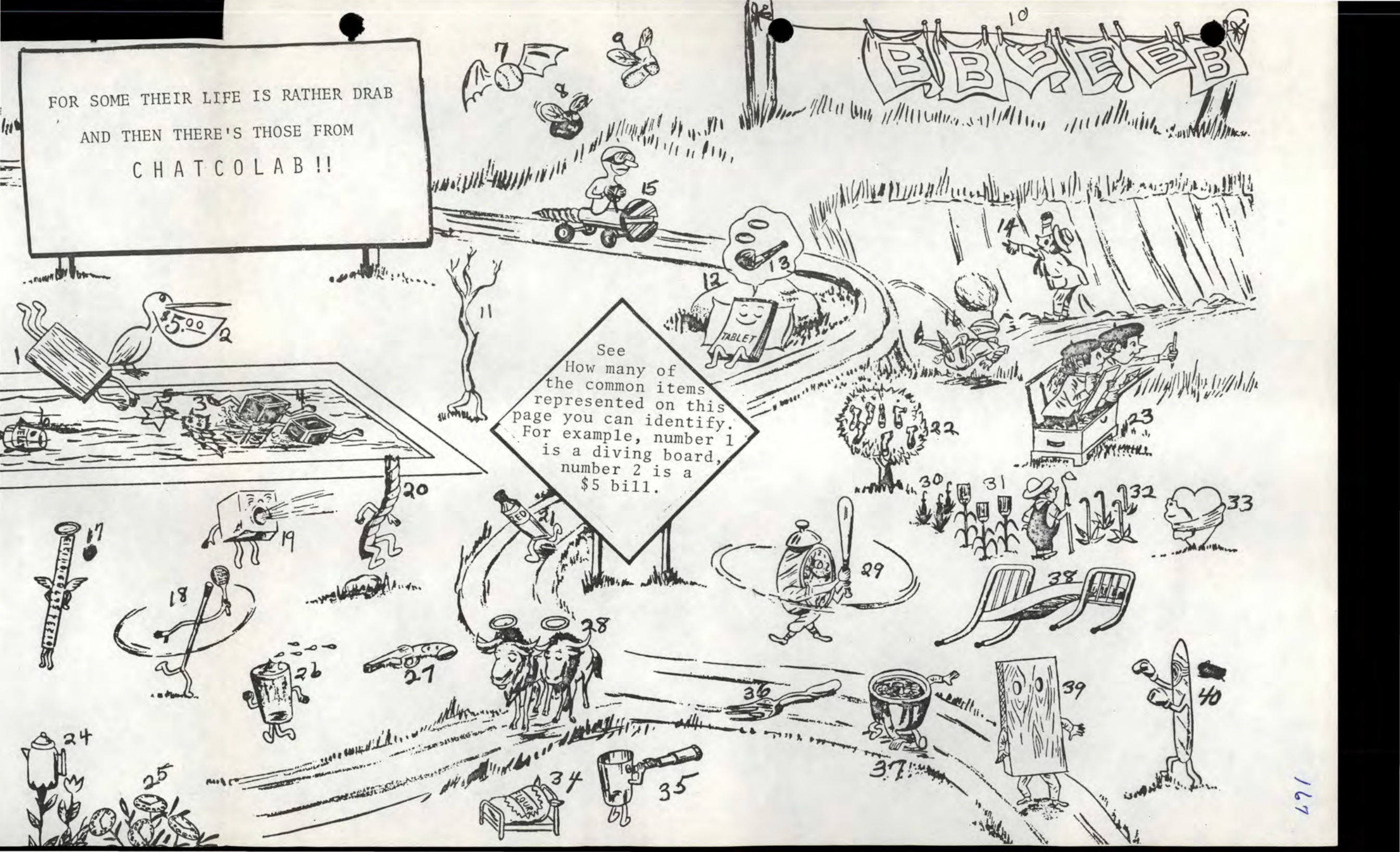
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.
- 32.
- 33.
- 34.
- 35.
- 36.
- 37.
- 38.
- 39.
- 40.



FOR SOME THEIR LIFE IS RATHER DRAB  
AND THEN THERE'S THOSE FROM  
CHATCOLAB!!

10  
B B E E B B

See  
How many of  
the common items  
represented on this  
page you can identify.  
For example, number 1  
is a diving board,  
number 2 is a  
\$5 bill.





Take jackknife for whittling, or designing on bark twigs. Make 4 Lummi Rhythym Stix or willow or tule whistle.

Pencil - Pen - or fingernail polish will mark suggr cubes for dice.

Use your ingenuity to substitute. Watch as you hike for appropriate sticks, shells stones, grasses, etc for games and small crafts.

Your tent rope or tarp cord can be used for cat's cradles, string-tricks or to practice new knots. Take a hank to make a rope belt using carrick bend or chinese decorative knots.

Plastic cup with cover will hold Spill-spell Scribbage letter-dice, plus deck of miniature cards, tiny set of poker-dice, smallish dominoes, checkers, balloons for batting, and bring a marker pen and pencil.

Piece of folded plastic can be your checker-board or scratch on dirt.

Bring extra pocket-songbooks for sharing.

A KITE is light! Just right to float off that ridge top..cord isn't heavy either Oh JOY!

Weave a rush mat from cattail fronds or braid with plucked grasses.

Carry file cards in pocket or first-aid kit for that poetic mood..... Write down that precious thought otherwise lost.

HOMeward BOUND

Play your game of "PICK-UP" collecting trail litter. Conservation of beauty is a good game.

YOU have the satisfaction of leaving paths and natural environment better than you found it.....

SAGAMORE FLAT-STONE STUNT

A flat rock per couple Clasp hands with index finger pointing straight. Keep stiff...pick up stone holding between straight fingers and run around campfire circle twice. Good Luck! Rock above head height.

INDIAN WRESTLING

Progress from prone position to stand. Thumb to thumb. Hand to hand..try to bend wrist over. Elbow to elbow..Sitting. Stand foot to foot-push-pull. With charcoal from your fire in one fist and right wrists tied together with short thong..loosely....try to mark your opponent's neck, arm or cheek.....Exciting.....

POMO STICK SHUFFLE

2-3 dozen straight twigs..trim to same length. Mark one (strip bark or notch in middle). Roll bundle in both hands then separate in fistfuls.... Opponent tries to guess which hand holds marked stick. Pays forfeit of tally-twigs or pebble or bean if wrong. You pay if he's right. Take 3-5 consecutive guesses then you shuffle for a few turns.

INDIAN FLIP STICKS

Split sticks 5-6" long 1" thick Gather 30-40 stones, cones, or shells for circle Use 3 sticks dropping from vertical fist-stiff arm into circle. SCORE: 3 flat sides up 10 points 2 round up 2 2 flat up 2 1 flat up 1 point.

Pebbles, nuts, or beans can be used in many Indian and Pioneer games.

IONA INDIAN BOWLING: (adapted)

Any number of players equip with cup or tin-can, corn-cob or toilet-paper roll. Dry beans or corn kernels or tiny pebbles. Flat bark sheet or cardboard or broad leaf. Round rocks or ball. Twig-chip markers. Place card or leaf atop your cup. Put handful of beans on square. From distance of 12 to 20 feet, players roll stoneball to topple cup-cob-can. Each marks spot where ball stops. When target is finally knocked over, the person NEAREST to MOST beans-pebbles wins. Mark score in dirt, or pocket pebbles knocked over each time.

KICWA HIDDEN STICK GAME (Indian)

2 or more players or teams. EQUIPT: 1 to 4 slender sticks, 1 different 3 or 4 cups or tubes..tape end closed. Tally twigs, or bean-pebble counters. Hide single stick or 4 sticks. Shuffle tube-cups. 2 guesses allowed. Right 1st time: reward 3 tallies. Correct 2nd guess: 1 bean or pebble. Wrong both times: Chooser must forfeit 3. Each side has 3 consecutive turns.

BEAVER GAME (Indian)

1 small blanket or tarp or sleeping-bag. One person crouches under blanket (lodge) Others walk around calling: CAN A PE! Take turns saying loudly: EE KI YA! Which means "Beaver, put out your paw." Beaver must thrust out hand, palm flat, extending as far as wrist to expose. Those circling pounce to catch it. Captor then becomes "Beaver" in turn.

ANAGRAMS (Pioneer Game)

Make 3-4 alphabets on beans and extra (S, e, a, i, o, u, & t's) use pebbles..Tiny bottle of 15¢ paint plus brush are very light to pack and afford fun if it rains. OR make ahead of time and pack in margarine cup.

MEGWETCH Fur-flip Indian Game.

Find 3 dark pebbles and 1 light. Use napkins, paper plates or leaves or furlike material-washcloths for camp game. With stick-wand opponent flips twice to find odd rock or hidden bean. Right 1st time get 3 tally twigs-rocks. Correct 2nd time gets only 1. Wrong both flips..must pay 3 forfeits. Trade after 3 rounds.

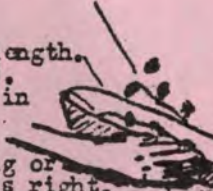
INDIAN BOWL GAME - Pugasaing-Hazards

Using messkit or piepan or deep paper plates 7 to 13 beans, buttons, or pebbles marked or painted one side. Toss in bowl..counting only marked ones that turn up in 3 tosses. One should be spotted "Chief"...which when it turns up doubles score. Opponent keeps your score and gives tallies. But if one seed misses bowl, then your round is canceled ..no score.

HAVE FUN!

Courtesy of SIGNPOST NEWSLETTER EXHIBIT and Billie Marie Studer

If your "MAN" lands on another's rock, he must return to start his "circle of life" again. Player must score exactly to end the game-not overshoot last Rock.





Indian youngsters used sign language and imitated animal and bird sounds to signal and entice their animal brothers and to communicate with each other without disturbing the peaceful forest. This is an adapted version of ancient bannock pastime.

**BANNOCK INDIAN ECHO GAME**

**THUMPER**

**EQUIP:** Marker-Pens Placards-Cue Cards readable at distance  
Tom-tom drum. (Cards 5x10 inches or larger)  
Draw NAME of TOTEM ACTION on one side in large letter  
Write description of motions and sounds on other side.  
of cardboard.

**CHINOOK**  
warm west wind

**INSTRUCTION:** SIT CROSS-LEGGED in CIRCLE  
Cards before each participant facing outward to be readable. Try to arrange alternate silent motions or quiet totems with noisy sound cards.

**VAMU**

**OWI**

**CHIEF THUMPER ALWAYS BEGINS:** Everyone in rythm always says: "WHAT NAME OF THIS GAME?" Twice. Chief tells what he is twice and does his motion twice. "THUMPER - THUMPER!" then leans forward and beats floor in rythm.

**TOTEM POLE**

Everyone watches him then shouts "THUMPER-THUMPER and do

**SKOOKUM CHUCK**  
Rapids in River

**BEAT ! BEAT ! Thump Thump Thump!**

**NEXT PERSON:** has another motion ready to answer when players in unison ask: "What Name of this game" **G. AROUND CIRCLE ONCE THEN SPEED-UP Eliminate Whatnameetc"**  
**EVERYONE** Says each player's TOTEM twice and Quick motion around the ring with all the actions. **SPEED UP BEAT**

From Game Ideas of  
Billie Marie McCarty  
HAVE F.U.N. Studer

**CUE CARDS FOR OTHER MOTIONS:**

MAKE SOME OF YOUR OWN

- Digging motion -- WAPATO!
- WAR WHOOP -- Clap Mouth AY AY YI YI YI
- C
- Clap hads: DANCE DRUM or TOM-TOM
- ROLLING ROCK -- Hands Rolling in rythm
- TILICUM - Palm up greeting say "How-How-how-how-how!
- WATERFALL - Wavy hands downward in rythm
- STRIPED SKUNK -- Hold nose wrinkle face say: PHEW PHEW Pew-pew-pew!
- FORK-LIGHTNING - 2-prong fingers high-darting downward
- PEACE-PIPE - Puff pipe
- COYOTE- Howl in rythm head back.
- STRONG BOW- Pull armback Aim Click tongue
- SEA GULL- Hands on shoulders Flap wings call Quee-Quee, Quee-quee-quee!
- TIPI - Cone arms above head - sway.
- SUNGOD - Arms in circle above head bow in rythm.
- WAR CANOE - Paddling motion plus swishing sound
- POTLATCH - Rub Tummy say Yum etc.
- SKOOKUM CHUCK - (rapids) flutter fingers from side to side.
- BEAVER - Extend arms elbow together CLAP CLAP Slap-slap-slap.
- RABBIT - Make ears on head Flap in rythm.
- HOOT OWL- Fingers circle eys - Hoot!
- RACCOON - Food washing motion
- PEEKABOO - Pepp thru fingers
- NAMU - (Killerwhale) Swimming motion- head back blow to spout
- WILD GOOSE - Make beak with hands crying HONK HONK Honk-honk-honk!
- SASQUATCH - (Fierce Indian Mtn Spirit) Claw hands Growl-Roar in rythm.
- SALMON - Slithering motion
- BANNOCK - Thumbs in armpits proud Grunt Ugh Ugh Uh-uh-uh!
- CHINOOK - (West-wind) Puff-Blow.
- TOTEM-POLE - Hands atop Head Cross-eyes Thrust out tongue in rythm.

**TILICUM**  
(friend)

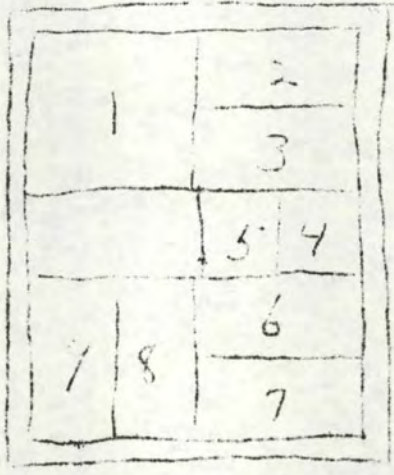
**Fork Lightning**

**TOM TOM**



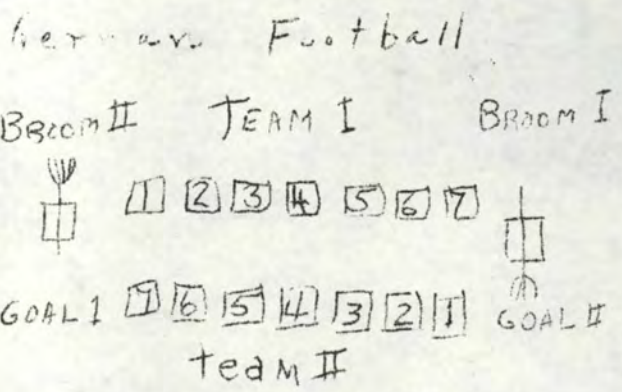
NINE BLOCK PUZZLE

For the Nine Block Puzzle you will need a piece of  $\frac{1}{2}$ " pine or plywood  $3\frac{1}{2}$ " wide and 4" long, another piece  $\frac{1}{4}$ " thick,  $\frac{3}{4}$ " wide and 1" long, and third piece  $\frac{3}{8}$ " thick,  $1\frac{1}{2}$ " wide and 8" long. Make the box from the " wood as shown in the diagram. Nail and glue the  $\frac{3}{4}$ " strips to the bottom board with  $\frac{7}{8}$ " wire brads and a good grade of fish glue. Then cut out the nine blocks. Be careful to make them just a bit larger than required so that you can sandpaper them down to the right size. Sandpaper the corners slightly, too, to improve their appearance and make it easier to shift them around. Put the blocks in the box as shown in the diagram. You need not number them. I did it just to help you in the construction and as a key to the solution. The object of the puzzle is to shift the pieces around so that the large #1 piece ends up in the position occupied at the beginning by #8 and #9. You can shift the blocks any way you wish. But you must not remove them from the box, move one over the other, or turn them around. You can solve this puzzle in fifty-two moves.



Supplies needed:

- 2 chairs
- 2 brooms or stout canes or sticks
- 1 knotted rag
- 2 teams of players

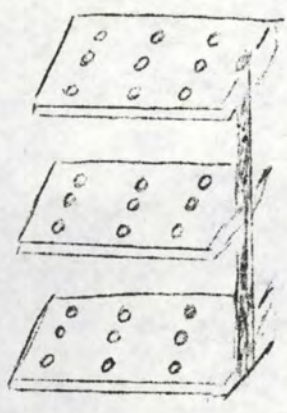


How to play:

Be sure to number teams from opposite ends as illustrated. When the leader calls out a number, players on both teams with that number, run to get their brooms (which is opposite their goal) and try to sweep the knotted rag under their goal first, scoring one point. The leader then calls another number when players are back in line. A note of caution: this game can get very, very rough.



### 3 DIMENSIONAL TIC TAC TOE

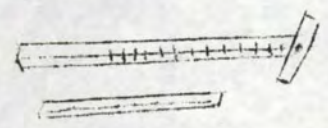


Two to six players may play, using marbles of different colors. Take turns placing one marble at a time on any of the three blocks.

Object: to get three marbles in a row of your own color. The rows of three may be on any one block, or diagonally, or vertically on three blocks. The player who can first place three marbles in a row wins the game.

Variation: play until all the holes are filled, then count to see who has the most rows of three. There are 49 possible ways.

### WAHOC STICK - INDIAN WINDMILL - TRUTH STICK



On one end of a notched stick, a light propeller is fastened with a pin or nail. By rubbing the notched edge with the rubbing stick, the propeller is made to revolve; then at will, the operator can stop the propeller and reverse the direction of its revolution.

### TO FINISH THE HARDWOOD PUZZLES

Sand carefully, with fine and very fine sandpaper. With slightly damp cloth, remove all sanding dust. Finish with one or more coats of Wood finish or polyuerathane varnish. Sand lightly with very fine sandpaper, and remove all dust between coats. The final coat may need to be sanded very lightly, and then polished with furniture polish.

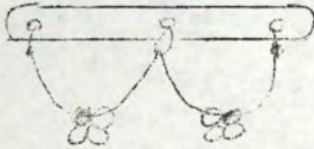
(We used birch, walnut, mahogany, and maple.)



*Small Wooden Games and Puzzles*

*Clarence and Lois Stephens*

LOVERS YOKE



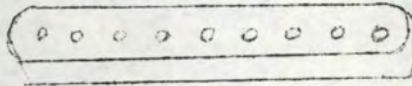
4-H CLOVER  
ETC.

Bore three holes in a strip of wood, bone, plastic or stiff leather. Loop a strong smooth cord through the center hole; slip a bead or ring onto each string, then tie the ends through appropriate holes.

Object: to get both beads on the same side without removing the string or untying the knots.

Legend: There was once a wise old man with a beautiful young daughter who was courted by a handsome young man. When the young man asked for the daughters hand, the father replied that he would lock the lovers in separate rooms. If they could get into the same room without unlocking the doors or breaking them down, he would give his consent to the marriage. **THEY DID IT.**

SHUTTLE PUZZLE



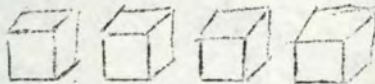
A strip of wood about 8 or 10 inches long, with nine (9) holes, (approximately  $\frac{1}{2}$  inch apart.) Start the puzzle with four marbles of the same color at each end, a blank space in the center.

Object: to move marbles on right to extreme left, and marbles on left to extreme right.

You may move 1 marble 1 space, or jump 1 marble over 1 marble. You may NOT back up or jump more than one marble.

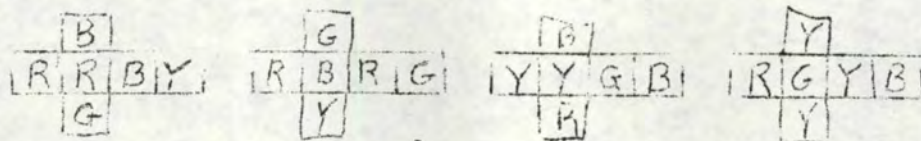
FRUSTRATION BLOCKS

Four colored cubes. See diagram below for painting schedule.



Object: to arrange the four blocks in a row with the four colors showing on all four sides. The order of the colors does not matter.

Red, Yellow Blue, Green

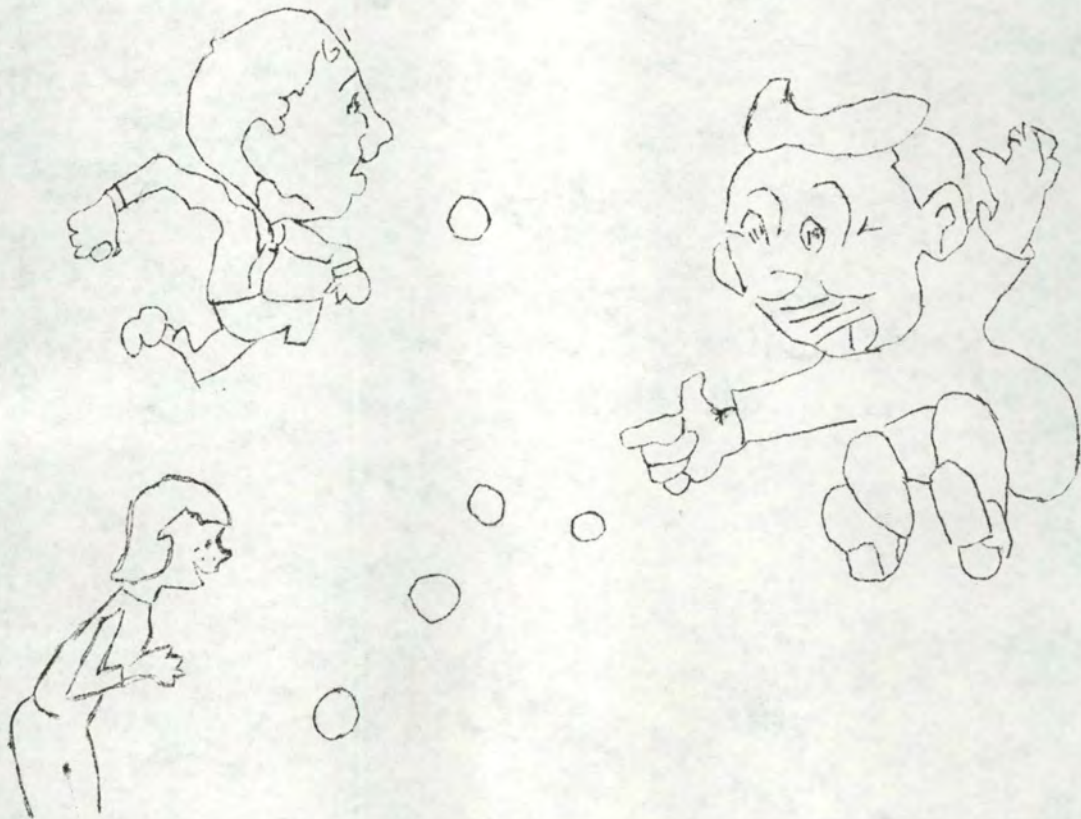




## G A M E S

Name--Bocci Ball (Italian)  
 Type--Active, indoor and outdoors  
 Number of participants or teams--2 or 4 in teams  
 Area needed--All  
 Appropriate for what ages--All  
 Equipment--9 balls or 9 rocks or 9 anything  
 Game object--contest, skill  
 Procedure--A small object (ball) is tossed out 20 to 60 feet from where you are standing. The person who tossed the little ball follows with a large ball (or object) and attempts to get as close as possible. Then the opposite team tosses one and tries to get closer to the small ball-if he fails he continues until he does or until all his balls or (objects) are tossed. Then the other team throws theirs. All there balls or (objects) that are closer than the opponets count 1 each. Game is 12 points. It is competitive, good exercise, a good way to see a new area.

Participating crew: Labbers  
 Game played when? Sunday  
 Reported by: Angelo Rovetto

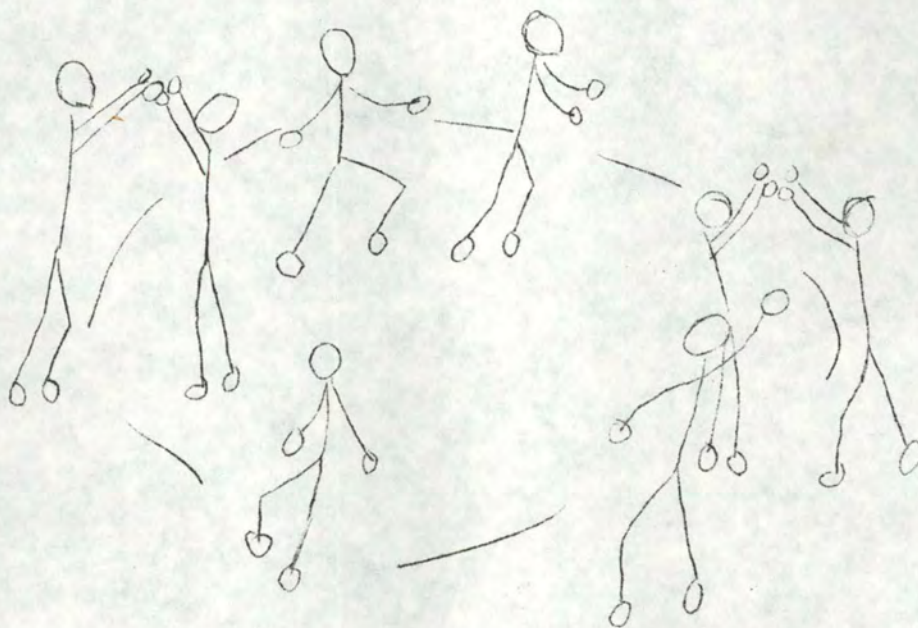




## ARCHES

A social game used for all ages. Good for mixing a crowd. No equipment is necessary. Very good for a large crowd of people over 25 in number.

A large circle is formed. Players are in single file, and travel in clockwise direction. The circle is broken by two people who form an arch, under which the music stops suddenly, and whoever is under the arch at the time is caught. He stands in the middle of the circle until another is similarly caught. These two now form another arch opposite to one already formed, and the playing continues until there are many arches formed by those who were caught. The last one to be caught is the winner.





PEANUT HUNT

Each group or team chooses an animal name and a captain. They practice their call, and then at a signal all start hunting for hidden peanuts. When a peanut is found, the team member must stand over it and give his cry until the captain comes to pick up the peanut. No ordinary player can pick up a nut. Candy, corn, etc. may be used.

-----

CATCH ME

One half of the players form a circle kneeling on the floor with clasped hands resting on the floor. The other half try to step over using any faking they can. The players on the floor quickly raise their hand trying to touch the stepper. If touched he exchanges places with the right handed kneeling player.

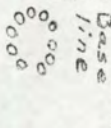
A wise addition is that all are shoeless and no watches or large rings.

-----

LEMONADE

O - Players team 1

X - Players team 2



Meeting line

XXXXXXXXXX  
Base line

\*\*\*\* Team 1 huddles and decides what trade they wish to demonstrate and where this trade would most likely to be used.

\*\*\*\* Then team 1 says - "Here we come." and they walk to the meeting line.

\*\*\*\* Team 2 says: "Where are you from?" as they walk to the meeting line.

Team 1 says: "Washington" (or whatever they have chosen to say.)

Team 2 says: "What's your trade?"

Team 1 says: "Lemonade"

Team 2 says: "Show us some".

Team 1 demonstrates the trade while 2nd. team members shout out the answers. When someone on team 2 gives the correct answer then Team 1 runs to get behind base line. Anyone whom team 2 tags before they get to base line is captured and made a member of team 2 and the whole game is started over with team 2 in the huddle meeting team 1. The team who acquires all the players of the other side wins.



# DANCING





Dancing

Bruce Elm

## ROUND DANCE

The Race Is On

Record: Belco B-221-A

Formation: Mass

Footwork: All start on left foot

Two-step to the left  
Two-step to the right  
Walk and snap

Forward, close, forward  
 Forward, close, forward  
 (Turn  $\frac{1}{4}$  to the left) Forward,  
 forward, forward, forward  
 (snap fingers between each step.)

Repeat three more times to end  
 facing original direction.

Clap step

Clap as follows, right to knee,  
 hands together, twirl hand above  
 head, left to knee, hands together  
 twirl left hand above head.

Repeat.

Ten Pretty Girls

Record: Folkcraft 1036

Formation: single circle facing, in, couples in mass, or  
 lines

Footwork: All start on the left foot.

Note: The rhythm throughout is "slow, slow, quick, quick,  
 slow."

Cross and grapevine

Point left foot across in front,  
 point left foot to side, cross  
 left behind, side right, forward  
 left.

Repeat cross and grapevine starting  
 on right foot. Repeat on both left  
 and right feet.

Walk forward

Forward, forward, forward, forward,  
 forward (the second set of five  
 forward steps should be done back  
 if done in a single circle facing in)

Kick and stamp

Kick left foot forward, kick left  
 back, stamp left, right, left.  
 Repeat starting the kick with the  
 right foot.

Repeat entire dance.



## SPANISH FLEA

Record: Spanish Flea by the Tiajuana Brass

Starting Position: Left foot forward, with both hands on right hip.

| <u>COUNTS</u> | <u>ACTION</u>  |
|---------------|--|
| 16            | Tap toe in rhythm  |
| 2             | Clap hands to hip twice  |
| 2             | Clap hands together twice  |
| 2             | Pass hands with right hand on top twice  |
| 2             | Pass hands with left hand on top twice   |
| 2             | Hit fists together twice with left hand on top   |
| 2             | Hit fists together with right hand on top  |
| 8             | "Swish" both hands to right side, then up, then both down with one on each side, then up, then both to the left side, then up, and finally both down with one on each side |
| 8 (12)        | "Twirl a rope" four counts on the right side, then four counts on the left side (eight counts on the left side on all but the first time through)                          |
| 8             | "Swim" with large arm action for eight counts, two counts per stroke   |
| 8             | "Hitch-hike" four counts with right hand starting low in front and hitching four counts up and to the right. Repeat with the left hand.                                    |
| 2             | Imitate grabbing a bug.  |
| 2             | Imitate putting the bug on your hand   |
| 2             | Imitate smashing the bug with the other hand   |
| 2             | Imitate blowing the bug away   |
|               | Start over (Dance is done four times.)   |

## SPANISH FLEA (Second version)

|    |  |
|----|--|
| 12 | Right kick, left kick, right kick<br>Grape-vine on right foot (turn 180 degrees on last kick) grape-vine<br>Repeat |
|----|--|



## JIFFY MIXER

Music: Jiffy Mixer  
 Record: Windsor 4684-A  
 Rhythm: 2/4

Formation: Double Circle  
 Position: Two-Hand  
 Footwork: Opposite

The dance is described for the man, the lady's part is the same on the opposite foot.

| Measures | Step            | Description  |
|----------|-----------------|--|
| 1-2      | Heel-Toe        | Touch the left heel to the side, then touch the left toe to the floor at the instep. Repeat.   |
| 3-4      | Side Close Side | Step to the side with the left foot, close the right to the left, step to the side with the left foot, touch the right toe beside the left foot. |
| 5-8      | Repeat          | Repeat the above starting on the right foot.   |
| 9-12     | Chug-Clap       | With both feet together, chug backwards on count one and clap on count two.<br>Repeat three more times.  |
| 13-16    | Swagger         | With four slow steps (two counts each). Swagger to the next partner to the dancer's right.   |



Round Dances

Salty Dog Rag Record: Decca 27981

Formation: Couples in promenade position scattered about the floor. All start on the right foot.

1. (Grapevine out and in) side, behind, side hop, side, behind, side, hop (progress forward) step, hop, step, hop, step, hop, step, hop, repeat
2. (Pull the girls across to the other side) fwd, fwd, fwd, hop (twirl) step, step, step, hop. (Join right hands for a wheel) step, hop, step, hop, step, hop, step, hop.
- Repeat.
3. (Heel step in place) right heel forward, together, left heel forward, together (with feet together) move heels out and in (pigeon toe fashion) stomp right, stomp left. (progress forward) step, hop, step, hop, step, hop, step, hop
- Repeat

Repeat entire dance.

Patty Cake Polka Record: Any good polka

Formation: double circle, men on inside, partners facing. Start on man's left and lady's right foot.

DANCE

1. Heel, toe, Heel, Toe  
Slide, slide, slide  
Repeat on man's right
2. Partners clap right hands  
Clap own hands  
Partners clap left hands  
Clap own hands  
partners clap both hands  
Clap own hands  
Clap own knees

3. Polka turn for four polka steps

Hillbilly Mixer Record: Hi Hat 801

Formation: Couples in semi-closed position, facint COW around the circle. Start on the man's left and the lady's right foot.

DANCE

1. Walk, walk, step close step  
Repeat beginning on right foot
2. Side point, side point, side point, side point  
(away and together from partner, face partner on last point and join both hands)
3. Side, together, side, swing (right foot swings across left foot)  
Repeat starting on the right foot
4. Back away from partner four steps
5. Walk forward four steps to the dancer to the right of your partner

Repeat dance with new partner.



CHANGING FORMATIONS

The activity listed in each square may be used to get a group from the formations listed in the left hand column to each formation listed across the row at the top.

|               | Single Circle | Double Circle             | Threesome                       | Line or Lines | Mass         |
|---------------|---------------|---------------------------|---------------------------------|---------------|--------------|
| Single Circle |               | Finger # mixer, follow me | Musical madhouse                | Caboose       | Clap-mixer   |
| Double Circle | Make a Basket |                           | Popularity                      | Grand March   | Back to Back |
| Three-some    | Conga         | Girls Play Finger Arith.  |                                 | " "           | " "          |
| Line or Lines | Chain Line    | Split Conga               | Musical Madhouse or Forfeits    |               | Spiral       |
| Mass          | Bunny Hop     | Snowball, Follow me Then  | Follow me to circles Popularity | Chain Lines   |              |

\*\*\*\*\*





DANCING

BRUCE ELM

GOOD TIMES

Square dance

Do-sa-do your corner, it's back to back you go.  
 Come back home and swing your own, it's round and  
 round you go  
 Go allemande left boy and weave that big ol' ring  
 Walk in and out until you meet your own

You do-sa-do your own little girl, back to back you know  
 Swing that corner round and round then promenade her home.  
 Good times are coming just you wait and see  
 Good times gonna come again way down in Tennessee.





## SOMEBODY ELSE'S DATE

Blue Star 1557

INTRODUCTION CLOSER

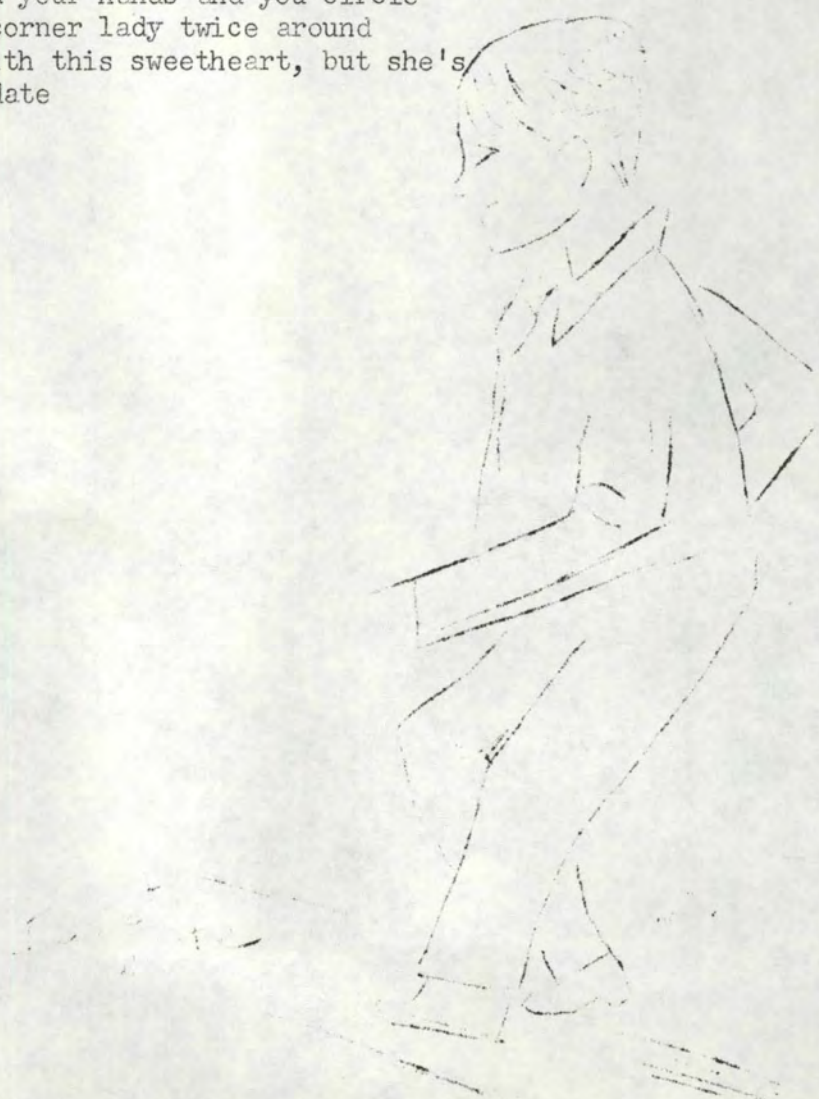
You all join hands and you circle  
 Circle left around the ring you go  
 Allemande left grand around the ring you roam

When you meet with your maid you promenade her  
 Take you lady right back home and swing  
 You swing awhile with your sweetheart  
 'Cause she's nobody else's date

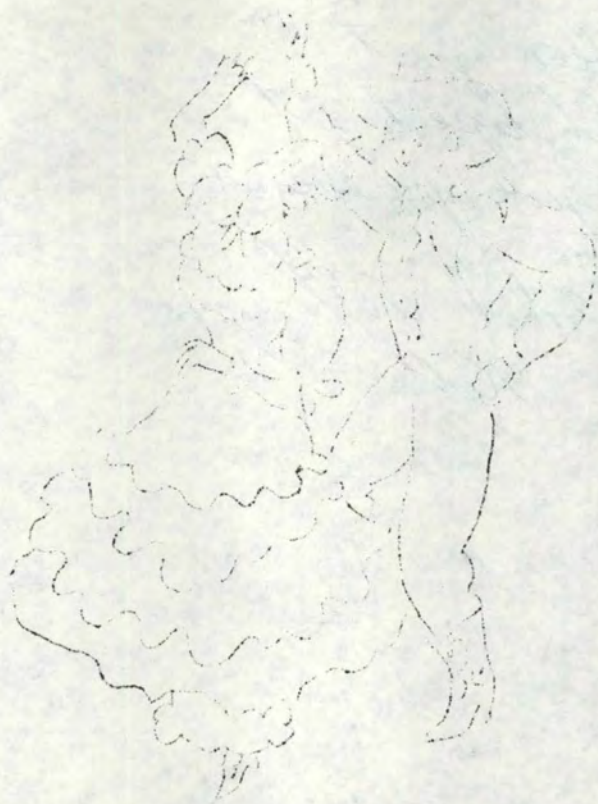
FIGURE

Head two ladies chain right on over  
 Head two ladies chain back again  
 Do-sa-do your corner, come back and find your own  
 Swing your honey once or twice around

Well you all join your hands and you circle  
 Then swing your corner lady twice around  
 Then promenade with this sweetheart, but she's  
 Somebody else's date







CHASE THE RABBIT

All join hands and circle to the south.  
 Let a little sunshine in your mouth.  
 Ala-men left with the ole left hand.  
 Meet your partner with the right left grand.  
 Meet your partner and promenade home.  
 First couple out and the couple on the right.  
 Chase that rabbit, chase that squirrel.  
 Chase that purty girl around the world.  
 Swing the corner as you come around.  
 Same old gent with a brand new girl.  
 Chase that rabbit, chase that squirrel.

(Through four times) ala-men left with the ole left hand.  
 Meet your partner with the right left grand.  
 Watch this one now.  
 Meet your partner with a double elbow.  
 Keep on hooking all the way around.  
 Meet your partner and promenade home.  
 You know where I don't care, take her to a rocking  
 Chair.









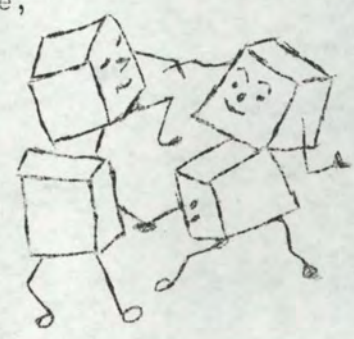
TEXAS STAR

Big foot up and little foot down.  
 Swing your partner around and around.  
 Ala-men left with the ole left hand.  
 Meet your partner with a right left grand.  
 Meet your partner and promenade home.  
 Ladies to the center and back to bar.  
 Gents to the center and form a star.  
 With the right hand across.  
 And how do you do.

Left hand back and how are you.  
 Skip your partner and pick up the next.  
 Gents swing out and ladies swing in.  
 Cross hands and go on again.

Ladies swing out and everybody swing.  
 Circle eight till you get straight.  
 Ala-men left with the ole left hand  
 Meet your partner with a right left grand.

Meet your partner and promenade home.  
 (Go through dance four times) then,  
 Meet your partner and promenade home,  
 You know where and I don't care.  
 And take her to a rocking chair.

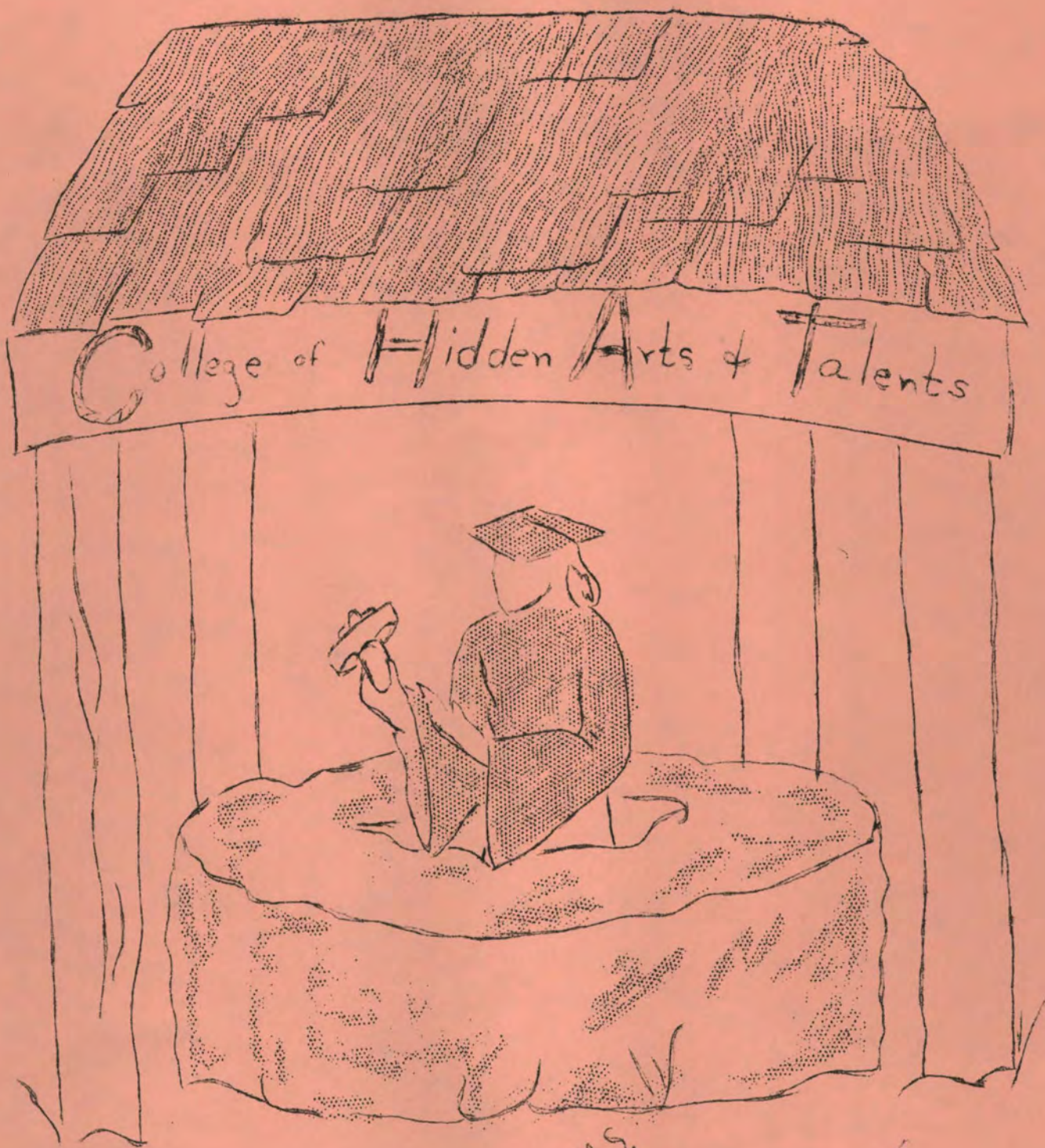


LADY ROUND LADY

All join hands and circle to the south,  
 Let a little sunshine in your south.  
 Ala-men left with the ole left hand.  
 Meet your partner with a right left grand.  
 Right left tee, right left toe.

First couple out and couple on the right.  
 Lady round lade, gent follows.  
 Lady round gent, gent so lows.  
 Circle four in the middle of the floor.  
 Dosey doe little boy blue.  
 Chicken in the breadpan pickin out dough.  
 On to the next...





V.A.S.

M.S.

Ph.D.

Ph.D.

B.A.

B.S.



## C.H.A.T.

(College of Hidden Arts & Talents)

Each person is a resource in that we all have something we can relate to others.

I am only one, but I am one.  
 I cannot do everything, but I can do something.  
 That which I can do, I ought to do  
 And that which I ought to do, by the  
 Grace of God I WILL DO.

Author Unknown.

The phrase---"but I can do something" is the basis upon which this means of pooling our talents was used. Each person (professor) was given a card on which they wrote down their name, what one thing they would like to present in 10-15 minute class (discussion on goals, demonstrations on crafts, back packs, bread making, changing a tire, a workshop type, etc.) and where their class will be held. The "dean" of the college gathered the cards and compiled the schedule, a two hour block of time had been set aside for these classes to be held in the afternoon. The schedule that resulted is as follows.

|           |  |  |   |
|-----------|--|--|---|
| 1:30-1:45 | Nature Study<br>Dwight<br>Stump by Tipi          | Art of Food Prep.<br>Angelo--Kitchen<br>Magic Tricks<br>John--Stump by<br>Wishing Well | Directional<br>Discussion-Beaz<br>Wishing Well    |
|           | Jewelry Making<br>Billie Marie<br>Front-Rec Hall |  |   |
| 1:45-2:00 | Poetry<br>Patty<br>Meadow                        | Autoharp<br>Ruth--Dining Hall  | Games & Game Boards<br>Clarence<br>Craft Building |
|           | Goal setting<br>Alice<br>Wishing Well            | Story Telling<br>Little Bill<br>Tipi   |   |
| 2:00-2:15 | Bead jewelry<br>Virginia<br>Craft building       | Rhythm Instrum.<br>Leila, Notebook<br>room   | Yoga<br>Allen<br>Meadows                          |
|           | Backpacking<br>Brad<br>Wishing Well              | Wood jewelry<br>Lilian D.<br>Dining Hall   |   |
| 2:15-2:30 | Plaster Molds<br>Elaine<br>Dining Hall           | Fire Building<br>Stew-Front of<br>Chow Hall.   | Macrame<br>Debby<br>Notebook steps                |
|           | Self eval.<br>Sonia                              | Muscle Flex &<br>Arm Wrestling   | -Bruce<br>-Dining hall                            |
| 2:30-2:45 | Plastic flowers<br>Lois-Craft<br>Building        | Swedish Weaving<br>Jean-Carft Bldg.  | Calling Dances<br>Steve-Rec. Hall                 |
|           | Rafting<br>Joan<br>on the dock                   | Meditation on great<br>things Doc Roc<br>Wishing Well                                  |   |



At the start of each class the "dean" rang the buzzer as a signal to change classes. At each time change the labbers were either a professor or student and had a time to do their thing.

EVALUATION: We felt the classes were all too short-we'd just get gathered and barely started when it was time to leave. At least half an hour for some would be better, while some classes were designed for 10 minutes.

Some labbers wanted a repeat of the same schedule because they couldn't go to all the classes.

Also--this might be more effective even yet if this were to take place on Monday, rather than Tuesday. There may have been more than 25 participating professors.

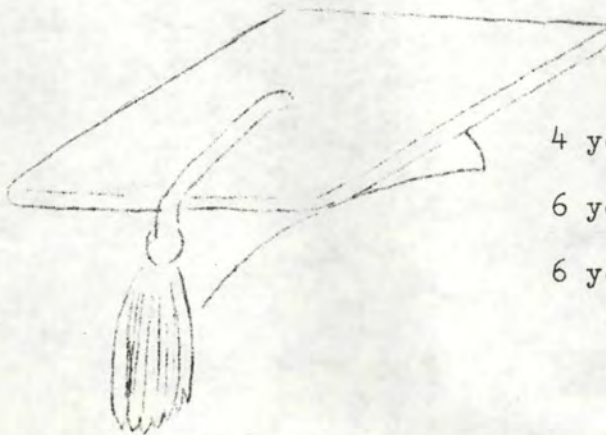
He how knows not, and knows not that he knows not,  
                   is a fool,          SHUN HIM  
 He who knows not, and knows that he knows not  
                   is a child,          TEACH HIM  
 He who knows, and knows not that he knows  
                   is asleep,          WAKE HIM  
 He who knows, and knows that he knows  
                   is wise,              FOLLOW HIM

"From the Persian"

### THREE THINGS-----

Three things there are that never come back:  
 The arrow shot forth on its destined track;  
 The appointed hour that could not wait;  
 and the helpful word that was spoken to late.

"From the Persian"



### COLLEGE DEGREES

4 years-- B.S. --Bull. Sh--  
 6 years-- M.S. --More of the same  
 6 years-- Ph.D --Piled High  
                   & Deeper



## DEFINING YOUR GOALS

by Professor Alice Berner

Characteristic of a goal--

1. Flexible
2. Attainable
3. Realistic
4. Concrete
5. Measureable
6. Beneficial
7. Set in advance (written down-dated)
8. Idealistic
9. Shared with others -- committment.

Goals should be set within the framework of your purpose.

The important thing is to decide what you want to do--then do it. Your interests and values will determine much of what you do, exerting some control over your more immediate goals.

Immediate or short-range goals may be trivial (go and have the car serviced tomorrow). Remote or long range goals are often more vital.

It is important to project your individual goals in ways that demand action--

Plan a week-by-week program for action, including relationships with others and your own physical fitness.

Plan your week on the Friday before the actual week.

Live in "daytight" compartments. Don't let yesterday's failures affect your today, and don't let tomorrow's anticipated situations worry you out of today's achievements.

A method of establishing your goals -- daily. Have a notebook or cards that you date and divide in half vertically. On one side write "Imperative" and on the other side write "Important". Do this every night before you go to bed and remember these daily goals will fit your weekly goals set for the week.

As you accomplish the goals listed on the Imperative side then move the Important goals not accomplished to the Imperative side.



Defining your goals cont.

Example:

May 19, 1972

Imperative

Important

Board meeting - 6:15  
 Discussion  
 Group planning  
 Fix hair  
 Write material for notebook

Begin getting tyings ready  
 for packing  
 Make a sample of Marge's  
 guilt block.

As each goal is accomplished cross it off. If you should finish your Imperative list then start on the Important list.

This will take time, persistence and work, however, if you do this for several months and keep your book or cards and evaluate your goals, time spent on them and your accomplishments, you will be very surprised.

You will probably discover that you have accomplished many more of your goals than anticipated and most important, you will learn a great deal about "YOU".

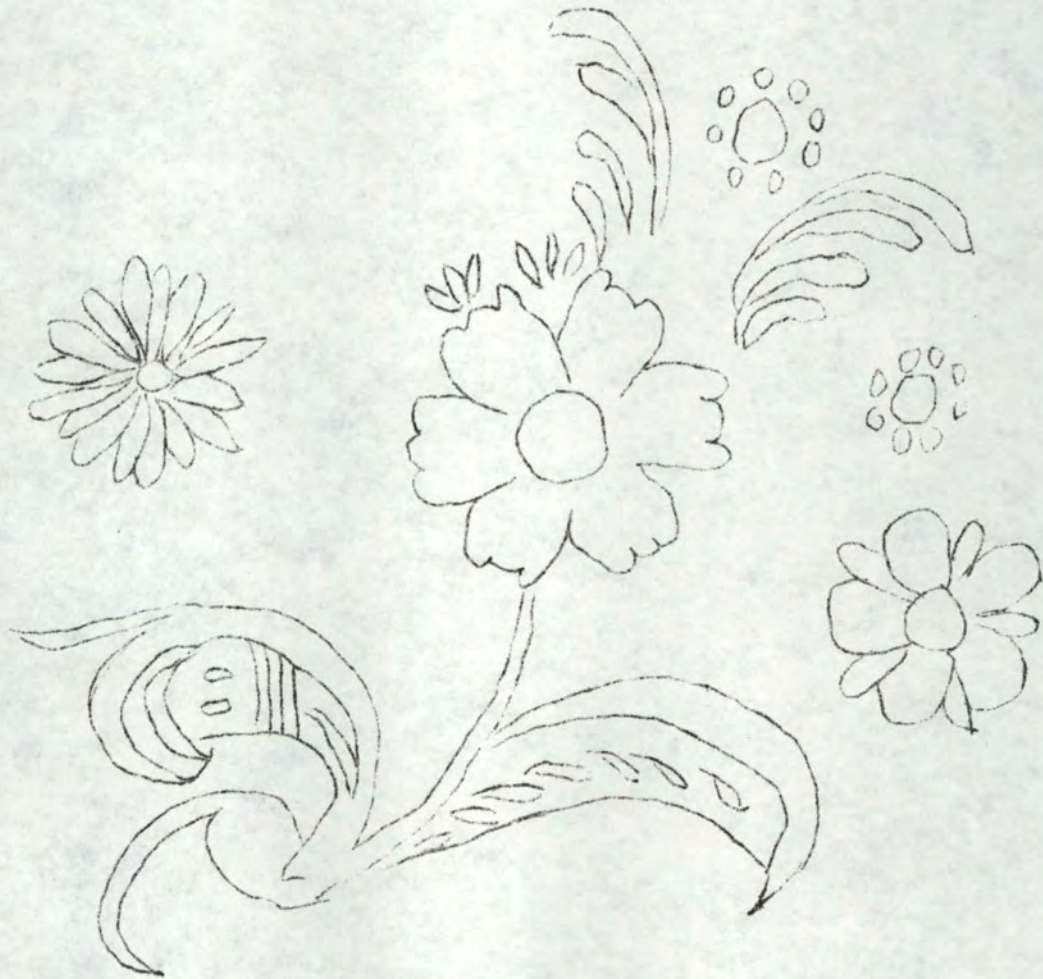




## P O E T R Y

Professor pt barnum

we gathered at the meadow for inspiration. we each wrote down thoughts as they came to us for a skeleton poem. as we had a thought, we would write down a word or two to remind us of it, and the main concern was to get a lot of different images to work with. then, after about 10 or 20 images, we stopped, read it over, and began transposing words to form poetic images. the first thing in writing poetry is to overcome a fear of writing something "too wierd", but Chat people should have no problem with that hurdle. we all seem to act wierd quite freely. in order for writing to be peotry instead of prose, it must transmit a message by other than straight-talk means--either by structure and verse; by original, stimulating images, by metaphor, or tension. (the breaking of a line in free verse poetry other than at an ordinary pause) and usually a combination of these. when you write--let go and write. experiment, enjoy!!





## INTRODUCTION TO THE AUTOHARP

PROFESSOR RUTH MUNSON

History: an instrument over 90 years in use presently being revived in some areas.

Some of the advantages of its use:

1. Moderate cost--\$30-\$60 (Sears catalog price includes brief instructions and a record to aid in tuning)
2. Portable and sturdy
3. Will hold tune longer than most others.
4. Simple to learn to play--for all ages.
5. Used for personal pleasure and group participation.

Some disadvantages:

1. more complex to tune than guitar, bango, etc.
2. for group use--if other instruments are used, they have to be tuned to autoharp.
3. Limited to 12-15 cords only.

Who can learn to play it? Anyone who can hear and who likes the sound of music.

No knowledge of note reading necessary.

Positions for playing: on the lap, on the table, cross-armed or straight, appalachian style--"cradles" in arms--(most convenient for me for varied styles.)

Few styles of playing

Simple strum: such as 1,2,3, beat, or 1,2,3,4,  
 Up and down strum: to vary speed and irregular tuning  
 Finger picking: to emphasize melody or varieties of expression of song.

Best source for instruction I have found:

Books:

The many ways to play the Autoharp

Volume 1 \$2.00

Volume 2 \$2.00

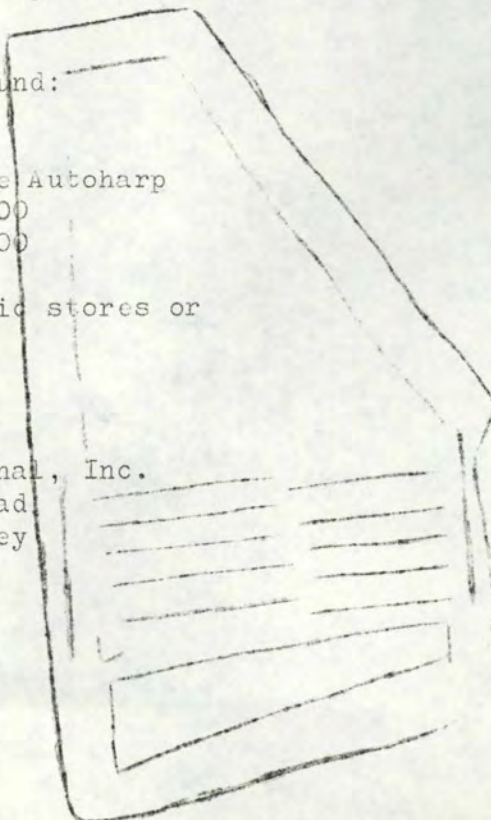
Obtainable in larger music stores or ask them to order them.

Or order direct from:

Oscar Schmidt International, Inc.

Garden State Road

Union, New Jersey





## THE ART OF COOKING

By Professor Angelo  
Rovetto

Put faith in what you are preparing and don't be bound by the recipe book use it as a guide-you will be surprised how much you already know about cooking and what goes together, this is the secret, (what goes together).

The other is the beautiful use of Butter (who is from Wisconsin?). Butter is more than something to prevent food from sticking to the pan. Butter is a condiment. Butter is a seasoning. Butter has sustenance for man:

Melted butter--a sauce for all butter vegetables (artichoke, chard)

Old Golden Butter--a sauce for asparagus, etc.

Almost Burned Butter--a sauce for Cauliflower, potatoes, etc.

There's even a  
recipe for happiness in here  
"EAT OUT"





## PROFESSOR LITTLE BILL'S STORY TELLING TECHNIQUE

You are about to read about something that has never been put in print before. Little Bill has over the years developed a story-telling technique that has been quite effective for him and if it will help you tell better stories for entertainment purposes you are welcome to use any or all of the following suggestions:

When telling a story be sure to make it sound possible, so there might be some doubt as whether it is entirely fictitious. I never start a story with "Once upon a time", as this immediately tells the listener that the story is a fairy tale in some form. Any story told by me starts "many, many years ago..." or "a long time ago when I was just a small boy...". This indicates that what I am about to tell could possibly be believed even if the next sentence proves a fairy tale is evolving.

Always be enthusiastic when relating to a group, as if you sound like a robot who has been programmed to tell stories, you will get about as much reaction as a robot could expect. Use facial expressions, hand gestures, and above all use voice control to express yourself as enthusiastically as possible, this gives the impression that you actually believe the story yourself.

Use variations of old stories that are tailor made to fit the occasion, i.e. take an old fairy tale and "jazz it up a little." Included in these variations are completely original stories that again are made on the spot to fit the occasion. Perhaps you are asked to introduce an activity with a short story (maybe five minutes or so) and you might only have a few minutes to prepare. Get an inspiration and make the story up as you tell it. Sometimes this can get very interesting and become a real story that you can use on other occasions.

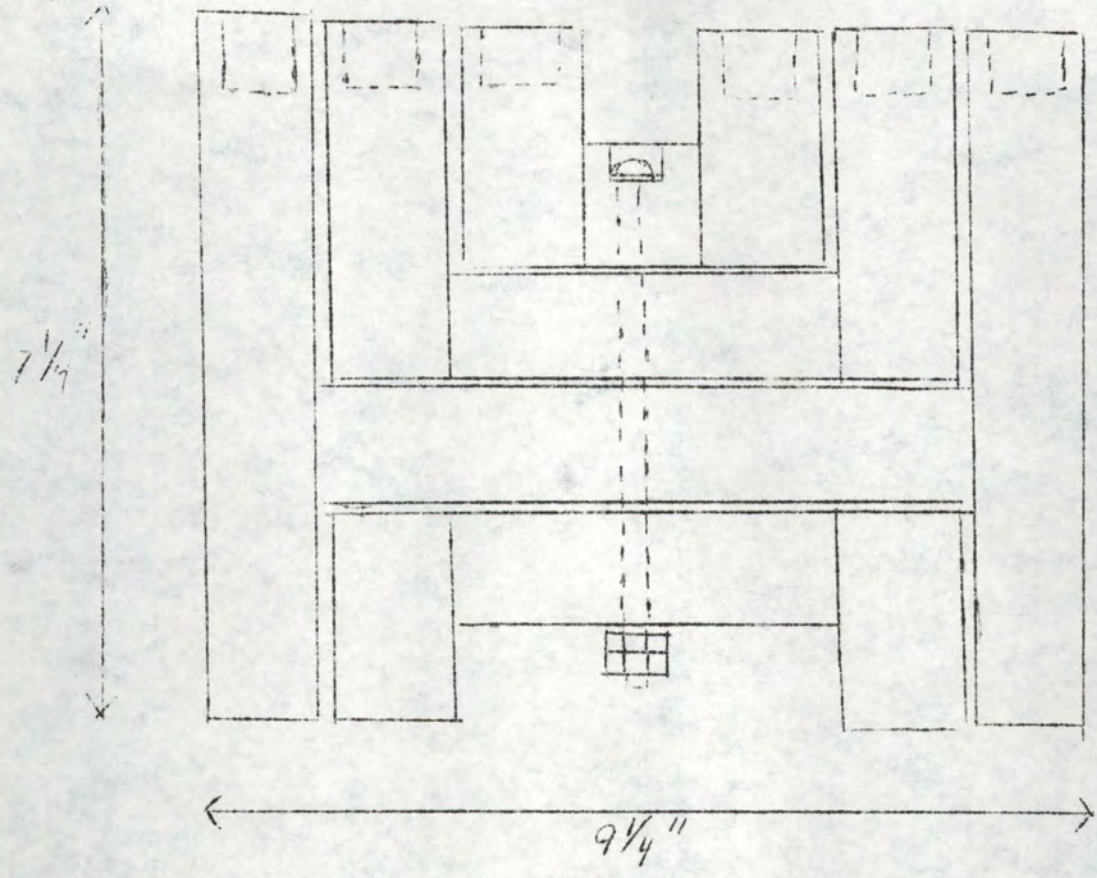
Above all relax, or at least make the audience think you are relaxed because if you are all tense and tight your presentation will fall flat.

With these previously untold secrets obtained from Professor Little Bill himself for this publication, we hope that you will have a very enjoyable story telling experience.





FOLDING CANDLESTICK  
(Clarence Stephens)



- Wood 1 1/4" square
- 5" X 1/4" round Head bolt
- Washers and two nuts
- Drill holes 7/8" for candles

Candle cups can be ordered from:

Gager's Handicraft  
 3516 Beltline Blvd.  
 St. Louis Park, MN 55416

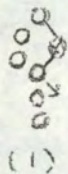




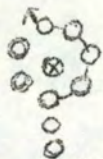


Professor Virginia Heppe

## DAISY CHAIN



(1)



(2)

String 2 green beads and 4 yellow and 1 seed bead. Bring needle down through 1st yellow bead on chain--put 3 yellow beads and bring needle back through last yellow bead. Continue until you reach desired length.

I have found that to my own satisfaction, that Nymo thread works the best. The only place I found this is at a Tandy store. Many books call for to use No. 8 thread and use Bees wax on it or nylon fish leaders. So one can use what suits themself best.





BACKPACKING

Professor  
BRAD BRADLEY

NORTHWEST ALPINE GUIDE SERVICE  
P.O. Box 80041  
Seattle, WA 98108  
RO 2 - 5165



Personal Equipment List--No list can possibly be all inclusive or exclusive-only one person's guide based on past experience. This list has been developed over many years backpacking with family, youth, and adult groups in the Cascades and Olympics.

Ten Essentials

- 1) Whistle 2) Map 3) Compass 4) Flashlight 5) Extra Food and Clothing 6) Fire Starter 7) First Aid 8) Pocket Knife 9) Sunburn protection-cream and glasses 10) Waterproof matches

CLOTHING

DITTY BAG

- (1) Wool pants, shirt, sweater
- Long underwear-wool, fishnet, waffle-weave or duo-fold
- Nylon wind breaker
- Waterproof poncho or rain suit
- Wool socks-Austrian thermal, Ripon thermal stretch, Wigwam Norway, Norwegian Ragg, Knicker socks.
- Rain or wind pants, chaps
- Wool hat - toque or watch cap
- Brimmed hat (sun protection)
- (1) Wool mittens
- (2) Long sleeved cotton shirt
- (2) Shorts
- Optional
- Gaiters
- Walking stick
- Down parka, sweater or vest
- Light weight camp shoes

- Steel mirror - Carborundum stone
- Extra shoe (boot) laces
- Clothes pin - Emery board
- Ball point pen - Whistle
- G. I. can opener
- Candle & matches in plastic bag
- Compass-liquid filled Silva on neck cord
- Nylon cord-light weight-about 50' in plastic bag
- Plastic soap box with soap
- Dark glasses - Dark goggles
- Matches - Pocket knife
- Fire starter-2 film cans with chemical charcoal starter
- Salt pills & aspirin
- Flashlight - Extra batteries
- Extra Bulb
- x Facial & toilet tissue in plastic bag

(1) Leave these home in July and August; substitute (2).

OTHER ITEMS

- Candle lantern
- Off
- Map case w/maps and trail instructions
- Extra candles
- Squibb Rezifilm surg. spray
- dressing for blisters
- Extra food

FIRST AID KIT

- Triangle bandage
- Roll gauze 1" & 2"
- Adhesive tape 2" Band-aids 6
- Butterfly band-aids 8
- Safety pins 3
- Molefoam 1 pkg. - Zinc oxide
- Gauze pads 4-4" x 4"
- Needle & thread - razor blade
- Aspirin 12 Antiseptic salve
- Antiacid 6 Antihistamine 4
- Salt tablets 6
- Phisohex soap 1 oz.



Mountain climbing requires additional equipment-- and personal skills if it is to be done safely.

A Climbing Code

- A climbing party of three is the minimum, unless adequate prearranged support is available. On crevassed glaciers two rope teams are recommended.
- Carry at all times the clothing, food and equipment necessary.
- Rope up on all exposed places and for all glacier travel.
- Keep the party together, and obey the leader or majority rules.
- Never climb beyond your ability and knowledge.
- Never let judgement be swayed by desire when choosing the route or turning back.
- Leave the trip schedule with a responsible person.
- Follow the precepts of sound mountaineering as set forth in textbooks of recognized merit.
- Behave at all times in a manner that will not reflect unfavorably upon mountaineering.

from THE DREAM by Gaston Rebuffat

To become a mountaineer one must not only learn to climb; one must learn to understand mountains. Mountaineering is one of the finest sports imaginable but to practice it without technique is a form of more or less deliberate suicide.

----it is like a well regulated ballet, with the roped climbers all in their respective places.

Route Classification

1. Walking; shoes helpful
2. Scrambling, using hands; boot desirable
3. Easy climbing, somewhat exposed; rope should be worn
4. Moderate climbing, very exposed; belaying essential
5. Difficult climbing, very exposed; pitons or other anchors used to protect the leader
6. Extremely difficult climbing; pitons and other equipment used for direct aid
7. Impossible climbing--overhanging sand dunes--  
--supernatural aid required.

Climbing Equipment List

Clothing

- Lug soled boots
- Parka with hood
- Wind proof mittens
- Extra wool mittens

Equipment

- Rucksack or summit pack
- Ice axe
- Water bottle
- Climbing rope--goldline or perlon
- Sling ropes or webbing

Carabiners

- Belay ring
- Hard hat
- Crampons
- Belay gloves
- Rescue pulley
- Prussik slings
- Brake bar
- Descending rings
- Wands



## HIKING BOOT SELECTION AND CARE

by Professor Bradley

The selection of the proper pair of hiking boots will play a large part in whether you enjoy your hiking experience. A boot should give your feet the protection and support they need without too much weight.

Construction of the boot is important. A lug sole is a must for good traction in mud, snow and on rock. Too many of the lug soles on boots today are made of a rubber that is too soft and will not last long enough. Vibram soles are one of these. Maco 2 is a much better sole. This firm sole is the platform you walk on and if it is not firm, it will not protect your foot from bruises. The lug sole should be attached to a leather sole rather than directly to the uppers.

Uppers should be of heavy enough construction to withstand brush and rock abrasion. They should have as few seams as possible to improve their waterproof qualities. Generally the fewer pieces of leather used in the upper the better quality it is. Some boots have smooth outsides and others the rough outside. A smooth outside will waterproof easier, but it will also scuff with use. The rough outside will not show scuffs but is more difficult to waterproof but with materials now available this is not much of a problem. Today the better value is more often found in the rough exterior. Padding and linings in the boot can give you extra comfort. Beware of too much padding as it will tend to make the boot too warm in the summer heat.

Proper fit, once you have decided on the boot you want to buy, becomes most important. Poor fit will mean blisters, discomfort and miserable trips. Remember that when you are hiking with a pack on your back you will not wear the same socks you use everyday and your feet will swell and need more width so do not get boots too narrow. Take the socks you wear hiking with you when you go to fit your boots. To get the proper length of boot. Put the boot on but do not lace it up. Then slide your feet as far forward in the boot as possible. There should now be just room enough to put one of your fingers down between your heel and the heel of the boot. When you find a boot that fits this way then lace the boots up snugly so that your foot is firmly held against the back of the boot. Try walking-- the boot will be stiff but your heel should not lift at the heel very much. Next find a place that you can kick, your toe must not touch the front of the boot when you are doing this. If it does, your boot is too wide.

When you take your boots home, you should waterproof them before using them. The best waterproofing I know of is "Sno Seal". This is a wax base that will waterproof without softening it too much. Do not use oil base water-



Hiking boots cont.

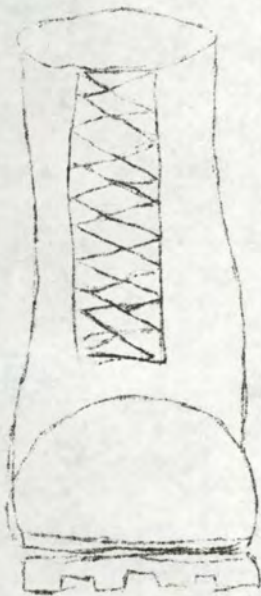
proofing on hiking boots because the oil softens the boot uppers too much and in time the oil turns rancid and rots the leather. The best way I know to apply "Sno Seal" is to apply it liberally to the surface of the boot and then use a heat lamp (held in your hand) to melt the wax until it soaks into the leather. Do not use the lamp any longer than necessary as excess heat deteriorates the leather. Repeat this after each hike until you have three or four applications and waterproof boots. After this you should only need to do this after every six or eight trips.

Break in your boots slowly. Wear them around the house and yard or down to the store. Then take them on short hikes. Do not take a long hike until you are sure the boots are ready. Always have some molefoam handy and do not hesitate to use it.

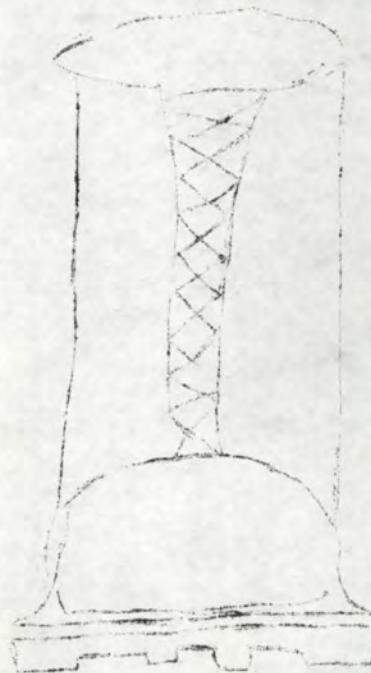
When you return from a hike, clean your boots and if wet do not put away until you properly dry them. To dry them wipe with paper towels and leave them out in a room where normal living temperatures are maintained and there is plenty of air circulation. Putting them on boot trees prevents warping.

I hope these notes will be of some help to you.

Good Hiking!



POOR



GOOD

Boot Construction



## FROM END TO END IN THE WILDERNESS

by Professor Bradley

The twin problems of what kind of food to take on backpacking trips and how to cook and dispose of waste in the wilderness are very real problems. Most people give much thought to the first problem and too little to the second. The following notes do not do justice to the subject but perhaps can be of some help to you.

Generally, there are three sources or types of food; freeze dried, dehydrated and fresh. These can be additionally divided into food that must be cooked and food that can be eaten without cooking. On extended trips one becomes concerned with weight. So the first two types are used extensively, but on weekend forays I usually depend on fresh food. Cost per serving is also a factor and you can be sure that freeze dried is the most expensive way to go and fresh food the most economical. Never experiment with new food on your trips--try it out at home first. This assures you of two things--food you like and the proper size portions.

Keep your meals simple. There are many tasty one pot meals that can be cooked easily and quickly. Cooking time becomes increasingly important when considered in terms of carrying fuel. By packagin your own food at home you can give great variety to your diet and make many inovative dishes. Who ever heard of having a spaghetti dinner made from:

Lawry's Spaghetti Sauce--very little cooking  
 Freeze dried mushroom--no cooking  
 Dried tomatoe juice--no cooking  
 Dried cheese--no cooking  
 Chinese bean threads--very little cooking

This can be prepared much quicker than normal spaghetti and while I would not claim it is as good neither would I refuse it. It is light weight, nutritious and filling.

Mountain House freeze dried foods are pre-cooked and only need boiling water added (5 minutes reconstituting time on most items) to be ready to eat. In an emergency, they can be eaten as is with no water added--but drink plenty if you do this.

Breakfast is a meal with many choices and here are a few of our choices:

Start--Orange and other flavors packed to make one quart. It will never replace orange juice for me--except on the trail.



In the wilderness cont.

Dried Tomato Juice--Richmore brand--Very good--  
makes one quart

Instant cooked cereals--We add raisins for sweetening.  
Some brands are individually packaged and only  
need hot water added.

Richmore Dried Eggs--(Bacon Bar-brand x) can be  
added--come in several varieties including some  
with bacon all ready in, but I prefer to add my  
own.

Swiss Miss chocolate drink requires only hot water.

Hot tea and Jello is our standby at both breakfast  
and dinner.

Lunch and snacks are always eaten without cooking  
on our hikes-- and the variety is endless:

Gorp--peanuts, raisins, chocolate chips

Salami or Thüringer--Hard kind that will keep without  
refrigeration-consult your butcher.

Cheese-crackers-jam (in plastic tube)

Cherry tomatoes--grapes--any small item that will  
travel in wide mouth plastic jar.

Candy--Favorites in summer are mint cake, wintergreen  
leaves, gum drops, lemon drops, Christmas hard candy,  
jelly beans---in the winter-chocolate, mint cake

Wylers Drink--All ready has sugar in it.

Dinner is our main meal so we usually stop early enough  
to fix it and enjoy it. Lettuce will last several days  
for toss salad along with carrots, celery, cherry toma-  
toes, avacados (before they replaced crown jewels) to  
start the meal. Favorite salad dressing in plastic  
bottle.

On weekends we take fresh meat by freezing in portion  
cuts several days in advance. It is thawed by dinner  
time.

Mountain House or Tea Kettle freeze dried dinners,  
and Lipton dinners. Make your own starting from dried  
soups, small cans of fresh or dried meats, dried vege-  
tables, macaroni, rice and noodle packets that have  
flavorings (spices) and other items all ready added.  
Use your imagination.



In the wilderness cont.

Dried dinners available in outdoor stores--Richmore is my favorite brand, but I am sure there are many other good ones available. These require more extended cooking time but help give variety.

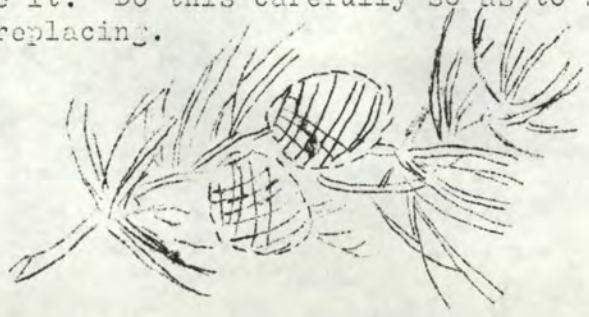
For that extra something--try a Richmore Blueberry Cobler or Fudge Brownie Mix--or a cheesecake.

A few years ago, I was talking to a friend about wilderness hiking and he expressed the thought that we were rapidly losing our wilderness--what the loggers were not getting the campers were. And that is so true. With more and more people taking up backpacking every year it is becoming increasingly difficult to have a wilderness experience. The people pressures have already ruined much of California's Sierras and parts of Washington's Cascades and Olympics. Unless we change some of our past concepts the next generation will not be able to have a wilderness experience--even in Montana!!

So let's consider what we can (must!) do. No more fires--denudes the area of naturally downed wood and destroys wilderness environment. And old fire places with charcoal and blacken rocks don't add much to the beauty. Do your cooking on small propane (Bluet) or white gas (Svea, Primus, Optimus and others) stoves. It is actually easier cooking. Pack out all packaging materials. This includes all paper covered foil, foil, cans, plastic and in many cases paper if it is too wet to burn completely. I see no great problem in burning the small amounts of completely burnable waste as long as you do it in an area where it will not be destructive to the environment.

Waste water from washing yourself or dishes should be thrown into bushes or other area not used by campers (on a steep bank) at least fifty feet from camp and one hundred fifty feet from any open body of water. Small food particles will deteriorate rapidly or be eaten by insects, birds or wee beasties. If you plan your meals properly you should not have left over food--if you do, do not bury it because the wee beasties only dig it up.

Human waste falls into three catagories liquid, solid and fiber. At camp designate a spot and dig a hole six to eight inches deep--other dimensions depend on party size and length of stay. The hole is made this depth so that bacteria in surface soil can quickly deteriorate it. Do this carefully so as to save surface sop for replacing.





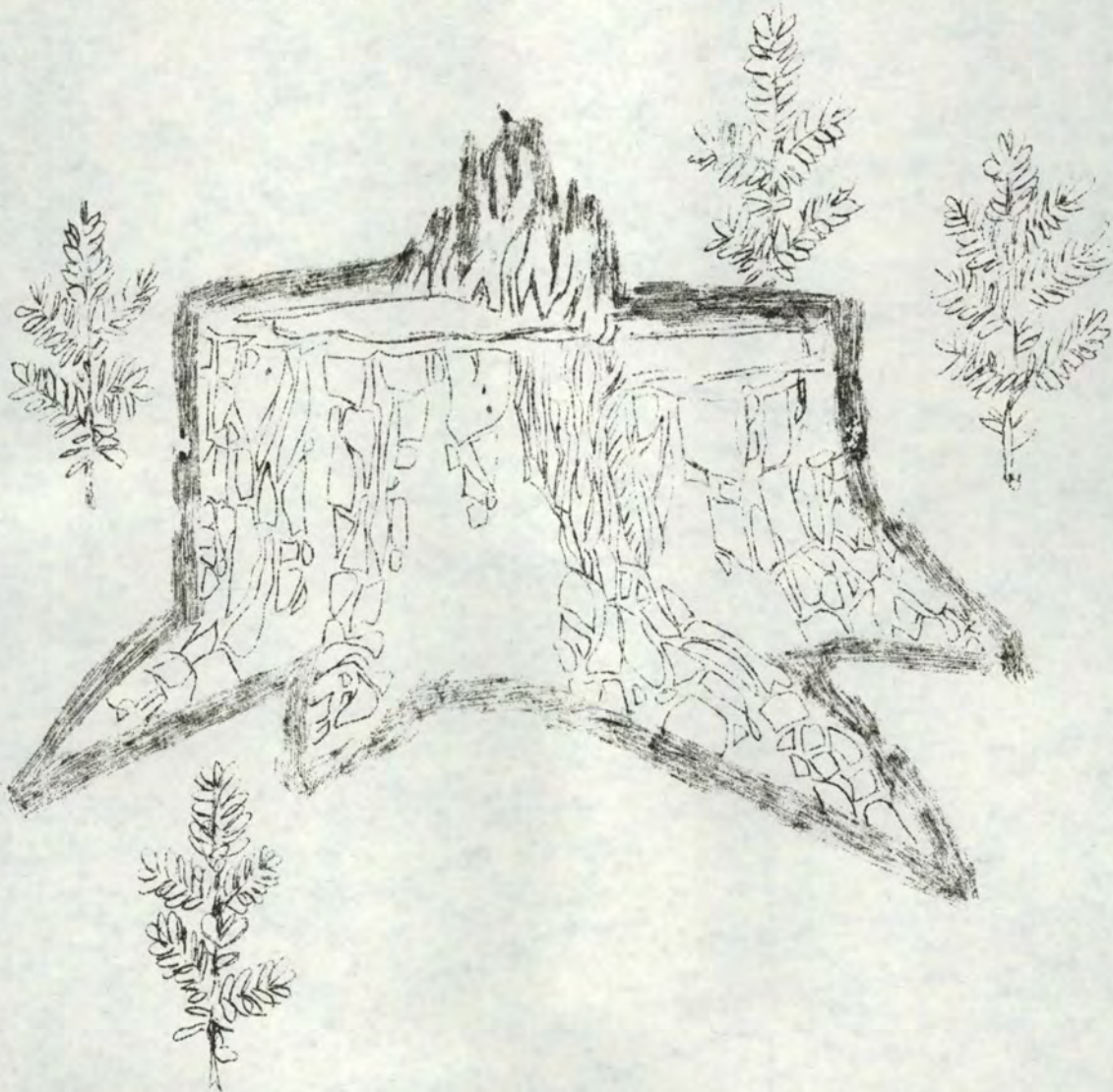
In the Wilderness cont.

Use this for both liquid and solid waste. This area should be at least one hundred fifty feet from any open body of water and camp. Bear in mind that it should be that distance from any area that others are likely to camp in. On the trail you do not need to dig a hole for liquid waste in you follow the above rules on distance and in addition, go at least fifty feet from the trail, but do dig a hole for solid waste.

The pads used by women during the menstrual period are made of fibers that do not easily breakdown so they should be packed out to be disposed of them at home. My wife and daughters use individual plastic bags placed in large plastic bag to prevent odors. At camp in bear country they treat this in the same way as food--hang it in a tree away from camp.

REMEMBER--If you were strong enough to pack it in you are strong enough to pack it out empty!

Leave only footprints--take only memories and photos.





"RHYTHMS & RHYTHM INSTRUMENTS"

Professor Leila Steckelberg

Ella Jenkins is a stimulating artist who directs workshops in rhythm, showing young people and adults how they can blend many instruments into interesting rhythms together. She loves to work on rhythms for international understanding with young people. She believes that using sounds as a basis to start, more people can be encouraged to sing together in groups, both teenagers and adults.

Ella attended Chatcolab two years. It was quite evident that she loves people and people in turn love her. I have found her records to be very effective with "kids" from 2 to 102. The ~~myth~~ instruments may be home-made very easily and inexpensively. Part of the instruments we used were a 30 pupil Rhythm Band set including small cymbals, tambourines, maracas, triangles, jingle clogs, sleigh bells, castanets, and castanets, tone blocks and mallets, wrist bells and rhythm sticks. (Cost \$26.40)

Records used: Folkways Records and Service Corp., 701 Seventh Ave., New York, NY 10036.

- F.C. 7665 Play your Instruments and Make a Pretty Sound.. Ella Jenkins leads elementary schoolers in 10 of her own rhythm and activity songs. Children experiment with simple percussion instruments and hear traditional jazz instruments.
- F.C. 7664 You'll Sing (etc.)

Other Works by Ella:

- E.C. 7656 Season For Singing....a listen-take part immediately record.

Songbooks: Oak Publications, 33 West 60th Street, New York, NY 10023 The Ella Jenkins Song Book for Children. This is a Rhythm Oak Publications

- F.C. 7308 Rhythms For Children (call-and-respons); chants and rhythms with Ella Jenkins and school children; rhythmic group singing.
- FI8273 Adventures in Rhythm...with Ella Jenkins and her Rhythm Workshop; designed for children and adults; excellent for activity improvisation and participation.
- F.C. 7652 This is rhythm...children are introduced to a variety of rhythm instruments, rhythmic songs and chants and to the meaning of rhythm...1-12" L.P.
- F.C. 7653 Rhythms of Childhood...this record explores the rhythms in nature (songs about trees, birds, water), rhythms in dance and rhythms of far away places 1-12" L.P....



(CONT. RHYTHM INSTRUMENTS)  
Prof. Steckelberg

F.C. 7654 American Negro Folk and Work..Song Rhythms  
Ella Jenkins and the Goodwill Spiritual Choir  
present Negro history in rhythms and songs  
1-12" L.P....

F.C. 7655 Songs and rhythms from Near and Far..  
gives children an experience in traveling to  
different countries of the world and helps  
them to be aware of the many ways of travel..  
1-12" L.P.....

F.C. 7057 Rhythm and Game Songs for the Little Ones..  
stimulating creative activity among the children;  
some spontaneous responses. Also good resource  
for "Head Start" teachers.. 1-10" L.P.....





What You Need:

- Woods-good idea to have slices ahead and preforms while a saw is available
- Findings-chains, jump rings, leaf rings, key chains and rings, etc.
- Sanding Sticks (popsickle sticks with fine sand paper glued to them) or emery stick.
- Sanding squares (very fine garnet paper cut into small squares)
- Boiled linseed oil

Choose an interesting wood, slice in approximately 1/4" slices. Cut fomr cardboard or paper a form you would like to do and use this as a pattern to cut the piece from the slice of wood with a jig-saw. Pre-sanding may be done a belt sander to refine roughness. Then use your popsickle sander to sand very smooth. Use a square (1 1/2" x 1 1/2") bit of very fine garnet paper to do the final sanding. Then using your hands LOVE the bit of wood until it is like satin, (rubbing the oil from your hands, hair is called loving.) You may also use a drop of boiled linseed oil for this. Finally either drill a hole for a jump ring or glue a leaf ring in place and attach a chain or key ring, or glue a pin to the back and you have a beautiful piece of jewelry.

Some pieces may lend themselves to other decorations as a cap containing a small polished stone to be fastened to the center--or perhaps a small gold initial on a tie tack type peg.





## FIREBUILDING NATURE STYLE

by Professor Stewart White

## Materials:

Yourself  
 The woods  
 Three (3) matches  
 Heavy Knife

1. Look around and collect a large amount of "squaw" wood. This is the dry dead branches and twigs found on the lower parts of big trees and the ground around them. Use only dry wood (it will give a distinct snap when broken) as the dryer it is, the better it burns. Dry needles (Pine or fir) also work well.
2. Using the smallest twigs make a small "teepee". (Figure 1 or "log cabin" Figure 2. Leave a small hole in the bottom for the match to go in.

Fig. 1

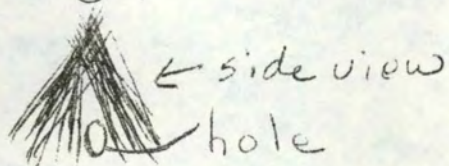
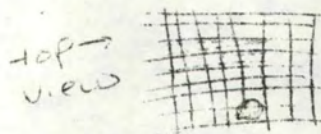
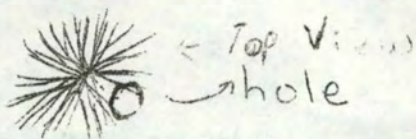


Fig. 2



3. If pitch deposits can be found on trees nearby, place a lamp of this in the area below the twigs.
4. Light the pitch or squaw wood with preferably one (1) match and slowly add larger twigs.

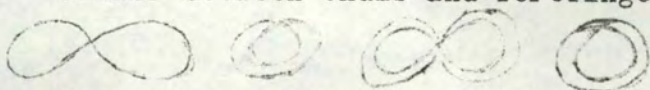
YOU NOW HAVE A FIRE!



Plastic Cleaner Bag Carnations

Professor Lois Stephens

Cut cleaner bags or plastic tubing into 24" lengths. Gather between thumb and forefinger. Double the loop

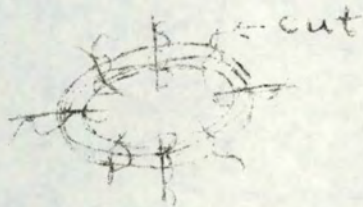


twice.

Loop pipe cleaners in small wires



to divide it into fourths. Cut between wires with pinking shears. Fluff blossoms by striking them against edge of table. Wrap stems with green floral tape.



Cost--about 1 1/2¢ a piece to make.





## YOGA

by Professor Allan Berner

Yoga can be helpful to both the body and the mind. People of all ages can practice it. It does not wear you out and make you tired like many exercises, but instead it can wake you up or relax you and at the same time makes you think better.

With an everyday habit of 15 to 20 minutes, you will have a more vigorous body, a clearer mind, be able to loose weight and still be in great condition at any age.

Books on Yoga can be purchased in most book stores if you are interested in learning more about it and how to practice Yoga.

Try it, you'll like it!!!





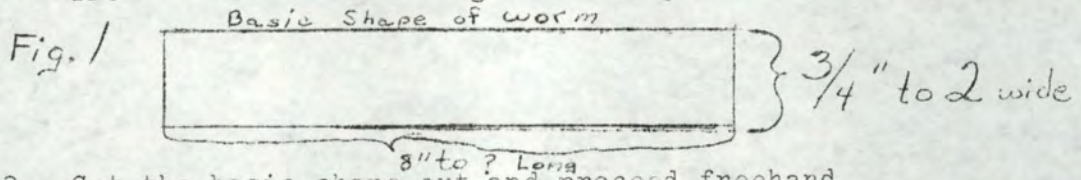
WOOLY WORMS

Professor Stew White

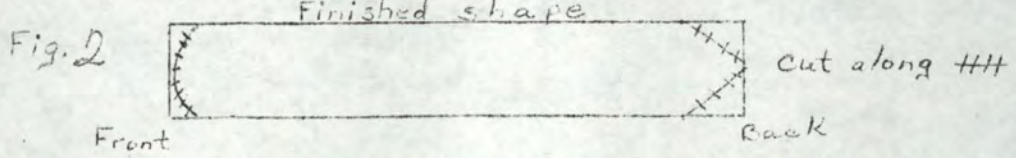
Materials:

- Sewing Scissors (Art scissors)
- Ruler and Pen
- Clean sheep pelt (any color)
- Stiff brush
- 1 pair of eyes/worm
- Elmers Glue

1. With sheep pelt laying wool side down, lay out basic shape of worms. (Fig. 1)  
The worms are 3/4" to 2" wide and vary in length from 8" to the full length of the pelt.



2. Cut the basic shape out and proceed freehand to cut the finished shape. (Fig. 2)



3. Using a stiff brush (or comb) comb the wool towards the Back end of the worm. (Fig 2)
4. Place the eyes on the front end (woolside) of the worm where you want them. Glue the cys on.
5. Wait until glue dries. Lay the worm pelt side down on a piece of cloth and lightly brush with hand from front to back.





## FLOATING ON RAFTING ON RIVERS

by Professor Joan Smith

We will soon be taking a group of young people down the Missouri. I have one of our official Missouri Float Manuals with me at Chat this year and not everyone had the time to look at or see my demonstration down by the lake. So for you I write this.

From three previous Missouri float trips as well as floats on numerous rivers this is based. We use three man rafts or six man rafts on the Missouri. This trip is rich in history, you may see big horn sheep, deer and antelope. We take short scenic hikes to vantage points and historical sites along this route. You will discover what a river looked like at the time of Lewis and Clark in 1805 for the river has not essentially changed since that time. You can fish for paddlefish sauger, or northern pike. There are any number of things to do on this type of trip.

One thing above all, we learned on our first float in 1967 was to keep our gear dry as much as possible. It took us one week to learn how to keep our gear dry on land, keep it covered when it is going to rain. It took us three years, and a real crisis to learn how to keep our gear dry while floating---the use of platforms not only prevented our rafts from having bottoms cut but it also kept our gears and other material high and dry. Cardboard, pasteboard, and other paper wrappings are worthless in rainy weather whenever exposed. Labels coming off cans that get wet lead to unscheduled pot-luck meals, such as chicken ravioli for breakfast and other assorted delights. You should devise some method of identifying all canned goods in case the labels do peel off. A waterproof marking pen can solve this problem, partially wrapping each meal separately and identifying helps-- a different color wrapper for each type of meal, for example. Handling your gear carefully when loading and unloading and keeping it secured properly when ashore will also help.

Your chief problem in packing gear is to keep it dry, once it gets wet you have some real problems. Take plenty of time to do your packing--two days or even three are advisable. If you do this job in a hurry you are inviting trouble on the float. Watch sharp cornered objects that might cut into your plastic. You might not be able to replace the plastic wrap for your platform if it gets torn. Care in handling is in order, a 2 1/2 to 3 gallon water container per person should be sufficient.

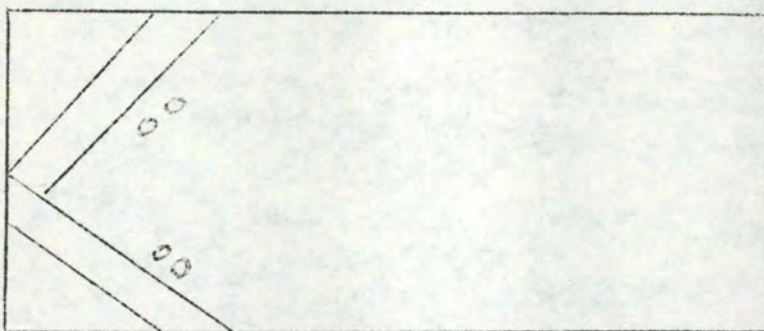


Floating on rafts cont.

Raft Platform:

- Purpose: 1. To keep gear off floor of raft.  
2. Keep gear high and dry.

Cut out of plywood so that it spans both sides of raft. Should be cushioned to prevent sharp wood cutting into raft. Use U-joints to fasten on to side ropes of raft. Plastic is used to cover gear on platform.



Life preservers must lie on the raft readily available.

Swimming is under adult supervision for safety reasons. No raft should pull ahead of the pilot raft. If this happens, pull up and wait for the pilot raft to take the lead. The pilot raft is your guide.

Do not send out distress calls unless it is a real emergency. Campers should be fairly close to each other at least in sight. Young men and women will camp separately. Neither will be permitted in each other's areas at certain designated times.

Campfires, if any, should be located in safe places watched at all times, and put out thoroughly.

No solitary hiking can be permitted. A minimum of three per hiking in a group is required and an adult preferably along. If a fire arm is to be used, an adult must be along. Respective leaders should know what your hike plans are.

There is no set time for sleeping at night but if your companions are tired and want to sleep early--be considerate. Plan to get up about around 7:00 in the morning if the distance to be rafted is long that day.



Floating on the rafts cont.

You may need three hours to eat breakfast and load your raft! No camp site is left until cleared by a leader's inspection. This applies to the entire group.

Get enough sleep nights. Lack of it on a long term trip can make you sick. You can not waste your water. Some river water is badly polluted and the tributaries coming in are no better. The Missouri is aptly named the "Big Muddy" and this is due primarily to natural pollution. In addition, to the supply you should a canteen, which is kept outside the pack but hanging from it or trailing in the river to help keep it a little cooler. This water is used to make Kool-aid and other beverages at lunch time. If the weather turns extremely hot, watch your intake of water carefully. Over drinking will simply increase the amount of sweating and your body may suffer from an excess of salt loss. It is important to have salted items in your menus or salt to season your food. If you grow uncomfortably hot while in the raft, use moistened towels (river water) to help keep cool. A hat in hot weather where little if any shade is available is a big help.

Equipment:

- Raft- four person in a six man R ft
- Saddle- about 4 1/2 feet in length
- No. 10 tin cans- for cooking
- First aid- supplies to take care of emergencies
- Snake bite kits
- Twine
- Drag ropes- to attach to the stern of each r ft, about 20' in length.
- Shake Sticks about 6' in length.
- Platform assembly
- Sunburn lotion
- Hand Pumps for pumping up the rafts
- Raft Patching materials
- Plastic visqueen type, two large pieces. One to wrap crew gear and one for emergency shelter on the raft if it rains.

River Rat Terminology (Missouri version):

- River rat-- an experienced rafter on many different rivers.
- Rapids--has its own peculiar meaning on the Missouri. During the high water they are usually undetectable. During low water they indicate shallow places on the main channel. They present no serious problem to rafts.



Dear Lucia  
You are the fire that  
keep's all of us going and  
the book this year is very good.  
We put so much of your self  
into Chats. God Bless

You,  
With a lot of  
Love  
Joan



Floating on rafts cont.

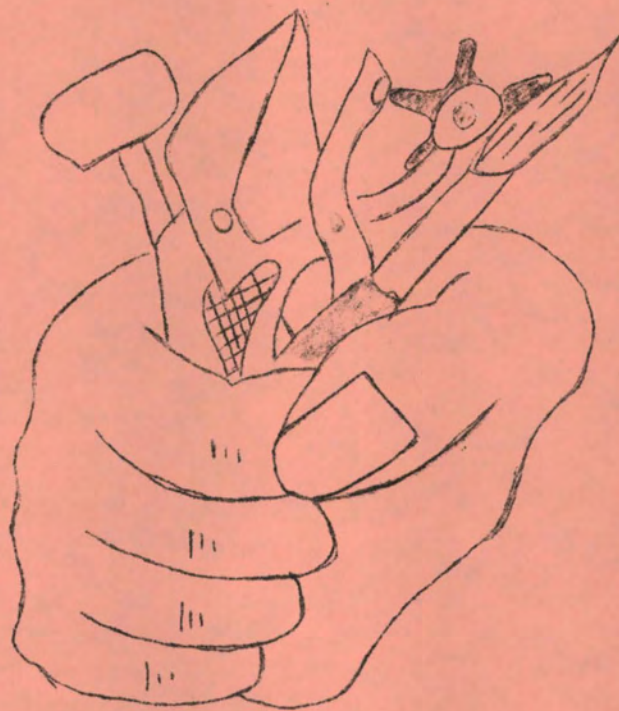
Bayou- Rather slow moving almost still water off the main channel of the river. Often ends in a dead end for that reason should be avoided.

Chute-- a gully, usually dry but in early summer, small muddy streams may issue from them.

Drifting--allowing the raft to go with the main current without the use of paddles for power or steering. On most parts of this expedition it is best to drift with the main current but having one person ready to steer if the raft gets too close to the bank.



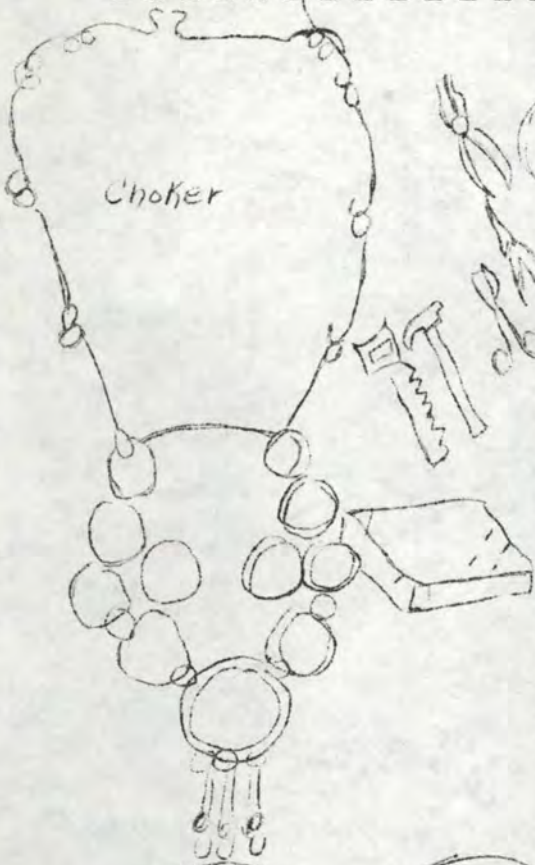




CRAFTS



Billie Marie Studer



Materials:

Wire: 14-16-18-20 gauge wire, 8 to 12 feet per project  
Galvanized or Black cheapest: 1¢ per foot in coils...Anneal to soften  
Soft copper wire in spools or coils 2¢ a foot at hardware stores.

Beads; steel wool, tape, abrasive carbide-sandpaper, lacquer

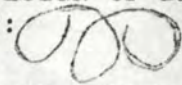
Tools: Ring-nose pliers or needle-nose pliers or narrow-nose pliers, nippers, small hammers. Hand-gas-torch opt. (to soften worked wire)

Jigs: Can be a pin, bit of doweling or a small pipe for wrapping circles same size. Block of wood with grooves notched with saw-blade helps novice craftsman keep links straight.

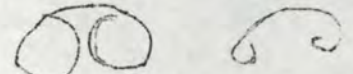
INSTRUCTIONS:

Make a rough drawing showing size of circles to analyze number of pieces, coiling plan. Tape tips of pliers to prevent scratches on wire.

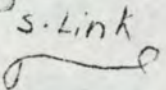
BASIC DESIGN OF DECORATIVE INTERTWINING CIRCLES:



BASIC LINK DESIGNS  
Jumprings

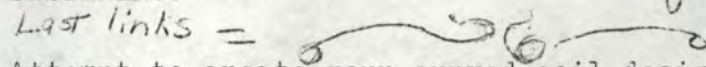


S-Link



s-link

FASTENERS:



Attempt to create your curved-coil design the first time with pliers as wire becomes brittle if bent more than twice and will break. If pattern is complicated by intricacy or skill problems, then wire must be coated with fire-scale-off paste and completely heated to blue or barely rosey hue then dipped in water and rubbed clean with steel wool or dipped into diluted sulphuric acid solution with tongs while hot...to restore color, This annealing softens wire for reworking-easier manipulation.

First Step

Bead



NOTE:

Allow 1-2 hours per project in camp setting. Bracelets are smaller and quicker to produce. No two designs will appear alike. Use hatchets or axe for pounding surface but polish surface or flaws will spoil-roughen pounded metal pieces

CREATE DECORATIVE BEAD SUSPENDERS--  
Or Plain Pendants.

Hammer end of 2-3inch wire to spatulate. Thread on bead then attach to appropriate part of design by hookin other end loosely then squeezing loop gently closed.

Spray finished copper jewelry-bracelet, necklace with lacquer to retain metallic shine.



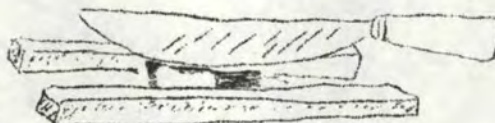
# MINIATURE FIGURES FROM WOOD & PLASTIC BEADS

## GENERAL DIRECTIONS:

Small wooden beads can be split in half fairly easily. Glue two pieces of wood (such as popsicle sticks) to a cutting surface. The space between them should be just wide enough to accommodate the bead. Lay the bead, with the hole straight up, on the cutting surface, and press with a knife across the grain of the wood.

\*Use Super-Thick glue to glue the beads together. You cannot make if you use any of the white glues that run.

\*Use acrylic paints, such as Liquitex. These do not run, and they enable you to do Toothpick Painting.



## GLUEING:

Whenever possible, slip a round toothpick into the figure. This will provide you with a handle to hold while glueing and painting. Use the tip of a toothpick to apply the glue to the tiny surfaces to be joined.

## PAINTING:

Use a tiny, good quality brush whenever you are covering a large surface, such as the entire bead. **WASH THE BRUSH IMMEDIATELY** if you are using acrylic. Plain water is fine between color-changes, but use a little detergent in the water of the final clean-up.



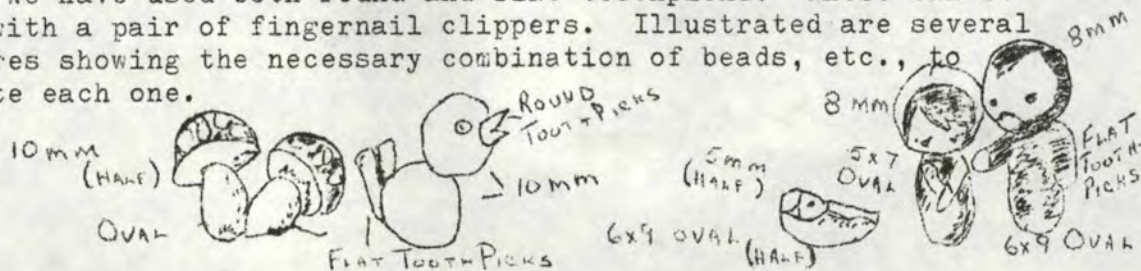
ALL DETAILS ARE PAINTED WITH THE TIP OF A ROUND TOOTH-PICK. If you use acrylic paint, you will enjoy the Toothpick painting.....dip the tip of a round toothpick into acrylic paint, press small colored dots onto your figure. Five small colored dots surrounding a yellow dot will make an adorable flower. Eyes, stripes, "lace", "embroidery", and other details can be added in this way.

## BEADS:

We have used 10mm (3/8") and 8mm and 5mm round beads, together with 6x9mm and 5x7mm oval beads and 5mm square beads.

## TOOTHPICKS:

We have used both round and flat toothpicks. These can be cut with a pair of fingernail clippers. Illustrated are several figures showing the necessary combination of beads, etc., to create each one.









## "BREAD DOUGH" MUSHROOMS

(Jean Baringer)

Recipe for the Special Formula:

Trim crust from slice of bread. With your fingers (or toes if you prefer) work 1 tablespoon of Elmers Glue into bread slice, until evenly mixed and it pulls away from fingers easily.

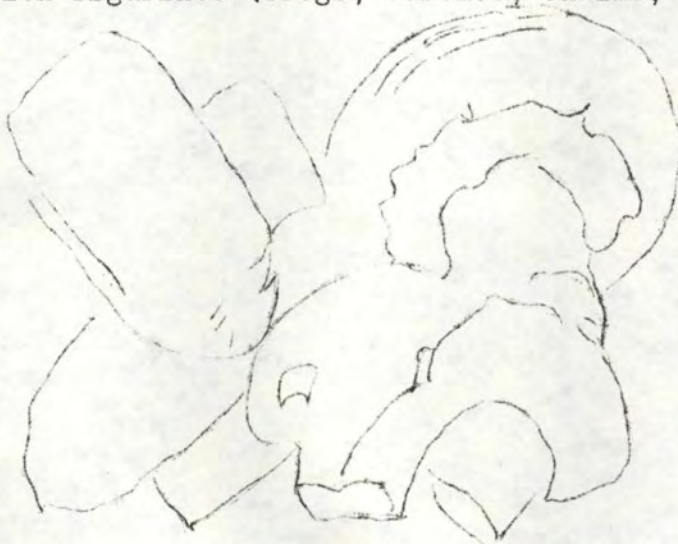
Cut 2" or 3" lengths of thin wire (or a pipecleaner). Make a tiny hook at one end. Pull off a piece of dough and make a "worm" in your palms about as fat as a pencil and 1½" or 2" long. Push wire through dough "worm". With a toothpick or fingers make ring or markings. Push dough up hook.

Pick off a ball of dough about the diameter of a large pea. Squish the ball and curve in the palm of your hand. Put this cap on top of the stem. Allow to dry overnight.

To color, use a small amount of oil paint and a dot of linseed oil. Brush on with brush and wipe off excess with cloth.

These may be used in----

- a terrarium
- a "glass setting" with moss
- in combination with bead characters
- with figurines (frogs, turtles, snails, etc.)



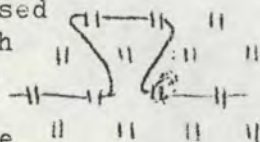


# Huck Weaving

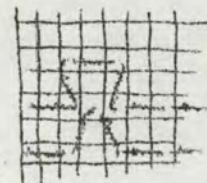
Jean Baringer

Huck-style weaving done on a variety of smooth-textured fabrics opens up possibilities for designing many new patterns. The basic huck weaving stitch is used, with stitches being taken through the material, picking up a few threads of the fabric pattern to form the design. A wide range of effects can be achieved by using different materials-checks, dots, tiny-patterned fabrics.

The technique used for embroidering designs on various fabrics is basically the same as huck weaving. However, since the fabrics are generally smooth and have no raised threads to work through, the stitches are taken through the material, picking up a few threads and not through the huck fabric. The embroidery thread between these tiny stitches forms the design. Good fabrics to use are diagonal or square checks, dotted Swiss or other dotted cottons, fabric with very close patterns in even or alternating lines, waffle pique or monk's cloth.



Any huck weaving border chart can be used to embroider designs on checked fabrics, dotted Swiss, pique, or other tiny-patterned material. On checked fabric like gingham, for instance, every other check represents one stitch. On fabric with a pattern of smaller checks, every fourth check would represent one stitch. To work on dotted Swiss, use each dot, because the dots are placed in the same position as the pairs of prominent threads on huck. On waffle pique, the stitches go through the raised threads of the pique, but not through the fabric, just as in regular huck weaving.



One advantage of using patterned fabrics, rather than huck, is that because there are no vertical raised threads to work through, the stitches can be made in any direction. Therefore, corners can be turned and designs worked both horizontally and vertically. Design your own corners to go with a straight huck weaving design.

The size of the finished design will vary depending on the size of the checks or dots of fabric used. When working on a two-colored check, the design can be made small and compact by working first the row of stitches in each check of one color across and next row of stitches in alternate checks of other color in next row. To enlarge the design work stitches in alternating squares of one color for the first row and in alternating squares of other color in next row. On one-color checks, work the first row of stitches in every other square and the second row of stitches in alternate squares of next row. Dotted fabrics usually have rows of alternate dots, but



the size of the design will vary with the spacing of the dots. When planning a definite size for an article such as a place mat, there will be more or less repeats of the border design around all sides depending on the size of checks or spacing of dots in the fabric. Work the repeats of design and corner as nearly as possible to size planned.

Since it is difficult to determine the exact size to cut fabric for finished article with corner motifs, it is best to leave the fabric uncut until the first row of weaving is done. Begin weaving at lower right-hand corner of fabric. Follow the bottom row of chart from corner repeating design along side to next corner, turn chart and work corner. Continue around all sides or as many sides as required.

Huck or Swedish weaving is usually done on the wrong side of the material where the prominent threads will be found in pairs across the width of the material.

Choose either a perle or 6 strand when you make huck-a-weave designs. Perle is used in single strand and 6 strand can be used in 3 or 6 strands depending on pattern and quality of the huck used. Also, embroidery floss can be used.

Patterns are started at the center (which is found by counting the double threads across the huck, or carefully folding) so that borders are even and pattern will be properly spaced.

Use a blunt point tapestry needle in size from 18 to 22. Thread needle with a length of thread 2 to 2½ times the width of material.

Working from right to left pass thread under the two center loops and draw half way through. Follow pattern to the edge. Rethread needle with remaining half of thread and again working from right to left follow the pattern to other edge.

Work all rows (from center out) or use first row as a guide and work from border to border. Always work from right to left as a change in direction will show up in a finished piece.

Be careful to follow the illustration. Wonderful shading effects can be obtained by starting with Dark Shades Top and Bottom followed by working lighter shades toward center of design-do this all the way across design width.

Finishing: Pass ends of thread over last loop at edge of material and back thru 2 or 3 loops of pattern and clip close.



HUCK STITCHES

Figure Eight or Cross Over

In order to show areas of more solid color within the patterns a cross-over or figure 8 stitch is used.

To make the stitch:

1. Weave the thread under a pair of prominent threads from the right (Fig 1).
2. Weave thread under the pair of prominent threads directly above this pair, also from the right (Fig 2).
3. Return to first pair of prominent threads and weave through again, from the right (Fig 3)

Above Figs 1, 2 and 3 we give you the modified diagram of these stitches.

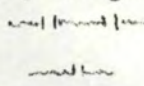


Fig. 1.

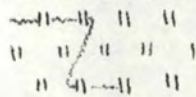


Fig. 2.

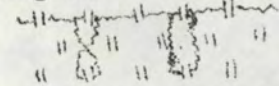


Fig. 3

Other patterns, are worked by carrying the thread upward directly above the starting pair from the same (right) side. This is also one in the reverse or downward direction. (Fig 4a).

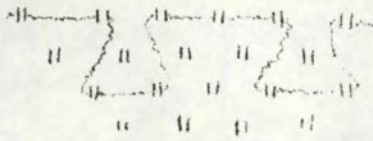


Fig. 4a

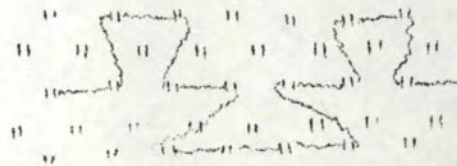
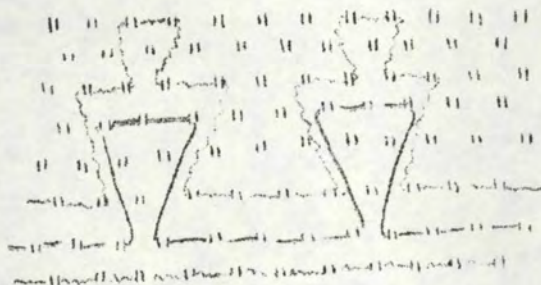


Fig. 4b

Slanted lines are made as in the above, except that pairs of threads not directly above each other are used. Care should always be taken to weave from right to left through the prominent threads of the huck. (Fig. 4 b)



*a good starting design.*

*You can make up your own stitches too — Be creative!*



Materials needed: 1 yard of 1/2" manilla rope  
 1 yard of 16" or 18" gauge wire  
 Heavy duty sewing thread  
 Felt--white & black or choice  
 of colors  
 About 10" of metallic cord  
 Black and colored sequins  
 2 small containers such as Downey  
 bottle caps (for baskets on  
 saddle of donkey)

Equipment needed: Ruler or tape measure, darning needle, single edge razor blade, regular & pinking shears, wire cutter or needle nose pliers, glue and pins. Cut out all but eyes with pinking shears.

Directions: Cut rope into two (2) 10" lengths and one (1) 15" length. Cut wire into two 8" lengths and one (1) 10" length. Tie one end of each leg (10") firmly, one inch from end by wrapping with heavy duty thread, several times. Tie one end of longer (15") rope 5" from end. Carefully unwrap one strand of rope from end to tied end. Insert wire in groove, then very carefully rewrap rope strand, holding firmly and twisting as you wrap. Tie one inch from end. Repeat with other pieces.

For head: Fray rope by rapping sharply on edge of table or other firm object. Using darning needle to even the fringe. Fray other ends with needle. Fold longer frayed ends back over rope to form head, tie one inch from end. Glue felt bands over each tied section. Sew center of legs to body using heavy duty thread until firm. Place felt over body section to form saddle. Wire under these (or cardboard) will make them hang straight up and down. Hang baskets on each side of saddle. Trim with sequins.

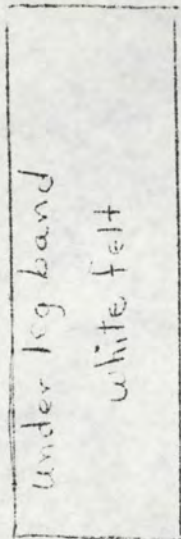
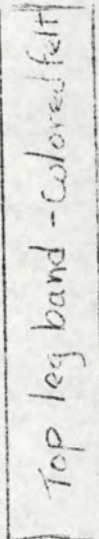
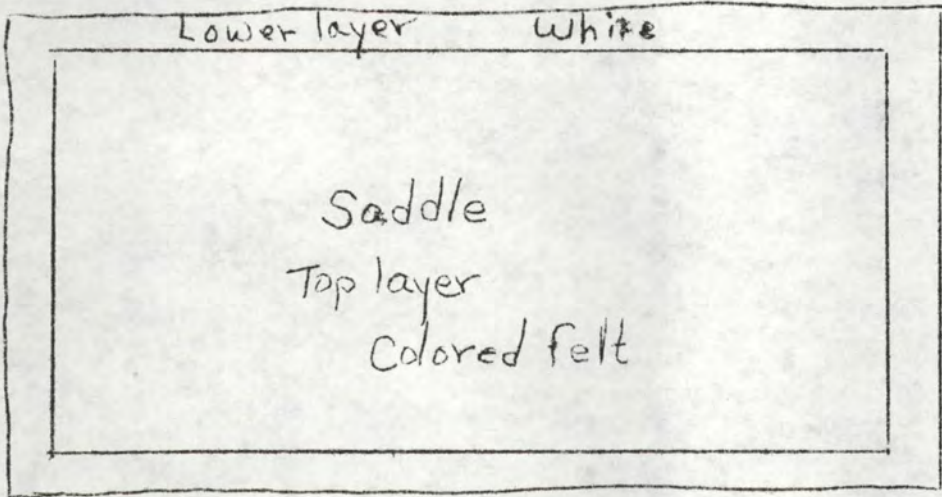
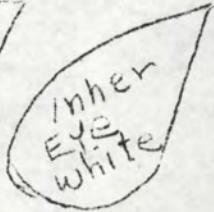
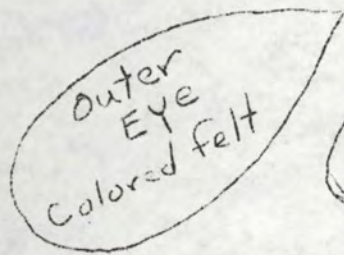
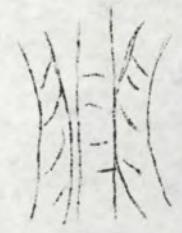
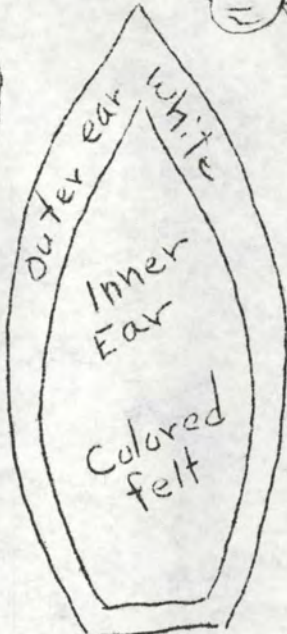
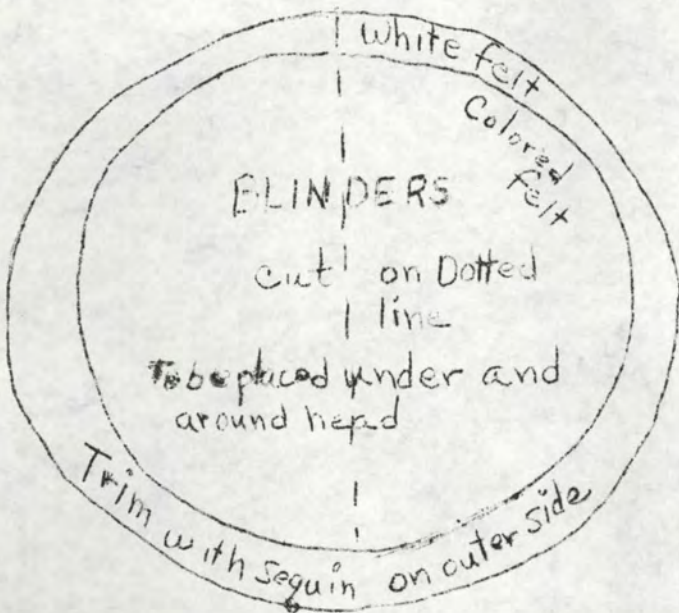


Dear Red as I hope  
 you'll Always Be  
 your sister and  
 A Pol your very special  
 Friend. Sorry you had  
 to work so hard  
 it seems I always  
 look for you no  
 matter where I am  
 May God walk with you  
 and me For ever

Jerry.



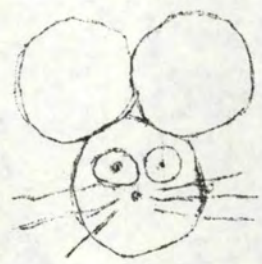
# Donkey Pattern





MARBLE MICE

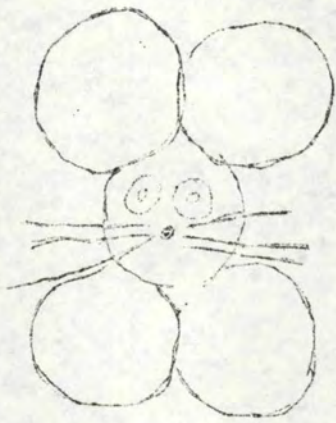
Lois Stephens



- 6 marbles
- 2 sequins
- 3 beads
- 1 rubber band
- Tacky glue



Glue together 2 sets 3 marbles at points where marbles touch (See A & B). When glue has set, glue eyes, whiskers, nose, and tail into place. Allow to dry. Glue head (A) to body (B) at points where marbles touch.



THREE BLIND MICE



## MACRAME BELTS

Lois Stephens

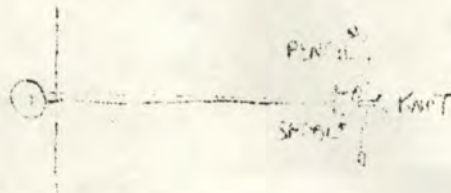
Use the simple rope-making and knotting techniques given here to make these exciting belts. The specific rope sizes given here can be varied. Experiment with varying the size and number of ropes or yarns in each belt to create your own designs.

## Making A Rope

A rope is made of strands of yarn, twisted and doubled. The length and number of strands for each belt varies and is suggested in the individual directions.

Tie end of yarn from skein to a door knob (an easy-to-reach drawer or window handle will do, provided there is sufficient space for length of yarns.) Having someone to be at the other end is even better. String yarn out to appropriate length; place a chair at this point. Wrap yarn around the chair, back to door knob. See #1; cut and tie. This counts as TWO strands. Continue until you have the required number of strands. Slip yarn off chair. With a crochet hook or bobby pin, pull yarns through hole of a thread spool; stretch out and trim ends evenly. Knot ends. Slip a pencil through the strands of yarn between spool and knot. # 2. Holding the spool, twist yarn tightly by twirling pencil; move in as yarn contracts, but DON'T LET YARN KINK. If one person at each end twists a pencil it saves time.

When yarn is tightly twisted, pencil will spin in reverse direction when let go (usually, but not always). At this point, bring yarn around a chair or have a friend hold center of rope to hold it taut. HOLDING YARN TAUT AT ALL TIMES, remove pencil and spool; tie end to same door knob. Starting by holding rope several inches from folded end, let rope twist together; KEEP ROPE TAUT and move fingers down rope as it twists. Twist yarn tightly at end; cut yarn from door knob and knot.

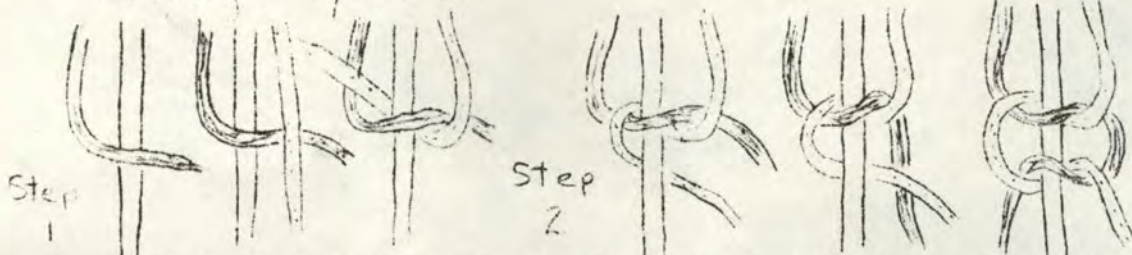


*Remember - keep it taut!*



Macrame cont.

Making a Square Knot



BELT 1 is a two-color belt: 2 four-strand ropes in one color knotted around 1 eight-strand rope in a second color. You will need one and one-half ounces of yarn in color A and one ounce in color B.

Length of yarns

- Four-strand rope (color A)
- For waist - 7 yards: for hips - 8 yards
- Eight-strand rope (color B)
- For waist - 5 yards: for hips - 6 yards

Make the three ropes. Leaving 14" ends, tape ropes to table edge with eight-strand rope (color B) in middle. With outside ropes (color A) make a tight square knot around middle rope. Make another knot about 2 1/2" below; push knot up 1/2" so outside ropes form a circle (3). Continue making knots, adjusting each one as you finish it so all circles are the same. Knot to waist or hip measurement. To finish, knot ends of each rope (with ordinary knot) 9" from end circles; cut off excess rope 4" below knots. Unravel ends and steam-press flat.



Fig 3

BELT 2 is a three-color belt: 4 three-strand ropes (2 each of colors A and B) knotted around 1 eight-strand rope (color C). A one-ounce skein in each color is needed for this belt.

Length of yarns

- Three-strand rope (colors A and B)
- For waist - 6 yards; for hips - 7 yards
- Eight-strand rope (color C)
- For waist - 5 yards; for hips - 6 yards

Make the five ropes. Leaving 10" ends, tape ropes to table edge as shown (4). With outside ropes (color A) tightly tie a square knot around middle three ropes (4). With inside ropes (color B) make a square knot around center rope (color C) about 2" below first knot (5). Spacing knots 2" apart (6) continue until waist or hip measurement is reached. To finish, wrap end of each rope tightly with thread 10" from last knot. Cut off excess rope below thread.

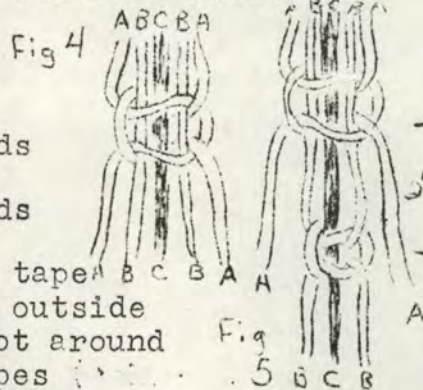


Fig 5



Fig 6



Macrame cont. - 3

Belt 3 is a three-color belt, knotted with strands of yarn, not ropes. A one-ounce skein in each color is needed for this belt.

Length of yarns

Cut 14 four-yarn lengths of yarn in each color. Divide each group in half (you now have 6, seven-strand groups of yarn, two in each color.)

Leaving 20" ends, tape yarn groups to table edge in the order shown(7). Since yarn ends are too long to handle, wind up each group of yarns around four fingers to a convenient length; hold in middle with a rubber band. With groups A, make a tight square knot around groups B and C (7).

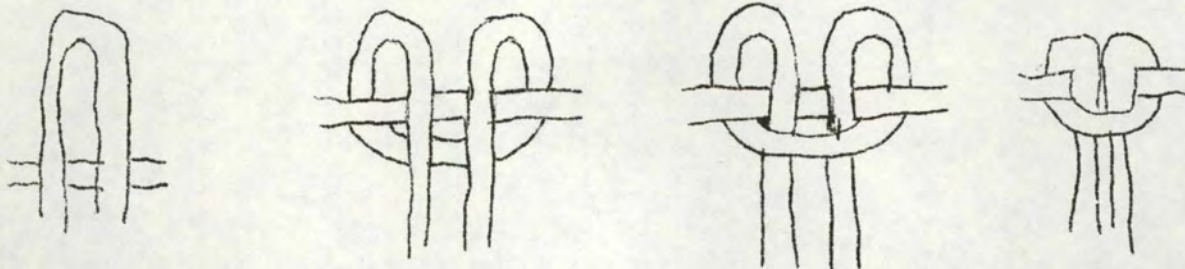
With the three groups to the left, make a square knot(7). With the three groups to the right make a reversed square knot (8) - do the opposite to what the square knot detail shows (i.e. "under" when it says "over" and vice versa). Continue, alternating 2nd and 3rd knots (9) to within about 22" of yarn ends, ending with 2nd knot; keep knots tight and close together. To finish, repeat 1st knot. Trim ends evenly.





MACRAME'CREATIVE DESIGN  
IN KNOTTING

by Leila Steckelberg

Lark's Head  
(Reversed Double Half Stitch)

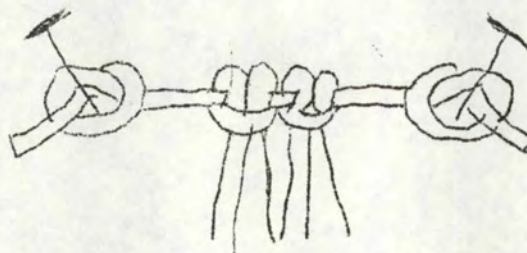
Step #1. Fold the cord in half. It will be doubled.

Step #2. Bring the top of the loop down.

Step #3. Pull the strands in front down through the loop.

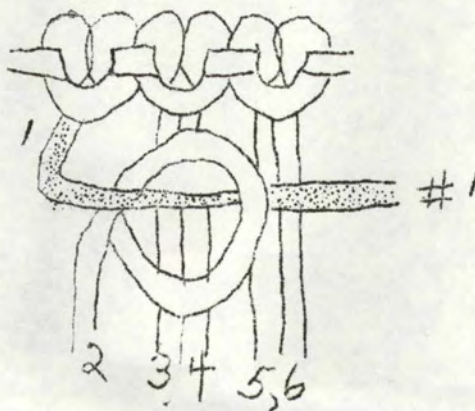
Step #4. Pull knot tight.

Step #5



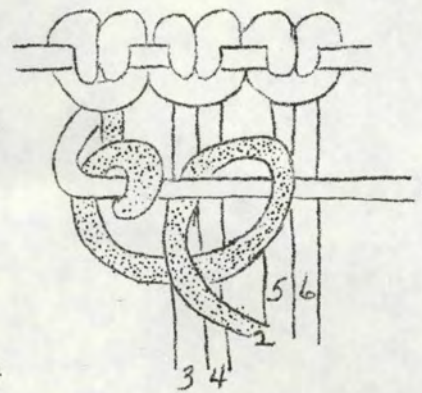
Two reversed double half stitches shown mounted on a holding cord. The two over-hand knots on either side are pinned securely to the knotting board.

Step #6. To make horizontal rows:  
End #1 is knot-bearer.





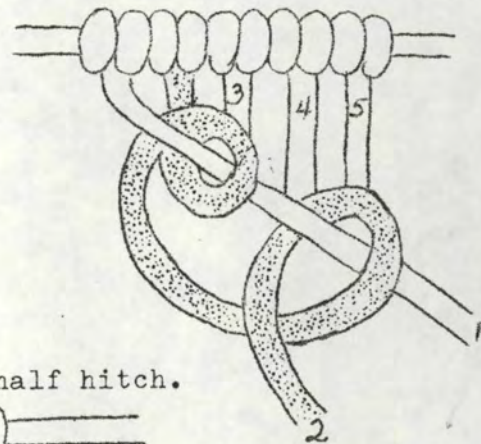
Step #7 With end #2. Double half hitch



Complete row and return

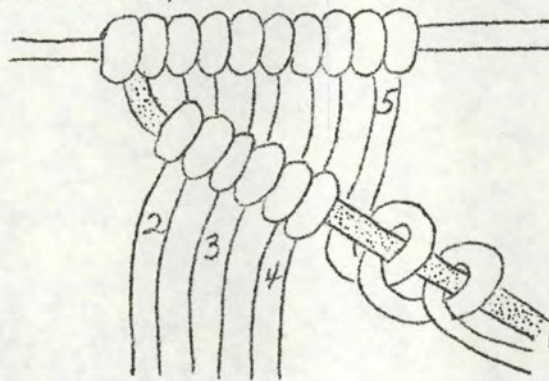
Step #8 Reversed row is done with same steps but in opposite direction.

Step #9 To make diagonal rows



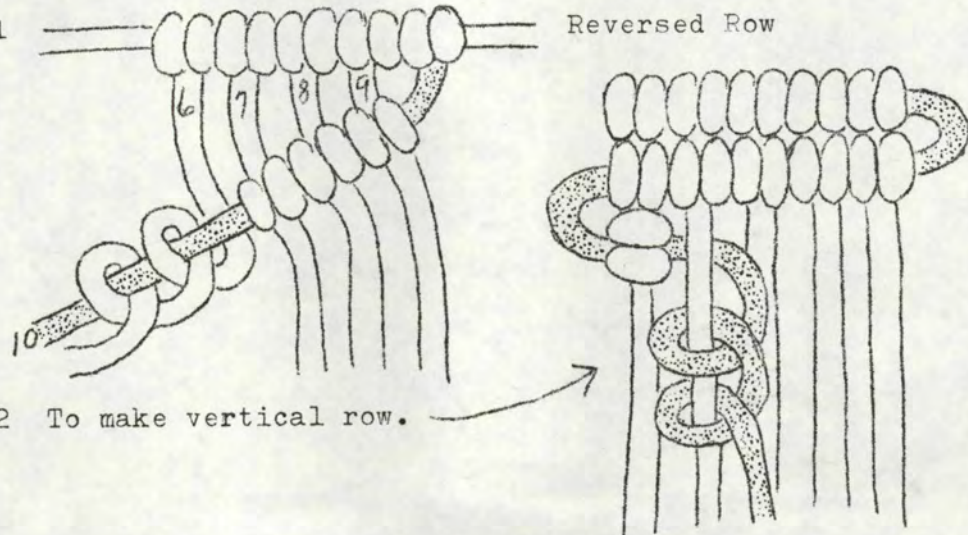
End #1 is Knot bearer

Step #10 With each end, make double half hitch.



To make reversed row is done in opposite direction.

Step #11 Reversed Row

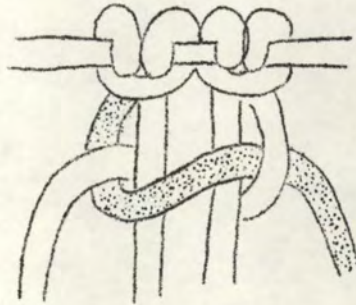


Step #12 To make vertical row.



Continue as illustrated  
and then reverse row is  
done in opposite direction.

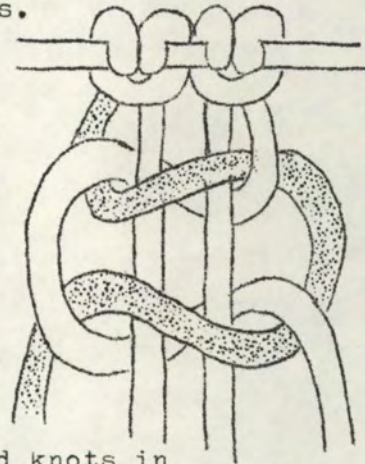
Step #13 Half knot left-right



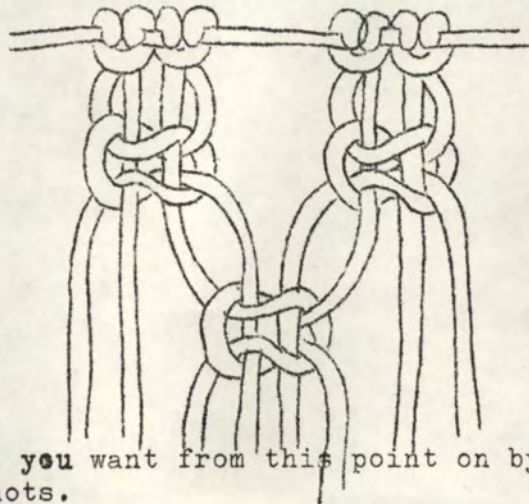
To make half-knot left-right, will turn only one way,  
from right-left will only turn another direction.

To make reversed row is done in opposite direction:

Step #14 Square knot left-right, and right-left, completed.  
Continue with series of Square knots.



Step #15 Alternating Square knots are featured knots in  
this project:



You can make any design, **you** want from this point on by  
using these different knots.

The types of thread used in macrame' instructions at Chat-



colab is "Seine Cord", 24 ply - 8 oz. - 352 feet long.

Many other different types of thread, twines and yarns are obtainable from Hobby and Craft Shops.

Belts, using three different colors are very beautiful finished.

Ropes, tie-backs, head pieces, and many different articles can be made from Macrame'.

Look at Hobby and Craft Shops for free leaflets.

MACRAME' BIBLIOGRAPHY

- Macrame' - Creative Design in Knotting, by Donna Z. Meilach, Crown Publishers, New York, New York. 1971, (\$7.95 or \$3.95 -paperback-Pickwick bookstores)
- Macrame' Start to Finish, Craft Course Pub. Inc., Temple City, Ca. 1971, (\$1.00).
- Simply Macrame', An Introduction to an Exciting New Craft, Mary & William Singleton, Betty & P. Wes Weber, Webton Enterprises, Berkeley, Ca. 1971 (\$1.00)
- Step-By-Step Macrame', Mary Walker Phillips, Golden Press, New York, Western Publishing Co., Inc. 1970. (\$2.50)
- Practical Macrame', Eugene Andes, Van Nostrand Reinhold Co., New York 1971. (\$3.95)

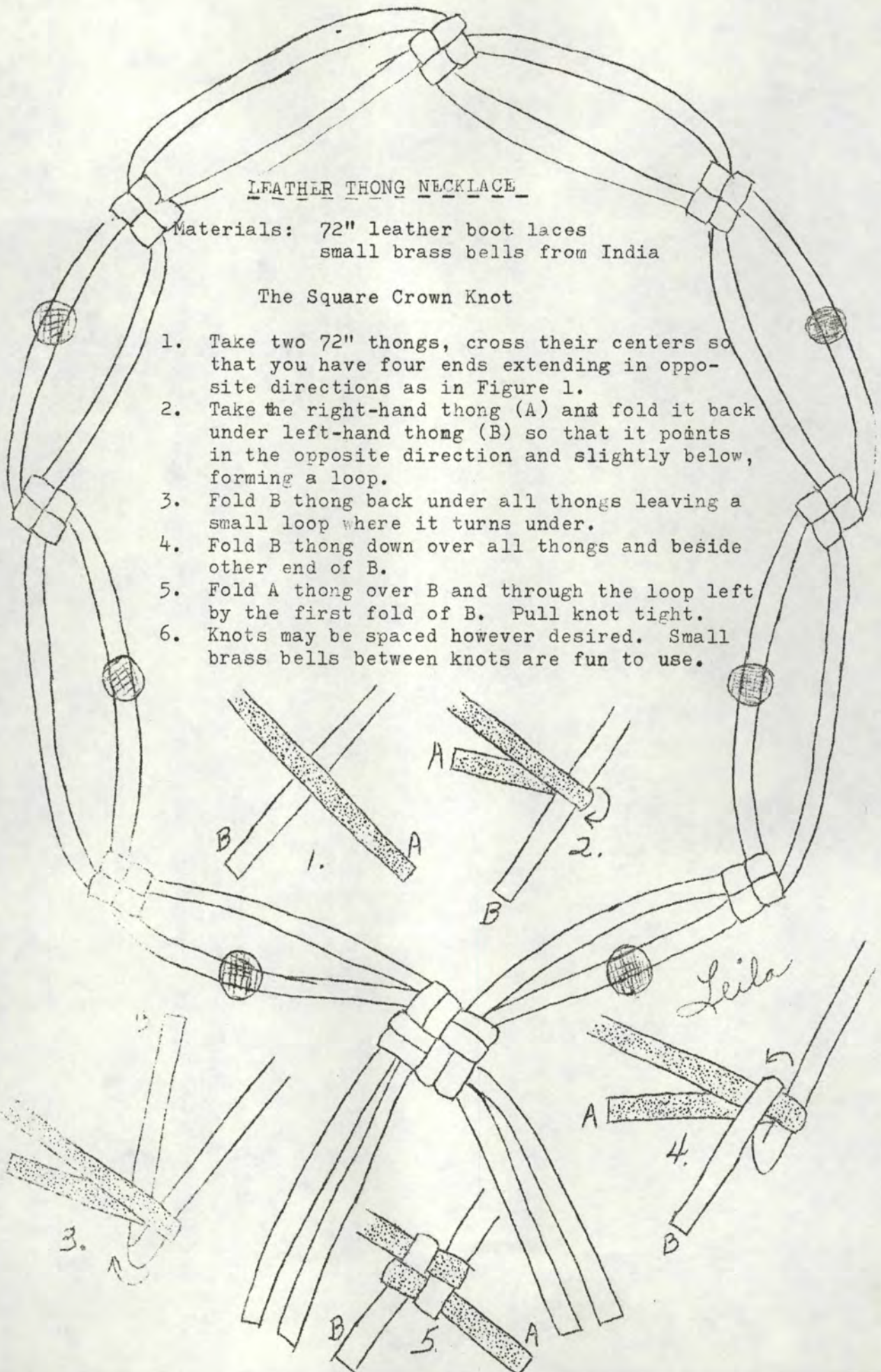


LEATHER THONG NECKLACE

Materials: 72" leather boot laces  
small brass bells from India

The Square Crown Knot

1. Take two 72" thongs, cross their centers so that you have four ends extending in opposite directions as in Figure 1.
2. Take the right-hand thong (A) and fold it back under left-hand thong (B) so that it points in the opposite direction and slightly below, forming a loop.
3. Fold B thong back under all thongs leaving a small loop where it turns under.
4. Fold B thong down over all thongs and beside other end of B.
5. Fold A thong over B and through the loop left by the first fold of B. Pull knot tight.
6. Knots may be spaced however desired. Small brass bells between knots are fun to use.





SWITCH ON THE FASHION BRIGHTS...WITH DYE!

Tie-dye's the great young fashion idea of the '70's! It's the great color explosion...kaleidoscopic flashes of color, turning everything you dye into a special one-of-a-kind fashion...fashion that gets your message across because it's completely your own thing! Dye supplies the brightest, grooviest colors ever... and you supply the imagination! It's so easy... you just tie off sections of the fabric, then dip into dye. The tied-off sections are prevented from absorbing the dye, giving you an uncolored pattern on a colored ground. There's no limit to the combinations of knots and colors you can use! Have a "dye-in" with your friends...a wild color happening with each of you turning out the grooviest young clothes you've ever worn!

MATERIALS:

Clothing to be tie-dyed: You can dye all washable fabrics, except some polyesters and acrylics. For best color results, fabric to be dyed should be white or pale neutral. Wash all clothes before dyeing to remove sizing.

RUBBER BANDS:

Use wide bands for heavy stripes, then bands for fine, cobwebby lines.

DYE:

1/4 cup liquid dye or 1/2 package regular powder dye to each quart of water.

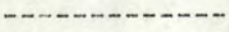
PANS (GLASS, METAL OR ENAMEL):

They should be large enough to hold a completely immersed article of clothing without crowding.

STOVE OR HOT PLATE:

Dye solution should be kept simmering throughout dyeing process but never allowed to boil.

RUBBER OR PLASTIC GLOVES



In the three large pots put one bottle of dye of the basic colors: navy blue, scarlet, purple, dark green, dark brown.

Fill the plastic squeeze bottles 1/3 full of: fuchsia yellow, evening blue, kelly green

Participants can bring 100% cotton garments or pre-washed muslin yardage (unbleached)



DO-IT YOURSELF NANAJO BLOCK TIE-DYE

MATERIALS: 3 yards unbleached muslin, 45" wide (or any lightweight, 100% cotton fabric)

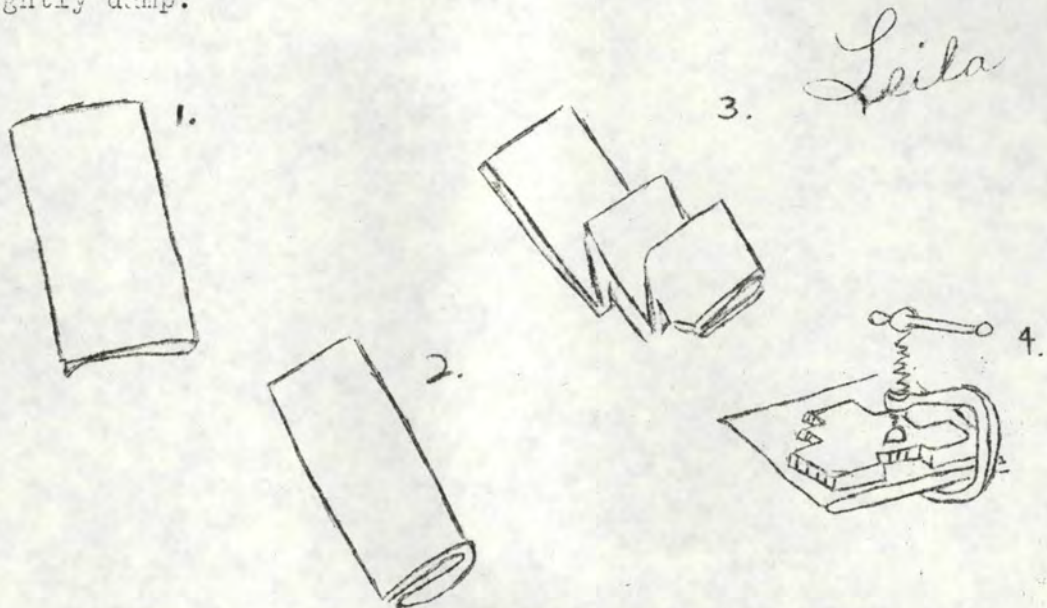
- 1 very large pot (3-5 gallons)
- 2 wooden blocks cut as per diagram (or design of your choice.)
- 3 6" C Clamps (available at hardware store)
- Liquid dye in color of your choice.

NOTE: Wooden blocks may be cut with a jig or sabre saw, from 1" thick pine, 3/4" or thicker plywood. The cutting can be done by a local lumberyard if you lack tools.

1. Wash the fabric to remove any sizing or finish. While still wet, lay fabric out flat. Following diagram 1, fold the fabric in half (working on the width of the muslin). Then fold in half again as in diagram 2 (the length is still three yards). Working lengthwise on the folded fabric, make 10" pleats from one end to the other (see diagram 3).

2. Place wooden block on top of the pleated fabric. Align the second block directly below the first, sandwiching all the fabric between them (see diagram 4). Clamp in place as tightly as possible, making sure blocks remain aligned.

3. In a large pot containing enough hot water to completely cover the clamped fabric, dissolve 1/2 bottle liquid dye. Dye must be kept simmering but should never boil. Submerge fabric in block and damp in the hot dye bath for one hour, stirring occasionally. Remove from dye bath. Rinse in cold running water until the water runs clear. Unclamp. Rinse thoroughly again. Iron while still slightly damp.





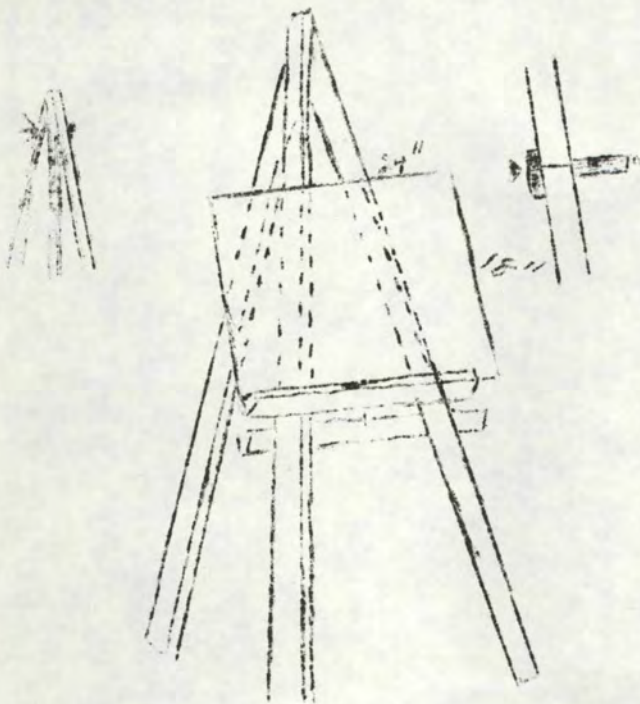
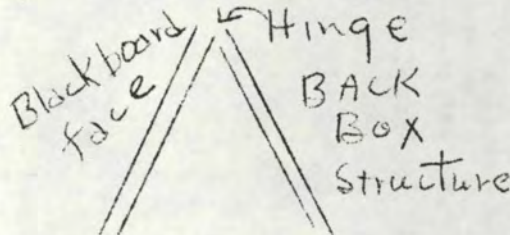
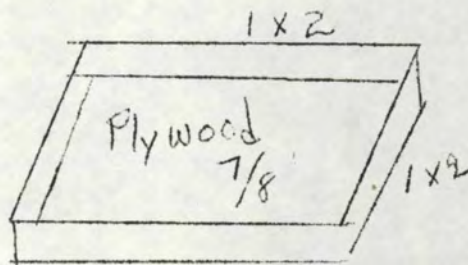
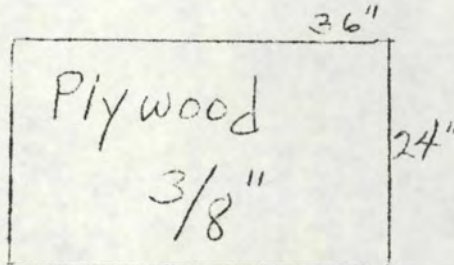
PORTABLE EASEL AND BLACKBOARD

Materials needed:

- 2 pieces of 3/8 plywood 24x36
- 2 pieces of 1x2 inch pine 36 inches long
- 2 pieces of 1x2 inch pine about 22 1/2 inches long.

Directions for assembling:

1. Take one piece of 3/8 inch plywood 24x36 inches and nail to the 1/2 material to make a box-line structure.
2. Hinge the other piece of 3/8 inch plywood to one end of the box structure (on the end piece of the 1/2).
3. Put a hook and eye or other cabinet hardware on the opposite end of the hinged area to hold blackboard together in a compact unit when transporting.
4. Paint the single piece of plywood with green blackboard paint.
5. Attach a handle (cabinet hardware) to one side of the blackboard for carrying.



EASEL

Materials needed:

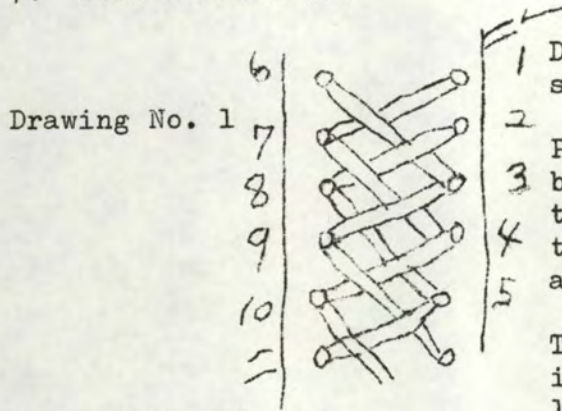
- 3 boards 6' x 1 3/8" x 3/4"
- 1 board 2' x 3 1/2" x 3/4"
- 1 board 2' x 1 3/8" x 3/4"
- 1 bolt 3" x 3/4" with wing nut
- 1 bolt 5" x 3/4" " " "
- 4' of 1/4" chain
- 2 screw eyes
- 1 screw hook
- 1 sheet 3/8" plywood 18" x 24"  
(size is optional)



LACED LEATHER BELT

Chuck Voss

1. Cut belt blank, edge it, and then dye, if desired.
2. Dampen leather lightly with sponge of water and let dry until surface returns to original color.
3. Crease, cut, and bevel the edge for a border.
4. Punch holes 1/8" inside border spaced 1/8" to 5/8" apart, according to personal choice. The turning portion of the belt and as much of the tip as draws through the buckle should not be punched or laced.
5. Apply leather finish (Tan-kote, Neatlac, etc.).
6. Select leather or plastic lacing. There is a greater variety of colors in plastic and it is also shinier, and may be grained. It also laces easier.
7. Lace as follows:

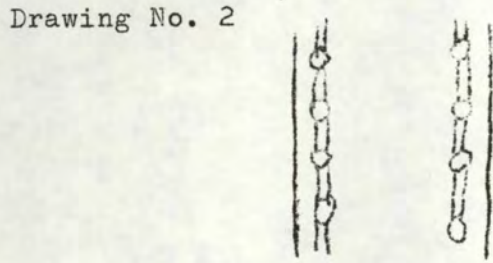


Drawing No. 1

1 Draw lacing from back to front side of belt through Hole No. 1

2 Pass lacing across right side of belt and down through Hole No. 7 then up through No. 6 and down through No. 3, up through No. 2 and down through No. 8

The back of the belt when lacing if correctly done should look like Diagram No. 2

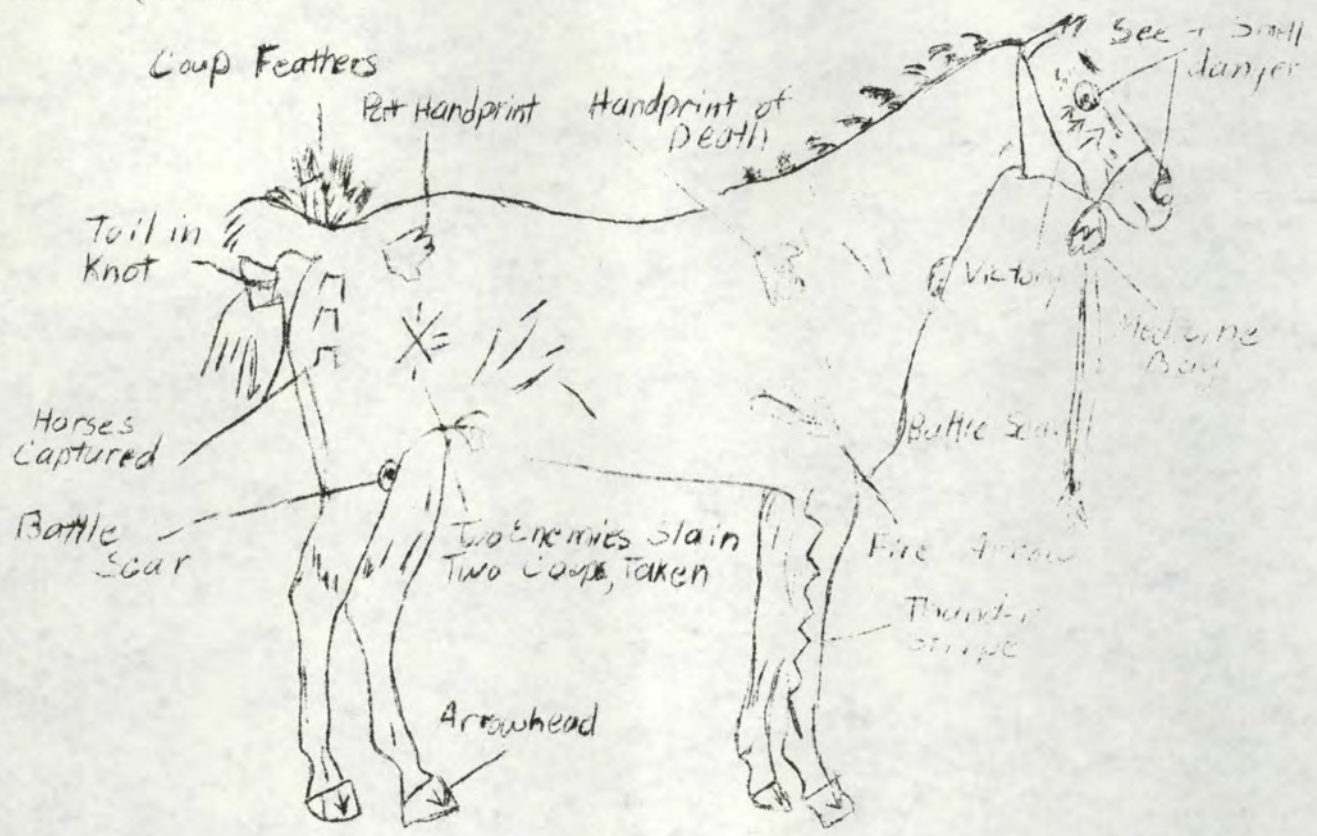


Drawing No. 2

Note: Lacing does not pass through No. 1. This is to throw the first stitch at an angle to form a more interesting lacing pattern.



# THE WAR HORSE



# INDIAN HORSE PAINTING

Here's what all those marks and signs meant to the Old West red man

By Lee Arlandson  
Submitted by Debby Lovel

It won't be long until the horse shows are here every week. Not to mention those home town parades that folks are always holding to celebrate pioneer days, county fairs, rodeos, and the Fourth of July.

These events offer an excellent chance for you and your steed to represent a bygone era. And you can capture one of the most popular themes of yesterday by dressing up like a mounted Indian.

By doing a little research on Indian outfits at the library, it's not too hard for you to rig suitable gear for yourself. However, when it comes to decorating your horse---Indian style, most pale-faces make the mistake of using so many "gee-gaws" their mount appears to be something only a circus clown would ride!



(Continued Indian Horse Painting)

So, to give your ol' Dobbin the authentic look of an Indian horse, the following points might help.

First, before you begin the task of decorating your horse, remember this: do not use any paint material that will be injurious to him, or that cannot be easily removed. Check with your veterinarian and your art and supply store.

Next, decide whether you're going to be riding a "war horse" or a "hunting horse"--ther's a vast difference between the kind of symbols each wears.

THE WAR HORSE (see preceeding page for illustration)

A warrior painted his fighting horse for several reasons: to give it protection by the Great Spirit; to show its courage and ability; to psyche the warrior before he went into battle; and to impress the enemy. Each symbol he used had a definte meaning.

As you paint your horse, try to remember their meanings because someone (like the show or parade judge) will probably ask you to explain your "artwork".

ARROWHEADS on all four hoofs makes him swift and nimble-footed.

FIRE ARROWS on his shoṽlders will cause trouble for the enemy.

A CIRCLE painted all around your horse's eyes and nostrils give him alert vision and enables him to smell danger.

ARROW POINTS in a line on his jaw will bring victory for him.

THUNDER STRIPES on his front legs should please the God of War.

RIGHT and LEFT HANDPRINTS upon his chest shows he has knocked down and trampled the enemy.

BATTLE SCARS, painted red, tell of his past wounds.

PAT HANDPRINT is a left print worn on the horse's right hip. It means he's taken his master into danger and has taken him home, safely. (The honor was won first by the warrior and awarded, thereafter, to his horse.)

A war-horse also carried the brave's personal battle honors.

PONY TRACKS over the mount's hips counted the number of ponies his master has stolen.

An X MARK with a short line at the top and bottom with two dashes at the right side meant two enemies killed and two scalps taken.

Most everyone is familiar with the UPSIDE-DOWN RIGHT HANDPRINT. It's painted red and is always placed upon the horse's right shoulder. (Only a warrior going out on a do-or-die mission for his chief used the coveted symbol.)



(CONT. INDIAN HORSE PAINTING)

The legend behind that handprint is an interesting one, and it came down from the Apache and Comanche tribes. They told of a furious battle in which a warrior was fatally wounded. Before he died, he patted his horse on the shoulder, leaving a bloody handprint for all to see when the horse galloped back to camp with its "message of death."

Although the upside-down print was intended to be a warrior's badge of courage, it eventually became a symbol of revenge against Colonel Wright. This officer had been badly beaten by Indians riding Appaloosas. In retaliation for his humiliating defeat, Wright led his troops in the wanton killing and capturing more than 700 Appaloosa horses!

Later, the symbol was completely changed in appearance because of an ambitious, yellow-haired general. It now included a black heart, flowing hair lines and a circle slashed with coup marks. Its meaning: Get Custer!

Strangely enough, the latter symbol was never used by the Indians, nor on their horses. Some historians claim the reason for its taboo was based upon a war chief's orders "not to scalp Custer, or eat his heart."

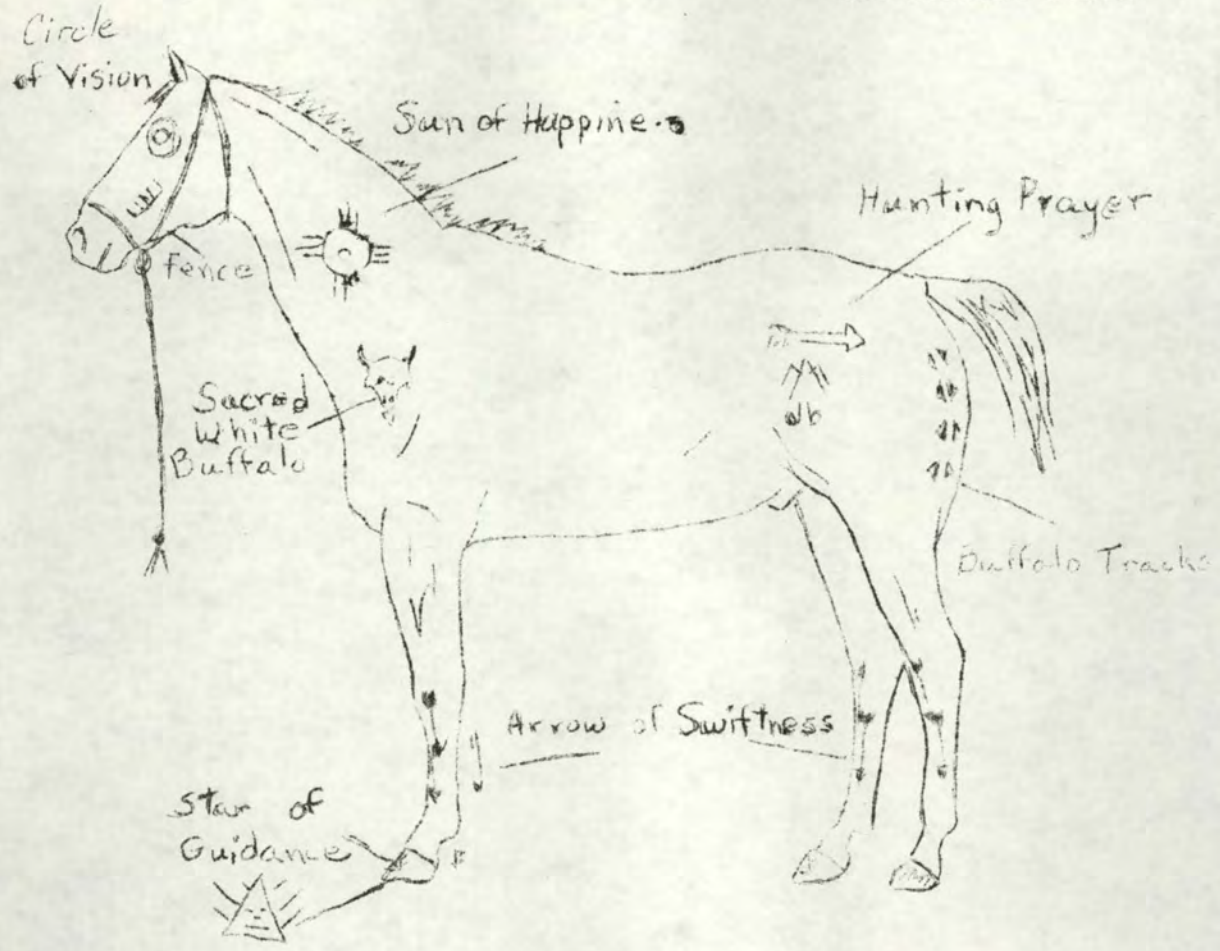
To complete the decorating of your "war horse" attach a lucky charm to his bridle or braid coup feathers (death) in his tail and forelock. Be sure to tie his mane in clusters to prevent it from becoming entangles in your weapon "during combat." If his tail is long, tie it up, using red cloth strips (this will keep the "enemy" from grabbing it and unseating you).

Cover your saddle with a bright colored blanket; help secure the blanket by tying it to the saddle horn with a piece of leather shoe lace.

You can use a war bridle on a "well-trained" horse, but only in the show ring--never in a parade.

Just in case you didn't have time to look for the information on what a warrior should wear--here's a few ideas: he usually dressed in a breechcloth, or leggings; put coup feathers in his hair; and a lucky charm around his neck. He carried a rifle, spear, or bow and a quiver of arrows. The symbols he painted on himself depended upon his prowess as a warrior. You could, for example, put PONY TRACKS on your right leg, BATTLE SCARS down your left leg, and that aforementioned X MARK across your chest.





Now decorating your horse for "hunting" is to paint him in a very different way. All symbols for a hunting horse were supposed to aid him in finding the buffalo herd, and to invoke favors from the Great Spirit for him and his rider.

Incidentally, only the women painted a valuable hunting horse!

The most important sign is SUN OF HAPPINESS (placed usually on the horse's neck). It will bring blue skies. Indians never hunted during stormy weather; it was unfair to the buffalo and to the Great Spirit.

CIRCLE OF VISION around the horse's eyes will let him be the first to see the distant buffalo herd.

FENCE symbol upon his neck will hold in good luck.

SACRED WHITE BUFFALO shows the Great Spirit that the rider is thankful for his past kills.

ARROW OF SWIFTNESS on your horse's legs will give him speed.

STARS OF GUIDANCE on his front hoofs will make him surefooted and take him straight to the buffalo.



(CONT. INDIAN HORSE PAINTING)

BUFFALO TRACK are over his hips and tell of other good hunts.

The hunting horse always had a hunting prayer drawn upon him--usually on his hindquarters. This prayer was the woman's plea for her brave's safe return to camp with much buffalo meat.

What does a hunter wear? Very little. In the dangerous task of running buffalo an Indian could'nt be encumbered with too many clothes. He wore leggings; had a sweat band for his forehead; a sheathed skinning knife strapped to his thigh; and his weapon.

Drawing every symbol defined above may not be feasible for you, but keep in mind that to make your horse "authentic", his hunting and war symbols must not be interchanged. (According to Indian lore, mixing a horse's signs could bring the worst kind of bad luck!)

If you're a horsewoman, don't despair. Even though you can't be a warrior, or a buffalo hunter (biologically, that is) you can still decorate your horse by giving him the woman's touch--no coup feathers, no symbols, nothing masculine.

Try braiding colored yarn (extra thick skeins) into a matigale. Or, if you want to be fancy, sew beads on a band of cloth and use it in place of the yarn. Don't forget the colored blanket over your saddle; drape it so the stirrups won't show.

Most females like to gussy themselves in finery--the Indian woman was no different. So, resort to your feminine ingenuity, creative talent (and that library book information) for your costume. (Besides, after your husband or brother has "sweet talked" you into painting his horse, you'll no doubt be more than ready to spend time fixing yourself, instead of your horse)

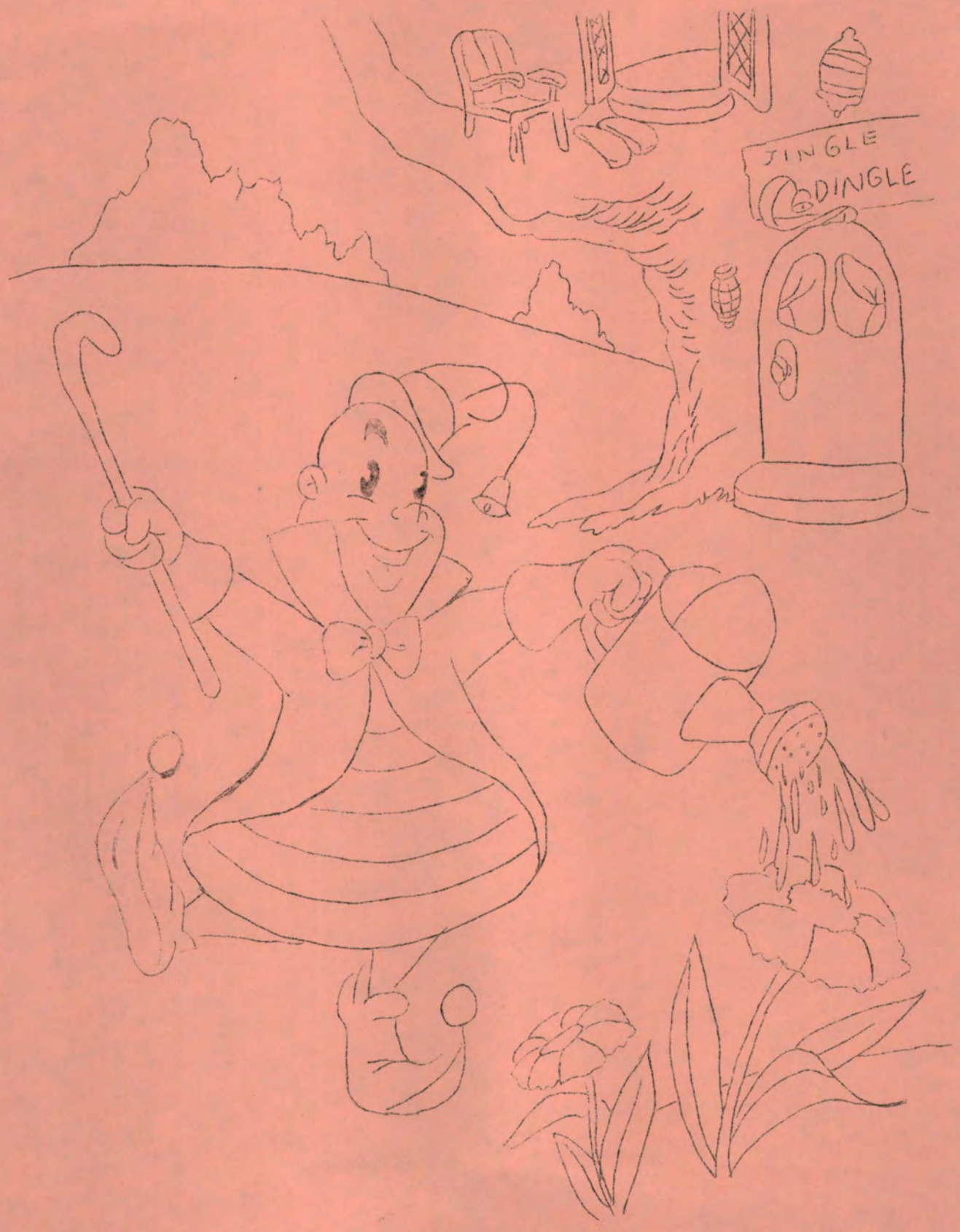
The colors to use for horse decorating and Indian garb can be red, black, green, deep yellow, bright blue, and the natural shades of leather.

Speaking of color, the Indians liked to ride the bay, sorrel, roan, pinto, and the Appaloosa--which they called, "freckled rump." Whites and grays were painted to resemble pintos.

After you've finished decorating your horse, ride him with pride. His symbolic markings represent a serious form of art once practiced by a noble race of people: the American Indian!!



# Stuff & Nonsense





# NEW CALENDAR for rush orders

EVERYONE wants his order yesterday. With this calendar customers can place their orders on the seventh and have them delivered on the third.

Most customers want their orders shipped Friday, so there are two Fridays in every week.

There are seven extra days at the end of the month--- to take care of shipments which MUST go before the first of the following month.

| NEG | FRI | FRI | THU | WED | TUE | MON |
|-----|-----|-----|-----|-----|-----|-----|
| 8   | 7   | 6   | 5   | 4   | 3   | 2   |
| 16  | 15  | 14  | 13  | 12  | 11  | 9   |
| 23  | 22  | 21  | 20  | 19  | 18  | 17  |
| 31  | 30  | 29  | 28  | 27  | 26  | 24  |
| 38  | 37  | 36  | 35  | 34  | 33  | 32  |

No first of the month's bills to pay because there isn't any "FIRST". We've omitted the "TENTH" and "TWENTY-FIFTH" so you won't have to pay invoices in accordance with our terms.

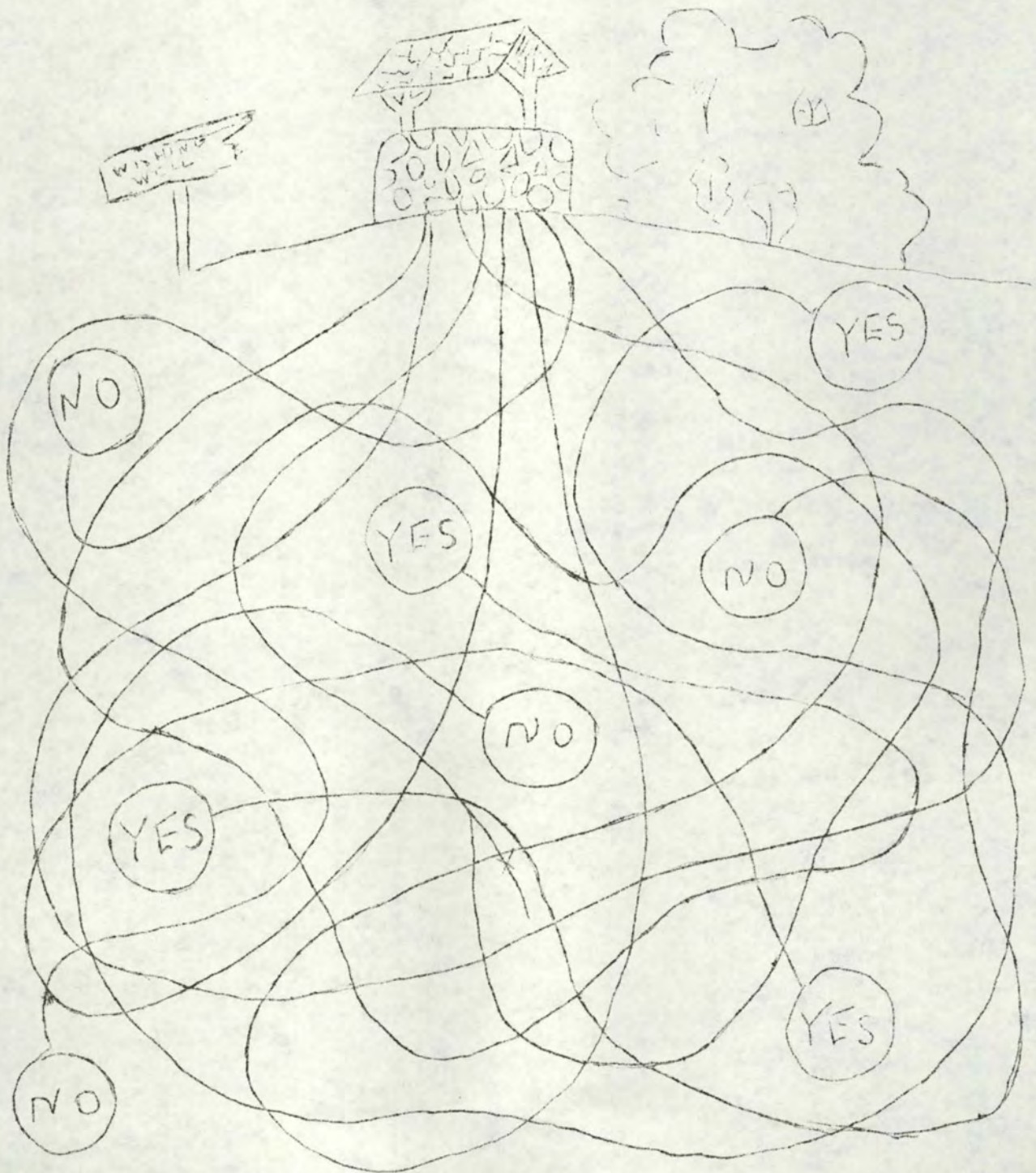
There are no bothersome non-productive Saturdays and Sundays. In that way we can get week end rush orders out without the time and a half or double time overtime charges.

There's a NEW day each week called negotiation day, on which requests for improved delivery can be reviewed and discussed once weekly.

*Your notebook crew is thinking of adopting this calendar so YOU can get the copy in early enough for us, and we can get the notebook done on time. How 'bout that, gang?*



AS YOU MAKE A WISH, PRETEND THAT YOU  
DROP A PENNY INTO THE WELL. START AT THE WELL  
AND CHOOSE A LINE-----FOLLOW IT, AND SEE IF YOUR  
WISH WILL BE GRANTED!!





Tuesday night                      L A B B E R ' S L A M E N T

(to the tune of Cool Water)

All night we faced the dripping waste of mother  
nature's water...  
cool water....

Some labbers and I had beds not dry with sould  
that cry-y..  
Water, turn off! That water.

Keep a squirming man...  
Don't listen to it man...  
This rain's not in our plan  
But spread all o'er the land  
with water...

Labber can you see that big green tree?  
Where water's running free  
And it's dripping down on you and me-e  
Too much water.....

Wet Campers---Keith Johnson  
                  Joan Smith  
                  Diane Mc Rae  
                  Billie Marie S.  
                  Ruth Munson  
                  Allan Berner  
                  Patti Barnum

#### THE CRITIC

A little seed lay on the ground  
And soon began to sprout.  
"Now which of all the flowers around,"  
It mused, "shall I come out?"  
"The lily's face is fair and proud,  
But just a trifle cold;  
The rose, I think, is rather loud,  
And then, its fashion's old.  
The violet is all very well,  
But not a flower I'd choose;  
Nor yet the Canterbury Bell----  
I never cared for blues."  
And so it critized each flower,  
This supercilious seed,  
Until it woke one summer's hour  
And found itself----a weed!!!



On Wednesday afternoon a heroic group of kindred souls decided to do a good deed for the day or week or whatever it turned out to be. Actually what it developed into was a real adventurous experience for those fine public spirited persons involved.

Someone discovered that the so called 4-H dock was no longer beached, and that it was floating free from all and any ties. Well, to make a very long story short, a group of labbers decided to replace it between the piers where it belongs and secure it so it would stay put.

Getting onto the dock was no problem as it was right up against the shore, but after great risk of life and limb the dock was securely tied to the pillings and everything was just dandy...except the fact that Vern, John, Keith, Angelo, and Doc were stranded on the floating dock which was now securely tied about 15 feet out in the lake with about 6 feet of water between the shore and the shoreward end of the dock.

Stew Bird and Little Bill arrived on the scene to "help" the stranded heroes and with much advice from the floating crew decided the best course of action was to get Joan to fetch her raft and float the survivors to safety. While Joan was getting her raft from the confines of the camp, a passing boat was hailed and by the time the raft was prepared, a successful rescue was executed.

This doesn't end the story however as the original ties on the dock were merely lines and it was feared that they may break so Vern, Joan, and Jim B. returned again to the floating doom of the dock in the maiden cruise of Joan's raft and secured the dock with lengths of chain, this time the raft was kep at the dock so an easy return to the safety of dry land could be made.





## MOHAMMED

Weather, man,  
and mineral tried  
to stop Doc Roc and his  
gallant party from the ardent  
pursuit of precious, precious stone  
All avenues were shut off and no trails or  
jumps could be found around them (also no time).  
And as the great ones said (Doc included) "If  
Mohammed can't go to the mountain, the mountain must come  
to Mohammed." Thereupon Geneva sent out the signal and the  
mountain, in time, was delivered. 1 load of gravel in  
front of the rec hall. All the pebble pups and the old  
dogs were hunched on the starting line. The mountain top  
came down, no stones. It started to spread and there  
became evidence that somehow this mountain contained  
no "stones." That left fewer people to spread that mountain  
down the path. Poor Doc. All who had bid on a yard of  
gravel got to partake of an equal amount in the Grand Auction.





## CAMP CLEANUP

Saturday morning

So now we wander over camp,  
The happy clean-up crew.  
We picked up more than we have left  
Among the pine and yew.

Along the trail, what's this I see?

Gum wrappers, candy too,  
A paper plate and cup and foil,  
Was that left there by you?

Ah, no, some of it's really old.

From last years camp? you say?

Well yes, there is a little mold;

But let's clean up today.

If everyone in all the world

Cleaned just a little more,

It wouldn't be long before each park

Would be cleaner than before.

And then the Green of flow'ring vine

And grasses, and the trees,

Would be more beautiful to us

Kissed by summers breeze.





Even if time runs  
her right off this  
BOOK, We get in  
The last word!

Moto

Leila  
Professor  
PHD

Dwight

Steven

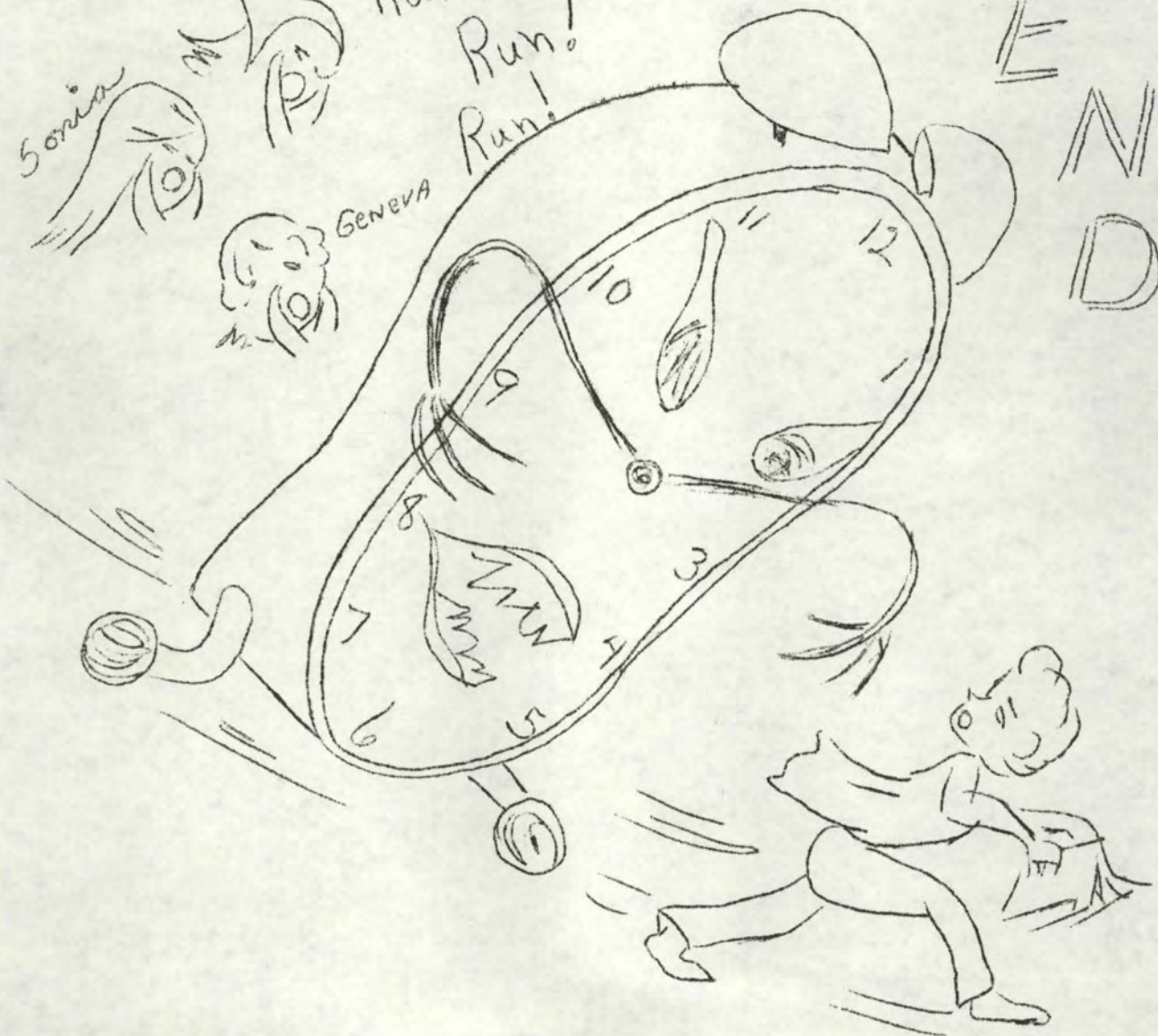
Velma

#  
H  
E



Run!  
Run!  
Run!

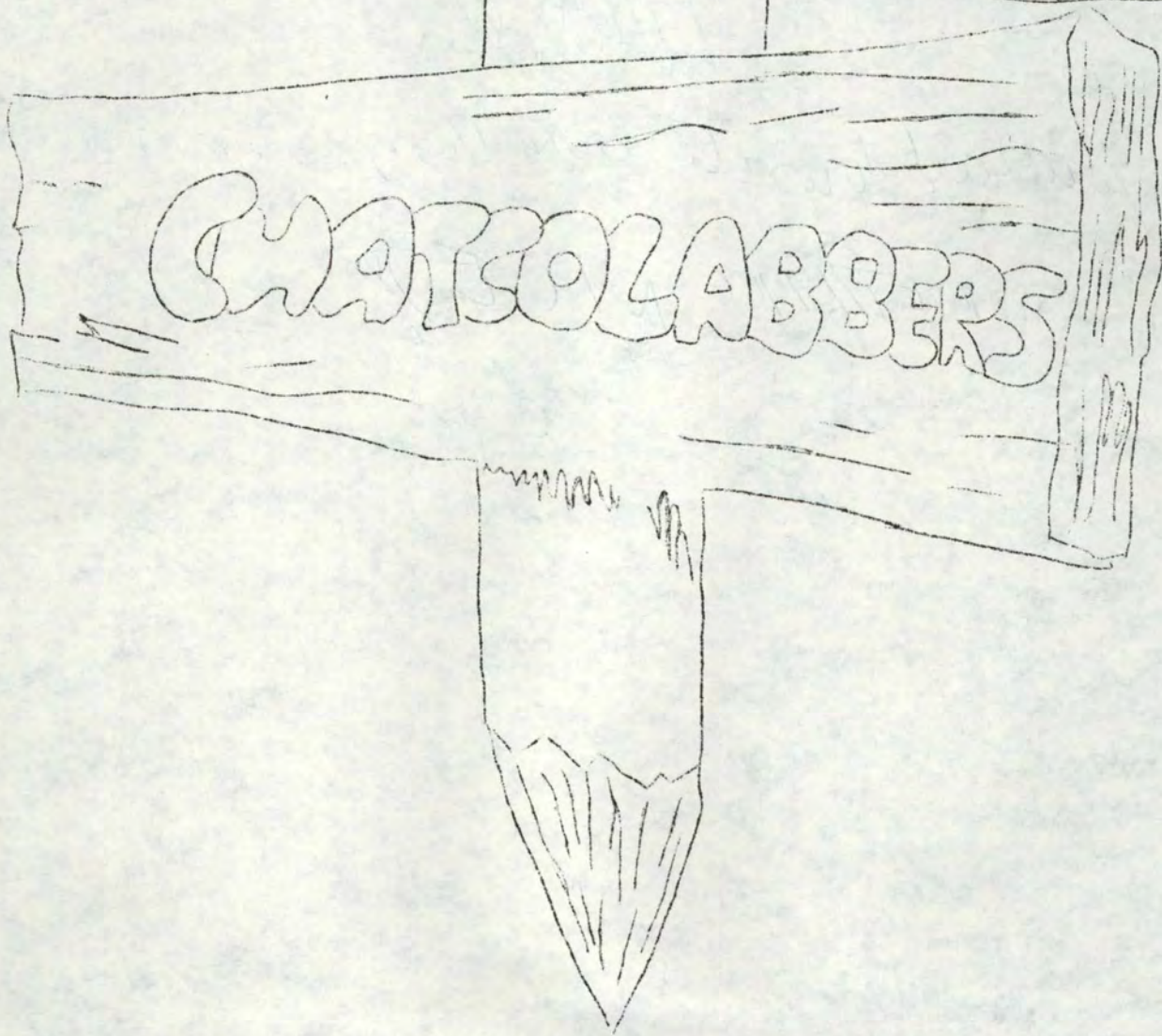
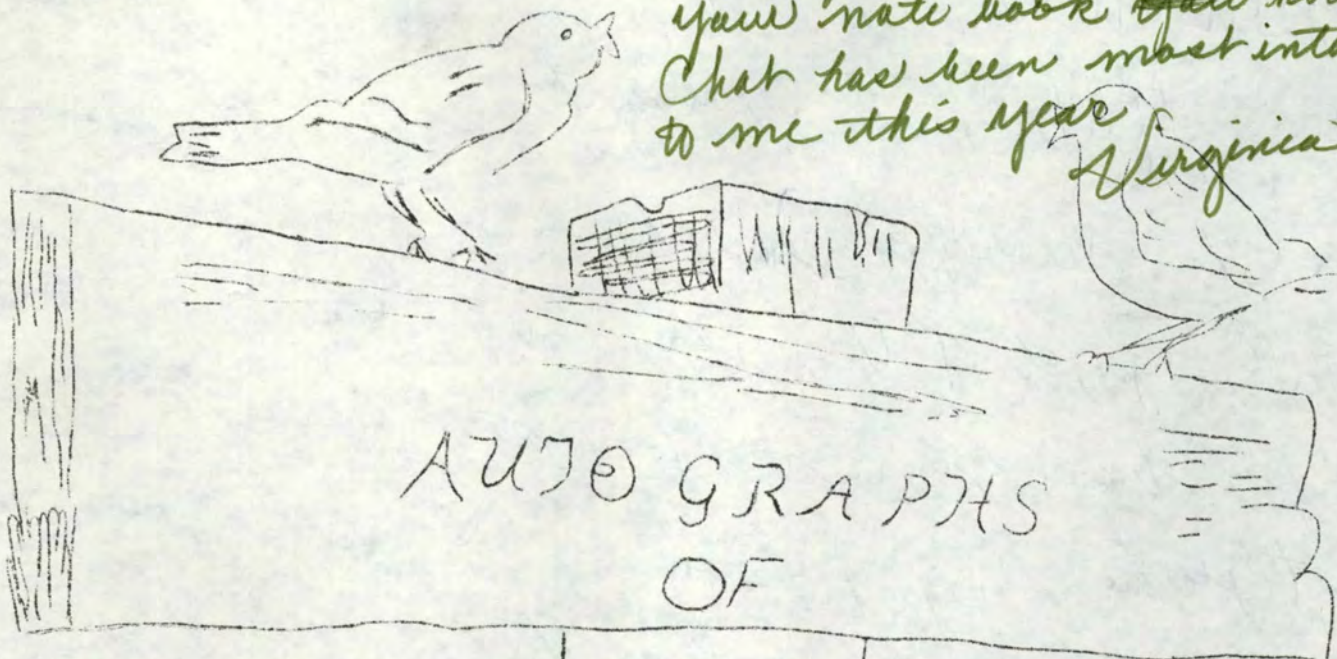
E  
N  
D





Dear Selva -

Thank you for letting  
me get in your way in  
your note book ~~your~~ room.  
That has been most interesting  
to me this year  
Virginia





Leila - it's really been  
a great week - sorry about  
your not feeling well (you must  
be sick - no napping). I have  
really enjoyed it this year and  
I hope to see you again BEFORE  
next year. So long for now

Little Bill.

P.S. you said to write something nice  
so... SOMETHING NICE!

Bill



Leila  
The book takes  
much but gives in  
kind. Each year will  
make its bind.  
Meta

Leila:  
This has been a  
wonderful time again to be  
with all you and keep you  
from me. You must know  
that I shall never forget  
you. Love  
Ann

Leila,  
CHAT has been  
a very valuable  
experience to me, one I  
shall never forget. Every  
one has shown so much concern  
for these fellow brothers, it gives  
me a satisfied warmth inside  
The notebook is truly a wonderful  
thing & when I look through it  
I shall remember you.  
I shall smile & feel warm inside  
HOPE I'll see you inside  
LINDA

Thanks for all  
you care for Chat & its  
people.  
Love  
Ann

Leila, I believe this has  
been the best year for the  
editor that I can remem-  
ber. I'm very glad that  
it ran smoothly for you  
this year. Best wishes  
Nervon

Leila,  
I had we could  
have soon met again  
other this year...  
I'll be back in the next year for sure!  
I had the luck and spirit of Chat be with  
you always.  
Love  
Ann



Leila,  
 What would  
 this notebook be without  
 you. Your dedication makes the  
 job. you are great.  
 B. Moore

Leila,  
 really you're so sweet, I'm  
 But I know I'll see you next  
 years. Be good, have fun & keep the  
 bath.  
 Love  
 Cyndy.

Leila:  
 Its been fun again  
 being at chat with you.  
 The note book is swell,  
 see you again next year  
 Love Denise

Dear Leila: Every year I get to  
 know you a little better. The tremendous  
 vitality and genius you have for handling  
 things together never ceases to amaze me.  
 Thank you for sharing again this  
 year. I still haven't had a  
 real chance to talk. Maybe  
 next year. Love  
 Yaloo







Leila:

It has been a rare  
experience and I am looking  
forward to working with you in  
the years ahead. Love *Bob*

Hi Leila -

Hate to rush but  
I'll see you. Love ya

Love, Ruth

This is me, writing  
in your book. Sorry  
I forgot to make my  
copy. Next year?  
John T.



Leila Steckelberg

Leila,

I haven't really gotten to know you much but I'll be back to Chat, and we can always become real good friends

Love  
Tony

Leila  
you've done a fine job here and I hope that next year I can get to know you better

Love  
S. J. Paul

Leila  
Thanks again for a note book to borrow through for the rest of the year. + waiting in line for the B.R.

Love  
E. J. L.

Leila

I am really glad I came this year and I will be back.

Thanks for all the work you put into the Book

Love  
Chris D

Leila, I hope you had a good time at the office. All your friends are together and waiting in line for the B.R. I hope you had a good time at the office. All your friends are together and waiting in line for the B.R.

Great you were a really person. I hope you had a good time at the office. All your friends are together and waiting in line for the B.R.