

KNOWLEDGE BUSS AND AUMOR THE SPIRIT



NORTHWEST LEADERSHIP LABORATORY

THIS NITEBUK 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 **28** It is a record of a precious week together. WITH TRUE APPRECIATION we dedicate it TO ALL THOSE WHO HAVE HERE ENRICHED OUR LIVES.

# CHAJCOLAB LEADERSHIP LABORAJORY PHILOSOPHY

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

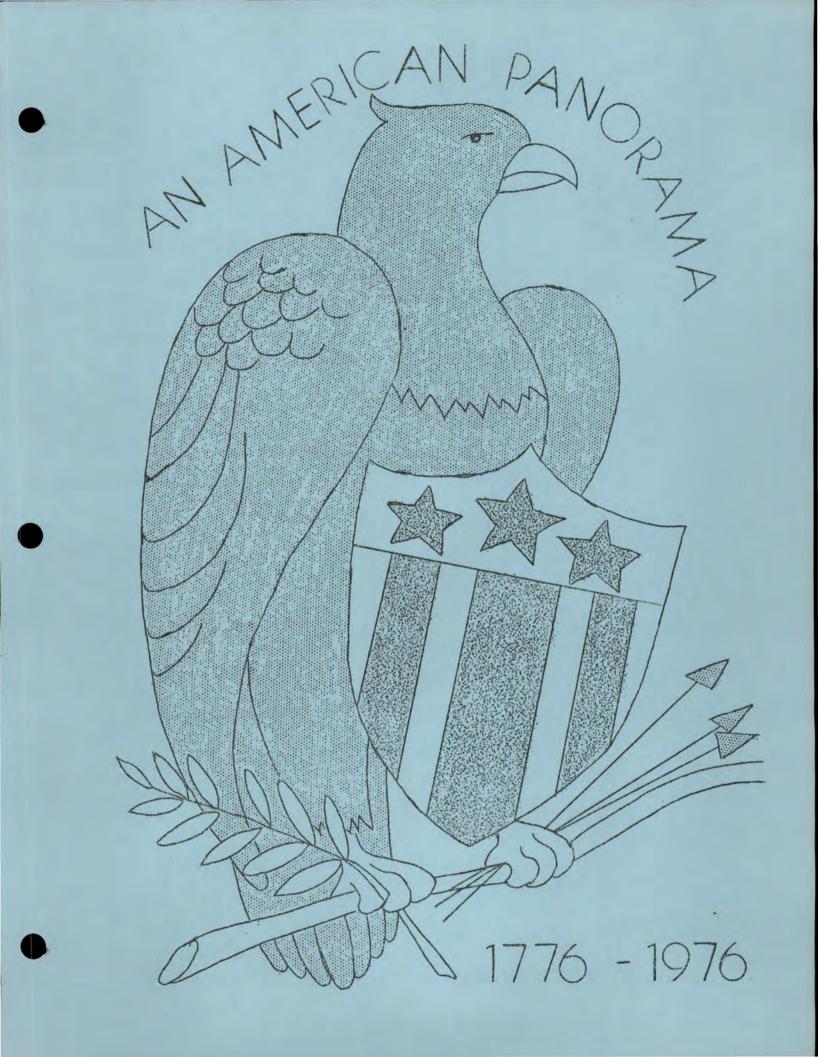
THE LAB IS GRUIP LNING in which there is an exchange of ideas and techniques in the field of recreation.

THE LAB IS A RETREAT FR.M DAILY RUTTINE Group unity grows as individuals develop together in work and play.

MAJLR EMPHASIS IS PLACED UN JUI IN FELLWISHIP.

NEW KNUWLEDGE 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!



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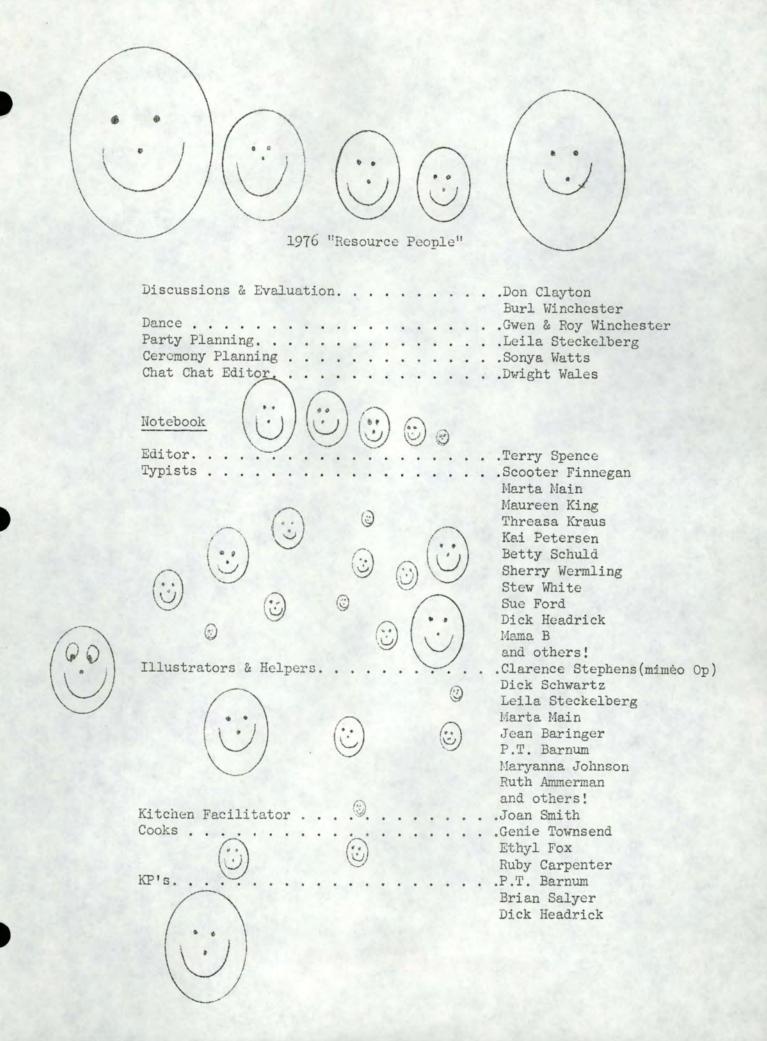
## 1976 Committee

## May 9-16, 1976

Chairman	Leila Steckelberg	Honorary
Vice-Chairman	Dick Schwartz	1978
Secretary	Sonya Watts	1976
Treasurer	Marge Grier	Honorary
Assistant Treasurer		-0
& kitchen facilitaton	' Joan Smith	1977
Notebook Coordinator	Leila Steckelberg	
Chat Chat Editor	Dwight Wales	Honorary
Publicity Chairman	Jean Baringer	1976
	(Maurine Bell)	
	Jim Martin	1976
	Jackie Baritell	1977
	(Al Harmon)	
	Angelo Rovetto	1977
	Stewart White	1978
	Marianne DuBois	1978
Alternates: 1st	Meg Bradley	
2nd	Terri Havelhurst	
3rd	Dick Headrick	
Advisor	Vern Burlison	

### The 1977 Committee May 8-15, 1977

Chairman	Dick Schwartz	1978
Vice Chairman	Jackie Baritell	1977
Secretary	Betty Schuld	1979
Treasurer	Marge Grier	Honorary
Assistant Treasurer	Joan Smith	1977
	John Beasley	1979
	Marianne DuBois	1978
	Lonnie Eve	1979
	Angelo Rovetto	1977
	Stewart White	1978
Alternates: 1st	Jean Baringer	
2nd	Chuck James	
Advisor	visor Leila Steckelberg	



#### A Word From the Chairman

This has been a good week with many changes. It was a good week because you made it so! No one can do it alone. Thank you all!

I would like to share my favorite prayer with you:

0, 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 My favorite song:

"It is my joy in life to find At every turning of the road, The strong arm of a comrade kind, To help me onward with my load. But since I have no gold to give. And love alone must make amends .. My only prayer is while I live God make me worthy of my friends.

Thank you for the privilege

all

MAM May you be strengthed by yesjerday's rain .... Walk straight in jomprrow's wind .... And cherist each moment? of the sun today .... I un hier Marthan Thank- You for sharing This moment . . . Levery sponce

# We dedicaté our book to Maurine Bell

Maurine Thinking of her brings back memories of my first ting at Chat. I was in her group for an evening program. We had a great time doing shadow pictures behind a short. We practiced in the wash yein, many a wugh. Another time, I remember ber frying bread in the katoher time cheery smile and taking time to that with you will be some sing I always miss and cheering. EythI for

I shall always remember Maurine us the falenday, loving person the was. Dedicated to Chateolab. He duick wit and readinest to play a grank on anyone made her fun to be grann. We will miss her, but her memory will hast ion.

We will miss her. She was a wonderful, caring, sharing person...and we loved her for it. She touched so many of ve and gave so many her love and joy. I especially think of all the times she brought AFS students to Chat and of the ways the contributed to lab. Most of all, I personally feel, we will miss her loving warmth. Her joy and cc tribution and caring. I will miss my friend, but her memory is mine and it is beautiful. -Elaine

Maurine, we love you! Your memory will live among the Chatcolabbers. Every gay, jovial smile of a labber is a tribute to you. Every doer, participator and giver honors you. Everyone at lab who is loving, caring and sharing is imitating you. For this, Maurine, you are living with us forever -Angelo

Maurine We thank you for the years you shared. You exposed Chat to so many fine young people, they are still our friends now. Your bare feet were always welcome on our tired spines. Your fire and drive always made our hours move. Your large heart full of love overflowed on all of us. We love you too, Maurine. See you at big Chat -Jim Beasley

Maurine was one of the most energetic, vivacious, enthusiastic people I have ever known. She really cared about people and especially about the American Field Service exchange students. Her home was a home for many during their stay in the United States. Maurine made it possible for many to attend Chatcolab - enriching the lives of all who & t to know them!!

Last year Maurine contributed the following - "The Art of Being" - to the notebook. I believe it is the greed by which she lived.

I can still see Maurine's impisis smile and hear her musical laugh -ter. She was so warm and full of love - she has left a big void in the lives of those who knew and loved her!! I feel so lucky to have had Maurine for a friend!!! -Leila

### THE ART OF BEING

Contributed by Maurine Bell

The art of being is the assumption that you may possess, this very minute, those qualities of spirit and attitudes of mind that make for radiant living.

It is a philosophy of BEING TODAY, instead of becoming in a tomorrow that never comes.

It is recognizing that courage, joy, serenity, faith, hope and love are immediately available now, and proceeding to open yourself so these qualities can be expressed through you in everyday living.

It is following the maxim of Shakespeare: "Assume a virtue though you have it not"...knowing that the ; dynamic power of habit can build it into your character.

It is being great now, being forgiving now, being tolerant now, being happy now, being successful now, instead of postponing positive and constructive living to some vague and indefinite future.

It is knowing that when we move into the future it becomes the NC4, and that now is the appointed time!

It is facing the fact that your biggest task is not to get ahead of others, but to surpass yourself.

It is wasting no time daeaming about the rich life you may live next year, or ten years from now; it is beginning to live at your best right now, today.

It is heeding the wisdom of the ancient (hinese seer who observed: "A journey of a thousand miles begins with a single step," and it is taking that step today.

It is beginning today to be the man you want to be.

It is developing an awareness of the infinite possibilities in each magic moment.

It is enlarging the MON by pouring into it intense creative energy.

It is immortalizing the present moment that your life may have eternal significance.

It is coming into a full realization that the Master voiced the secret of victorious BEING, when He declared that the Kingdom of God is not afar off, but that it is WITHIN YOU NOW!



# When is it held?

The lab starts at dinner time on the second Sunday in May. Plan to be in camp by 5:00 p.m. The camp ends at breakfast on the following Sunday.

Please pre-register as the facilities are limited.

### Where the lab meets SUBJECT TO CHANGE

The lab meets at Heyburn State Park Youth camp on the west side of lower Coeur d' Alene Lake on Chatcolet Lake between Plummer and St. Maries, Idaho. The camp has cabins with beds and mattresses, centrally located rest rooms, kitchen and cheery dining room, recreation hall, crafts building, water front, dock, beach and other facilities.

### Mailing address:

Chatcolab, Inc. Rt. 5 Box 452 Arlington, Washington 98223

# What to bring

- Clothing plenty of warm and comfortable camp clothes, raincoat, boots or waterproof shoes; old clothes and period clothes or special costumes and accessories for parties; personal toiletries.
- Bedding A warm sleeping bag is recommended (nights may be cold) or bring blankets if you prefer.
- Other flashlight, camera, dance or listening records, song books, pocket knife, musical instruments, crafts or games to share, books to loan for library during lab, ideas, enthusiasm, a smile and an appetite.

# Why come to Chat?



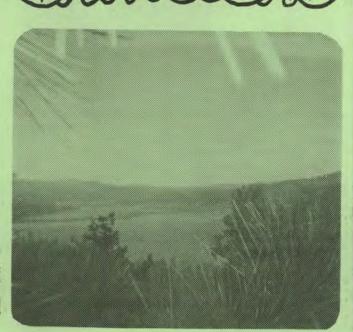


# LEADERS:

Need a break from the daily routine? Do you have ideas

Do you have ideas to share?

COME



# What is Chatcolab ?

\* Chatcolab exists for the sole purpose of assisting leaders of youth and adult groups to develop their potential individual leadership abilities

\* It is a totally different experience from most other camps and labs.

\* Chatcolab philosophy is a basis for constructive living; to be fully understood it must be lived.

\* It is a workshop for western volunteer and professional leaders. The term **laboratory** denotes the effort made to maintain an atmosphere that encourages experimenting with leadership ideas without fear of failure. The attitude of sharing that pervades the lab is an important catalyst in helping each labber make growth as a person and as a labber.

#### YOU GET OUT WHAT YOU PUT IN.



# Background

In 1948 a small group of people met with a common concern about the training needs of leaders (both volunteer and professional) working with youth and adult organizations. They organized the Northwest leadership Laboratory. Because the lab met on the shores of the beautiful Lake Chatcolet it soon became known as CHATCOLAB.

# Who sponsors Chat?

Nobody. Chatcolab, Incorporated became a non-profit corporation in 1969 and has no sponsor. Its members are those who attend lab. Members elect a board of directors who make the plans and arrangements for each year's session.



# What to expect

A week of varied activities - group discussion, activity planning, singing, dancing, games, hikes, boating, story telling, ceremonies and parties, rap sessions, corporation meetings, demonstrations, crafts, campfires and good eating. There's time for visiting, exchanging ideas and time for making new friends.

A few special resource people are obtained to help carry out the program, but much of the program resource comes from the labbers themselves. A unique activity at Chatcolab is referred to as C.H.A.T.(collecting hidden arts and talents) which is a planned sharing of leadership background, ideas, methods and skills. You will have the opportunity to present a class on any topic that is interesting and valuable to others. Crafts of many types, camping skills or techniques, recreational or leadership activities, philosophy, and nature lore are examples of subjects for C.H.A.T. classes. Time will be according to need - from 15 minutes to 2 hours.



# Who attends lab?

Any adult (18 years and older) - especially those who are interested in working with youth and adult groups. A majority of the labbers are volunteer leaders working with 4-H, Boy Scouts, Girl Scouts, Campfire Girls, Farmers' Union, church groups, senior citizens, and homemakers.



#### **CONDITIONAL ATTENDANCE** (Pending, 1976)

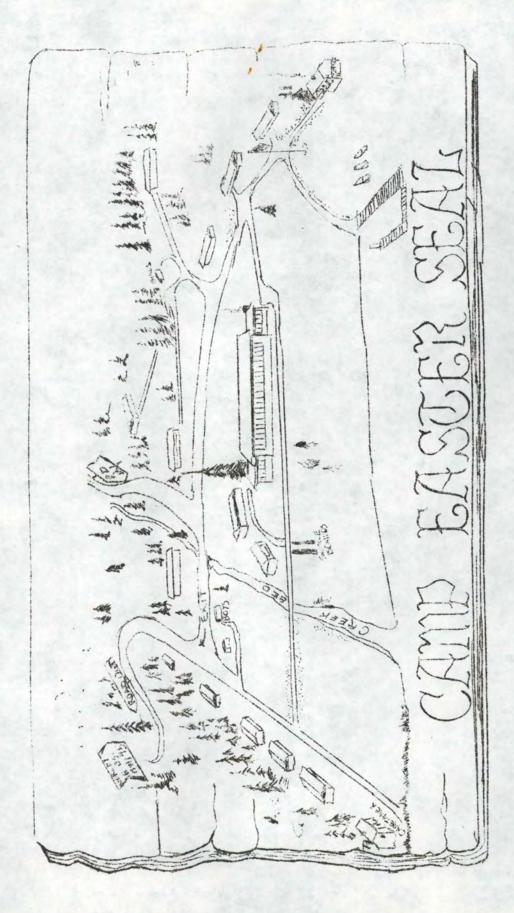
Any person between 15 and 18 years must submit with his/her preregistration prior to acceptance 3 letters of reommendation attesting the applicant's roles in leadership. The required letters must be from teachers, group leaders ministers or other adults who are not relatives of the applicant.

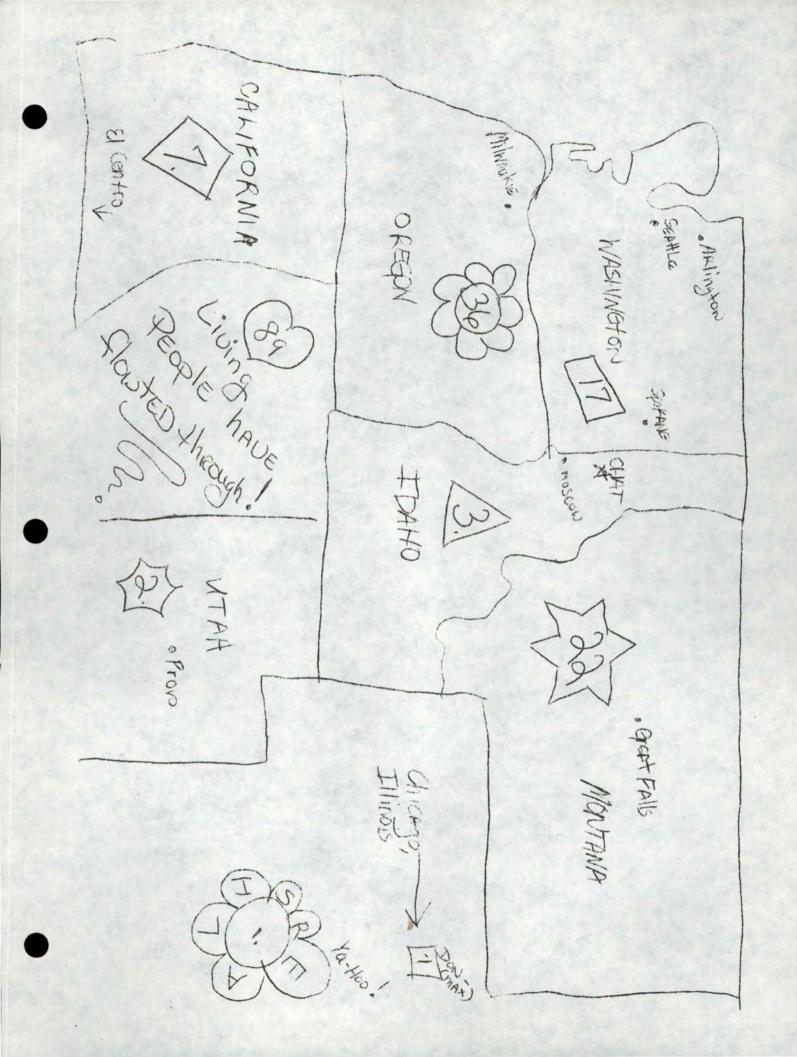
All persons attending will be expected to be responsible for:

- their personal conduct,
- some jobs to keep camp in order,
- respecting other labbers' property and privacy,
  being on time, and carrying out accepted duties
- and tasks.

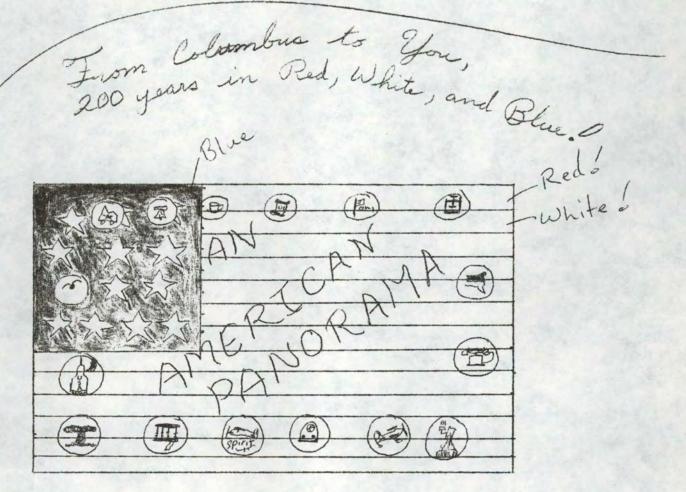
When you tell roout GAT ----Here is a Brochure to pass on to someone you hope will come to (HAT next year. This is one of the woys (HAT is perpetuated.

> JO CARE JS JO SHARE





CHATCOLAB 1976 AN AMERICAN PANORAMA





#### ADDRESS WHILE LAB IN SESSION:

Chatcolab Camp Easter Seal General Delivery Worley, ID 83876

#### Name, Address, Phone

Ammerman, Ruth (1) 15151 LaForge St. Whittier, CA 90603 213-693-0339

Arnott, Susan (1) Utica, MT 59452 406-423-5301

Baringer, Jean (10) Box 1489 Conrad, MT 59425 406-278-7716

### Interests

Arts'n Crafts, archery, little bit of piano, creative writing, embroidery, social dance, folkdance

Sewing, piano, singing, student, public speaking, creative writing, drama

Crafts, of any kind, domest: "Recycleable" crafts homemal quilting, sewing, knitting, BD 7-5 group singing, pinouchle

#### Occupation

Camp Easter Seal Bob Pierce

CARETAKERS:

Worley, ID 83876

Chester & Dorothy Baird &

student BD Anytime

student BD 7-30

domestic engineer homemaker BD 7-5



Baritell, Jackie (3) 1050 Scotts Lane Walnut Creek, CA 94596 415-935-5245

Barnum, P.T. (Patty)(4) 3633 Hacienda Dr. Santa Rosa, CA 95405 707-542-1303

Beasley, Bob (Beaz) 6231 22nd N.E. Seattle, WA 98115 206-523-1876 206-524-8660 (24 hrs.)

Beasley, Jim (14) 14515 Clackamas Riv. Dr. Oregon City, OR 97045 503-656-5027

Beasley, John (2) 14515 S. Clackamas Riv. Dr. trumpet Oregon City, OR 97045 503-656-5027

Bradley, Brad (4) 9929 14th Ave. So. #E-1 Seattle, WA 98108 206-762-6083 206-622-6074 (work)

Bradley, Margaret (4) The great outdoors, 9929 14th Ave. So. #E-1 Seattle, WA 98108 206-76206083 or 206-622-6074

Bradley, Meg (4) people, outdoors, 1225 Indian #4 (til June 10) music, Chatcolab Bellingham, WA 98225 206-734-0302 (summer) 543 N. 71st Seattle, WA 98103 206-782-5153

Bryan, Gene (1) Rt 1 Bozeman, MT 59715 406-587-7818

#### Interests

crafts, music, hiking, graduate student; education, travel, kids, after school leader writing, folkdance, CHAT

caligraphy, Indian bead- song writer/subwork, song & poetry writ- stitute teacher ing, string, design, tall BD Anytime tales, practical jokes. scroll work, Dwight Wales, (!)learning, hearty belly laughs, drama

Chris, people of all ages Real Estate Sales (especially females), littleBD 2-21 league, baseball, love & E-hugs

church, home, people, golf

forestry, play

people and the outdoors, Margaret

arts and crafts

4-H leadership, rec-

reation, animals, farm-

ing, cars, live dances,

am active in Demolay &

playing guitar

student BD 5-30

Occupation

BD 8-27

student BD 1-4

Teamster

BD 2-13

Guide BD 3-4

Social worker BD 6-26

student BD 10-12



Bush, Pam (1) 14515 S. Clackamas Riv. Dr. climbing Oregon City, OR 97045 503-656-5027

Carpenter, Ruby E. (10) Box 174 Livingston, MT 59047 406-222-1068

Christiansen, Steve (3) 14515 S. Clackamas Riv. Dr. Oregon City, OR 97045 503-656-5027

Clayton, Don (24) 359 Oakwood St. Park Forest, IL 60466 312-747-2249

Coefield, Jim (1) 1705 W. College Bozeman, MT 59715

Corlett, CY (4) Drummond, MT 59832 406-288-3318

Davis, Pat (3) 18 Smelter Hill Great Falls, MT 59401

DuBois, Marianne (4) 903 W. Ross Road El Centro, CA 92243 714-352-4604

Dwyer, Kelly (1) 94712 Fair Add Great Falls, MT 59404 406-452-0044

Elm, Bruce H. (9) 635 W 980 N Provo, UT 84601 801-374-5497

Eve, Lonnie (3) 1202 Oakland Dr. Billings, MT 59102 406-656-2572

#### Interests

mountaineering,

4-H girls guid, Jr. rock club, leather craft group, Sunday School teacher

beach, rock climbing, sound, clouds, Indian folklore, satire

People, travel, reading, music, camping, canoeing, aging, living

music, listening to people

people

singing, skiing, people

music, crafts, active sports, travel, Bill, guitar, banjo, folk music, sewing, house gardening, games & philosophy

student love people, meeting new people, traveling & out-BD 11-5 doors, seeing all that life has to offer

Square dance, Motorcycling, Recreation leader BD 2-16 Photography, canoeing, macrame', etc. etc.

typing, piano 4-H camping, teen-agers

#### Occupation

teacher BD 10-16

Laborer BD 10-17

undecided BD 3-30

teacher BD 5-19

student, transient BD 4-6

Rancher BD 5-26

student BD 5-7

student BD 9-5

homemaker BD 6-18



Finnegan, Scooter (4) 17046 N.E. Holsey #46 D Portland, OR 97320 503-255-0128

Ford, Sue Rt 2, Box 626 Gresham, OR 97030 503-663-5074

Fox, Ethyl (8) 10625 S.E. 362 B-27 Boring, OR 97009 503-663-5150

Foy, Lynne (4) 1235 N.E. 153rd Ave. Portland, OR 97230 503-256-4664

Grier, James (3) N. 1108 Oberlin Rd. Spokane, WA 99206 509-926-8395

Grier, Marjorie (26) N. 1108 Oberlin Rd. Spokane, WA 99206 509-926-8395

Headrick, Dick (4) Rt 1, Box 352 Beavercreek, OR 97004 503-632-3188

Heard, Terri (1) 1621 Third Ave. S. Great Falls, MT 59405 406-453-2088

Hersey, David Trent (1) 7180 Lewir Riv. Rd. Grants Pass, OR 97526 503-476-3683

James, Etta Marie (1) 4165 158th S.E. Bellevue, WA 98006 206-747-0907

#### Interests

people, CHAT, backpacking, skiing, horseback riding. mountain climbing. girl scouts, tennis

photographer, some modern dance, theater, edible plants & others. journalism, play the recorder, reaching, cooking

camping, hiking, reading

Leading, singing & organizing functions, talking! I love to see other people blossom

#### nomad

nomad, too

backpacking, flying, canoeing, anything outside

like meeting new people, enjoy music, like just being myself

meeting new friends and love old ones more, always wanting to learn more about others

Children's games, identifying wild flowers, BD 4-30 story telling, have square danced

#### Occupation

Secretary BD 8-13

student BD 4-25

Homemaker, Cook at school BD 9-21

student BD 9-30

retired BD 3-22

housewife BD 5-23

student BD 4-16

student BD 10-16

student BD 5-13

retired teacher



James, Chuck (2) 4165 158th Ave. S.E. Bellevue, WA 98006 206-747-0907

Jaspers, Dee (1) 213 21st Ave. N.W. Great Falls, MT 59404 406-452-7561

Keller, Dianne (1) 1054 Queens Rd. Rogue River, OR 97537 503-582-3543

King, Maureen (2) 4011 S.E. 65 Portland, OR 97206 503-777-3764

Main, Gwen (1) 660 W. Main Rd. El Centro, CA 92243 714-352-3446 Main, Marta J. (2)

12805 S.E. 172nd Boring, OR 97009 503-658-3995

Main Roy (1) 660 W. Main Rd. El Centrol CA 92243 714-352-3446

Martin, James H. (4) 7502 E. Evans Ck. Rd. Rogue River, OR 97537 503-582-3610

Mickelson, Bettie E. (1) 39200 S.E. Lusted Rd. Sandy, OR 97055 503-663-4039

Newman, Cynthia (Cindy) (1) 4-H, sports, crafts 33 N.W. 26th Corvallis, OR 97330 (Perm.) Rt 1 Haines, OR 978??

#### Interests

wood, rocks, kites, girls, communicating, shiatsu, music

I enjoy playing bridge, wife, mother, hiking, tennis, swimming, most anything I'm interested BD 11-16 in, people, & have no special talents. Will try most anything

I like to sew, do handstudent crafts, backpacking, cook, BD 2-11 hiking. I love animals and the woods. I love traveling

being myself

music, folk & square dancing, sewing, crafts, camping

children, sunshine, (outdoors) work & recreations, cooking, making other people happy. Horses, swimming, hiking

group singing, fun dances, square dances

young people, lifelove

children

anything and everything

#### Occupation

retired engineer BD 11-9

preschool teacher

student BD 2-17

teacher BD 9-7

"Roamer" BD 8-13

Outreach Ch. Senior Citizen Nutrition & Activity BD 8-17

Rancher, Bus Driver BD 5-21

Housewife BD 6-19

student BD 3-31



Noffsinger, Nancy (2) 9050 S. 150 W. Sandy, UT 84070 801-255-5177

Norquist, Janice (1) 628 Locust Walla Walla, WA 99362 509-529-6134

Petersen, Kai (1) 2651 N.W. Cornell Rd. Portland, OR 97210 503-223-4213

Pyfer, Randy (TANK) Box 921 Three Forks, MT 59759 406-285-6706

Robinson, Bill (1) 1042 S. Verde Anaheim, CA 92803 714-535-1089

Roper, John P. (3) 6958 S.E. Cavalier St. Milwaukie, OR 97222 503-655-7295

Rovetto, Angelo (15) 2504 Butterfield Yakima, WA 98901 503-455-2339

Rovetto, Elaine (16) 2504 Butterfield Yakima, WA 98901 503-455-2339

Rowe, William Douglas (1) 460 Wilson Rd. Ashland, OR 97520 503-482-2936

Salyer, Brian (2) 645 Covered Bridge Rd. Rogue River, OR 97537 503-582-1839

#### Interests

people, religion & way of life; handwork (such as knitting); music, dance, outdoor

camping, backpacking, fishing, artist, interested in giving our children a valuable experience and loads of fun - love people

can participate and play most sport games. The only talent that I occasionally possess at times is having "fun"

great at listening and talking

people, music, juggling, participation sports, Marianne

music, firearms, hunting, opposite sex, camping, solitude, wilderness survival, white water rafting, and forestry

philosopher, silver polisher, rockhound, skiing, cookery, woodworking

people, places and things, homemaker all kinds of crafts, travel-anyplace

Hiking, skiing (X-C & downhill), socializing, BD 2-21 guitar (making & playing), records & music, gymnastics, bicycling, chemistry, tinkering, daydreaming, telling jokes

camping, backpacking, working with children, life

#### Occupation

childcare BD 7-30

Camp Fire volunteer BD 4-7

unemployed BD 6-1

student BD 11-2

student BD anytime

Deputy Sheriff BD 7-30

Manufacturer BD 1-21

BD 11-10

student

High School BD 11-14



Schroeder, Debbie L. (1) 24236 S. Molalla Ave. Oregon City, OR 97045 503-632-3876

Schuld, Betty (3) 5603 S.E. Aldercrest Milwaukie, OR 97222 503-654-3608

Schwartz, Dick (3) 5678 S.E. Harlene Milwaukie, OR 97222 503-654-7593

Slayter, Shelley (1) 1314 Foots Creek Rd Gold Hill, OR 97525 503-582-3558

Smith, Joan E. (8) Rt 4, West Riverside Missoula, MT 59801 406-258-6226

Spence, Terry (2) Rt 1, Box 212 Moscow, ID 83843 208-882-7720

Staigmiller, Mike (1) Eden Rt. Great Falls, MT 59401 Great Falls, MT 59401 406-736-5541

Steckelberg, Leila (24) Rt 5, Box 452 Arlington, WA 98223 206-435-3075 206-733-5710 (office) Summer address June 20 to Aug 12 Camp Kirby 288 Samish Point Road Bow, WA 98232 206-766-3616

Stephens, Clarence (10) 204 28th St. N. Great Falls, MT 59401 406-452-1427

Stephens Renee (4) 925 N. Modoc Medford, OR 97501 503-773-1555

#### Interests

people, kids, outdoor preservation (ecology) singing

life, kids, 4-H camp, horses

hunting, boating, fishing, travel, people BD 7-29

hiking, flute playing, reading, rock hunting, making things

floating down rivers, working with teenage groups, and 4-H camp, singing

talking, horses, dancing, secretary, housewater skiing, sewing, people, CHAT

I play the Jews harp, I like outdoors, meeting people & going on trips

family, people, folk & square dancing, crafts, rockhounding, Samish Council of camping, Camp Fire Girls, Campfire Girls & 4-H, Scouts

old cars, woodworking, people

music, people, outdoors

#### Occupation

student BD 11-14

> Housewife BD 8-8

Insurance engineer

student BD 6-10

selling Ins. student, homemaker Sell Avon BD 5-9

> wife BD 10-2

student BD 7-8

District Director Camp Kirby Dir. Home Ec. Teacher Everett Comm. Col. BD 7-30

dentist BD 3-1

student BD 10-22



Townsend, Genie (15) 2790 S.E. Regner Rd. Gresham, OR 97030

Townsend, Robert E. Sr. (2) outdoor activities 2790 S.E. Regner Rd. Gresham, OR 97030 903-665-5876

Wales, Dwight (18) Rt 4, Box 286 Arlington, WA 98223 206-435-3865

Watts, Sonya K. (3) 1423 Jackson Walla Walla, WA 99362 509-529-1635

Wells, Florence J. (3) Rt 4, Box 44 Hoguiam, WA 98550 206-532-2287

Whalen, Peggy (3) 735 N. 6th St. Missoula, MT 59801 406-549-3803

White, Stewart E. (5) 12805 S.E. 172nd Boring, OR 97009 503-658-3995

Wilson, Nell (3) Rt 3, Box 261 Molalla, OR 97038 503-651-2247

Winchester, Burl (1) Rt 4, Box 13 Bozeman, MT 59715 406-587-7965 406-994-3451 (office) 406-994-4731

Yeoman, Sue (3) 6500 Hiway 66 Ashland, OR 97520 503-482-3606

Zuhoski, Tom (1) Belt, MT 59412 406-277-3336

#### Interests

wild flowers, hunting, camping

Chat, 4-H, Camp Fire

people, nature & Indian lore, Bird watching, Philosophy, Hatha Yoga

teen-agers, personal development

all and everyone, Grokking

many and multiple, what have you got?

hiking, reading, swimming, being with people, singing

people, group process, human development. communications

working with people, nursing, people work! swimming, hiking, singing, BD 8-31 caring, understanding, openess

sports & physical ed., meeting new people

#### Occupation

housewife, and grandmother BD 1-27

driver salesman BD 4-12

Retired girl caller BD 11-22-98

housewife-volunteer BD 4-14

mother BD 3-12

transient BD 4-5

School bus driver BD 4-1

student BD 6-2

Prof. Montana St. University, Extension Service BD 10-25

student BD 6-30

#### LATE COMERS

#### Name, Address, Phone

MacRae, Diana (9) villa Fontena sheik Jarrah East Jerusalem, Isreal (02) 28-40-05

Beasley, Chris (5) 6231 22nd N.E. Seattle, WA 98115 206-LA3-1876 206-782-9806 (work)

Keating, Bob 503 First Av. W. #210 Seattle, WA 98119 206-285-2305

Smith, Kelly Rt 4, W. Riverside Missoula, MT 59801 406-258-6226

Johnson, Maryanna (2) 6422 Caldwell Road Gladstone, OR 97027 503-659-1683

Gallagher, Mike (1) 4616 S.E. Milwaukie Portland, OR 97202 503-236-5120

Jozovich, Betsy (5) D 203 Sunset Aprts. 2528 Farregut Ave. Butte, MT 59701 406-792-5511

Gangner, Rosalie (Rosie) (2) people, 4-H 213 17th Ave. N.W. Great Falls, MT 59404 406-727-6325 or 406-453-3642

Wermling, Sherry (3) 3516 1st Ave. S. Great Falls, MT 59404 406-453-3991

Finnegan, Dene 17046 N.E. Halsey Portland, OR 97230 503-255-0128

#### Interests

International co-existence

breakfast in bed

B.P.O. Elks, Little League, C.B. Radio, sports

hiking, baseball, fishing

people, nature, travel, love, 4-H

sports, music, people, student, laborer happiness

corcheting, people, Camp Fire & 4-H

involving myself in activities, people, and outdoors

people, skiing, school, swimming, volleyball

#### Occupation

Employed by London times correspondent BD 7-14

Waitress BD 12-11

Salesman BD 8-29

student BD 12-14

4-H program assistnat BD 1-23

BD 12-2

Mother & secretary BD 9-7

student telephone operator BD 4-12

business student BD 9-23

student

Christopher, Clay E. 29815 S.E. Kelso Rd. Boring, OR 97009 503-663-5612

Beasley, Miriam (9) family-grandkids, 14515 S. Clackamas Riv. Dr. people, camping, Oregon City, OR 97045 (Chat & 4-H) 503-656-5027

Kraus, Theresa (3) 11500 S.E. Stanley Ave. Milwaukie, OR 97222 503-654-7167

Burlison, Dorothy (3) 704 N. Lincoln Moscow, ID 83843 208-882-3891

Burlison, Vernon (23) 704 N. Lincoln Moscow, ID 83843 208-882-3891 208-885-6356 (office)

#### Interests

kids, leathercraft, long tiring trips

kids, people, camping, outdoors

bridge, crocheting

youth, grownups, outdoor activities & lots of other things

#### Occupation

leather refinisher BD 10-26

lst grade teacher BD 1-30

student BD 3-22

> homemaker BD 3-1

forester BD 11-19

#### 1st Row

- 2nd Row
- 1. Tom Zuhoski
- John Beasley
   Nancy Noffsinger
- 4. Stew White
- 5. P.T. (patty) Barnum
- 6. Dick Headrick
- 7. Sue Ford
- 8. Dave Hersey
- 9. Doug Rowe
- 10. Sue Yeoman
- 11. Joan E. Smith
- 12. Leila Steckelberg
- 13. Marta J. Main

- U ROW
- 1. Angelo Rovetto 2. Jackie Baritell 3. Ruth Ammerman
- Chuck James
   Debbie Schroeder
- 6. Dianne Keller
- 7. Shelley Slayter
- 8. Cindy Newman
- 9. Brian Salyer
- 10. Brad Bradley
- 11. Renee Stephens
- 12. Don Clayton
- 13. Pam Bush

- 3rd Row
- 1. Genie Townsend 2. Lob Townsend Sr.
- 3. Janice Norquist 4. Susan Arnott
- 5. Terri Heard
- 6. Kelly Dwyer
- 7. Sonya Watts
- 8. Margaret Bradley
- 9. Dwight Wales
- 1C. Jim Coefield
- 11. Megan Bradley
- 12. Steve Christiansen

1. Randy (Tank) Pyfer

Gene Bryan

- 4th Row
- 1. Roy Main
- 2. Dee Jaspers
- 3. Mike Staigmiller
- 4. Betty Schuld
- 5. Lonnie Eve
- 6. Elaine Rovetto
- 7. Jean Baringer
- 8. Clarence Stephens
- 9. Etta James
- 10. Lynne Foy
- 11. Jim Martin
- en

#### 5th Row

### 6th Row

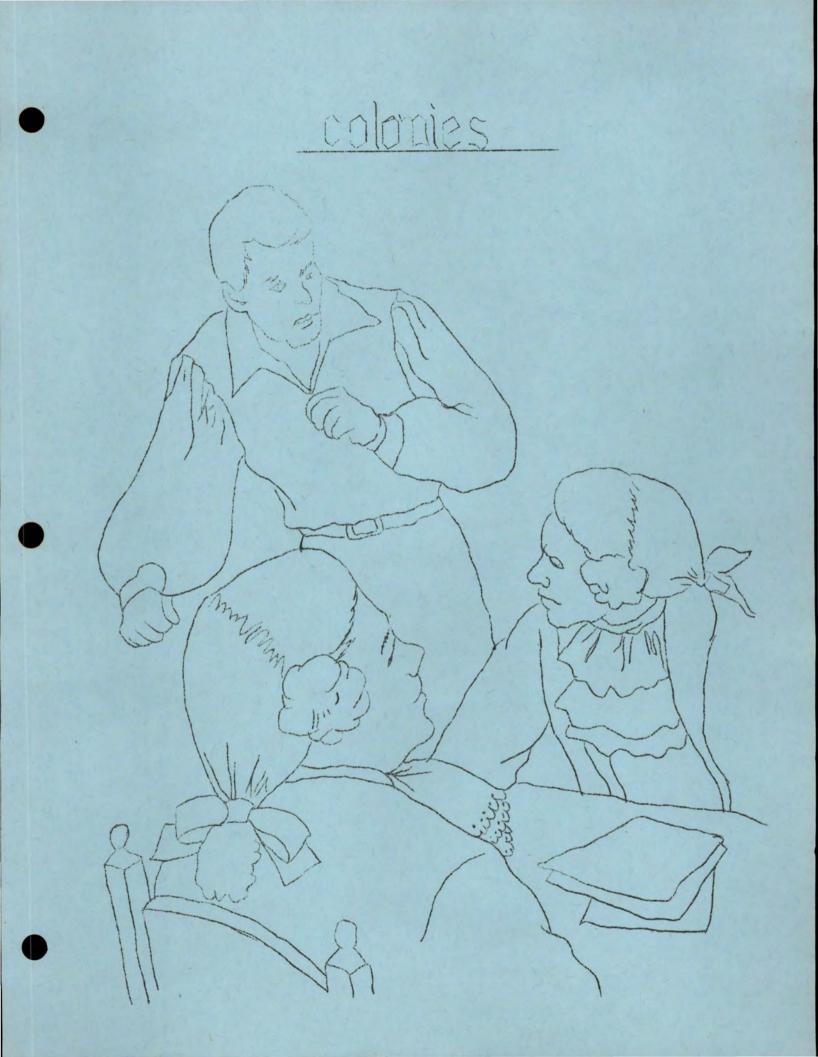
2.

- 1. Gwen Main
- 2. Burl Winchester
- 3. Florence Wells
- 4. Marianne DuBois
- 5. Bill Robinson
- 6. Bettie Mickelson
- 7. Bruce Elm
- 8. Dick Schwartz
- 9. Ethyl Fox
- 10. Ruby Carpenter

3. Fat Davis 4. John Roper

## Alphabetical List By First Name

2-1	Angelo Rovetto	4-3 Mike Staigmiller
NIP	Betsy Jozovich	NIP Miriam Beasley
5- 6	Bettie Mickelson /!	1- 3 Nancy Noffsinger
4-4	Betty Schuld	NIP Nell Wilson
5-5	Bill Robinson	1-5 p.t. (Patty) Barnum
NIP	Bob Beasley	2-13 Pam Bush
NIP	Bob Keating	¢- 3 Pat Davis
3-2		NIP Peggy Whalen
	Brad Bradley	6-1 Randy (Tank) Pyfer
	Brian Salyer	2- 11 Renee Stephens
	Bruce Elm	NIP Rosalie Gangner
	Burl Winchester	4-1 Roy Main
	Chris Beasley	5-10 Ruby Carpenter
	Chuck James	2-3 Ruth Ammerman
	Cindy Newman	NIP Scooter Finnegan
4- ;8		2-7 Shelley Slayter
	Clarence Stephens	NIP Sherry Wermling
	Clay Christopher	3- 7 Sonya Watts
	Cy Corlett	3- 12 Steve Christensen
	Dave Hersey	1- 4 Stew White
	Debbie Schroder	
4-2	Dee Jaspers	
NIP	Dene Finnegan	1-10 Sue Yeoman
NIP	Diana MacRae	3- 4 Susan Arnott
	Diane Keller	3-5 Terri Heard
	Dick Headrick	NIP. Terry (Typist) Spence
5-8	Dick Schwartz	NIP Theresa Kraus
2- 12	Don Clayton	1-1 Tom Zuhoski
NIP	Dorothy Burlison	NIP Vernon Burlison
1-9	Doug Rowe	
3-9	Dwight Wales	
	Elaine Rovetto	
	Ethyl Fox	
	Florence Wells	The numbers give the position in the
6- 2	Gene Bryan	picture.
3-1	Genie Townsend	The first digit is the row number.
	Gwen Main	The second number is the position in
	Jackie Baritell	the row from the left.
3-3	Janice Nordquist	the row from the fert.
4-7	Jean Baringer	NIP means not in picture.
NIP	Jim Beasley	har means nee in presence.
	Jim Coefield	
NIP	Jim Grier	
	Jim Martin	
1-11	Joan Smith	
1- 2	John Beasley	
6-4	John Roper	
NIP	Kai Peterson	
3-6	Kelly Dwyer	NID Maniania Cuian
3-6	Kelly Smith	NIP Marjorie Grier
	Leila Steckelberg	1-13 Marta Main
4- 5	Lonnie Eve	NIP Maureen King
	Lynne Foy	3-11 Megan Bradley
3-8	Lonnie Eve Lynne Foy Margaret Bradley	NIP Mike Gallagher
NIP	Marianna Jonnson	NIP Mike Morrison
5-4	Marianne DuBois	



#### MAYFLOWER

month of May symbolic of first ship of pilgrims into new land.

#### ACTIVITIES

Ping-peng tourney-Doug All-time Chat records-Dick History game-Renee Boston Tea party-Dick and me Sensitivity-Steve or Dee

#### STRENGTHS

ambitious, came together as a whole and got involved with each other

#### WEAKIESS

scheduled place for meetings trouble following through

Rence Stephens-currently iniCorvallis going to OSU majoring in Science. I come originally from Medford, where I met Jim Martin with whom I first came to Chat 4 years ago. Chat is a unique learning and growing experience for me; one which I hope mever to take for granted.

Doug-from Ashland, OR where I"ve lived for the last 40 yrs. Hope to be heading for degree (a B.S.) in Chem. Came to C at because of neat Chat people I met prior to coming. Chat proved to be rewarding in the people I did meet and I proved to be rewarding to Chat people.

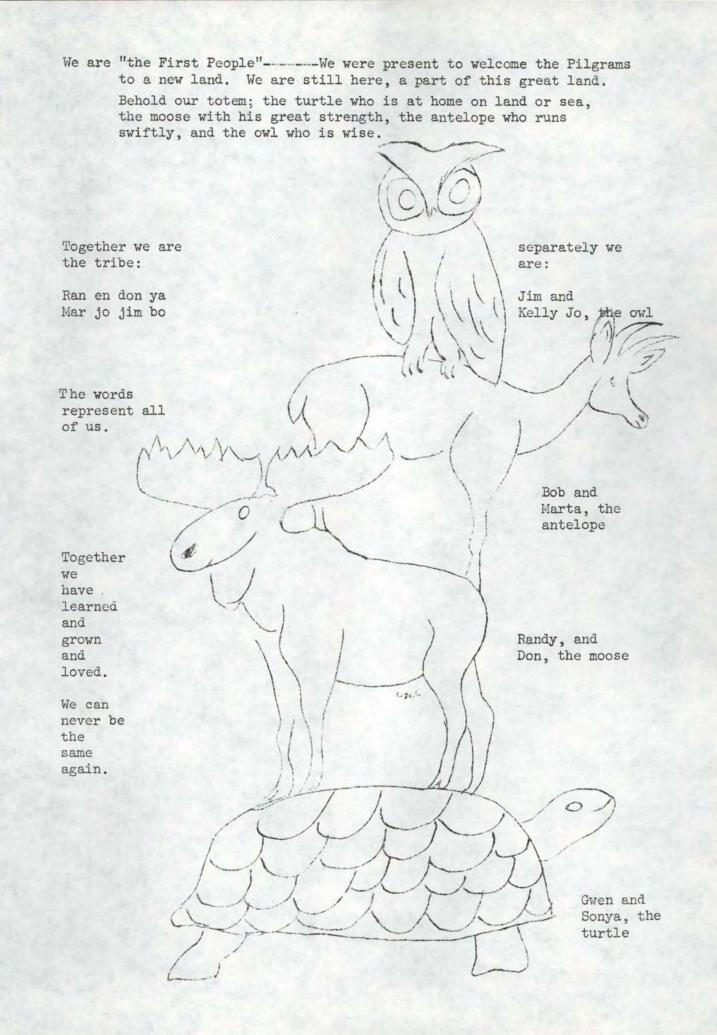
Dick Headrick-From Beavercreek, Ore. His 4th lab but a new experience in arnew place. Likes to work in summer camps and loves the outdoors.

Clarence Stephens-A practicing dentist in Great Falls, Mont. I have lived there for 32 years. This is my 10th year at Chat and I keep coming back for fellowship with my friends, a wonderful bunch of people.

Dec-I was born and raised in South Dakota. My husband, daughter and son and my self have lived in Great Falls, Mt. for 5 years. I operate a pre-school in my home and an active in 4-H and P.T.A. projects.

Steve-at the time of publication, Steve was sleeping after an exausting week packed full of love. He sleeps a lot, but when he's awake-he is forever sharing!He's Clackamas county Ore and Great Falls Mont. He's a gentle, kind man who loves life. He is now in the midst of traveling back and forth from place of origin to the Beasley's. He's looking forward to the sunrise and the sunset. He's experiencing growth with every day.

Sunshine



#### HISTORY OF THE ITALIAN SWISS COLONY

The last colony to gain a name. It was considered til Wednsday at which time we chose this well aged name. It excludes all of us.

At our first meeting, we ate Sunday dinner together. Brian Sayler, Megan Bradley, Burl Winchester, Joan Smith, Dave Hersey, Etta Marie James and Beaz (J. Robert Beazley) were joined by a late model Sue (Edsel) Ford. Later the blessed events of the birth of two new colony members completed the group. Tuesday night Cy Corlett joined us and Wednesday morning Joyce (Scooter) Finnegan completed the colony.

Members of the colony immigrated to Chatcolab, Cottonwood Bay, Couer d' Alene Lake, Idahoe from Oregon, New Mexico, Montana, Louisiana, Iowa, Massachusettes, Nebraska, and California in the vintage year of 1976.

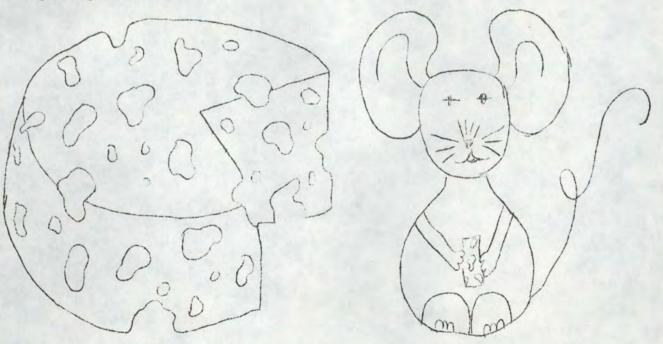
It has taken time for the various stocks to mellow out into a distinctive vintage. Our aging process superceeded progress.

Choice of the name had to be distilled on the hill, armed by a Winchester, then bootlegged into camp. It didn't get any Sayler, so we added a little nutMeg with a long hairy Cy and a fast Scooter.

We stored it in a hard-to-find Burl which had Beaz buzzing around it. Attained true perfection with a James/Hersey bar with a little Smith added for flavor and Forded the stream in a vintage Edsel.

We then took our place by contributing to the overall country. Lowering and raising the flag, de-rocking (?) the volleyball court, instrumentally involved in Sunday's church service and conceived created and carried out a potlatch.

We found our family meetings are an excellent opportunity to get rejuiced.



#### GROUP HISTORY OF THE ITALIAN SWISS COLONY

BEAZ: Born and reared Oregon City, Oregon, Vintage 2-21-47. Nurtured in the rich bottom land of the Willamette River Valley, watered by hill -side springs and the Clackamas River for my first 18 years. Active in all major sports, Drama, Boy Scouts of America (Explorers) and 4-H (probably what led me to Chat in conjunction with Pa B's urgeings). Spent a summer each in Glacier National Park and Los Angeles, California, entwined with 2 years at Whitman College, Walla Walla, Washington. Fell in love, didn't married, moved to Seattle, Wash. and went to work for the Boeing Airplane Company, retired (forcefully through lay-off) after  $2\frac{1}{2}$  year career, have been playing real estate eversince. Fell in love twice, got married to Chris, July 5, 1971 on the banks of the Clackamas River (at home), one of natures cathedrals set in simple beauty. Started in West Ballard little league 3 years ago as an umpire (I now have 13 kids of my own) have now evolved to a managing position (we are now zero and seven) nothing like wild success to Bolster the spirits!!! My second love affair which began in 1971 was . with and in Chat. I am now involved in Elks, Little League, being married and selling real extate. If you have any further questions, the autobiography of my first 30 years may be published within the next 10 days.

SIGH: (Cy Corlett) Born and raised on a ranch near Drummond Montana. Graduated from Montana State in 1967. Employed as a County Extention Agent in 1969, drafted 1969 - quite a year!! Spent 19 months and 7 days as a reluctant warrior, including a 14 month tour (hardship) behind a typewriter in the Republic of Korea. Upon return I beczme a county agent for  $3\frac{1}{2}$  years, in freat Falls. In In June of "75" after aquiring many experiences and one wife, Chlee, I retired back to the rench where we are living. (happily ever after) All labbers are warmly invited to stop in and visit us there.

BRYAN SAYLER Brewed November 14, 1957 in Sacremento now aging in Rogue River, Oregon, enjoy backpacking, camping, and riding motorcycles.

JOAN SMITH I enjoy the out-of-doors, rafting, backpacking, hunting and fishing. and working with young people as well : a church group. (young people) And every year making new friends and seeing old one's at Chat. Chat has helped me every year. I'm looking forward to coming future year with Chat. Chatcolab is a place where we can pause to look at ourselves, measure our growth and decide what to do in the future.

BEER BARREL BRADLEY I am a student at Western Washington College in Bellingham, Washington interested in recreation and anthropology, particularly in cultural anthropology of the Northwest Coast. I have worked as a progessional guide for backpacking and ski touring out of Seattle. I have worked with teenagers, adults and family groups.

I started mountain climbing at age 9 and have gained a great appreciation of the great outdoors. I spend as much time as possible hiking. I love mode in all forms. I have played guitar for several years and am still improving.

### ITALIAN SWISS COLONY (cont.)

I am interested in birds, especially birds of prey. I love to watch birds in their natural havitat and find it a challenge to identify birds in the field.

But most of all, I love people, especially Chat people. Each persons life is shaped by the people he knows, and they by him.

"Man is forced to be alone by the very nature of society. But if you meet a person "" of envious, who loves and believes in other than himself, then to this rare person offer a lifetime of friendship.

DAVID HERSEY My name is David Hersey and I am seventeen years old. I am from Grants Pass, Oregon. Grants Pass is a pretty little tourist town and I have moved from San Diego about two years ago. I have a good mother and father one sister and a grandmother that lives with us.

I have recently joined High Country Club and this is my first trip with them. I have grown to love the people in the club for " v mal. . very big effort to make you feel like one of the crowd. " thank yim Martin for bringing me to Chat and I also thank Brian Salver for introducing Chat to me.

Chat has really helped me to fine some direction that I would like to lead my life and has really helped me from feeling selfish, and I feel that the Lord is really going strong and in Chat, and I praise him for it.

BURL WINCHESTER A good sheepherder from Noetheast New Mexico. Interest in school amd books came late in life. Too many interests - Art, Animal Genetics, Ecology, Philosophy and people and outdoors activities. Began to feel tolerable degree of self confidence and self selfacceptance about twenty years old. Have a compelling need for people buthave trouble conforming enough to be confor ably predictable.

Have loved every job he had - teaching in High School, State 4-H Department, Extension Service, University Professor, Education Consultant for Ethiopia.

Have a fabulous wife and two sons, and two daughters. Really excited about work in Human Development and Communications. Live on a ranch - Breed Registered Angus Cattle and frequently serve as a Genetic Consultant.

ETTA MARIE (Apple Jacks) JAMES Well aged and spiced with an Irish temper. A vintage beverage pleasing to those who enjoy getting aquainted with lepricons.

SUE (EDSEL) FORD rather than a vir : e wine, a vintage car. Born in Boston, Mass and moved to California and to Oregon where I've been . ever since. (18 yrs.)

This is my first year at Chat and I love it!!

I enjoy dancing of all kinds, music and theater and films. I am currently going to Mt. Hood Community College with a journalism major. I do some free-lance photography. I've been working for the "Oregonian" newspaper as a correspondent since December "75". I live in a big house with lots of room for visitors-I'm about 20 miles from Portland!!

## ITALLIAN SWISS COLONY (cont.)

SCOOTER (BLITZ) FINNEGAN I arrived Wednesday morning and have since spent most of my time in the notebook room. My free time has been spent working on the cabaret Paris and getting to know you all. For those who I haven't had the pleasure of getting to know: I have recently moved from Seattle to Portland, I play the guitar, like people and having good times. I am a late night person and never seem to get enough sleep, but I figure the more I'm awake, the more of Chat and the Chat feeling I can get. DUB A DUB A DUB A DATS ALL FOLKS!!!

## MEMBERS:

Jean Baringer-How great thou art Tom Zuhoski-It's about time Chuck James-Yes, no, wow Shelley Slayter-There's a new world coming. Jim Beasley-Pilgrims forever Bill Robinson-On the other hand we have ..... 5 fingers Terri Spence-I'll try it once Bob Keating-The reverend Nancy Noffsinger-Sweet nothings Genie Townsend-Try it, its good.

SYMBOL:

MASCOT: Guffy the goofy gobbler WHAT'S OUR MOTTO? That's a good question COLONY ANTHEM: Guffy The Goofy Gobbler OUR WORLD RECORD: Longest time for a Chatcolab Sign to be hidden and nobody noticed.

HISTORY: At the first meal we built the Mayflower proving our resourcefulness. We invited the other colonies for a Thanksgiving dinner (which was actually the second thursday in May). The food was excellent. At the cabaret we performed a series of skits including: Do You Believe? How Indians Tell Time Untrained Elephant Ticket Seller And sang our colony anthem: Guffy The Goofy Gobbler Guffy the Goofy Gobbler is silly as a clown. He came in for breakfast when the sun was going down. But guffy didn't mind at all Cause he was getting thinner. For when Thanksgiving Day was here the fat ones were for dinner. Guffy the goofy gobbler should really get 3 cheers. He still comes late for breakfast. He'll live a handred years.





## RHODE ISLAND REBELS, COLONY #4

Dwight Wales- I do not want to go to Vancouver Canada with my Colony, It's 700 miles! (That's round trip). Also a darned good Indian Scout.

Hi! I'm Pam Bush. I'm here because I'm part of the Beasley household, and all Beasley's come to Chat! I'm a Ffrst grade teacher- but I'm celebrating the Bicentennial by being a bum next school year- adventure is in the future!

I came to Chat to get out of the turmoil and hassles of my recent rutified life, and I'm looking forward to the peace of mind that I feel settling in.

Janice Norquist- I'm Walla, Sonya is Walla; together we make Walla Walla...

I'm a Camp Fire Leader, serve on the Board and Group Organization. Director of Day Camp. What am I doing at Chat? It's only Tuesday and I'm not sure.

I have 3 wonderful childern at home with a fantastic husband watching over our nest!

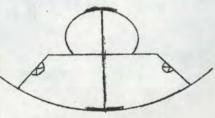
Bettie Michelson- Am a 4-H Leader and coordinator for the Cottrell grade school. I am interested in learning all I can to help my 4-H people and my 4-H kids. I sure enjoy the camp and am learning a lot.

My name is John Beasley. I am a student at Oregon State University majoring in Forestry, specializing in enjoyment of life. I enjoy children and working with young people, especially myself.

Gene Bryan- I am from Bozeman, Montana which is SE of Coeur D'Alene. I live on a ranch and work for my dad. I am in the Team Workers 4-H Club in Bozeman. I was Recreation Leader in that club last year and am the President this. I have been in 4-H for & years. I have a Quarter Horse, SS Chevy Sport Cpe, and a '68 GMC 4 wheel drive Pick-up, which are my hobbies and transportation. I like to train horses and work on cars in my spare time. I also like to work with Electricity, landscaping and other animals. I have one little brother who is ll years old. I am looking forward to Chat '77 and hope to come and bring more stuff for camp.

Marianne "Rainbow" DuBois- raised in El Centro, California(a recent extension from Mexica). I'm a senior at Cal Poly State University, a Rec Admin/Natural Resources Management major. I like dogs, singing, jelly beans, travelling, 4 lbs of carrots, Hi Country Hiking, Bill Robinson, learning, living, growing(but not taMer) and carving.

Stew "Bird" White- ?School Bus? Driver that'Scuba Dives in Sound' (Pugeot) and enjoys the pastime of all famous Americans; WORM EATING! Presently majoring in Fire Science, he has majored in Ag Education, Scuba Diving(twice), and Criminology. He enjoys meeting and working with people of all shapes and sizes, but is developing several questions in relation to the best ways to control 72 kids while trying to concentrate on driving down the road in an oversized rig.



THE MONAD COLONGO

A monad is a self contained unit within which is contained all the knowlege necessary for that to operate at it's maximum potential efficiency. Although a monad is essentially an indepen -dent unit, it is also operating in harmony with all other monads. Without this universal harmony between monads, all would be chaos.

This is the light in which we, the components of Monadia see the operation of the colonies here at Chat. In each colony the plans and performance come from within the colony. Yet, without some kind of harmony, which we call the Chat feeling, our plans would be meaningless to us, for they would be meaningless to the other colonies.

In a bicentennial sense, we realize that the original thirteen colonies, while being independent of each other, were all components of the same monad, and still dependent upon a kind of harmony throughout them all. Without this harmony America would not exist today. Without the Chat feeling Chat-co-lab would not be here today.

The name Monadia is our way of saying that we . understand the neccesity of harmony between all possible monads, most important -ly the monads here at Chat.

To fully inderstand our particuls r monad, we have each provided something we consider important to the uniqueness of this monad.

DEBBIE

I'm looking for space and to find who I am I'm looking to know and Understand.

#### FLORENCE

I am not who I think I I am, I am not who you think I am, I am who I think you think I am.

#### CINDY

To be me is to have you For you make me what I am, That is why I can't hate you, Cause I like who I am.

## LEILA

I would not go back to the being or person I was before my first Chat-Co-Lab for anything in this world. It is hard to .put in words - perhaps this

"It is my joy in life to find, At every turning of the road, The strong arm of a comrade kind, "And love alone must make amends... My only prayer is while I live,

To help me onward with my load. But since I have no gold to give, And love alone must make amends.. My only prayer is while I live God make me worthy of my friends.

## JOHN

At Chat there is no bad performance. and no embarassment. for we all experiment at Chat to gain confidence in ourselves and to perfect our performances, and prepare ourselves for the rest of the world. At Chat we have an undieing love which helps us to cope with and understand that sometimes cruel world to get involved in the Chat feeling. I am confident that all unrest and revolution would cease, and harmony would reign in their place.

## BRUCE

What strength I may have comes not from within, but from the support given me by others!!

## PAT

Becoming part of everything, Veveryone, everywhere, all of the time, past, present, and future. Becoming one with all, all with one, becoming the whole.



History

We have a long history of reachingout. We welcome visitors warmly. Our ancestors got on a boat and reached out and the people said "Here is another batch fresh off of the boat" The batch includes:

- REACHOUTS -

Kai Peterson from Portland by way of Hawaii Terry Heard from Great Balls P.T. Barnum from Santa Rosa Elaine Rovetto from Yakima Dick Swartz from Milwaukie Mike Staigmiller from Eden and has a garden in his backyard(he reportedly likes raising fruit) Eden is near Great Falls Lonnie Eve from Billings via Great Falls Dianne Keller from Rogue River really Wymer

In our first meeting together we introduced outselves and some of our interests by way of getting aquainted and a bit of those interests follow, Brad's interests include the out of doors and people and the importance of each is paramont. But his most important interest is Margaret.

Mike's are the out of doors, working with his hands, people and, of course, raising snakes. Has something to do with that garden.

Dianne's interest are outdoors, sports and people and many more. Also traveling, love and living.

Lonnie numbers her family, teen-agers, working with hitebonagerseopamping, and 4 H.

P.T. is a great pick pocket(Stew) and her interest include hearing music in her head, she likes words and is ageless. She has a heavy crush on God too, she says.

Terri has a deep interest in people, loves music and plays guitar and loves talking.

Kai is interested in a communal sense of community and spiritual awareness.

Elaine cherishes privacy and participation and people. Also traveling, and learning to know people. Also there is joy expressed in song.

We love to reach out to people and intermingle. The morning we wrote outr history another group had a dance circle and we decided to interwine outselves, after which we met again. (They seemed to enjoy us.)

One of our objectives this week was to reach out to each other, to know each other better. We are learning to love and share our love with each other...to reach out and to find outselves, to find peace with ourselves.

## REACH OUR COLONY ( cont.)

Nell Wilson from Ashland, Oregon. Is in school in her senior year at Southern Oregon State College studying criminology and pschyology. Her summer plans include working at a juvenile halfway house at Grants Pass. It is reported that at present time she is learning how to say no. She arrived to join us on Wednesday.

Maureen King hails from Portland, Oregon and arrived on Wednesday in the company of Nell and Scooter. It seems they were routed through Lewiston, Washington, giving them the distinction of having "raveled the scenic route". Maureen is interested in books, kids, travel, and people.

Chris Beasley came to join us from Seattle. She got he ... Thursday and we gave her a moving invitation. She decided to accept and we're sure happy she did. She has many interests..loving, caring, people and kids.

PSP

## \*\*\*\*\*OASIS\*\*\*\*

As one who has wandered across the wide desert of everyday life(primarily modern urban living)....Chatcolab indeed is a spiritual waterhole whose mirage is a loving reality.

For a short period in May, we stumble upon the well of magic, that loving essence where for a brief fleeting instant, we see our personal reflection beaming back to us from others. And again, as like a child, we are loved for who we are that of just being our true natural self.

The pilgrimage out of the desert of just plain surviving in the earnest hope of seeing the light of love; for it is at this moment that we can be transfigured into sureness that the sacred waters of life do exist and can be found if only we search our hearts to its depth

That my loving Chatcolabers is our gift to you all ---- the time and patience to simply <u>love</u>.

The Reachout Family

Elaine Revotto, Terry Heard, Maurine King, Nell Wilson, Patty Barnum(PT), Mike Stagmiller, Brad Bradly, Chris Beasley, Kai Petersen



Smile we all Love "You" CHATAQUA COLONY

So we are a colony! So, what is it that we want to found in our colony? On what basis are we going to choose our name? Well, let's examine our reasons for being at Chat. It was suggested that we are what our memories are. We examined individually what our most significant memories are, and shared these together, as follows:

--A collection of ideas from this last year, rather than one specific memory. Important is the idea behind the fact that the People's Bicentsnnial is different than the nation's Bicentennial (Jim)

--Most important to Angelo was the discovery in a recent trip to Europe was the insignificance of materialism. He cited the difference between living forlife rather than letting materiality live for us.

--Roy also found that true in a similiar way , in that money is really insignificant in living. During the last few years, what has been important for him has been to work with, and love people.

--For Betty, the most sigificant thing for her was joining the Camp Committee for Clackamas County . Because of being a part of this group, it gave her the opportunity to broaden her horizons, and go beyond her family circle. She began thinking about other people, and lives unselfishness.

--What Sue has treasured is the element of acceptance which she has found here at Chat. She can be herself, and be loved for others for being her self!

--For Lynn, her most significant memory has been High Country. She also commented that in her study of ancient history, in observing the changes in civilisation, she has seem a cyclacle polluting of love, and morals which is not unique only to one time period., of civilization. Chat gets us away from this false semse of love. It is this genuine love expressed here at Chat which will cure this fals love of a rotting society. This decay of morality has happened before-- the study of history has enabled us to do better today what has been done before. This is why evaluation of what we have done is important. Let's evaluate, and improve whar we do ...let's go forward and learn. Let's see what is valuable.

--For Ruth, her most significant memory has been the lesson she is learning from the loss of a relative and the move of a close friend. She values the qualities that her friends express and doesn't limit those qualities to any one person. This has helped her rid the sense of sadness death, or of saying good-bye to departing friends. She recognizes the qualities that she admired in one friend, in all friendships.

Fellows

Monday Quickey meeting ( 12 p.m.):

Chataqua

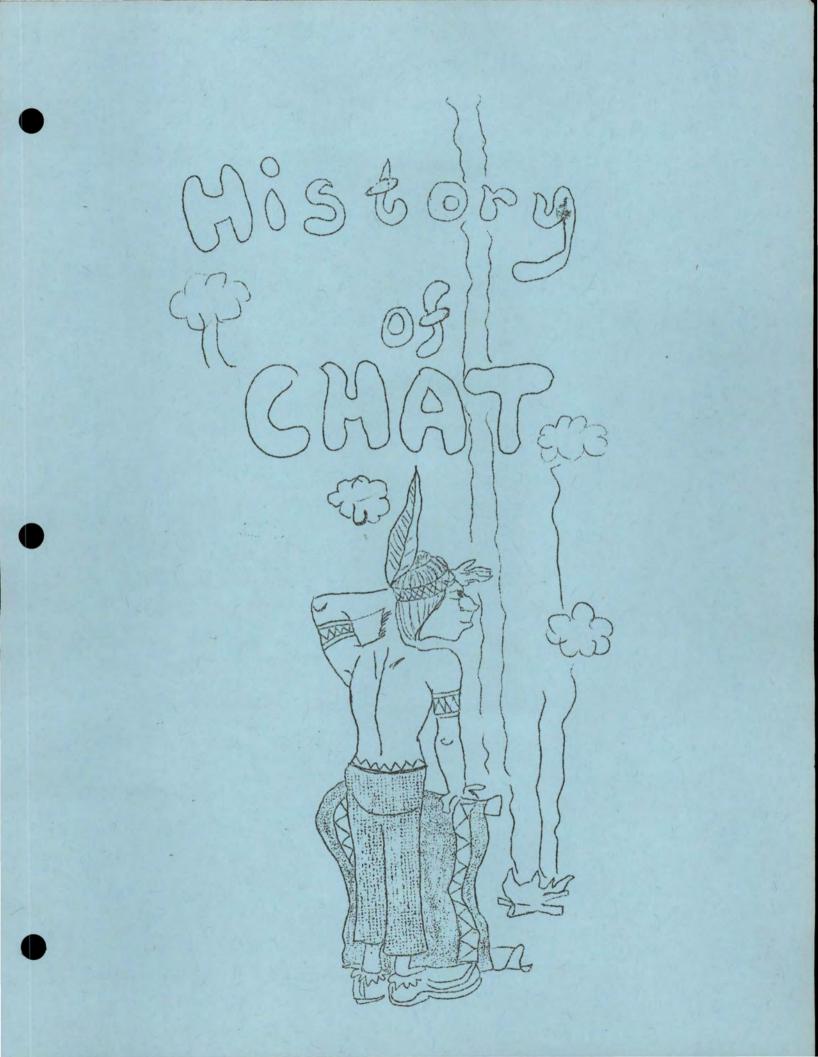
HHHH

We found a name, and a food one it is! Chataqua. Yup, that's it: Chataqua. How did we come up with that? Well, we realized from our mornings discussion that we were seeking for spiritual ideas and thoughts, in all our memories. Flash!! Of course! Chataqua It's a gathering together of people and their ideas. It's a time to express talents, get together to share fun, and activity.

So let's carry on with this idea;..Betty suggested putting up a board with different qualities listed on it. Everyone in camp would have a name card which they would place under the card which best described how they felt at the time. At any time of the day they can switch their card, as their feelings change. It's a good way to let people know how you are feeling at the time. Then another version of the same idea popped up. In this game,. it let's each person lnow how they are perceived by others. Each person , wears a card pinned to their back, on which people have the freedom to write down whatever quality it is that they feel that personis expressing. Then at the end of the day, in removing the card, each individual usually ! will get a "pat on the back", in reading all the things which other people have written on the cards.

Now that we came up with a name, we felt that it would be great if we could conduct a Chataqua ourselves, with entertainment, and refreshments. This would be a time when we could have a feeling board up, as Betty suggested. We quickly started thinking some of the qualities which could be listed on the board:

Glad, mad, sad, frustration, joy, down, blue, happiness, grateful, elated, peaceful, quiet, confident, loved.



#### History of Recreation Laboratories

## Leila Steckelberg

The recreation laboratory idea was born in the late 20's in Michigan at Walden Woods, where a group of recreation leaders, disappointed in the nonarrival of a lecturer, because of a snow storm, decided to carry on their meeting by exchanging ideas and experiences and by practicing and developing recreation methods and ideas for their own groups.

They spent several days together before the roads were cleared for them. At the end, in analyzing what they had done, they decided that their method had been so effective in the sharing of information, ideas, and the techniques that had been useful in their work, that they decided to hold another meeting. Their enthusiasm for the "laboratory" method was so great and contagious that others heard about it. Applications came from many people who wished to share this experience with them.

In several years time, the group had grown so large the originators felt that it was necessary to reduce its size because they felt that its maximum usefullness and effectiveness could be obtained only in small groups that could be quickly integrated into sharing situations in lab. Consequently, they agreed to break up and form other laboratories entirely separate except in inspiration from the parent group. Some of these labs made great progress while others were less successful.

One of the labs originating in this process was Camp Idhuhapi which later became the Northland Recreation Leaders Lab. This in turn was the inspiration for others, one of which was formed by a group principally from the Dakotas and Montana. This lab, organized in 1946, has its site in the Black Hills of South Dakota, and is held in the fall, usually the end of September. The Black Hills Lab drew its registrants from an over widening circle in the west, midwest, and southwest, and generated such enthusiasm that many of its members returned home determined to bring a similar experience to greater numbers of people in their area by establishing other labs. Such was the foundation of Chatcolab in northern Idaho in 1949 established in the Northwest-held in May at Heyburn State Park on Lake Chatcolet. Also the Longhorn Recreation Lab, which was soon after organized in Texas. From the same Black Hills Lab came the inspiration for the Southwest Lab in New Mexico, and the Great Plains Lab in Nebraska. The Black Hills also inspired the nucleous from the easttwho set up another lab in Michigan, called the Great Lakes lab and indirectly influenced the establishment of a lab in Maine, the Downeast Rec. Lab.

It was at this time that Don Clayton was moving to Moscow, ID, from Havre, Montana. There were a few from southern Idaho who had attended Black Hills Lab and Don's move was the incentive to try to start a new lab here in the northwest. Black Hills labbers contributed \$58 toward organizational expenses and a committee of six people was formed. A sub-committee made up of people from Oregon, Washington, and Idaho who were interested in people and recreation and were also drafted to complete the new organizational committee. The winter meeting held with Al and Louise Richardson at Corvallis, Montana, blew the \$58 but enthusiasm was even greater to get this lab off the ground. Resource people from the area were secured and an old C.C.C. camp was chosen as the site. Cn good authority by an old timer, the best weather in May was always the second week May 11-18, 1949, was the target date.

This camp was built as a C.C.C. famp in the 1930's. During WWII, it was used as a Convalescent camp for pilots stationed at Spokane. Then Chatcolab was first held here, the camp was in a sad state of disrepair. Don brought students from Moscow and many others in the area contributed much time, materials, and money to repair the camp so it could again be used. A wall was built between the kitchen and the dining area and many pictures were painted in the walls to enhance the building. The trays, carts, and many other things were brought from Farragut Naval Training station on Lake Pend' creille.

The first lab was a great success with 87 people attending. Chatcolab has been held in the same location-Heyburn State Park on Lake Chatcolet-ever since 1949. The name Chatcolab was derived from the name of the lake and the fact that this a laboratory situation.

In 1955, a group of three California people, came to Chatcolab in Idaho and became so enthused with the idea that they were determined to set up a similar organization in California. Over a three-year period finally culminated in starting the Redwood Lab.

In May, 1956, the topmost section of the Chatcolab Candle, which represented sharing and was presented to Mary, Kay, and Carl for the beginning of the new lab. A committee had been formed in 1955 and the members met at Camp Sylvester (Stanislaus Co. 4-H Camp) on Nov. 12-13, 1956 was set for the first Redwood Redreation Laboratory to be held at Camp O-ONGA in Southern California. This lab was cancelled one week before scheduled to start due to inadequate registration.

Mary Regan and Emily Ronssee returned to Chatcolab in May, 1957, bringing their section of the candle with them. It was placed back in the Chatcolab candle and again presented to Mary and Emily at the closing ceremony of lab. They came back to California more determined than ever for Redwood to become a reality. And so it did! Jones Gulch, south of San Francisco was the location of the first Redwood Lab in April, 1958. The sharing section of the Chatcolab candle became the base of their Redwood Candle with a real redwood trunk. Chatcolabbers Walt and Sally Schroeder, and Leila Steckelberg went down to help the new lab off to a flying start. There were 43 labbers including staff and resource that year.

In April, 1959, the second lab was held at Mendocino Woodlands, eight miles inland from Mendocino City, with 50 people attending. Not even an Asian flu epidemic, a "fast" trip down a very narrow rough, and crooked mountain road late at night because of a broken collar bone, dampened the enthusiasm of those 'attending.

The first two labs were held in the wedwoods, but in 1960 the decision was made to hold the lab at OLd Oak Youth Camp. It was also there in 1960 where a free will offering was taken to purchase a beautiful piece of gold bearing quartz which Ken Hoach presented to the Chatcolab board in May (to be placed in the new recreation hall fireplace) in appreciation for all of the moral and financial help and support that we had given this lab.

Since the center section of our original cnadle became the bas. At the Redwood Candle, in 1958 the remaining part of it was melted down and molded into a new large candle and 4 small ones to represent the "Spirit" of Chatcolab"-knowledge, philosophy, ideas, humor, and sharing. These are the candles we still use.

Through the years, Chatcolabbers have strived to make improvements in the camp so that it will be a better place when we leave.

Recreation Laboratories offer a unique opportunity for all those involved in recreation of all types, whether on an amateur or professional basis. Its uniqueness stems from the extent of complete involvement of the individual in the imaginative planning and sharing of all aspects of the recreational program. An atmosphere is created for discovering within oneself the latent abilities that ones normal environment never uncovers. In this discovery, anyone can become a better man or woman, a more efficient leader. The wide opportunity to gain manual skills and training experiences, though of lasting value, shall be considered secondary to the foregoing.

Thus, these basic objections were formulated years ago and still hold today:

"Participants in Chatcolab Recreation Laboratory have the opportunity to uncover, utilize, and share those talents in themselves which are perhaps laying dormant by:

- 1. Getting to know intimately, by working together, others similarly involved in working with people.
- 2. Encouraging participation in "trying-out" situations.
- 3. Sharing recreational experiences and skills with both amateurs and professionals.

The basic idea which broucht so much enthusiasm out of so many people can be expressed in one word - SHARING. The learning at lab has never been by or for specialists. It has been an effort to stimulate and enthuse by exposure to methods and ideas. Stress has been placed upon learning by participation and encouragement. The sharing of duties was encouraged whenever possible by having the lab in a camp site situation where duties and problems made practical application of chore sharing a neccessity. Leaders have been chosen very often, not æ true experts in their fields, but rather as guides to help other leaders on the way.

#### \*\*\*\*\*

I want to be on friendly terms with everyone I know; I would admire and trust them all, As here and there I go. But life is filled with many folk, So where should I begin To judge the qualities of each--These friends I wish to win? Myself! Ah, there's a starting point! How good am I? How true? Would others like, admire, approve The things I say and do? And so I'll start my friendship list With the person known to me, And teach myself the traits I'll like In other friends to see.

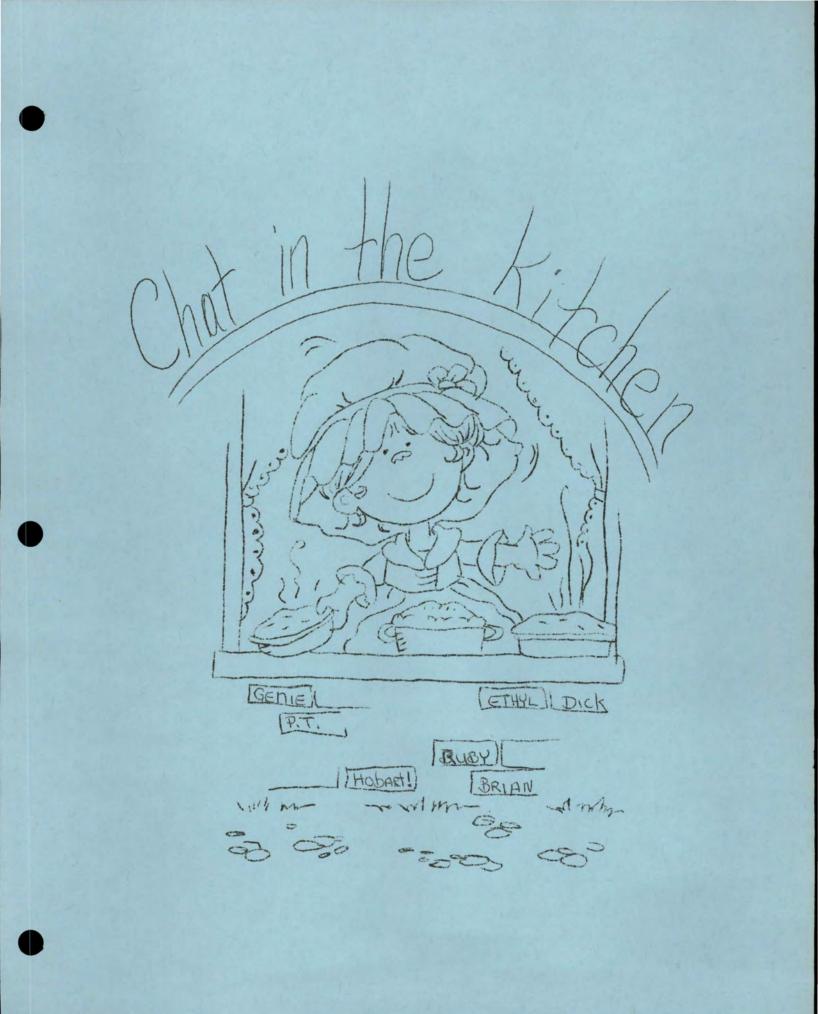
# IF I KNEV. YOU

\*\*\*\*\*\*\*\*\*\*

If I knew you and you knew me; if both of us could clearly see, And with an inner sight divine, the meaning of your heart and mine. I'm sure that we should differ less; And clasp our hands in friendliness; Our thoughts would pleasantly agree, If I knew you and you knew me.

If I knew you and you knew me, as each one knows his ownself, we Could look each other in the face, and see therein a truer grace. Life has so many hidden woes, So many thorns for every race, The "Why" of things our hearts would see If I knew you and you knew me.

. . . Author Unknown



Sunday - Evening Beef stroganof & rice Green beans - phion garnish Spring sald Chat-co-cake Tea - coffee - milk Bread

## Monday

Breakfast Apple juice Bacon & eggs Hot cereal Toast & jam Tea - coffee- milk Hot chocolate Noon Scalloped potatoes with dried chipped beef Bean Salad Peaches & cookies Bread Tea - coffee - milk

10

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CO

M

Evening Pork steak & mushrooms Crunchy spring salad Peas & carrots Mashed potatoes Fudge cake & topping Bread tea - coffee - milk

## Tuesday \_ \_ \_

Breakfast Stewed prunes Sausage & Scrambled eggs Cinnamon toast Cold cercal Tea - cooffee - milk

Noon LaSagne Cole Slaw Gingerbread & topping Tea - coffee - milk Bread

Evening Baked ham Baked potatoes Pincapple & cottage cheese salad Beet pickles apricot crisp Bread Tea - coffee - milk

## Wednesday

Breakfast Cold Cereal Toast - jam Fruit Juice Milk - Coffee

Lunch · Fried Trout Waldorf salad Indian corn bread Oranges

Evening Barbequed chicken Potatoe salad Celery sticks - carrot sticks Dinner rolls Ice cream & cookies Tea - coffee - milk

Thursday Breakfast French toast & bacon Syrup and Jam Cold cereal Rhubarb sauce Tea - coffee - milk Lunch Stew casserp;e Tossed salad Fruit jello & topping Tea - coffee - milk Bread

Dinner Turkey & dressing Potatoes & gravy Vegetable salad Bread Tea - coffee - milk Pumpkin Pie

## Friday

Breakfast Orange juice Bacon and Boilrd eggs Toast & jam Hot cereal Tea - coffee - milk

Lunch Chop sucy with rice Shrimp salad Apple pie & cheese Tea - coffee - milk Bread

Dinner Baked turbot - Creole Vegetable jello salad Green Beans - Bacon bits. Potatoes (scored) Hard Rolls Fruit Tea - coffee - milk

## Saterday

Breakfast Fruit juice (apple) Sausage & eggs Cold cereal toast & jam Tea - coffee - milk

Lunch Weaners & buns left overs creamed corn Date orange cake tea - coffee - milk

Dinner to be planned Sunday - Breakfast Hot cakes & eggs Bacon or sausage syrup Fruit juice

RECIPES .

Chop Sucy for 100

Pork - 20 lbs Liquid - 3 gals +  $1\frac{1}{2}$  qts Celery -  $7\frac{1}{2}$  lbs. (1 3/4 gal + 2 cups) Onions - 3 lbs or  $2\frac{1}{4}$  qts. Bean sprouts -  $2\frac{1}{4}$  qts. Salt - 1/3 cup (3 Oz.) Sugar - 3/4 cup (6 oz.) Cornstarch -  $4\frac{1}{4}$  cup ( $\frac{1}{3}$ Joz) Soy sauce -- 3 cups pepper -  $1\frac{1}{2}$  teaspoon

Butter Scotch Chew Square

1/2 cups brown sugar 1/2 cups butter or marg. 2 eggs 2 cups flour 2 teas. baking powder 14 teas. salt 1 cup walnuts

Melt butter in sauce pan, add sugar and stir till it boils. Remove and cool some; then add one egg at a time beat well after each addition. Then add dry ingredients and nuts. Mix well. Spread in large cookie sheet. Bake at 350° for 30 minutes or till done.

Ruby Carpenter

Biscuits

4 qts flour 3 cups nonfat dry milk ½ cup baking powder 2 Tbsp salt 3 cups shortenong

 Sift dry ingredients together 3 times or blend 5 minutes in mixer on low speed, using the whip, cut or rub in shortening.
 Store in a tightly covered container in a cool place until needed.
 Yield: 6 lbs. 8 oz (l gal 1½ qts) Bake at 425 F (hot) oven 12 to 15 minutes.

# Cive Yourself



a Treat

Ye Olde Editor's Favorite Candy

- 1 cup butter
- 2 thep corn syrup
- 2 thep water
- 1 C.sugar 11 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  $1\frac{1}{2}$  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

Demo by Marge Leinum fuer Dipping Chocolates

Bon Bons

CENTER	DIP
<ul> <li>2 C. crunchy peanut</li> <li>4 Tbsp butter</li> <li>2 C. chopped nuts</li> <li>2 C. cut-up dates</li> <li>2 C. powdered sugar</li> </ul>	

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. (offee 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. Hill that be alright?"

DATE ORANGE CAKE

3 C. sugar 1C. 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.

(HARM is the ability to make someone else think both of you are wonderful. STROG NOFF (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: ½ C. (to taste) SALT ¼ 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 buttermilk 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 14 C. suet Water to make 24 't. 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 ½ 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: % C. sugar 3 Tbsp cornstarch % tsp. salt 1 can crushed pineapple--(3% 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 ¼ 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 1¼ hours. Bake at 375 degrees.

(YUM, YUM, MARGE!)

## OATMEAL CAKE

Pour 4½ 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 1½ C. raisins

Add 4½ C. flour 3 tsp soda 3 tsp cinnamon 1½ tsp baking powder

TOPPING: 3 C. sugar Melt 3 cubes butter Stir in 3 eggs 3 c. coconut 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 3/4 tsp soda 5 tsp ginger 3 tsp cinnamon 11/2 tsp salt 1 C. shortening 1½ C. sugar 3 eggs 2 C. molasses 21/4 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 POUDER BISCUITS

16 cups flour 1/2 C baking powder 3 T salt 2 C lard 11/2 C milk

Bake 12 minutes at 450'

## BARBLCUL SAUCE

2 C. chopped onion (about 4)
1¼ C. brown sugar
¼ C. paprika
¼ C. salt
¼ C. mustard
2½ Tbsp chili powder
1¼ Tbsp cayenne pepper
½ C. Worcestershire sauce
10 C. tomato juice
2½ C. vinegar
2½ C. catsup
5 C. water.

Makes enough for 40 # of chicken.

#### CORN BREAD

4 EGIS 7 CUPS BUTTERMILK 2 TSP SODA 2 CUPS FLOUR 6 CUPS FLOUR 6 CUPS YELLO" COENMEAL 4 TSP. SUGAR 5 TBSP BAKING POWDER 4 TSP SODA 1 C SHORTENING

400' 40 min.

## FUDGE CAKE for 40

Cream together: 1½ C. shortening 4 C. sugar 6 well beaten eggs Add: Mix together 4 oz. chocolate (melted) or 5 oz. cocoa 1½ tsp. soda 1½ C. hot water 1½ 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 1/3 C. shortening
4 tsp. salt
1¼ C. water
6 gallons canned apples makes
20 pies.

## 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. mclasses 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

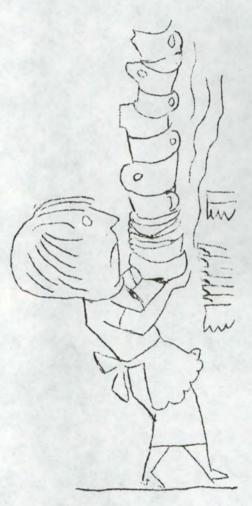
1 lb. ground beef ½ lb. ground lean pork ½ cup minced onions 3/4 cup dry bread crumbs 1 tlbs. snipped parsley 2 tsp. salt 1/8 tsp. pepper 1 tsp. Wbrcestershire sauce 1 egg ½ cup milk ¼ cup Gold Medal Flour 1 tsp. paprika ½ tsp salt 1/8 tsp pepper 2 cups water 3/4 cup dairy sour cream

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

Blend floury 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.





## PICKLED BEAN SALAD

1 g	allon green beans	1 cup sugar
1 g	allon yellow wax beans	2 teaspoons salt
3 c	ans kidney beans	3 cups vinegar
3 0	ans garbanzo beans	2 cups salad oil
4 0	r 5 onions, sliced	dash black pepper

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

> \* \* \* \* \* FLAMING FULDING

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.

\*\*\*\*\*\*\*\*\*

APPICOT CRISP

CRISS - CROSS POT TOES

10 cups flour 8 cups sugar 4 cups butter Do not peel potatoes, but cut in slices, longwise, about 3/4 inch thick. Score criss-cross with fork on one side. hub with oil and with sprinkled paprika.

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

POTATO FILLED MEAT ROLL

8 cups cracker or bread crumbs 8 cups milk 20 pounds hamburger 16 eggs, slightly beaten 6 onions 4 tablespoons salt 2 tablespoons pepper 6 cups grated cheese 4 cups cracker crumbs 8 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.



## LaSagne for (50)

3 lbs. LaSagne Noodles
3 to 4 onions
½ cup salad oil
2 lb. Sausage
2 lb Hamberger
2 cloves mashed garlic
2 #2<sup>2</sup>/<sub>2</sub> cans tomatoes
2-6 oz cans tomato paste
6 T Parmeson Cheese
2 T salt
1 tsp pepper
2 T sugar
2 lbs. American Cheese

Cook noodles in salted water -Saute onions in oil, add sausage, hamberger and parmeson cheese, tomatoes and paste. Add seasoning. Cut cheese in ½ inch cubes -Layer noodles, meat and cheese in greased pan - 2 layers of each. Bake in 350° oven for 45 minutes.

## CHOCOLATE DROP COOKIES

1 cup soft shortening (part butter)
2 cups sugar
2 eggs
4 sq. unsweetened chocolate (4 oz)
melted and cooled
1<sup>1</sup>/<sub>2</sub> cup buttermilk or sour milk
2 tsp. vanilla
4 cups flour
1 tsp. soda
1 tsp. salt
2 cups chopped nuts if desired

Mix shortening, sugar eggs and chocolate thoroughly. Stir in buttermilk and vanilla. Measure flour by dip-levelpour method. Blend flour, soda and salt; stir in. Mix in nuts. Chill at least 1 hour. Heat oven to 400° (mod. heat) Drop rounded teaspoonfuls of dough 2" apart onto lightly greased baking sheet. Bake 8 to 10 minutes or until no imprint remains when touched lightly with finger.

Makes 6 doz.

## STIR-N-DROP SUGAR. COOKIES

4 eggs
1 1/3 cup vegetable oil
4 tsp. vanilla
2 tsp. grated lemon rind or 1 tsp. nutmeg
1<sup>1</sup>/<sub>2</sub> cup sugar
4 cups flour
4 tsp. baking powder
1 tsp. salt

Heat oven to 400° (mod. heat). Beat eggs with fork. Stir in oil, vanilla and lemon rind or nutmeg. Blend in sugar until mixture thickens. Measure flour by diplevel-pour method. Blend flour, baking powder and salt; stir in; Drop by teaspoonfulls 2" apart onto ungreased baking sheet. Flatten with greased bottom dipped in sugar. Bake 8 to 10 minutes. Remove immediately

Makes 6 doz.

## RECIPE FOR A HAPPY DAY

1 cup of friendly words 2 heaping cups of undersranding 2 heaping teaspoons of time and patience pinch of warm personality dash of humor Instructions for 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. Serve in individual molds.

HOME MADE NOODLES

Beat up very lightly: 30 egg yolks and 10 whole eggs 5 tablespoons salt 2 cups of cold water. Stir in 10 cups flour.

## WALKING SALAD

Take a nice big apple and core out the inside. 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, raisins, nuts and mayonnaise. 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!

#### CREAMED SHRIMP

1 gal. peas 2 cans shrimp 2 doz. boiled eggs salt to taste 4 finely chopped onions Mix into 6 gal. cream sauce Serve over toast.

## OATMEAL COOKIES

3 cups shortening	3 tsp. vanilla	
3 cups white sugar	3 tsp. salt	
2 cups brown sugar	3 tsp. soda	
6 eggs	5 cups oatmeal	
4 cups flour	walnuts	
Drop from teaspoon.	Bake at 350° for 15 minutes.	

#### ODE TO OUR KITCHEN HELPERS

Thank God for dirty dishes, they have a tale to tell: while others may go hungry, we've eaten very well. With home, health, and happiness I shouldn't want to fuss. By the stack of evidence, God's been good to us.





## QUICK TAMALE PIE (Serves 6)

2 cans tamales 1 #303 can cream style corn (2 cups) 1 small can ripe olives, pitted 1 cup grated cheddar choese 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 ½" pieces. Place in 2½ qt. carrerole (oiled). Pour chili sauce over top. Add corn, olives, ½ 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.



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.

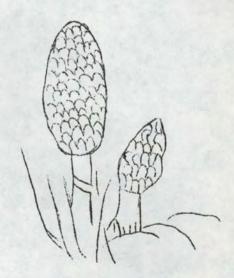
The more mushrooms you have and the less people you add less substitutes...

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





Jamon à la Chat with Don & Jean

Staring: Janice Pan Doug Roy Gwen

Enchiladas & Refried I doz Corn toutillas 1 can Enchileda Sauce 1 Chicken, 1# Garger, or 1# shielded beef. ( w/ juice ou fat) 1 onion (chopped fine) I can chopped olives 1 # Juck Cheese (shidd) # Cheddar " shielded Prehrat over to 3500

Beans

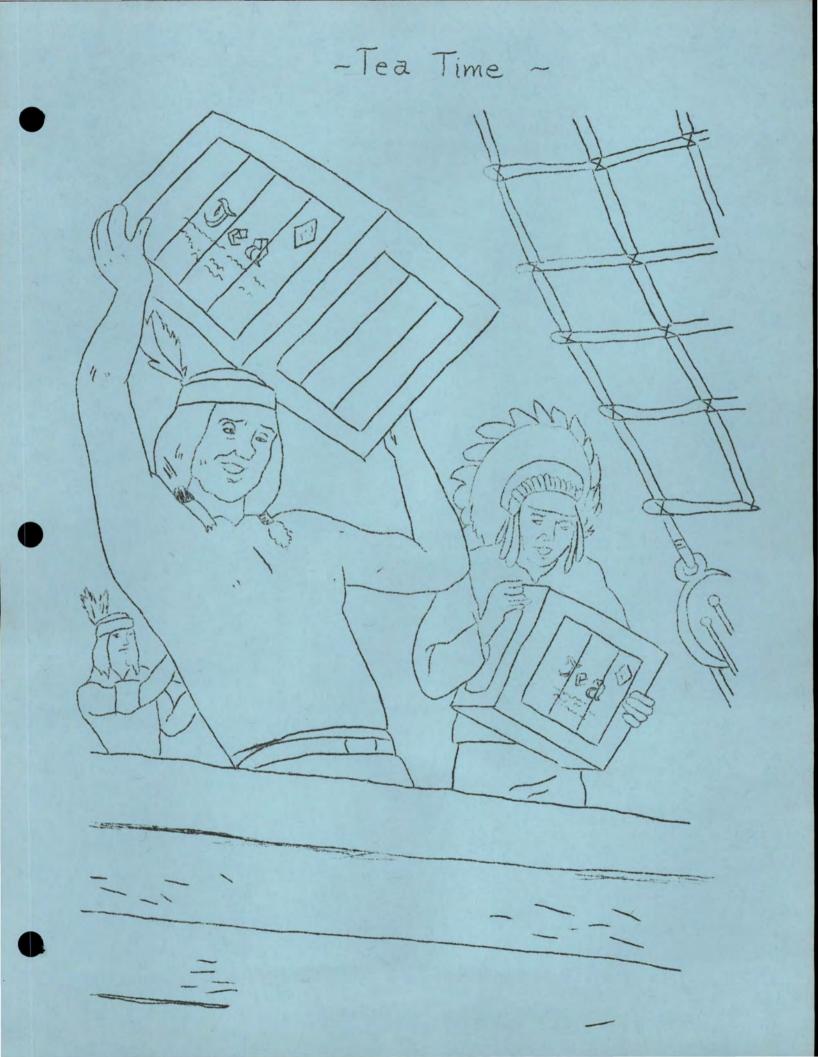
Heat oil in fry pan, heat sauce in piepan. Diptortilla in hot oil turning until soft, app. /2 min. Dip torts in sauce. Put forts on cookie sheet and stuff .. ...) med 2) cheeses 3) onions ... Fold over. Garnish with rest of cheese, onions, and clives. Pour rest of sauce over the top. Place in over for app 15 min. or until done (heath) through or until cheese melts

Pizza (mm) By Mag & Doug By Mag & Doug For your favorite crust: to kgal warm H20 add 816. Flour sugar, salt, yeast (in that order), 4 400 Salt Whip thoroughly. Pour with flour into mixing bowl, add oil and 4 telsp Sugar 4 oz yeast Hkz c. oil into mixing bowt, add oil and mix with pastry mixer until thor-Hometchat) made De Cream " Makes 5 big pizzas." Ceated by Joanie (Helly's snom!) 2 gte heavy cream 11/2 c. sugar (or your finger) 1 pt. milk (254) 1/4 tsp. salt 4 eggs 1 tsp. vanilla 1/2 c. sweetened condensed milk double boiler. Beat eggs slightly. add owedened condensed milk, sugar, and salt. Blend in a little hot cream, then slowly add to mixture in double boiler (or Big Pan) cook 5 min, stirring to 176° or until mixture coats apoon, Allow to cool. Stin in Vanilla and remaining cream. Freeze in he & course salt mixture. Makes I cones gallon.

Designed by Bettie Mickelson cover with mixed Bisquick 3 gal peaches 1/4 16 butter top with butter and bake 1 box Bisquick Reach Cobbler (Great?)

I am Rensé what fin it and I helped this fence. im not today so sure whether or hunch 5-10-76 26 min t i should be today why should i mind washing a few dishes when that is sweeping down the centuries? al Jonny harts the bain Ruth lunch 5-11-76 25min 50 sec help.... Something Hobartis great Nancy Natsingen 5-12-76 Brian pulse licking those tongues red work? Well and clean Ruth Joy and start get

this is a copy of the sign in Hobsert's Secret clubhouse. Hobsert is my true love, one and only. but if i could have more than one it would be a giant rush for all the generous & selfless folks who helped out ( and even gave me a day off.) may you be washed clean and inseed pure by the great Dishwasher in the Sky



## TABLE FUN by Jean Baringer

The meals should be a time of fellowship and good feelings, beside just eating. Table fun activities were ment to include a table grace, the making of announcements and other activities that may arise - skits, art projects, jokes, etc. It also came to include designation of who had the serving duties and k.p. for each table.

The meal Sunday included a crew of people putting on each table a collection of items - egg cartons, fir cones, rocks, twigs, grass, etc. Each table was to put these items together in some semblance of order and announce to the group what it was. These varied from the railroad trains, Mayflower ship, Plymouth rock, to floral hanging arrangements and non-descript.

The first night there was also a get acquainted game using Bouglas Fir  $\gamma$  cones to be introduced to the group, then put in the middle of the table, peole close their eyes and try to find their own again.

When Announcements were made there seemed to be confussion and an unseeming non-control. The puppet idea came from a brain storming session. Horatio and Clarice were hand puppets made from a pair of socks and embroidery with threade for features. The operators were two girls chosen who had never done this type of thing before. This method did help in control of announcements because all the information had to be turned in on paper before hand and for puppeters to act out or read. The girls developed a confidence in themselves and sang and led the group by being able to use the "stage" (cart with box rigged on it) as a crutch, mask or whatever to help them overcome their shyness.

There were many ways devised in designating who served the food and who helped clean off their table.

- 1. Tape or other marks on the table, under the table on the chairs and napkins.
- 2. Where salt and peppern sugar, etc were placed.
- 3. Color of plates, chairs, etc.
- 4. Spin a knife or table and who it points to
- 5. Be ingenious to what's on hand.

To utilize the pretty box lids left from the box social they were placed on the table as a center peice. Each table was to present (and did) a song relating to the centerpiece. Some original and revised renditions of old songs resulted. Also some labbers led songs who might not have had a chance otherwise.

Another related item is the many ways tables can re arranged in the room.

Some people tend to stick together and not mix or meet others. So, various methods of mixing people up were used. One was putting the pieces of material on the table and handing each person a sample to match up. Thanksgiving dinner people were separated by men and women. One meal was by birthdays, another by familes. There are many more possibilities.

Our first meal at camp, seated with our family groups (8 each), so our activities were planned to encourage interaction without dominating time.

BLE FUND

Luciou

Each person was given a Douglas ( psuedo) fir cone, and had time to "get acquainted" with it. Then each person has 112 minutes to introduce that cone to the group. After all cones and colony members are introduced, the cones are scrambled at center tayle, the people close their eyes and pass the cones around until they have their own, This exercise is to help us realize that no matter how similar two things look, there are distinguishing characterististics. A pine cone is individual just as are people and stereotyping can be a block to getting aquainted.

Our second exercise was a group effort to build an object from a cluster of things on their table (cones, paper, string, twigs, bark, ect.) The object was to be a scene from America's past and a short Tall-tals was to be woven by the colony and shared with the total group. This served as an introduction to working together for a common goal, brainstorming and creativity.

Meg, Stew, Jackie, Marianne!

"Say Horatio, did you know that John Roper's Great, Great, Great Aunt was involved in the Boston Tea Party?" "No, I didn't Clarece. Was she serving?" "No you dummy! She was the first old bag they threw over?"

MONDAY Planned by Stew and Lick. We had crumpets and rasberry jam. We drank Kool - Aid and tea.

TUESDAY We had a craft tea with some dancing. We had refreshments.

- WEDNESDAY We had an exchange of gifts for secret pals. A bench was set up outside for the gifts to be placed on. They were passed on to each person later in the day.
- THURSDAY We had tea and cook aid. We bobbed for apples out of a silver pan and apples on a string.
- FRIDAY Boston tea party put on by the Mayflowers. There was a reenactment of the Boston Tea Party.
- SATURDAY ITALIAN tea time with home made bread stix, apple slices, and cheese. Orange tea and cook - aid was served.

Tea Time on Thursday

Put on by the Chataqua people



The time offered a variation from the usual today. We fit it in with our theme of the Chataqua by bobbing for apples and having it outside. Many labbers attended and we even had a few wet heads (after bobbing for the apples, of course!)

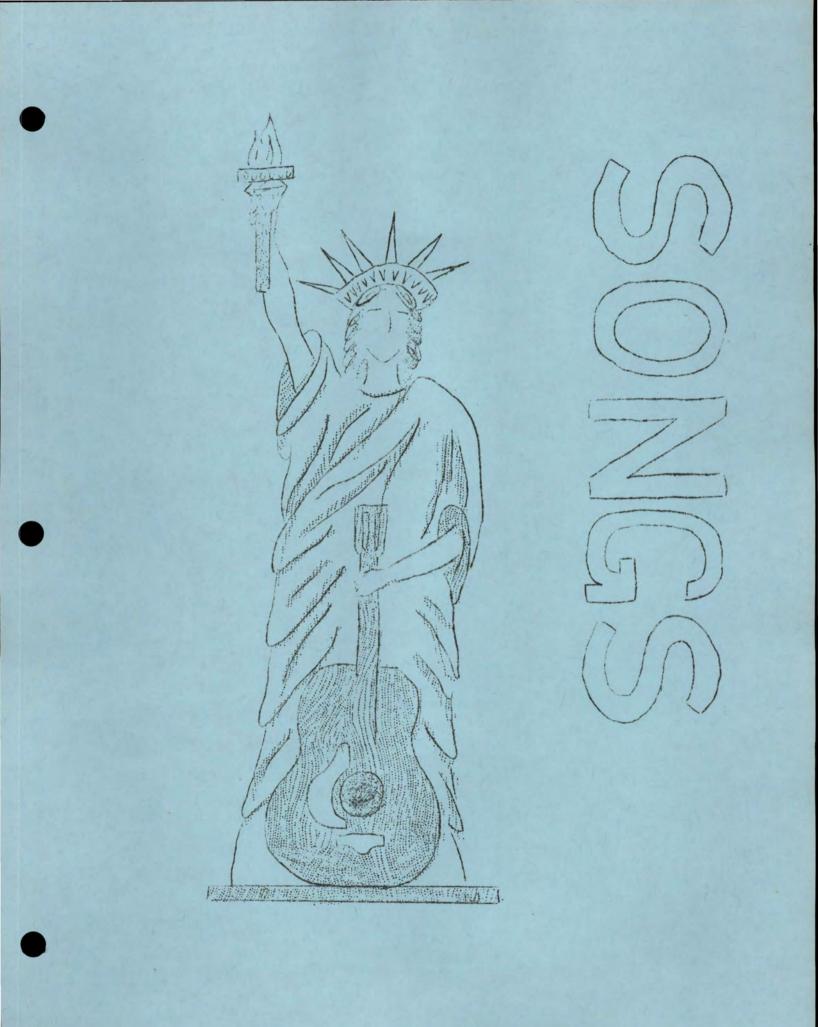
As part of the tea time we had some herbal teas, which were different and tasted good. I would like to share what some of the boxes say on them as I found it interesting. The teas were Peppermint, Red Zinger, and Mo's 24. These are made by Celestial Seasonings.

Peppermint (mentha piperita) originally grew in the European-Basque Mediterranean region, but soon it spread widely. It is a tall, leaffy perennial that grows 1 to 4 feet high, has small reddish-violet flowers and a very characteristic odor. Generally, it is cultivated for its oil, which can be kept up to 15 years and only increases in mellowness and richness. Its oil provides that penetrating and cooling flavor used in toothpaste, liqueurs, teas and much more. Plain peppermint tea is excellent and remains unchallenged as the world's most consumed single herb offering flavor plus health. The quality of the peppermint varies greatly.

Red Zinger is a combination of native herbs treasured in five major countries. Its citris flavor comes from hibistus flowers, rosehips, lemon grass, wild cherry bark and orange peel. Hibiscus flowers are used as a natural soft drink in Mexico, Sundan, Egypt and parts of Europe. Rosehips are a member of the apple family and are widely used as a natural source of vitamin C. This fruit of the rose gives Red Zinger a citrus fruit flavor and wholesome feeling. Lemon grass, a deliciour Mexican herb, combined with orange peel and wild cherry bark, gives Red Zinger more spirit. Peppermint the world's most popular single herb, completes Red Zinger with a bolt of powerful flavor.

Mo's 24 tea contains: Hibiscus flowers, raspberry leaves, eucalyptus, peppermint, spearmint, strawberry leaves, chamomile, anise, rosehips, alfalfa, rosemary, papaya, blackberry, mullein, comfrey, nettles, golden rod, blueberry leaves, elder flowers, catnip, plantain, sage, yarrow, and red clover tops.

There are two meaningful messages on the boxes that the tea came in.



Marianne DuBois (Thursday at Chataqua)

C.H.A.T. Class

YOUTH CAMP SONGS & SONG LEADING

Songs can be the heart of the spirit of a camp, and it's up to you, the songleader, to set the mood.

The group agreed the two most important things were ENTHUSIASM and KNOWING your song. Make your group want to join in -- a good rousing song is a great opener. One that requires clapping will include the "non-singers".

Your hands are your key tool -- a bright, happy tune should find your hands beating out the rythm. When you sing a slower song your hands should flow with the melody. Just let the group know what you want.

How to teach words? I've found 3 good methods; echo, rote and song sheets or books. An example of echo would be <u>Sippin Sider</u>, or <u>I'm</u> going to Leave Old Texas Now. Rote is when you have the group repeat each line after you. Written sheets take time and won't work if the group is too large or spread out. Books are great to sing a variety without having to teach words.

You don't have to have a good voice to lead songs. Your enthusiasm and method can carry you. Use of guitar will help to keep pitch-autoharps are easy to play. Be sure that an instrument is a tool and not a show or distraction.

All of the songs we shared and lead can be found in the SONGS section of the BOOK.

# A Morning table song:

Jesus wants me for a sunbeam To shine for him each day, In every way try to please him, At home, at Lab, at play.

A sunbeam, a sunbeam, Jesus wants me for a sunbeam A sunbeam, a sunbeam I'll be a sumbeam for him

EAGLE AND THE HAWK INTRO - E ON 8th, 6th, 4th, 2nd, 1st fret I am the eagle, I live in high country, In rocky eathedrals that reach to the skies. I am the hawk and there's blood on my feathers, But time is still turning, they soon will be dry, And all these who see me, and those who believe in me, FEA Share in the freedom I feel when I fly. D  $B^{m}$  G A Come dance with the west wind, and touch on the mountain tops. Dmajt Dmaj7 Bm G A Sail o'er the canyons and up to the stars, And reach for the heavens and hope for the future, All that we can be and not what we are. REPEAT INTRO -Eon 8th MAYT HHH 5th FRET St Pret

#### FLICKER OF CAMPER

Flicker of a campfire Wind in the pines Stars in the heaven, the moon that shines. A place where people gather Meeting friends of all kinds, A place where old man trouble Is always left behind.

### Chorus:

So give me the light of a campfire, Warm and bright. And give me some friends to sing with, I'll be here all night. For love is for those who find it I've found mine right here, Just you and me and the campfire And the songs we love to hear.

#### A PLACE I KNOW

There is a place I know, where people go. They come to learn and share, they come to grow. Our heards start to get straight, we know where we're at. Good things like this shouldn't only happen at Chat.

Chorus: I'm gonna miss the good times we've had And everyone of you.

We've talked to our firends, we've listened too. Share with your fellow man, is the only rule. We lift our hearts in song, feelings have begun. We've learned to love each other, a victory's won.

Chorus:

Chat is a wonderful place, we all know Here we meet old friends, and new friendships grow. But then all to soon, the week flies by. But just remember this, it's good night and not good-bye.

#### Chorus:

I hope you also feel, the way I do, That when this week is done, its not all through. This love we've nurtured here, it's only fair. We take back to our homes, and start to chare.

by Al Harmon

# I.CRIAH

A-way out here they have a name For wind and rain and fire The rain is Tess, the fire's gove, And they call the wind horian.

horiah blows the stars around And sets the clouds a flyin' horiah makes the mounting sound. Like folks was out there dyin .

Poriah, Poriah, they call the wind Poriah.

Before I knew ! origh's name And heard her wail and whinin' I had a gal and she had me And the sun was always shinin'. Then one day I left my gal I left her far behind me. And now I'm lost, or goll durn lost Not even God can find me.

Moriah, Moriah, they call the wind horiah

Out here they have a name for rain lind and fire only. But when you're lost and all alone, There ain't no name for lonely.

I'm a lost and lonely man, lithout a star to guide me. Moriah blow my love to me, I need my gal beside me.

Poriah, Poriah, they call the wind Poriah.

· ...

# NO MAN IS AN ISLAND

No man is an island, No man walks alone. Each man's joy is a joy to me, Each man's grief is my own. Ve need one another, so I will depend Cach man as my brother, each man as my friend.



# DO- RE\_ MI

Do a deer, a female deer Re a drop of golden sun Re a drop of golden sun Re a name I call myself Fa a long long way to run, To a needle pulling thread, La a note to follow "so". Ti a drink with jam and bread And that will bring us back to do-0-0-0----

# (Repeat)

# THE HAPPY NANDERER

I love to go awandering Along the mountain track And as I go, I love to sing By knapsack on my back. ho.

I love to wander by the stream Than dances in the sun, So joyously it calls to me, Come! Join my happy song. Cho.

I wave my hat to all I meet And they wave back to me And blackbirds call so loud and sweet

From every greenwood tree.

High overhead, the skylarks wing,

They never rest at home But but just like me they love to sing, As o'er the world we roam.

(ho.

Oh may I go a wandering until the day I die; Oh, may I always laugh and sing Beneath God's clear, blue sky. (ho:

Valderi, Valdera, Valderi valde ha ha ha ha ha ha Valderi, Valdera by knapsack on my back.

# FUFF (The Magic Dragon)

Fuff, the magic dragon lives by the sea And frolicked in the autumn mist in a land called Ho-Nah-Lee Little Jackie Paper loved that rascal PUFF And brought him strings and sealing wax and other fancy stuff. Oh!

RFFRAIN:

NIFF, the magic dragon lives by the sea And frolicked in the autumn mist in a land called Ho-nah-Lee, NIFF, the magic dragon lived by the sea And frolicked in the autumn mist in a land called Ho-nah-Lee.

Together they would travel on boat with billowed sail, Jackie kept a lookout perched on PLFF'S gigantic tail Noble kinas and princes would bow whene "en they came Pirate ships would low'r their flag when PLFF roared out his name. Oh!

## REFRAIN

A dragon lives forever but not so little boys Painted wings and giants rings make way for other toys One grey night it happened, Jackie Paper came no more PUFF that mighty dragon, he ceased his fearless roar. Oh!

# REFRAIN

His head was bent in sorrow, green scales fell like rain PUFF no longer went to play along the cherry lane lithout his lifelong friend PUFF could not be brave So PUFF that mighty dragon, sadly slipped into his cave. Oh! REFRAIN

# BLOVIN' IN THE JIND

How many roads must a man walk down before they call him a man? Yes'n' How many seas must a white dove sail before she sleeps in the sand? Yes'n' How many times must the cannon balls fly before they're forever barned?

The answer, my friend, is blowin' in the wind, The answer is blowin' in the wind

How many times must a man look up before he can see the sky? Yes'n' How many ears must one man have before he can hear people cry? yes'n' How many deaths will it take "til he knows that too many people have died

# Chorus

How many years can a mountain exist before it's washed to the sea/ Yes'n' How many years can some people exist before they're allowed to be free? Yes'n' How many times can a man turn his head pretending he just doesn; t see?

(horus:

### California Here I Come

Galifernia here I come Right back where I started from Where bowers of flowers bloom in the spring Each morning at dawning Birdies sing and everything. A sun kissed maid says don't be late, That's why I can hardly wait Open upbyour Golden Gate Californiachere I come.

#### Montana

Montana, Montana, Glory of the West Of all the states from moast to coast you're easily the best. Montana, Montana, where skies are always blue M-O-N-T-A-N-A Montana, I love you.

#### Idaho

Here we have Idalo Winging her way to fame. Silver and gold in the sunlight glaze And Romance lies in her name. We'll go singing Singing of you All proud and true All our lives through We'll go singing Singing of you Singing of Jdaho.

## Walla Walla, Washington (dedicated to Sonja)

Gee I'm glad that Walla Walla is my hometown And I like it more the more I look wround. The things that people treasure Are here in Double measure Where health and wealth and happiness abound. The rivers and the mountains round the valley were it lies Has made it just an earthly paradise Imagine any place so nice We liked it so we named it twice. Yes Walla Walla's my hometown. I really mean it - Yes Walla Walla's my hometown. Take a camp, and give it skies of blue, Add the sun, the rain, and a cloud or two. Add a moon and sprinkle stars on high, And some memories that never die.

Take a hike along a mountain trail, Watch the sunset shining through the trees. Hear the mountains tell their ancient tales, And the mystic call of the breeze.

Light a fire, and let it shine out bright, Gather friends around in a welcome light. Sing a song, and share a friendship true, Chatcolab, all of this is you. Chatcolab, all of this is you.

Marianne DuBois

# MAGIC PENNY

Chorus: Love is something if you give it away, Give it away, give it away, Love is something if you give it away, You'll end up having more.

It's just like a magic penny Hold it tight and you won't have any, Lend it, spend it, and you'll have so many, They'll roll all over the floor.

Chorus:

So let's go dancing till the break of day, If there's a piper, he will play. Love is something if you give it away, You'll end up having more.

SPIDER SONG

Last night my little spider died, 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!!

#### PENNY WHISTLE MAN

#### CHORUS

I hope you meet the peddler, with the feather in his hat, The penny whistle man, with the crange colored cap. Bells on his toes and a raggled, taggled kind of grin. He'll teach you how to love if you believe in him.

In a misty, mystic land, beneath dark hills The penny whistle peddler lives, and there he weaves his magic spells If you ever hear his piping, coming from some far off glade, Open up your hearts and love and never be afraid.

#### CHORUS

They've never heard of war in the place he dwells, There's music and laughter, and magic are the tales he tells. No one's ever nasty, snakes and dogs don't ever bite. Little children never cry--they're happy day and night.

#### CHORUS

We're sad to have to tell you, the whistle man is gone. Today you never hear of him--the sounds of hate and war have come. But if children love each other, and narrow minds all pass away the penny whistle man will come back some day.

#### CHORUS

\*\*\*\*\*\*

SOMETHING

SING

TO

### HORSEY, HORSEY

Horsey, horsey, on your waym We've been together for many a day. So let your tail go swish and your wheels ge 'round.

I'd like to take my horse andbuggy, I'd like to ride him i.to town. Ilike to hear old Dobbin's clip-clop, I like to feel those wheels go round.

### CARRY ME ACKEY

Carry me ackey, goin' to Linstead market, Not a quaddy would sell (clip-clop) Carry me ackey, going to Linstead market, Not a quaddy would sell.

Oh, what a life, not a bite, On a Saturday night (clap-clap) Oh, what a life not a bite, Ob a Saturday night (clap-clap)

Everybody, come see them, see them. Not a quaddy would sell (clap-clap) Everybody, come see them see them, Not a quaddy would sell (clap-clap)

Mcmma, Momma, don't beat me, hit me, Not a quaddy would sell (clap-clap) Momma, Momma, don't beat me, hit me, Not a quaddy would sell (clap-clap)

### I SEE THE MOON

I see the moon, the moon sees me, The moon sees the one I long to see, So, God bless the moon, and God bless me, And God bless the one I long to see.

It seems to me the Lord above, Created you for me to love, He picked you out from all the rest, For he knew that I would love you best.

If I get to heaven before you're there, I'll write your name on a Golden stair, Then the angels up above, Will know that you are mine to love. PUT YOUR ARMS AROUND ME HONEY HOLD ME TIGHT HUDDLE UP AND CUDDLE UP WITH ALL YOUR MIGHT OH, BABE, WONT YOU ROLL THEM EYES EYES THAT...I JUST IDOLIZE THOSE EYES AND WHEN YOU LOOK AT NE MY HEART BEGINS TO RLOAT THEN IT STARTS A ROCKIN' LIKE A MOTOR BOAT. OH, BABE, I NEVER KNEW ANY BOY LIKE YOU!

--Judy Garland



# TR. JINGLE, DR. WIGGLE, DR. NUMBER NINE

Dr. Jingle, Dr. Wiggle, Dr. number nine, We just had breakfast and we're feeling fine. Now, let's get the rythm in the head, ding dong, Now, you get the rythm in the head, ding, dong,

Now, let's get the rythm of the feet Now, let's get the rythm of the hands Now, let's get the rythm in the hips, Hot dog!!! Now, let's get the rythm all over again.. Ding dong, (Stomp-stomp), Clap-clap, Hot Dog!!!!

#### CANNIBAL KING

A cannibal King with a brass nose ring, Fell in love with a dusty maid. And every night in the pale moonlight, Across the bay he'd stray.

A hug and a kiss, with a pretty miss, Under the shade of a bamboo tree; And every night in the pale moonlight, It sounds like this to me.

(Chorus) A-rum,(smack, smack) A-rum (smack, smack) A rum ta-da-dee- da-day (repeat)

The years go by and 1,2,3, And so they raise a famly, And every night in the pale moonlight, It sounds like this to me: (Chorus) A-rum Mam, A-rum Papa A-rum, ta-da-dee, da-day (repeat)



MY BEAUTIFUL CHAT FRIENDS This is dedicated to the one I love: Renee !!! Em Chorus - Special lady I love you, DT I'm your Sunshine, your sister and your friend, and as sure as the stars shine down upon you. I'll walk beside you ti'll the road ends- It'll never end. AM Em () Now when we first did meet we did not speak but rather our joyful tears D7 we cried. AM EM With that Chat-co feelin' down deep inside us our love of laughter could not subside. ch-() Well I'm so happy we both are crazy and have never really been satisfied, that gives us plenty of the growin' space and let's us know we've nothin' to hide- down deep inside. G It's been a year now, we both have grown, in oh so many ways, ch= And I just really keepin' contented, Spreadin' love throughout our Sunshine Days - in our Special ways. ch-Without Chat I never could feel this love for you inside myself. I'm good at crawling into my shell, hiding frustrations from you and me. I haven't got a chance when I'm with you, being fed on constant friendship and peaceful joy, you show me the happiness of running free in the medows of life. You shelter me like a knowing fir tree in a storm. I love you, your sister,

I LOVE YOU

Chorus: The sun shall rise in your loving smile As the warmth flows swiftly from your giving heart And I knew in the first few moments that we met Though our lives would roam Our love would never part.

I love you for caring, loving me so Love you for lighting my world all aglow Now with the help and the love that you gave I know I'll be strong -- forever brave To share all the **troubles** this old world has to give You've shown me the ways, my friend To stand up and live.

Chorus.

Well, I've known you is a for quite awhile And know your favorite trink is tea You take me out to replaurants and sit across from me You'd hold my hand and bouch my heart And help me understand the key to loving friendship Is to give all that yet can. Chorus:

Though the words would leave and the days would close And we'd have to say "Good night", We'd have to part for a little while We'd hold each other tight for as a friend of mine You're well aware that you're forever free' To roam this earth to seek your dream And discover destiny Chorus: Marta Main

friend is someone who knows you're not perfect ...

... But treats you as if you were

(thanks for being Such a Friend to me) Love hine

# TAKE A CAMP

Take a camp, and give it skies of blue Add the sun and the rain and a cloud or two. Add a moon and sprinkle stars on high, And some memories that never die.

Take a hike along a mountain trail, Watch the sunset shinning through the tree, Hear the mountains tell their ancient tales, And the mistic call of the breeze.

Light a fire, and let it shine out bright, Gather friends around in a welcome light, Sing a song and share a friendship true, Cedar Glen, all of this is you!!!

### SARAH

In Frisco Bay there lived a whale, They fed her lysters by the pain. By thinble, by teacup, by basket and by scooner.

Her name was Sarah and when she sm ised, She just showed teeth for miles on miles, And tonsils, and spareribe, and things too fierce to mention.

Now what would you do with a whale like that? Now, what would you do it she sat on the hat? Or your counselor, or your toothbrush, or anything else that's Helpless, like that!

### WE'RE UP AT 4-H CAME

We're up at 4-H camp, the camp of our dreams, Where the water just gurgles and sparkles and gleams, So, come aling and join us for we are never blue, Be a member of our happy laughing crew.

# SONGS

Oh, in the moonlight I want to hold somebody's hand Oh, in the moonlight I think I understand Why all the little birdsies, all the little beesies Always go in twosies, never go in threesies, Oh, in the moonlight I want to hold somebody's hand.

Oh, in the moonlight I want to hold somebody's hand Oh, in the moon light I think I understand Why all the little sipsies, all the little sapsies Never sit in chairs, always sit in lapsies, Oh, in the moonlight I want to hold somebody's hand.

Oh, in the moonlight, etc. Why all the little eskimoes put on their warm clothes, Never freeze their toesies always rubbing nosies, Oh, etc.

Oh in the moonlight, etc.

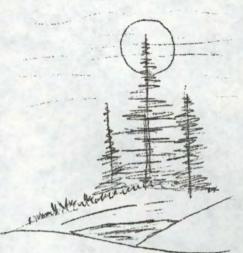
Why all the little campers put on their jampers,

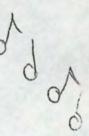
Always with the lights out, waiting for the Boy Scouts, Oh, in the moonlight I want to hold somebody's hand.

Moony, moony, shine on me, make me spoony as can be Moony, moony, shine on you ; make you just as spoony, too. Smooch in the moonlight, kiss, kiss!

To the tune of Reuben, Reuben







A Song for Chat

F

When I arrived you were strangers to me G The love between us grew F And now that its almost time to part G I am feeling blue.

Chorus:

This time together has been good to me G I wish it never had to end It will live forever in my heart G And bind us together as friends.

Through bad times and good times you stayed with me Through darkness and through light The joy that we shared will endure through time And make my lefe bright

Though we be many miles apart

A closeness will exist Our thoughts will bring us close again And we will remember this:

megan Bradley

### MOUNTAIN DEW

I know a place 'bout a mile down the road F C Where you lay down a dollar or two,

If you hush up your mug they will slip you a jug **F G C** Of that good old Mountain Dow.

They call it that good old mountain dew And them that refuse it are few. You may go 'round the bend, but you'll come back again, For that good old mountain dew.

Up on the hill there's an lod whiskey still Run by a hard working crew. You can tell by the whiffle when you sniffle a smell They're makin' good old mountain dew.

My brother Nort, he is saved off and short; He mearsures about four foot two. But he thinks he s gi'nt when they give him a pint Of that good old mountain dew.

My Uncle Bill's got a still on the hill Where he runs off a gallon or two; And the buzzards in the sky get so drunk they can't fly On that good old mountain dew.

My Auntie June tried a brand new perfume, It had such a sweet smellin' pew. She was surprised when she had it analyzed, It was good old mountain dew. Come love, take me away Away to the world Aren't you alive Aren't you child A child of Chat Don't you see care Can you feel The warm heart The heart of you Believe in you, answer to yourself And take a walk within yourself Your the trouble shooter of you. by "Nouse"

Life is life, but not so at Chat Chat is you, you are Chat The one place you can see you Maybe make a friend, and love a friend Chat seems like a dream A dream hard to leave It!selike a mocking bird with no song Try to imagine the sun sleeping through dawn This is what its like to leave Chat by "Mouse"

I am a man of constant sorrow, And I've seen trouble all my days. I'm going back to California Place where I was partly raised.

All through this world I'm bound to ramble Through storn and wind, through sleet and rain, I'm bound to ride that northern railroad, Perhaps I'll take the very next train.

Your friends they say I am a stranger, You'll never see my face no more. There is just one promise that's given We'll sail on God's golden shore.

Repeat one

FATHER GRUMBLER There was an old man that lived in the woods, As you can plainly see. That said he could do more work in a day Than his wife could do in three. If that be so, the old woman said, Why this you must allow, That you shall do my work for a day, While I go drive the plough.

But you must milk the tiny cow, for fear she should go dry, And you must feed the little pigs, that are within the sty, And you must watch the bracket hen, lest she should lay astray, And you must wind the reel of yarn that I spun yesterday.

The old woman took the staff in her hand, and went to drive the plough, The old man took the pail in his hand and went to milk the cow, But tiny hinched and Tiny flinched and Tiny cocked her nose, And Tiny hit the old man with a kick, 'til blood ran to his toes.

'Twas hey my good cow and ho my good cow and now my good cow, stand still, If ever I milk this cow again, 'twil be against my will. And when he'd milked the tiny cow for fear she should go dry, Why then he fed the little pigs, that were within the sty.

And then he watched the bracket hen, lost she should lay astray, But he forget the reel of yarn his wife spun yesterday, He swore by all the leaves on the tree, and all the stars in heaven That his wife could do more work in a day than he could do in seven.

WHEN I FIRST CAME TO THIS LAND When I first came to this land,  $G D A^7 D$ I was not a wealthy man. So I bought myself a farm, And I did what I could. Em And I called my farm the "muscle in my arm". But the land was sweet and good Em And I did what I could. \* add different verses as in "12 days of Christmas" progressive from last verse: Then I got myself a son And I did what I could. And I called my con, "my work's done". And I called my wife, "run for your life". And I called my cow, "no milk now". And I called my duck, "out of luck". And I called my shack, "break my back". And I called my farm, "muscle in my arm".

But the land was sweet and good,

And I did what I could.

I'M GOIN' DOWN THE ROAD FEELIN' BAD I'm goin' down the road feelin' bad, F I'm goin down the road feelin' bad, C I'm goin down the road feelin' bad, Lord, Lord, G7 And I ain't gonna be treated this a-way.

They feed me on corn bread and beans. I'm goin' where the climate fits my clothes. Lord, an empty match box holds my clothes. Lord, where I go nobody knows.

ABILENE

 $\begin{array}{c} E & G^{\#} \\ \text{Abilene, Abilene,} \\ A \\ \text{Prettiest town I've ever seen.} \\ F^{\#} & B^{7} \\ \text{Women there don't treat you mean,} \\ \text{In Abilene, my Abilene.} \\ \end{array}$ 

I sit alone most every night, Watchin' those trains roll out of sight; How I wish one would take me back, To Abilene, my Abilene,

Crowded city, ain't nothin' free, Nothin'in this town for me. Wish to Lord that I could be In Abilene, my Abilene.

Been to Chicago, "Trisco too; New York City just won't do. So I'll be headin home to you Abilene, my Abilene.

Repeat first verse

# EACH CAMPFIRE LIGHTS ANE!

Each campfire lights anew The flame of friendship true. The joy we've had in knowing you Till last our whole life through.

And as the embers die away, We wish that we might always stay, But since we cannot have our way We'll come again some other day.

(Verse 3 by Bill Eurning)

Within our hearts there burns a flame That is not yours alone nor mine, But held in trust to carry far... That everywhere its light may shine.

Here in our hearts a light does shine That is not yours alone or mine But held in trust for all of time That every where this light may shine.

(verse 5 used and taken from the (amp Fire Girls)

And though we are far apart I'll hold you in my heart, Until we meet again... God keep you safe 'til then.

# STANISH NORDS FOR ABONE SONG:

(ada reanion reviva mas' La amor que aqu'e se siente La amor que aqu'e se siente For siempre durara'.

Lilting appeal of Yankee Doodle delights America for 200 years.

FIRST MARCHING SONG - Americans have enjoyed "Yankee Doodle" for over 200 years. While its origins are still unclear, the song is American. I It is, in fact, our first patriotic song, and one that has lifted up the spirits of Americans in wartime as well as in peace. This broadside version of the lyrics was probably printed in 1775 when General Washington was first organizing the Continental Army at Cambridge, Massachusetts.

> SING YANKEE DOODLE, THAT FINE TUNE AMERICANS DELIGHT IN IT SUITS FOR PEACE, IT SUITS FOR FUN IT SUITS AS WELL FOR FIGHTING

With these words the COLUNBIAN SONGSTER of 1799 printed our first patriotic song. Under the title, the "American Spirit", Yankee Doodle appeared with all its lilting appeal. From the Revolutionary War to the present, Americans, young and old, have delighted in the words (with endless rhyming versions) and tune of this song.

The tune was widely known in the colonies before the American Revolution and even the British used it. At times it replaced the "Rogue's March" in drumming culprits out of camp. When the redcoats marched out to Lexington and Concord they fifed Yankee Doodle by way of contempt. They also played it in mockery of the Americans at Bunker Hill, but after that costly victory the tune musthave haunted the British.

General Johnny Burgoyne composed several theatricals that were presented at Faneuil Hall durinf the seige of Boston. In one of his farces, the "Boston Blockade" Yankee Doodle was played. But things were different after Bunker Hill and Americans had reclaimed the song as their own.

Although the exact sorce of the ballad is still a mystery, it seems that it originated in America. Some have argued that Yankee Roodle is foreign in origin-English, Hessian,Hungarian,Dutch, Irish, or Basque. But earliest verses that have been found make reference to the capture of Fort Louisburg on Cape Breton Island by New Englanders in 1745 and to other incidents in the French and Indian wars. Such facts point to an American beginning.

A curious reference to the popularity of the song appeared in the NEW YORK JOURNAL, October 13, 1768. It was reported that when the British warships arrived in Boston harbor the previous month "the Yankee Doodle Song was the Capital piece in their Band of Music". At that time the British were taunting the Americans with their own music when they came in with troops to overawe unruly Bostonians.

The tune Yankee Doodle was not printed in Europe before the American Revolution so far as has been learned. Its first publication as a music sheet with words was in London by Thomas Skillern in 1775; it bore the title YANKEE DOODLE, OR (AS NOW CHRISTENED BY THE SAINTS OF NEW ENGLAND) THE LEXINGTON MARCH. This also made mention of Cape Cod, Nantucket, and Lynn, indicating that its probable source was Massachusetts, There was considerable pro-American propaganda in England at this time, and the publication of Yankee Doodle in this form would seem to have been part of it.

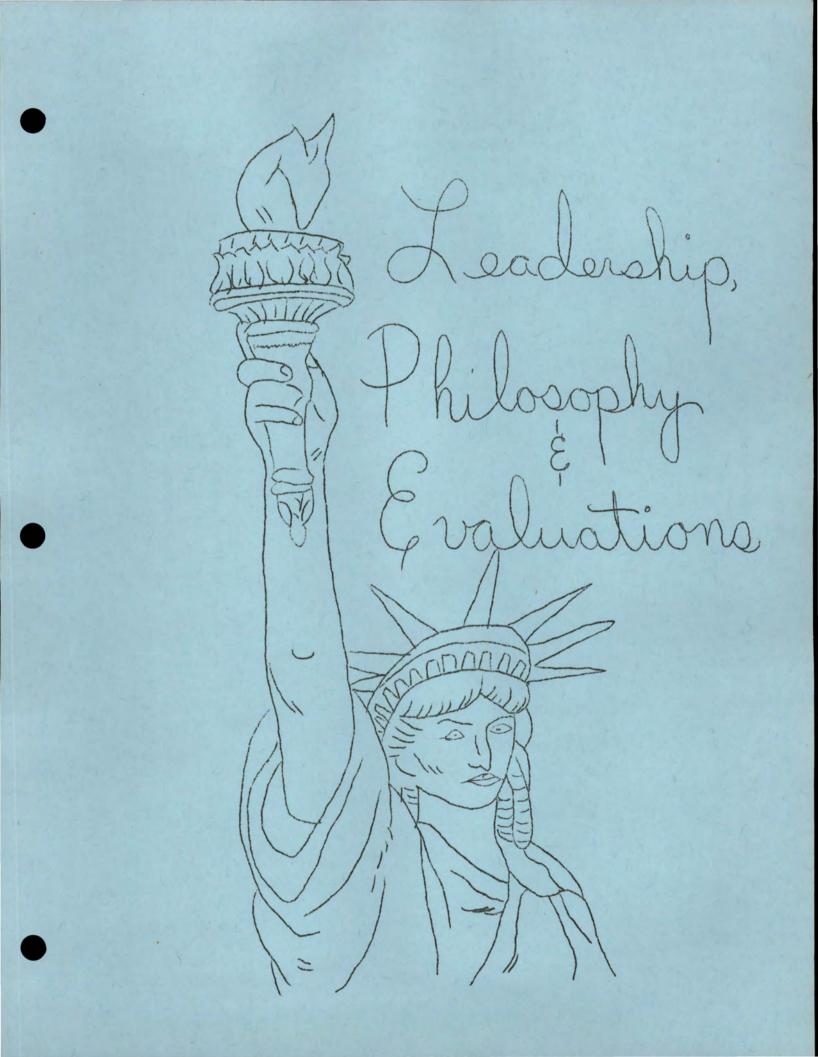
Reguardless of origins, the song appealed so much to the Patriots that it was played and sung everywhere. Thomas Auburey, a British officer, wrote that "after the affair at Bunker's Hill, the Americans gloried in it. YANKEE DOODLE is not their paeon, a favorite of favorites, played in their army, esteemed as warlike as the Grenadier's March- it is the lover's spiel, the nurse's lullaby." There were also numerous Tory satires and parodies.

Throughout the Revolution Yankee Doodle was fifed, drummed and sung. When Washinfgton took command at Cambridge, a literary version called THE YANKEE'S RERURN FROM CAMP was widely printed in broadside form. Americans played it at the surrender of General Burgoyne at Saratoga and later at the great victory of Yorktown in Virginia.

Although the music of Yankee Doodle was printed in this country by 1799, the tune was not standardized until about 1850. As one modern author has put it, "Hitherto, every fiddler, flautist and fifer had played in so many different versions, has retained its popularity for over 200 years.

What is the basis if this great appeal? Surely, it is not because of any sense of majesty or great dignity. More apt perhaps is its appeal to our sense of humor. This jaunty, lilting air, with any ...umber of amusing verses that we may compose, will probably appeal to the American spirit indefinitely. Father and I went down to camp, Along with Captain Gooding, There we see the men and boys, As thick as hasty pudding. (Chorus) Yankee Doodle keep it up, Yankee Doodle, dandy Mind the music and the step And with the girls be handy. And there we see a thousand men, As rich as Squire David And what they wafted every day I wished it could be faved. Yankee Doodle ect.) The lasses they eat every day, Would keep a house a winter: They have as much that I'll be bound They eat it when they're a mind to. Yankee Doodle ect. And there we see a swamping gun, Large as a log of maple, Upon a ducid little cart, A log for father's cattle Yankee Doodle ect. And everytime they shoot it off, It takes a horn of powder-It makes a noise like father's gun, Only a nation louder. Yankee Doodle ect. I went as nigh to one myself, As 'Siah's underpinning; And father went as nigh again, I tho't the deuce was in him. Yankee Doodle, ect. Cousin Simon grew a bold, I tho't he would have cock'd it: It scared me fo, I shrinked it off, And hung by father's pocket. Yankee Doodle ect. And Captain Davis had a gun. He kind of clapt his hand on't,

And stuck a crooked stabbing iron Upon the little end on't. Yankee Doodle ect. And there I see a pumpkin shell As big as mother's bason, And every time they touched it off they Shey scamper'd like the nation. Yankee Doodle ect. I see a little barrel too. The heads were made ap f leather They knock'd upon with little clubs, And call'd the folks together. Yabkee Doodle ect. And there was captain Washington And gentlefolks about him, They say he's grown fo tarnal proud, He will not ride without'em Yankee Doodle ect. He got him on his meeting clothes, Upon a slapping stallion, He set the worold along in rows, In hundreds and in millions. Yankee Doodle ect. The flamming ribbons in their hats, They look'd so taring fine, ah, Wanted pockily to get, To give to my Jemimah Yankee Doodle ect. I see another snarl of men, A digging graves they told me, So tarnal long, so tarnal deep, they'tended they should hold me Yankee Doodle ect.



Monday Morning Discussion: (the whole lab)

Here we all are, our first discussion group, so, what shall we do? Well, this is a leadership labratory, so let's be leaders. We are leaders. So, how can we be better leaders? One tool we can use is evaluation. This morning we agreed that to evaluate, we need a purpose, and idea, a goal.

Burl and Don led us in an evaluation of last night's activities.... We had a party last night, right? So, before we can evaluate that party, what exactly is a party? What is the purpose of a party? Other questions include: What can be accomplished by a party... is it worthwhile? Why have a party?

To answer these questions we broke into small groups to descuss these questions. Then all the elements, qualities, and goals which each group discussed were placed on sheets which were posted around the room. We agreed to keep these ideas posted and refer to them throughout the week, while we planned different activities in our colonies, and planning groups. Here's what we came up with:

> Fun, fellowship, companionship and pleasure, change of pace, relaxation, exchange of ideas, compatability, anticipation, preparation, and evaluation, communication, spontenueity, sharing fun and good feeling, enjoyable experiences, being included, learning, caring and sharing release from the should's and ought's (!), flexibility? plans, relaxation, recreation, leadership dissolying into group, trans-action, making anybody's into who bodies, warm fussy feeling, involvement, breaking barriers, unity feeling, acceptable way for adults to play, way to meet, know people, broadening your horizon, application of leadership knowledge, throwing off crutches, (i.e. alcohol), realize self confidence and self worth, seeing good in a social situation, individual self expression, feeling loved; tools; humor, games, singing, quiet time: ... parties are for: a level of social acceptability, communication, trust, teaching, putting warm feeling into a cold world, compatability, personal attitude, sharing feelings and methods of communication.

Everyone regrouped in irder to evaluate last night's activity (Sunday night). We were asked to get in contact with ourselves for a minute, and to reflect on what we are feeling right at this moment. Then, we should share these feelings and ideas with each other. What happened last night, and how do you feel about it? Here are some of the ideas that the various groups discussed.

-It's too early to evaluate the way things are at this point.
-The group process is moving. Our activity has a direction, it's moving.
-Small groups are valuavle. . .we haven't had enough time together with our new families (colonies).
We are building momentium, but we need to get with our groups to be effective.
Early in the week, during the first 24 hours, it's critical to know your group un order to be functional, and to interact with your group.
-There is the feeling of being included.
-Flexibility was expressed in the activity.
-There was a difficulty in knowing where the ceremony will end.
The use of light to get that message across was effective.

-Transition is important in a party, as it keeps up informality. -We felt the feeling of following the leaders without feeling forced.

-The inclusion of the in-out circling in the ceremony was appreciated.

-There was frustration on the part of the planners that first night.

-We feel that evaluation sessions are very important. -Belonging was felt.

-The planners should look at the labbers to see how they feel or are reacting.

-Expectation -- a lot to learn and experience is important.

- Was the saying too long? Uncoordinated?, along with the holding of hands.

-The singing was not defined as to end the formal ceremony.

-Liked the feeling of following leadership without feeling forced.

### MORNING DISCUSSION --- MONDAY II

The basic feelings that ev lved from the group in the SE corner began with Saterday when we first began arriving. Some disappointment was present via a)nobody there and b) discovering that the camp was actually scheduled to begin Sunday. The lack of anything for the bulk of the labbers to do coupled with the seemingly poor camp situation drew forth a disenchanted feeling for many labbers.

Sunday dawned on the same camp, but it appeared that the labbers were adjusting to the situation and were being drawn to preparing for the arrival of the other labbers who were soon to arrive. This increase in activity seemed to lift our spirits and allowed us to accomplish what had to be done. While some gatherings showed what little or no preparation could do to the simplest of ceremonies, others demonstrated how flexible the leader needs to be. (For your recollection, first the Flag ceremony had poor communication and prior checking of the flag pole equipment failed, and third how the ceremony came in smoothly and ended without ending.)

By Monday morning everyone had adapted, found new friends, and participated in several activities. All felt much closer to Chat and all their fellow labbers than they had upon their arrival. The 'group' agreed that what had transpired thus far was good and getting better.

### MONDAY DISCUSSION

-- Burl Winchester

FAVOR (2-way communication)

Enthusiasm (visible)

Listening Honesty Informality Consistance Caring Eye Contact Speak Common Language Equality Consideration Acceptance Perception Checking Setting-Trust DISCOURAGE (2-way communication)

Put down to those who try Speaking in monotone-no inflection Lack of communication skills "I" image-vanity-self centered Abused ritual-habitual questions Separation from audience-formality Lack of caring Lack of eye contact Preoccupation Distraction Generalities-no details Not caring who you're talking to Gossip Lecturing-condescension-overpoweringintimidation Not listening to other person Authoritarian approach Lack of response Insulting the other person (negative response) Over-response Boredom One-way communication Lack of interest or attention Lack of Cooperation Distractions Physical catastrophies Negative energy fields

ONE-WAY and TWO-WAY COMMUNICATION

EXERCISE I SUMMARY OF INFORMATION

#### Summarization

"It has generally been found that . . ."

- a) One-Way Communication:
  - 1) is faster and more orderly
  - 2) is less accurate
  - 3) is more enjoyable for the sender
  - 4) is more frustrating to the receiver
  - 5) place responsibility for understanding on the listener
  - 6) treats all listeners as having the same physical and mental abilities
  - 7) causes the communicator, receiving no feedback, to interpret this as if it were positive feedback
  - 8) forces listener to greater concentration

#### Monday discussion continued

#### --Burl Winchester

- b) Two-Way Communication:
  - 1) is slower and less orderly
  - 2) is more accurate
  - 3) is more enjoyable to the receiver
  - 4) is less enjoyable to the sender due to the realization of his oversights and mistakes
  - 5) places responsibility on the receiver to seek clarification and on the communicator to clarify
  - 6) forces the communicator to pace himself to the slowest listener
  - 7) allows one listener to receive additional cues from the questions of other listeners

#### Some Reasons for Using:

One-Way Communication

- 1. to maintain orderliness and control
- 2. to communicate messages that are simple and concise
- 3. to speed up communication process
- 4. to hide mistakes or to maintain ambiguity
- 5. to be able to scapegoat others to hide mistakes, etc.
- 6. to divide members of a group

Two-Way Communication

- 1. to increase accuracy of communication and to insure that the intention (nuances) is understood
- 2. to increase participation, satisfaction and thus to make a more homogeneous group

Some consequences of one-way communications

- 1. The job seldom gets done as expected
- 2. Both the sender and the receiver feel frustratedthere is such need to ask questions-there must be a better way
- 3. One-way communications sets the stage for EAD RELATIONS. Each automatically finds fault with the other

Some Methods of Improving Communications

Communicator

- 1. Establish the parameter, i.e. Explain that 1st you'll give an overview Explain how the card is to be oriented
- 2. Provide an overall idea, i.e.

HOW MANY FIGURES, THEIR SIZE AND GENERAL CONFIGURATION AND RELATION-SHIP TO SIZE & SHAPE OF THE CARD.

3. Begin with the least complicated part

- 4. Employ exact terminology if possible.
- 5. Employ common references, if possible
- 6. Be sure you speak loudly & slowly enough to be understood
- 7. Repeat any complicated parts-be sure to explain that you are repeating

### Receiver

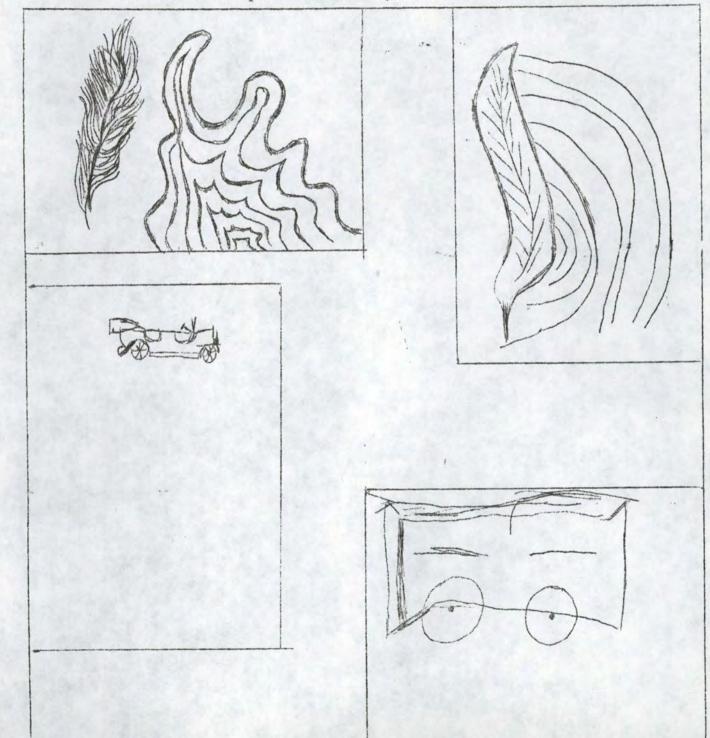
- 1. Should strive to eliminate prior mental sets, i.e., try for complete objectivity.
- 2. Should avoid premature conceptualization, i.e., get as much information as possible before organizing it.
- Should pay close attention to message sender. Try to tune in on his or her frame of reference.

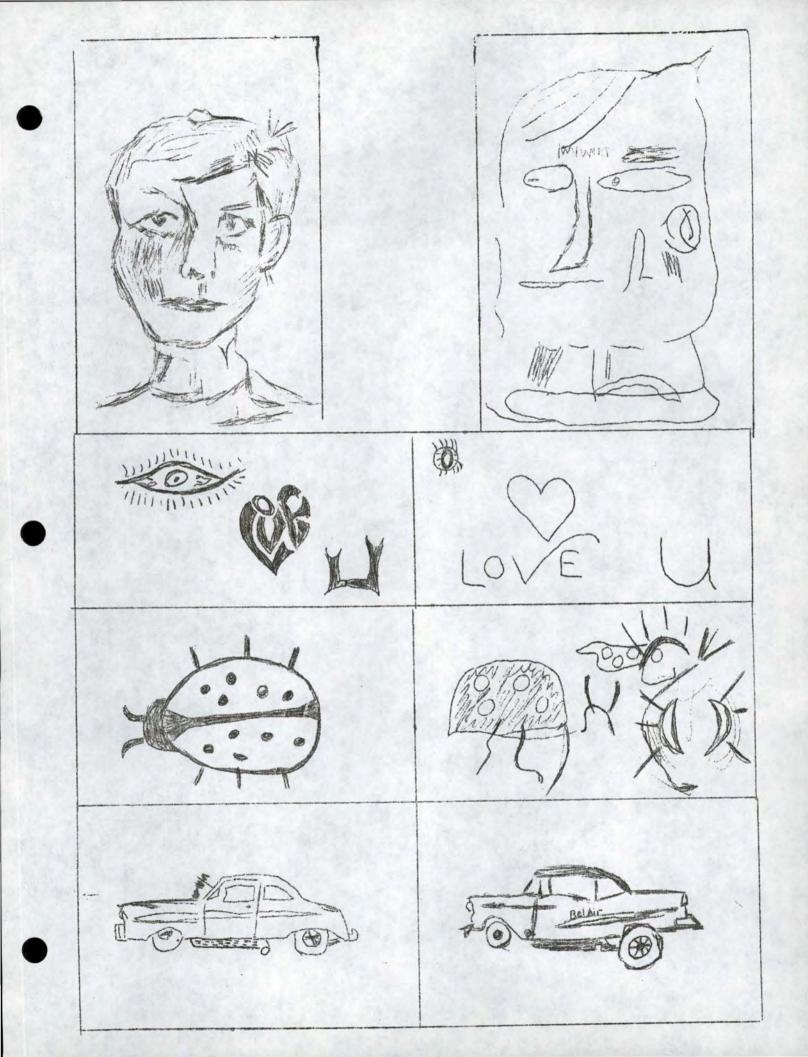
FACTORS WHICH FAVOR OR DISCOURAGE GOOD TWO-WAY COMMUNICATIONS

# Monday Afternoon Discussion

Here we are ready for another discussion. What is it that we are doing? Well, First, cards were handed out, and these instructions were given: Draw a picture on one side of the 5x8 card, and do this in about one minute. Now find a partner and stand back to back with them, and have them draw a picture identical to the one you have drawn. The person descriving their own picture must give specific directions, while the other person is listening to them. BUT, The listener cannot say one word. We were instructed to be specific in our directions--don't make assumptions!!

Boy, some of those pictures--the originals and their facsimiles--were funny!! Some of the pictures had very exact duplications made of them. Here are a few of the pieces of artistry that were created from this exercise:





Tuesday Morning:

13

It's evaluation time again ... time to evaluate last night's party. What elements are important in parties to upt values on? (with respect to leadership):

> --participation --did you have fun? --goal accomplishment --atmosphere/mood --integration/flow --timing --flexibility/adaptability good use of resources

We were asked in examining last night's party, honor your own feelings as a participant in the party. We then broke into groups and examined last night's activities in terms of the above values. Here's a summary of the evaluation of last night's party:

#### Good use of resources:

--the planners capitalized on th situation (lack of lights due to a tree falling on th electric lines); --all resources were ready to be used when needed... we didn't have to wait for the fire to become a roaring one...it was ready for us when we were ready for it; --the rooms were exploited well to use their resources: and elements, especially in helping with the smooth transition from one part of the evening to another. --it was great how the darkness was used as an asset, through the use of candles; --there was a commendable use of what was on hand; --the candles added to the historical atmosphere of the skittyithonodelectricity around.

#### Atmosphere/mood:

God blessed us with that downed tree!!..a common catastrophe drew the group together --relaxation was felt, and appreciation for the candles was expressed. --there was no fear of the darkness around;

--imagination came through!!

#### Flexibility/adaptability:

-- the dances got people together in more than one way; --very good adaptability;

-- the candles fit right in.

#### Integration/Flow:

-the activity flowed well with the dancing
-nametags and singing brought us into the program
-the planning done before the party showed through;
-so long as the people knew what was coming (the feeling of not being lost) there is a feeling of flow:
-the theme was continuous throughout the program
-the songs repeated each other in two parts of the program, but this really didn't hurt this particular party.

--there was communication throughout the program, in that we don't sing some songs at another part of the program's expense;

--with "flow" leadership, how do you keep that smooth transition important to a party?...it was suggested that in sharing the development of a program, you need a coordinator to ensure that all parts of the program are presented, and included.

#### Timing:

--flexibility was expressed.

--everything did flow well

--there was no waiting and wondering what is going to happen. --the timing of the length of the events was just right; --the timing fit right into the various activities; --the decisions about timing were made flexibly.

#### Balance:

--a mellow mood at the party end was deemed important; --at the begining, a lot of rousing activity is good; --the atmosphere was good, as was the leadership of the activity;

--with the dancing, maybe more timing could have been allowed for some of the dances.

--Yet, in keeping the movement going on, this did not drag the paety down

--This problem was discerned: different degrees of experience challenged the pacing which must be coordinated.

#### Participation:

--There wasn't total active participation...yet, you can have passive participation, too. --the mood accompanied, encouraged the participation --the'problem: of ohaving the participants keep on participating when they nwere to be watching was encountered.

This was the general conclusion of the party last night: Good stuff came out of it....there was sharing and using of good resources.

#### TUESDAY - Morning Evaluation

Point was emphasized regarding the short circuiting of a grogram planning process if it ends with developing a plan and then putting it on. What is needed is a third step of evaluation. This was what we designed and plan, This was what really took place and then how did it go or what actually happened in terms of purpose or objectives we set up?

The lab members were then asked to outline those elements or characteristics that were important to planning programs such as parties, conferences, of

The following areas were contributed by various members and discussed. Tables of 6-8 members then took one of the areas to focus. Their discussion on these results were then shared. The data for this evaluation was generated out of the Monday evening party and ceremonial.

Participation Balance

Did you have fun Goal Accomplishmen Intregration/flow Atmosphere/mood

Goal Accomplishment Flexibility/adaptability

Timing

Good use of resources

TUESDAY discussion - elements of good event Intergration/flow Flowed well - by song during the puzzle - Don's help leading songs but no

doordination between Don's songs and the ones set by the committee. Dances followed easily - from one - right into the next. Short amount of time p anning will show.

May not be necessary to have entire program flow perfectly as long as people know what is coming next. Fit perfectly with the theme. Lack of total communication - leaderlesss group - no one with ultimate respon-

sibility (coordinator).

PARTICIPATION: Party: not total participation, does it have to be active? affected by situation (no lights). Allow for choice of active vs. passive participation. <u>Ceromony</u>: between puzzle and ceremony the flow kept everyone involved, no lag. Rough transition from group to focal point, perhaps too eager to participate. <u>Balance</u>: mellow mood toward ending, godd (active) starting. Atmosphere Participation/leadership Balanced timing enjoyed - learning in participation.

Flexibility/Adaptability: Situation was adapted to very well. Resource people came up with good dances to sing to. Candles add to the atmosphere. Dances got people together in more ways than one. Being prepared for any thing. <u>Good Use of Resourcesh</u> 1. The planning group capitalized on the lack of light 2. Through use of candles we used the darkness as an asset. Perhaps the darkness could have been used to even more advantage. 5. Very commendable use of what was on hand. 4. All resources were ready to be used - no break in the continuity. 5. The candles added to the historical atmosphere of the skit (with no electricity). The rooms were used with smooth transition. 7. In terms of human resources, everyone was helping. 8. Music was people-made-great <u>Atmosphere</u>: Thanks to Mother Nature the atmosphere was enhanced, The common catastrophe brought the group together - The dim lights relaxed selfconscious dancer. However, good planning need not includ an order for a power outage - The same atmosphere can be arranged.

<u>Timing:</u> Moving - timing seemed O.K. No waiting and wondering what's next. Dances, games, didn't seem to go too long and or too short. Ceremony wasn't too long or draging. Some parts were left out and still was successful. Timing must be flexible and not rigid. Good timing is an awareness of the groups reactions and the flow of things. Tuesday 11:00 a.m. Discussion --- led by Burl

A different discussion, and more questions from Burl. . .What should the program being planned include, and how should the answer to this question be determined?

One way to determin program is through the Board's plans. They have been here before, so they should be a good resource for next year's plans. To plan a program, you could consult a new group of people in order to have fresh input.

In determining what a program should include, we could do this according to out needs, as a group, and also as an assessment of your own needs. We can assess and refine these needs each day. Or, each person could be asked to give an input as to what the greatest need is in leadership. Perhaps you are selfconscious of these needs, and would not like to express them before a group. This points out the fact that there are times to be anonymous in listing those needs.

What better time to be anonymous than right now? Let's ask people what their needs are. Then we can summarize these needs. It's as if you had a magic wand which gives you the talents you need most right now. That's what needs you would like to have satisfied, if you had that magic wand.

So, each of us took a card, on which we put our needs downm cither on seperate cards, or listing them all on the same card. What is it that we want to go away with?? Think of this in terms of leadership. . .what did you dome to camp for? What can we do for you with that magic wand? In answering these questions in this phase, don't narrow down or limit what you are putting down.

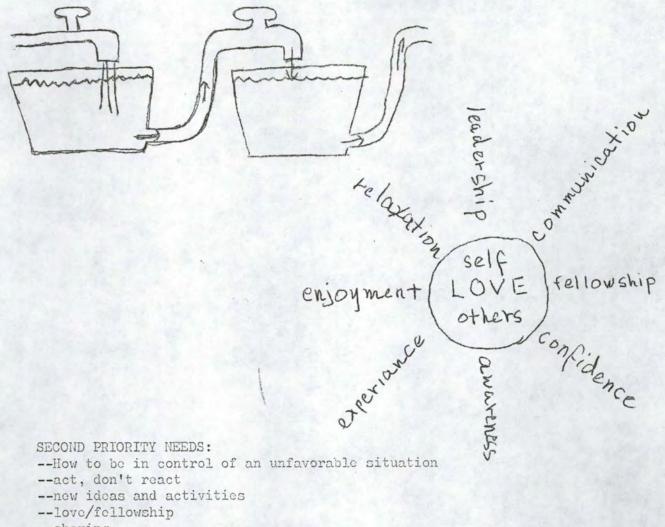
Okay. Now there is a list which each of us have compiled. But, each person screens these needs according to their own interests in inventorying these needs. To put these needs into a priority listing, all of the group's opinion must be incorporated. Everyone must be involved in the decisionmaking process. . .Sounds a bit impossible. But, Burl is a man of many means, and of course he figured how to get around this impending impossibility. Shuffle those cards, and hand them out to groups of 6 to 8 people! Then we a are to read these cards in the group, try to understand them, and then decide within the group which needs are to have the most priority. In viewing these needs, you may discover that it might trigger ideas that are even more important than what is written down.

The groups then got together to compile two lists of what is their first prioity need andanother list of what the second priority needs are. Here are the lists which were compiled:

> FIRST PRIORITY NEEDS: --more ability to discern other people's needs --confidence though treasuring yourself --develop leadership abilities --self-acceptance --self confidence --an integration of pracitical abilities, personal and inter-

personalm freedon to experiment both areas.

Tuesday Morning 11:00 a.m. discussion



--sharing

-- confidence in your own leadership skills

--a chance for rest and relaxation away from our usual elements

- -- I. Acceptance
  - II. Self-confidence
  - III. Domineering vs. humility

# FANTASTIC PRIORITIES

- 1. Perceptive awareness and understanding of my true being
- 2. Centeredness and the sureness that goes with it
- 3. Openness to accept and love what is regardless
- 4. Confidence and inner strength
- 5. Love myself more
- 6. Attractiveness
- 7. Letting go of my ego
- 8. Smiling and laughing more
- 9. Sharing my love more fully with others
- 10. Stop grasping for what is happening in the present and just let it be
- 11. Trust myself in just "becoming"
- 12. Let my "eternal friend" guide and take over my life--stop trying to manage myself

What is the signifigance of this kind of an exercise? In being a leader, be sure to get the point across; make sure the meaning is clear, and understandable. If in conversation, someone hears wrong, then not only is it the hearer's fault, but the meaning, as described by the leader, is unclear. We discovered from this activity that showing something is better than telling things.

Problems which were encountered included telling too many directions too soon. It was hard giving directions with no feedback-crises develop. The Question was asked if everyone kept an overview of the whole picture of what was going on.

This exercise was don at MIT, with these findings and results; 1) The job seldom gets dome as expected; 2) both people are frusted; 3) It sets the stage for bad relationships when directions are unclear.

The discussion then went on to ask these questions; If it's so important to have feedback, what conditions favor communication? What is it that ' breaks this communication off? We broke into groups, to answer these questions and then had to act out what it is that we felt discouraged conversation, and what encouraged conversation. These are the points which were included in the lists for favoring and breaking conversation:

#### FAVORS:

two-way communication, enthusiasn (visible), speaker must listen, informality, caring, eye-contact, treat people as equal, listening to the answerse accepting ( be interested), consideration, reaching out, teamwork, perception checking, both people must want to have dialogue, privacy, setting is important, trustbuilding, body language is important, response, understanding, feedback, talk your listener's language, honesty, being straight, consistency in word and deed.

### BREAKS:

discouraging the other person's input into the conversation, preconceived ideas put down with a set answer, monotone, speaking with no reflection or inflection, lack of communication skills, vanity..."I" image dominates; blah questions (abused ritual), separation eye-contact, tuning out, distractions, lack of response, boredon; generalities, pushing/imposing, molding, overpowering, intelectualism, inattention, personality conflict, authoritaritarianism, condensation, judgemental, talking for talking's sake, the listener not paying attention to the other person, assumption, poor diction, and grammar.

Concern was expressed about this circumstance: being the third party to conversation, where communication definitely is not happeneing. Without getting too involved, these questions could be posed to the conversing parties: "Can you tell me what he just said?" Perception checking is good, too, where one party of the discussion says: "This is what I thought you just said...". On the bulletin board in the dining lounge was posted this saying:

"I know 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." Thursday morning discussion and 8:30 a.m.

Here we are at yet another Evaluation time. I think that we have been here before!! And, so, here's what was said this particular morning. . .

One of the most important evaluations is an ongoing process of how we're doing---a feedback--how are we doing along the way? If we were taking a moon trip and wanted to evaluate it, it's not a question of did we get there, but how are we doing on the way up there?

This discussion occurred in two parts. First, we were asked to realize the values, and purpose of the Lab via feedback. This is a personal kind of feedback. What things were on target, and which things were off-target for you? Cards were handed out, on which we wrote down something negative or positive about Lab at this point. This is a feedback from our own experience--how are we doing at the Lab? On target or off target?

At this point, the comment was interjected that the spirit of the lab is the people. The people are the Lab. It belongs to us. The plans are there to be subject to examination and change.

In the second part of the discussion we mixed the cards, and each drew one, and read it over. We then had to 1) decide if we wanted to share it with our group, and the, 2) read it outloud and ask for comments among your own group, with respect to these questions: How are we doing as a Lab? Where are we going? What should be done about problems we discern? Who should do the answers to the problem? We were to lay out the suggestions, alternatives, solutions, and then decide who is to do them.

We then broke into groups and discussed our cards. Then, in reporting our discussions to the entire group, these comments were recorded; but the tape we lost, Burl, I am so sorry!!!

### Thursday Morning Discussion (11:10)

During this discussion, we combined previous evaluations, where we took the priorities for individuals, as written on cards Tuesday morning, and also the group priorities, as determined from the individual cards, which were placed on posters for everyone to see. We lettered those priorities, and then assigned them numbers to see what the entire group's listing of priorities would be from the previous lists. 1 - a low value, while 7 - a high value. Each of us was to rank the priorities in order to identify what we feel is most important of our needs from this list. Here is the list from which we chose our priorities and the results of the group listingn which was figured but by Burl, and listed in order of priority.

- 1. Sharing my love more fully with others.
- 2. The circle diagram with: self-LOVE-others, surounded by confidence, fellowship, experience, awareness, relaxation, communication, leadership, enjoyment.
- 3. Perceptive awareness and understanding of my true being.
- 4. Acceptance of and by others.
- 5. Confidence through treasuring myself
- 6. A chance for rest or relaxation away from our usual elements.
- tie 6. Self-acceptance
  - 7. An integration of abilities.
  - 8. The bucket diagram, which was interpreted to mean filling each other's buckets--giving and receiving; loving yourself, in order to be able to love others.
  - 9. More abilitiy to discorn other people's needs.
- 10. Smiling and laughing more. tic
  - 10. Openness to accept and love what is regardless.
  - 11. Centeredness, and the surness that goes with it.
- tiel2. Self-confidence 12. Trust myself in just "becoming".
- tie 13. Attractiveness
  - 13. How to be in control of unfavorable situation. Act, don't react.
  - 14. New ideas, activities.
  - 15. Stop grasping for what is happening in the present, and just let it be.
  - 16. Letting go of my ego
  - 17. Let my "eternal friend" guide and take over my life---stop trying to manage myself.
  - 18. Domineering vs. humility.

Other data collected from the cards included the following:

```
Age Breakdown: (sample of 28 people)
    18 years and under (3)
    19 to 22 years (6)
    23 to 26 years (0)
    27 to 31 years (2)
    32 to 36 years (3)
    37 to 40 years (3)
   41 and over (11)
Years at Chat
   one year - 11
                                    five years - 0
    two years - 3
                                    six years - 1
   three years - 5
                                    seven years - 6
    four years - 2
```

SEX 18 women 13 men

total of 31 evaluation cards submitted

There was a second part to this evaluation. ..Dumb, dumb typist here lost the tape of the story of "the Murdered Wife" ( sorry, Burl, but, don't despair. ..it will show up, unless you took it home. ..did you take it home?)

The story was told and then we were asked (each of us) to indicate the degree of responsibility for the death of the woman shared by each of the six characters in the story:

1=little or not responsibility 7=maximum responsibility

F=husband G=wife H=boyfriend I=high school friend J=ferry boat operator K=Bandit

> increasing responsibility

#### THURSDAY AFOERNOON DEICUSSION

Thursday's afternoon discussion led by Jim C., was an attempt to approach the group through an alternative method utilizing a group dynamics approach. There first was a breathing excersize known as grounding, and a systematic desensitization exercise to reduce bodily tension and therefore relax both mind and body. Concentration on the sounds around them was also emphasized to keep the mind from wandering onto subjects that they might have brought into the session with them.

This proceeded into a guided fantasy trip up onto a mountain top, and a meeting with an eagle. At this confrontation the group was then asked to gain a bit of information concerning Chat spirit and bring this down the mountain to share with their friends. The group was then encouraged to break up into small groups that they would feel confortable with and share this experience.

The purpose of this discussion and fantasy was just to approach the idea of group discussions from a position in which the labbers were very relaxed and after experiencing what was hopefully an enjoyable experience. It also is an excellent method to get people to share experiences and hopefully carry on an informal, but worthwhile discussion with others without forcing them into a situation where they have to talk about something they really don't know about. The topics and directions the groups go in is strickly determined by the experiences of the individual. The potential for these sorts of experiences are great because it allows the person to become in touch with some deep inner feelings, usually pleasant, and talk with people who may have experienced similar experiences during the exercise, in addition to the relaxation and enjoyment that may encompany it. I feel that it was a very worthwhile experience for all, and I personally, as facilitator, learned a great deal. Jim C. Friday Afternoon all group discussion (2 p.m.):

What a great discussion this was!! . . .

"Things happening around here are related to our human health. We all have needs which need to be satisfied. When these needs are'nt met, there is more sickness around", as paraphrased from Burl.

We then each took a three by five card and folded them across the short dimension, in half. We set these folded cards upon our knees. Closing one eye, we looked with our open eye at the top, nearest corner of the card. What were some of the things we saw? "It opens like a book" . . . "There are different tones and shades with just one eye open."

We then repeated this staring exercise, but this time we began to rock back and forth experiencing a dissidence, and conflict. Burl then had Pam Bush answer some questions he posed to her, with the instructions that she was to lie to every question. When she did this, Pam's hands began sweating and getting clammy. This is what happens when we are experiencing mental conflict. . . it isn't just in our heads. It's evidenced and felt throughout our whole body.

So, what is it that Chat does? It puts one together; it puts conflict and dissidence together into a whole, into perspective.

We then attempted to grab our "booky" "tent". WHOOPS! Missed. It was pointed out that what you see is true in your mind, tends to generalize to the rest of your senses....(therefore, if your eyes are fooling you to say that there is a book on your knee, instead of tent, your hands will expect to be capable to pick up the "book", when actually there is a tent there.

The concluding story about Billy Mills captured the attention of everyone there. He kept trying, and he made it. And the trials were there. But, he had the encouragement from his wife, and the desire to go forward and win. Saturday. MORNING ALL LAB DISCUSSION: an evaluation of the entire lab experience

What value can we place on this lab? Do you want this lab to go on another year? Does thelab have value to you, which you feel should be carried on?

Feedback: Yes. Let's have lab number 29. Why? Because of the potential, the possibilities here. (To what degree do we find ways to get people involved, participating in the program we've plannec?--Sugestion: hire someone to tell us when to go to bed.) This Lab has value/potential for movement, and adventure.

Into some indibidual comments of the impact of theLab... This lab makes people a lot easier to get along with. It gave Brian more congidence in dealing with people in many situations. Hugging anothergy is a valuable lesson to carry away.

Can we personally put a value on the Lab which we think as should be continued, even if we can't come, in order to further more leadership training?

(Dick) -- He came here to learn more about ceremonies. Just because things don't work, we <u>can</u> learn from this Lab. The comment was made that we should allow others to change--don't limit them to one role. Learning how to devise and develop ceromonies is one thing here, but being pushed into one character makes a dilemma between the comic character and wanting to be serious

For Tank, leadership is learned in the Lab, but it's also a place to grow. He doesn't feel restricted here. . .you can do your own stuff without being judged, or feeling stupid. People are helping each other, not criticizing.

(P.T.)--She felt like an extra. There's been a lot of hugging and a lot of love--but there's a lot of people not being included. This does not hurt her, but she is aware of some peole who do not feel included.

What is so abrasive? What is it that is not including others?

The expectation of others to be certain roles. What can we do? We've hurt someone. That feeling of being left out is in your own thinking. Start with yourself when not feeling included

CRY: I sasn't there to help when it was needed.

A first-year labber felt left out. . . "I can't share in the memories--the reminices hurt; they make us feel extra." The oldies really couldn't include you in the memories.

Someone else pointed out that you can be active in the activities, without your needs being met. Too many activities take us away from the moments.

Something is missing. . . each of us come to Chat with needs which need to be flled. The needs for activities are filled, but the need for personal contact with great promise is not met. You need the time to fulfill those needs. . . hugs, physical affection is there, but we don't know what is behind the hug. . .is it an empty shell? Are jobs becoming more important than the people?

The fact remains that someone does not want to come bact to Chat.

Don't overcommit yourself. If you want to talk, TALK. Meet your needs, not just the personal activities. Manage your priorities. One labber felt that at the first part of the week, there was a lot of talking about the pat. . . there isn't enough individual time to go to Indian Cliffs, to just sit down and talk.

The Lab needs to be for all labbers. There should't be a dibision between the "old" and the "new" labbers.

Recognize thepromise of good which is here.

The opinion was expressed that the hearing of the past is okay. People want to hear of it, though not in excess. Then when hearing of those memories, include yourself in those memories, with your own input.

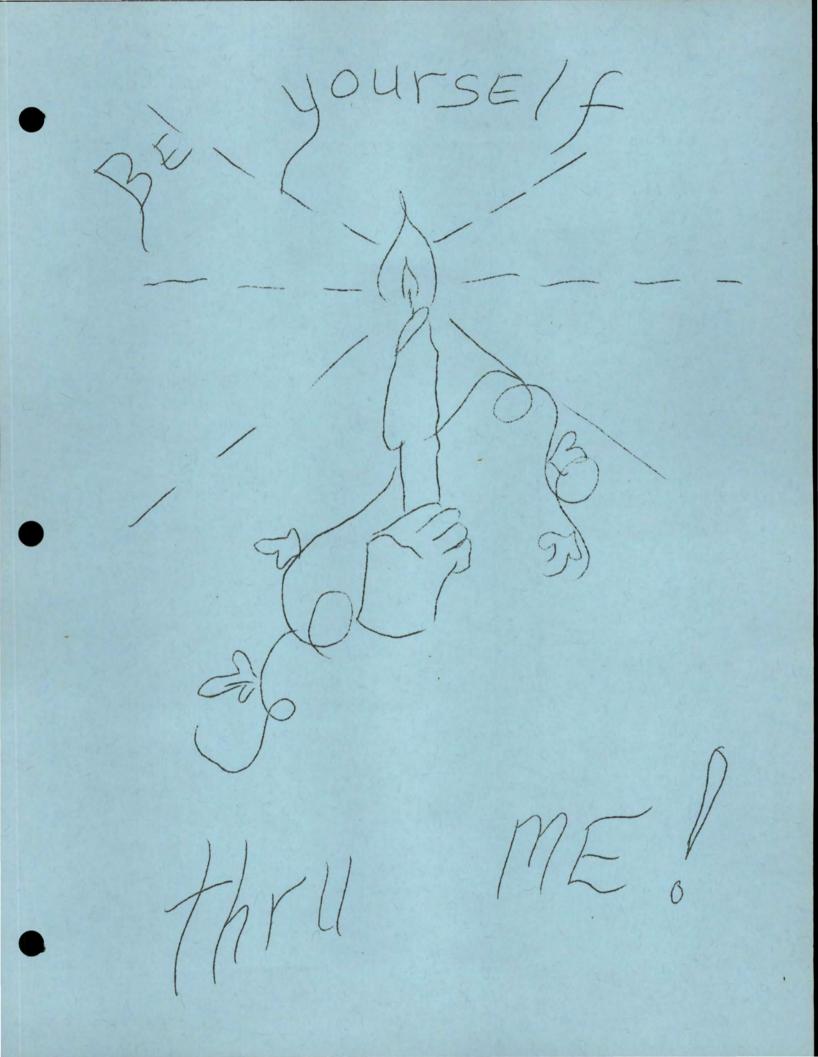
Some came for some purposes; some people come for other reasons: for leadership, for companionship. We need to examine our goals and purpose of organization. . .our objectives need to shift to the how and where we want to mave.

In speaking of direction, Chuck shared these thoughts: Instead of emphasizing how to play together, with a deficiency gap in affection, let this be our direction: how to live together, not just in ceremonial ways. Leadership in non-violent conflict solutions may be another direction we might take. Or, maybe how to build a meaningful community. Lessen the emphasis on having good times. fun. Use the lab as a learning cmmunity, as a testing ground.

Diane (Yahoo) then expressed these ieeas: to be grateful for whatever comes your way. Acknowledge, and appreciate what you get. She then spoke of expectations. We have things in our lives which need to ge healed. When they haven't been healed here at the lab, we're upset. Hang in there!! We touch in deep places here.

In speaking of the comparisons of past times, . . . the new labbers can't make these cmparisons, nor can they experience those comparisons. The then and there of the past puts people out.

We do have needs which need to be satisfied. Sometimes the best way to satisfy our own needs is to help others with thier needs. It's the idea, :freely ye have recieved, freely give:.



I CAN.....stand tall in my heritage and believe fully in America!

- I CAN....strive for the highest pinnacle....or any other spot I so choose.... it is MY decision, to be freely arrived at!
- I CAN....worship at the church of my choice....read whatever books, articles, or newspapers I choose....select my own home, friends, job and associates!
- I CAN.....sleep peacefully.....free from the fear of midnight persecutions..... secure in the protection of my rights!
- I CAN.....fail as well as succeed.....this is TRUE FREEDOM!
- I CAN.....shape my own destiny.....have my visions realized.....achieve anything I really BELIEVE I can!
- I CAN....fail and still be counted a man....gain strength and experience through mistakes....lose it all, and start over again as many times as my spirit is willing....until my dreams are reality!
- I CAN.....grow as large as my dominant aspirations.....be as BIG as I am willing to pay the price to BECOME!

I CAN.....own my own home.....start a business.....invest in my future..... climb to the stars by constructing my own staircase!

- I CAN.....compete and receive in direct proportion to my efforts.....thank others for assistance in my success.....but look only to myself for my failures!
- I CAN....raise my family in freedom....and freely change homes, job, friends, tastes....location, vocation, and avocation....but, most importantly....I can change myself!

AMERICAN

前金金金金金

I CAN.....because.....I am.....

# HUGS



Hugging and touching one another is a very important form of expression. Everyone needs to be held everyday so they may feel wanted and not develope a hopeless case of "skin hunger".

There are five basic types of hugging --

Hug "A" - an A-frame hug. Two people lightly embrace with only shoulders touching. This is a timid hug and used as a courtesy hug. It is not very expressive or dynamic.

Hug "B" - a burpy hug. The two people lightly grasp each other and rapidly pat each other on the back.

Hug "C" - the wallet hug. This hug is usually between two men, but not necessarily so. The two people involved stand side-by-side and bump their "wallets" together.

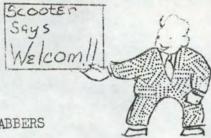
Hug "D" - the one-boobie hug. Here the participants stand with arms around each other, standing sideways and gently hug.

Hug "E" - a super-dooper everything hug. It is done in many ways, but the major characteristics are that it is uninhibited, firm and enjoyable for both parties.

To prevent skin hunger a person needs 4 "E" hugs per day, or 1 hug every 6 hours, 4 hugs every day, 28 hugs every week, 1,460 hugs every year, 109,500 hugs every 75 years.

This explanation of hugs is a gift of affection from the California Redwood Recreation Lab to Chatcolab.

--Mary Stark



# A WELCOMING FOR ALL LABBERS

The young and the old gather here It matters not as we shed a tear, Here and there for friends old and new, For in our lifetime, if we gather a few True friends...we find ourselves so Very rich....

Of course, there are many things to learn Here in this precious week. How to turn Our hands to crafts untried, and not dispair If our experiments turn out only fair, For this is a leadership laboratory....

This is a place to expand our minds With subjects of all sorts and kinds Whether you try poetry, crafts, games, or singing You will find the air constantly ringing With a word called Sharing....

This is a week in which you can relax and dream, And with your new found family, plan and scheme Ourtrgous parties, ceremonials, hi-jinx, and teas Let me share with you the keys... To becoming a labber....

If while at camp, we should meet, I hope with a smile on your face, you will treat Me as you would an old long forgotten friend, And as Chat comes to a close at week's end Perhaps we both shall share the true meaning of TRIENDSHIP....

By Scooter

Sometimes I ask myself if I'm really in love ... Because it's so beautiful to hear myself say yes ....

## CORRESPONDANCE

# Dear Chatcofriends,

I wish I were with you in Northern Idaho but that is one of those things I guess. It started to rain here about ten minutes ago but I know that even if it gets that far East that no spirits will be dampened over there.

In the event there are any mispelled words or other TYPIGRAPHICAL errors in this letter it is because I am using my son's typewriter and he just finished college so you can see what these college kids are learning nowdays. Lela stop that laughing and get back to your nagging.

Some of you I may not know yet but don't let that bother you as I am not near as bad as lela says I am. Just ask me or look at my son..... on second thought just ask me and forget about Dick.

I thought I would tell you that I have in my barn a garbage can that is full of clothes that has been sitting there since about last May...seems that I was suposed to bring it back to the lab this year...oh well, that is an excuse for me to come next year isn't it. I don't think there is anything in that can that will stop the operation of the lab this year though as most of the stuff I've seen is just rags. I do have the can though.

How is the new location working out? I wish I could be there to see it for myself but Dick has promised to take lots of pictures so if you see him without his (our) camera in hand get on him for me. There are so many of you that I would like to give a big of a E hug to and some of you that I don't know yet that would not be exempt from that hug either that I am almost homesick (or is that Chatsick?). Wow, just thinking that I am not there makes me feel bad.

I told Jackie that I would write and she questioned that, but see Jackie I can write (the typing is just so you can read it easier).

I better go but I want you all to know that I love you all and think about you very often. I know that I still owe most of you a letter bùt this isn't it...you still have one comming from me.

So long and losts of "E"s

Little Bill

# Dear 1976 CHATCOLABBERS!

Greetings to all of my dear friends -- and to all my potential friends, too! Anyone who attends CHAT becomes a friend to all who attend CHAT given theopportunity of meeting face to face -- whether it be at CHAT, Little CHAT or meeting by design or accident!

Those of you who are already my friends know that my heart is at CHAT this week -- and since the heart is there and the body here.....HMMMMMMM!! All of you please HELP! Together perhaps we can WILL the body there to

join the heart!

Would that I, too, might be a party to the challenge of building upon the already firm foundation of 28 years, being mindful that constant evaluation has made it possible for CHAT to grow. Since CHAT 1976 automatically puts each Labber in the position of reassuring the goals and values by its change in location, hopefully the transplanting will bring focus on identifying the needs of individuals as well as individual CHATS thus allowing flexibility enough for the roots to grow ever stronger. It's exciting to realize how much CHAT means to many people and how many labbers of the past 28 years continue to grow and continue to be revitalized from each CHAT contact whether it si from actual attendance at the lab. Little chats, or feedback from CHAT friends who were in attendance. The strength of the CHAT SPIRIT nourishes each one of us, allowing us to go our individual ways to beturn for revitalization. Hence, the biggest challenge of all is to keep our sights and efforts directed towards cultivating CHAT's roots providing opportunity for individual growth and cohesiveness for Lab growth!

Responsible, responsive people -- at chat, at least -- equal loving, sharing, earing people.

Someone once said "We were born involved in one another". CHATCOLAB is the epitone and proff of that involvement!

Stay Happy all of you!

Much Love, Miriam Beasley

P.S. <u>Please</u> take good care of my heart!

Also from MAMA B:

"The true friend...the lasting friend... is one who knows us for what we really are yet doesn't try to change us Thanks...for being that kind of friend."

Dear Don:

I'm writing this letter to you to share with all of those at CHAT who may know me. I've been 22 for 15 minutes now and it's all quite exciting. And I thought to myself...what better, way to start this new year than with friends like you all!!

My Rainbow of Friends You ... are my friends, at the other end of the rainbow. And time and distance can't intervene With all the love that we've seem...Grow... Like the span of a rainbow. You...are my friends, at the other end, wherever the wind blows. Doesn't matter where I go I only want you 'all to know...We're friends... So long as the winds blow. join the heart!

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#### More Letters--

You... are my friends, at the other end, wherever the road goes. California to Oregon, Montana to Washington And Illinois, Utah, and Idaho ... Wherever the road goes. And if you'll follow the road With the wind at your back You'll find ... the end of the rainbow And the gold of CHAT You...are my friends Wherever the road goes Wherever the wind blows To the end of the rainbow. Daphneanne 5-5-76 It goes without saying that my heart is with you this week -- and since I can't be there "in body" - please remember that I will be in spirit and in my song. Believe me, if I could ride the wind, or slide down a rainbow I would be in Idaho by Friday evening, suitcase of dirty clothes and a week of

grime, or not...I'd be there! This summer I will be the Assistant Camp Director at (Girl Scout) Camp Cleavox. in Florence. I'm graduating from here at SOSC with my BS in Elementary Education on June 5th.

From August 19th until about September 19th I'll be tooling around (that is) if my car is well by then. So watch out, I may be in your neighborhood! (No threat, just promise....) About the middle of September I'll return to sunnie Ashland. I'll be

working toward a "someday - Master's" in Outdoor Education.

I realize I'm almost as migratory as some species of swallows and killer bees, but don't give up the ship - I need to hear from the "root of all E-hugs": CHAT PEOPLE!

What more can I say? Take care of yourselves through-out the coming year and have a good week. I miss you, so!! May all the new CHAT friends feel it's their family reunion, too...from the very first day.

> I love you all and - well DARN IT! I just wish I was there.

> > Always:

Daphneanne Richardson

Thoughts from a Labber's Journal:

# May 8

Whoosh--We're here at the Easter Scal Camp near Worley, Idaho. . . Been through Oregon, Washington, and Idaho in a little over a day-and, oh, such a beautiful wooded countryside we went through!! Lovely, rolling hills, with warm, sunny skies gleaming in the same love which perfumed ourtfrip--and, gosh, for being such a long trip, it was most harmonious.

What a gift was discovered upon doming to Chatcolab!! Such love, warnth and hugging like i've never before experienced crowere b bestowed and shared so unselfishly. So, this was what made and makes Chat so special to Jackie and Mark!

#### May 9

Church servoce on full regala at 8 a.m., and oh-so-glorious and joyous. Breakfast, followed by a Chat bhurch, in which, was shared the many colors of love through different modes: singing, reading scripture, and prayer.

Something which should have been recorede yeaterday. ..durring dinner, some of us were sharing how we each heard of, and arrived at Chatcolab. I know how I got here. . . through the divine will of the Father. I how living His desires! But, at dinnertime, I didn't openly share that joy of abeying God's plan, as I was not certain what place God had in the lives of these wonderful people. Ah--I should have known!! Because just as I was thinking that maybe I should be open and share that warm feel ng of living love from God, Love, Dave came outto say: "Well, it didn't look like I could come, but that morning I said,'Lord, let me do what you want me to do'. It wasn't too long after that that Dave found out he could come to Chat. And, boy am I glad he did!!

### May 10

. .. most outstanding about today was a conversation with Janice she was encouraging us to express affection and love as you feel it-don't be inhibited about cultural limits. That open, loving affection is one thing which makes CHAT so special--st take that affection and share it one to one.

--Learning to love the people you are with is being pointed out more and more to me. Loveis lived here, and lived so unselfishly, moment by moment. No minute is void of love--so we don't have to look to place or feel sad about ariends far away, 'cuz the love is right here!!

### May 11

--Proverbs 11:16--the good of counselors! All right!

### May 12

Felt frustrated at the lack of participation today, and read this: "Expectancy of good is an important factor in our lives. It exerts a powerfully uplifting and expanding influence over us-that is, it does if it is God-inspired, for then it sets up a high goal of spiritual accomplishment and promises that with honest effort we can attain it." That's what I need to so: I need to be God-inspired and love more, rather that be critical.

# Hi Pat!

Here's a special passage to me which I really cherish. I'd like to share it with you, friend-sure, I really don't know you that personally (I missed my chance by foregoing the 24-hr. personal services!) Yet I really fell (feel) good about what we have shared - thanks for sharing!

This is the ideas:

"Love is not something to put upon a shelf, to be taken down on rare occasions with sugar-tongs, and laid on a rose-leaf, I make strong demands on love, call for active witnesses to prove it, and noble sacrifices and grand achievements as it results. Unless these appear, I cast aside the word as a sham and counterfeit, having no ring of the true metal. Love cannot be a mere abstraction, or goodness without activity and power. As a human quality, the glorious significance of affection is more than words: it is the tender, unselfish deed done in secret; the silent, ceaseless prayer; the self-forgetful heart that overflows; the veiled form stealing on an errand of mercy, out of a side door: the little feet tripping along the sidewalk; the gentle hand opening the door that turns toward want and woe, sickness and sorrow, and thus lighting the dark places of earth."

> --Miscellaneous Writings by Mary Baker Eddy

Thanks for being such a gentle beam of living love & light Pat!

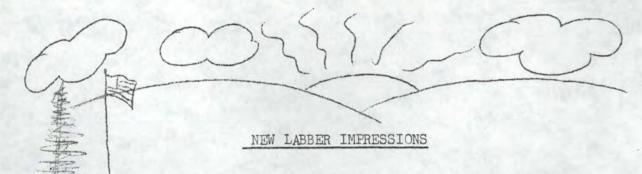
With a BIG smile! Love,

Ruth

CHATCOLAB

Needs of life are basic to mankind Needs of living are individual and endless. Life is; and is varied Living is the meaning of civilization describable by vague incompassing sameness but felt only by the individual need of the I. How beautiful, how comforting, how joyous, how fulfilling to find another I like me.

--annonomus



I came as a stranger to Chat, alone, frightened, defensive, withdrawn. What was going in? Where did I fit in? (I was sure that I didn't.) I felt like a child again - experiencing the intensity of a child's emotions.

Then it happened, exactly how and when I fell in love completely and deeply in love. My fears dispelled, my defenses dropped, and I became involved.

This week I've laughed so hard my stomach muscles hurt. I've danced so fast my heart's still pulsing with joy of it. I've hugged so much that my skin still glows from the feast. And I've loved so deeply that it must surely last forever.

I love you.

PAM

Wal Watth Mix

# THE BRIDGE BUILDER

An old man travelling along a highway Came at evening, cold and gray, To a chasm vast and deep and wide; The old man crossed in the twilight dim The sullen stream had no fear for him. But he turned when safe on the other side And built a bridge to span the tide.

"Old man," said a fellow pilgrim near, "You're wasting your strength in building here. Your journey will end with the ending day, You never again will pass this way; You've crossed the chasm deep and wide Why build you this bridge at eventide?"

The builder lifted his old gray head; "Good friend, in the path I have come," he said "There followeth after me today A youth whose feet must pass this way. This chasm, that has been as naught to me

to that fair haired boy may a pitfall be. He, too, must cross in the twilight dim Good friend, I am building this bridge for him." Will Allen Drongoole. Spur of the moment blurp on this old typewriter here, ..... I am sure glad to be here at Chat, being loved, and finding out so many neat ways to share that love! Haircuts, and all-nighter conversations; sunrise observances, early@bird trips to Canada, hugging, and laughing, joking and listening. You name it, and it's probably done at Chat! Or, if it hasn't been done, I'm sure someone has thought about doing it. What a wonderful feeling of family is expressed here. It's a really something to cherish!

Ruthic Joy

# CHAT PHILOSOPHY 28 years later

If you are content at the mement-If you are causing no discomfort to any living being-this is the perfect philosophy.(??)

Nature is that which evolved on earth from its inception to this moment.. Nature is the action and the reaction. Nature's way is involving all (now) into the action.

Man has a right to correct his wrongs but man need onlyhworry for man for nature is and always wull be. Man is but was not and history which has bested itself shows he will not be, may man endure long enough to reason Why.

> A Labber Angelo

A little love is all you need To get you through the day For even just a little love Can go a long, long way

Life is sunshine With occasional rain

Life is pleasure with occasional pain

Life is laughter with with occasional tears

a joy through the years

I love warm breezes I love blue skys I love softrains and first flowers and the whole world

... because I love you

It isn't wrong to love yourself ... In fact, it's the logical place to start



CHAT IS....a meeting of new friends ....a gathering of old friends ....time to share ideas ....time to gain insight into my self ....a chance to learn about others .....having new experiences

To me it is all of these things. As a new labber, I wasn't really sure what to expect.

When I first arrived, iI felt disoriented and a bit left out. It seemed as if everyone was old friends. Since then, though, everyone has become an old friend to me.

Chat is a time to be myself, without all of the requirements and expectations.

My week here allowed me to examine leadership inthemanner far removed from my usual environment.

The chance for rest and relaxation is not to be forgotten. The camp and area around it are beautiful. I was priviledged to take a hike up to Indian Cliffs on Thursday night. The lake, with a few jewled lights looked so inky black. Up overhead was an everchanging show of clouds and stars. The hike up (in the light of the full moon) was a type of experience that I had never had. There was no need for any other light while sitting on the windy cliff. I was able to sit quietly with a few friends and relax completely.

A muskrat swimming around the dock area, and the many butterflys flittering about were beautiful. They added to the camp experience.

Looking back over this week and forward to tomorrow, I'll remember all and look forward to seeing everyone again.

LOVE!,

A friend of mine just held my heart, So Subtle WAYS MAShE. HE EVASED My PAST. And blessed my future, for he shined lifes' light on ME. (MARTA)

I've always wondered if I could manage if I couldn't see and how a blind person does get along on their own.

The senses of touch, smell and hearing tends to be sharper and one becomes dependent upon them. When dishing up and eating from my plate I used my fingers to feel on the plate where the food was and thusly used more than one napkin. Before I dished up the meal I smelled what it was and guessed pretty accurately what it was.

When the salt and pepper was passed by me I said "this must be the salt" just by feeling the shakers. Those at the table were surprised when I named it correctly. I had noticed earlier that the fat shaker was salt and the thin one pepper.

When I wanted to talk I couldn't tell if anyone else was getting ready to speak or not. Do you watch or can you tell when people want to say something before they speak?

By Jean Baringer

The sudden loss of my sight made me realize that identification of well known people and common objects is really difficult.

I couldn't even name one of my colony members, EttaMarie James. The rest of those at my table seemed easier. I noticed more about the physical/facial characteristics of each person.

The identification of objects in the bag was much easier. I felt less frustration.identifying the objects in the bag.

After doing that part of the blindness exersize I wished that I had tried to eat the meal with my eyes covered.

By Sue Ford

Good morning America, Chatcolat is still around 28 years later perhaps a little smaller than previous years, but also larger than some years in the not too distant past!! Who would have believed that this idea conceived by a handful would have survived so well? (A real Chatcolabber, that; s who!!!!!) Another year and the first change in physical setting have contributed to another truely unique lab, dissappointing to some, outrageous to others, while still others are treading water, formulating opinions and waiting to see how it all turns out. This year's facility certainly is well appointed with physical comforts, a lovely view of the lake from almost every place in camp. Somehow the lack of oversized and overaged trees, railroad track, Indian Cliffs and Plummer point along with the addition of concrete sidewalks, dusty roads, private residences, and "Conccrete Creek" (or was that Icttonwood Creek?) detracts from "The way things used to be", "The things we are used to", and the general small campus of this years lab.

In my observations I have noted that the Volleyball court still gets minimal use toward the end of the week, the small groups are still basically disorganized, lab participation in preplanned activities has not reflected any significant changes from the last few years in spite of so many fewer places for people to dissappear to, and time is still generally ignored. The lab has possibly been a little slow in evolving toward the eventual group unity, but as of Friday morning I feel quite confident that we will get there. Love is an overpowering strength, and all of my years at Chat and the people who make Chat the beautiful experience it has always been for me. Thank you for loving , caring, sharing, and daring to be yourself!!!

Beaz

POETRY

THE CREATION James Weldon Johnson And God stepped out on space, And he looked around and said I'm lonely---

I'll make me a world.

And as far as the eye of God could see Darkness covered everything, Blacker than a hundred midnights Down in a cypress swamp.

Then God smiled, And the light broke, And the darkness rolled up on one side, And the light stood shining on the other, And God said: That's good!

Then God reached out and took the light in his hands And God rolled the light in his hands Until he made the sun; And he set that sun a-blazing in the heavens. And the light that was left from making the sun God gathered it up in a shining ball

And flung it against the darkness, Spangling the night with the moon and stars. Then down between The darkness and the light He hurled the world; And God said: That's good!

Then God himself stepped down--And the sun was on his left; The stars were clustered about his head, And the earth was under his feet, And god walked, and where he trod His footsteps hollowed the valleys out And bulged the mountains up.

Then he stopped and saw That the earth was hot and barren. So God stepped over to the edge of the world And he spat out the seven seas--He clapped his hands, and the thunders rolled--And the waters above the earth came down, The colling waters came down.

# The Creation Cont.

Then the green grass sprouted, And the little red flowers blossomed, The pine tree pointed his finger to the sky, AndThe oad spread out his arms,

The lakes cuddled down in the hollows of the ground, And the Rivers ran down to the sea; And God smiled again, And the rainbow appeared, And curled itself around his shoulder.

Then God raised his arm and waved his hand, Over the sea and over the land, And he said: Bring forth; Bring forth And quicker than God could drop his hand, Fishes and fowls And beasts and birds Swan the rivers and the seas, Roamed the forests and the woods, And split the air with their wings. And God said: That's good!

Then God walked around, And God looked around On all that he had made. He looked at his sun, And he looked at his moon, And he looked at his stars; He looked on his world With all its living things, And God said; I'm lonely still. And God said: I'm lonely still

Then God sat down--On the side of a hill where he could think; By a deep, wide river he sat down; With his head in his hands, God thought and thought, Till he thought: I'll make me a man

Up from the bed of the river God scooped the clay; And by the bank of the river He kneeled him down; And there the great God Almighty Who lit the sun and fixed it in the sky, Who flung the stars to the most far corner of the night, Who rounded the earth in the middle of his hand; This great God, Like a mammy bending over hier baby, Kneeled down in the dust Toiling over a lump of clay Till he shaped it in his own image;

M & at the start

# The creation Cont.

Then into it he blew the breath of life, And man became a living soul. Amen, Amen:

# Friends

I think that God will never send A gift so precious as a friend,

A friend who always understands And fills each need as it demands;

Whose loyalty will stand the test, When skies are bright or overcast;

Who sees the faults that merit blame, But keeps on loving just the same;

Who does far more than creeds can do To make us good, to make us true.

Earth's gifts a seet enjoyment lend, But only God can give a friend.

Rosalie Carter

A friend is present you give yourself.

Robert Louis Stevenson

Friendship consists of forgetting what one gives and remembering what one receives.

# Author Unknown

Happiness is not in our circumstances but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

# John Sheerin

Silence may be golden but a whisper from the It involves many things, but heart is the lode of human understanding. above all, the power of

Charles Ruggles Fox

- " A friend is a person who is for is for you, regardless. He
- never investigates you. When charges are made against you, he does not ask for proof. He asks the accuser to clear out. He likes you just as you are. He does not want to alter you.
  - "He likes your moods, and enjoys your pessimisn as much as your optismism.
  - He likes your success, and your failures undear you to him the more.
  - He wants nothing from you except that you be yourself.
  - He is the one being with who 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.

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

C. C. Fristoe

fire.

"Blessed are they who have the gift of making friends, for it is one of Gods best gifts. It involves many things, but above all, the power of going out of one's self, and appreciating whatever is noble and loving in another."

Thomas Hughes

"Go often to the house of thy friend for weeds choke up an unused path."

"So long as we love, we serve. So long as we are loved by others I would almost say we are indispensable; and no man is useless while he has a friend."

R. L. Stevenson.



Friendship is related to love and if love Is the bread of life Friendship is in the same package Gladys Taber

# Little Joys

It sometimes takes a little while For troubles to grow lighter, But there are always "little joys" To make the day seem brighter

Little rays of sunshine; Like the unexpected letter, The cheery card that simply says: "I hope you're feeling better"

And even when there is no mail Or a knock upon the door, You know you have a friend in God, And will forever more.

The wise man seeks a friend in whom are those qualities Whish he hemself may lack; for thus being united is their friendship the more completely defended against adversity.

What is Happiness?

Happiness can't be defined It's a certain mood A state of mind It's sharing Everyday affairs With one who cares and understands It's a tender look or a gentle touch That says "I love you very much!" It's a smile of welcome when you're blue A dream that's shared a dream for two and happiness Is more than this It's a warm embrace and a magic kiss It's a special blessing from above It's what you have When you're in love!

# Loneliness

Empty feelings, Inside of clouds, Watching people, Mingle in crowds. Losing friends I've never known And wishing that, I was not along

The first stage in the pattern of friendsip is acquaitance: We are new to each other, make

each laugh in suprise, and demands nothing beyond politeness.

Then comes intimacy:

Now we laugh before two words of the joke are out of the other's mouth because we know what he will say. . .

John Updike

If a man does not make new acquaintances, As he advances through life, He will find hemself left alone. A man should keep his friendship

in constant repair.

Samuel Johnson

# Flower

I'm the seed of the flower I have taken root I grow and grow throughout each day the soil I am alone day through day I will live my own life in my own way. Dave Harris

The Natural Order

The season changing morning, day into night the position of the sun the fullness of the moon Our feelings toward one another the growth of love all needs - time It is my joy in life to find at every turning of the road, The stron arm of a comrade kind To help me onward with my load And since I have no gold to give And love alone must make amends. My only prayer is while I live God make me worthy of my friends.

For nights with stars

For paths to follow

For hills to climb

For love to cast its glow into deeply shadowed places

For all the poignant beauty of the spring

For gay red autumns to be happy in For friends who speak our language And who understand

For all these wonderfully glorious things

WE thank thee, Lord.

What is the tie that binds us, friends of the long, long years? Just this We have shared weather, We have slumbered side by side; And friends who have camped together, Will never again divide.

A good friend is a sacred trust A treasure, kept apart, Of proven worth throughout the years, To be cherished in your heart.

### Ehrman

A friend is one to whom one may pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, Keep what is worth keeping, and with a breath of kindness, Blow the rest away.

I like not only to be loved, But to be told that I am loved; The realm of silence is large Enough beyond the grave. This is not a plastic friendship So please do not try to: package label or see through it.

Love

Love cannot be forced. Love cannot be coaxed and teased.

I comes out of heaven, unasked and unsought.

# Pearl Buck

Once being asked how we should treat our friends, Aristotle said, "As we would wish them to treat us".. Asked what a friend is, he answered, "One should abiding in two bodies."

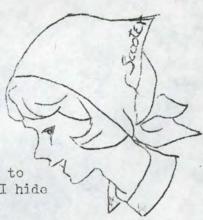
Life is.....

Finding happiness in the face of a stranger, Touching everything in a special way, Losing the gift you thought was meant to stay, Discovering you last thoughts, Living for another day, Drawing your ways for others to see. No matter how you live, the sail will always beneath and you understanding, And tied with love .... Thank you for remembering! Salbashian If anyone should ask ne to

give a reason Why I loved my friend, There could be only one answer: Because He was He Because I was I.

Mantainge

George Elliot



O SACE

How am I to know if your friendship is real To trust you means that if I am to feel Justified in accepting you...Can I trust you not to Hurt, injure, or mame my foolish pride..or must I hide That part of me which cries out in lonliness.

Seriep Jamps

Loving people is such a part of me, but then, So is the blue of the skies and the sounds of A rushing waterfall. They are as much a oart of me as my need of a friend. Do not tell me to leave my other friends, as I am Also a dreamer...a schemer of friendship and to loose Or have to choose..between friends is to crush That which makes you love me....

By Scooter

Listen to the sounds of the sun... Lifting flowers from the ground... Walking inside the wind... Looking for a glimpse around life.. I turned my head to find your face tatooed.. Upon my days...

By Scooter

We're all at war on earth today ... An ecology war, we're sad to say .. Pollution into the air, pollution in the stream .. Now it's a fact and not just a dream ... Radiation, nitrate, and DDT ... These are the present enemy .... Fumes from exhaust of automobiles .. Pollution travels as fast as wheels ... Dumping sewage in streams..oh no!!! Think of drinking water below ... Spilling oil in the open sea Starts a sad chain of ecology ... Another problem must be faced: What to do with nuclear waste? Killing animals on the danger list ... Means one day they'll all be missed .. Growing trees are a sight to inspire .. Don't let such beauty die in a fire ... Unless we win the ecology war .. The human race will be no more ...



By Scooter

Can you hear the dancing of a waterfall Or small the fresh pine on a spring day I close my eyes and easily envision it all For fear of losing it along life's way.

There seems no end to this beautiful place And when I gaze anto the sky...this space, Seems so neal that I may carry it with me For all to see

The sweet Nother Earth is damp and clean, With the touch of freshness. The trees that lean Fortell of winds that have past and will come agai And perhaps share with me and my friend. The true meaning of life...

Here the fish jump in the bues of a blue grean lake It is almost more than my eyes can take The winds whisper so many meenets to me I know not how to tail you, what it means to be free A tiny alpine flower gives my a wink

Perhaps it whence me to think. Of the many things that this earth wall offer me If only I will take the time to soc...

How blue the sky and grown are the trees As I lay on the sold grass and compare these To the whites and grass of a mountain and a pink cloud I know these are the things which make mc proud....

Yes, Proud of hiking up this small hill Being in harmony with nature still gives me a thrill, And satisfies the constant thirst to be free... Free to feel, touch, and to see All the beauties of our earth....

By Scooter

TAKE A LITTLE LAUGHTER HOME WITH YOU, IT'S THE BEST MEDICINE !!!!!

Daughter: "Father dear, I'm sure you'll like Charles, he's wonderful man." Father: "Has he any money?" Daughter: "Oh Dad, you men are all alike. He asked me the same thing about you."

## \*\*\*\*\*\*\*

Bill: "Gee your sweetie uses plenty of make-up." Bob: :Yeah, she's my powdered sugar."

One winter morning, the man heard his neighbor trying unsuccessfully to start her car. He went outside and asked: "Did you try choking it?" "No," she replied gritting her teeth, "but I sure felt like it."

#### \*\*\*\*\*\*\*

Show me two trees floating in the river and I'll show you a pair of swimming trunks.

#### \*\*\*\*\*\*\*

Q: Which President wore the largest shoes? A: The one with the biggest feet!

#### \*\*\*\*\*\*\*

Mother: "Why so late coming home from school?" Boy: "The bus driver broke down."

#### \*\*\*\*\*\*\*

Sharon (saying her prayers): Please bless my mother, my father, and Chicago the capital of the United States. Father: "Why do you want Chicago to be the capital of the U.S.?"

Sharon: "That's what I put on my test paper."

#### \*\*\*\*\*\*\*

Ralph: "Why don't they have telephone books in China?" Joan: "I don't know, why?" Ralph: "Because there are so many Wings and Wongs they might wing the wong number."

#### \*\*\*\*\*\*\*

A telephone pole never strikes an automobile in self defense.

#### \*\*\*\*\*\*\*

One of the fundamentals of learning how to speak is knowing when not to.

As I wake up, everything is dim, T I wonder if I am still dreaming. The warmth of the rising sun touches my face and I begin to rise.

It is time to get up from my sleep and enter a new day. A day full of sunshine with a few scattered clouds to supply

variety and shade. Later the clouds close in, the rain

begins.

I am soaked to the bone so I return to my room to dry off.

I find refuge there, the weather does not reach me.

\* \* \* \* \* \*

The term is over the finals are passed, at last

A week vacation to do as I please. To go to bhe beach or play with my skis

The week flies by. I get nothing done Soon it's time to go back again. One more term then all will be well to CCC I'll bid my farewell.

I accomplished much, gained lots of knowledge Met lots of friends and learned about courage.

The time was well spent, it went very fast but I'm glad that it's over, I'm finished, AT LAST

r.m.h.

\* \* \* \* \* \*

Since it has been my lot to find...at every parting of the road....The helping hand of comrade kind . . . To help me with my heavy load . . . And since I have no gold to give . . . And love alone must make amends . . . My humble prayer is, while I live . . . "God make me worthy of my friends."



# THE RABBIT AND THE HORSE

What is real asked the Rabbit one day when they were lying side by side

Does it mean having things that buzz inside you and a stick out handle.

Real isn't how you're made

said the slin Hourse

It's a thing that happens to you.

When a child loves you for a long time not just to play with, but Poplay Tores you then you become Real.

Does it hurt

asked the Rabbit Sometimes, said the Skin Horse for he was always truthful. When you are Real, you don't mind being hurt.

Does it happen all at once or bit by bit?

It doesn't happen allat once, you become.

It takes a long time.

That's why it doesn't often happen to people who break easily or who have sharp edges or have to be carefully kept.

Generally by the time you are Real most of your hair has been loved off and your eyes drop out and you get loose at the joints and very shabby. But these things don't matter at all because once you are Real you dan't be ugly, except to people who don't understand.

As told to us by Kelly Jo .... Tuesday night campfire!

Enough on my back to last a week Everything, Food, clothing, even the kitchen sink Small as I am, with all this I weigh 210.

Fifteen miles to go today, Uphill. One swamp and five streams to cross Before Lunch, And it's raining.

Rocks for a bed, Mosquitos everywhere. My feet are tired, Every fiber in me aches.

Wild animals abound, Mountains, lakes, trees surround me.

I wish it were TWO weeks!

# DICK HEADRICK

# NO PEACE FOR THE BRAVE

Give me today, let me drink of the cup... That makes my eyes sparkle and holds me up. Let me have action and freedom and thrill... And on my honor, I'll pay for the bill... Don't promise that all men's struggles will cease... Nor haggle me into a doubtful peace... Don't promise me world-wide fellowship true.. That filches honor in preaching it through.. In the dark world, let me strive for the light.. Don't make it easy, but give me a fight.. Don't try to praise me for how hard I try.. But for my cause, if I'm willing to die....

"SCOOTER"

# IT'S A NEW DAY

Well, its a new day, think new thoughts, For there's a new way, Change your hearts, There's a new law in the land.

A man can kill with a knife of steel, With a gun, a bomb, or a lance, But, there's a new law, a new law, Man can kill with a glance!!

An eye for an eye and a tooth for a tooth, That was the law of the land. But there's a new law, a new law, Love makes a greater demand,

You shall love the Lord your God, And your neighbor as yourself. But there's a new law, a new law, Love your enemy as well.

### FRIENDS, I WILL REMEMBER YOU

Friends, I will remember you, Think of you, pray for you. And when another day is through, I'll still be friends with you.



# GOOD PEANUTS

Now, a man who has some good peanuts And giveth his neighbor none; He can't have any of my good peanuts, When his good peanuts are gone.

Oh, won't it be joyful, joyful, joyful, Oh, won't it be joyful, When his good peanuts are gone.

(add in whatever, in place of peanuts.)

Three green LEAVES -See How they grow

A CAMPER SAW it while on A hike

Did you ever see such a sight in your life? As three DEAD LEAVES!



I Love You Not only for what you are But for what I am When I am with you.

LOVE

0

M.

0

I Love Y**ou** Not only for what You have made yourself, But for what you Are making of me.

I Love You For the part of me That you bring out; I Love You For putting your hand Into my heaped-up heart And passing over All the foolish, weak things That you can't help Dimly seeing there And for drawing out Into the Light All the beautiful belongings That no one else had looked Cuite far enough to find.

I Love You Because You help me to make Of the lumber of my life Not a tavern But a temple, Out the works Of my everyday Not a reproach But a song.

I Love You (6) Because you have done More than any creed Could have done To make me good, And more than any fate To make me happy.

You have done it Without a touch Without a word Without a sign You have done it By being yourself. Perhaps that is what Being a friend means, After all. •

Ride a long highway.... Sing a song with a friend... Who knows where our journey will end....

To the covered mountains or the bustling city trend

To a small trickling stream... Or a big river's bend.

Where the mountains meet the sky... Where the soil reaches the sea.

Mine is the earth... And the people within....

By Clay E. Christopher

Welcome to my world Within the trees and sky Come to my home And please be my friend, Swirl in the stream Roll in the grass Come into God's land For it is ours The fire glows with tears The faces rage with heat of a flame The internal flame of love of Chat.

By "Mouse"



Isabel met an enormous bear Isabel, Isabel didn't care The bear was hungry The bear was ravenous Tje bears big mouth was crużl and cavernous

Isabel, Isabel glad to meet you How do, Isabel, Now I'll eat you!! Isabel, Isabel didn't worry Isabel didn't scant or scurry. She washed her hands and straightened her hair up Then Isabel quietly ate the bear up.

Ogden Nash

Hello, Oh great lake Can you show me your secrets? No..maybe not but please lake Show me your beauty. Is it the world beyond? Or it is something I cannot see Only your ripples hold that special secret Only the depth of your face can see the Universe Only your secrets will tell, Tell us of the past.

By "Mouse"

Melted in a gentle blend Come the colors of Chat. Not any color, just the colors of my heart. To see the love of something that is there, Is to see love in a unique light. Caring is young and love is old. But Chat can be you and I.. Old and new.

By "Mouse"

Poem from Tuesday's ceremony:

"As you think, you travel; as you love, you attract. You are today where your thoughts have brought you; You will be tomorrow where your thoughts take you. You cannot escape the results of your thoughts, But you can endure and learn, can accept and be glad.

You will realize the vision (not the idle wish) Of your heart, be it base or beautiful or a mixture of both, for you will always gravitate towards that which you secretly most love. Into your hands will be placed the exact result of your thought; you will receive that which you carn; no more no less

Whatever your present environment may be, You will fall, remain, or rise with your thoughts, Your vision, your ideal. You will become as small as your controlling desire; as great as your dominant aspiration."

> from "As a Man Thinketh" by James Lane Allen

If we distrust the human being, then we <u>must</u> cram him with information of our own choosing, lest he go his own mistaken way. But if we trust the capacity of the human indicidual for developing his own potentiality, then we can permit him the opportunity to choose his own way in learning.

When I am free, my small mind and my large mind function together. I don't know how they do it. But it's something like breathing, which I say that I am doing without usually noticing that it has two parts. I do not think "I am breathing in" - "I am breathing out" unless for some reason I am paying attention it. Otherwise, I am just breathing. When I say "My breath stopped" or "I . caught my breath" I do not think whether the breath was out or in. It's something like that with my large mind and my small one. Not much, but something like; at least, both are necessary.

If I am too much in my large mind, I lose touch with earth. If I am too much in my small mind, I lose touch with heaven. Not a hereafter heaven, but a heaven now. When I am living with my bothness properly, my work is joy, my play is joy. When I am living with my bothness properly, life and death do not concern me: I am prepared for both.

from PERSON TO PERSON by Barry Stevens

## A FRIEND

A friend is a person who is for you, regardless. He never investigates you. When charges are made against you, he does not ask for proof. He asks the accuser to clear out. He likes you just as you are. He does not want to alter you.

He likes your moods, and enjoys your pessimism as much as your optismism. He likes your success, and your failures endear you to him the more. 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. Anybody may stand by you when you are right; a friend stands by you when you are wrong. C.C. Fristoe It is here we must begin to seek the wisdom of the children And the peaceful way of flowers in the wind. For the children and the flowers are my sisters and my brothers. Their laughter and their lovliness could clear a cloudy day. Like the music of the mountains and the color of the rainbow. They're a promise of the future and a blessing for today.

It is written from the desert to the mountains they shall lead us. By the hand and by the heart, they will comfort you and me. In their innocence and trusting they will teach us to be free. For the children and the flowers are my sisters and my brothers. Their laughter and their lovliness could clear a cloudy day. And the song that I am singing is a prayer to non-believers. Com: and stand beside me, we can find a better way.

> From John Denver's "Rhymes and Reasons" Submitted by Theresa Kraus

The following lines are from James Stephens'"Crock of Gold"

"The head does not hear anything until the heart has listened, and what the heart knows today the head will understand tomorrow.

"There is more power in speech than many people conceive. Thoughts come from God, they are born through the mar riage of the head and the lungs. The head molds the thought into the form of words, then it is borne and sounded on the air which has been already in the secret kingdoms of the body, which goes in bearing life and comes out freighted with wisdom. For this reason a lie is very terrible, because it is turning mighty and imcomprehensible things to base uses, and is burdening the life giving element with a foul return for its goodness; but those who speak the truth and whose words are the symbols of wisdom and beauty, these purify the whole world and daunt contagion. The only trouble the body can know is disease. All other miseries come from the brain, and, as these belong to thought, they can be driven out by their master as unruly and unpleasant vagabonds; for a mental trouble should be spoken to, confronted, reprimanded and so dismissed. The brain cannot afford to harbor any but pleasant and eager citizens who will do their part in making laughter and holiness for the world, for that is the duty of thought.

If you listen to your heart, you will learn every good thing, for the heart is the fountain of wisdom tossing its thoughts up to the brain which gives them form."

Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self, and appreciating whatever is noble and loving in one another.

Thomas Hughes

We're here so short a time before We go to unknown ends. We may not meet in other worlds, Let's hurry and be friends. Rebecca McCann A .poet once this sentence penned The man is rich who has a friend. I read it and I thought "How true!" He must have had a friend like you. Edgar Guest

## POEMS

#### WHAT'S REAL?

While the cloth Rabbit and the stuffed Horse were lying on the bedroom floor, the Rabbit asked, "What's REAL? Does it mean having a stick-out-handle and things inside of you that go around?"

"REAL isn't how you are made," said the Horse. "It's a thing that happens to you when a child loves you for a long time - not just to play with, but really, REALLY loves you, then you become real."

"Does it hurt?" asked the rabbit.

"Sometimes," said the Horse, "but when you are real, you don't mind being hurt."

"Does it happen all at once like being wound up?"

"No," said the Horse. "You become real over a long time so it doesn't often happen to those who break easily, have sharp edges, or have to be carefully kept. Generally, by the time you are real, most of your hair has been loved off, your eyes drop out and you get loose in the joints and very shabby, but these things don't matter when you are real."

--Adapted from The Velveteen Rabbit

#### PRAYER

Most people desire soul rest. The flow of life's energy requires time to regain that which has been expended; so, too, do we need prayer and workshop to regenerate our tired beings allowing inner creativity to flourish. Prayer is a technique of expanding ourselves while being uplifted by the ascending spiritual currents of the universe. Words serve as an intellectual channel through which our spiritual supplication may flow, but the attitude of the person praying is the most important factor in connecting with true spiritual reality. Prayer is a method of realization, sublime thinking and self-reminding. It is a personal and spontaneous expression of our attitude toward life; a meaningful reaching out for more exalted values. It reminds us of realities beyond ourselves as well as providing direction and order toward spiritual self-realization, thus creating a more responsible individual.

## IF YOU WOULD TEACH CHILDREN.....

If any among you would teach little ones, let him become as a child himself, looking at the world with faith and wonderment. Let him find pleasure in the symplery: of canowitakes, the pungency of burning reaves, the sparkle of dew, the rhythm of pattering rain, the mosaic of butterfly wings, the tang of salt spray. Let him be filled with a burning curiosity and an endless yearning to see and learn and know, yet humble in the face of miracles, aware that there is much no one can understand. Let him be dissatisfied with halftruths, scornful of superficialities seeking ever to know that which lies beneath the surface.

Let him be trusting, believing in the goodness of people and the worth -whileness of life. Let him be gentle, patient and kind, showing in every look and word and action his warm understanding and acceptance of indivigual and human fallibility. Let him find something good in every person, child and adult alike, confident that each will be his best self. Let him in his thoughts and deeds seperate the sin from the sinner working to eliminate the sin but never rejecting the sinner. Let him always put things first, keeping a clear perspective and sure knowledge of what is more important. Let him not become discouraged, for growth is often slow and sometimes hidden from human eyes.

Let him like children as children like each other, looking with wise and kindly eyes beneath the color of their skin, shaggy dress, irritating behavior, their inabilities and weaknesses. Let him talk to children as children talk to each other, as one friend talks to another, in neither condescension norscheinshappoughcehofrcommand. Extertion augh with children seeing through their eyes the sheer joy of living and the humor in everyday events. Let him laugh at himself, unafraid to admit his mistakes or failings, nor able to see wherein he has appeared ridiculous to the frank eyes of childhood.

Let him think for himself and encourage children to think nor his thoughts, but theirs. Let him be completely honest with himself and others, never sacrificing principle for expediency, never betraying the trust that children are willing to give him. Let him always be able to live with himself, knowing in his heart that he has been and done the very best he knows, yet never so complacent that he sees no need for improving and growing. Let him be the kind of person that children may hope to become, as they unconsciously initiate him whom they love and respect.

Then will children who have grown tall and strong look back and call him blessed, saying one to another, "I had a teacher once who helped me find myself and learn and grown."

## DOUBLE STANDARD

When you are four, or five, or ten You're taught to smile benignly when Your elders tell you how you've grown.

They never seem to feel they've shown A breech of etiquette at all To point out that you're getting tall.

But if YOU see THEM growing fat ----You're not allowed to mention that!

\* \* \* \* \* \*

#### WHAT IS A FRIEND?

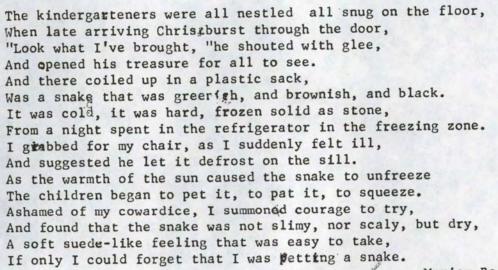
What is a friend? I will tell you. It is a person with whom you dare to be yourself. Your soul can be naked with him. He seems to ask of you to put on nothing, only to be what you are. He does not want you to be better or worse. When you are with him, you feel as a prisoner feels who has been declared innocent. You do not have to be on your guard. You can say what you think, so long as it is genuinely you. He understands those contradictions in your nature that lead others to condem you. He lets you breathe freely, you can avow your lettle vanities and envies and hates and vicious sparks, your meannesses and absurdities and, in opening them up to him, they are lost, dissolved on the ocean of his love and loyalty. HE UNDERSTANDS. You do not have to be careful. You can abuse him, neglect him, tolerate him. Best of all you can keep still with him. It makes no matter. He likes you ---- and his love is like a fire that purges to the bone. He UNDERSTANDS !! HE UNDERSTANDS !! HE LIKES !! HE LOVES YOU !! You can weep with him, sin with him, laugh with him, pray with him. Through is all --and underneath -- he sees, knows and loves YOU. A Friend? What is a friend? Just one, I say, with whom you dare to be yourself.

## \* \* \* \* \* \*

The small campfire, its embers glowing Warms the mind as well as the fingers Contained within its firey walls are a million ideas, known only to the thinker and his fire. The soft glow in the dark shares the most intimate thoughts with the soft glow in the mind. One is merely an extension of the other.

#### \* \* \* \* \* \*

OUTSIDE COLD DARK WET WINDY INSIDE WARM CALM GOOD FRIENDS PEACE rmh



Mariam Beasley



"WARM FUZZIES"



Long ago only little people lived on the Earth. Most of them dwelt in the little village of Swabeedoo, and so they cilled themselves Swabeedoo-dahs. They were very happy little people, and went about with broad smiles and cheery greetings for everybody.

One of the things the Swabeedoo-dahs liked hest was to give warm fuzzies to one another. Each of the little people carried over his shoulder a bag, and the bag was filled with Warm Fuzzies. Whenever two Swabeedoo-dahs would meet, each would give the other a Warm Fuzzy. Now, it is an especially nice thing to give someone a Warm Fuzzy. When you have a Warm Fuzzy held out to you, when you take it and feel its warmth and fuzziness against your cheek, and place it get gently and lovingly in your fuzzy bag with all the others, it's just extra nice. You feel noticed and appreciated when someone gives you a warm fuzzy, and you want to do something nice for them in return. The little people of Swabeedoo loved to give Warm Fuzzies and get Warm Fuzzies, and their lives together were very happy, indeed.

Outside the village, in a cold, dark cave, there lived a great green troll. He didn't really like to live all by himself, and somethimes he was lonely. But he couldn't seem to get along with anyone else, and somehow he didn't enjoy exchanging Warm Fuzzies. He thought it Was a lot of nonsense. "It isn't cool," was what he would say.

One evening the troll walked into town, and he was met by a kindly little Swabeedoo-dah.

"Hasn't this been a fine Swabeedoo-dah day?" asked the little person with a smile. "Here, have a Warm Fuzzy. This one's special, and I saved it just for you, for I don't see you in town that often."

The troll looked about to see that no one else was listening. Then he put an arm around the little Swabeedoo-dah and whispered in his ear.

"Hey, don't you know that if you give away all your Warm Fuzzies, one of these Swabeedoo-dah days of yours you're gonna run out of them?"

He noted the sudden look of surprise and fear on the little man's face, and then added, peering inside his fuzzy-bag: "Right now I'd say you've only got about two hundred and seventeen Warm Fuzzies left there. Better go easy on handin' 'em out."

With that, the troll padded away on his big green feet, leaving a very confused and unhappy Swabeedoo-dah standing there.

Now, the troll knew that every one of the little people had an inexhaustible supply of Warm Fuzzies. He knew that, as soon as you give a Warm Fuzzy to someone, another comes to take its place, and that you can never ever run out of Warm Fuzzies in your whole life. But he counted on the trusting nature of the little Swabeedoo-dahs, and on something else that he knew about himself. He just wanted to see if this same something was inside the little people. So he told his fib, went back to his cave, and waited. Well, it didn't take long. The first person to come along and great the little Swabeedoo-dah was a fine friend of his, with whom he had exchanged many Warm Fuzzies before. This little person was surprised to find that when he gave his friend a Warm Fuzzy this time, he redeived only a strange look. Then he waw told to beware of running low on his supply of Warm Fuzzies, and his friend was suddenly gone. That Swabeedoo-dah told three others that same evening: "I'm sorry, but no Warm Fuzzy for you. I've got to make sure I don't run out."

By the next day, the word had spread over the entire village. Everyone had suddenly begun to hoard their Warm Fuzzies. They still gave some away, but very very carefully. "Discriminatingly," they said.

The little Swabeedoo-dahs began to watch each other with distrust, and to hide their bags of Warm Fuzzies under their beds for protection at night. Quarrels broke out over who had the most Warm Fuzzies and pretty soon people began to trade Warm Fuzzies for things, instead of just giving them away. Figuring there were only so many Warm Fuzzies to go around, the Mayor of Swabeedoo proclaimed the Fuzzies a system of exchange, and before long the people were haggling over how many Warm Fuzzies it cost to eat a meal at someone's house, or stay overnight. There were even some instances of robberies of Warm Fuzzies. Some dark evenings -- the kind the little Swabeedoodahs had enjoyed for strolling in the parks and streets and greeting each other to exchange Warm Fuzzies -- it wasn't even safe to be out and about.

Worst of all, something began to happen to the health of the little people. Many of them began to complain of pains in their shoulders and backs, and as time went on, more and more little Swabeedoo-dahs became afflicted with a disease known as softening of the backbone. They walked all hunched over, or (in the worst cases) bent almost to the ground. Their fuzzy bags dragged on the ground. Many people in the town began to say that it was the weight of the bags that caused the disease, and that it was better to leave the bags at home, locked up safely. After awhile, you could hardly find a Swabeedoo-dah with his fuzzy-bag on.

At first the troll was pleased with results of his rumor. He had wanted to see whether the little people would feel and act as he did sometimes when he thought selfish thoughts, and so he felt successful with the way things were going. Now, when he went into town, he was no longer greeted with smiles and offerings of Marm Fuzzies. Instead, the little people looked at him as they looked at each other -- with suspicion -- and he rather liked that. To him, that was just facing reality. "It's the way the world is," he would say.

But as time went on, worse things happened. Perhaps because of the softening of the backbone, perhaps because no one ever gave them a Warm Fuzzy (no one knows), a few of the little people died. Now, all the happiness was gone from the village of Swabeedoo, as it " mourned the passing of its little citizens. When the troll heard about this, he said to himself: "Goxh! I just wanted them to see how the world was. I didn't mean for 'em to die!" He wondered what to do. And then thought of a plan.

Deep in his cave, the troll had discovered a sectet mine of Cold

Pricklies. He had spent many years digging the Gold Pricklies out of the mountain, for he liked their cold and prickly feel, and he loved to see his growing hoard of Cold Pricklies, to know that they were all his. He decided to share them with the Swabeedoo-dahs. He filled hundreds of bags with Cold Pricklies and took them into the village.

When the people waw the bags of Cold Pricklies, they were glad, and they received them gratefully. Now they had something to give to one another. The only trouble was that it was just not as much fun to give a Cold Prickly as a Warm Fuzzy. Giving a Cold Prickly seemed to be a way of reaching out to another person, but not so much in friendship and love. And getting a Cold Prickly gave one a funny feeling too. You were not just sure what the giver meant, for, after all, Cold Pricklies were cold and prickly. It was nice to get <u>something</u> from another person, but it left you confused, and often with stung fingers. The usual thing a Swabeedoo-dah said when he received a Warm Fuzzy was "Wow!" but when someone gave him a Cold Prickly there was usually nothing to say but "UGH!"

Some of the little people went back to giving Warm Fuzzies, and, of course, each time a Warm Fuzzy was given it made the giver and receiver very joyful, indeed. Ferhaps it was that it was so unusual, to get a Warm Fuzzy from someone when there were so many of those Cold Fricklies being exchanged.

But giving Warm Fuzzies never really came back into style in Swabeedoo. Some little people found that they could keep on giving Warm Fuzzies away without ever having their supply run out, but the art of giving a Warm Fuzzy was not shared by many. Suspicion was still there, in the minds of the people of Swabeedoo.

You could hear it in their comments:

"Warm Fuzzy, eh? Wonder what's behind it?"

"I never know if my Warm Ruzzies are really appreciated."

"I gave a Warm Fuzzy, and got a Cold Prickly in return. Just see if I do that again."

"You never know about Mabel. A Warm Fuzzy one minute, a Cold Prickly the next!"

"If you won't give me a Cold Prickly, I won't give you one. Okay?"

"I want to give my boy a Warm Fuzzy, but he just doesn't deserve it."

"Sometimes I wonder if grandpa has a Warm Fuzzy to his name."

Probably every citizen of Swabeedoo would gladly have returned to the former days when the giving and setting of Warm Fuzzies had been so common. Sometimes a little person would think to himself how very fine it had felt to get a Warm Fuzzy from someone, and he would resolve to go out and begin giving them to everyone freely, as of old.

But something always stopped him. Usually, it was going outside and seeing "How, the world was."

## BOTANY TAXONOMY or NAME CALLING

To be able to call the plants by name makes them a hundredfold more sweet ind intimate. Naming things is one of the oldest and simplest of human pastimes.

Henry Van Lyke in "Little Rivers."

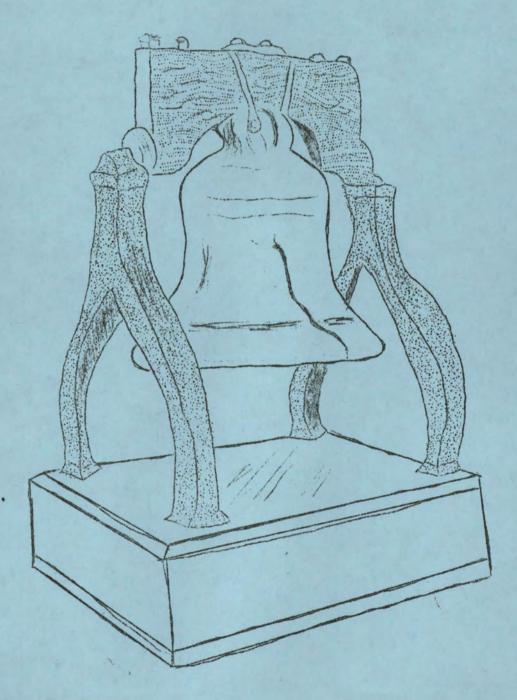
The following flowering plants were identified by the Tuesday Hikers at Camp Easter Seäl and on the hill to the East.

Common local names;

COM	mon rocar names,		
1. 2. 34. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21.	Trillium Giant Dog Tooth Violet Yellow Violet Camas False Solomon Seal Leopard Lily (Rice Root) Yellow Fritillary Oregon Fairy Bells Waterleaf Hountain Bluebell (Mertensia) Deer Head Orchid (Calypso) Oregon Grape Woodland Star Service Berry Wild Strawberry Shooting Star Balsam Root Western Anemone Gold Thread Columian Clematis Pincapple Weed	27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 378. 39. 40. 42. 45. 44. 45. 46	Firewood Honeysuckle Ocean Spray Wild Current Wild Sweet Pea Wild Lily of the Valley Clintonia Uniflora (Queen G Squaw Carpet Lomatium Arnica Oregon Boxwood False Helibore Wild Delphineum Lupine Lewisia Bedstraw
17. 18. 19. 20.	Balsam Root Western Anemone Gold Thread Columian Clematis	42 43. 44. 45.	False Helibore Wild Delphineum Lupine Lewisia
23.	Dendylion Yarrow Tansy Saxifrage (Fringed Bishop's Cap)	48. 49.	Twisted Stalk Rattlesnake Plantain Sweet Clover Pearly Everlasting
Some	suggested books and manuals are:		
Hask	ing Wild Flowers of the Pacific Cos	nst, 19	967, Binfort and Mort
Lyon	s, Flora of Washington Flora	of Br:	itish Columbia
Peck	, Manual of the Higher Plants of C	regon	
Abra	uns, Illustrated Flora of the Pacif	ic Sta	ates
Davi	.s, Flora of Idaho, 1955, C. Brown	Compa	any, Delaynem Iowa

Cup)







Every year labbers come to Chat and while attending, seek out the Morel mushoom. For further receipes using these types of mushroom, refer to receipe section of notebook..(Editor)

Peeking through decaying leaves, crumbling logs and wild flowers, morels lure countless mushroom hunters each spring.

One spring's special wonders is the fruiting of a curiously shaped wonderfully flavored wild mushroom called the morel. From late March to early June "pothunters", armed with bags and baskets, head for wooded hills, lush lowlands and overgrown orchards in search of this delicious edible fungus. Its fruiting period is all too short-just about three weeks-and totally dependent on nature's whim. Hunting is best after warm days have followed a long spring rain. Then you must find the right spot-a secret experienced morel gatherers may be loath to share. And who can blame them for not wanting to share such precious bounty?

The city dwiller rarely finds the morel in his park, garden or grasses. Only a few occasional finds have been reported. For serious hunting, it's off to forests of mixed oak, aspen elm, and beech-maple, thickly carpeted with blue violets and ferns. There the serviceberry blooms and mandrakes are up. The woodlands teem with the warm wet perfumes of spring. In rural areas farmers swear that when the oak

leaves reach their soft, hairy "mouse ear" stage, the morels are waiting to be picked.

With the family in tow, all equipped with good walking shoes, paper bags and gloves for protection from thickets and thorns, you're off to find that treasure for the pot. Morchella esculenta, the most prized of the morels. It's not the usual grocery-store mushroom with white cap and stem you seek; your quest is for a special sponge-like pitted cap, colored beige or fawn gray, shaped vaguely like a pinecone and supported by a cream colored, sometimes footed stem. In wooded lowlands morels are grey and small, sometimes no larger than an inch from the stem to cap, and deliciously edible! And on a sum-dappled hill, facing south and perhaps beneath a dying elm, you'll find larger, beige-colored specimens-equally delicrable! A lucky hunter might discover 20 to 50 morels, all ringing a dead tree, and some as tall as eight inches. It's not unusual to come upon a patch growing in profusion along a deer path or at the forest edge. But that sought-after spot is often elusive, changing from year to year.

So don't despair if your first efforts go unrewarded. Morels are sensitive to the vagaries of weather and, with unfavorable conditions, may refuse to appear at all. Try again and, in the meantime, enjoy the springtime delights of the countryside. But if you're fortunate, and come upon a generous crop, remember the other hunters, and take only as many as you'll use.

What a treat it is when your quest is successful and you take a harvest of delicate morels to cook! Always inspect your collection; each mushroom should be fresh and firm. Discard softened, decayed specimens and cut the rest in half, lengthwise, to be sure the batch is free from bugs.



True morels are hollow from cap to stem, with interior linings colored whitish cream. When fresh they give off a clean, wholesome, woodsy smell. If you have any doubts about your identification of this uniquely shaped fungus, check with a local expert or experienced hunter. The likelihood of error is small, but be cautious.

Wash your precious haul in water to flush out any dirt or insects, and drain well on paper toweling. If you don't plan to cook the morels immediately, you must quickly take measures to preserve any you must keep for long. Otherwise your harvest could be lost- unwholesome and inedible!

PRESERVATION Many hunters insist quick freezing is best to keep morels fresh and flavorsome. But don't overlook older drying processes. Try several methods; then decide which you prefer.

To Freeze: Freezing is simple. Arrange clean morels on a glat surface (a baking sheet is fine) and place in your freezer. When frozen, store in tightly sealed plastic bags. Or cook morels gently in butter for just a few minutes; then freeze in airtight containers. With either method, just thaw as needed.

To Dry: String drying is an old process, quick and simple. It's good for on-the-spot preservation. All you need is an embroidery needle, or any needle with a large eye, and a long fairly heavy thread. Thread your needle and tie a big knotted loop at one end. Cut the morels in half; then gently push the needle through each half, slipping it onto the thread. Hang your morel-laden threads in a dry open area where the air can circulate freely. When dried, pack and store in air tight containers. To use, refresh morels by soaking in water for about 20 minutes, squeeze and dry gently; then treat like any fresh mushroom.

Here's another drying method. Space morels on a baking sheet, not too close together, and bake at 200 (lowest oven setting) until completely dry. Store in an airtight container or bag. When ready to use, refresh as described above.

Save water left from soaking and boil it down until you have a morel essence to use in soups or sauces. This, too, can be frozen.

COOKING For your first taste encounter with this marvelous mushroom, just dust with flour, perhaps add chopped shallots, and saut'e in butter. Season with salt and pepper and serve. It's a marvelous way to savor the nutty, woodsy flavor. The subtle morel flavor marries beautifully with the delicate quality of chicken, veal, lean beef, even lobster. But it can be overwhelemed by the stronger flavors of meats like lamb or ham, or by other heavily flavored ingredients.



## WEDNESDAY\_FREE MORNING RHODE ISLAND REBELS

Wednesday morning presented an opportunity for our colony to visit with each other and fill in our relationships a little. Having a time for the purpose described above and realizing that most of our colony had been no further north (than Chat) in the continental United States, we decided to take a trip to Canada. Arranging for the release of our cook member, Ethyl Fox; from her kitchen duties by consulting the head cook; Pam, Marianne, Gene, Bettie, Stew, Ethyl John and our witness from another colony, Bill Robinson, struck out at five-thirty in the morning. We made our way north with Bettie, Stew, Ethyl and John in one car and Bill, Marianne, Gene, and Pam in the other. Things noticed along the way included; Canadian Geese, a groundchuck, squirrels, ducks, a turtle, sign deer, snow peaks, glacial valleys and wild border guards. Our stay in Canada lasted approximately one and one half house. During this time we drove about twenty miles to and from the town of Creston, Victoria B.C., doing some souvenir shopping while in town. We returned by two thirty the same day, completing a nine hour trip in which the seven members of our colony logged 2,037 miles (person colony, miles) travelling at 226 person miles per hour. The interaction within our colony worked out very well. We learned many new " things about each other and came back as a closer colony. Wednesday, being half a free day, turned out to be very helpful to our colony and it is our recommendation to continue the practice in the future.







quire

Ground chuck



CELEBRATE II

POTLATCH TIME!!!!!!

Italian Swiss Colony

In a colony planning session on Tuesday, we decided that since the emphasis had been on white heritage up to then, we would plan an activity based on the first people in this country..Native Americans.

The Northwest Coastal "Indians" hold potlatches every year. These gatherings consisted of games, a feast, and a giving of gifts, with the purpose of raising or confirming the status of the indivigual throwing the potlatch.

The purpose of our planning a potlatch was to bring attention to the role that other cultures play in our heritage. In addition we wanted the other colonies to work together in the games that we planned.

Before lunch we had planned a few games. One indivigual from each colony would be selected to run an obstacle course and then we would follow with a war cance race. However, instead of using cances, we would use rowboats without cars for the race. The crew for the "cances" would be the colony groups.

Wednesday was the day for the fish fry and as fish was an important part of the coastal diet, we would hold our potlatch then. After lunch we could continue with the games. Planned were a three-legged race, a javalin throw and a rock throwing contest for acuracy. We would award blue ribbons to the winners. Gifts for secret friends symbolizing those gifts given at the potlatch would be distributed after lunch.

However, the activities did not come off as planned. Wednsday morning had been set aside as free time and when we attempted to bring thee labbers together, we were unsuccessful. Beaz unsuccessfully tried to gather those that did appear.

When the food arrived, more people did show up. But because of poor communications, it was not totally understood about the gifts for the secret friends. This made us decide to distribute the gifts later in the day.

After lunch, we took a poll of the numbers present from each family to try their skill at throwing rocks at a target. Birl Winchester and Dick Headrick tied for first so we held a throw-off which Burl won. Time ran out before we could finish our planned activities.

Gifts for Secret Friends were distributed after pioneer box dinners Wednesday night.

# PILGRIM DINNER

The Pilgrim Colony planned a Thanksgiving Dinner on Thursdaythe 13th of May at 6:00 P.M. The dinem was scheduled after the Chataqua held that afternoon. For dinner we had Turkey, Dressing, Salad, Beets, Potatoes, Gravey, and Beans. The dessert was a special Punpkin Pie for one and all. Jim and Tom carved Turkey heads out of wooden ice cream spoons to stick into pine cones with pine branches used. These were used as for centerpieces along with cornhusk dollar, and the trays of nuts by Chuck. Nancy, Shelly, Jean, Terry, helped prepare the Turkey dressing.

Each member of every colony was asked to dress up in a colonial outfit which most of them did. At lunch on Thursday, Nancy announced that everyone was invited to come.

To finish the dinner, "ancy, Shelly, Jean, and Terry read off the first Thanksgiving to the Thanksgiving of today.

## COLONIAL VOCABULARY

DASHER long wooden rod with crossed pieces of wood fastened to lower end.

PILLARY stocks (instrument of punishment)

TALLOW animal fat

QUESTIONS

Where did the British finally surrender?

Who surrendered to Washington?

Wha t did Francis Scott Key write?

Who was the first Secretary of State? War

Treasury Who wrote the Gettyburg address Who was the father of the constitution?

Who wrote the declarartion of Independence? Jefferson When is Indipendance Day

Who said "Give me liberty or give me death? Patrick Henrey

Who said "Government of the people, by the people and for the people? Founder of Pennsylvania?

Lincoln William Penn

Who was the fourth President of U.S.

When was the Boston Tea Party?

Madison

Yorktown

Cornwallace

Jefferson Knox

Hamilton

Lincoln

Madison

Star Spangled Banner

December 13, 1773

## CHASAINA COROLVII

Here we are gang, and we're going to have a chataqua, on Thursday afternoon. How in the heck are you supposed to put on a Chataqua? It's hard enough to spell the darn word!! We discussed the planning of this event at this gathering, and the discussion sort of went this way:

What is a Chataqua? Well, it can be a money-oriented get-together of people, or it can be religiously-oriented. The money influence developed into the Chataqua more recently. Do we want money in our Chataqua? We could hand out tokens, e rned perhaps via the duty wheel, or by doing special things (this incorporated the ideas of exchange, and encourages more activity among other family-colony members).

"But". . .ah, there is that word, around which many a discussion has evolved. . .a chataqua is also like a town meeting . It's a workshop. It includes theater, dance, music, lectures, entertainment, a magic show, and acrobats.

We, the colony of Chataqua, agreed that we shall be the facilitators of this activity, doing the basic organization, while incorporating the Kollege of Knowledge classes, along with a general crafts fair, circus-rover type atmosphere. How about having the people first mill aroungs then gather together for a talent show, and then watch a special act or show. Maybe we could focus the activity into a dinner which would carry through the atmosphere of the afternoon.

WHOOPS!! Scratch the talent show, and scratch the dinner. . . Other colonies will take care of that end of the activities. The Reach-outs are planning a talent show for Thursday evening, while the Pilgrims will be having a delicious turkey Thanksgiving dinner that night before the Talent Show. How can we include these activities into our Chataqua, in order to have the whole day flow with the theme?

Here's the plan: The time span we're shooting for will be three hours on Thursday afternoon, from about 1:30 to 4:30 p.m. We'll need publicity, including posters...how's this? "See thrills, chills, and the agony of defeat!" We want to think about having a medicine man. ..maybe he could sell Chat Tonic Water. Don't forget those craft displays, which would give a representation of your skills. There is also a wagon outside which we might be able to use. What theme, if any are we trying to focus on? Maybe a colonial, or more generally, a historical theme would be good. That would be appropriate to the meaning and timing of an authentic Chataqua, as it is something which happened in American History.

New paragraph, butdon't think we're done with the planning yet!! Flash! What would a Chataqua be without its rovers, to keep the spitit up? The wanderers could be flappers, pirates, cavemen, a man on stilts, the fattest man on earth, clowns. Let's have a puppet show, too. MOST IMPORTANT!!!!!/ IET EVERY NE BE INVOLVED IN THIS FESTIVAL OF IDEAS, AND GATHERING OF PEOPLE!!! We'll include a preview of the talent show in a skit; make sure to have a tea time; at the end of the activity, we'll let Jim C. Start the evaluation discussion session to eaplain the meaning of Chataqua.

If this sounds jumbled, what planning session doesn't include the tangencies and wild goose chases of ideas? It's those tangencies, and goose chases which form planned, successful activities. Here's the schedule (tentative) and assigned coordinator positions for Thursday's activities:

## TIMETABLE

### LEADERS

Teatime--Suc Crafts/displays--Betty Talent Show--Ruth, coordinating with the reach-outs (Terry) Discussion--Jim (explain meaning) Dinner coordination--Angelo Extra's--Lynne (humor acts, etc.) It's important that we have someone who is aware of what the total picture is. . .Roy will take care of that, as a rover.

## EE GADS ZOOKS!!!!!

Here you have been reading all about the Chataqua Colony, and you haven't been introduced to the members of this colony!!! Ah, Amy Vanderbuilt would definitely not approve! Here ge are. . .one happy, loving colony!!

Roy main, Sue Yoeman, Betty Schuld, Lynne Foy, Ruth Ammerman, Jim Coefield, Angelo Rovetto, and Margaret Bradley.

This morning, we lost one of our member. . .Margaret. She's off to carry on in joyous activities, and we'll miss her (Brad, too, even tho' he is not a family members.

Thursday Morning. . . a quicky:

We did a quick run-through of our afternoon activity, and realized, boy, we better get cooking. And, we did start cooking. Those wheels of organization really get rolling there! We realized our publicity could use a boost, so we planned to have some rovers come bursting in during lunch to grab everyone's attention. Then, later on, during announcemnts, we could put on a skit, also advertising the Chataqua.

We thought we would ask during lunch each colony to contribut something to our festival. Plans were made for different parts of the afternoon. When viewing the results of the afternoon, but knowing what had been behind the scenes, you'd have to agree that this colony is very flexible!

Ruth Joy Ammorman

Marber Jim our medicine man. We sold a 95¢ book for \$2.00 and a miracle chest hair remover for 10¢. Unfortunately we could not find out if this tonic worked, as the purchaser, having sampled his buy, was incapacitated behind a tree. (he was, how do you say it, "ridding his system of the tomic by means of violent digestive upheavels"!)

Sue ford and Kelley Jo entertained us with a dramatic mime, which was

followed by two songs sung by Marianne. Beaz and Pam attempted to debate on absolutely nothing and finally got to begin a fantastic discussion session led by Jim Colfield.

Lynne Foy

After '.e the Chat classes where held Tea was served by Sue and it was thoroughly : joyed by everyone. If you want to find out how it went look in Tea time, and be sure to check the Thursday offernoon discussion for the final word on Jim's discussion.

Friday morning - Self evaluation of the Chataqua

We liked the Chataqua, but it sure didn't come out as we had planned! We employed all factors in publicity, and had a good time doing it, too! (posters, skits, interruptions). Personal contacts were made in setting up the activities. Okay, down to the problems. . .we really had a hard time getting started, yet flet that really wasn't our fault. We realized that we could have been more structured in the beginning of the Chataqua, yet what was hard to deal with was that the activity had to follow a free time period.. Also, people were getting ready for their own activity,we really appreciated the care expressed in the apologies stated by those unable to attend, and therefore could not participate in our's, with legitimate reasons.

Okay, let's get some pats on the back in here. . .the tea time period was great, and for this we give our thanks to Sue Yeoman--we already mentioned that the publicity was thorouly followed through upon. . .thanks to the talants of Betty Schuld, Margaret Bradley and Ruth Ammerman. And, then we have Jim's discussion---that was quite an experience!! By the way speaking of tea time, which we did earlier, the location of the tea time, by the cedar trees, added to the relaxed atmosphere, so that all could sit on the grass.

Nost important for us was the fact that we worked well as a team, and a group. There was much cooperation which facilitated the smooth flow of the day, and allowed us to be flexible, without getting too uptight.

## Out-of-place-blurb

At the beginning of the week we did the "Pat-Yourself-on-the-Back" card game where we wrote good things on each other's cards, which they wore on their backs. Here's the fruitage report from that activity: GREAT!! Everyone really enjoyed that. . .so much so that we want to do it again for the end of the week, now that we've been working, and growing, and loving together.

OLI NO ? WE FOUND OUT MATAR US SPELLED GATE DTE DE DE MATAR WERE MAVE TO DO IT REALN

## FRIDAY MORNING WAKE-UP

Friday at the crack of dawn on the Rhode Island Robels gathered around the fire to reveal their sinister (?) plot!!!

As all the labbers slept quictly, soundly, happlily snuggled tight in their bags the fearless rebels mounted their trusty steeds and rode rampantly through the peaceful camp bursting forth with loud cries. "WAKE UP!!!" "RISE AND SHINE!" "GET UP!!" "LOOK ALIVE!!" "YOU'RE ALL COMING TO A SUNRISE CEREMONIAL, COME AS YOU ARE!!!"

The rebels were met with various looks of surprise, anguish, and yes!!, even dismay and HATE!!!!!

Wond

las

We almost roped Roper into coming as he was when we caught him by surprise while laying peacefully on top of his sleeping bag, Butt...

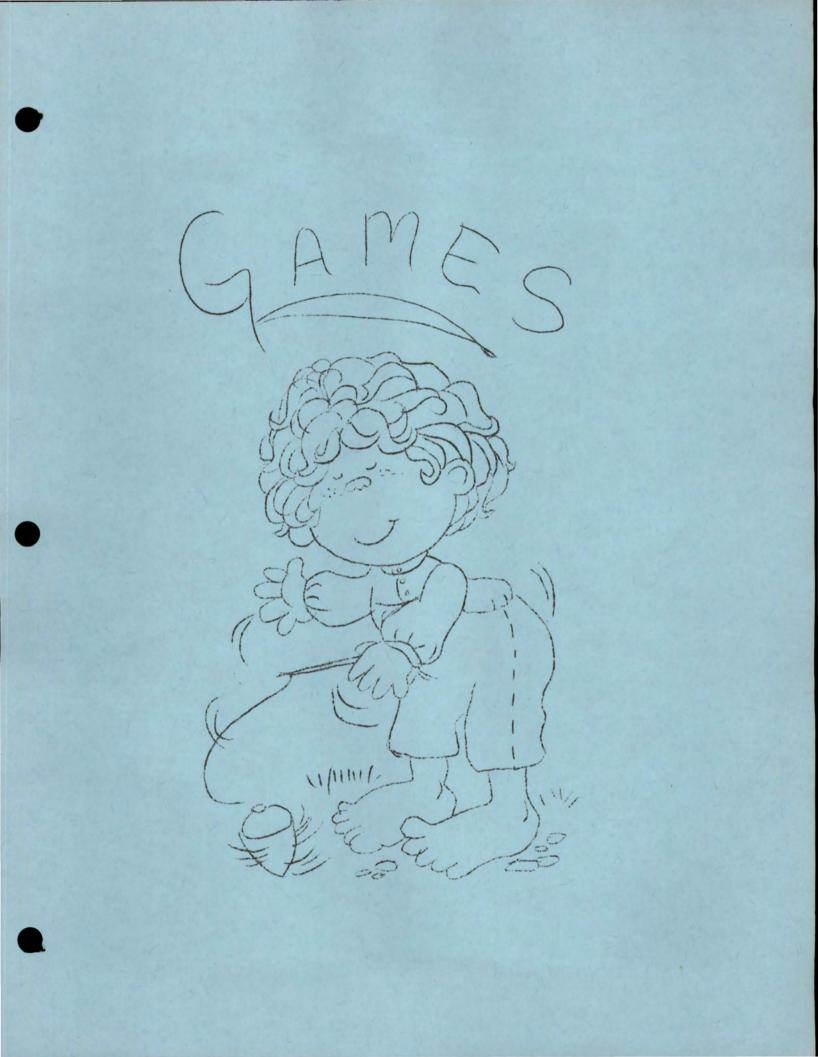
The Rebels were able to appease their P.O.W.U.'s (Prisoners of Wake-up) with gifts of Homemade coffee cake, hot chocolate, coffee, and tea while Jim Martin gave praise to the Great Spirit. Utilizing Marriane's song leading ability the Rebels were able to pull the whole thing off.

ented cooks!!!)

F

SONGS:

Kohen Kerry Keese See Ya Nah Zipidy Do Dah Ch, What a Beautiful Morni Cookie Song (for our most)



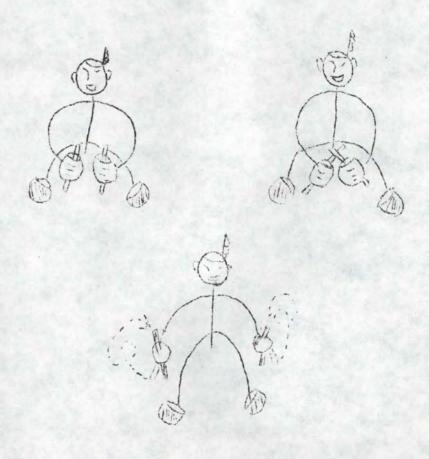
Record---Hawaiian Charms Mindso No 4684

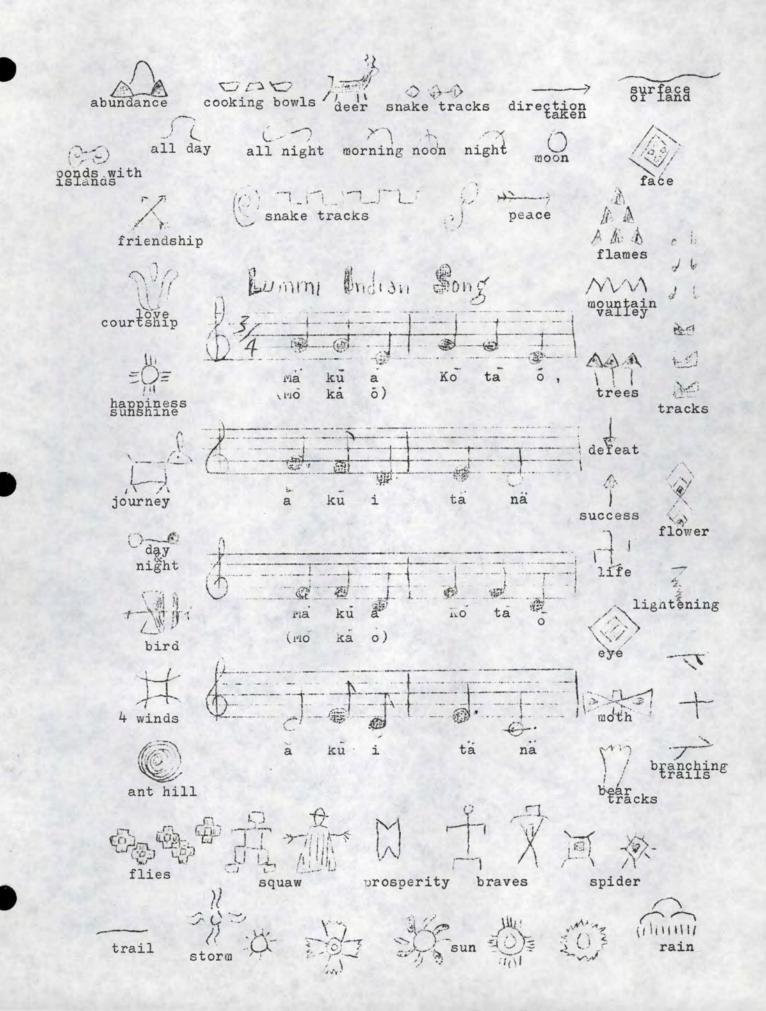
(Hooray! This is a flip side you can use- It's on the back of Jiffy <u>Hixer</u>)

After you learn the pattern, speed it up a bit

Formation - Fun is a circle but can be done in scattered formation.

- 1. 8 Counts- Hit sticks together directly in front of body.
- 8 Counts- Beginning high overhead continue tapping while lowering arms to knee level.
- 8 counts- Beginning at Right side make a 1/4 circle ending in front of body.
- 4. 8 Counts- Beginning L side repeat part 3
- 5. 8 Counts- beginning R side make a 1/2 circle arc ending on L side.
- 6. 8 Counts- "Hula" to R 4 times (Circle hips- 2 counts each circle) Hit stick once at beginning of each circle.
- 8. Repeat 7 to L





## LUMMI STICKS

The game is played with two or four players. The two-handed game only is described first. The four-handed game is described later in the chapter. Two players sit facing each other on the lfoor with legs crossed tailor fashion or with legs astride, whichever position is more comfortable for the individual player. Each player has a pair of Lummi Sticks. Whatever the length, the sticks of both players should be the same length.

The sticks are held lightly (not with a death grip) in the fingers, one in each hand at about the center, with the sticks vertical to the floor.

The sticks are manipulated in a number of different patterns. Each pattern is repeated as often as is necessary while the chant is sung through once. At the completion of the chant, the next pattern begins without a break. In case of a miss, the players try to recover the sticks as quickly as possible and to pick up the beat without a break. If a stick rolls out of reach, the pattern is broken and time out is called to permit a recovery. The pattern is begun again. There will be fewer and fewer misses as players become proficient. As the players increase in skill, they 'i' will want to speed up the rhythm a little, but the patterns are the prettiest and the most satisfying to perform at a moderate and steady pace.

## THE PATTERNS

A number of patterns are given here. It is to be remembered, however that in any creative activity players will soon want to make up their own

## PEASE PORRIDGE HOT

Holding sticks lightly, with the fingers tamthe middle of the stick and the sticks vertical to the floor, each player hits bottom ends on the floor, hits his own sticks together (slightly crossed), hits partner's right stick with his own right stick, hits ends of floor, hits own sticks together in crossed position, hits partner's left stick with own Teft stick. This is a complete pattern. Put simply, the pattern in time to the chant is:

MaHit ends on floor.GooHit own sitcks together.AyeHit partner's right stick with own right stick.KoHit ends on floor.TayHit own sticks together.OhHit partner's left stick.This pattern fitts four times to the music.

### SINGLE THROW

All patterns from this one on include a trhow. Partners exchange sticks by throwin g to each other at the same time. Each must trust the other to throw. If one hesitates for an instant, waiting for his partner to begin his throw, the whole rhythm is lost. Each player must throw on the proper beat and trust his partner to do likewise. If the players keep to the right track on the right throw and to the left on the left throw, the sticks will pass in mid-air without collision. Players should practice throws and then try fitting them into the rhythm of the chant.

The sticks are hild, as in pattern #1, lightly in the fingers at the center of the stick with the sticks vertical to the floor. The throw should be made with the stick in vertical position, much in the fashion boys use in throwing a baseball bat to each other in the choose-up stages of a game. The stick should be thrown high enough to permit it ot be caught before it hits the floor. The second pattern is:

Hit ends of sticks on floor.

Hit own sticks together. (Hit sticks in parallel position vertical to the floor; do not cross on this hit.)

Throw right stick to partner and catch the one he throws to you. Hit ends of sticks on floor.

Hit own sticks together.

Throw left stick of partner and catch stick he throws to you. The whole pattern is done four times in rhythm to the chant.

THE TWO THROW

This is the same as pattern #2 except the same stick is thrown twice in rapid succession.

Hit ends on floor

Hit own sticks together.

Throw right stick to partmer and catch stick he throws to you. Immediately throw right stick again and catch stick thrown to you. Hit ends on floor.

Hit own sticks together.

Throw left stick to partner and catch stick he throws to you. Immediately throw left stick again and catch stick thrown toyou. This pattern fits three times to to the music.

THE DOUBLE THROW

The only difference between this and pattern #2 is that the right and left throws follow each other in rapid succession.

## FRONT FLIP

This is the same as the above pattern except that a front flip is added to the pattern. The front flip is performed by holding the sticks lightly at one end with the other end tipped toward the floor away from the body. The tips are toughed to the floor and then flipped a half turn toward the body and caught at the ends. Sliding the hands quickly to the center of the sticks, the player hits the ends of the sticks on the floor, with the sticks now in vertical position. The rest of the pattern follows:

Tip sticks away from you and hit ends on floor.

Flip sticks toward you and catch (immediately slide hands to center of stick and turn sticks upright).

Hit ends on floor

Hit own sticks together.

Throw right to partner and catch stick he throws to you. Immediately throw left to partner and catch stick he throws to you.

This pattern fits into the music four times.

## SQUARES TO THE RIGHT

This is not an easy one but it can be mastered. The "square throw" indicates the path the sticks follow as they move in this pattern. They actually travel around the sides of a square. To perform the "square throw," throw your right stick into your partner's left hand while throwing your left stick into your right hand and catch the stick you partner is throwing from his right hand into your left hand simultaneously. It sounds impossible, but it is easier to do than to describe. The entire pattern is:

> Hit ends of sticks on floor Hit own sticks together. Throw your left stick into your partner's right hand. Throw your right stick into your left hand. Catch stick your partner is throwing from his right hand into your left hand.

This pattern fits eight times to the music.

FOUR HANDED LUMMI STICKS

When players have become skilled they will particularly enjoy playing four-handed Lummi Sticks. The players sit in a square, partners opposite each other. Many of the same patterns used in the two-handed game can be done in the four-handed game. There are others, of course, which can be done only in the four-handed game. The trick in the four-handed game is in the beginning. One set of partners begins the chant and the pattern. The second set waits until the third beat before beginning. The first set has sung "ma koo" before the second set begins on the "aye." This puts the throws and hits on the alternate beats so that sticks do not collide. All players sing together, but the second set has the harder time as it starts on the third beat and must therefore continue for two beats at the end before starting the second pattern. In other words, the second set is two beats behind on the movements but sings the chant along with the first set.

All the previous patterns can be done in the four-handed game if the directions given are followed carefully.

In squares to the Right, Squares to the Left, Squares Right and Left, the saticks move around the square from player to player, rather than across the square from partner to partner; otherwise the patterns are the same. (Fun and Games by Margaret E. Mulac)

## MORE STICK FUN

Playing with rhythm sticks is fascinating fun for all ages from kids to pencil-tapping adults. The following suggestions may help to introduce stick fun to your recreation groups.

## DO YOUR OWN THING

Formation: Record: Equipment:

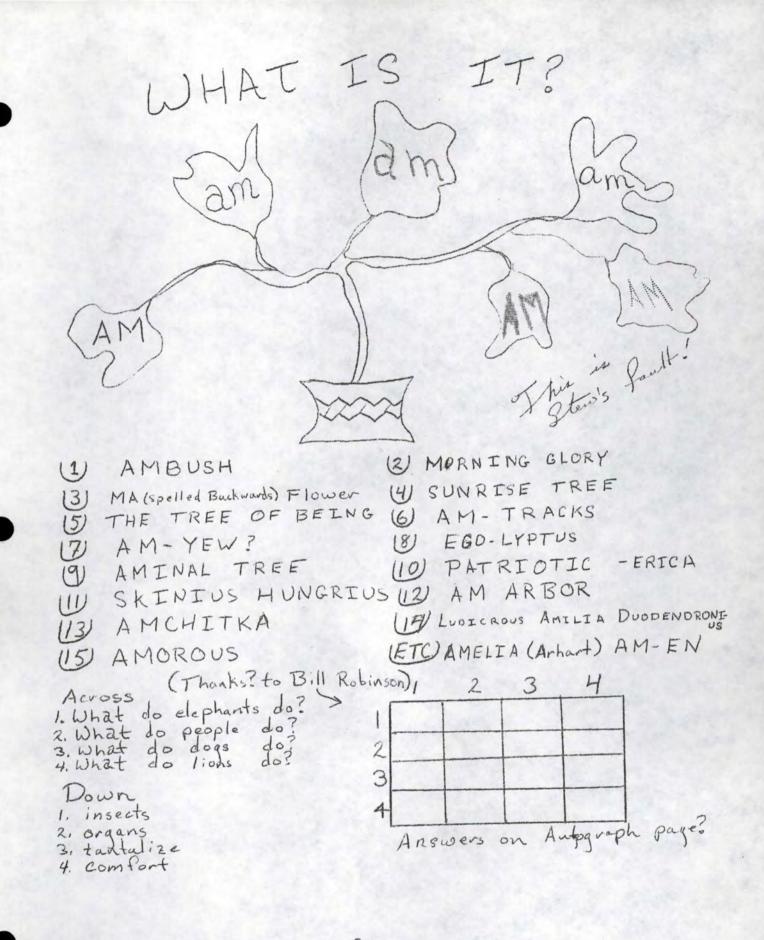
Any number of participants seated or standing in a circle. Any record with a good beat. (<u>I used Cotton Eyed Joe</u>) One stick for each person. One person is chosen to begin a movement or rhythm with the stick. Others in the circle imitate the movement. The leader points to anothe person who in turn initates a new movement or rhythm to be done by the group. Even teh shyest person will usually participate and enjoy being the center of attention for a short time yet feel the security of the group.

## STICK GAME

Record: Rhythm Stick Activities by Jack Capon, Published by Educational Activities, Inc. Box 392, Freeport N.Y. 11520 (However this may be done to any good record with a good 4/4 beat. Rormation: Any number of participants seated in a circle. Equipment: One rhythm stick each. Part I Ct. 1&2- Hit left knee 2 times Ct. 3&4 Hit right knee 2 times Ct. 1, '2,3,4, Hit palm of left hand 4 times Repeat 3 more times.

Part II Ct 1 & 2 Holding stick vertically, tap floor 2 times Ct 3 Pass stick to person on R. while receiving a stick on theL Ct 4 Pass stick from L had to R hand

Repeat 8 more times



Famous Quote -- Leila "Will be prompt ? on time ... no matter HOW long it takes!

#### GAME'S

#### TREASURE HUNT

Divide into four groups and send one to each of the four corners of the room to choose a captain. A score keeper is stationed in the center of the room, equal distance from each group. The leader will then call out a list of items, one at a time and the captain will collect each item as they are named and run to the score-keeper with them. The first to arrive gets 4 points; 2nd to arrive, 3 points; etc. A simple list might include: a bandaide, wad of gum, ladies wedding ring, 3 blond hairs, man's watch, unattached brown belt, 1 red sock, key ring with 3 keys, 1 fir cone and  $66\phi$  in 5 coins. The group with the most points wins the game.

## HANDSHAKE TREASURE

The host announces that one of the players has a secret treasure (a nickel) which he will give to the fifteenth person who shakes hands with him. As nobody knows who has the treasure, the players circulate about and begin shaking hands with one another until the treasure-holder announces the winner.

#### ODD OR EVEN

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. They must then introduce themselves before trying to guess whether there is an odd number or an even number of beans in the other's hand. If any player neglects to introduce themselves before guessing how many beans they have in one hand, they then give that player a bean. If the player guesses the number of beans correctly, he must give that player those beans. If they guess incorrectly, the other person must give them the beans.

## NEWSPAPER GAME

Everyone sits in a circle (on chairs or the floor) and introduce themselves. Each person then takes the name of the person of their right. The leader holds the rolled newspaper while someone calls a name. The leader tries to hit the "newly named person" before that person calls another name. If the leader does this, that person then becomes the leader. If not, the leader must quickly try to hit the other persons name that was just called.

### HONEY, IF YOU LOVE ME, SMILE

Everyone sits on chairs arranged in a circle. The leader sits on a lap of the opporist sex and says 3 times, honey, if you love me, smile. The object is for the person not to smile. If they do so, the leader changes places with the person sitting down and they try to get someone else to smile.

#### GAMES

Name of game: ELEPHANT, RHINCCEROS, RABBIT

Type of Game: Indoor or Lutdoor

The players stand in a circle. To imitate any of the animals requires three players. For the Elephant, the one in the middle holds both hands in fists at the end of his nose to imitate the elephant's long trunk. The player on each side of him holds one hand with fingers spread wide to one of the center player's ears to indicate the large ears of the elephant. One player is "it". He points to a player in the circle and says ""Elephant". To confuse the players he can count to 5 or 10 rapidly. The player pointed to, and the neighbor on either side, do the actions to imitate an elephant. The slowest of the three or the one failing to do his part takes the place of "it" in the center. When one animal is learned add a second and then a third. For the Rhinoceros' the player in the middle makes a nose with two fists on one or two of the fingers of the second hand are held up to indicate the horn on the Rhinoceros' nose. The players on each side indicate small cars with a closed fist held by his head. For the Rabbit, the middle player clasps both hands behind him to indicate a cottontail and the side players indicate long ears with index finger held up.

Name of Game: CIRCLES OR NUMBER CHA GES

Type of Game: Active, indoor or outdoor

Directions: This is an excellent game for getting a large group into smaller groups or any number you desire, or to learn the size of your group. The leader calls a number, such as three, and people must quickly get into groups of three. Another number is then called--the group of three breaks up and forms new groups of the new number. Continue calling different numb numbers, ending with the size of group you desire for the next game. Do not double a number when changing the size of the groups or divide it in half. Left-overs go to the center of the room where they can be found to join another group or circle.

#### WINK-UM

Type of Game: Active Indoor Mixer

#### DIRECTIONS:

Sit in a circle and have your partner stand behind you. One person who is standing doesn't have a partner. He winks at anyone in the circle sitting down. That person must get up and go to the person who winked at him before the person behind him grabs them. If they are grabbed, then they must stay. Also the people standing must have their hands behind their back.

Levor

## POP THE BALOON

Tie a blown up baloon to each persons ankle with string. The guys try to stomp or walk on a gals balloon and vice-versa.

## PASSING THE SPOON

Divide into about 3 groups for 60 people. Each group is given one spoon with a 10-20 ft. string attached. Given the single, each group races to tie the string to everyone in their group. Whichever group finished firstwins.

## PASSING THE ORANGE

Divide guys and gals evenly into teams of 15 each for 60 people. Line the teams up alternating guys and glas. Give each team an orange and when the "go" signal is called out, they must pass the orange with their chin from one person to the next. Whichever team finished first-wins.



## The Curtain Goes Up In Thirty Minutes

OR

### Skits and how to put one on

--Florence

The key to a good skit is informality. Unlike plays, skits do not have to be professional or polished in order to be successful. It is not necessary to memorize lines, sew costumes or construct scenery. It is necessary to have fun. If the players can relax and let their collective sense of humor guide them, the audience will soon get into the spirit, too.

Part of the audience's fun comes simply from seeing friends and acquaintances on stage, "hamming it up." They do not expect to see professional performances. They ask merely to enjoy a good time....to laugh a little and grin a lot at the antics of the performers.

The best skits are improvisational. Guidelines are worked out and lines suggested as a framework around which to build a skit. These lines should be "broadened" and "padded" by the players. The action is exaggerated with a lot of "hamming" done by everyone. The casts for these skits are flexable to accomodate the number of people who want to participate. The audience may be drawn in or used as part of the skit too. The more participation you have the better the skit.

Other skits are completely written, with specific players and definite lines. These are useful where a little more rehearsal time is available. Even these complete skits, however, shoule be done very informally. It is perfectly alright for the players to carry the scripts with them and even lines that are specifically written are not necessarily unalterable. If, by changing a few words, the scene seems funnier or more appropriate for your particular situation, by all means go ahead and change it.

In some skits a prop or two is suggested, they are not completely necessary. If you don't have it don't worry. Use your imagination instead. If you don't have it don't worry. Use your imagination instead. If you can visualize a make-believe volcano, your audience will be able to see it with you.

Because skits do not have "start", each participant is as important as every other. Some players will never speak a line but they can still throw themselves whole-heartedly into the action.

If your group of players is inexperienced, it may be helpful to have a leader for each skit. The best skits are cooperative group efforts but if one person in the cast is responsible for seeing that the performance is ready when the alloted preparation time is up, he may help to draw out the group's ideas more quickly.

Fourty-five minutes is usually adequate for getting an improvisational skit ready. The longer, complete skits will require more time. But whether your group spends half an hour or several days rehearsing, the main thing to remember is to enjoy what you're doing. If you have a good time, your audience will have a good time too. And that's really what skits are all about.

Here are a few skit quidelines if you need them. But it is best if you can make up your own.

Skits and how to put them on continued

Grand Finale at the flea circus

scene: flea circus

players: announcer dog flea owners

props: table

ANNOUNCER: Ladies and gentlemen'. The moment you have ... etc.

flea owners enter, bow, show of fleas..each does act in turn with much applause and cheering. francis walks tight rope beulah bit trapeze act sammy scratch and Ichabod itch clowns others you can think up

Have grand finale as dog walks on stage and puts paws on table. Owners try to call fleas back as dog goes of scratching itself.

\* \* \* \* \* \* \* \* \*

Starving Poet

scene: street cast: poet passersby

Poet trys to sell verse getting more desperate with each turn down. Keeps saying if only-----(someone in group) were here they would buy. When that person not buy either poet dies. Saying "I guess its true rhyme does not pay"

\* \* \* \* \* \* \* \* \*

The Immigrants

scene: elevator cast: father son from old country fat lady thin lady

Fat lady gets on elevator. It goes up. When it comes down thin lady gets off. Father says to son, "We're going to have to bring mama here". Skits and how to put them on continued

Vacation tour

Scene: station wagon cast: father mother children friends

Family get into station wagon and leave on vacation.

Children all read comics all the time Mother and father comment on scenery Mt. Rushmore, Grand Canyon etc. Kids never look up.

When they get home kids jump out and start to tell there friends about every thing they saw.

\* \* \* \* \* \* \* \* \*

Shrink

scene: Dr's office cast: Psychiatrist visitor patients

Visitor walks in with arrow in his head dressed funny. Trys to talk to Dr. Dr. comforts him not letting talk makes him lie down etc. Gets history all the time visitor does odd things. Finally Dr. insists on his name and he says what for, I only wanted to tlak to you about my friend who has been acting strange lately.

\* \* \* \* \* \* \* \* \*

Drama Class

scene: stage

cast: teacher visitor class

Class is learning to act..start by imitating animals

chicken..flap elbows, cluck, etc. duck dog elephant..snake..whatever

Last one for class to act out is baboon

Visitor wlaks on saying "I always knew you were a bunch of monkeys but this is ridiculous

Skits and how to put them on continued

Lady on the bus

scene: Bus cast: boy lady riders

Several people standing all seats taken. Boy stands up to look out window. Lady pushes to take seat. Boy trys to tell her something, she lectures, boy argues. Finally he shouts, but lady you're sitting on my eggs.

\* \* \* \* \* \* \* \* \*

Back trouble

scene: Dr. office cast: Doctor patient, bent over other patients

Dr. greets patients, takes most serious first. Patient, complains about back, can't straighten out. Started this morning when he got dressed. Dr. helps get undressed and finds he zipped his sock into his zipper.

\* \* \* \* \* \* \* \* \*

Parents night open house

scene: school cast: father mother teacher students

Teacher welcomes parents to school, explains they will get to see a few classes in action.

First class comparative religion students. Do yoga, meditation, etc. Next class social studies, studying Indians. Students do war hoops etc. Math. Studying measurements...students measure everything American literature..studying Frankenstine

Music .. contemporary trends .. wild rock dances.

Parents leave saying ... "whatever happened to reading, riting, and rithmatic"?

Let's leave before its time for sex education

\* \* \* \* \* \* \* \*

Skits and how to put them on continued

The mailman comeith

scene: street of houses cast: narrator mailman housewives

housewives each busy doing chores mailman trudging toward them

Narrator: neither rain (mailman rained on) nor snow nor sleet or hail nor dogs etc. can keep the mailman from his appointed rounds

Mailman hands each housewife letter. Each looks at it all together "nothing but ads" and throw them away

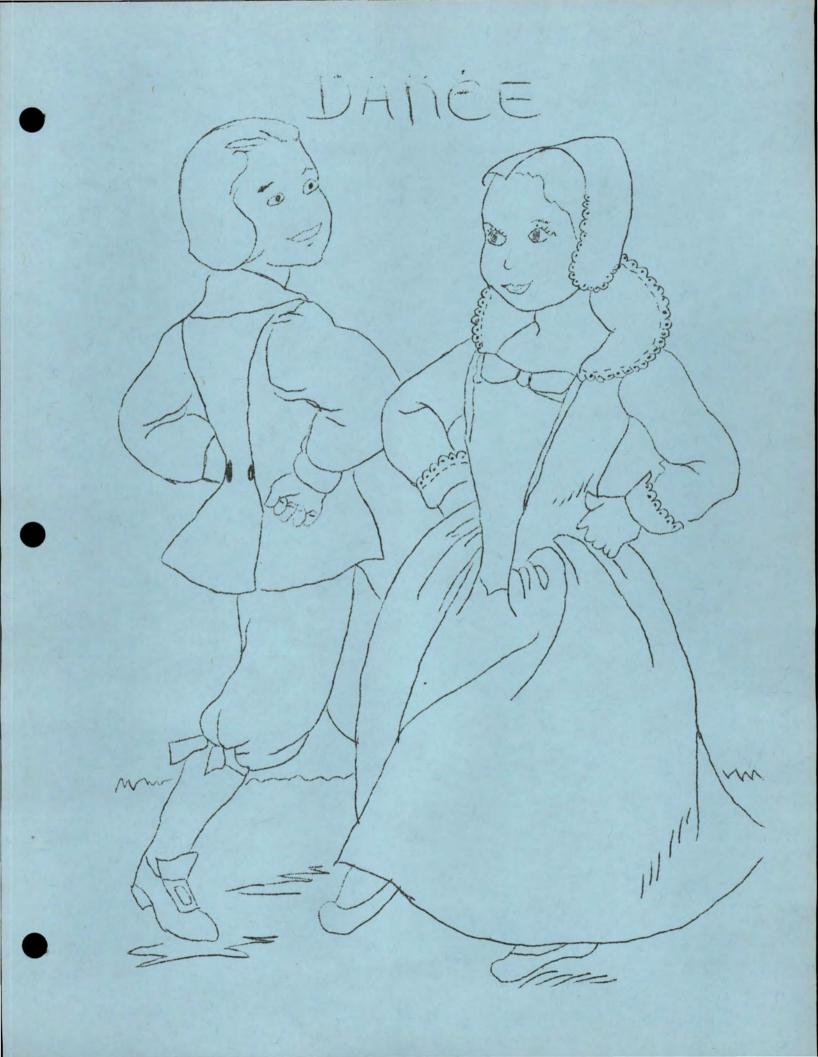
\* \* \* \* \* \* \* \* \*

MAKE UP YOUR OWN SKIT!

Some things you could base your skit on are. Songs-events-stories-dances-hobbies-historycountries-poetry-jokes

Have your group brain storm for ideas then agree on one.

When you have your guidelines get one person to be "leader". To keep things coordinated, let each individual develop their own part. Be sure to practice several times so everyone will know what to expect from the others. Keep it short. Have fun!



# CHAT class offered on Tuesday: Social Dance, Manners, and all!

So, you're looking for a class to take this afternoon? You check out the course listings, and this is what you see: Name of CHAT course offered <u>Social Dance, Manners, and all</u>! Soc Instructors: <u>Ruth and P.T.</u> Brief description of course content <u>Teaching all the social graces</u> of social dance - specifically the swing, and perhaps late the foxtrot. Also, the manners which are involved in asking people to dance, positions, steps, etc. The cha cha, waltz, polka, tango, rhumba, and calypso can be taught if desired.

Aha!! The class has caught your fancy, eh? Well, it <u>did</u> catch the fancy of several people. . .Pat, and Roy; Sue, Meg, Kelly, Gene, and Kai were there, too, and let's not forget Lynne, Tank, Shelley, Dick S., Mike, Dave, Nancy, John R., or Beaz!! Add Joan, Burl, Marta, and Debbie, and that's quite a crew---and an enthusiastic one, at that!

What did people discover in this class? Well, of highest importance (even more than watching your feet) is the manner in which a gentleman asks a lady to dance, and the way in which a lady accepts the invitation... Ruth and P.T. being the graceful and mannerly teachers that they are (tho modest they ain't), all those students in the class were carefully taught the high manners of society.

Manners out of the way, we moved onto business, and started by learning the basic jitterbug, or swing step in the open position. Having mastered that step, the closed position of the same step was demonstrated by the instructors (they make a good pair). Into a simple turn, and then we're ready for the bigtime stuff!! What came next? The Octopus...and the crowds---oops, dancers--went wild! Now that everyone became fast experts of this agile step, we proceeded to the bunny curls, and turns, and flips,.....surprisingly few toes were stepped on, to P. T.'s and Ruth's relief.

From the instructor's vantage point, it was interesting teaching a dance step I had just learned from Patty. It was frustrating when a person couldn't do a step, because I wanted them to learn it in order to enjoy the dance, rather than feel uncoordinated. Frustration at some of the dance steps was evident among the students; and I could tell that some of the dance steps were taught too quickly, especially for the guys. . . . this was sort of obvious when everyone was having problems with the back step of the swing.

What was most rewarding to me about the whole afternoon, was seeing the enthusiasm for learning a new dance step overflow to the point that the students in the class were grabbing innocent passer's by and teaching the new steps to these newcomers, who also seemed to be enjoying what they were learning.

#### CHAT CLASS -- Friday

-- Gwen Main

LA ROBE DU CHAT - The Cat's Fur French - Endurance Dance for Men

FORMATION-

Couples of Men or Boys, anywhere around the room.

STARTING POSITION-

Partners facing, in Squat position, with both hands joined.

Note: The entire dance is done in Squat position. The last figure is continued as an endurance contest.

Measures

FIGURE I

- 1-4 CIRCLE COUNTERCLOCKWISE with eight Jumps on balls of feet.
- 5-8 CIRCLE CLOCKWISE with eight Jumps. FIGURE II
  - Release hands and place them over own knees
- 1-4 TURN RIGHT, in place, with eight Jumps,
- 5-8 TURN LEFT, in place, with eight Jumps. FIGURE III

Partners join and raise right hands.

- 1-4 MAN 1 TURNS under right arm with eight Jumps.
- 5-8 MAN 2 TURNS under right arm with eight Jumps.

FIGURE IV - Contest Partners join both hands.

Both Hop on Left foot and extend right leg forward (count and 1), Replace and Step on Right foot, next to Left, and kick left leg forward (and 2). Continue, making two changes per measure. Music: Any March Record: --- Formation: Line Position: Single file Footwork: All on the left foot.

Partner pairing: Coming towards the front of the hall, the men go to their left and the girls to their right and continue around the sides of the hall until they meet at the back of the hall where they join as partners; the first man with the first girl, the second man with the second girl etc. They then come towards the front in a double line of couples.

Skin the snake: The line of couples all turn left. The first couple does an about face and forms an arch with the other couples following after they have duck under the arches following them and lead the line out when they come to the end of the arches. Note: When the couples do the about face they turn individually and <u>do not</u> change sides of the line.

Build-up: The couples come down the center of the hall. Upon reaching the end of the hall one couple goes left and the next goes right etc. When they meet at the other end of the hall, they come up to the front in lines of four. Then the lines of four go alternate directions as did the couples. When the lines of four meet they come down in eights. This process may be continued as desired, restricted only as time and room may limit. Note: If the lines are made as long as

Note: If the lines are made up long up possible and then stopped just as the first comes to the head of the hall, this makes an excellent formation for announcements, or they may be asked to be seated for recreational linging or a program etc.

### VIRGINIA REEL

Record: Macgregor 7345

Everybody go forward and back It's up to the middle and back to place Forward again with a right arm swing All the way round you're gone again. Forward again with a left arm swing Go round again with a dear little thing. Up the middle a do-sa-do Then right back out to place you know. Head two sashay All the way to the foot of the set Then come back up to the head again Reel with the right a right handswing A left to the sides you're gone again. In the center a right hand swing A left to the sides the same old thing. A right hand round in the middle you know A left to the sides and don't be slow Head two sashay All the way back to the head again Everybody march Around you go then make an arch Then all the rest you duck right under Make a line and go like thunder.

# THE CUMBERLAND SQUARE DANCE (English)

Cumberland is a county in the northwest of England on the Scottish border. This dance was introduced to the Federation by May Gadd, National Director of the Country Dance Society of America.

Music: Record: English Columbia DB2259, Folkcraft 1005A (Substitute) Piano: "My Love She's But a Lassie Yet" or any comparable tune of same tempo.

- Formation: Square formation, couples in closed position, M with L shoulder and W with R shoulder to center of square.
- Steps: Sliding step, walking step, buzz step, polka or skop step.

Music (4/4)

Pattern

Measure I. A 1-4	<u>Slide across and back</u> Head couples take 8 sliding steps across to opposite place, M passing backto: back.
5-8	Keeping same position, return toown place with 8 sliding steps, W passing back to back.
1-8 (Repeat)	Side couples cross and return as descriged for head couples in meas. A 1-8.
	Star
B 1-4	Head couples join R hands in center forming a R hand star, walking fwd 8 steps in clockwise direction.
5-8	Changing to L hand star walk 8 steps in counterclockwise direction, returning to place.
1-8	Side couples repeat same action as described for head
(Repeat)	couples in meas. B 1-8.
III.	Basket
	Head couples form basket in this manner: All step to center, W hook arms thru arms of M on either side and join hands across with opposite W. M join hands bening
A 1-8	W back. All this is done simultaneously. In basket formation circle to L with 16 buzz steps, R ft crossed in front of L.
1-8 (Repeat)	Side couples form basket and circle L with 16 buzz steps.
B 1-8 IV.	<u>Circle and Promenade</u> All join hands and move to L with 16 skop steps or 8 polka steps.
1-8 (Repeat)	Arm in arm with partner, promenade counterclockwise to place with 16 walking steps.

#### NINE PIN SOU RE

#### INTRODUCTION

CALL

First and third gent circle the nine pin (once around) Swing your own when you get home. First gent out and swing the 9 pin, Run away home and swing your own. The second gent out and swing the 9 pin, Run away home and swing your own. The third gent out and swing the 9 pin, Hun away home and swing your own. The fourth gent out and swing the 9 pin, Bun away home and everybody swing. All four ladies circle the 9 pin. All five circle with the 9 pin. Everybody swing the nearest thing. Ellemande left and a grand right and left.

Continue with the 2nd and 4th, Continue with the 3rd and 1st, Continue with the 4th and 2nd.

Dance may be ended by calling --

All four couples circle the 9 pin. Take her offf the floor, that's all there is There ain't no more.

Called by Leila Steckelberg

# TRAMPELPOLKA

# Germany

SOURCE:		r, Volksdanscentrale Voor Vlandereren	
FORMATION:	cpis in a circle, pu	rs facing, M bk to ctr.	
MUSIC:	Record: Foldraft 337	7-013-B	
STEPS:	Slide, Gallop, Skip		
MUSIC:	2/4 F	PATTERN	
Meas.			
4	INTRODUCTION		
A	FIGUREI.		

- 1 Stamp R ft 3 times, cts 1, &, 2.
- 2 Clap own H's 3 times.
- 3-4 Both H's joined, skip all the way around CW in 4 skipping steps, beg L ft.
- 5-8 Repeat act of meas 1-4.

B Figure: H.

9-16 Both H's held, arms extended, 8 sliding steps LOD and 8 RLOD. At the end, W move onto next ptr in CW direction. (M take only 6 slides RLOD).

Repeat dance from beg - 3 times in all.

Presented by Millie von Konsky Idyllwild - 1965

# TETON MOUNTAIN STOMP

Music: Record: Rhythm:	Teton Mountain Ston Windsor 4615-A 4/4	Pormation: Double Circle Position: Two-Hand Footwork: Opposite
Measures	s Step	Description
1-2	Side & Stomp	Step left with the left foot, close the right to the left. Step left with the left foot. Stomp the right foot next to the left foot. Repeat to the right.
3-4	Step Stomp	Step left with the left foot, stomp the right foot next to the left. Step right with the right foot and stomp the left foot next to the right foot. Repeat.
5	Right Side Walk	Turn so the men face counter-clock- wise and the ladies face clockwise around the hall. The men walk for- ward and the ladies walk backward four steps.
6	Left Side Walk	At the end of the above step, the dancers turn towards their partner turning half around so that the men face clockwise. They continue around the circle with the men backing up and the ladies walking forward.
7	Right Side Walk	Repeat the action of measure 5.
8	Ladies Arch	The ladies arch under the men's raised left arm going counter-clock- wise around the the next man for a new partner in four walking steps

#### JIFFY MIXER

Music: Jiffy Mixer Record: Windsor 4684-A Rhythm: 2/4

stor

Formation: Double Circle Position: Two-Hand Footwork: Opposite

Description

The dance is described for the man, the lady's part is the same on the opposite foot.

Measures	Step	Deserved
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.
		a the state of the second state

9-12 Chug-Clap With both feet together, chug backwards on count one and clap on count two. Repeat three more times.

13-16 Swagger With four slow steps (two counts each). Swagger to the next partner to the dancer's right.

As a variation, "Jiffy Mixer" may be done in a single circle, everyone facing in, hands joined. Everyone starts with L foot and there is no partner change. This is especially good with children.

Another variation may be in Meas. 13-16. Instead of a swagger or strut step, the leader may indicate various ways of walking such as --- walk like a duck - like a monster - like Miss America - walk like John Wayne like a bathing beauty. Be sneaky, etc.

The possibilities are limitless. Use your imagination and have fun!

#### Round Dances

Salty Dog Rag Record: Decca 27981

Formation: Couples in promenade position scattered about the floor. All start on the right foot.

- (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

- 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

<u>Hillbilly Mixer</u> Record: Hi Hat 301 Formation: Couples in semi-closed position, facint CCW 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.

# THE LITTLE SHOEMAKER

This is an easy, quickly taught Circle dance enjoyed by all ages. The tune Originally came from South Africa. It became a popular song in Italy then migrated to the USA where it became a top tune on the hit parade.

Record: THE LITTLE SHOEMAKER

Windsor 4141-A

Formation: Double Circle, L shoulders together.

$\frac{PART I}{2 meas.} (8 ct.)$	Intro.
4 meas. (16 ct.)	W march CCW around circle M march CW around circle Reverse-
4 meas. (16 ct.)	M march CCW around circle W march CW around circle M find a new partner by stopping at W in front of original partner face partner

THUT TT	
2 meas. (8 ct.)	Clap Own hands Clap partner's RH Clap own hands Clap partners LH
	Clap own hands 5 times
2 meas. (8 ct.)	Swing partner around 2 times-

(Leader may indicate type of swing to be used)

REPEAT - PART II

DADT TT

\* \* \* \* \* \* \* \* \* \* \* \* \*

As a variation, different types of walks may be used on Part I.

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# 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 threehour 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 selfexpression 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, intermingiling 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 prerecuisites; 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 PLOPLL 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:
  - WHO will be attending?

A .

- 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. HEN 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.
- 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:

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

GAMES: Ice breakers, defrosters. Get-acquainted. Mixers. Active. Quiet. Pelays. 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 pretaining 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 ecuipment 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, icebreaker, 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 casy 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....
  l. Active and quiet. 2. small group activities and wholegroup 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 humerous 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!"
- 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
- 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.
- D. 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 ACCOPDING 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 imporve 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! Believe you were made To do any task without calling for aid. Believe, without nowing to scornfully proud, That you, as the preatest and least are endowed. A mind to do thinking, two hands and two eyes une 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.

# SUNDAY EVENING PARTY

Written by: Jean B. Planned by: Leila, Meg and Jean.

The planning committee had several thoughts in mind when arranging for the evening's activities.

1. A number of people have done long hours of traveling, sitting and were weary.

2. Not everyone knows everybody so we need to get aquainted.

3. Wanted something light to start the week and ser the srage for the week.

A combination of there factors resulted in this syhedule:

8:45 Odd or Even - Get acquainted through a game. Give each person as they come in 10 stones, beans or some type of counters to use in quessing the number in your hand. If guesser is correct he gets stones..if wrong the holder keeps them. Say your name and repeat other person's name that you meet. One with most counters can be recognized or rewarded. (Bruce & Jean)

8:50 Teton Mountain Stomp - Meg said she would like to lead a dance, an ..... active transition.' A 84

9:00 Virginia Reel - Leila and Bruce planned to lead the group in the dance for an active dance.

9:10 Handshake Treasure - Jean would lead the group in another get aquainted game with the incentive of having some pre designated persons give a nickel to the 15 th person to shake their hand.

9:20 Songs - Meg and Marta were to lead some songs as a transition from active to quiet down for the ceremony.

9:30 Ceremony, by another group.

# WHAT REALLY DID HAPPEN!!

The plans didn't follow to a T because of several factors. Last minute preparations (getting rocks for counters, planning the party too close to the time it started) cause a few of the problems. After Meg had led the group through the dance steps and ready to put on the record the player wouldn't work because of a blown fuse. Also, couldn't do the Virginia Reel and we were vehind schedule. Because of the unexpected situation the directions for the next game were not given correctly thus resulting in confosion, but the same results were achieved.

There were some good factors. People did get aquainted during the evening and had a good time in general. And, the program did end on time after all.

See discussion section for further evaluation of the evening.

Thursday

#### THE TALENT SHOW BY THE "REACH OUTS"

The first step was to have auditions for a couple of days before the talent show, thus giving us an idea of where to place each act and how long it would take. Also, how much room it would take to perform. This was a good plan.

Our setting was supposed to be in a dinner theatre sort of a place. We had waiters all ready to serve refreshments. The tables were set up all around the room, with chairs omitted from the sides near the stage, so they could see. The waiters were going to serve the refreshments, red kool-aid, during the times between acts. But, due to some unknown, all the tables got moved and the chairs were set in semi-circles around the stage instead. That blew all our ideas for serving the refreshments, and it seemed as though there was no other time to work it in. So we just pushed the tray out after the ceremonies and let everyone help themselves.

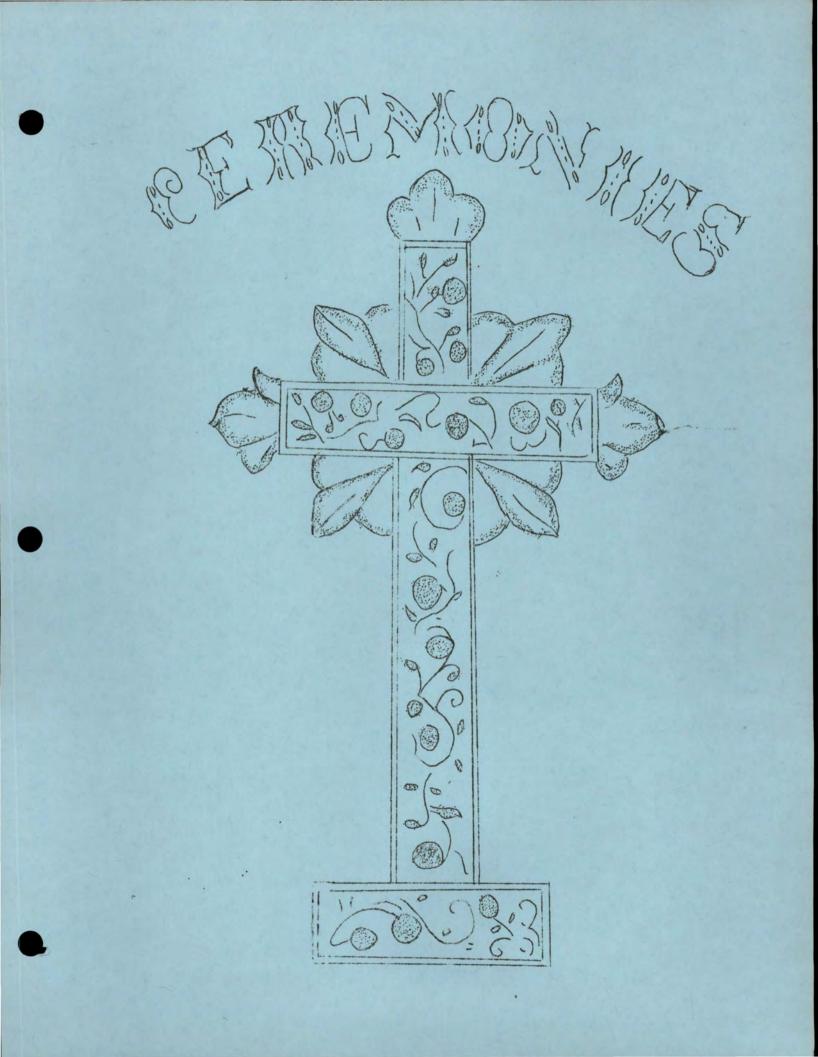
The lighting was also a big problem. We should have had a more steady way of setting that up, but we haven't exactly figured that out yet. Maybe we could just unscrew all the light bulbs except for the two lights over the stage.

WE SHOULD HAVE HAD A WAY OF CLOSING the act. Maybe a good way would have been to have all the participants come out and take a bow. Or have a good audience participation song.

There was real good participation in the talent show. Some excellent tallents showed up from old labbers as well as new ones. Our M.C.'s did a great job. They were the puppets (Cindy Newman and Debbie Schroeder) who had an unfair advantage because of the lighting. They were good. As were Paul Revere, (Maureen King); Betsy Ross, (Nel Wilson); and the turkey, (Dick Schwartz) who decided that in the future he will be a chicken.

This is the line-up for the talent show:

1.	John, Stew, John, Dick Bum Quartet
2.	Roy and Gwen
3.	Chuck
4.	Doug
5.	Nancy
6.	Mike, Tank, Kelly, Terri, Cindy Skit
7.	Kelly
8.	Sue
9.	P.T
10.	Bill and Mary Ann guitar duet
11.	Terri



Opening Ceremony - - Sunday Evening

The Labbers were gathering in the dining hall, standing in a large circle. In the center was a small table with the beginning of the small Chat candles were also on the table. The four people who were to speak about the things these candles represented came forward, removed the small candles and carried them th the four "sides" of the circle. Steve Christiansen came forward to the table and spoke of the Spirit of Chat as represented by the large candle. From his place in the circle Jim Beasley spoke of the history of the Lab. A song was sung. Then one by one the small candles were brought to the center and placed on the table. Sonya Watts spoke of Knowledge. Marianne DuBois spoke of ideas. John Beasley spoke of Humor. Jackie Baritell spoke of Philosophy. The ceremony was closed with more singing.

The ceremony was intended to help draw the people into a closer feeling of oneness, to give them some sense of the history and sporit of the Lab.



The War of 1812: a war nobody wanted...

1814-Battle of New orleans (Marianne)

Abe Lincoln and the slaves Swing Low Sweet Chariot Gettysburg Address (Bill) Mine Eyes Have Seen The Glory

GOLD" (Doug)

In 1849 when the news of gold reached the east, many people loaded up their wagons and headed west-"California Here I Come"- Many wagons got together and formed 'trains'.

Many hardships were endured along the way, but the settlers were happy and each night they got together around camp fires and sang songs such as "Oh Susanna". Eventually they reached the gold fields and staked their claims-"Clementine".

There was a lot of gold found in the hills of California, but the real "gold" is found in the people of Chat.

In hopes of a new life, people move ever westward (Lynne)
 Sweet Betsy from Pike (Marianne)
 Shenandoah (Everyone)
Cowpokes

Ragtime Cowboy Home on the Range I'm Going to Leave Old Texas.Now

Daisy, Daisy..(Jackie and Brian) (Everyone sing)

1920's

Rose (Marianne)

After the war, we lose our material wealth, but our faith was still there. (Lynne)

1930's Amazing Grace 1940's White Christmas, Bing Crosby (Doug) 1950's Elvis Presley (Steve) 1960's Has Anybody there seen my old friend John? (Everyone) Where Have All The Flowers Gone? (Everyone) 1970's Country Roads Taps

Ceremony Participants and Organizers: Lynne, Marianne, Bill, Jackie, Brian, Doug, Steve. 1849 Sequence: Lonnie, Betty,Florence, Gwen. Supposedly overseen and directed by Stew.

# SATURDAY NIGHT CEREMONY

The labbers were gathered in the Dinning Hall. From there they & serpentined out to an already burning campfire, singing the Navajo rain song and the Navajo Happy Song.

While standing in a circle around the fire we same some songs having to do with unity and friendship.

Jim Martin carved and decorated a Truth Staff which was passed around the circle. As the Staff came to each person, he or she spoke a few words abour what Chat meant to them or what they might take with them from Chat. Along with this, Jim spoke of our coming from our many different cultures and "colonies" and uniting under the gaze of the Eagle, which is the symbol of our Country. From this uniting we leave, becoming again individuals.

The following prayer was used.

- JIM: Oh Great Spirit: Great Father of All, Look down from your lodge in the Above World, See this Beautiful Group of Your Children Standing here together on the Bosom of Our Mother Earth. You have asked us to send our V ice to You. We give you thanks for our Beauty. We thank you Oh Great Spirit for Your Love.
- Don: For Now, Together we will feel no rain, for each is a shelter for the other.
- Bob: Now, Together we will feel no cold, for each brings warmth to the other.

GWEN:Now, Together we will feel no heat, for each brings a coc: breeze to the other. MARTA:Now, Together we will feel no arrow of pain,

for each is a shield to the other.

RANDY: Now, Together, we will feel no weakness, for each brings strength to the other.

KELLY: Now, Together we will feel no ughliness, for each brings beauty to the other.

SONJA: Now, Together we will feel no lonliness, for each brings love to the other.

JIM: Now, though together, we are each our own person. Tomorrow, we each go to our own place of dwelling. Now that you have brought us together, We will walk in Beauty, We will walk in Love, We will walk with you, Oh Great Spirit, For you are Beauty, For you are Love.

We have spoken.

The ceremony concluded with the benediction by Don.

#### FLAG RAISING CEREMONY (performed Chat week)

"This is My Country"

Breathes there a man with soul so dead that never to himself has said, "This is My own, My native land. This is My native land!"

This is My country, land of My birth; this is My country, grandest on Earth. I pledge thee My allegiance, America the bold, for this is My country to have and to hold!

FLAG LOWER CEREMONY (performed Chat week)

Songs: "You're a Grand Old Flag" "This Land is My Land"

Reading:

#### FREEDOM IS ....

Freedom is a man at the lathe, or at the desk, doing the job he likes to do, and speaking up for himself. It is a man in the pulpit, or on the corner, speaking his mind. It is a man puttering in his garden in the evening, and swapping talk with his neighbor over the fence. It is the unafraid faces of men and women and children at the beach on Sunday, or looking out of the car windows speeding along a four-lane highway.

It is a man saying, "Howdy, stranger," without looking cautiously over his shoulder. It is the people of the country making up their own minds. It is a soprano singing "The Star-Spangled Banner" off key and meaning every word of it.

Freedom is the air you breathe and the sweat you sweat. It is you and millions like you with you chins up daring anybody to take it away from you.

Author Unknown

Song: "America (My Country, 'tis' of thee)"



# Washington, D.C. 20515

January 28, 1976

Honorable Frank Church United States Senate Washington, D. C.

My dear Senator Church:

This is to certify that the accompanying flag was flown over the United States Capitol on January 27, 1976.

I understand that this flag is for the Chatcolab leadership camp held at Camp Heyburn in Heyburn State Park, Idaho.

Sincerely yours,

Ge White, FAIA Μ.

tect of the Capitol rchi

#### WE PLEDGE OURSELVES TO BE GOOD AMERICANS

# A Pledge for Americans

Because I love my country and believe in its government and the American way of life, I will try to carry out this pledge of a good American--

- I will respect my Flag and be loyal to the government of the United States.
- I will do my duty when I become an adult citizen by voting in all elections. I will remember that government is no better than the men who run it and do my best to vote for able and honest men who believe in the ideals of our democracy.
- 3. I will defend my country in time of war.
- 4. I will be willing to serve on a jury and to run for government office if I am qualified to do so.
- 5. I will obey and respect the laws of my country, state and community.
- 6. I will respect private and public property as I want others to respect my property.
- I will judge a person by what he is, not by his race or religion. I will not let prejudice affect my ideas of justice and fair play.
- 8. I will respect the opinions and the rights of others. I will try to see both sides of a question.
- 9. I will be honest and honorable in my dealings with other people as I would have others be honest and honorable toward me.
- 10. I will be a good citizen in my home and share in the family responsibilities just as I share in the family privileges.
- 11. I will do my share in school and church and community activities so that my town will be a better place to live.

--from America is My Country Authors: Harriet M. Brown Joseph Guadognolo

#### 4-H CITIZENSHIP PLEDGE

- WE, individually and collectively, pledge our efforts from day to day to fight for the ideals of this Nation.
- WE will never allow tyranny and injustice to become enthroned in this, our country, thru indifference to our duties as citizens.
- WE will strive for intellectual honesty and exercise it thru our power of franchise. We will obey the laws of our land and endeavor increasingly in quicken the sense of public duty among our fellow men.
- WE will endeavor to transmit this Nation to posterity not merely as we found it, but freer, happier, and more beautiful than when it was transmitted to us.



#### AMERICAN CREED

In 1916, when half the world was a flame with war, and when it daily grew more evident that America must be drawn into the conflict, special need arose for taking stock of our political principals so that we should not fail when the call came for action. The thought, therefore, accurred to many Americans that we should more seriously than ever before conisder the duties and obligations of American Citizenship -- lest we forget its rights and privileges.

By early 1917, this idea had taken root with a large gathering of representatives, authors, artists and editors, in N.Y.C. Announcement was made of a proposed nationwide contest for writing of a national creed. It would be a brief summary of American political faith and yet be founded upon the fundamental things most distinctive in American history and tradition.

The American press took up the challenge and the best magazines opened their editorial columns to encourage the idea. Patriotic individuals offered prizes for the creed selected. Baltimore, the home of the <u>Star Spangled</u> Banner, offered \$1000 to the winner.

About three thousand creeds were submitted. William Tyler Page's onehundred words (nine less than the Apostle's Creed) was chosen.

This <u>American Creed</u> is not only brief and simple, but also comprehensive of the best in <u>American</u> ideals, history and traditions, as expressed by the founders of the Republic and its greatest statesmen and writers. They are not Mr. Page's words or any one man's. They are the words of many men taken from history--- authentic sources expressing the political faith of many other people.

Mr. Page did in a most artistic way, select and arrange these sentences:

- I believe in the United States of America
- is from the pream le to the Constitution of the United States.
- A government of the people, by the people, for the people is from the preamble to the Constitution of the United States, Daniel Webster's speech in the Senate of January 26, 1830. and Abraham Lincoln's Gettysburg Address.

Whose just powers are derived from the consent of the governed is from the Declaration of Independence.

- A democracy in a republic
  - is in substance from #10 of The Federalist, by Madison, and Article X of the Amendments to the Constitution of the United States.
- A sovereign nation of many sovereign states from "E Pluribus unam," the great seal of the United States, and Article IV of the Constitution of the United States.

A perfect union preamble to the Constitution of the United States.

One and inseparable

Webster's speech to the Senate, January 26, 1830.

Established upon these principles of freedom, equality, justice and humanity

Declaration of Independence

For which American patriots sacrificed their lives and fortunes Declaration of Independence

I, therefore, believe it is my duty to my country to love it from "Man Without a Country"

To support its laws

Washington's "Farewell Address" and from Article VI of the Constitution. To respect its flag

the National Anthem

and to defend it against all enemies.

"Oath of Allegiance, section 1757, of the revised Statutes of the United States.

#### THE OATH OF AMERICAN CITIZENSHIP

After you have lived in the United States for five years, you may petition for citizenship. If your petition is granted, you will then go to the Naturalization Court to take the "Oath of Citizenship." Have you ever heard the entire oath? Do you know what we ask of a new citizen? We have the privilege of BEING an American citizen. Let's listen to what a naturalized citizen promises:

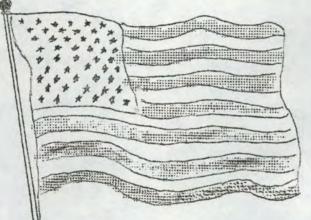
"I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty of whom or which I have heretofore been a subject or citizen; that I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by law; that I will perform noncombatant service in the Armed Forces of the United States when required by the law; that I will perform work of national importance under civilian direction when required by the law; and that I take this obligation freely, without any mental reservation or purpose of evasion; so help me God.

In Acknowledgement whereof I have hereunto affixed my signature."

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"The first requisite of a good citizen in the Republic of ours is that he shall be willing and able to pull his weight."

> -- Theodore Roosevelt 1858-1919 26th President of the United States



### THE FLAG SPEAKS

Born during the nation's infancy, I have grown with it, my stars increasing in number ... the domain over which I wave expanding until the sun on my flying folds never sets.

Filled with significance are my folors of red, white and blue, into which have been woven the strength and

courage of American manhood, the love and loyalty of American womanhood.

Stirring are the stories of my stars and stripes.

- I represent the Declaration of Independence.
- I signify the Law of the Land.

I stand for the Constitution of the United States.

I reflect the wealth and grandeur of this great Land of Opportunity.

- I tell of the achievements and progress of the American people in art and science, culture and literature, invention and commerce, trade and industry.
- I stand for peace and goodwill among the nations of the world.
- I believe in tolerance.

I am the badge of the nation's Greatness and the emblem of its Destiny.

Threaten Me and Millions Will Spring to My Defense.

--- I AM THE AMERICAN FLAG ---

THE CALL OF THE FLAG -- Frederick C. Hicks

The true American believes in leberty, equality, justice, humanity. The true American believes that liberty does not mean to do what you like. He knows that liberty carries with it a sense of duty.

The true American believes that "all men are created free and equal." He believes in the aristocracy of the people. There are no classes in America.

The true American is broad-minded and humane. His heart and hand go out to help the helpless. He respects women and the home.

The true American believes in freedom of religion, free speech, free press as the foundation of the land. He obeys the rule of the majority.

The true American believes in his own ability, but holds that the other fellow is as good as he and should have the same chance to life and happiness. He believes in equality of opportunity.

The true American says: Work, be happy, spend a little, save a little. The true American has self-respect. He supports himself and his family and conducts himself as a free man should. He strives to own a home.

The true American is alert and enterprising. No work is too hard for him during working hours - no play too good for him when he is free. He works with a will, knows what he wants, and what he begins, he finishes.

The true American is upright and honest, believes in fair play, square deal. The true American is a patriotic American.

#### COMMUNISM THREATENS OUR FREEDOM

The United States assures us .....

Freedom of speech and thought, including the right to criticize the government.

No arrest without a warrant; trial by jury; every man has the right to legal counsel in court.

No cruel and inhuman punishment allowed. No secret police or forcedlabor camps. Treason is the only crime against the government punishable by death.

Complete freedom of religion; thousands of churches of all creeds.

Free elections with choice of candidates. Secret ballot-majority rule.

Freedom of travel within nation; passports permit almost any citizen to leave the country.

Greater opportunities for schooling and college education than in any other country.

bargain for higher wages. Workers may quit jobs if they wish.

Freedom of press, radio and television programs produced freely without government censorship.

Freedom to choose the kind and place of work we want and to use leisure time as we please.

High standard of living; average man can own home, car and many conveniences; right to own property is protected by law.

The Communist Way of Life in the Soviet Union .....

No freedom of speech or press. Criticizing the government is a crime.

No trial by jury; arrests are made without a warrant; a man is tried and sentenced without a chance for self defense.

Cruel and inhuman punishment is common; secret police spy on citizens; prisoners often sent to slave labor camps; death penalty for many crimes against the government.

Almost no religious freedom; few churches are open.

No choice of candidates in an election; no secret ballot; choice is yes or no for all. Few dare to vote no.

No right to travel without official permission. Citizens cannot leave country except on government business or with special permission.

Free education for all children but pupils are taught only what the government wants them to know.

Labor unions with right to strike and No labor unions as we know them. Workers can't strike or bargain for better wages. Work for state and can't quit their job.

> Newspapers, magazines, radio and books censored by government. Contain only what the government wants them to know.

Government controls and supervises people's daily lives. Very little leisure.

Low standard of living. Cars, household conveniences, good clothing for highranking Communists only.

"If you will help run our government in the American way, then there will never be danger of our government running in the wrong way."

> --- Omar Bradley 1893 General & Former Chief of Staff of the Army

#### WHAT THE FLAG MEANS -- Charles Evans Hughes

This Flag means more than association and reward. It is the symbol of our national unity, our national endeavor, our national inspiration. It tells you of the struggle for independence, of liberty and union preserved, of liberty and union - one and inseparable, of the sacrifices of brave men and women to whom the ideals and honor of this nation have been dearer than life.

It means America first; it means an undivided allegiance. It means America united, strong and efficient, equal to her tasks. It means that you cannot be saved by the valor and devotion of your ancestors; that to each generation comes its patriotic duty; and that upon your willingness to sacrifice and endure as those before you have sacrificed and endured rests the national hope.

It speaks of equal rights; of the inspiration of free institutions examplified and vindicated; of liberty under law intelligently conceived and impartially administered.

There is not a thread in it but scorns self-indulgence, weakness, and rapacity. It is eloquent of our community interests, outweighing all divergencies of opinion, and of our common destiny.

#### THE VOICE OF OUR FLAG -- Hosea W. Road

To him who listens well, our Flag floating up yonder, hanging on the walls of our schoolrooms, wherever it may be, speaks to us.

Its Stripes bid us remember the Colony days, and the brave people who in their love of liberty, laid for us the foundations of our great government; they urge us to maintain honestly, earnestly and fearlessly the principles of liberty, made safe by law, as they bequeathed them to us.

Its Stars call upon us to consider the wonderful growth of our country from thirteen states and stars to our present fifty; growth in territory, richness of resources, and in beauty, yet better still in what is good economically, educationally, fraternally and morally. They plead with us to make still greater progress in all that makes for true national greatness.

Its Red bids us be brave and courageous, conquering what is bad, strengthening what is good; for righteousness exalteth a nation.

Its White bids us be clean in motive and manner, pure in thought and purpose, clean in language and behavior.

Its <u>Blue</u> says to us all the time, "Be loyal, be true, be honest and lawabiding in all your relations with one another and your country." "As ye would that all men should do unto you, do you even so unto them."

--------

"There are no days of special patriotism. There are no days when you should be more patriotic than on other days, and I ask you to wear every day in your heart our Flag of the Union."

> -- Woodrow Wilson 1856-1924 28th President of the U.S.

# FLAG CEREMONIES

Flag ceremonies might include some rules to observe in handling or displaying the flag. The 4-H Creed can be used occasionally, as can other 4-H or patriotic readings. A patriotic song such as "America," "God Bless America," or "America the Beautiful," might also be sung.

# FLAG RAISING CEREMONY

Two boys and two girls stand at attention with one holding the folded flag. As the flag is unfolded, the following is given by 2 members:

### First Speaker:

A thoughtful mind, when it sees a nation's flag, sees not this flag only, but the nation itself; and sees the government, the principles, the truths, the history which belongs to the nation that set it forth.

#### Second Speaker: (as the flag is raised):

Sky-blue and true-blue, with stars to gleam aright --The gloried guide of the day; a shelter through the night. The one flag - the great flag - the flag for me and you, Glorified all else beside - the red and white and blue! Home-land and far-land, and half the world around. Old glory hears our glad salute, and ripples to the sound!

The four holding and raising the flag then lead the entire group in the flag salute.

#### FLAG LOWERING CEREMONY

The two boys and two girls who are to lower and hold the flag should stand at the flag staff at attention. These words are heard from two members:

### First Speaker:

We Americans are natives of all the world, gathered here under one flag in the name of liberty. Probably there is no race, or creed, or culture that has such a wonderful freedom. May we always be grateful for our democracy - that we live in the "land of the free and the home of the brave." And that we live in a land where there is freedom of speech and free opportunity for all.

# Second Speaker:

#### Our Flag

I love to see the starry flag that floats above my head. I love to see its waving folds with stripes of white and red. "Be brave," say the red stripes. "Be pure," -ay the white. "Be true," say the bright stars, "And stand for the right."

Taps are played as the flag is lowered and folded which then ends the ceremony. A patriotic song might be sung at this time.

## CAMP FLAG CEREMONIES

Morning: 1. Flag is raised.

- 2. Campers give pledge.
- 3. Leader reads Creed.
- 4. Camper A: It is my duty to my country to love it.
- 5. <u>Camper B:</u> I am determined to make this nation a strong and beautiful place in which to live. I will protect my country's beauty and natural wealth. I will serve her in any way that I can.
- 6. All campers sing the National Anthem.

# Evening: 1. All campers give pledge.

- 2. Leader reads Creed.
- 3. <u>Camper A</u>: I believe in the United States of America as a government of the people, by the people, for the people; a sovereign nation of many sovereign States; a perfect union, one and inseparable, established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes. I. therefore, believe it is my duty to my country to love it and support its Constitution.
- 4. Camper B: I know that with every right that is quaranteed to me by the Constitution of the United States, there is also a duty laid upon me as a citizen. I want to accept these responsibilities. I want to work to make life better for everyone in this country. I will try to use my power as a voter when I can to find courageous and honest men and women to serve my government. I want to be a true American.
- 5. All campers sing <u>America</u> the <u>Beautiful</u> as flag is slowly lowered.
- 6. Flag is folded and campers, in silence, leave the area.
- Morning: 1, 2 and 3 the same.
  - 4. Camper A: It is my duty to obey the laws of my country.
  - 5. <u>Camper B</u>: I will prove my love for my country by obeying the law. If any law seems unjust to me, I will try to understand it. I want to be a law-abiding citizen.
  - 6. Close with an appropriate song.

Evening: 1 and 2 the same.

- 3. It is my duty to respect the flag of my country. (Camper A)
- 4. <u>Camper B:</u> Our flag represents us -- all of us. We are back of it as well as under its protection. When I show respect to my flag, I show my own self-respect, as well as my love for my country. I intend to protect my flag from careless treatment and from harm. I shall salute it as it passes by me and take care of it whenever it comes into my hands.
- 5. All campers sing patriotic song as flag is slowly lowered.
- 6. Campers in silence leave the area.

Morning: 1, 2 and 3 same.

- 4. <u>Camper A:</u> It is my duty to defend my country against all enemies.
- 5. Camper B: All enemies are not across oceans or in armies.

Some of my country's enemies are in me. When I refuse to work with my family or my neighbors to improve life in my community, when I am careless about protecting school or other public property, when I say or do things that are harmful, I am a public enemy. So, first of all, I am going to defend my country against my own carelessness. I am going to set a good example for people who have never thought about this kind of protection.

6. All campers sing, "God Bless America."

FOLDING THE FLAG -- Two people are required to fold it, one on each end, to spread the flag to its full length (fly) and full width (hoist). The flag is folded twice lengthwise, so it is only one-fourth its original width, and care must be taken to be sure the blue field is on the outside.

Starting at the end opposite the Union, fold one corner over to the edge of the flag to form a triangle. For the next fold, turn the triangular end directly toward the Union. The third fold is opposite to the first, then continue folding the triangle toward the blue field so the final fold encloses everything inside that field. You will note that the holes for the halyards are now at the outside so it is easy to attach the Flag to the rope.

THINGS TO REMEMBER -- In any flag ceremony, do not chew gum, etc. Do not hold anything in your hands -- hands are free.

The American Flag is always on its own right. If three flags are used, the American Flag is in the center and slightly ahead.

The American Flag is posted last and removed first when more than one flag is used.

The flag pole is carried on the left side, with the left hand about waist level and the right hand forward.

Salute when flag starts to move or comes in sight and drop hands when flag stops or is posted.

The American Flag should always be stuffed when carried on a float.

If the flag is displayed flat on a speaker's platform, it should be placed behind and above the speaker with the union to his right.

The flag should not be draped over the hood, top, sides or back of a vehicle or of a railroad train or a boat. When the flag is displayed on a motorcar, the staff should be fixed firmly to the chassis.

When the American Flag is passing in parade, being hoisted or lowered, all present should face it, stand at attention and salute: uniformed persons render the military salute - women and uncovered men place their right hands over their hearts. Men should remove their hats, holding them over their hearts with their right hands.

\_ \_ \_ \_ \_ \_ \_ \_ .

#### The FLAG of the UNITED STATES OF AMERICA

#### MARKS OF RESPECT:

The National Flag should be flown daily from sunrise to sunset in good weather from public buildings, schools, permanent staffs in the open and near polling places on election days. The flag may be flown at night on special patriotic occasions.

The flag should always be flown on national and state holidays and on those occasions proclaimed by the President. On Memorial Day the Ensign should be half-staffed until noon.

The flag should be hoisted briskly and lowered ceremoniously. It should never be allowed to touch anything beneath it, nor should it ever be carried flat or horizontally -- always aloft and free. It should never be used as drapery or decoration, for carrying or holding anything, or stored in such a manner that it will be damaged or soiled.

The flag should never be used for advertising purposes in any manner whatsoever, nor should any picture, drawing, insignia or other decoration be placed upon or attached to the flag, its staff or halyard. The flag should not be embroidered on personal items nor printed on anything designed for temporary use and then discarded.

When the flag is so worn or soiled that it is not longer suitable for display, it should be destroyed in a dignified manner, perferably by burning.

NO DISRESPECT OF ANY KIND SHOULD BE SHOWN TO THE

FLAG of the UNITED STATES -- Based on Public Law 829: 77th Congress

## THE CODE FOR THE NATIONAL ANTHEM OF THE UNITED STATES OF AMERICA

- I. The Star-Spangled Banner should be sung or played only on programs and in ceremonies and other situations where its message can be projected effectively.
- 2. Since the message of the anthem is carried largely in the text, it is essential that emphasis be placed on the singing of <u>The Star Spangled</u> Banner.

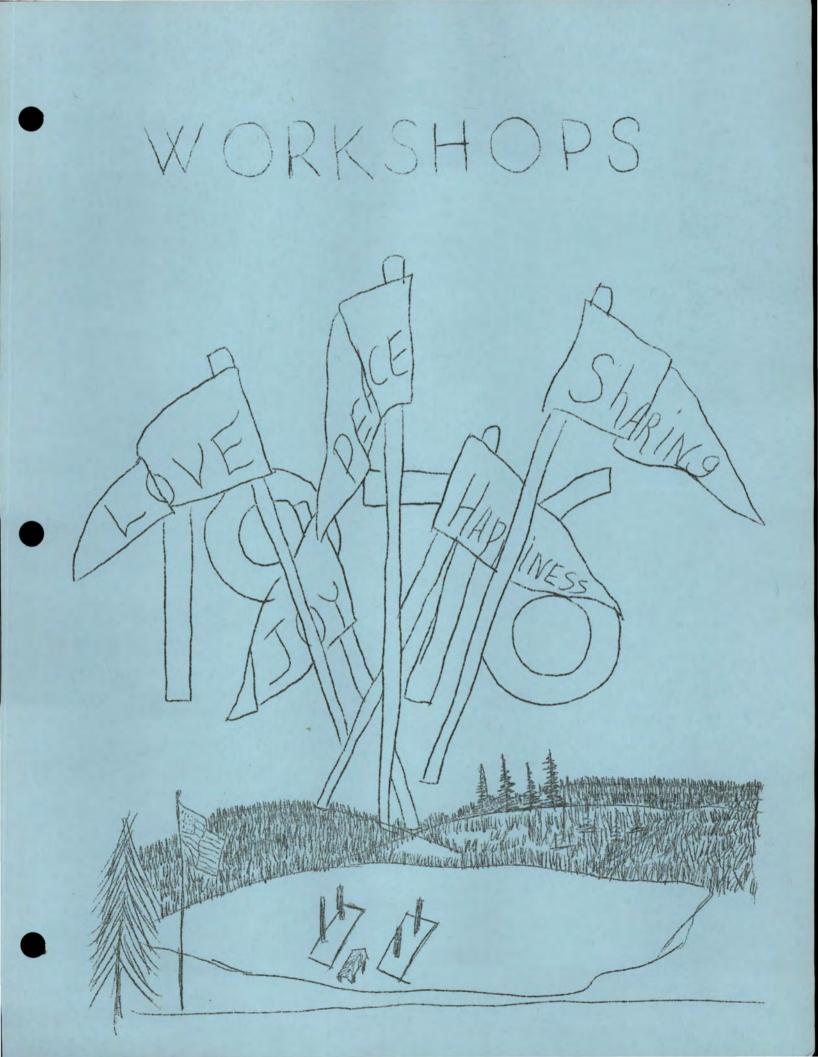
The leader should address himself to those assembled and invite their participation. Remember not all people are soprances. Don't drag the time or slur the words.

On all occasions the group faces the flag (or the leader). Outside men remove headgear. If only one stanza is sung, it is the first stanza.

For an introduction, the suggested music starts with "O'er the land of the free . . . "

"The heart of this nation is sound - The spirit of this nation is strong - The faith of this nation is eternal."

> --- F.D.R. 1882-1945 32nd President of the U.S.



## ARTS and CRAFTS

by Jean Baringer

Using your ingenuity and creativity!

Games and dancing are to develop skills in muscle development and coordination, social inter-action, and thought processes. The Arts and Crafts can do all that too, and help develop one's sense of cr-ativity and reasoning, eye-hand coordination and control.

Craft projects can be used to catch fish, wear, decorate rooms, eat, sell for a profit, be useful other than decoration. They can be made from specific and expensive materials and from items otherwise thrown away and cost little (tin cans, egg cartons, pheasant feathers, potato chip cans, plastic jugs, glass bottles, etc.) so we help by recycling. They can be a therapy of muscle and mind, help a person relax, a change of pace from the routine of things, give its creator a feeling of accomplishments in being able to make something, and have an object to show for their efforts and their talents. Some can become a very good source of income or a regular business and can last a lifetime. Examples: Dan Bailey's fly-tying, World-Wide Games and the Baileys, candle-making, rock polishing, leatherwork, Barbie doll clothes, rock people, photography, oil painting and many more.

It is a natural instinct for man to shape something with his hands, giving expression to thoughts and ideas. The ability to create and produce a craft object with your own hands is not limited to age, sex, or anything -it is universal for all people.

Show-and-Tell is often thought of in relation to grade school classes, but not many a day goes by when you don't find yourself explaining a process of some kind, telling how to get somewhere, giving directions while using your hands. Just try to tell your friend how to tie a shoe or teach a child how to tie shoes, a necktie or such, without using your hands. Or have you had an occasion to talk to a blind person or tell someone over the phone about making a reversible vest, or how to change a diaper or a tire! You need to make sure directions are very clear and explicit. This is so true with any craft project. Directions need to be clear.

Craft projects have a definite place in a 4-H program or any other program. People use a craft they know well (knitting, painting, macrame', fly-tying, etc.) to <u>introduce</u> themselves to other people by sharing ideas. Or they use the craft to strike up a conversation with a new person as a basis for getting to know them. This inter-action also helps develop a person's self-confidence, to overcome shyness, improve vocabulary and speaking abilities.

Most any of the camp programs include craft time or classes of some sort or duration. Why is it in the program? Is it just for a time-killer to keep campers busy; is it to fulfill Mommy's wish that her child bring something home; or is it really some of these reasons, plus to develop skills in comprehending how to do, using creative abilities, eye-hand coordination, learning to be resourceful. Are your camp crafts from kits where anyone can do all the same thing, color flowers by number to a prescribed pattern, or is there a little more leeway and self-expression and an opportunity to show one's real abilities? Kits can be expensive, too.

Here are some ideas you may use for regular club meeting or camp craft ideas. A supply of Elmer's glue, Mod Podge, Plaster of Paris, yarn, felt markers, sequins, rope, used wrapping paper and ribbons, jars, paints and brushes, and rocks can do a great many inexpensive projects. Very briefly, here are some ideas for projects. Some need specific equipment and materials and may not be ideal in all camps. CHAT CLASS- -

Meditation is a technique learned and used to promote relaxation of the physical body, discipline the mind, sharpen the powers of concentration, or get in touch with ones own being or with God, whatever one consideres "God" to be. Meditation is NOT a religion, but it can be used to enhance the faith one already has. Meditation can also be used for problem solving.

There are many ways to meditate. Most of them involve concentrating or focusing the mind on one thing, be it a word, a rock or flower, a sentence or scripture, ones breathing. In the case of problem solving the mind would be focused on the problem to the exclusion of all other thoughts.

Begin in a quiet place where you will not be disturbed. Settle yourself comfortably in a chair (or if complete relaxation or sleep is desired, lay down). Close your eyes (or focus them on an object or candle flame) and quietly keep your attention centered on the object of your meditation. If your mind wanders, and it most certainly will, gently bring it back to the subject. Don't get upset or angry. The mind may be thought of as a wild horse that needs to be gently tamed and disciplined. Sit in meditation for a period of 20 minutes or so. This can be done twice a day.

Another very pleasant method is to imagine oneself in a very beautiful place. Either create your own place or concentrate on being in a place that you have visited and would like to return to. Put all your powers of imagination to work. Add all the elements of reality - - time of year, temperature, wind, sun, sounds, smells, other people, etc.

In meditation for problem solving spend about half of your time in concentration of the problem and then cut loose of it, let it go, and expect an answer to come as you listen within yourself.

At first you may want to set a timer or place a clock where you can take a peek at it. A timer should be muffled so that the bell ringing will not startle you. Soon you will become conditioned to the 20 minute period and your body or mind will take you through the cycle. Don't worry about sitting for longer or shorter periods. Don't force anything. Let your body/mind/ spirit carry you through.

For more complete non-religious information there is an excellent book by Lawrence LeShan titled "How to Meditate." It is a good resource for beginners.

Try several techniques and then settle on one that works for you. If it doesn't make you feel better, don't do it.

Above all KNOW that you are loved and protected by the power of the Christ and that only good can come to you.

## C.H.A.T. College of Hidden Arts and Talents

C.H.A.T. is a part of the Chat program designated to enable labbers to obtain maximum benefits through the sharing of concepts, methods, ideas, and skills related to leadership. Any labber can volunteer a "course" for C.H.A.T. A course can be developed around anything that has been helpful to you as a leader, such as "Camp spirit - how to achieve it", "Insights into Child Behavior", "Wilderness Survival", "Improving Interpersonal Relationships", "Developing Appreciation of the Natural Environment", Etc. Crafts also are good subjects for C.H.A.T. courses.

If you want to offer a course for C.H.A.T., please describe it below. You may pair up with another labber for a team teaching approach if you wish. As many courses as possible will be scheduled during the C.H.A.T. periods scheduled.

Name of C.H.A.T. course offered

Name of "instructor" (yours, of course)\_\_\_\_\_

Brief description of course content

Time needed for course (Note: The total period of time may be more or less than needed for your course. Estimate time needed in term periods of:  $\frac{1}{2}$ , 1,  $1\frac{1}{2}$ , 2 hours etc.)

What is considered minimum enrollment for course?

What is optimum enrollment?

NOTE: If you wish to submit more than one course, describe course on another sheet.

Chat Class Schedule MONDAY MONDAY

Embroidery Megan Psychology of Wilderness survival Lynne Foy Meditation Sonya Ribbon Fish Mobiles Jean B General Folk Dancing Gwen Main Simple Kite Making Chuck James

## TUESDAY

Social Dance Ruthie Ammerman and P.T. Basic Picture Taking Debbie Schroeder Wild Flower Identification Etta Marie James Problems in Programing for All Age Groups Don Clayton Theater Make-up Sue Ford

## WEDNESDAY

1:45 Stick Games Gwen Main Haircutting Demonstration Janice Norquist Meditation Sonya Watts Games Bruce Elm 2:00 Group Process/An Alternative to Working With People Sue Yeoman 3:30 Nime Kelly Dwyer and Sue Ford Leather work Mike Stagmiller Zoom Tank Silent Patterns: a teaching technique P.T. Barnum

#### THURSDAY

Making Toilet Soap Joan Smith Mid-castern Dance Megan Bradley Personalized Back rub Beaz Youth Camp Songs and Leading Marianne Bu Bois Hatha Yoga and Meditation Swami Wattsanda

#### FRIDAY

American Folk Songs Marianne French Endurance Dance Gwen Main Styling in Folk Dancing Roy Main Skits Florence Corn husk dolls Lèila SATIN WIGGLE WALKERS

Jean Baringer





HEAD-- 1-4" Ray Glo Ball '
NECK-- 4-2'z" Ray Glo Balls
BODY-- 1-5" Ray Glo Balls
FEET-- 2-2'z" Ray Glo Balls '
LEGS-- 1 yd. of 1" Conso poms Decor (18 in each leg.)
FUR-- 2-4x12" pieces, colors optional
Monofilament fishing line--4 yds. (20 lb. weight)
Wood rings-- 2-1 3/4" inside diameter
Corsage pins-- 5
White Glue-- make sure it's a thick craft glue
1 yd. Net or Lacelon for girl
1'z yd. #3 or #5 ribbon-- hat and neck for girl
1 bunch small flowers for girl
Hat for boy
Felt for beak
1 chenille stem



## Satin Wiggle Walkers continued

Eyes-- may be made from oblong jewels, buttons, moveable eyes, or any other. Eyelashes Rouge to color cheeks Pins-- long dressmaker pins (#24) 1-- 3/8" x 36" dowel stick 8" length #18 wire 1 screw 1 nut 4 brads (small nails)

If Ray Glo Balls are not available, wet wrap Swistraw around Snow Foam balls.

First: READ ALL INSTRUCTIONS THOROUGHLY. Then, prepare all materials for easy assembly. Remove chenille stems from Ray Glo Balls with pliers and spray with hair spray to keep balls from "fuzzing". Cut dowel stick into two pieces--1-12 inches; 1-14 inches. Drill holes in dowel--5 inches from end of 14" piece and in center of 12" piece. (See photo #1). Join with a screw and nut. Pound small nails halfway into each end of dowels.

1. FEET AND LEGS. Glue a 2½" Ray Glo ball to each wood ring, spreading white glue thickly on the inside contour of the ring. Next, spread glue on knit backing of the 2x3" piece of fur, and place over top of ball. Pin all corners. Spread fut at top of ball and squeeze a blob of glue on fur. Pin the legs (18" of poms) to feet. Take a corsage pin and push halfway into foot. Tie a 48" length of monofilament line to pin. Put some glue on pin and push firmly into foot. Repeat process for other foot and leg.

2. BODY. Hold 5" ball so holes in ball are vertical (a hole at top and bottom). Exactly helfway between holes in ball, pin and glue legs to sides of ball. Make sure that the feet are facing the same way with monofilament line to front.

Take a 4x9" fur and glue corners to underneath side, so end of tail will taper to a point. For correct placement of fur on body, measure 3" from hole in front of body. Mark with a pin. Starting at square end of fur, spread glue over knit backing of a 4" square. Place fur over top of body (behind pin). Pin corners and sides of fur.

Now, set legs and body to one side to dry before handling further. Let dry about 1 hour. In the meantime, start working on head and neck.

3. NECK. Glue the 1x7" lengths of fur around each of the  $2^{\frac{1}{2}"}$  balls for neck. Glue fur exactly halfway between holes in balls. As you wrap fur around balls, stretch fur so ends will meet. Pin to hold.

4. FACE AND HAIR. Cut the four pieces of felt for mouth. Cut chenille stem half. Use half of stem for top and half for bottom of mouth. Bend each piece of stem in half so it forms a "vee". Glue stems to top and bottom of mouth, sandwiching stem between layers of felt (see pattern). Satin Wiggle Walkers continued

Holding ball with large hole at top, place mouth exactly halfway between holes in ball. Bottom of mouth should be put on first, then top. Spread glue on inside edge of mouth and chenille stems. Then push ends of stem firmly into ball. Glue eyes into place. Wait until puppet is finished before gluing long eyelashes in place.

Place the 4x5" piece of fur for hair over head diagonally, so the corners are from front to back and from ear to ear. (See diagram for fur). Mark the spot on fur where it covers the hole in the ball. Punch a hole through fur with a pencil. Glue fur to head.

5. ASSEMBLING PUPPET. With pliers, bend and crimp one end of #18 wire so it has a closed loop similar to the head of a bobby pin. (See photo #1).

Measure 3 yds. of monofilament and tie to loop of wire. Do not cut this line at any point during assembly. Starting at top of head, thread wire through ball and pull line until 1 yd. remains at top of head. Stop and secure line to top of head by wrapping line twice around a corsage pin. Put a dab of glue on pin and push firmly into head. This will keep line from slipping and give added strength. Now, continue stringing neck and body onto remainder of line.

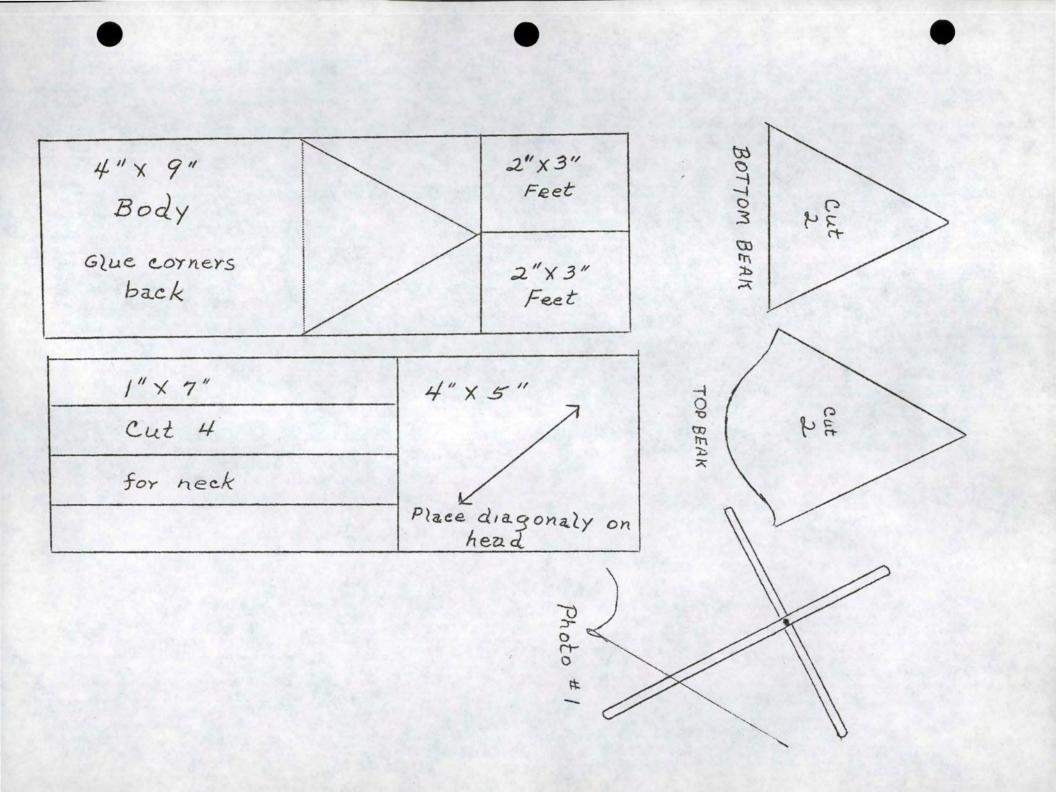
Make sure tail is to rear. Pull lines as tight as possible and secure to end of body (next to hole under tail) with another corsage pin dipped in glue.

Punch a hole in fur just beyond where fur is glued to ball. (See photo #2) Thread line through fur and secure again on top of fur with corsage pin and glue. Attach the line from each leg to nails and side of horizontal bar. Legs should be attached with no slack--approximately 39-40 inches. Repeat same procedure for head and tail. Just make sure head is higher than tail.

If you are going to put a hat on puppet, be sure to thread line through a hole in hat before attaching to dowel. After tying each line securely, put a drop of glue on each nail and finish pounding nails into dowels.

Comb fur and spray to hold in place. Girl puppets--gather net or lacelon around line at top of head; add some flowers and sprinkle with some glitter. Rouge cheeks and glue on eyelashes.

Conso poms Decor--Registered trademark of Conso Products Co. Swistraw--Registered trademark of Artis, Inc.



## RIBBON FISH MOBILES by Jean Baringer

NEED:

Ribbon - self-stick is best, but any kind will work Glue - like Elmers, Tacky, etc. Sequins - small or medium size, or moving eyes

Scissors, needle, thread, wire or twigs for mobile, ruler or tape measure.

The length of the ribbon depends on the width.

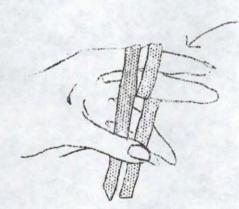
Wide ribbon can be split in two pieces.

width ->	7/8"	3/4"	5/8"	1/2"	3/8"	3/8'-	14:	14"	less than 144"	
* Long	23	118-20"	1.5 "	13"	12"	10"	812"	8"	71/2"	
\$ Short	6"	5-6"	4"	4"	32-4"	3"	3"	3"	3-2"	

## FOR EACH FISH.

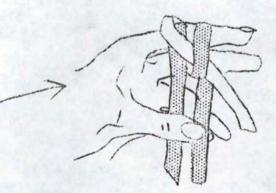
Out 2 long pieces for the body. Out 2 short pieces for the tail.

If fish is one color cut all ribbons one color. For 2 tone fish cut 1 long and 1 short piece of each color.

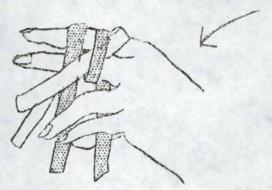


1. Take one length of ribbon and wrap it around fingers twice-from front to back. Spread loops apart and hold tight.

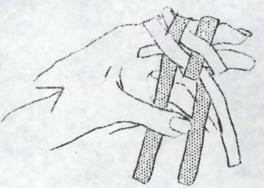
2. Take other ribbon and weave it under the first loop, over the back, around to the back-



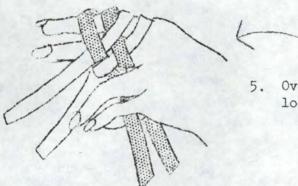
# Ribbon Fish Mobile continued



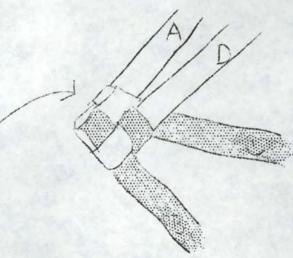
3. Under loop and over the first end. Bring it around under middle finger to the front. This is the "bottom" loop.



4. Continue weaving "top" loop over first, under the second loop to the back-

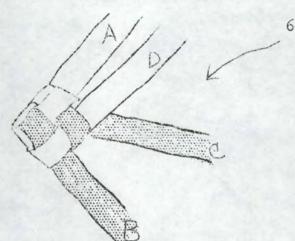


5. Over the loop and under the first loop.



6. Carefully, remove fingers and pull loops to tighten.

Ribbon Fish Mobile continued



D

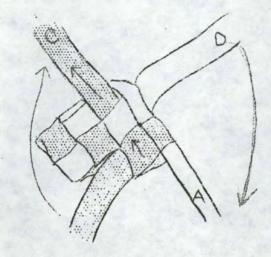
6. (repeat) Pull loops to tighten. Mark tips of ribbons as shown.

R

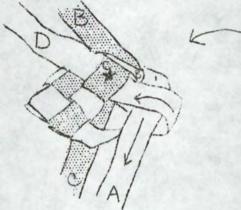
7. Fold A over D and C Bring B under C and A

8. and back over A and C.

9. Fold C over B under D and out. Pull ends to tighten. Flip fish over- top to bottom.

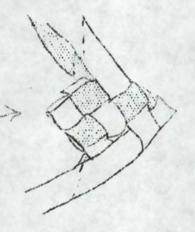


Ribbon Fish Mobile continued



11. Clip ends of fins. Tighten
 fish all over. )

10. Bring (fold) A over D. Fold D over A and through C. (See.\* as C) down under B



12. Cut 2 strips of ribbon. Insert and fasten in tail folds. "Shred" to within '4" of fish. Add eyes.

Insert thread to back and attach to others for a mobile of your own design.

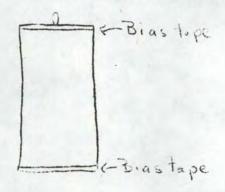
#### KOHAT

## BY JEAN BARINGER

## RECYCLABLE ITEMS + BOTTLE CUTTING

- 1. Recyclable bottles can be cut and used for many things.. such as vases, drinking glasses, wind chimes, terrariams, candy dishes, and many other things.. This is on another page in detaid.
- 2. Window shades

Raid the stores that sell window shades, ask clerk if it is ok if you take the cut off ends that are in the barrels. These are cut in various lengths and you can cut these in various lengths too, depending on the size of poster you want. These can be used for mini posters. Paint the shade with acrilic paints (tempera, water colors and some felt markers rub off easily) and or MarksA Lot felt markers. Use remnants of bias tape to sew on the top and bottom of the poster, attaching a loop for a hook.

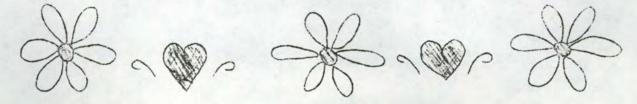


tape bias DOD of bias ndowstate

Some sayings you might use are:

- \* If you see someone without a smile give them one of yours.
- \* Bloom where you are planted.
- \* When life gives you lemons, make lemonade.
- \* A journer of 1000 miles must begin with a single step.
- \* People are lonely because they build walls instead of bridges.
- \* Nothing would be done at all if a man waited till he could do it so well that no one could find fault with it.
- \* Today is the tomorrow you worried about yesterday.
- \* To love someone is to give them room enough to grow.

These can be decorated with appropriate designs, flowers, etc.



# Recycling ideas from Jean Baringer

# Ge Happy Son (5)

# 1. Windowshade posters ...

CUT WINDOWSHADE TO DESIRED SIZE FOR POSTER. USE PERMANENT FELT MARKERS OR ACRYLIC PAINTS TO ADD SAYINGS AND DESIGNS. SEW BIAS TAPE ON TOP AND BOTTOM OF POSTER. WHEN SEWING TOP TAPE ADD A LOOP IN BACK FOR HANGING UP.

# 2. Knitting needle holders ...

POTATO CHIP CANS AND LIDS, COVERED WITH CONTACT PAPER, HOLES PUNCH-ED IN LID AND ON 2 SIDES OF CAN. USE CORD OR YARN AS HANDLES TIED IN HOLES IN SIDE. ROLLED CORREGATED PAPER IN BOTTOM (1" WIDE) HOLDS DOUBLE POINT NEEDLES AND CORCHET HOOKS IN THE CAN.

# Plaster plaques...

3. 1 ITG /四 1976

PLASTER OF PARIS, MOLDS, BOWL SPOON, CAN TABS, SANDPAPER, MOD PODGE AND BRUSH, WRAPPING PAPER, RIBBON.

> MIX PLASTER, POUR INTO MOLDS OR SAND, ADD HANGERS IF DESIRED, ALLOW TO DRY, SAND ROUGH SPOTS, BRUSH ON ONE COAT MOD PODGE, ADD WRAPPING PAPER DESIGN, ANOTHER COAT OF MOD PODGE. WHEN DRY, GLUE ON RIBBON.

## 4. Dough Art pictures or jewelry

SALT, WATER, FLOUR, BOWL, FORK, PAN, CUTTERS, OVEN, PAINTS AND BRUSHES, GLUE, FOAM MEAT TRAYS OR BOARDS, WIRE, RIBBON.



MIX DOUGH (4 c. FLOUR, 1 c. SALT, ABOUT 1<sup>1</sup>/<sub>2</sub>c. WATER) IN BOWL, KNEAD ABOUT L) MIN., SHAPE INTO DESIRED OBJECT (FLAT FIGURES) USING CUTTERS AND OBJECTS TO MAKE DESIGNS, ADD HOLES OR WIRE FOR JEWELRY, PLACE ON PAN AND BAKE AT 325<sup>o</sup> - 350<sup>o</sup> F. FOR 1 HOUR OR MORE (DEPENDING ON THICKNESS), PAINT OR LEAVE PLAIN AND GLUE ON BACKGROUND OR PUT ON RIBBON, ETC. FOR JEWELRY.

## 5. Christmas card place mats...

CUT OUT DESIRED SAYINGS AND PICTURES FROM CARDS, TRIM AROUND EDGES TO DESIRED SHAPE. LIGHTLY GLUE THESE ON CONSTRUCTION PAPER. COVER BOTH SIDES OF MAT WITH CLEAR CONTACT PAPER. TRIM RAGGED EDGES SO THEY ARE EVEN.

## 6. Plastic blocks ...

CUT BLEACH BOTTLES SIDES INTO ANY SIZE SQUARES DESIRED. YOU'LL NEED 2 BOTTLES FOR EACH BLOCK OF SIX SQUARES. ROUND OFF CORNERS. USING STRONG CORD OR YEAR SEW SQUARES TOGETHER, LEAVING ONE FLAP OPEN TO ADD THICK FOAM FOR CUSHION EFFECT AND SEW AROUND LAST THREE SIDES. USE PERMANENT FELT MARKERS TO ADD DESIGNS, NUMBERS AND WORDS.

## 7. Bulletin Board ...

FABRIC BOLT ENDS. GLUE BURLAP OR ANY OTHER DESIRED FABRIC TO BOLT ADD CORD, ROPE, ETC. FOR HANGING. (PIN, CLUE AND/OR STAPLE) ADD MY OTHER DESIGN TO ENHANCE BOARD.

## 8. Covered boxrs for standing or booster seats or building ...

ANY SIZE "CASE OF CANS" BOXES CAN BE USED. (SHE USED BABY FORMULA CANS) TAPE ENDS. COVER WITH CONTACT PAPER OF DESIRED DESIGN. CHILDREN MAY DRAW ON THEM WITH CRAYONS TO MAKE CARS, TRAINS, USE FOR STOOL IN BATHROOM, USE FOR BUILDING BLOCKS.

# 9. Hobby Horse ...

USING BROOM HANDLES AND PLASTIC DETERGENT BOTTLES WITH RICKRACK, SEAM AND BIAS TAPE TRIMS. SEE DIRECTIONS ELSEWHERE.

## 10. Ribbon Fish ...

USING NEW OR USED RIBBON TO MAKE FISH, HANG FROM STRING OR THREAD FROM PLASTIC CAN LIDS, TWIGS OR WIRE RODS. DIRECTIONS ELSEWHERE.

This is just a start. Other ideas would be making mobiles of many kinds, rock people and animals, bottle cap animals, bottle cutting, sagebrush jewelry, Ojo's or Eye of God yarn or thread hangings.

Add more ideas here for your specific purposes. Have any more ideas for recyclable items? Think! Be creative. Go forth and lead. Teach a craft.

Many of the techniques of applying theatrical makeup also apply to regular street makeup for women.

The techniques for eyes especially liners and shadows are very helpful in making eyes stand out.

Peoples faces can be almost completely changed so that they become their characters rather than themselves.



BASIC WHITE FACE

The basic white face is the foundation used to create such makeup as clown, horror, fantasy, and stylized illusions. The original formula, as used by circus clowns, was a mixture of powdered zinc oxide and vegetable shortening. There ingredients were thouroughly mixed into an opaque paste and applied as maleup. The more nostalgic student may want to experiment with this traditional formula. 1.5

If a makeup color than white is needed -red, blue, ect. - apply the pure grease color as purchased; or, for a pastel effect, mix lining color into white grease with a spatula and continue with the application and techniques as outlined.

MATERIALS:

White powder or talcum powder Powder puff Makeup spong, rubber

White maleup base (clown white) Soft gray drafting pencil Lining colors (grease) or nontoxic water soluble paint (water color or poster paint) Assorted brushes

#### APPLICATION:

1. For fair complexions, apply white grease maleup with the fingers, since the warmth from the hands aids in spreading it evenly. If the neck and ears are exposed, be sure to cover them with the base makeup. It should not be applied too thickly, and the coverage schould be just sufficient to keep any skon tone from showing through. It is important to note, however, that people with brown complexions require a light under-base makeup, dominantly yellow, to block out the natural skin tone. This should be applied sparingly and powdered; then the basic white face is stippled over this foundation.

2. With the makeup sponge, continue to stipple over the applied white base to achieve a smooth finish. If a shaded sffect in the character is desired, blend the kining or grease color into the applied white grease before powdering.

3. powder makeup sufficiently to absorb all the oil, making sure to brush off excess powder; this creates a dry surface which is receptive to painted on color and pastel shading.

Color application:

If you are proficient at freehand drawing, sketch the outline of the pattern lightly on the face with a soft gray pencil before applying any color. With the assorted brushes, apply the chosen color, grease or water soluble.

## INSTRUCTIONS FOR KITE BUILDING

No Experience Necessary

Stay Flexible

## ---Chuck James

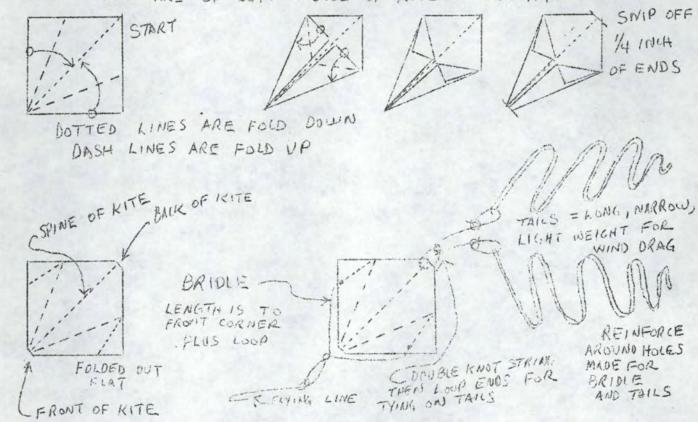
Build or fly a variety of kites to get experience OR start from scratch, learning with your group. Source books are handy from a library or book store; some samples are:

Kites by Wyatt Brummit, Golden Press \$1.25 25 Kites that Fly by Leslie L. Hunt, Dover Publications \$1.25 Kite Folio by Timothy Burkhart, Double Elephant \$5.00

Directions for making a simple paper kite (from <u>Kites</u>), nicknamed by some THE DANCER.

Obtain a square any size from 4 to 81/2 inches

ALL VIEWS ARE OF BOTTOM SIDE OF KITE IN FLIGHT.



NOTE: If the paper is too limber to hold straight along the fold lines in flight, reinforce the fold lines with 3/8 to 1/2 inch wide strips of adhesive tape or else glued down, heavier paper.

I'm anxious to share both flying and instructing experiences.

#### PIONEER CORN HUSK DOLLS

I "reckin you're down right anxous" to start making cornhusk dolls and let me assure you it is an easy thing to do! and let me assure you it is an easy thing to do. Don't worry if your projects don't come out like "Store bought goods", because a slightly crude or rustic appearance is really what you want to capture when making cornhusk dolls, their set -tings and accessories. Each doll has a unique personality-don't try to make each look like the other.

Since you will be working mostly with cornhusks and raffia, you will find that you can do " most anything" with them (the secret is working with them when they are soft and wet)-shape, roll, sew, glue, braid,weave dye, paint, even curl them- and when dry, the 'husks stay the way you fashioned them! For hair on your dolls, you can use sisal, combed jute, strands of shredded husks, cornsilk, ribbons, straw, ect., which can be combed, curled, braided, and sewed into a myraid of different hairdos.

#### 1.SUPPLIES NEEDED:

Cornhusks - Available in hobby shops or in grocery stores in areas where there are people who do a lot of Mexican cooking. (Tamales) Rafia

Illus#1

Pipe cleaners or wire, 18 gage stem wire, FRS 122 and 26 gage tie wire Materials for hair,

Tacky Glue

Needles, large and small, and thread Scissors

Large pans for soaking husks

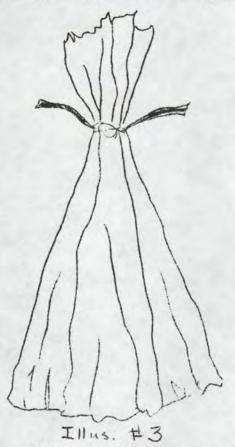
2.SOAKING CORNHUSKS: If the husks are not too dry or brittle, you can soak them in a pan of lukewarm water for just a few minutes (3 or 4) to make them soft enough to work with; however, if husks are really dry, I suggest you add 3tsp. of Hazel's Velvet Gel Glycerine SS 311 to ½ gal lon of water and soak in this solution for 3 to 4 minutes. Work done with cornhusks is done while they are wet and flexible-this includes cutting, shaping, rolling, curling, ect., so place your pan of soaking cornhusks "right close". When the husks are dry, they will retain their shape.

3. DYEING CORNHUSKS: If you desire colored cornhusks for your doll making, place dye (Hazel's Batik Dye B 100) in a pan of cool water. Submerge the husks to be colored completely in the dye solution so they will color evenly without any light spots. For maximum color, allow husks to soak overnight. For very faint hues, soak two to three hours or until husks attain the color you want. To "quick color" your corn -husks dolls in lively hues to highlight your decor, you may use an acrylic brush-on or spray paints in a matte or satin finish. 4.CONSTRUCTION: (ARMS) Start your doll by making the arms. cut about 1/2 inch off a pipe cleaner and a piece of cornhusk about 1/1" longer than the pipe cleaner and 11/2 inches wide. Roll husks tightly around the pipe cleaner and tie each end about 1/2" from end with raffia. This forms "hands". Do not soak the raffia-it is very tough when dry but weakens when it is soaked in water. Cut raffia tie short. (Illus. 1) ( Blouse Sleeves) Cut 2 or 4 pieces of wet husk about 4 inches long by 4 inches wide. Choose inner husks that are a little thinner for the sleeves. Use the smoother side ( inside) of the husk as the outside of the dolls. attach one or two pieces of cut husk on each end of

CORNHUSK DOLLS (Cont) -2-

pipe cleaner, gathering the husks around the end of the pipe cleaner and extending away from the center (overlap where sides come together) and tie over the previous tie. Now-under water-turn the husks pieces back toward the center of the pipe cleaner, slightly overlapping so sleeve will be closed. Tie in center. You can "Pouf" the sleeve toward each other. Repeat this procedure on the other end of the pipe cleaner for other sleeve. (See Illus. #2) Male version of a sleeve is very simple to make. Cut two cornhusks 3" long by 4" wide at the widest point. Wrap the narrow portion of the sleeve around the center of the covered pipe cleaner. Cut bottom of sleeve even with hands or if you like the hands to show, cut bottom of sleeve even with tie at wrist. Repeat this procedure on other end of pipe cleaner for other sleeve.

Body and Head Choose 4 wide, large husks ( $6^{11}$  to  $8^{11}$  wide) and 2 narr= over husks ( $4^{11}$  to  $5^{11}$  wide) or the equivalent in narrower widths that will form the head, body and skirt of the doll. Place 2 of the wide pieces with smooth side facing you and gather together about 2" from the top. Gather second 2 wide pieces and place on top of the first two, smooth side down. Keep in mind that part of one of the inner wide pieces will make the head and that the two inner pieces will be the outside of the finished doll so choose the nicest pieces for this. Now add one or two narrower pieces (gathered) on each side to fill out the skirt, smooth side towards inside. Tie very tightly - this tie will be the top of the head. The husks will shrink somewhat as they dry. (Illus. #3)



Under water, roll the top 2 inches into a ball for the head. Add more pieces of huskif needed or cut out some if too large. Now turn all of the pieces over the ball, smooth one side for the face and tie tightly(knot in back) around the neck. Add the arms piece between the bodice pieces tight against the neck having two large husks in back and the rest in front(add some pieces inside for a bust if needed) and tie at the waist with a wide piece of raffia making a pretty bow in back or front as desired. Arrange the husks before you tie so you can spread the shirt. After spreading the shirt, insert a crumples piece of paper toweling to hold the skirt out as it dries. You may want to tie a piece of raffia around the bottom of the skirt to hold it in place. An apron may b be added by tucking it under the waistline tie.

Illus #2.

Sunbonnet - Fold a piece 5" by about 3" long back about 1/2 inch along 5" side. Add hair and with a needle threaded with raffia, sew through the head from ear to ear, fold back of bonnet down and tie over it to hold in place.

Shape arms the way you would like them to be. You may add a broom, basket, etc. Let your immagination run wild! There are many variations in making dolls - this is just one way. The bibliography shows others.



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Nature Crafts A Needlework & Crafts Special Book by editors of McCall"s Needlework & Crafts (pp. 12-22).

Decorating Craft Ideas Made Easy (Magazine), May 1975, Volume 5 - No. 7, (pp. 28 - 30).

The Workbasket and Home Arts Magazine, May 1975, Volume 40-No. 8 (pp. 10 to 13).

Have fun!

## TOILET SOAP

by Joan Smith

6 lbs. grease
1 can Babbitt lye
1 qt. boiling water
1ttbs. sugar
2tbs. powdered borax
1 tbs. amonia
2 tbs. oil of Sassafras
1 tbs. glycering
1 tbs. rose water

003 0 000

Melt grease and strain through cheese cloth. Dissolve lye in the boiling water, and let lye and grease cool. Mix together and add other ingredients. Stir for about 10 minutes. or until thich and creamy. Pour into pans or boxes and when cool, cut into desired size bars. Let stand 2 days before removing from the container and let dry at least a week berfor using.

Vegetable coloring may be added before pouring if desired. This makes a fine toilet soap.

WHITE SOAP

1 can lye dissolved in 1½ quarts cold water 1 cup borax ½ cup amonia ½ cup herosene (optional) 5 lbs. clean fat

Cool fat to luke warm. Add borax and ammonia to Lyc mixture, then pour cooled fat and lyc mixture together. Stir well and pour into mold.

#### REMOVING INK

Ink spots in white or frost colo material can be removed by placing in sweet milk while the spot is still damp. Let stand several hours then wash with warm soapy water.

## REMOVING PAINT

Hot vinegar will take paint spots off glass and hardened paint brushes. It will soften readily if you place them in hot vinegar and then wash them in warm water and suds. CHAT RECORDS

The Mayflower group initiated a list of Chatcolab Records to be kept up to date each year if possible.

Anything that qualifies as a bonafide record is acceptable for listing as long as it was witnessed by an impartial party. Herein is the records that were reported to me this year:

Longest trip during camp. (Colony of 7)

2,037 person miles 226 person miles/hr.

Marianne DuBois Betty Mickelson Ethyl Fox Stew White John Beasley Pam Bush Gene Bryant

> Most pieces of desert after a full meal: Stew White--10 pieces

Most times swinging nametag around head without hands: Bill Robinson--96 times

Fastest Cleanup of dishes after a meal: Patty Barnum, Brain Salyer, Dick Headrick, Hobart--25 min. 50 sec.

Most limps: Betty Schuld--Approx. 3,574,391

Longest Handstand (feet above head) Doug Rowe--25 sec.

Most baked potatoes at one sitting Beaz Beasley--8.125

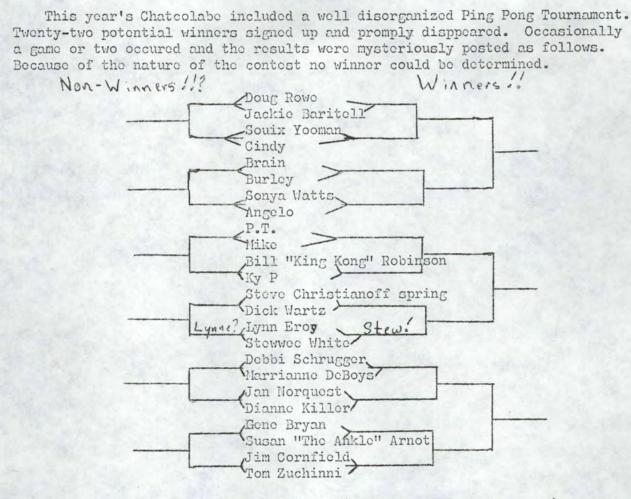
Most Ringers in a row in horseshoes Jim Beasley--3 ringers

Longest E HUG (standing) 1 hr. 26 min--Pam Bush, Dick Headrick

Long steps (flag pole to rec. hall Tank Pyfer, Susan Arnott, Cindy Newman--35 steps

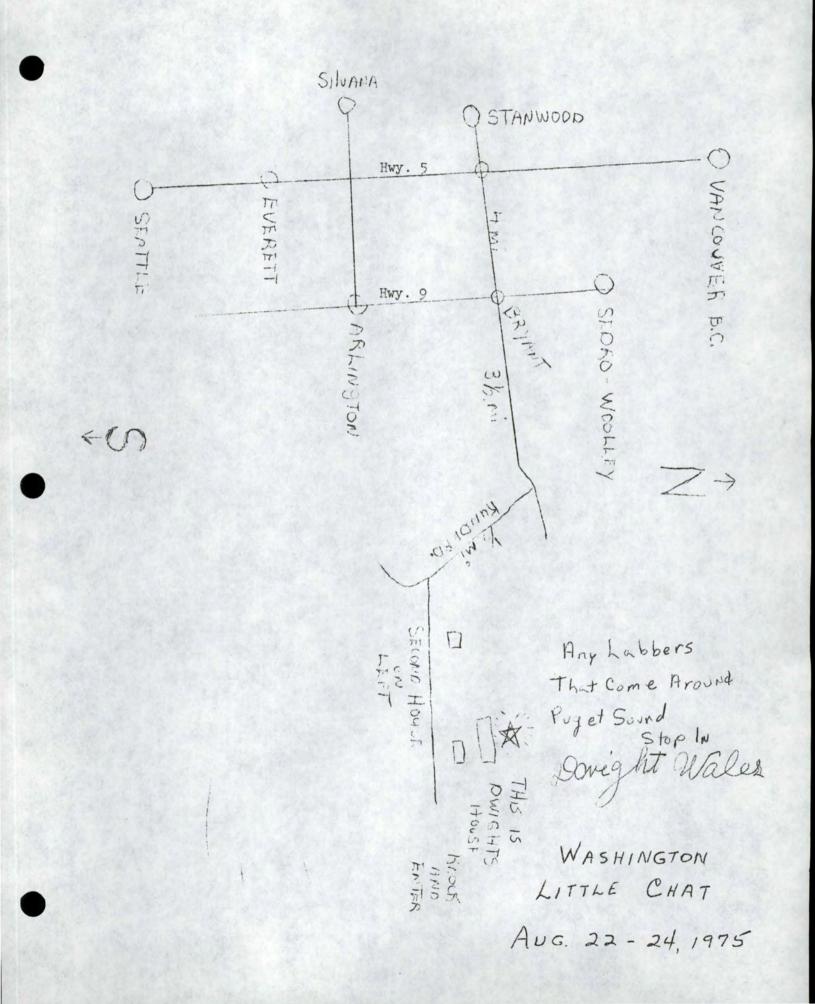
Most Kool Aid guzzles in 30 sec. Dick Headrick--10 juice glasses

## PING PONG TOURNAMENT



Your Humble, Loveable, on-the-scene; (read that, on - the- take) decided that the semifinal matches would be played by mail. Next time I'll limit the tournament to the 1st two entrants to sign up.

Doug Rowe



SEAR Je Stear Je of She liffle Chat ( Washington) 1976 Little Chat 8 She When 20 July 2324/25 And the in the vicinity (area) Those two in Dan & Cougar Resevoir DOODLAND dams are EXST of of of (around 11 - 28. And the etc. to for the formation of the second of the sec WATCH FOR THE Aviel Congar, Aviel Congar, Lake Lake River Merwin Woodland River -This is ALSO Too far? WEJE J-E-5) +Columbia River (It's wet) Wrong Way & Portland, OREGON South to ??? (when you hit Salem, turn AROUND ??)



Poetry

## THE TYPOGRA@PHICAL ERROR

The typographical error is a slippery thing and sly You can hunt until you're dizzy but somehow it gets by.

> Till it's run through the duplicator it's strange how still it keeps It shrinks down in a corner and never stirs or peeps.

> > The typographical error too sma]] for human eyes Till the ink is on the paper when it's grown to mountain size.

The editor stares in shock; she grabs her head in terror She'd read the copy o'er and o'er and never saw the error.

> The remainder of the issue may be clean as clean can be But that typographical error is the only thing you see....

> > A NOTE FROM .. THE EDITOR:

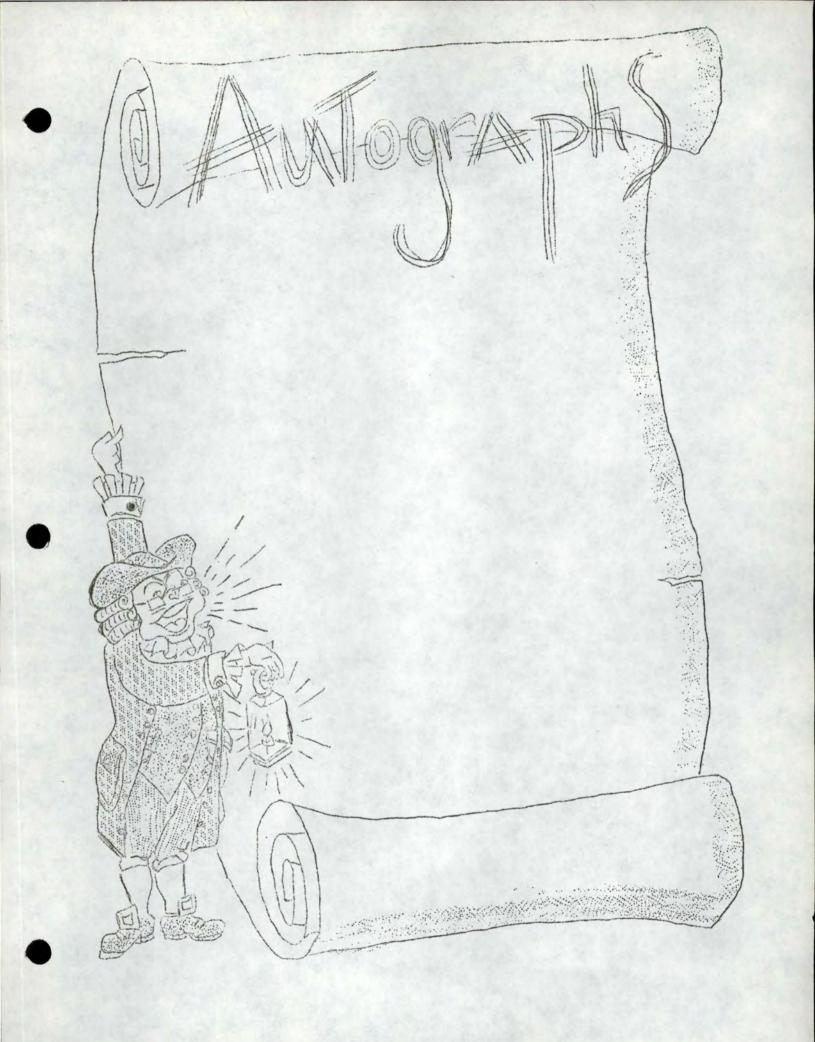
If you find mistakes in this publication, please consider that they are there for a purpose - - - -This notebook publishes something for everyone, and some people are always looking for mistakes.....

\*\*\* SPECIAL THANKS\*\*\*

To ALL who helped the Notebook Room Elves keep WARMED

with hot tea and loving ENCOURAGEMENT !!

"BLESS YOU ALL" Jerry Jypist Clanence Stephens J Jun B Maurelen



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