

*Leila*

# CHATCOLAB



**LEADERSHIP  
CAMP, 1978**



1948 ~ 1978

CELEBRATING 30 YEARS  
of

SHARING

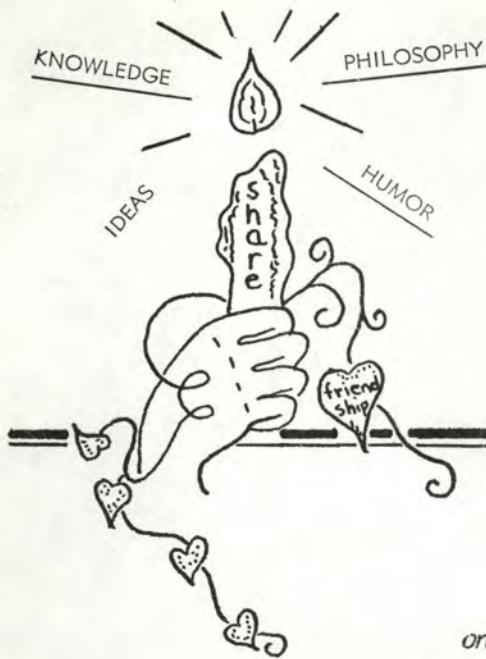
EXPERIENCING  
TEACHING  
DEVELOPING  
PLANNING  
LEADING  
LEARNING  
PLAYING  
SMILING  
PARTICIPATING



CARING  
UNDERSTANDING  
CREATING  
LISTENING  
LOVING  
GROWING  
DANCING  
SINGING  
COMMUNICATING

*Dwight Wales*  
**TAKE TIME TO  
REACH OUT**





THE  
SPIRIT  
OF

NORTHWEST LEADERSHIP LABORATORY

CHATCOLAB

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

These Western Leaders agreed that:

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

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

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

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

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

Now you are a part of Chatcolab.

This is notebook number 30

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



# CHATCLAB LEADERSHIP LABORATORY PHILOSOPHY

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

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

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

MAJOR EMPHASIS IS PLACED ON JOY IN FELLOWSHIP.

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

AS A RESULT OF LAB EXPERIENCE individuals recognize opportunities  
for good living.....

BY SHARING ONE'S SELF FREELY!



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(Number your pages and fill in the blanks)



Here at Chat we are real people in an  
artificial world.  
At home we are artificial people in a  
real world.

1978 Committee  
May 14-21, 1978

Chairman	Marianne DuBois	1978
Vice-Chairman	Stewart White	1978
Secretary	Lonnie Eve	1979
Treasurer	Betty Schuld	1979
Asst. Treasurer	John Beasley	1979
	Bruce Elm	1980
	Roy Main	1980
	Dick Schwartz	1978
	Burl Winchester	1980
Alternates: 1st	Elaine Hustad	
2nd	Pat Davis	
3rd	Dr. LaRele Stephens (Doc Rock)	
Honorary Members	Vernon Burlison	
	Don Clayton	
	Marge Grier	
	Leila Steckelberg	
	Dwight Wales	

1979 Committee  
May 13-20, 1979

Chairman	Roy Main	1980
Vice-Chairman	John Beasley	1979
Secretary	Lonnie Eve	1979
Treasurer	Betty Schuld	1979
Asst. Treasurer	Florence Wells	1981
	Zilda Carlson	1981
	Bruce Elm	1980
	Ed Gerdes	1981
	Burl Winchester	1980
Alternates: 1st	Sally Heard	
2nd	Chuck James	
3rd	Nancy Eusterman	
4th	June Puntillo	
Honorary Members	Vernon Burlison	
	Don Clayton	
	Marge Grier	
	Leila Steckelberg	
	Dwight Wales	



## 1978 RESOURCE PEOPLE

Discussions-----	Burl Winchester
Activities & Ceremony Planning-----	Leila Steckelberg
Singing & Song Leading-----	Marianne DuBois
	Don Clayton
Dance-----	Roy Main
Games-----	Dale LeFevre
	Bruce Elm
Table Fun, Skits-----	Betty Schuld
Tea Time-----	Joan Smith
Fish Fry, Chat College-----	John Beasley
	Stew White
Saturday Activities-----	Elaine Rovetto
	Angelo Rovetto
Crafts-----	Jean Baringer
	Laurel Mulder

## Notebook

Editor-----	Terry Spence
Mimeograph Operator-----	Clarence Stephens
Facilitator-----	Leila Steckelberg
Typists-----	Debby Lovel
	Patty Eusterman
	Terri Heard
	Lonnie Eve
	Mark Patterson
	Mary Pancich
	Stew White
	Roberta Babcock
	Betty Schuld
	June Pantillo
	Marianne DuBois
	Dee Jaspers
	Laurel Mulder

Illustrators-----	Etta Marie James
Joe Matteo	Laurel Mulder
Nancy Eusterman	Kathy Wilson
Stew White	Meg Bradley
Mary Pancich	Jean Baringer
Marianne DuBois	Roberta Babcock
Terri Heard	Mark Patterson
Beaz Beasley	Kay Eve
Al Pantillo	Kelly Smith

Kitchen Facilitator-----Joan Smith

Cooks-----Genie Townsend  
Ethyl Fox  
Virginia Wilson

K.P.'s (HOBART'S Helpers)-----Pat Davis  
Janice Schuld



7  
'78 all lab meeting - called to order by Marianne DuBois at 9:40 A. M.

Election of officers was held

The nominating committee is Dick Schwartz, Ste White and Jackie Baritell.

Retiring board members are Marianne Dubois, Dick Schwartz, and Stew White. Other board members are John Beasley, Bruce Elm, Burl Windhester, Roy Maine, Betty Schuld, Lonnie Eve. Pat Davis is the alternate.

Nominations are: Zilda Carlson - Idaho  
Sally Heard - Montana  
Chuck James - Washington  
Florence Wells - Washington  
Ed Gerdes - Oregon  
June Puntillo - Oregon

Nominations from the floor: Nancy Eusterman  
Nominations closed.

Nominees will be informed before lunch. Lab will be informed during the evening ceremony.

Chat chat - is a newsletter that comes out 4 times a year, July, October, January, and April. Betty and Marianne are the editors. So if there is anything to put in, it should be sent to Betty Schuld or Miriam Beasley. Be sure to notify of change of address.

Chatcolab is "pregnant" with a new one on the way. It will take about 12 months to form a Chat in California. Marianne DuBois, Roy Main, and Jackie Baritell are forming it.

Wishing well status - Board directors did not think it would add to their program so it was tabled until another location can be found.

1

Meeting was adjourned at 10:05 A. M.

Respectfully submitted,

Lonnie Eve



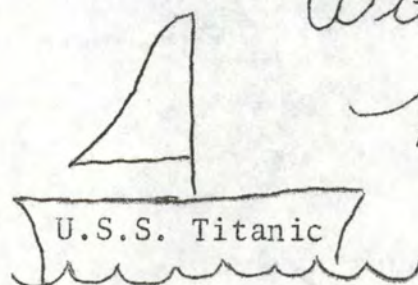
# Notes from your Chairman

Writing this has probably been one of my toughest duties as Chairman of the Board. The reason is, I don't need a special space and time to air my views--my beautiful Chat family has given me a chance to grow and learn, and express myself through group and one-to-one experiences. And, the beauty of this is that the growing, learning and expression belongs to each and every-one of us.

This lab was a success, in my opinion. Everyone must realize that it was not my hard work, or that of the board; Let's remember this as "The Year When Everyone Pitched In". We all did our part and took the time to reach out, to form the whole we all call Chat 1978. The biggest job is ahead of us, in continuing to reach and learn and grow as whobodies and individuals.

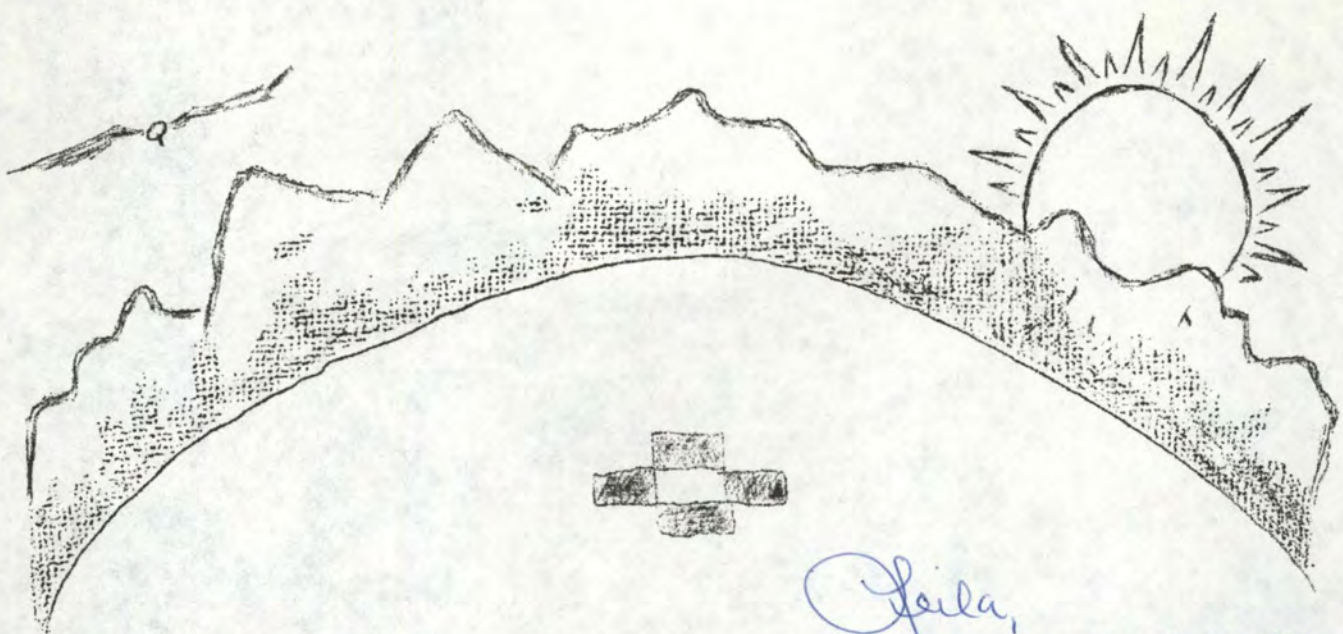
may our circle  
ever widen  
With Love,

Marianne



REMEMBER: We're ALL  
in this TOGETHER





May you be strengthened  
by yesterday's rain  
Walk straight in  
tomorrow's wind ....

Deila,  
I am so thankful  
for our friendship <sup>and</sup>  
beautiful way the  
notebook runs without  
50-50 give & take  
relationship.  
May we have many  
beautiful years ahead  
of us. Love  
Derry

And cherish each moment  
of the sun today ....



The nicest joys in friendship  
have all come true in you!  
Love & Peace  
Derry

Thank-You for sharing  
this moment ....



30



years

of

# Letting Go

and

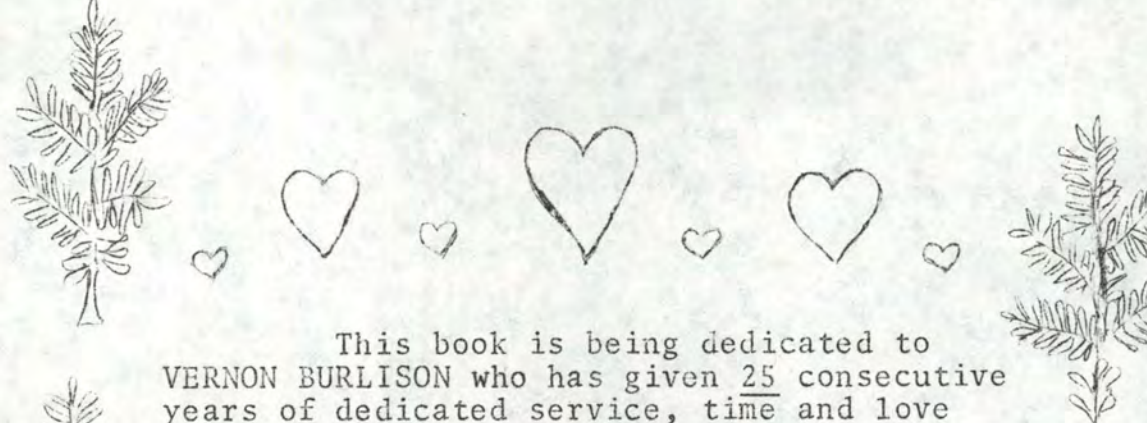
# Letting Grow

at

Chatcolab

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This book is being dedicated to  
VERNON BURLISON who has given 25 consecutive  
years of dedicated service, time and love  
to perpetuate the spirit of Chatcolab.

Vern's strong beliefs in Chatcolab  
philosophy has been contagious and spread  
to many labbers. His hard work, cooperation  
and concern has been the catalyst which has  
held lab together for so long.

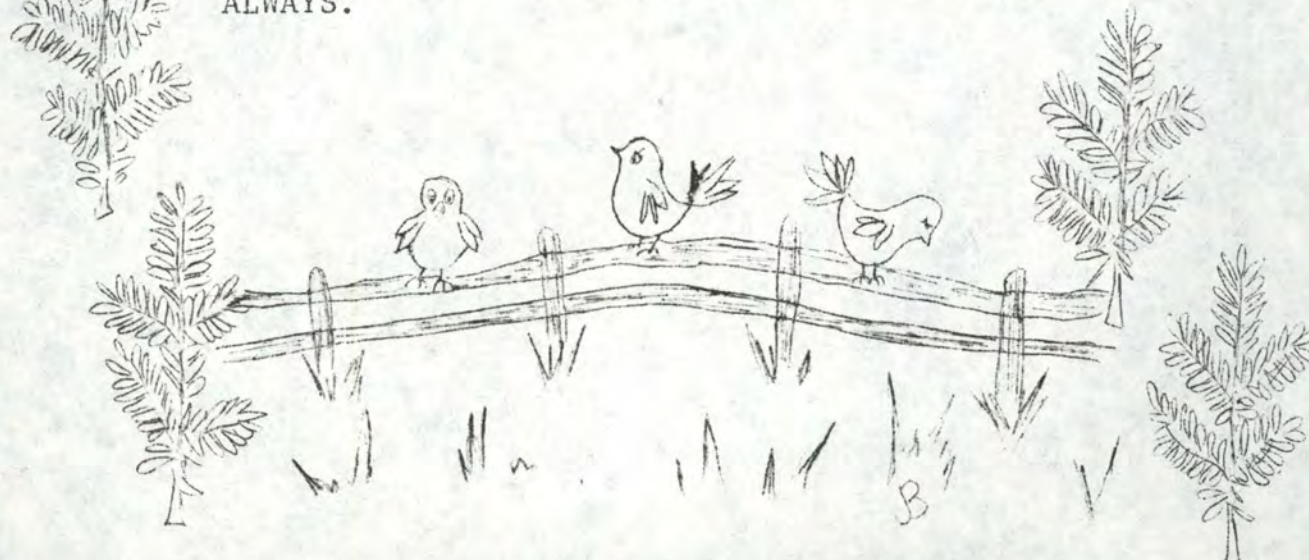
In the past 25 there have been  
numerous changes. Vernon's efforts made  
possible the incorporation of Chatcolab  
in 1969-70. He also helped the lab  
smooth out the rough edges in the transition  
periods of structured to a non-structured  
program.

Much of his work has gone on un-  
noticed by many labbers because it has been  
the legal aspects, essential background, and  
organizational work.

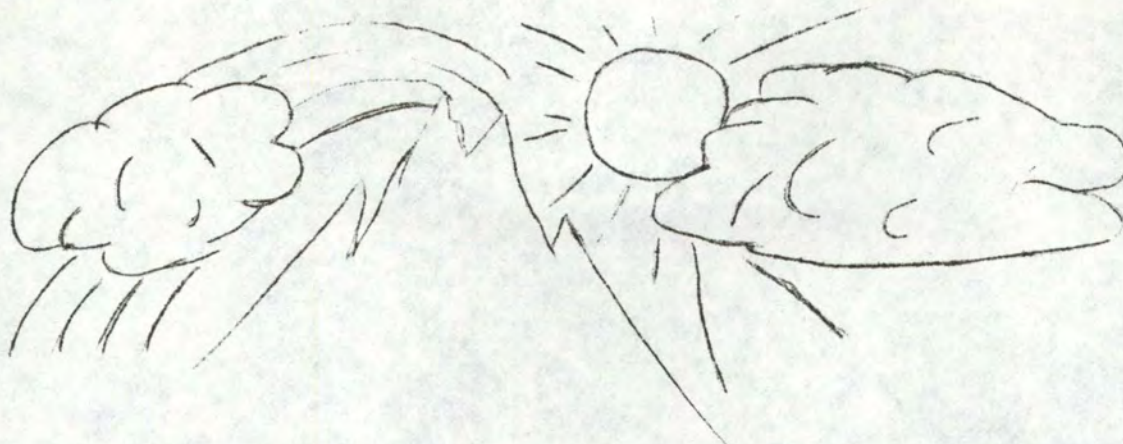
WE noticed this work!!!

THANKS Vern!

Our hearts and arms are open to you in LOVE  
ALWAYS.







IN MEMORY OF  
"WENDY MAURER"

CHAT

I do not understand what I am feeling now,  
 It is so confusing to me.  
 This place, the people and their love,  
 Are given to me, free.  
 I feel the warmth of sharing and of peace.  
 I see a cool blue sea.  
 This place, the people and their love,  
 Are given to me, free.

by--Wendy 1977

- MAY YOU HAVE -  
 by Wendy

Enough happiness to keep you  
     sweet -  
 Enough trials to keep you  
     strong -  
 Enough sorrow to keep you  
     human -  
 Enough hope to keep you  
     happy -  
 Enough failure to keep you  
     humble -  
 Enough success to keep you  
     eager -  
 Enough friends to give you  
     comfort -  
 Enough wealth to meet your  
     needs -  
 Enough enthusiasm to look  
     forward -  
 Enough faith to banish  
     depression -  
 Enough determination to make  
     each day better than      yesterday -



## INTRODUCTION:

We would like to dedicate these few pages of many, to a dear friend and labber, Wendy Maurer. Wendy came to Chat in 1977 from Eden, Montana. Those of us who attended last year were fortunate enough to have had the opportunity to share a week of "A Very Special Lady's Life".

Wendy experienced a great part of growing on her family's Ranch South of Great Falls. Here, she became closely knit with nature, family and her friends, who became an important part of her life. All these are factors that frequently showed through her shining personality. Wendy, who had always been a seeker and lover of life, forespoke the possibility of her death to many of her close friends.

On September 3, 1977, Wendy was in an auto accident in which she received serious injuries. After being in a coma for nine days Wendy died, at the age of 17, on September 12, 1977.

Her body now lies in eternal peace on top of "Old Baldy" on her home ranch, where she had requested.





PERSONAL STATEMENTS

Wendy,

Now I know why you loved it here at Chat so very much. It reminds me of you; beautiful and loving. You are always so full of happiness and you bring it to many others, too.

I've known you for 16 years and they were the most fulfilling years in my life. You are the best friend and sister anyone could ever have and I love you very much. We grew up on ranches only 3 miles apart and spent alot of time together talking, laughing and crying. Even in times of silence, our hearts were speaking to each other.

We have such a special relationship and there is always a big place in my heart for you. When you left me, Wendy, you took a part of me, but I feel and know that you are still here with me; watching over me and making sure everything is okay. And, when we talk, you always tell me if I'm going in the right track.

Wendy--what I really want to say--again--is thank you for being my friend, now and forever.

I love you,  
Lisa

Wendy

To me she is a very warm, sensitive girl with an insatiable thirst for life and all that it may have to offer. Beneath her generally happy-go-lucky exterior she had her problems, but seemed to be extremely aware of exactly what they were, even when she was unable to deal effectively with them, she understood.

I left Chat last year with a deep respect for a very fine young lady, and I will carry that with me always. This has been one of the most difficult things I have ever done!

Love, Peace and Joy,  
Beaz

Wendy

A lovely lady, a special lady,  
A woman most profound,  
A loving person, A caring person,  
Whose heart I had once found.  
A Special Lady to her friends  
Whose smile their hearts could touch,  
A bubbling, loving zest for life  
That engulfed her ways so much.

A way to reach you in the dark  
A cool refreshing attitude  
Belief in you, belief in me  
Love enough to help us be.

May God Care For You Always,  
Stew



When I came back to Chat this year I was afraid that my little ray of sunshine would not be attending. Of course, I was wrong for Wendy is here with us all. We love the things Wendy loved, we care about people the way Wendy cared and we share with people the way Wendy shared.

Dear God, I know you are there at Chat with my little Ray of Sunshine and I want to thank you for that, for always standing beside me and for making the sunshine again. You have Blessed us.

Wendy, you are a very special lady and you know how much I love you. Because of you I see beauty, I see hurt, I see life. I still hear your thoughts and still see your loves. Most of all Little Wendy I still see you in beauty.

I Love You  
Nancy E.

I find it hard to think of something to say about Wendy, she came into my life for such a short time. But, during that time she brought that quality of friendship that let me know she was a person who was a true friend.

She truly lived with the "CHAT" spirit, with a smile for anyone willing to accept it, and a kind word for anyone perhaps not ready to accept the "CHAT" way of living.

Although her death came to me as a shock, I don't think that I grieved much, Wendy was the kind of person who always seemed to live life to it's fullest, and she encouraged others to do the same. I don't think we would have wanted grief for those she left here on this side.

I am at a loss for words. To Wendy I would like to say; I, or rather, we loved you, and we love you still. I know that it is not good-by but only good night.

In peaceful joy  
now and forever

Pat

We're all so happy. She's so contented--  
in oh so many ways.  
Her words will stay with us in cherished ways  
So love will find its path in its special way.

When I wrote this verse for Wendy  
it gave me so much peace in my heart  
for her. I cherish the week I spent with  
her at Chat in '77 and all her love and friendship  
was more than enough to last me a lifetime.  
Wendy was truly a special lady. I love you, Wendy.

Terri



My Dearest Wendy:

Thank you Wendy for the Beautiful Visit.

I was so glad to hear that you are happy,  
and busy teaching the young children there.

I think I forgot to tell you that my  
two grandson's were thrilled to meet you.  
They both said that you are the best teacher they  
have. They Love you.

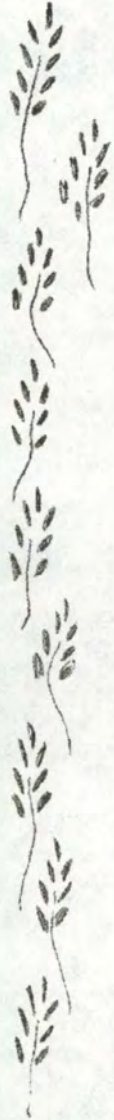
Wendy, I want to thank you for all that  
you have done for me.

Most of all your beautiful young Love,  
friendship and trust.

Always remember how much I love you.

Until our next visit, all my Love

Your Friend,  
Jim

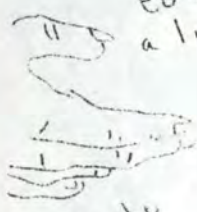


For those of you who didn't have the opportunity  
to meet Wendy, look for her within those of us  
who did. She left each of us with a unique  
part of herself. The love, hope and faith  
she has given me enriches my life and helps  
me find the true beauty in myself and everyone  
I meet. I feel Wendy here at Chat and in the  
heart of every person. She will be here and  
with us everywhere forever.

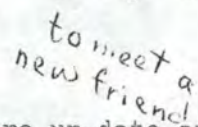
Jennie Jordan



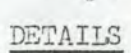
# TAKE TIME TO REACH OUT



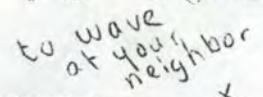
to grab  
a lifeline



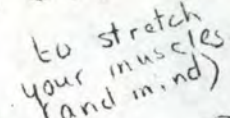
to meet a  
new friend



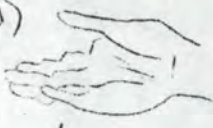
DETAILS



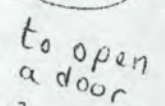
to wave  
at your  
neighbor



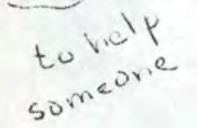
to stretch  
your muscles  
(and mind)




to love



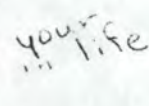
to open  
a door




to help  
someone



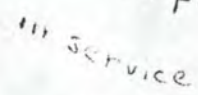
to feel your  
way



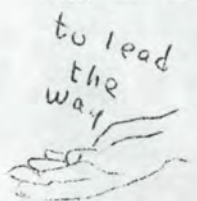
in life



in prayer



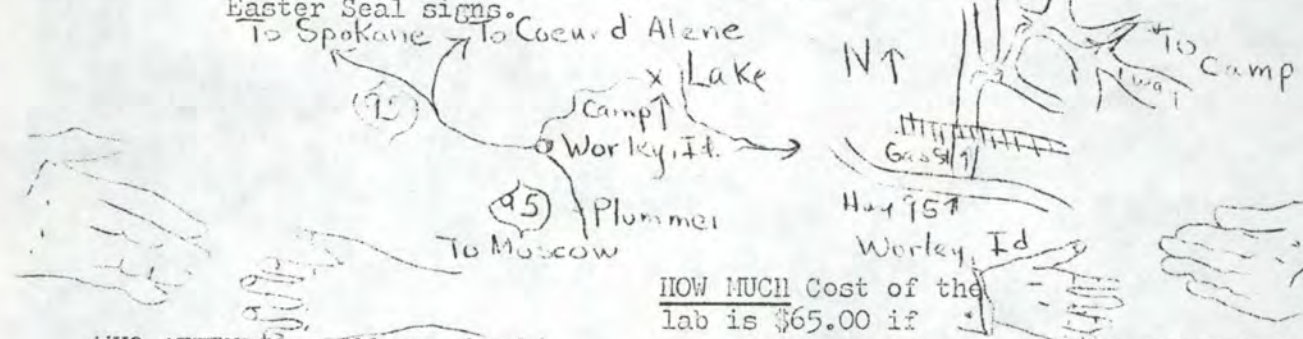
in service



to lead  
the  
way

Brochure up-date and registration for Chatcolab, 1978  
WHAT & WHEN: Chat '78 theme is "Take Time to Reach Out,"  
May 14-21, 1978. Lab opens with registration at 2:00 Sunday,  
May 14; closes Sun. morning, May 21. **ONLY BOARD MEMBERS**  
**SHOULD PLAN TO ARRIVE BEFORE LAB OPENS.** For those whose travel  
arrangements necessitate riding with Board members arriving  
early, please apply ahead of time for meals and room at  
\$8.00 a day. This is necessary for cooks' plans,  
insurance, etc. You will be required to work with the "get  
ready" crew and KP. All others must arrange for room and  
board elsewhere until camp opens..

WHERE: Chat is held at Easter Seal Camp - 7 miles NE of Worley,  
Idaho on Coeur d'Alene Lake. See diagrams. Just follow Camp  
Easter Seal signs.



WHO ATTENDS: Labbers should  
plan to attend the entire session.  
"Drop-ins" disrupt camp program.  
Persons 15-18 years of age must  
submit with their pre-registrat-  
tion card prior to acceptance,  
two letters of recommendation -  
1 from a parent, 1 from a non-  
relative. **ANYONE UNDER 18 WHO**  
**ARRIVES WITHOUT RECOMMENDATION**  
**LETTERS WILL BE SENT HOME.** no  
one under 15 years of age will be  
allowed in the camp area or at  
activities during the week.

HOW MUCH Cost of the  
lab is \$65.00 if  
you register before  
April 15. A late fee  
of \$5 will be added  
thereafter. Fee  
covers all necessary  
lab expenses, 1 copy  
of the notebook and  
1 copy of the group  
picture. Bring extra  
\$ for any extra note-  
books (\$4.50), pic-  
tures, T-shirts, re-  
source files, crafts,  
etc.

SPECIAL RESOURCES: Will  
by Don Clayton from  
Chicago, Il. who will  
share the leadership  
of discussions with  
Burl Winchester of  
Bozeman, Mt. Roy Main  
will lead the dancing  
portion of lab. All  
labbers who attend  
are special resources  
and have lots to offer  
the group, also.

MISC. Plan to bring 3 rocks from your area. These will be used to  
build a wishing well on the site, to be constructed during Chat, 1978.

Due to unpredictable postal service, if you do not get confirmation  
within three weeks after sending in registration, contact CHATCOLAB,  
c/o Betty Schuld, 5603 SE Aldercrest Road, Milwaukie, OR 97222.

SEE YOU THERE!!



## HISTORY OF RECREATION LABORATORIES

The recreation laboratory idea was born in the early thirties at Waldenwoods, Michigan. A meeting had been scheduled for recreation leaders, and all arrived except the people to conduct the meeting. A snow storm prevented their arrival. The group decided to carry on that meeting by exchanging their own 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 usefulness 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 are Camp Idhuhapi at Loretta, Minnesota, 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 Nebraska, North and South Dakota and Montana. Twenty seven interested people donated a dollar, and with this \$27 a committee planned the first lab to be in October 1946, at Box Elder Camp in the Black Hills near Nemo, South Dakota. They decided on a fall lab, usually the end of September, since Northland was held in the spring.

The Black Hills Lab drew its registrants from an ever 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 nucleus from the east who 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.

At the Black Hills Rec Leaders' Laboratory in 1948, some of the "out westerns" got to saying, "Wouldn't it be great to have a camp like this further west?" It was at this time that Don Clayton was moving to Moscow, Idaho, from Havre, Montana. There were a few from southern Idaho who had attended Black Hill's 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 during Christmas vacation (over really icy and snow packed roads) 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. Ongoing authority by an old timer, the best weather in May was always the second week--May 11-18, 1949, was the target date. This meeting was followed by lots of letters, phone calls, and news releases inviting and urging recreation leaders to participate.

This camp was built as a C.C.C. camp in the 1930's. During WW II, 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 Oreille.

The first lab, May 11-18, 1949, was a great success with 38 people attending in full spirit and form. Financially it was solvent, morally it was clean, and physically it was capable of growth and sustained life. Chatcolab was held in the same location-Heyburn State Park on Lake Chatcolet--from 1949 through 1975. The name Chatcolab was derived from the name of the lake and the fact that this is 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. More than a three-year period finally culminated in starting the Redwood Lab.

In May, 1956, the topmost section of the Chatcolab Candle, which represented sharing 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 Recreation 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 (who made the Redwood Candle at that first lab) 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,



declaring the facilities unfit and closed the facilities unless they could be brought up to regulated health standards. This was almost an impossibility for the aging facilities to be updated.

Vern Burlison and Leila Steckelberg were instrumental in finding a new location, deciding on Easter Seal Camp at Worley, Idaho, not far from Heyburn. There was much nostalgia carry-over and yearning for Indian Cliffs, the colorful dining hall, the glorious trees, the daily train, the many memories there, but we found a new home, because Chatcolab is not just a place, more importantly - people! The wishing well at Heyburn was purchased at the dispersal auction and will someday be rebuilt as a remembrance of our "youthful years." Easter Seal Camp (WSU) has satisfied our needs and now feels like home.

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, through of lasting value, shall be considered secondary to the foregoing.

Thus, these basic objections were formulated 25 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 lead which brought 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 necessity. Leaders have been chosen very often, not as true experts in their fields, but rather as guides to help other leaders on the way.

At the Great Lakes Recreation Leaders Laboratory held May 5-10, 1978 at Camp Pinewood on Echo Lake (15 miles east of Muskegon, Michigan) the "true" story of the birth of recreation labs was made known. This story follows:

The many fine Rec Labs now being held all over the United States received their inspiration and beginning years ago in Chicago.



Lynn Rohrbaugh, Owen Gree, Chester Dower and Chester Graham (all ministerial students) decided that the National Recreation Association was not meeting the needs of the churches and other non-professional groups. So they organized the first Educational Recreation Institute held in Chicago in June, 1926-27. It was moved to Wheeling, W. Va. in 1928-29, Lake Geneva, Wisconsin and then to Waldenwoods (near Howell, Michigan) from 1931 through 1934.

As the group grew larger and people became eager to share the inspiration, training and fellowship with people in their own localities, it was decided to discontinue the meeting in Waldenwoods and give people an opportunity to start new labs.

The Michigan group met for two years at the Folk School in Grant, Michigan. After that the Michigan area did not have a Lab until Arden Peterson, Marian Hermance, Bernice LaFreniers, Gould Pinney, Ray Lamb and Jim Halm went out to the Black Hills Recreation Lab in 1951 and came back with such great enthusiasm that a Great Lakes Recreation Leaders Lab was started at Twin Lakes in 1952.

The "myth" of the snow storm is still preferred by labbers because it is symbolic of the philosophy of Chatcolab. When put in such situations (a "leader" does not arrive) we should be prepared to take over and not be dependant on someone else. Through Chatcolab experiences, we strive to be able to become dependant upon ourselves.

#### NORTHWEST RECREATION CAMP

Camp Chatcolet

Plummer, Idaho

May 11 - 18, 1949

#### 1948 Committee - served in 1949

Don Clayton, Moscow, Idaho	Chm.
Emil K. Eliason, Havre, Montana	Treas.
Louise K. Richardson, Corvallis, Montana	Sec.
Ruth Radir, Pullman, Wash.	
A. L. Richardson, Corvallis, Mt.	
Dan Warren, Moscow, Idaho	
George Gustafson, Bozeman, Mont.	
Evelyn Sainsbury, Great Falls, Mont.	
Esther Teskerud, Corvallis, Ore..	

#### 1949 Committee - served 1950 camp

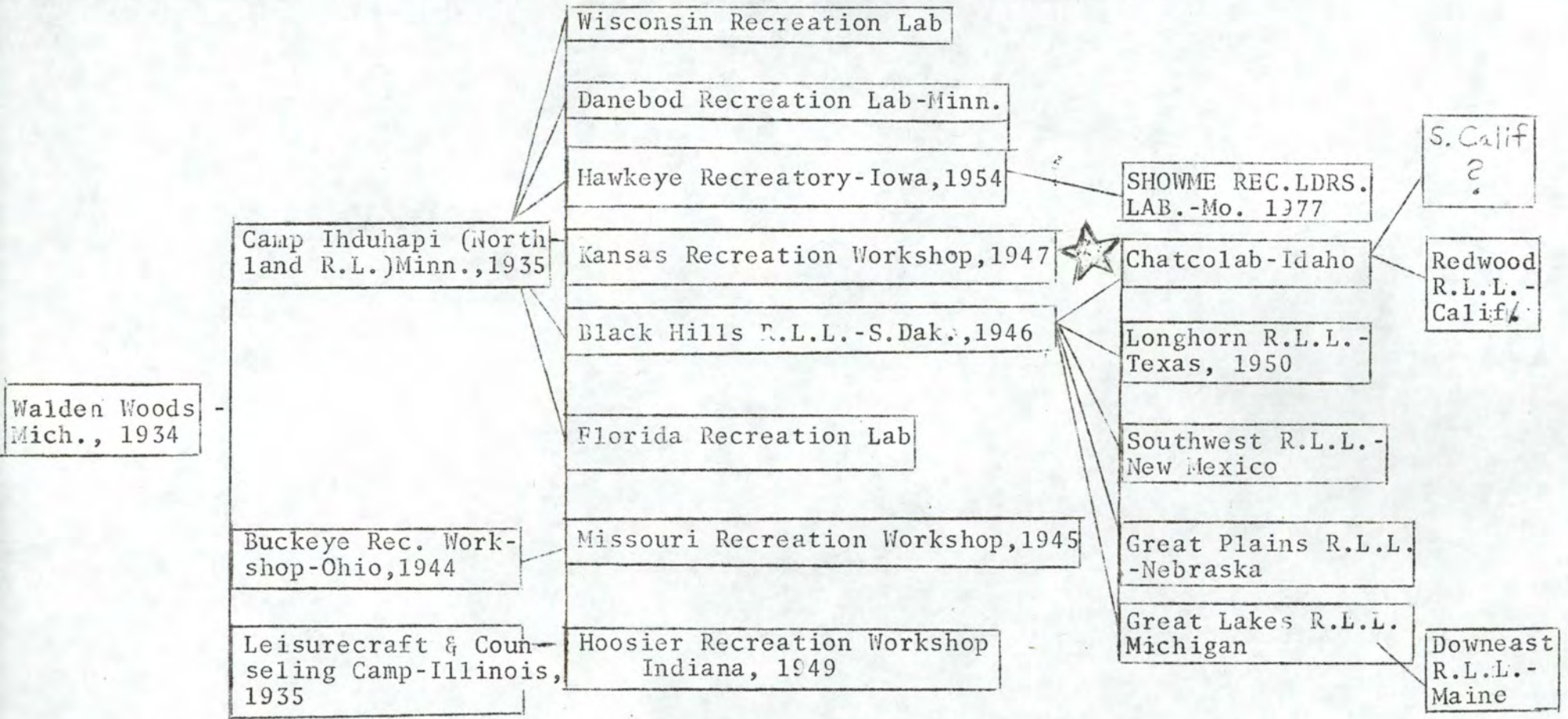
#### Term Expires

Don Clayton, Chm.	1952
Dan Warren, V. Chm.	1952
Geo. Gustafson, Treas.	1951
Louise K. Richardson, Sec.	1951
Jim Huntley, Olympia, Wash.	1952
Evelyn Sainsbury, Salem, Or.	1951
Lillian Timmer, Moccasin, Mont.	1950
John Stottsenberg, Nez Perce, Id.	1950
Elizabeth Bush, Okanagan, Wash.	1950

(Chatcolab history re-written and updated during the 1978 lab by Leila Steckelberg and Jean Baringer, with the help of those who could "remember when.")



# GENEOLOGY CHART OF NON-PROFIT RECREATION LABORATORIES



Not Determined - Eastern Cooperative Recreation School - New York  
 John C. Campbell Folk School - North Carolina  
 Kentucky Recreation Workshop



## SOME OTHER REC LABS

GREAT LAKES RECREATION LEADERS  
LAB -- April  
Mary Lou Reichard  
1694 Progress St.  
Lincoln Park, Michigan 48146

NORTHLAND REC. LAB -- April  
Room 508  
122 West Franklin  
Minneapolis, Minnesota  
55404

REDWOOD RECREATION LABORATORY--  
March  
Box 814  
Twain Harte, California 95383

HOOSIER RECREATION WORKSHOP  
--May  
Gordon Jones, Exec. Secr.  
State 4-H Office  
Agr. Adm. Bldg.  
Purdue University  
Lafayette, Indiana 47907

KANSAS RECREATION WORKSHOP -- April  
S. M. Dell  
1123 E. Euclid  
McPherson, Kansas 67460

HAWKEYE RECREATORY -- March  
Harriet Goslin  
Rt. 1  
Ames, Iowa 50010

BUCKEYE RECREATION WORKSHOP -- April  
Dorothy Mengert, Secretary  
122 Cumberland Ave.  
Arlington, Ohio 45814

SHOWME RECREATION LEADERS  
LABORATORY -- March  
Allan Smith  
205 Whitten Hall  
University of Missouri  
Columbia, Missouri 65201

GREAT PLAINS CRAFTS & RECREATION  
LEADERS' LAB -- April  
Mrs. Delmar Attebery  
1906 West 3  
North Platte, Nebraska 69101

BLACK HILLS REC LEADERS'  
LAB  
c/o Ruth Moe  
205 Corthell Road  
Laramie, Wyoming 82070

LONGHORN RECREATION LABORATORY --  
Mar.-Apr.  
Donna Brasher  
P.O. Box 11  
Grand Prairie, Texas 75050

LEISURECRAFT & COUNSELING CAMP  
April  
Mrs. Naomi N. Baker  
Rural Rt. 1, Box 70  
West York, Illinois 62478

*1978 Black Hills  
Lab will be  
September 23-30  
in the Black Hills-  
location to be  
announced.*



## HISTORY OF CAMP EASTER SEAL

In 1950 Mr. Bryan Hankins, Executive Director and Vera McCord of the Washington Society for Crippled Children and Adults, told Al Smick, Extension Specialist in Community Organization at the State College of Washington that the society was willing to provide funds for a camp or teacher's institute for the benefit of handicapped children in the summer of 1950.

A sub-committee called the Working Committee was established. Members were Gordon McCloskey, Delmar Oviatt, Roger Larson, and Ruth Radir, all members of the State College of Washington. Roger Larson was elected as the first Camp Director. His major responsibilities included finding a campsite, employing all personnel and making all other arrangements in the physical make-up of the camp. Ruth Radir of the Extension Service was program director.

Up to this time camps for the handicapped were limited to children with the same type of handicap. The committee decided that this camp would include both those who were handicapped and those who were not. Non-handicapped children were limited to one for every four who were handicapped. Handicapped children had to be orthopedic cases who were ambulatory and mentally acceptable in the public school. The handicapped came from all over the state of Washington, the non-handicapped from Pullman, Washington. The camp became a reality on July 16, 1950 with 39 children and 12 counselors. It was called Camp Manitowish meaning "Wish of the Great Spirit," and it was located at Point McDonald on Coeur d'Alene Lake.

The owners of the campsite, The Episcopal Church, served notice that they would rent the camp to the Society for the last time in the summer of 1955. An advertisement appeared in the Sunday Spokesman Review for the sale of property along the lake. The property appeared to be a good site for a camp but if earnest money were not put down immediately, the chance of buying the site would be lost. Four men, Golden Romney, Roger Larson, Victor Dauer, and Glen Galligan, put down the earnest money and then had the task of persuading the Board of Regents of Washington State University that the school should purchase the site. Even with a site, the Camp looked doubtful since there were no available facilities for campers or counselors. Within a year \$29,000.00 had been collected; a kitchen, an infirmary, and a cottage for boys donated; and various equipment acquired. In 1956 a total of 162 campers roughed it with the help of 22 counselors. Tents were used to house, feed and provide recreation.

That first year would always be called the "Miracle of Cottonwood Bay" but the new camp was given the name of Camp Easter Seal by the camp committee.

A cabin especially designed for the wheelchair camper was completed in 1961. Known as the Kiwanis Hall, it was the first winterized sleeping cabin at the camp. In October of 1969, a caretaker was hired by the College.



Always popular with the campers were the waterfront activities - swimming, boating, and fishing. Canoes, rowboats, and floatboats offered a variety of boating possibilities. In the early years campers would hike to nearby areas. With the extensive development of the area, places to hike became harder to find. The floatboats provided the answer. It allowed an overnight camp out with lessons on tent pitching, wood gathering and cooking on an open fire.

Games at the camp included archery, riflery, volleyball, softball, tetherball, ping-pong, checkers, chess, cards, or reading.

In 1968 a day camp for adult handicapped persons was held. This resulted in 1969 of a regular camping session for adults only. In 1970 a special session for mentally retarded children was started. The facility was worth over \$200,00.00 in 1970. Around 360 campers with 60 counselors use the camp in the summer. In addition the camp site is rented to outside groups, mainly churches.







# V.S.P.

(VERY SPECIAL PEOPLE)

2012012012

## ADDRESS WHILE LAB IN SESSION:

CHATCOLAB

Camp Easter Seal

General Delivery

Worley, ID 83876

## CARETAKERS:

Chester & Dorothy Baird & Bob Pierce

Camp Easter Seal

Worley, ID 83876

(208) 689-3220

NEXT YEAR'S LAB - MAY 13-20, 1979

1 Babcock, Roberta  
552 Eagle Mill Road  
Ashland, OR 97520  
(503) 482-9104  
BD: 2-27

2 Baringer, Jean  
Box 1489  
Conrad, MT 59425  
(406) 278-7716  
BD: 7-5

3 Baritell, Jackie  
1050 Scotts Lane  
Walnut Creek, CA 94596  
(415) 935-5245  
BD: 8-27

4 Beasley, Chris  
6231 22nd N.E.  
Seattle, WA 98115  
(206) 523-1876  
BD: 12-11

5 Beasley, James R.  
14515 S. Clackamas River Drive  
Oregon City, OR 97045  
(503) 656-5027  
BD: 2-13

6 Beasley, John D.  
14515 S. Clackamas River Drive  
Oregon City, OR 97045  
(503) 656-5027  
BD: 1-4

7 Beasley, Robert (Beaz)  
6231 22nd N.E.  
Seattle, WA 98115  
(206) 523-1876  
BD: 2-21

8 Bradley, Brad  
401 E. Mercer #31  
Seattle, WA 98102  
(206) 329-0227  
BD: 3-4

9 Bradley, Meg  
Box 77  
Petersburg, AK 99833  
BD: 10-12

10 Carlson, Mel R.  
2512 Redway Road  
Boise, ID 83704  
(208) 375-1077  
BD: 9-19

11 Carlson, Zilda U.  
2512 Redway Road  
Boise, ID 83704  
(208) 375-1077  
BD: 10-12

12 Clayton, Don  
359 Oakwood Street  
Park Forest, IL 60466  
(312) 747-2249  
BD: 5-19

912 Berlin St.  
Hauapapa, Wisconsin 54981  
715-258-7015



- 33 James, Charles (Chuck)  
4165 158th Avenue SE  
Bellevue, WA 98006  
(206) 747-0907  
BD: 11-9
- 34 James, Etta Marie  
4165 158th Avenue SE  
Bellevue, WA 98006  
(206) 747-0907  
BD: 4-30
- 35 Jaspers, Dee  
Rt. 1, Box 32  
Fort Shaw, MT 59443  
(406) 467-2484  
BD: 11-16
- 36 Jordan, Jennifer (*my secret pal*)  
Rt. 3, Box 156  
Bozeman, MT 59715  
(406) 586-6456  
BD: 1-15
- 37 Keller, Dianne  
3502 E. Evans Creek Road  
Rogue River, OR 97537  
(503) 582-3543  
BD: 2-11
- 38 King, John (*had me as his secret pal*)  
42281 Shipley Road  
Sandy, OR 97055  
(503) 668-7603  
BD: 8-30
- 39 LeFevre, Dale N.  
158 Yukon Street  
San Francisco, CA 94114  
(415) 864-1711  
BD: 8-4
- 40 Lovel, Debby  
Rt. 1, Box 145  
Troy, ID 83871  
(208) 835-4192  
BD: 9-1
- 41 McCartney, Les  
2412 8th Ave. S  
Great Falls, MT 59405  
(406) 453-8089  
BD: 7-5
- 42 MacRae, Diana  
1000 Walker Ave.  
Oakland, CA 94610
- 43 Main, R. R. (Roy)  
660 W. Main Road  
ElCentro, CA 92243  
(714) 352-3446  
BD: 8-17
- 44 Martin, James N.  
7502 E. Evans Creek Road  
Rogue River, OR 97537  
(503) 582-3610  
BD: 5-21
- 45 Matteo, Joe, Jr.  
10055 Oak Hill Road  
Independence, OR 97351  
(503) 838-1186  
BD: 10-28
- 46 Matteo, Joseph F., Sr.  
10055 Oak Hill Road  
Independence, OR 97351  
(503) 838-1186  
BD: 2-10
- 47 Moore, Mary Jane  
9058 W. Evans Creek Road  
Rogue River, OR 97537  
(503) 582-3897 BD: 8-31
- 48 Mulder, Laurel A. *Mrs. Calvin A. Hallbaum*  
406 Riverview Ave. *5605 Englewood Hill Place*  
Selah, WA 98942 *Yakima 98901*  
(509) 697-7940  
BD: 9-5
- 49 Murphy, Kymn  
Wolf Creek, MT 59648  
(406) 235-4386  
BD: 6-15
- 50 Noffsinger, Dannie (Danette)  
9050 South 150 West  
Sandy, UT 84070  
(801) 255-5177  
BD: 2-23
- 51 Pancich, Mary Michael  
1822 1st Ave. S  
Great Falls, MT 59401  
(406) 452-3245  
BD: 3-3



- 52 Patterson, Mark D.  
1356 Peyton Place  
Ketchikan, AK 99901  
( ) 225-3435  
Permanent address:  
3541 Yorkshire Road  
Pasadena, CA 91107  
(213) 681-8654  
BD: 12-24
- 53 Pfau, Wendy Lynn  
819 South Third Ave.  
Bozeman, MT 59715  
(406) 587-2887  
BD: 9-12
- 54 Puntillo, June  
5838 SE Lexington  
Portland, OR 97206  
(503) 771-1695  
BD: 1-2
- 55 Puntillo, Al  
5838 SE Lexington  
Portland, OR 97206  
(503) 771-1695  
BD: 12-12
- 56 Riback, Shelly May  
760 Toliver Road  
Molalla, OR 97038  
(503) 829-9342  
BD: 6-13
- 57 Rovetto, Angelo  
250 Butterfield Road  
Yakima, WA 98901  
(509) 453-2339  
BD: 1-21
- 58 Rovetto, Elaine  
2504 Butterfield Road  
Yakima, WA 98901  
(509) 453-2339  
BD: 11-10
- 59 Rovetto, Mark  
2504 Butterfield Road  
Yakima, WA 98901  
(509) 453-2339  
BD: 1-16
- 60 Schuld, Betty  
5603 SE Aldercrest  
Milwaukie, OR 97222  
(503) 654-3608  
BD: 8-8
- 61 Schuld, Janice  
5603 SE Aldercrest  
Milwaukie, OR 97222  
(503) 654-3608  
BD: 7-24
- 62 Schwartz, Richard (Dick)  
5678 SE Harlene  
Milwaukie, OR 97222  
(503) 654-7593  
BD: 7-29
- 63 Smith, Joan  
Rt. 4, West Riverside  
Missoula, MT 59801  
(406) 258-6226  
BD: 5-9
- 64 Smith, Kelly  
Rt. 4 West Riverside  
Missoula, MT 59801  
(406) 258-6226  
BD: 12-14
- 65 Spence, Terry  
Rt. 1, Box 212  
Moscow, ID 83843  
(208) 882-7720  
Work: (208) 885-6358  
BD: 10-2
- 66 Staigmiller, Lisa Joy  
Box 284, Rt. 4 S  
Great Falls, MT 59401  
(406) 727-8492  
BD: 1-16
- 67 Steckelberg, Leila  
9406 164th Street NE  
Arlington, WA 98223  
(206) 435-3075  
BD: 7-30
- 68 Stephens, Clarence (Doc)  
204 - 28th Street N.  
Great Falls, MT 59401  
(406) 452-1427  
BD: 3-1
- 69 Townsend, Genie  
2790 SE Regner Road  
Gresham, OR 97030  
(503) 665-5876  
BD: 1-27

12809 N.E. 37<sup>th</sup> St.  
Vancouver, Wa 98662  
206-892-6852

3 1/2 Syringa  
Moscow  
208-882-3017



70 Townsend, Robert E., Sr.  
2790 SE Regner Road  
Gresham, OR 97030  
(503) 665-5876  
BD: 4-12

71 Wales, Dwight  
Rt. 4, Box 286  
Arlington, WA 98223  
(206) 435-3865  
BD: 11-22-1898

72 Watts, Sonya K.  
1423 Jackson  
Walla Walla, WA 99362  
(509) 529-1635  
BD: 4-14

73 Wells, Florence J.  
Rt. 4, Box 1603  
Hoquiam, WA 98550  
(206) 532-2287  
BD: 3-12

74 Winchester, Burl  
Rt. 4, Box 13  
Bozeman, MT 59714  
(406) 587-7965  
BD: 10-25

75 White, Stewart E.  
12805 SE 172nd  
Boring, OR 97009  
(503) 658-3995  
BD: 4-1

76 Wilson, Kathy Lynn  
17917 S. Dick Drive  
Oregon City, OR 97045  
(503) 631-7554  
BD: 3-3

77 Wilson, Virginia C.  
26500 SE Harms Road  
Canby, OR 97013  
(503) 266-9713  
BD: 1-27

78 Wood, Mary Lee  
P. O. Box 300  
Boise, ID 83701  
(208) 384-3208  
Home: (208) 466-5525  
BD: 2-3

----- 20 Eusterman, Patty  
2825 1st Ave. N.  
Great Falls, MT 59401  
(406) 452-7359  
BD: 2-23

----- 25 Gerdes, Ed  
820 Lozier Lane  
Medford, OR 97501  
(503) 772-4862  
BD: 3-12





# LATE COMERS

Bauer, Chuck  
704 West C Street  
Moscow, Idaho 83843  
(208) 882-3658

Burlison, Dorothy  
704 North Lincoln  
Moscow, Idaho 83843  
(208) 882-3891  
BD: 3/1

Burlison, Vernon  
704 North Lincoln  
Moscow, Idaho 83843  
(208) 882-3891  
BD: 11/19

Richardson, Daphne Anne  
4714 SE Roethe Road  
Milwaukie, OR 97222  
(503) 654-0442  
BD: 5-10

Stephens, Renee  
28694 Hwy. 34  
Corvallis, OR 97330  
(503) 753-2846  
BD: 10-22





Row 1 (front)

Bruce Elm  
Chris Beasley  
Terry Spence  
Kelly Smith  
Dianne Keller  
Mary Moore  
Shelly Riback  
Ed Gerdes  
Janice Schuld  
Kathy Wilson  
John King  
Mary Pancich  
Stew White  
Mel Carlson

Row 2

Ethyl Fox  
Virginia Wilson  
Lisa Staigmiller  
Joseph Matteo  
Betty Schuld  
Joe Matteo  
Roy Main  
Laurel Mulder  
Dwight Wales  
Mark Rovetto  
Clarence Stephens  
Jean Baringer  
Leila Steckelberg  
Chuck James  
Etta Marie James

Row 3

Genie Townsend  
Emil Eleason  
Lonnie Eve  
Jackie Baritell  
Sue Ford  
Kathy Hake  
Terri Heard  
Jim Martin  
Florence Wells  
Elaine Rovetto  
Kay Eve  
Kymn Murphy  
Marianne DuBois  
Roberta Babcock  
Teri Hodgins  
Ruth Hoppe  
Kimberli Hart  
Les McCartney  
Wendy Pfau  
Jim Beasley  
Don Clayton  
Mark Patterson

Row 4

Zilda Carlson  
Joan Smith  
Dee Jaspers  
John Beasley  
Sally Heard  
Al Puntillo  
June Puntillo  
Pat Davis  
Bob Townsend  
Dale LeFevre  
Megan Bradley

Burl Winchester  
Brad Bradley  
Nancy Eusterman  
Jennie Jordan  
Nancy Haltli  
Dannie Noffsinger  
Patty Eusterman  
Dick Schwartz  
Mary Lee Wood



Front Row

Brad Bradley

Megan Bradley

Mark Rovetto

Chris Beasley

Dwight Wales

Chuck James

Back Row

Leila Steckelberg

Florence Wells

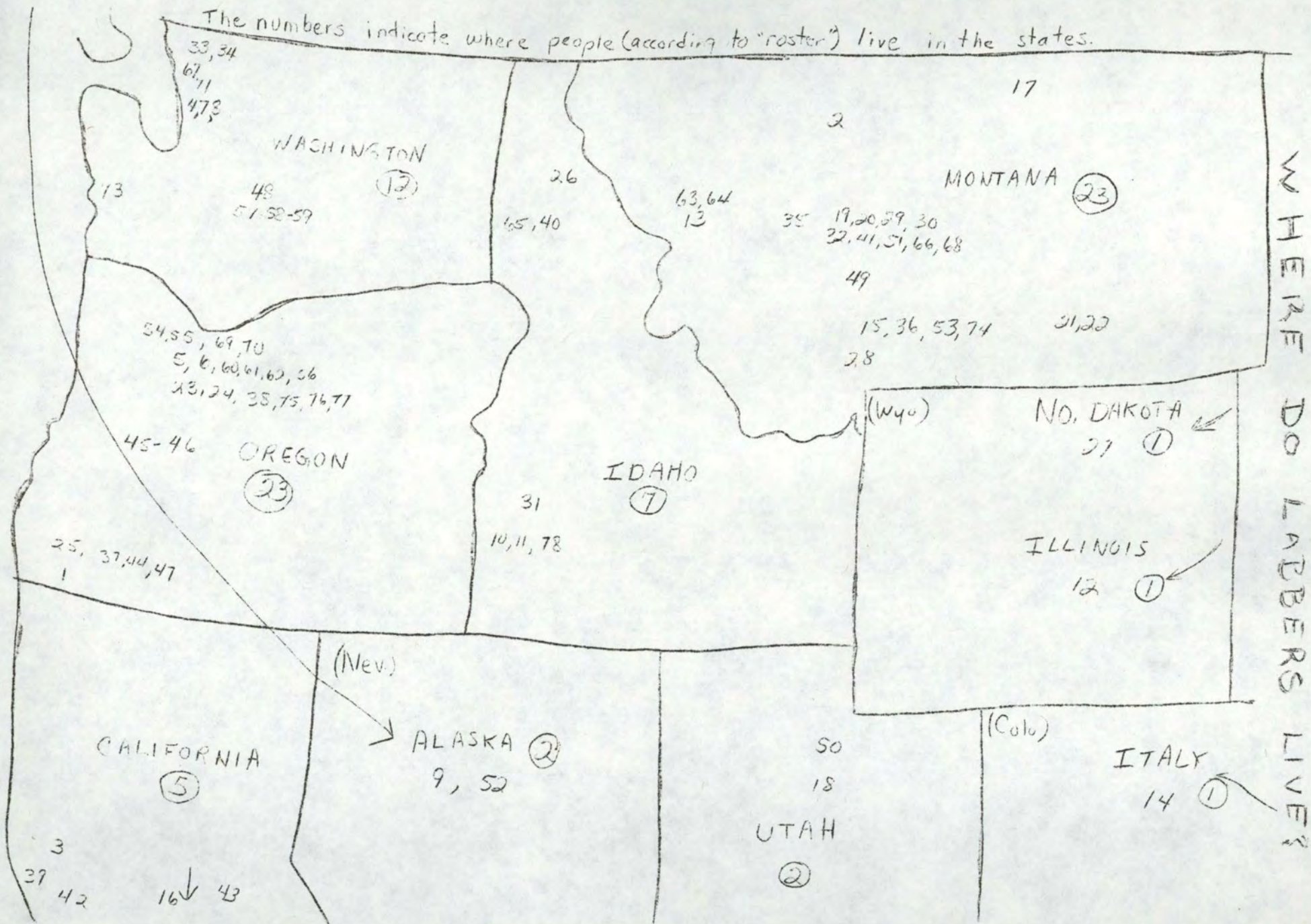
Laurel Mulder

Elaine Rovetto

Etta Marie James



The numbers indicate where people (according to "roster") live in the states.





B what you want to bee,  
due what U want 2 dem!

- AL PUNTILLO -                      Years attended - 2

I live in Portland, Oregon. Right now, I work for a manufacturer of automatic car washes. I hope to own a dairy someday. I like football, basketball, golf and June.

- ANGELO ROVETTO -                      Years attended - 17

I am Angelo Rovetto. I was born in a small coal mining town and grew up in a coal mining society which was one happy family who knew how to share. Then I had to learn to earn a livelihood not only for me, but my wife Elaine and son. This was time consuming but I loved what I did, however, 365 days a year was too much and Elaine told me about Chat. We came and then again, and again, and again along with the love to travel (all over the world) we travel to Chat and all of you, my loving friends.

- BETTY SCHULD -                      Years attended - 5

I work with 4-H, particularly 4-H camp, and because of all the great people from there I am here; such as "Little Bell" Headrick and "Mama B." I love the out-of-doors, hiking, skiing, swimming, and backpacking. I have not been able to do too many of these activities for the past couple of years. This situation should start to change this summer. If any of you ever come to the Portland area, be sure to stop by. You are always welcome.

- BOB TOWNSEND -                      Years attended - 4

Was looking forward to a week in the sunshine to rest and relax; as usual, old Sol isn't doing his best but everyone here is making up for it. So I know it is going to be another beautiful Chat.

- BRAD BRADLEY -                      Years attended - 6

Interests: People, hiking, backpacking, mountain climbing, X-C skiing, my family, sharing the beauty of the outdoors.

Billie Marie Studer brought me to Chat six years ago and I became supercharged by the love that flowed so freely. Each May I plan to recharge my batteries and to share with others so they can recharge theirs. I hope I can find a way to give others the same lift that I have received.



- BRUCE ELM -

Years attended - 11

I share an apartment with three girls (my daughters) who keep life interesting with their efforts to get me to find them a new mother. (Their mother died two years ago.)

We go camping often (every two or three weeks during the summer) usually in Wyoming searching out portions of the Mormon Pioneer Trail from Nauvoo, Illinois to Salt Lake City.

Our family likes canoeing, hiking, puppy-dogs, dancing, hugs, bird study, and pancakes. We don't like doing dishes, taking out the garbage, scraped knees, or spinach. We do like visits from Chatcolabbers, pork-chops, church, and popcorn and hot chocolate on winter nights.

- BURL WINCHESTER -

Years attended - 3

Come July 1st of this year I'll start doing other things. As I look back over 30 years of a professor's career, I'm screening the evidence for rememberable results. When I married Carolyn, I acted wisely. Certainly my best achievement has been giving our two boys and two girls the freedom to love and be useful in their generation.

- CHRIS BEASLEY -

Years attended - 6

I like to sing and to talk to different people. I also like to come to Chat and I don't like to leave all the friends I have made. So, if you make it to Seattle, stop and see Bob and I (if you can find us home)!

- CLARENCE STEPHENS -

Years attended - 12

I keep coming back to Chat to be with the fine friends there and to meet new ones. Outside of Chat my hobby is old cars. I have two, a 1917 Overland and a 1935 Chrysler Airflow.

- CHUCK JAMES -

Years attended - 4

There is so much being offered by all Chatcolabbers I get a chance to know who is reaching out to give that I'm overwhelmed in absorbing by just being open to receive. Isn't it wonderful that in this camp I'm awaking with joy at the friendly call of Dwight and am repeatedly melted down by warm expressions of my Secret Pal. The first year labbers give me great hope, and I appreciate the vision and dedication of the old timers who started Chatcolab and have kept it growing.

- DALE N. LeFEVRE -

Years attended - 1

(Bending Branch - in a stream)

I enjoy playing but more than that, I enjoy life. If I had to take everything seriously, I would turn into a prune. Finding playful ways to approach each day is my challenge. Everyday routine such as



shopping becomes fun if I pretend I'm a car, or go about reading aloud the labels with the wonderful chemicals, sugars, and preservatives that science has given us. It makes me so happy to know that after I'm dead, my body will decay slowly.

- DANNIE NOFFSINGER -                      Years attended - 1

I come from a large family of ten children to a very large wonderful Chat family; and what a family! My sister Nancy came to Chat a few years ago and talked about how neat the people up here are. She talked about wierd things like "E" hugs and funny dressed people.

Between Nancy and Bruce Elm, the Utah delegation, I decided to come and see just what Chat was. Well, it is the most enthusiastic crazy lovable bunch of people I've ever had the pleasure of being with. I will be back!

- DEBBY LOVEL -                      Years attended - 4

It's so good to be back with my Chat family. Everyone is as loving as I remember.

Working at the Appaloosa Horse Club (National breed registry) in Moscow, Idaho keeps me on the go. Along the same line, my main hobbies are riding in competitive horse events and packing into wilderness areas.

When job pressures are felt, music and exercise uplift my spirit, and ability to treat each new day with new enthusiasm.

- DEE JASPERS -                      Years attended - 2

I came to Chat to acquire game ideas, etc. for 4-H camp, to renew old friendships, make new friends and relax.

I enjoy people and appreciate having this opportunity to enjoy them.

- DIANNE KELLER -                      Years attended - 3

I am from Rogue River, Oregon. I came to Chat through Jim Martin and Hi-Country. I have many interests and hobbies: traveling throughout the world, Spanish, backpacking, and learning new things and experiencing life, etc.

- DICK SCHWARTZ -                      Years attended - 4

Hiking, boating fresh water and salt water, fishing, camping, people, traveling and talking are my interests. I work as an Insurance Engineer for Georgia-Pacific. My home is in Milwaukie (Portland), Oregon.



- DON CLAYTON -

Years attended - 26

I was born!! My Mom said so! - Not in a hospital was I born, but above a drugstore on State Street in Milwaukee, Wisconsin. I have three brothers.

My early life as a city boy in the first quarter of this century was punctuated by summers in the small town of Waupala, Wisconsin at my grandmother and grandfather's place. From time to time when too many grandchildren came to visit at the same time, I, along with at least one of my brothers, would be "slipped out" to one of my farm cousins' place for a couple of weeks or more. This was fun! So was coming up to Grandma and Grandpa's and the old swimming place at the back of their property on one of the lakes.

Now, a good, fullfilling, fattening, happy and adventurous years later, I am going to return to grandma and grandpa's Peterson home to live with my beautiful and lovely wife. Our children and grandchildren, just as I, children of the city, love to punctuate their busy, active lives with trips to Waupala-to the place of their "roots."

- DWIGHT WALES -

Years attended - 20

Indian drum beating is one of my pastimes and I have five drums to work with. I also love to read books.

I have lived in Arlington, Washington since 1920. My large vegetable garden has been planted for the year and I am building a brick barbecue to go along with my new indoor swimming pool.

- ED GERDES -

Years attended - 2

This is my second year at Chat and I have enjoyed it immensely. There is so much to do, i.e. give and get. I thank all the lovely people who have helped make my stay so beautiful.

Hobbies: People, hiking, writing, sports, ceramics, reading, and learning.  
Origin: I reside in Medford, Oregon. I came to Chat by way of Jim Martin.  
Occupation: I am a student mooching off my parents.

- ELAINE ROVETTO -

Years attended - 18

Arrival at lab was not always a sure thing. Each moment the picture changed until finally Mark, Brad and I drove merrily off toward Idaho. Angelo, sadly remaining home to take care of ACME woes, but planning to arrive on Wednesday. The running out of gas even turned out O.K., as we coasted to within sight - across an intersection-of a service station in Colfax and in the able hands of Mark, were soon underway. Arrival was BEAUTIFUL - half way down the road a yellow van halted and hugs were enjoyed from Jackie, Stew and Mark Patterson on their way to the airport and at Chat we were greeted warmly by one and all. Ah! And then the feeling of homesickness got a little edgy, as I missed the warm sound of Ang's voice from time to time and the smile he always gives. Knowing



Mark came helped and a call home Monday night gave us the knowledge of his arrival at 8 a.m. on Thursday via bus. A welcome committee shall await. The lab is so full of wonderful friends-even brand new labbers have the good feeling of warm friends - what a joy! All's well this Tuesday morning and Chat has every promise of being a sharing, caring, growing week because of all the love we share. The rain adds a feeling of closeness, though we'd love to welcome the sun.

- EMIL ELIASON - Years attended - 2

Enjoys people, folk dancing, Lapidary and other crafts. Also, certain antiques interest me.

- ETHYL FOX - Years attended - 10

I am the one with the Boring address, though I wouldn't call my life boring. Just returned from a trip to Alaska. I work with the high school 4-H group. We are expecting a group from Kansas on an exchange this summer.

I like to read, enjoy the outdoors, my grandkids and people.

- ETTA MARIE JAMES - Years attended - 3

My days are full of meetings - things like that - and gardening and great grandmotherhood. Then in early May, I come to Chat for warm goodfellowship and luscious food.

- FLORENCE WELLS - Years attended - 4

I live in Hoquiam, Washington. My main interests are my family, youth camps, and other youth development programs. I am active in 4-H and on the board of Youth Help, Inc.

I am fond of all animals but prefer horses and cats. I would rather work in the yard than clean the house.

- GENIE TOWNSEND - Years attended - 17

Married to Bob for 41 years. A good life! I like to go hunting for deer and elk. In fact, I finally got my elk last year.

I still work with 4-H and go to our county camp. I like the wildflowers and the out-of-doors. If Bob retires this year we will probably do a bit of traveling.

- JACKIE BARITELL - Years attended - 5

I grew up in Walnut Creek, California and went to college at U.C. Davis. I'm finishing up my M.A. in Education at San Francisco State University, working on a thesis in children's literature. I have lots of loves including dogs and other animals, a lot of special friends, writing, kids, home arts, hiking, the mountains, music, photography and travel. I'm looking forward to four months of travel around the U.S.A. with my sister



Marianne DuBois and her child Rod (a Golden Retriever) beginning in June and I'm hoping to see some of you along the way. I also like to communicate through letters, so if you are so inclined, please write!

- JANICE SCHULD -

Years attended - 2

I like to write, hike, ski, ride horses, and laugh a lot. Next year I plan to go to college and explore the fields of sociology, ecology, and writing. I am not sure what specific career I want to go into, all I know is that I hope to do something worthwhile and helpful to people.

- JEAN BARINGER -

Years attended - 12

Jean started coming to Chat when she was asked to be a craft resource. Each year thereafter she has brought some varieties of crafts to share with labbers.

She was a county agent in Malta, Montana at the time; since she started coming Jean married a county agent, Jack, and they now reside at Conrad, Montana. Two children, Jeffrey (age 6) and Jennifer keep her going as does teaching church school crafts, various Jaycee projects, organizing an adoptive parents group and other involvements.

Chat friends mean a lot to her and are one of the main reasons she keeps coming back.

- JENNIE JORDAN -

Years attended - 2

I'm Jennie, I'm from Bozeman, Montana and live on a ranch southwest of Bozeman. My primary interest is 4-H and because of this organization I came to Chat last year and I'm back again for another week of lovin' and huggin'!

- JIM MARTIN -

Years attended - 6

I'm a rancher, bus driver and raise Quarter horses. Work with 4-H, have a horse club and The Hi Country Backpacking Club. Have lots of hobbies. Love Chat and all the people who come.

- JIM BEASLEY -

Years attended - 16

Next year labber: from Clackamas County - I am interested in you, church, my family - Miriam, Ann, Bob & Chris, Katherine & Randy with Bryan, Tyas, Mya, Tanya & Wyatt, and my big guy John. We would enjoy being home to you if you get near Oregon (bring golf clubs or swim suit).

- JOAN SMITH -

Years attended - 10

This is my 10th year at Chatcolab. It all started with 12 years of 4-H and then I was in Boy Scouts for 11 years. I'm very lucky to



to have two children, Jack and Kelly. Activities : Hiking, Rafting, and cooking on camp trips has also been a part of my life. Working with church groups, fishing and sailing are some of my activities. Chat is one of the best places to grow in new ways with new people.

- JOE MATTEO - Years attended - 2

I like to give and receive E hugs. I like to do many types of crafts. This is my second year at Chat and I like to get in a lot of trouble.

- JOE F. MATTEO - Years attended - 1

I am interested in sheep raising and showing sheep at fairs. My hobbies are camping, fishing, boating, sports, model railroading, 4H, FFA programs and woodworking.

- JOHN D. BEASLEY - Years attended - 4

I like to sleep, hike, play any and all sports, play trumpet, eat lots, hug and associate with people younger, older, and in-between. Forest management is my line of work, to turn into a camp managership.

- JOHN KING - Years attended.- 1

I am an animal liker and enjoy music, hiking, camping and water. I am an avid drawer. I will go to college next year at Mr. Hood majoring in music and minoring in drama.

- JUNE PUNTILLO - Years attended - 3

I am from Portland, Oregon. I'm married and have a fine six year old boy named Albert. I work for a forest products company as their credit manager, which is a lot of the reason I am here. In my job I am mean all the time and I came to Chat to revive the niceness in me.

- KATHY HAKE - Years attended - 1

I came because I wanted to meet new people, have a change, and learn some new ways to relate to people.

I am the Extension Home Economist in Kootenai County, Idaho. My hobbies are collecting and preserving wild flowers, collecting antiques and living on the shores of Hauser Lake.

- KATHY L. WILSON - Years attended - 1

After I graduate from high school this year, I plan to go to college and pursue my writing career. I will either go into freelance writing or newspaper journalism. I also write poetry. Along with my interests is drawing, painting, hiking, cross-country skiing, camping, and music.



- KAY EVE -

Years attended - 4

My name is Kay Eve. I lived in Great Falls for 19 years but now I'm from Billings. This is my 4th year at Chat. I came here to learn, to grow and to love so that I may share with others my experiences here at Chat. I'm going to get into 4-H leadership.

We'd love to see all of you in beautiful Billings.

- KIMBERLI HART -

Years attended - 1

Let me introduce myself. My name is Kimberli Hart and I'm 16 years old. I'm one of those Montana girls, Bozeman, Montana to be exact. I live 15 miles from Bozeman (toward Big Sky). This being my first time really away from home, it's been a big experience. I live on a ranch and have two sisters, both younger than me. I attend the Bozeman Senior High School, where I'm a sophomore. I'm involved in many high school activities. Where missing a week of track hurt me for this trip. But it certainly has been worth it. I am active in the basketball, gymnastics, track and speech teams. I won a free scholarship from 4-H to visit Chatcolab. I have been anxious to attend Chat since last year, where a dear friend told me all about Chat and of all the fun she had. I had to come and I worked my hardest to get everything done in time to attend, and it was worth it all the way. My, I'm a lucky person to be around such good people.

- KELLY SMITH -

Years attended - 1

I like the outdoors, the indoors, people, animals, E-hugs, backrubs, art of almost any type and Chat.

- KYMN MURPHY -

Years attended - 1

Quite often the best publicizers are people themselves. Through two people, Kurt Staigmillier and Nancy Eusterman, I developed an urge to experience Chat and luckily, I made it.

Personally my greatest interest is other people and at Chat there are plenty of people open for friendship and sharing. Above all, I'm a person and persons need love. Thanks Chatters for your love.

- LAUREL MULDER -

Years attended - 4

I come from WASHINGTON - a little town in central part of the state, near YAKIMA. Have plenty of room for "drop ins," so when you're "up north" drive by and surprise me and the ROVETTO'S (phone 679-7940).

I am now employed as an L.P.N. in a state school for developmentally disabled under 21 years (Yakima Valley School in Selah). I love people, animals, and especially CHATCOLABBERS!



- LEILA STECKELBERG -

Years attended - 26

I wouldn't go back to being the person I was before my first Chatcolab for anything in this world! Chat truly has changed my life - Chat people have added so much love and beauty! Not just for myself but for my husband and son as well!

My husband and I are busy folk, round, square, and old-time dancing (we belong to two clubs); rockhounding (field trips to collecting areas, Dale cutting and polishing stones and I making the jewelry to mount the stones in (we belong to two Rock and Gem clubs, also); and are active in several camping clubs. Son David, who is a professional actor, is currently in New York City and when the movie hs is in (starring Robert Lansing) is released nationally, I'll let you know via the Chat Chat Newsletter. You know how mothers are!

This past year since I have not been working full time, I have enjoyed growing flowers in our greenhouse and going for long walks with Heidi, our 17 month old St. Bernard-German Shepard dog who many Chatcolabbers have already met. Also, designing and making square dance outfits for Dale & I. It has been a very busy year! I am a Home Economist-Recreation Specialist looking for a job in the fall.

- LES MCCARTNEY -

Years attended - 2

This is my second year at Chat and I have grown more in these two years than I have in my life. The people here I love and call friends (special friends). These people have changed in my eyes from nuts (that is what I thought of them my first day here last year) to "super people." Thank you all for being who you are and what you are and only change for the better!

- LISA STAIGMILLER -

Years attended - 1

I like to do all kinds of outdoor sports such as hiking, camping, horseback riding, etc. I love to be with people and I'm always looking for new friends, many of which I've found at Chat. I'm a cheerleader for football and girl's basketball at school and I'm also pretty active in chorus and band. I play the flute and the piano. I enjoy photography very much and would like to be a photographer someday. I also enjoy writing poetry and short stories. Also, I am in 4-H. This will be my 7th year. Cake decorating is another one of my hobbies and is also one of my projects in 4-H.

- LONNIE EVE -

Years attended - 5

My interests are my family first, and things I do with them take up most of my time. I like working with Jr. High age people, playing the piano, hiking, camping, and company. I love Chat and my "family" here and look forward to coming "home" here every year.

- MARK PATTERSON -

Years attended - 5

This is the 5th year I've come to Chat - and the first time I've come two years in a row (the blessings of being laid off work).



It seems like every time I come, I'm coming from a different city; but originally I'm from Santa Rosa, California. Fortunately, I feel like I'm coming home every time I come to Chat. The Lab has done more for me than I can say - given me new confidence, expanded my interests, revealed new possibilities, and most of all, given me a family of friends who have silvered many clouds for me. There's nothing more important to me than this.

- MARK ROVETTO -

Years attended - 1

I'm a young student living in Yakima. Some of my interests are people, skiing, the enjoyment of life. I came to Chat because of all the beautiful people I met through the years at Little Chat at their homes. I feel that if you are a Chatter, you are beautiful. Chat has opened my life to many great things; it's a beautiful experience.

- MARIANNE (RAINBOW) DuBOIS -

Years attended - 6

I came to Chat because growing is healthy for living things. Since graduation, my time has been filled with teaching 6th grade outdoor education for San Diego Co. Dept. of Education, and jerking sodas at a 40 year old brass and marble soda fountain in Julian, Calif. I like to sing, dance, walk and hike, play guitar and banjo, cook and bake natural foods, meet people, write letters, travel, dream, and pet my dog, Rod. I enjoy active sports and quiet moments around a campfire. My young-life dream of seeing America is on the verge of becoming realized, as Jackie Baritell, Rod and I set our sites on leaving mid-June on a 4 or ? month car tour of U.S.A. and So. Canada.

- MARY MOORE -

Years attended - 1

My interests are: cows, horses, farming, 4-H sewing and cooking. I love to read books. I came to Chat because I wanted to find out what it was. I am from Rogue River, Oregon.

- MARY MICHAEL PANCICH -

Years attended - 1

I came to Chat from Great Falls, Montana, as a 4-H delegate. This is my 10th year in 4-H and I'm 19 years old. I have completed my freshman year at the College of Great Falls. I'll stay there through my sophomore year. Then I'll transfer to Montana State University to complete a major in Home Economics and a minor in English. I'm active in a high school church group, my 4-H club, and Science Club on campus. I'm interested in guitar, piano and voice, photography, and writing. My favorite flower is a daisy. . . and I get high and squirrely on lemonade. I have a nickname of "Baby Legs."

- MARY LEE WOOD -

Years attended - 1

I am a district 4-H specialist for nine counties in southeastern Idaho working with all phases of 4-H programs as a resource person and consultant to county staff. I also coordinate district activities.



Another activity is volunteer work for family planning clinics as a contraceptive educator, problem pregnancy counselor and intake counseling.

My personal interests are travel, historic homes, gardening, art, people watching, and cooking.

- MEGAN BRADLEY -

Years attended - 5

I came from Alaska to this year's lab where I now have my home. I will be returning north after lab and welcome visitors. I am interested in the outdoors and music and too many other things to list. I don't do anything in particular to make a living; odd jobs here and there such as fry cook, cocktail waitress, postal clerk, and tree planter. I cherish the friends I make here at Chatcolab and wish I could see them more often.

- NANCY EUSTERMAN -

Years attended - 2

It was raining all week outside, but it sure isn't on the inside. The candle that Chat lights shines in my heart and the rain cannot extinguish it now. This year I came back to Chat from Great Falls, Montana, to find some answers to a few questions I had, and I am doing just that. Besides getting to know people, I love to snow ski, travel, have fun and share. If any of you should make it to our neck of the woods, be sure to get in touch, you're always welcome. See you all again soon.

- NANCY L. HALTLI -

Years attended - 4

Last time I was to Chat my last name was Noffsinger. I'm still the same person I just added some new dimensions to my life. My husband's name is Ron and someday he'll be at Chat with us. This year we will be living in North Dakota; if you're up that way, stop and see us. I'm so delighted that my sister Danette (Dannie) could come to Chat with me this year. The first time I came to Chat, I knew it was the place for Danette.

This is my third year and I was determined to come, no matter what, so I'm here. I love the sharing and the caring and the learning you get at Chat. And I'll be back!

- PAT DAVIS -

Years attended - 5

I am a Montanan (Bozeman) here for my fifth year, and I hope to come for many more. My main interests are: people, guitar, mental and physical education. This year I had the privilege of working with Hobart - an experience I will not soon forget.

- PATTY EUSTERMAN -

Years attended - 1

I'm from Great Falls, Montana. I was born and have lived there all my life. I like to travel and meet people and if that's all I had to do, I wouldn't complain. I am manager and trainer of the cross country teams and girls track team. I like to try to play the piano.



I learned about Chat through 4-H. 4-H has really helped me to grow (not in height either) a lot and build my leadership. I came to Chat because throughout my eight years in 4-H, I had heard so much about it, and had always dreamed about it, and had always dreamed about going. I could tell, when people would break their necks to come back, that it was something really worthwhile. I was so right. I'm glad I came and I know I'll break my neck if I have to, to get the chance to come back. Thanks everybody. You're all so beautiful and I hope this won't be the last time I see you all.

- ROBERTA BABCOCK -

Years attended - 1

I'm from Ashland, Oregon. This is my first year here at Chat and I like it so much, I'll come next year. Jim Martin first told me about Chat two weeks ago and what he said made me want to come. I'm involved with 4-H and lead different clubs. I'm also still in high school (11th grade). My specialty is music and art.

- ROY MAIN -

Years attended - 3

Naturalized citizen of U.S. - born in New Brunswick, Canada. Doesn't know a thing about music, but loves it! and all that goes with it - singing, dancing, and listening. Sometime volunteer, working with Senior Citizens in Convalescent Hospitals and nutrition programs. Has two grown, married daughters and one bachelor son. Team-mate's name is Gwen.

- RUTH HOPPE -

Years attended - 1

When I was born in Great Falls, Montana, one December morning, I inherited seven brothers and sisters, and a pair of parents. I grew up behind four brothers so look where I'm at. My younger sister was born about three years after I was. She had it a lot easier than I did. Well growing up after a bunch of sports freaks, I learned to play and like them. I was in third grade when I started 4-H. This is now my 8th year. My mom is the one who pushed me through. I have been to many camps, but Chat is the best so far.

- SALLY HEARD -

Years attended - 2

I'm from Great Falls, Montana now but originated in Denver, Colo. My daughter Terri convinced me to come to Chat last year. So far, we haven't been able to talk her dad, or older sister into coming. As her two younger sisters and two younger brothers get old enough, we plan on bringing them. My favorite hobby is painting. Sewing, swimming, reading, communication, run a close second. My time is used up in working with youth of all ages in several different types of activities.

- SHELLY RIBACK -

Years attended - 1

This is my first year at Chatcolab, but I have been hearing about it for 17 years. I am from Molalla, a small town in Clackamas County, Oregon. I have been a camp counselor for about five years at



various camps in Oregon. My first love is swimming which I do well. Skiing - both downhill and cross country are two of my favorite activities, but doing anything in the outdoors, I am willing to try. I enjoy dancing; from the waltz to disco. Most of all, I like meeting people from different places. My new experience for this summer is to work in Yellowstone Park. Each summer I try to do something and lots of things new and exciting.

- SONYA K. WATTS -                      Years attended - 5

I am a student at Whitman College studying anthropology and religion. Curious about any and everything. Love to job, bird watch, collect wildflowers, read Science Fiction, and be with loving people. Collect antiques, make bead necklaces of all kinds, do some macrame, grow a mammoth vegetable garden and cultivate houseplants.

- STEW WHITE -                      Years attended - 7

Chrissy is shorter than me. Getting away from the serious side of things, I'm really a very, very, very, very, very, int?????? My favorite hobby is firefighting (for MONEY) and my occupation is YOU!      Peace and love to all.

- SUE FORD -                      Years attended - 1

I'm a photographer at the Washington Park Zoo. I also write for the Oregonian newspaper as a correspondent (and am working on a story about Chat while here). Theatre is another interest of mine and I am working on my degree in theatre at Portland State Univer. I came to Chat the first time two years ago after Stew White and Dick Headrick spent two years persuading me to come. I dearly love it now and wish that I could stay for the entire week this year.

- TERI HODGINS -                      Years attended - 1

I am from Emmett, Idaho. I have been in 4-H for nine years. 4-H is the organization through which I was recruited to come to Chatcolab. I participate in many of the 4-H activities, mostly camp. I am interested in all types of dance, singing, crafts, music, and games. I like working with young children and I am enjoying Chatcolab very much.

- TERRI HEARD -                      Years attended - 3

I came to Chat from Great Falls, Montana for the third year. I come from a family of eight people, three sisters and two brothers. I am presently working full time at the Anita Shop. I do all the displays for the store besides clerking, cashiering, and bookwork. My interests include people, guitar, poetry, quiet times, singing, and Chat. My years at Chat have been very fulfilling.



- TERRY SPENCE -

Years attended - 4

This is my fourth year here in the notebook room. Chat has been a totally rewarding experience for me. I am a full-time secretary in Moscow, Idaho and a mother of three children. I enjoy talking, cooking, cleaning, sewing, horseback riding and looking for mushrooms (that hopefully won't poison everyone).

- VIRGINIA C. WILSON (GINNY) -

Years attended - 1

I have just retired from work, so plan on spending lots of time using my travel trailer to go clamming in Washington and get in lost of trout fishing. I love the outdoors and will spend as much time as possible in God's great outdoors.

- WENDY PFAU -

Years attended - 1

Jennie Jordan told me about her first year at Chatcolab when I wasn't in 4-H yet. But I joined 4-H and applied for the scholarship with 100 words or less. My name is Wendy, I'm 16 years old, from Bozeman, Montana. I live with one of my two older sisters and the other one is married. I have an even older brother (21) not living with us! S I am the youngest child. I am into gymnastics and the speech team. I have been wondering if I'd ever make it to Chat . . . well, here I am!

- ZILDA AND MEL CARLSON -

Years attended - 3

Mel is a retired tax auditor and forester. We live in Boise, Idaho. We like people and have worked with the Audubon Society in teaching ecology and environmental awareness. We work with school children from kindergarten through high school. We love to backpack during the summer, ski during the winter. Also, we attend church regularly and participate in church school. We love Chat and all the beautiful people who come.

#### LATE COMERS

- DAPHNE ANNE RICHARDSON -

Years attended - 3

I sneaked away from the 6th grade to return to CHAT this year and it's good to be back! (Outdoor School Dorm Head - Residing at S.O.S.C., and completing my Master's Degree in Outdoor Education have filled my last two springs.) Chat has renewed my rainbow spirit, filled me with new song and brought me close again to dear friends. In my other real life, I teach sixth grade, attend Camp Colton to fill my bucket annually, live alone & welcome all CHAT travelers to the land of webbed feet and 4-leaf clovers.

- DOROTHY BURLISON -

Years attended - 4

Western Colorado was my home for the first 33 years of my life. Then the sunshine and beautiful weather (that was before the smog was bad) lured me to California where I added 14 years of elementary teaching to the 12 years I had stacked up in Colorado.



Marriage then brought me and two of my three children to Moscow. Now that I am not working outside of the home, I spend my time playing bridge, crocheting, reading, and attempting to play the organ. We're hoping to do some traveling now that Vernon is retiring. (We have children scattered from East coast to West Coast.)

- RENEE' STEPHENS -

Years attended - 5

Hugging wise old trees, tasting clouds, allowing my heart and soul to travel thru the wild country, keeping my innerself soft and pliable in order to appreciate the significance of people and things, and most of all to grow soundly and strongly in my God--my interests seem to begin at these points and branch out to encompass many things.

- VERNON BURLISON -

Years attended - 25

I lived 21 years in the Ozark hill country of Southeastern Missouri. My parents were farmers. Our nearest neighbor (unless someone was living in another house on the farm) was two miles away. The one-room school that I attended through 8th grade was 3.5 miles from home. I could either ride an old mare or walk. Yes, it was tough, of course, but I had a real incentive--her hair was the color of new corn silks and her eyes like deep, blue pools. She was married before I even started a beard.

There were seven children in our family. I was the middle one--and I cannot see that the position held any advantage. The older ones (two sisters and one brother) were enough my seniors to boss me and make it stick, while the younger ones (one half-sister and two half-brothers) were just enough younger to snarl any heavy-handed tactics I might try on them. I'm not saying I was abused--it was just a position that got a little stuffy once in awhile but not really unhealthy.

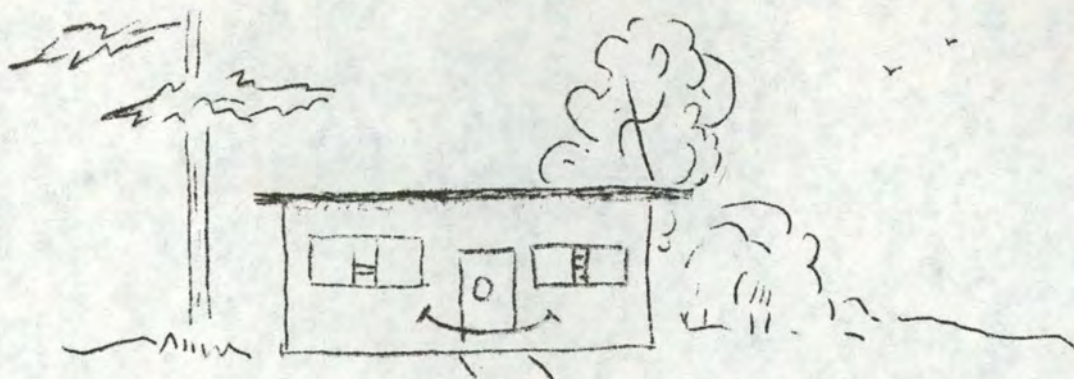
Had I had the opportunity, I probably would have been a farmer. I was afraid to take a risk in acquiring a farm because my folks lost theirs during the depression. So I became a forester, and rather stumbled into being an extension forester, which turned out to be a splendid line of work for me. I retire June 30 and am enthused about all the different things I will now have opportunity to do. All save the youngest of our joined together flock of seven are now gone from home; so Dorothy and I can pretty much call our time our own.



# CABIN GROUPS







### CABIN GROUPS

8 IS ENOUGH - Mary Lee Wood, Teri Hodgins, Dianne Keller, Mary Moore, Roberta Babcock, Patti Eusterman, and Lisa Staigmiller

At first there were only 7 of us and we started to find a name to focus around the #7. Then we remembered that 7 might not be the permanent number so we kept thinking. Well, we only added one more and we figured 8 WAS ENOUGH; that was the name all of us agreed to.

SWEET COOKIES - Genie Townsend, Bob Townsend, Virginia Wilson, Ethyl Fox, Leila Steckleberg, Dwight Wales

Spent the week cooking up a storm in kitchen & notebook room!

DIRTY DOZEN - Brad Bradley, Les McCartney, Joe Matteo, Joe Matteo, Jr., Ed Gerdes, Stew White, John Beasley, John King, Mark Rovetto, Pat Davis.

Busy were these 5/6th of a dozen all week. Many dirty tasks were accomplished and tried. Piles of clothes occupy corners of the cabin which was used, only sparingly in the early morning hours to save energy and depreciation.

FAR OUTS - Florence Wells, Nancy Haltli, Dannie Noffsinger, Sonya Watts, Sally Heard, Dee Jaspers, Mary Pancich, and Debby Lovel

We named our cabin (57) FAR OUT because it's the farthest from the dining hall. Our cabin hosted Burl's relaxation class twice. Refreshments were not served.

KLOSTUITS - Megan Bradley, Chris B., Jean B. Kathy H., Laurel, Lonnie E., Betty S., Joan S. Kelly S. Kay E., Terry S. Terri H.

We considered several names, among them - the Petticoat Junction, the Garter Snappers, but as one cabinmate said, she was in the cabin because it was close to the restroom and dining hall. So - KLOSTUITS seemed a unanimous choice as we all had the same feelings.

We had table duty on Monday evening and Thursday lunch when we planned some table fun.



(Cont. Cabin Groups)

REACH - OUT HOUSE - Jim Beasley, Roy Main, Andy Close,  
Clarence Stephens, Dick Schwartz & Burl  
Winchester

Name chosen in desperation - lack of another.

ODD COUPIES - Big Al and June Puntillo, Mark Patterson, Chuck  
and Etta Marie James, Chuck Bauer, Angelo & Elaine  
Rovetto, Beaz Beasley

A poor lonely sould, still frozen from the very, bitter, cold  
and icy glacier winds of Nanook Land, wandered into a cabin at  
random (actually at Camp Easter Seal) while gnawing on whale-  
blubber and icecubes. He noticed his mukluks were loose. Soon,  
he knew he was not. . . , alone. Could it be that some fate  
worse than death awaited him? Could it be that reviling and  
hysteria would reign within (while it rained without O but not  
without rain)? Could it be that he had stumbled. . . into the  
wierd, dreaded, feared, crazed, freaky,, strange, unusual, mad-  
cap, wierd (I like wierd) house of . . . the ODDCOUPIES?? Yes!  
(They never should have let me write this!)

DisORGANIZATION - Anna, Marianne D., Jackie B. Sue Ford, Jenny  
Jordan, Wendy P., Kimberli H., Nancy E.,  
"Yahoo" Diana MacRae, Shelly R., Kathy W. ,  
Janice S.

We were hopelessly disorganized in trying to choose a cabin name.  
Then someone asked, after many diversions from the subject,  
"What should we call dis-organization?"  
DisOrganization! What else?



# GRAND FINALE





SATURDAY NIGHT

IL MENU'

Festa Dei NAPOLATANI  
Neopolitan Festival

Antipasto  
1st Course

Salame-	Salami
Cavolfiori-	Cauliflower
Peperoni-	Peppers
Frittata diFunghi-	Omelot
Sedano Imbottito-	Celery Stuffed

Pane Italiano  
Italian Bread

Pasta  
2nd Course

Gnocchi alla Romana and Lasagna al ferm

Secondo Piatto  
Main Course

Rullato diCarne-	Italian Rolled Beef
Caniglio Rosolato-	Rabbit with Sauce
Broccoli Fritti	Broccoli
Fagiolini Con Salsa-	Green Bean with Sauce
Coi Saute'	Cabbage Saute

Dolce  
Dessert

Rragole, Pomme, Arancia-	Strawberry Dessert
Fromage Nuiss	Fresh Strawberries, apples, oranges, cheese, walnuts
Granita diCaffe' can panna	Frozen Coffee with whipping cream

Italian Food

Antiposto is eaten before the meal- while sitting at the table usually. It can also be served somewhere else, but traditionally is served at the table. At an Italian table you will find all your plates stacked and you eat from the top plate which is then removed when that course is finished. In elegant restaurants each course is brought and served on a separate plate. There can be as many as 10 courses. In most homes a feast or special meal has antipasto (appetizers), salad, pasta, main course, and frutta e fromage- (fruit and cheese) and a wine that is not too sweet is served along with aqua minerale (club soda). The variety of food is large at a feast and for days afterward the leftovers are enjoyed.



## Italian Food Cont.

During the <sup>meal</sup> meal small amounts of each food are eaten for the enjoyment of the combination of flavors and textures and the time taken in eating is an important part of the evening because the sharing of company with friends is as important as the food. A typical meal should not be rushed, not only for the loss of beauty of the enjoyment of the food as it should be eaten, but because in rushing a dishonor is done to the self, the cook, the host, the guests and it's important to know that and perhaps allows more sense of what one is doing. After this course the following ones are soup, fish, salad, meat or chicken with vegetables, fruit and cheese or sweet. The food is brought in quantities large enough for each person to have some but since there are many courses it usually isn't as much as in an American meal where there are fewer courses. In the end each meal probably consists of about the same quantity. Bread is always eaten with each course. A table isn't properly set without it and it is mostly an unsliced loaf which is placed on the table and pieces of it are torn off by each individual. Bread is eaten with the food to balance the richness of the food. If you want less richness more bread is eaten. As Angelo says "If you want to weigh 400 pounds, you eat only the food with no bread, if you wish to be trim and slim you eat a good proportion of bread and the other food." Wine served with Italian meals, at least in the north is dry and most of the time everyone drinks a red wine. On holidays and festas or feast days a sparkling wine may be added and after dinner a sweeter wine may be served. At an anniversary celebrating a silver wedding anniversary there were 3 wines served with different courses and we forgot to count all the courses which they prepared. We sat down to eat at 11:30 AM and weren't finished until 4:30 PM. We had eaten talked, laughed, sang and been together all afternoon with complete enjoyment. Battista and Margeret as the hosts were honored and the guests were cared for so graciously and the celebration had been as it should be.

Our Chat festa was a combination of Anna and Angelo and Elaine and Mary Lee and Al and all our Chat Committee. We had a wonderful time planning this meal.

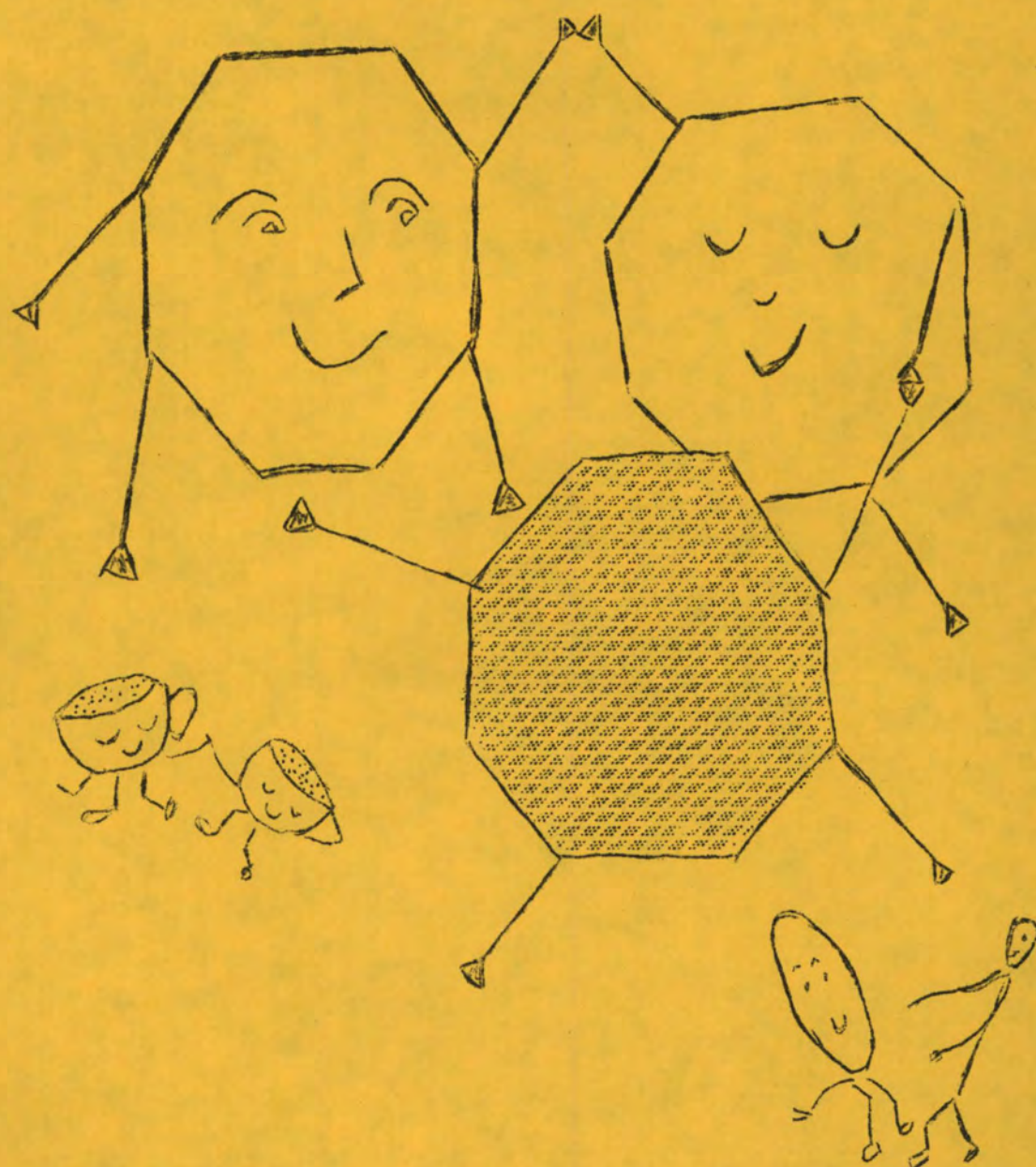
## Saturday Activities

Elaine and Angelo  
 Laurel Mulder  
 Mary Lee Wood  
 Ruthe Hoppe  
 Teri H.  
 Kay Eve  
 Jennie Jordan

Dianne  
 Beaz and Chris  
 Nancy Halthi  
 Joan Smith  
 Dick Schwartz  
 Brad Bradley  
 Al P.



# TABLE FUN and TEA TIME





## TABLE FUN by Jean Baringer

The meals should be a time of fellowship and good feelings, beside just eating. Table fun activities were meant 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 Douglas Fir cones to be introduced to the group, then put in the middle of the table, people close their eyes and try to find their own again.

When Announcements were made there seemed to be confusion and an unseemingly 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 thread 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 puppeteers 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 pepperm 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 centerpiece. 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 be 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 families. There are many more possibilities.



# MONDAY TABLE FUN (lunch program)

## CRACE: Johnny Appleseed Song

The Lord is Good to me and so I than the Lord  
For Givin' me the things I need.  
The Sun and Rain and the appleseed  
The Lord is good to me

Here am I 'neath the blue, blue sky doin' as I please  
Singin' with my feathered friends, buzzing with the bees  
and every seed I sow will grow into a tree  
and someday there'll be apples there  
for everyone in the world to share  
the Lord is good to me.

THE MEAL - Thank the Food:- The Growers, Transporters,  
Preparers, Servers, Maintainers.  
-Celebrate with new awareness and see, feel,  
smell, taste, and listen to the message of life.  
-enjoy, with new insight, those with whom  
we share the breaking of bread

SONGS - Cooks Come Out of the Kitchen-----  
mm-mm-Good--CHATCOLABBER COOKS ARE mm-mm-Good  
All you ET-A think of all you ET-A. (refer to song  
section)  
I want to eat, I want to eat, eight apples & bananas

## TUESDAY MORNING PRAYER EXERCISE (See illustrations on following page)

The following exercise is one of many used in Convalescent Hospitals for the handicapped and those suffering from the effects of a slight stroke. Since it can be done in a sitting position, it is ideal for those in wheelchairs. Also, since it begins with the "attitude of prayer", on Tuesday morning at breakfast, it was used as a prayer of thanks. (Participants standing)

### Figure A

Begin by bringing hands together below your chin in a praying manner.

Hold the position momentarily and silently address The Creator or say, "Dear God" or "Our Heavenly Father".

### Figure B

While raising elbows, turn palms inward toward body. Straighten arms out in front of you, keeping hands together, then turn palms up.



Monday Tea Time 3;30 PM

Rainbow Tea Time

Dedicated to our Leader . . . . . Princess Rainbow  
Marrienne Dubois

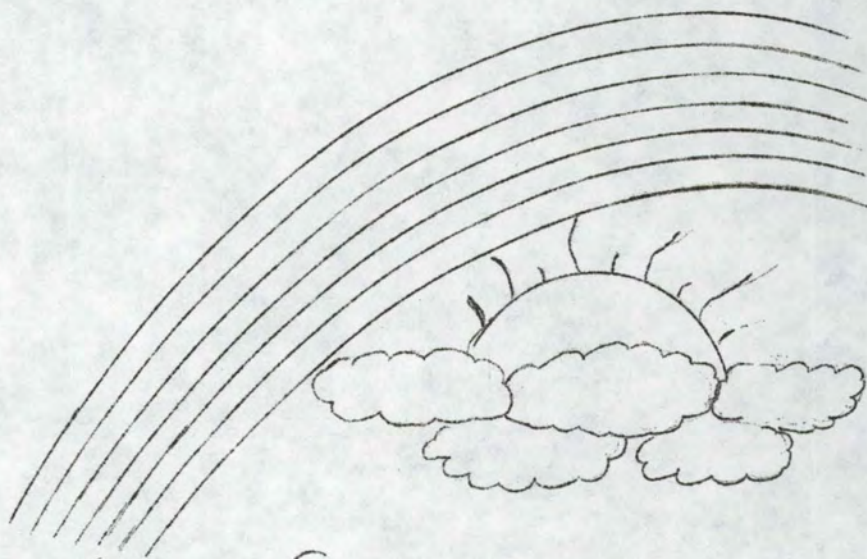
Menu

Ritz crackers, spread with egg salad, Kool Aide-  
Tea - Coffee

Planning Committee

Elaine Rovetto  
Etta Marie James  
Andy Close  
Jennie Jordan

Mary Pancich  
Lisa Stagmiller  
Laurel Mulder  
June Puntillo



To Love Someone  
is to Always  
Show Them New  
Ways to Grow!



## TUESDAY MORNING PRAYER EXERCISE, CONT.

Hold the palms turned inward toward the body and pray silently and say "Here I am" or "This is me" or "I am so small", etc. Then as the arms are straightened out and the palms turned up, say "Take me" or "Use me" or "Help me to share".

Figure C

Move outstretched arms toward the back as far as possible, with palms facing each other. Then twist arms so palms of hands face each other.

Hold position and say "Everything we have comes from you" "Thanks for this our whole wide world and especially for the love you have shown to us".

Return to Figure A position

Return hands to below chin in praying position - hold, and say "AMEN". Use your own appropriate prayers and use the arm muscles and wrist joints in the marvelous body that God has given you..

Record the No. of Exercises performed each day in the appropriate spaces below. A maximum of 15 exercises per day is advised. Increases : should be consistent and at your own pace.

I	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30



Fig A



Fig B

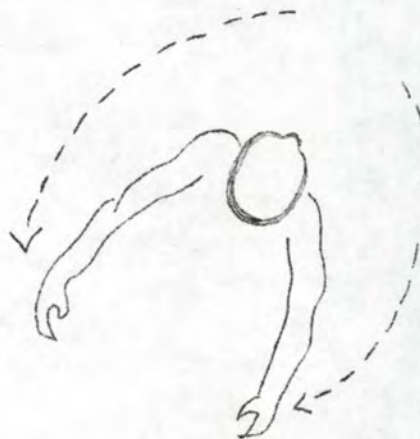


Fig C

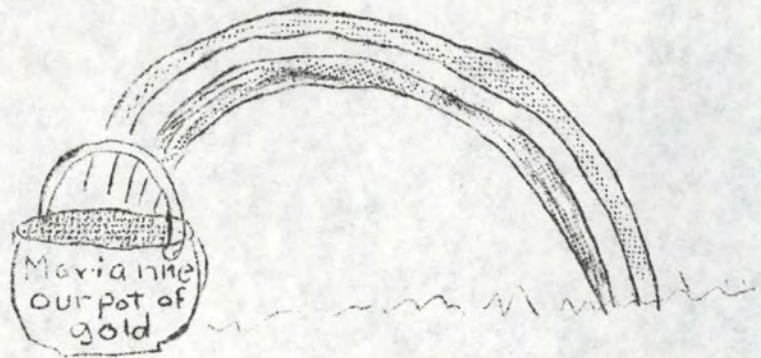


# "TEA TIME"

## Monday - Rainbow Tea

Tea was served with beautiful centerpieces (made by Etta Marie). Mary made the posters and set the table.

Others helped and Chris, Laurel, Elaine and Jackie spread crackers with minced egg and pickle. Tea and kool-aid was served.



## Thursday - Woodland Tea

Megan, Laurel, Jeannie, Elaine, Jackie, Mark P., Mark R., Betty S. Kymm, and Brad planned the event.

In the chapel we set trays of cookies, frosted crackers, carrot circles, and mint tea. The tea was prepared by adding dry mint leaves to plain tea and kool-aid. The addition of teapot and cups as well as hostesses with the mostess created a delightful tea party setting.





## TABLE FUN- Thursday Lunch

The Klostuits had lunch duty Thursday and planned on the spot-- very impromptu. As we were setting the table we decided to have people sit at designated tables according to birthdays. Appropriate signs were made for each table. Also, "things"(wood, cones, twigs, yarn, etc.) were collected for labbers at each table to design their own center-peice, in keeping with their birth months.

VISITOR

"Mrs. Burnett", of Coeur d'Alene Rest Home made a visit to Lab. She was asked to come to explain about the Bucket and the Dipper Theory. This just so happened to be in keeping with the discussion in the morning about putting others down, accepting compliments and interactions with people.

## NO-MENU DINNER

The Thursday night dinner was planned and put on by the following CHATTERS from Montana: Terri and Sally Heard, Les McCartney, Nancy and Patty Eusterman, Mary Pancich, Ruth Hoppe, and Staigmiller--all-Lisa from Cascade County; Dee Jaspers from Teton County, and Kymn Murphy from Lewis and Clark County.

The NoMenu dinner consisted of a menu of mystery foods. The dinner guests sat at numbered tables and chose their dinner in four courses. Each course was served in order, and each guest had to eat each proceeding course before being served the next. The answers to the course selections are as follows:

- |            |                       |
|------------|-----------------------|
| Course #1: | 16-knife              |
|            | 13-fork               |
|            | 15-spoon              |
|            | 10-napkin             |
|            | 11-water              |
| Course #2  | 8-salad               |
|            | 4-bread               |
|            | 14-butter             |
| Course #3  | 5-turkey and rice     |
|            | 9-green beans         |
|            | 17-pepper             |
|            | 18-salt               |
| Course #4  | 12-cake               |
|            | 2-toothpick           |
|            | 1-3-7-coffee-tea-milk |
|            | 6-hug and kiss        |



NAME \_\_\_\_\_ TABLE NO. \_\_\_\_\_

This is a "No-Menu Dinner". Can you guess what you are having?  
Select your own foods for each course.

Course 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Course 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Course 3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Course 4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1. Hooter's delight
- n2. Chip off the old block
3. Boston memoirs
4. Staff of life
5. Chinese Thanksgiving
6. Sweet Caress
7. Udder juice
8. Caesar's delight
9. Giant's food
10. Childhood memories
11. Jacob's well
12. Snow covered mountain
13. Split in the road
14. Milk shake
15. Babie's delight
16. Sword without a scabbard
17. Sneeze maker
18. A piece of the rock

Answers on the following page.

HOPE FOR THE BEST, BUT BE READY FOR THE WORST.



NAME \_\_\_\_\_ TABLE NO. \_\_\_\_\_

This is a "No-Menu Dinner". Can you guess what you are having?  
 Select your own foods for each course.

Course 1.	<u>16</u>	knife
	<u>13</u>	fork
	<u>15</u>	spoon
	<u>14</u>	butter
	<u>7</u>	milk
Course 2.	<u>4</u>	beef
	<u>9</u>	carrots
	<u>11</u>	water
Course 3.	<u>8</u>	salad
	<u>5</u>	main dish
	<u>11</u>	water
	<u>12</u>	strawberry shortcake
Course 4.	<u>1</u>	Coffee
	<u>3</u>	tea
	<u>6</u>	bag + heels
	<u>2</u>	toothpick

HOPE FOR THE BEST, BUT BE READY FOR THE WORST!"

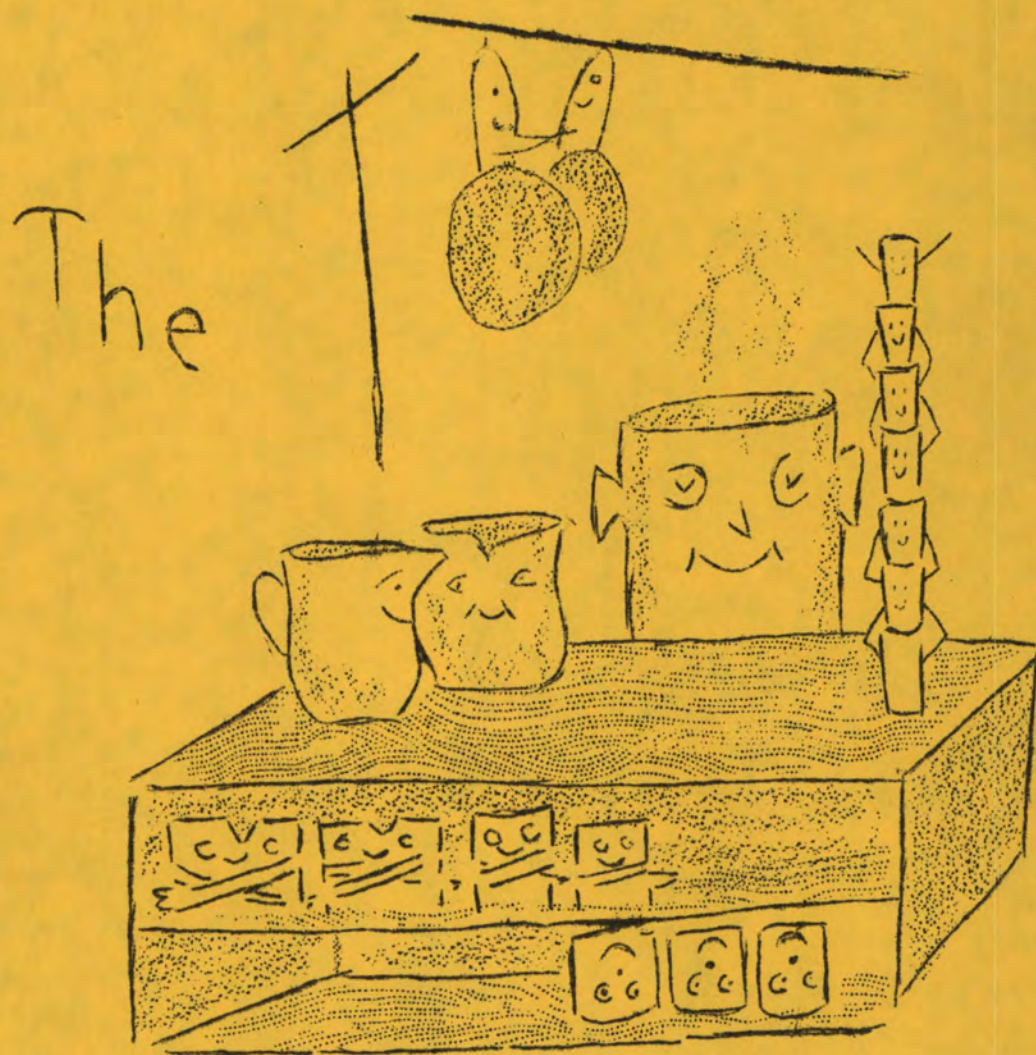


These are your choices for the 4 course No-Menu Dinner.

1. Hooter's delight
- <sup>2</sup>  
2. Chip off the old block
3. Boston memoirs
4. Staff of life
5. Chinese Thanksgiving
6. Sweet Caress
7. Udder juice
8. Caesar's delight
9. Giant's food
10. Childhood memories
11. Jacob's well
12. Snow covered mountain
13. Split in the road
14. Milk shake
15. Baby's delight
16. Sword without a scabbard
17. Sneeze maker
18. A piece of the rock



# CHAT IN





## THE WEEKS MENU

May 13 - Saturday Night  
Sloppy Joes & Buns  
Tossed Vegetable Salad  
Fruit & Cookies (Peaches)  
Coffee-Tea-Milk

May 14 - Sunday Breakfast  
Apple Juice  
Hot Cakes  
Eggs  
Dry Cereal  
Syrup - Jam  
tea-coffee-chocolate Milk

- Lunch  
Corn Casserole w/pork sausage  
cottage  
bread  
pears  
cookies  
tea-coffee-milk

- Dinner  
chicken Oriental  
Carrot & Raisin Salad  
Frozen Peas  
Chat-co-Cake  
Bread  
coffee-tea-milk

May 15 - Monday Breakfast  
Pineapple juice  
bacon  
eggs  
hot cereal (Farina)  
toast and jam  
tea-coffee-chocolate milk

- Lunch  
Scalloped Potatoes & Turkey  
Bean Salad  
Rhubarb Crisp  
Bread  
coffee-tea-milk

- Dinner  
Meat Balls in Gravy  
Molded Pineapple Jello Salad  
String Beans with Bacon  
Mashed Potatoes  
Fudge Cake & Topping  
Bread  
coffee-tea-milk

May 16 - Tuesday Breakfast  
Stewed Prunes  
Orange hotcakes-syrup-jam  
eggs  
sausage  
cold cereal  
coffee-tea-chocolate milk

- Lunch  
Tacos-hamburger  
lettuce-cheese-tomatoes  
apple-nut-celery salad  
taco sauce  
bread  
date orange cake  
coffee-tea-milk

- Dinner  
Baked Ham  
Baked Potatoes  
Pineapple & cottage cheese  
corn  
apricot crisp  
bread  
coffee-tea-milk

May 17 - Wednesday Breakfast  
juice  
toast  
french toast-syrup  
hot cereal  
bacon  
coffee-tea-milk

- Lunch  
Fish Fry  
corn bread & syrup  
veg jello salad  
crazy cake  
coffee-tea-milk

- Dinner  
pork steaks in mushrooms  
sconed potatoes  
peas  
carrots & celery sticks  
baked apples  
bread  
coffee-tea-milk



May 18 - Thursday Breakfast  
 apple juice  
 pancakes  
 bacon  
 cold cereal  
 coffee-tea-milk

- Lunch  
 LaSagne  
 cold slaw  
 garlic bread (french)  
 peach cobbler  
 coffee-tea-milk

- Dinner  
 Turkey Gravy on Rice  
 green beans  
 spring salad  
 strawberry shortcake &  
 topping  
 biscuits  
 coffee-tea-milk

May 19 - Friday Breakfast  
 juice  
 sausage  
 eggs  
 cinnamon toast  
 cooked cereal (Farina)  
 coffee-tea-milk

- Lunch  
 crackers-chowder  
 blue berry muffins  
 tossed green salad  
 ginerbread & topping  
 coffee-tea-milk

- Dinner  
 Baked smelt  
 or fish sticks  
 canned mixed vegetables  
 dinner rolls  
 french fries  
 ice cream & cookies  
 coffee-tea-milk

May 20 - Saturday Breakfast  
 juice  
 prunes - rhubarb  
 eggs  
 bacon  
 hot cakes-syrup-jam  
 dry cereal  
 coffee-tea-milk

- Lunch  
 chop suey on rice  
 salad (tossed or cole slaw)  
 bread  
 steamed cranberry pudding  
 coffee-tea-milk

- Dinner  
 TO BE PLANNED

May 21 - Sunday Breakfast  
 hot cakes - syrup  
 eggs  
 bacon  
 sausage  
 coffee-tea-chocolate milk



## Wednesday Fish Bake

Fish: Donated by Cenie's Son (one heck of a fisherman)  
 Chairman(?) - Chris B.  
 Resourceless People - John B. and Stew  
 Draftees - Meg and Clarence (THEY knew what we were doing!)  
 The Meal - A buffet style set on three tables, hoping for  
 SUN

Der Fishn in Der Verdunplft (Cornmeal Trout)  
 Corn Bread (stalks and all)  
 Misskellaneuos Salladds  
 Heavy Skinned Bright Orange Appls

In spite of determined escape attempts, Chrissy's "committee" met the challenge of providing Der Fishn in Der Verdunplft!

&&&&&&&&&&&&

## Evaluation:

I ;really really feel that the cause of the poor little Fishn in Der Verdunplft should be considered more fully. I mean after all, what if you were a poor little Fishn and YOU got stuck in Der Verdunplft??? Golly gee, it couldn't have been too pleasant of an experience. I mean when do we really consider what we do anyway you know? I mean really, sometimes we just go right a head and don't realize that we are really sticking some poor little creature into der verdunplft! Now this is not even to mention what absolutely beastly (not to be confused with BEASELY) things happen to corn stalks or Salladds!!! I mean you know after all their organic too just like we are I mean we all came out of the great BOSOM of the clod mother reaching up in anxious aniticipation of the warm enbraces of the coming ~~phi~~ sun rising up each day to draw us out of our moldy stupor into the vast freasheness of the eternalcloud-like waves of the cosmic interludes that sweep into and out of the ears of the Universe, while moveing like a thing unfirm in the ambitious ocean swell and rage and foam to be exalted with the threatening clouds that have writhed the knotty oaks but never till tonight never till now have I gone through a tempest dropping fire! A common slave, you know him well by sight, did hold up his left hand which did flame and burn as twenty torches joined, and yet his hand, all afire, remained unscorched and the bird of night even at noonday was hooting and shreiking even at noonday and little Buffalo just saw a green snake go slither slither slither in the grass but shes really quite afraid of the bugs in the showeres., not to mention Stev (especially when he hasn't shoevered). But don't worry she killed him. But the Parrot came out of the blender and we called it Polly on a Cracker.

(Are you really sure that was CORNBREAD?????????)



Oh, my poor  
 Stomach!  
 (BLAH)



# Hi-Country 4-H Hiking club presents an outdoor Breakfast —

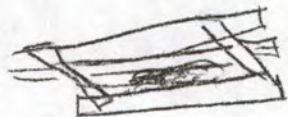
The members of Hi-Country are from Jackson County, Oregon. Those who participated in the breakfast from the club were Ed Gerdes, Diane Keller, Mary Moore, Roberta Babcock and Jim Martin and Mary Ann helped with the planning. On Wednesday, we planned the meal. Thursday we got up at 6:00 and got the fire started. By 7:30 the coals were hot enough to start cooking. The menu was pancakes, bread and butter, scrambled eggs, bacon, hot chocolate, and orange juice. Even though the pancakes were raw in the middle or the bacon was burnt, everybody involved had a wonderful time eating breakfast outdoors.

The type of fire we used was:  
to start off with a tipi fire —



← stack wood in shape of a tipi. Then start fire with small kindling in middle.

Then go to a log cabin style fire  
— the best type for cooking on.



← stack wood in style of a log cabin with a fire in middle.

Put grill on top for cooking



These are some of Brad's GOODIES to pack on the trail. They are all good to bake ahead and carry for snacking or supplementing meals when hiking, climbing or skiing.

*1 tsp. baking powder.  
1 tsp. cinnamon  
1/2 tsp. salt  
1 cup raisins*

#### THURSDAY'S TEA TIME MOLASSES JUMBOS

1 cup sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup shortening, 1 cup whole wheat flour,  $2\frac{1}{2}$  cups white flour,  $\frac{1}{2}$  cup cold coffee, 1 egg,  $\frac{1}{2}$  t ground cloves,  $\frac{1}{4}$  t all spice,  $\frac{1}{4}$  t nutmeg. Cream sugar and shortening. Add molasses, beaten egg and coffee. Stir in dry ingredients and raisins. Mix well (it will be very stiff). Bake on greased cookie sheet in 350 degree oven for twelve to fifteen minutes. (I have always found that it took fifteen or sixteen minutes in our oven).

This is an old family recipe and were my father's favorite cookie so my mother baked them three or four times a week to keep Dad, my three brothers and I satisfied. I had them every day when I got home from school.

#### ORANGE NUT BREAD

1 medium orange, 1 cup raisins, 2 T melted shortening, 1 t vanilla, 1 beaten egg, 2 cups flour,  $\frac{1}{4}$  t salt, 1 t baking powder,  $\frac{1}{2}$  t soda,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup chopped nuts. Pour juice from orange in measuring cup and fill to one cup with boiling water. Force orange rind and raisins thru food chopper - coarse blade. Add diluted orange juice. Stir in shortening, vanilla and egg. Add flour and other dry ingredients. Beat well and stir in nut meats. Bake one hour at 350 degrees. Cool in pan.

#### BROWN BREAD

2 cups graham flour, 1 cup corn meal,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses, 2 cups sour milk or buttermilk, 2 teaspoons soda, 1 t baking powder,  $\frac{1}{2}$  t salt, 1 cup raisins. Bake for one hour in 360-365 degree oven.

#### CINNAMON MUFFINS

$\frac{1}{2}$  cup sugar, pinch salt, 1 cup flour, 1 t baking powder, 1 t cinnamon,  $\frac{1}{8}$  pound of butter or margarine,  $\frac{1}{2}$  cup milk. Mix sugar and melted butter. Add milk then dry ingredients. Fill small muffin tins  $\frac{1}{2}$  full and bake 15 minutes in 400 degree oven.

These improve in flavor if kept for a couple of days but it is difficult to do this as they are so good fresh out of the oven.





## QUICK TAMALES PIE

(Serves 6)

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

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



M=M=  
 Good.



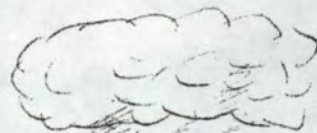
TAMALE Pies

Mighty





FRIDAY NIGHT MIDNIGHT ENCHILADA SUPPER  
By the LOVE PEOPLE



SOUR CREAM ENCHILADAS

2 cups sour cream  
1 cup chopped green onions  
 $\frac{1}{2}$  teaspoon cumin, ground  
4 cups cheddar cheese, shredded  
12 corn tortillas  
oil  
1 10 ounce can enchilada sauce  
sour cream and chopped green onions for garnish



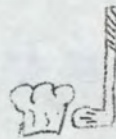
Enchiladas



Welcome

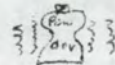
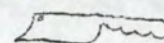
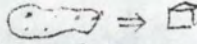
= mmmmaahhooottt!

Blend 2 cups sour cream, onions, cumin and 1 cup of cheese. Fry tortillas in oil, dip into heated enchilada sauce. Put 6 table-  
spoons mixture down center of each tortilla, roll and put in an  
ungreased casserole(8x10). Sprinkle remaining cheese over top.  
Bake uncovered in 375° oven for 20 minutes.

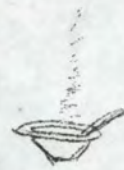
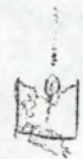
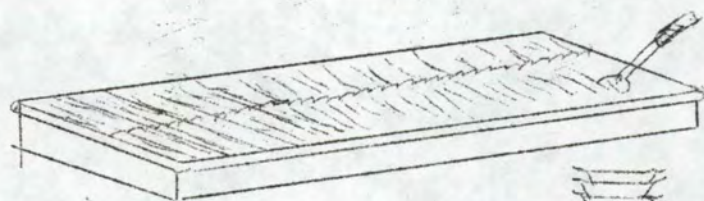


BEEF ENCHILADAS

3 lbs. ground beef  
1 raw potato, cubed  
chili powder, cumin, cayenne, salt and pepper to taste  
3 cloves garlic, crushed  
1 cup chopped green onions  
chopped black olives  
3 cloves garlic, crushed  
1 can tomato paste  
3 bay leaves  
4 dozen corn tortillas



Brown meat; add remaining ingredients, cook. Roll in tortillas  
which have been dipped in hot enchilada sauce. Sprinkle with  
cheese and bake as above.



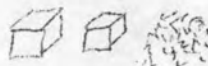




## FRIDAY NIGHT MIDNIGHT ENCHILADA SUPPER continued

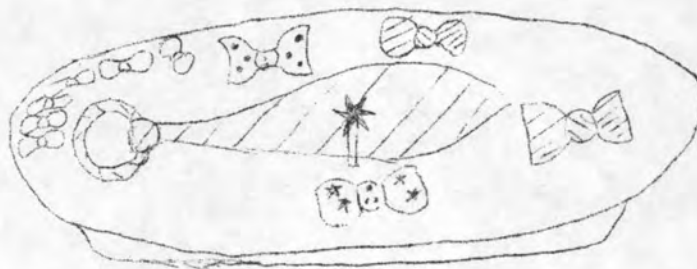
## PUFF PASTE ROLLS

- 4 cups flour
- $\frac{1}{4}$  teaspoon cream of tartar
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{2}$  cups soft margarine
- 1 tablespoon lime or lemon juice
- 1 cup ice cold water
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  cup finely crushed sugar cubes



Sift flour, measure, sift again with cream of tartar. Cut in 1 c. butter until butter is size of large peas. Add lime or lemon juice. Gradually add cold water, a few tablespoons at a time, blend with fork. Knead several times to blend on a lightly floured board. Roll out pastry  $\frac{1}{4}$ " thick in a rectangle; dot with 2 tablespoons butter and spread butter over surface evenly. From one side, fold  $\frac{1}{3}$  of pastry and then fold single surface  $\frac{1}{3}$  over other. This makes 3 layers. Roll lengthwise into long rectangle and spread with 2 tablespoons butter; fold half up from bottom; fold top down so it covers. Turn folded pastry so it faces you vertically. Roll, butter, fold and turn pastry four times altogether. Place on baking sheet, cover with waxed paper and chill. Let pastry stand at room temperature for 45 minutes. Cut in halves. Then shape into bowties. Roll into rectangles  $\frac{3}{16}$  inch thick; cut into 1 inch wide strips. Cut strips crosswise into 3 inch pieces. Pick up each piece of dough, twist in center making half twist. Place on an ungreased baking sheet. Sprinkle with a mixture of sugar and cinnamon. Bake  $400^{\circ}$  20-25 minutes or until golden brown. Remove from baking sheet to cool. Makes 40.

Recipes from Maurine King and Jackie Baritell



Kookies?



Shared by Genie Townsend

# CHICKEN ORIENTALE (Serves 4-6)

1-2½ to 3# fryer - cut up  
¼ cup butter  
1 #2 can pineapple chunks  
¼ cup brown sugar  
2 T cornstarch  
½ tsp salt  
1/3 cup vinegar  
1 T soy sauce  
1 T toasted sesame seeds  
1 4oz. can sliced thin mushrooms  
½ med onion

Brown chicken pieces, heat juice to boiling, stir in brown sugar, cornstarch, salt, vinegar; stir until it thickens, add pineapple chunks and remaining ingredients and continue to simmer on low heat stirring occasionally.

Pour sauce over chicken

Simmer 5 minutes

Shared by Zilda Carlson

# COTTAGE CHEESE PANCAKES (Serves 4)

½ carton cottage cheese  
3 eggs.  
½ cup flour (approximately)

Add eggs to cottage cheese. Stir in 1 tablespoon flour at a time so that the dough will stay together but not be too thick. Drop by teaspoon into one inch or so of hot oil. Turn with 2 forks. Serve by sprinkling powdered sugar, syrup or jam on top.

Shared by Jean Baringer

# HOT SPICED TEA

2 cups Tang  
1 cup pre-sweetened lemonade mix (Wyler)  
1 cup tea (may want to add more)  
1 t cinnamon  
½ t cloves

Mix and store. Add 1 tablespoon mixture to 1 cup tea, mix and enjoy. You may make adjustments according to personal taste.



Shared by Zilda Carlson

#### FRENCH TOAST

Dip French bread into a mixture of 3 bananas and 1 egg. Let sit for a minute until it becomes thin.

Shared by Jean Baringer

#### GORP

Gorp can be made in various proportions and by using a combination most appealing to your tastes. Add or omit as you please. Gorp is a good energy restorer and great for nibbling on while hiking, camping, etc.

Combine raisins, peanuts, walnuts, cut up dates, semi-sweet chocolate chips, peanut butter chips, candy coated chocolate (like M & Ms), small salted cheese crackers, sunflower seeds, and mix without any special proportions. One cup of each is a good start.

#### D' Pancakes

Shared by Dee Jaspers

3/4 cup whole wheat flour  
 1/4 cup plus 2 Tbls white flour  
 1/4 cup wheat germ  
 1 heaping Tbls. honey  
 3 Tbls. peanut oil  
 1 1/4 cups milk or use 1/2 cup dry milk & 1 1/4 cups water  
 dash salt  
 1 egg  
 1 Tbls soda

#### Whole Wheat Muffins

Shared by Dee Jaspers

1/2 cup butter or oleo  
 3/4 cup brown sugar  
 1 egg  
 2 cups whole wheat flour  
 1 tsp. soda  
 1/4 tsp vanilla  
 1 cup milk  
 dates - optional

Cream butter and sugar. Add egg, then milk and flour (plus soda) alternately.

425° oven  
 12-15 minutes



## TACOS

onions - 2 qts  
salt 3/4 cup  
tomato paste - 1 #10 can  
hamburger 16 pounds  
garlic - 1 tsp  
chili powder - 2 Tbls.  
cheese - 6 pounds, grated

Brown hamburger, add onions and seasonings

## Salad Oil Cookies

1 cup salad oil  
1 cup butter or margarine  
1 cup brown sugar  
1 cup white sugar  
1 egg  
1 cup quick oatmeal  
1 cup Rice Krispies (or any similar cereal; e.g., Pep,  
Special K, etc.)  
3½ to 4 cups flour  
1 tsp soda  
1 tsp salt  
1 tsp vanilla  
3/4 tsp almond extract  
1/2 - 1 cup finally ground 40% bran flakes

Mix oil, butter, and sugar together thoroughly, add the egg, oat meal and rice krispies, mix well; add vanilla and almond extract, add soda and salt with flour also add bran flakes. Drop by teaspoonfuls on greased pan, flatten with fork.

Bake at 350° about 10 minutes or until lightly browned.

The receipes on this page were shared by Ethyl Fox.



## MORE RECIPES

Brownies

1 1/2 cup shortening	2 1/2 cups sugar
6 eggs	3 tsp. vanilla
1 cup cocoa	1 1/2 tsp. baking powder
2 1/4 cups flour	1 tsp. salt
2 cups chopped nuts	

Mix shortening, sugar, eggs and vanilla. Add sifted dry ingredients. Fold in nuts.  
Bake in a greased pan for 20 to 30 minutes at 350°.

---

No-Bake Chow-mein noodle cookies

1 pkg. chocolate chips  
1 pkg. butterscotch chips  
1 can chow-mein noodles  
1 cup peanuts.

Melt chips. Add other ingredients. Drop on waxed paper.

---

Fudgies

2 cups sugar  
1/2 cup milk  
1/4 lb. butter or margarine  
3 tbs. cocoa  
1/4 tsp. salt.

Mix above ingredients in pan and boil one minute.

Add

1 tsp. vanilla  
3 cups quick oats.

Mix well. Drop from spoon on waxed paper.

---

The Sexagon Punch for Hawaiian Luau

1 46 oz. can orange juice (canned)  
3 cans 46 oz pineapple juice  
4 Hawaiian punch (frozen) large cans  
2 thinly sliced lemons  
1 gal. strong steeped Constant Comment Tea (4 oz. can.  
    (leave tea leaves in till cool)  
3 gallons of ice  
3 gallons of water.

Billy Marie Studer.



## MORE RECIPES

Mimi's Ice Cream

3 c. sugar	3 bananas (cut & mashed)
3 c. milk	3 small lemons
3 c. whipping cream	3 small oranges.

This is the easiest recipe for homemade ice cream I've ever found. This will serve 8 ice cream lovers.

Combine in manual freezer. Crank. Fill with ice and salt. Crank until hard to turn. Let set to cure. (30 minutes) Open and dive.

One can be flexible and substitute strawberries or any other fruits in season.

---

Bana Boats

Slit bananas, stuff with chocolate chips and miniature marshmallows. Seal in foil, fold drug store style. Set in coals. Cook about 20 minutes. Yum\*\*\*\*\*

---

PESCE CAMPIONATE ITALIAN FISH      CHAMPION WITH CHINESE INFLUENCE

Fry rapidly and thoroughly all your trout. Set aside. Take 1 part vinegar to 1 part water (sufficient to cover fried fish. (Do not put on fish.) Add onion (liberally), parsley, nutmeg, clove. Then add graciously the essence of China (soy sauce). Bring to a boil. Now pour over fish. Let set overnight. Will preserve indefinitely, but should be eaten in two years.

Larry Yee - China  
Angelo Rovetto - Italy  
(Cooperators)

COOKING!

How to stretch a mushroom pattie. Get all your mushrooms - clean and cut them in small pieces. Estimate how many people this would feed; then subtract this from the number of people to be fed. Now you can go from 1 to 1, to 1 to 5 with onions, (by weight). Now add 1 to 2 celery tops and green onion tops. Subtract this from the number you had left. Now eggs should be enough to let all ingredients swim in them.. If this still isn't enough continue adding bread crumbs and eggs. Salt and pepper to taste.

Angelo Rovetto



Shared by Genie Townsend

### CRANBERRY PUDDING (Steamed)

2 cups cranberries  
½ cup molasses  
2 tsp soda, dissolved in ½ cup hot water  
1½ cups flour

Mix all together and steam 1 hour or longer

Sauce:

1 cup sugar  
½ cup cream                      Heat and serve  
½ cup butter

### CARROT PUDDING (Steamed)

1 cup shredded carrots (uncooked)  
1 cup shredded potatoes (uncooked)  
1 cup sugar  
1 cup flour  
2 cups raisins  
1 tsp cinnamon  
1 tsp nutmeg  
¾ tsp salt  
1 tsp baking soda  
½ cup melted shortening  
1 tsp vanilla

Steam 2½ hours

Fill cans 2/3 full -- in well greased 1 lb. cans

### CHEESE PUDDING (not a desert)

3 slices bread inch thick  
¼ lb. American cheese  
2 eggs  
2 cups milk  
1/8 tsp mustard  
2 tsp. salt

Cut bread in cubes (can butter), cover bottom of casserole with bread, alternate with cheese, put cheese on top, heat milk, add beaten eggs slowly, add seasoning and pour over bread.

Bake at 350° for ¾-1 hour  
in pan of water in oven



Roses are an incredibly versatile flower that can be used for everything from candy to jam to potpourri to beads.

The best roses to use are the old-fashioned types. Red ones have the strongest scent and pink ones the most delicate.

They should be picked in the morning before the sun is at its highest and after the dew has dried. After picking them, cut the white base part off the petal. It is bitter and should not be used in cooking. Wash the petals lightly and dry on paper towels. They are now ready to use.



### ROSE PETAL SYRUP

this is the sweet base used for many recipes

1 quart petals      3 cups sugar

Spread the clean petals on a cloth for 1-2 days. Press the petals tightly in the palm of the hand and put them in an enamel pan, adding cold water to barely cover. Bring them to a boil over a medium flame. Gradually add the sugar and continue boiling slowly for 10 minutes or until a syrup is formed. Strain into a sterilized bottle and cork tightly. Do not use for 2 weeks.

## ROSE CUSTARD

3 egg yolks	$\frac{1}{2}$ teaspoon vanilla
1 pint milk	$1\frac{1}{8}$ teaspoon mace
2 tablespoons sugar	$1\frac{1}{8}$ teaspoon allspice
$\frac{1}{2}$ teaspoon salt	1 tablespoon rose syrup



Beat egg yolks. Add milk and sugar and cook in double boiler until the mixture coats the spoon. When slightly cool, add salt and flavorings. Mix and pour into custard cups. Put in refrigerator to chill.

## FRUIT PANCAKES

[illegible]

Drain juice from pineapple and set aside the slices. Add cornstarch to 1 cup of the juice and cook until thick. Add rose syrup and stir. Pour over pancakes and a slice of pineapple.



## ROSE ICE CREAM

4 cups light cream	1 cup sugar
3 cups heavy cream	2 tablespoons rose syrup
1 cup milk	$\frac{1}{4}$ tsp. salt

Mix thouroughly and freeze without cooking.

This traditional recipee was once called Pink Party Ice Cream. It was usually served piled high on a large platter for birthdays and garnished with real roses.

## ROSE PETAL PUNCH

5 tea bags	$\frac{1}{2}$ cup sugar
1 quart boiling water	juice of 5 lemons
1 cup fresh mint cut in pieces	juice of 2 oranges
$\frac{1}{2}$ cup rose syrup	1 cup raspberries

Add tea bags to 1 quart boiling water with the mint and sugar. Let stand 15 minutes. Add lemon and orange juice. When cool, add the raspberries and rose syrup. Dilute to 1 gallon. Serve in punch bowl bowl with floating rose petals.

\*\*\*\*\*

Roses can also be used to make preserves...

## RED ROSE JAM

2 cups sugar	1 pound (11 cups) rose petals
--------------	-------------------------------

Dissolve the sugar in  $\frac{1}{2}$  cup water and stir in the red rose petals. place in a shallow pan and cover with a sheet kof glass. Set in the sun for 8 hours. Bring to a boil and cook for 20 minutes stirring constantly. Pour into jelly glasses and seal.

## ROSE PETAL JAM WITH HONEY

2 cups firmly packed petals	2 tablespoons honey
3 cups sugar	1 teaspoon lemon juice
a few drops of red food coloring	

Add 2 cups boiling water to the petals. Boil gently for about 10 minutes. Strain reserving the petals. Add the sugar and honey to the liquid and simmer gently, for about 30 minutes or until the syrup reaches 220 degrees. Add petals and simmer gently for another 30 minutes. Add lemon juice and a little red food coloring. Pour into sterilized jelly glasses and seal.



## m CRYSTALIZED ROSE PETALS

these are often used as cake decorations (and are easier than making frosting roses for me.)

Use highly scented fresh roses. Wash and dry them well. Beat the white of one egg well-to a foam. Using a small pastry brush or fingers, brush well over the sides of the petal. Be certain there is no surplus egg white, but that both sides are moist. Shake granulated sugar on both sides and place on tray in refrigerator to dry.

This recipe and the following one can also be used with garden (not african) violets

## CANDIED ROSE PETALS

2 cups rose petals                      ½ lb. sugar                      1 cup powdered sugar

Boil the sugar in 2 cups of water until the syrup spins a thread. Set on ice to cool. Then the syrup starts to crystalize, dip the petals a few at a time using tweezers or tongs. When they begin to dry, dust with powdered sugar. Store in airtight containers.

\*\*\*\*\*

## POTPOURRI

This is a fragrant mixture of flowers, herbs and spices that is used as a sachet, or to scent a room.

A simple potpourri uses 1 quart of rose petals that have been dried, 1 teaspoon of a fixative (powdered orris root, gum benzoin or calamus root all available at the drugstore), then add 1 teaspoon cinnamon, 1 teaspoon nutmeg and 1 teaspoon allspice. Shake the mixture and store tightly covered for 6 weeks. Shake occasionally. After it has ripened, it can be used in sachets or set out in pretty glass jars that are covered and opened occasionally.

\*\*\*\*\*

## ROSE BEADS

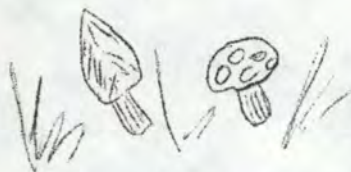
Chop rose petals very fine. Put in an iron pan and barely cover with water. Simmer for about 1 hour, but do not let the mixture boil. Repeat the process for 3 more days. Never let it boil. After the final day, make beads by working the pulp into a ball with fingers. Put the beads on florist's wire and move frequently while drying. The beads give off a rosy fragrance when warmed by the hands.

Traditionally these beads were made for rasaries.

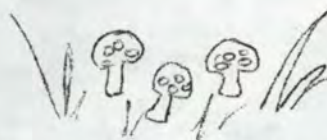
Two good sources for rose recipes are: Rose Recipes from Olden Times, Eleanor Sinclair Rhode, Dover edition, 1973 and The Art of Cooking With Roses, by Jean Gordon, Noonday Press, 1968

SUE FORD





## THE MAGIC MOREL



Every year labbers come to Chat and while attending, seek out the Morel mushroom. 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?

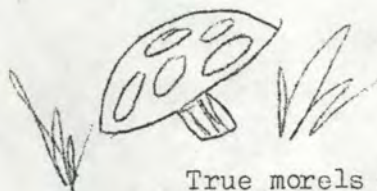
The city dweller rarely finds the morel in his park, garden or grasses. Only a few occasional finds have been reported. For serious hunting, it's off to forests of mixed oak, aspen, elm, and beech-maple, thickly carpeted with blue violets and ferns. There the serviceberry blooms and mandrakes are up. 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 sun-dappled hill, facing south and perhaps beneath a dying elm, you'll find larger, beige-colored specimens-equally delicious! 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, woody 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 flavorful. But don't overlook older drying processes. Try several methods; then decide which you prefer.

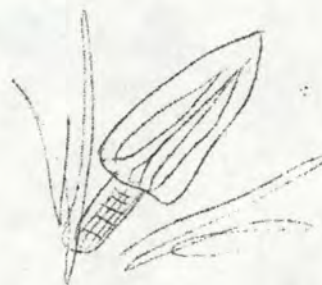
**To Freeze:** Freezing is simple. Arrange clean morels on a flat surface (a baking sheet is fine) and place in your freezer. When frozen, store in tightly sealed plastic bags. Or cook morels gently in butter for just a few minutes; then freeze in airtight containers. With either method, just thaw as 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 airtight 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 sauté in butter. Season with salt and pepper and serve. It's a marvelous way to savor the nutty, woody flavor. The subtle morel flavor marries beautifully with the delicate quality of chicken, veal, lean beef, even lobster. But it can be overwhelmed by the stronger flavors of meats like lamb or ham, or by other heavily flavored ingredients.





## 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





# POETRY & PROSE





## LOVE

I Love You  
Not only for what you are  
But for what I am  
When I am with you.

I Love You  
Not only for what  
You have made yourself,  
But for what you  
Are making of me.

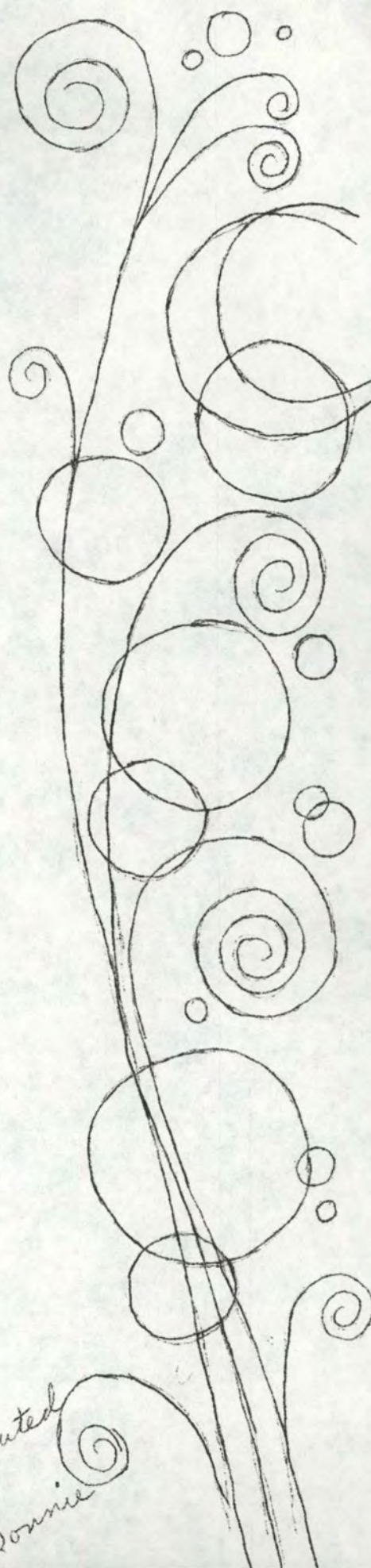
I Love You  
For the part of me  
That you bring out;  
I Love You  
For putting your hand  
Into my heaped-up heart  
And passing over  
All the foolish, weak things  
That you can't help  
Dimly seeing there  
And for drawing out  
Into the Light  
All the beautiful belongings  
That no one else had looked  
Quite 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  
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.

Contributed  
by  
Lorraine





If I reach out and no one takes my hand.

If I cry out my need and no one answers.

If I look at misery and say "there is nothing I can do".

Then I will go to my home, wrap my life around me and become an old woman.

Florence Wells

Shared by Lisa Staigmiller

### Follow Your Dream

Follow your dream  
Wherever it leads----  
Don't be distracted  
By less worthy needs...  
Shelter it, nourish it,  
Help it to grow---  
Let your heart hold it  
                  down deep  
Where dreams go.

Follow your dream  
Pursue it with haste;  
Life is too precious,  
Too fleeting, to waste....  
Be faithful, be loyal  
Then all your life through---  
The dreams that you follow  
Will keep coming true!.  
D.S. Faulhaber

### WHAT WILL TOMORROW BRING?

What will tomorrow bring?  
Sunshine or rain----  
Sadness or happiness---  
Pleasure or pain?

The answer is yours to form----  
Start right away  
For tomorrow's a flower  
With its roots in today.

Submitted by Lisa Staigmiller      P.C. Mabry

Please hang on  
to whatever it is  
that helps you be  
who you are and how you are  
and still lets you see  
who I am and where I am.

I find the great thing in this world is not so much where we  
stand, as in what direction we are moving.

Oliver Wendell Holmes

The smile that you send out  
returns  
to you.

Indian wisdom



## Happiness Is . . .

- \* The quality of your thoughts. -Marcus Aurelius
- \* Travel into a very far country, and even out of ourselves. - Sir T. Browne
- \* The absence of pain. -A Chinese proverb
- \* The absence of the striving for happiness. -Chuang-Tse
- \* The conviction that we are loved. . . in spite of ourselves. -Victor Hugo
- \* Thinking of the welfare of others first, and not taking one's self too seriously. -J. Kindleberger.
- \* A perfume which you cannot pour on others without getting a few drops on yourself. -Louis L. Mann.
- \* Squandering ourselves for a good purpose. -Robert Shnayerson.
- \* Friends, books, a cheerful heart, and a conscience clear. -William Oster.
- \* Absorption in some vocation which satisfies the soul. -Sir William Oster.
- \* A by-product of an effort to make some one else happy. -Gretta Palmer.
- \* Health, peace, and competence. -Alexander Pope
- \* A good bank account, a good cook, and a good digestion. -Jean J. Rousseau
- \* To be out of jail. To eat and sleep regular. To get what I write printed in a free country for free people. To have a little love in the home and esteem outside the home. -Carl Sandburg
- \* Not having what you want, but wanting what you have. -Hyman J. Schachtel
- \* Essentially a state of going somewhere, wholeheartedly, one-directionally, without regret or reservation. -William H. Sheldon.
- \* That elusive mood in your mind, a delicate balance between what you wanted in life and what you got. -Philip Shaver and Jonathan Freedman.

Shared by Laurel Mulder

ODE TO JIM MARTIN

He stands straight and tall,  
 his hand reaching out to all  
 who might pass by on life's trail,  
 to the strong, the meek and the frail.  
 The love and laughter that shines  
 in his eyes at all times,  
 is like a beacon sending forth  
 a signal telling of the worth  
 of all mankind.

Betty Schuld

Those who bring sunshine to the lives of others cannot  
 keep it from themselves.                      Sir James Barrie



## MY VERY SPECIAL FRIEND

You are a friend, a very special friend,  
 You have reached out to me, drawing me in,  
 Helping me to explore my capabilities,  
 Showing me that I was "Born to Win".

Giving me the courage to be myself,  
 Patiently waiting while I floundered in confusion,  
 Gently prodding me to grow, to give of myself,  
 So that I, too, might show the world LOVE is no illusion.

You are a person with a truly beautiful heart,  
 A capacity to see the true capabilities in people,  
 And to bring these capabilities out for the world to see.  
 I should like to shout "I LOVE YOU" from the tallest steeple.

And so, MY FRIEND, on this, your special day,  
 I send to you, all of the love I'm capable of,  
 And wish you the best, the greatest, the most,,  
 Fantastical, stupendous, grandious.....  
 BIRTHDAY ever.

Written for Don Clayton  
 May 19, 1978  
 by Betty Schuld

## LOVE

There is no difficulty that enough love will not befriend,  
 No disease that enough love will not heal;  
 No gulf that enough love will not open;  
 No wall that enough love will not throw down  
 No error that enough love will not redeem....  
 It makes no difference how deeply seated may be the trouble,  
 How hopeless the outlook, how muddled the tangle, how great the mistake,  
 A sufficient realization of love will dissolve it all....  
 If only, if only you could love enough, you would be the happiest  
 And most powerful being in the world.

Emmet Fox

"Living to the minimum  
     can really be a bore.  
 Living to the maximum  
     can open many doors.  
 Think of all the things  
     that you alone can do.  
 When you think you've finished,  
     You're not really through.  
 Add that little garnish  
     that only you can add,  
 And you'll be fuller,  
     --you never will be sad."

Jeneanne Siekawitch

Submitted by Laurel Mulder



# Holding Hands

I think of you;  
wonder  
at reasons for our being friends.

Should we compare life styles...? socio-economic backgrounds...?  
Religious status...? Credit ratings...?

No....no category the world gives, no "approval", no prefab motive.  
And ~~needing~~ none, I ask in innocence: What's your favorite color?  
Do you feel the power of people singing? Do you see into the  
fire's light? Do you find the place that lies within...each moment,  
shared with yourself, a gift to others?

Here I learn to move with sureness that it's right to be a friend, without  
reasons or excuses, disowning the lies of "safe" that block the already  
open paths between us.

Here I wonder at the spirit which moves us, beyond reasons the world gives,  
to the inner/outer peace of being...together.

Here I find that a look and touch gives more than miles could ever steal.  
Here I find that a moment shared gives more than years could ever take away.

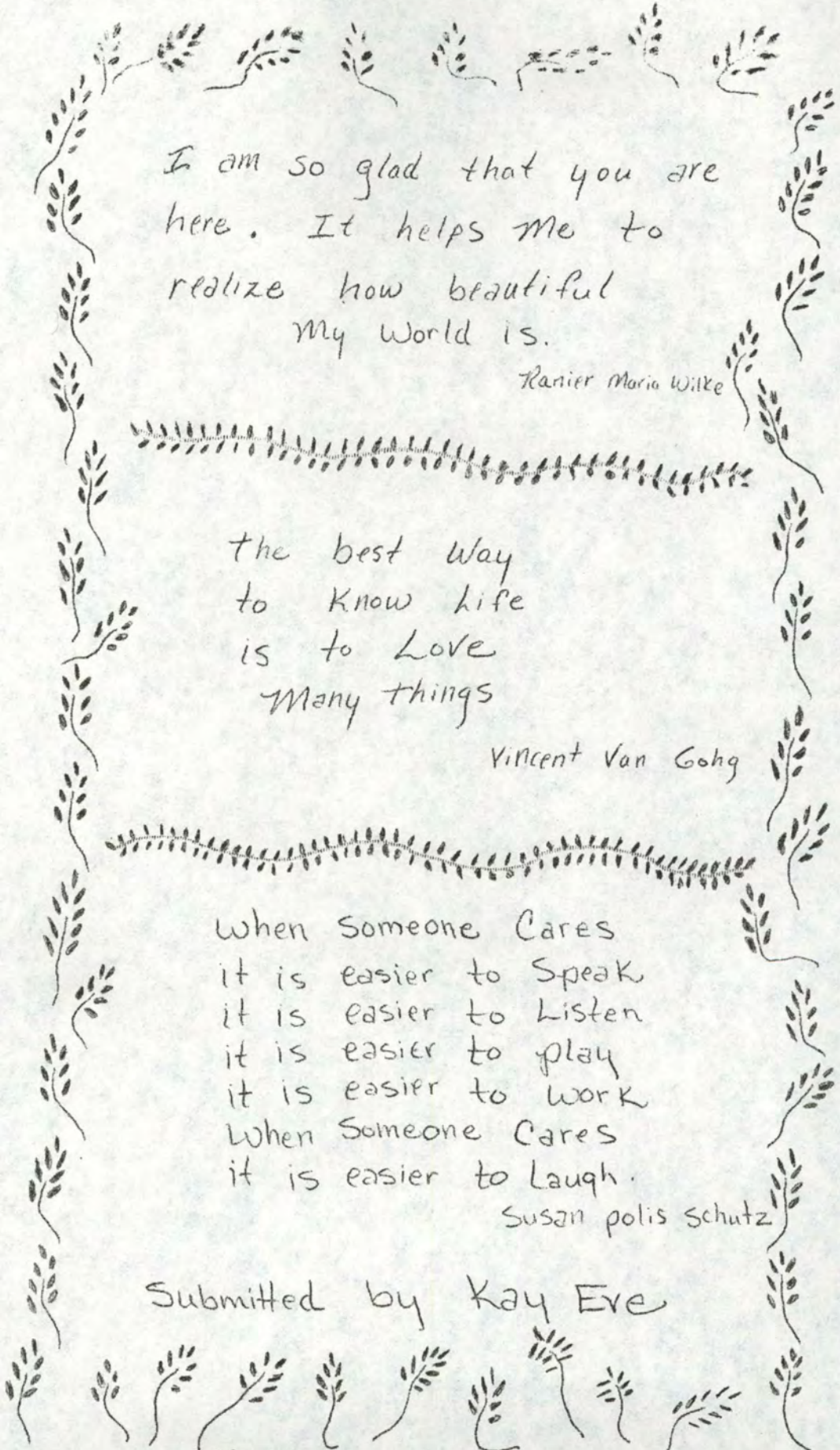
So here I may move away with grace and joy, and wonder at our oneness, not  
fear a separation. Parting doesn't make love cease. Goodbye is not a  
knife to cut apart hearts grown close.

We share a common room: the sweet earth's fertile floor, light-  
painted mountain walls, sky's infinite ceiling sphere....  
And beside our window-lake, we look and see each other...once a year

holding hands.....

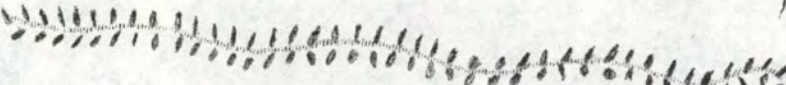
for my friends at Chat,  
Mark Patterson






I am so glad that you are  
here. It helps me to  
realize how beautiful  
my world is.

Ranier Maria Wilke



the best way  
to know life  
is to love  
many things

Vincent Van Gogh



When Someone Cares  
it is easier to Speak  
it is easier to Listen  
it is easier to play  
it is easier to work  
When Someone Cares  
it is easier to Laugh.

Susan polis Schutz

Submitted by Kay Eve



I'll Tell Them

When I'm 80, old and shriveled  
 What a tale I'll tell  
 how I went around the world  
 and made a stop at hell.  
 I chatted with the wise man who  
 on a mountain sat  
 I knew and tasted poverty  
 I met a friendly rat. I  
 I ran along a rainbows arch  
 I gave my geart away  
 I made a lot of money and  
 I threw it all away.  
 I ran among the ruins  
 I saved a babys' heart  
 I learned as much as I could learn  
 of history and of art.  
 I wrote a lot of poetry  
 I cried a lot of tears  
 I will tell them what I've seen  
 in all my 80 years.  
 Beside a man I worked so hard until  
 my fingers bled  
 and yet with all the drudgery  
 my children were not fed.  
 I tasted dirt and know it well  
 the soil, it is my friend  
 I learned that if we treat it right  
 on it we can depend.  
 My children danced a pagan dance  
 they knew simplicity  
 I gave them all I had to give  
 I taught them to be free.  
 Ignorance is binding  
 teach yourselves to know  
 if you open up to life  
 through it you will grow.  
 I had once been wealthy  
 and pranced in luxury  
 it wasn't long before I knew  
that life was not for me.  
 I found fulfillment in the woods  
 I stood out in the rain  
 I knew what it was like to feel  
 alive and full of pain.  
 Untillyou know how hard it is  
 Until you give your all  
 You cannot know the meaning  
 of a misty waterfall.  
 A whole life stretched in front of me  
 I take a breath and run  
 Earth is my companion  
 we laugh beneath the sun.



## Suppose

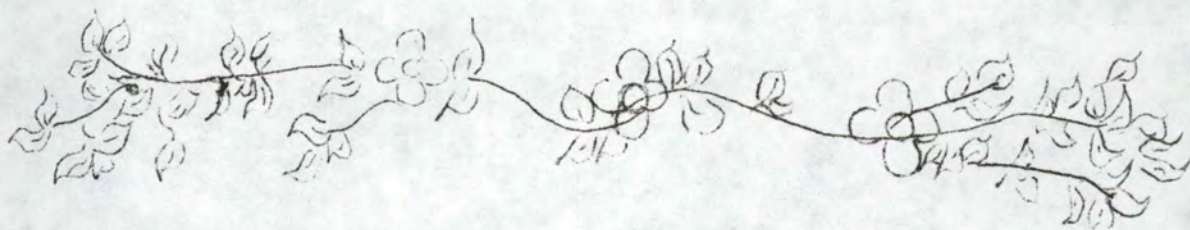
Suppose God charged us for the rain,  
Or put a price on a song-bird's strain  
Of music - the dawn-mist on the plain?  
How much would autumn landscapes cost,  
Or a window etched with winter's frost,  
And the rainbow's glory so quickly lost?

Suppose that people had to pay  
To see the sunset's crimson play  
And the magic stars of the Milky Way?  
Suppose it was fifty cents a night  
To watch the pale moon's silvery light,  
Or watch a gull in graceful flight?

How much, I wonder, would it be worth  
To smell the good, brown, fragrant earth  
In spring? The miracle of birth -  
How much do you think would people pay  
For a baby's laugh at the close of day?  
Suppose God charged us for them, I say!

Suppose we paid to look at the hills,  
For the rippling mountain rills,  
Or the mating song of the whippoorwills,  
Or curving breakers of the sea,  
For grace, and beauty, and majesty?  
And all these things He gives us free!

" anonymous  
from the Buckeye (Ohio) Rec Lab  
Notebook  
sub. by Mark Patterson





# IF JESUS CAME TO YOUR HOUSE

If Jesus came to your house to spend some time with you  
If Jesus came in person I wonder what you'd do

Oh I know you'd give your nicest room to such an honored guest  
And all the food you'd serve to Him would be the very best

But if you saw Him coming could you meet Him at the the door  
With arms outstretched in welcome to your Heavenly visitor

Or would you have to change your clothes before you let Him in  
Or hide some magazines and put the Bible where they'd been

Could you let Him walk right in or would you rush about  
To hide those worldly books and put some hymn books out

Would you sing the songs you always sing and read the books you read  
And let Him know the things on which your mind and Spirit feed

Would you turn off your television and hoped He hadn't heard  
And wished you hadn't uttered that last loud nasty word

Would you go right on saying the things you always say  
And would you find it hard each meal to say a family grace

Would your family conversation keep up it's usual pace  
And Would your life continue as it does from day to day

Would you take Jesus with you every place you'd plan to go  
Or would you may be change your plans for just a day or so

Would you be glad to have Him meet your very closest friends  
Or would you pray they'd stay away until His visit ends

Would you be glad to have Him stay forever on and on  
Or would you sigh with great relief when He had - at last had gone

It might be interesting to know just what you would do  
If Jesus came in person to spend a day or two!

Shared by Laurel Mulder

I dare you to be your own self,  
at your very best,  
all the time.



Shared by Terry Spence

### CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism,  
    He learns to condemn.  
If a child lives with hostility,  
    He learns to fight.  
If a child lives with ridicule,  
    He learns to be shy.  
If a child lives with shame,  
    He learns to feel guilty.  
If a child lives with tolerance,  
    He learns to be patient.  
If a child lives with encouragement,  
    He learns confidence.  
If a child lives with praise,  
    He learns to appreciate.  
If a child lives with fairness,  
    He learns justic.  
If a child lives with security,  
    He learns to have faith.  
If a child lives with approval,  
    He learns to like himself.  
If a child lives with acceptance and friendship,  
    He learns to find love in the world.

### WHAT IS LOVE?

Love is more to me  
Than just a feeling in the Spring.  
Or the warm and loving feeling  
That the thought of you can bring.  
Love is more than all the special things  
There are about you.  
It's more than just the loneliness  
I feel when I'm without you,  
Love is more than all these things.  
In fact, the whole year through,  
on this day and everyday,  
Love to me is you!

...today, well lived  
makes every yesterday  
a dream of happiness  
and every tomorrow  
a vision of hope.



It's true but, not true  
 Real, but it won't last  
 Another year, and  
 We'll be back

Some, not all  
 Sixty people, more or less  
 Learning, loving, sharing.

Sunday we go our own way  
 New ideas, and feelings learned  
 The world's hostile,  
 The people need help  
 Some, not all  
 Billions of people, the world over  
 Lying, dying, cheating.

Life goes on, time won't stop  
 Help someone, share the time  
 Give you love, and  
 you'll get more back  
 All, not some  
 The lowest on earth, is the highest in heaven  
 Learning, loving, sharing.

Written in 1974  
 by Pat Davis for his secret pal  
 Betty Schuld

#### 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 made 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 condemn you. He lets you breathe freely, you can avow your little 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, sing 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.



# From the Dark Barrier

by Neil Millar  
submitted by Mark Patterson

To be is to be brother.  
There is no opting out;  
There is no out to opt.

O you who wait alone -  
(But "you" is the language of doors, as  
"We" is the language of doorways) -  
O we watching through many a narrowed I  
I masculine, I feminine,  
I in the thorny hideout shyness,  
I in the prickling fog suspicion,  
I shut out by too little, or I  
Shut in by too much, I branded with strangeness,  
I outcast or incast, I lost or misfound -  
Where is the gate which bars each me  
from our own weddings, our own banquets, our own beauty?  
Where is the door of despise and deplore,  
Fear and snear, face and race?  
Where is the armored door standing between us  
Inside us?

All the dark barriers are one: the hidden  
Unsharing, unknowing, untrust. A man who  
Armors himself in, snugly,  
Armors the sweet world out.

I am a brother to rocks; the concrete  
Gardens I live in befriend me.  
I am one with the feathered and furry nations; I  
Companion with lizards and air,  
with reckless rain-riders, people who drink  
Sunlight through leaves, and people essentially  
Me-like: Humanity. Where are the luminous  
Doorways between us?

Between us, open.

But if I forget and imagine closed doors  
Whispering through keyhole mouths  
Messages of otherness, separation, orders of  
Demerit - if the atmosphere itches with  
Gritty-voiced irritation,  
Pity-voiced condemnation,  
Dainty scandal sipped and quipped, reputations tripped and whipped,  
Disbelief and misbelief, quailing and railing -

Before the scum on the mind sets and the barriers thicken  
Between one us and another -  
Let me hurl the twig of Affection at the lonely gates,  
Let it strike like a bomb, let it explode in a fury of blossom!  
But gently, gently. The dark gates hinge in me.  
Perhaps I helped to build them.



# I HAD THE MEANEST MOTHER

I had the meanest mother in the whole world. While other kids ate candy for breakfast, I had to have cereal, eggs and toast. When others had cokes and candy for lunch, I had to eat a sandwich. As you guess, My supper was different from the other kids' too.

AT LEAST I wasn't alone in my sufferings. My sisters and two brothers had the same mean mother as I did. My mother insisted upon knowing where we were at all times. You'd think we were on a chain gang. She had to know who our friends were at all times, and what we were doing. She insisted if we said we'd be gone one hour or less, we would be gone on hour or less, not one hour and one minute.

I am nearly ashamed to admit it, but she actually struck us. Not once, but each time we did as we pleased. Can you imagine someone actually hitting a child just because he disobeyed? Now you can begin to see how mean she really was.

THE WORST IS yet to come. We had to be in bed by nine each night and up early the next morning. We couldn't sleep till noon like our friends. So while they slept my mother actually had the nerve to break the child labor law. She made us work! We had to wash dishes, make beds, learn to cook, and all sorts of cruel things I believe she laid awake at night thinking up mean things to do to us.

She always insisted upon our telling the truth, the whole truth and nothing but the truth, even if it killed us. And it nearly did.

By the time we were teenagers, she was much wiser and our life became even more unbearable. None of this tooting the horn on a car for us to come running. She embarrassed us no end by making our dates and friends come to the door to get us. I forgot to mention, while my friends were dating at the mature age of 12 or 13, my old fashioned mother refused to let me date until the age of 15 and 18. Fifteen, that is, if you dated only to go to school functions, and that was maybe twice a year.

MY MOTHER WAS a complete failure as a mother. None of us has even been arrested, divorced or beaten his mate. Each of my brothers served his time in the service of our country. And whom do you have to blame for the terrible way we turned out? Your right, my mean mother.

Look at the things we missed -- We never got to march in a protest parade, nor to take part in a riot, burn draft cards and a million and one things that our friends did. She forced us to grow up into God-fearing, educated, honest adults.

Using this as a back ground, I am trying to raise my three children. I stand a little taller and I am filled with pride when my children call me mean.

Because, you see, I thank God, He gave me the meanest mother in the whole world.

(Party Line - KUTI RADIO, Yakima, Wa)

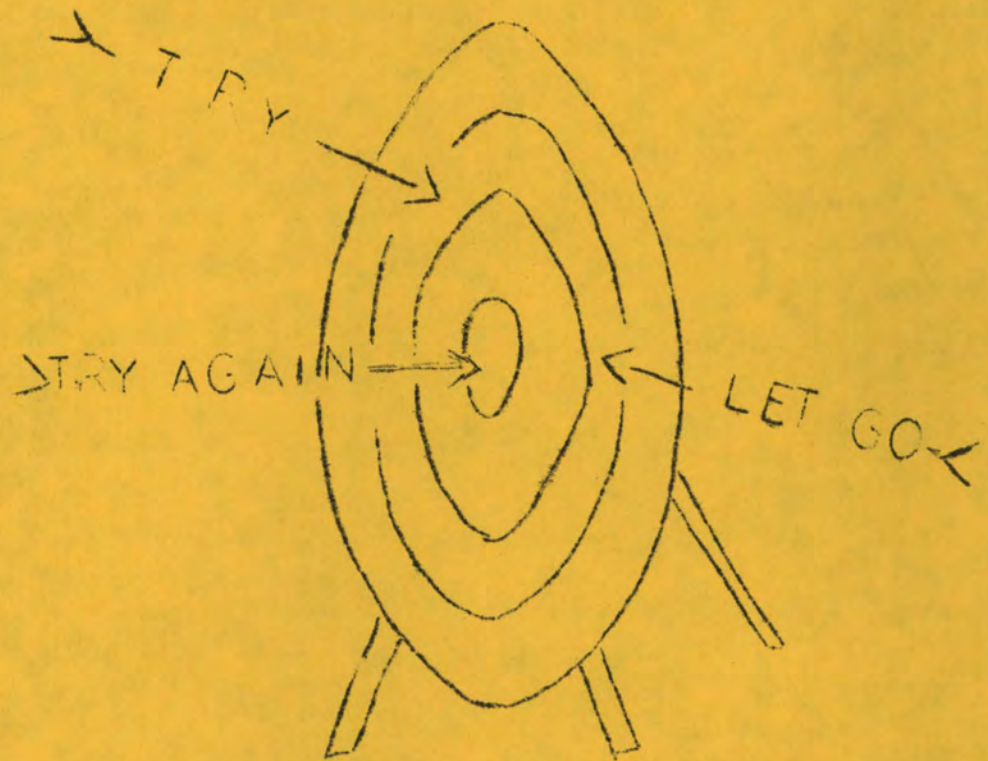
Shared by Meg Bradly, Petersburg, Alaska, on Mother's Day

A bell is no bell 'till you ring it;  
A song is no song 'till you sing it;  
And love in your heart wasn't put there to stay,  
Love isn't love 'till you give it away.

Oscar Hammerstein



# LEADERSHIP PHILOSOPHY




WANT IT  
SEE GOAL  
ADJUST  
FOCUS  
RELAX  
BELIEVE IN SELF



Help,  
Thank you  
for your leadership  
and work on the notebook.  
You add so much to the fall  
each year, it's not possible to  
thank you enough. Will see you again  
soon. Stay healthy and strong.  
Love John B.



TIME 3-4		4-5		6-7		7-8		8-9		9-10		HOOTERS	
SUN				6:30 DINNER			WELCOMING PARTY	OPENING CEREMONY	INITIATION MEETING	SUN			
MON	DANCE WITH ROY OR SING WITH DON	CUT OF REACH TIME (FREE!)	6:30 DINNER						WALTZ DANCING	MON			
TUE	CHAT CLASSES	FREE TIME	6:30 DINNER	7:30 ROYAL BALL	CEREMONY SLIDE SHOW					TUE			
WED	FREE AFTERNOON		DINNER	IMPROVISATIONAL THEATER						WED			
THUR	TEA TIME	CHAT CLASSES	NO MENU DINNER	PRIME TIME T.V. GONG SHOW AND FAMILY FEUD						THUR			
FRI	MAY FESTIVAL		PROGRESSIVE DINNER	MAY FEEST CRAFT FAIR					MAY MOON CEREMONY	FRI			
SAT			LA FIESTA DI NAPOLITANI						CLOSING CEREMONY	SAT			
SUN										SUN			
TIME 3-4	4-5	5-6	6-7	7-8	8-9	9-10			HOOTERS	TIME			



		7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3
SUN									
MON		7:45 BREAK FAST	8:15 PICTURES	GROUP SING	DISCUSSION WITH BURL	COMMITTEE MEETINGS	12:15 LUNCH	GAMES WITH DALE	3:30 TEA TIME
TUE	Board Meetings CLASSES	7:30 BREAKFAST	SINGING	DISCUSSION AND EVALUATION	COMMITTEE MEETINGS		LUNCH CRAFT SHOW AND TELL	CHAT CLASSES	
WED		7:30 BREAKFAST	SINGING	DISCUSSION AND EVALUATION	10:15 CHAT CLASSES		LUNCH FISH FRY	FREE AFTERNOON	
THU		7:30 BREAKFAST	SINGING	DISCUSSION AND EVALUATION	SINGING	CHAT CLASSES	LUNCH	CHAT CLASSES	
FRI		8:00 CONTINENTAL BREAKFAST IN CABINS			8:00 OF SPRING	10:30 BRUNCH	NOMINATION MEETING	FREE TIME	
SAT		7:30 BREAK FAST	MORNING SING	9:30 BUSINESS MEETING	EVALUATION COMMITTEE MEETINGS		LUNCH AND ALL LAB EVALUATION	CHAT CLASS REQUEST TIME	
SUN			BREAKFAST						
TIME	6:00 AM	CLEAN 7-8	UP 8-9	9-10	10-11	11-12	12-1	1-2	2-3



TUESDAY

Overall Committee

Jean Baringer  
Kymn Murphy  
Terri Heard  
Jennie Jordan

This group checked with the board, with the resources for Chat classes, evening program and ceremonial groups to set up a schedule. The following schedule resulted--flexible to weather conditions!

- 7:00-7:25 Exercises with Kimberly and Wendy
  - 7:25 Flag Raising (canceled or rescheduled due to rain)
  - 7:30 Breakfast - Roy Main exercise grace
  - 8:30 Group Singing
  - 9:00 Discussions & Evaluation of Monday (with Marianne, Dale, etc.)
  - 10:30 Committee meetings
  - 12:00 Lunch (Craft Show and Tell by "Instructors")
  - 1:30 Chat classes (scheduled by resources)
  - 4:30 Your Time
  - 6:00 Dinner
  - 7:30 Royal Ball (planned by Jan S., Kathy W., Ed, Dianne, John and Shelly)
  - 9:15-9:30 Refreshments - Tea Time served at the door to fireplace room
  - 9:30 Ceremony (Marianne, Jim, Lary Lee)
  - 10:00 Slide presentation - of by gone labs (by Jean Baringer, Mel and Zilda Carlson)
- Hooters

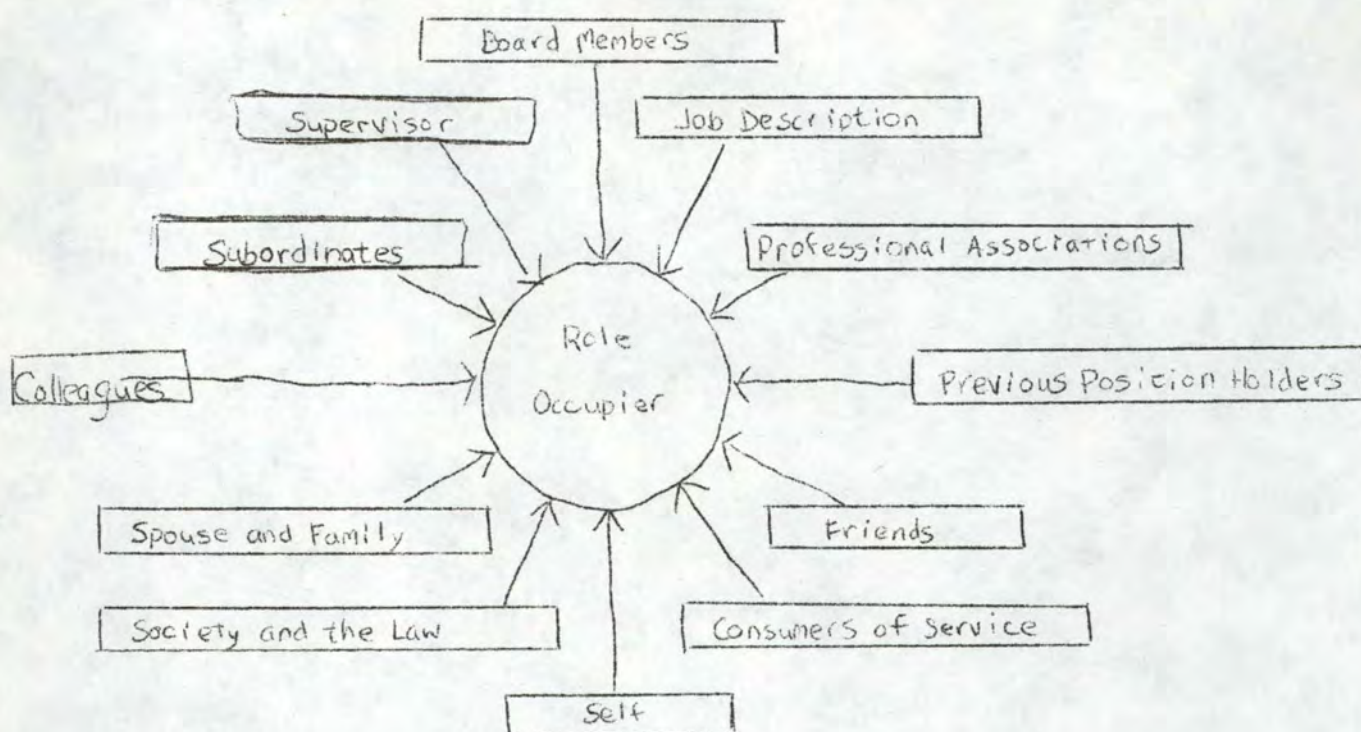
Comments

Labbers Wanted longer time for singing.

Give or take 10 minutes from the schedule activities and meals started pretty close to time, except the meat at 6:30 which moved the party back to 8:00.



## SOURCES OF ROLE MESSAGES TO THE ROLE OCCUPIER \*



1. He can choose one role-sender to please exclusively (such as the boss) at the risk of alienating all others.
2. He can try to satisfy all role-expectations equally--be all things to all men--at the risk of being seen by all as being two-faced or wishy-washy.
3. He can ignore or deny the existence of conflicting role-sending at the risk of creating a fantasy world that will collapse under the weight of unsolved problems.
4. He can engage in unending arguments with his role-senders about the unreasonableness of their expectations at the risk of intensifying rather than resolving conflicting expectations.
5. He can find a scapegoat (such as the boss, inadequate subordinates, or the bureaucracy) and blame his difficulties on it, at the risk of making the conflicts all the more unresolvable.
6. He can "pair" with one or more kindred spirits who are not solving their role-conflict problems and conspire to get favored treatment through aggressive action, at the risk of reducing their social system to factional win-lose warfare.
7. He can bring the role-senders from whom he is receiving conflicting signals together in an open, honest problem-solving confrontation, at the risk of having to divert energy from constructive work to organizational problem-solving.

Each position-holder has to decide for himself which type of risk he is ready and willing to take. But in the long run only the last option produces a viable, functional role definition.

\*Adopted from Malcolm S. Knowles, "The Process of Defining a Role in an Organization" from the Journal of Continuing Education and Training, Summer, 1973.



CONFLICT VERSES COOPERATION

Tuesday Morning discussion with Dale LaFevre

Our new games session yesterday was: Fun, Everyone involved, cooperation, Exercise, learning something new, good time without feeling silly, uninhibited, spontaneous, surprise, get acquainted, competitive and could be done anywhere with minimal equipment. What do organized sports offer? Some fun (for those who are participating or involved), some cooperation and some exercise, some surprise, lots of competition, plus rivalry, stress and loss of non-participation by the spectators.

Games release aggressions for children and adults, through directing a person's hostilities - an acceptable expression of otherwise unacceptable feelings. Competition is not unhealthy if the attitudes accompanying it is healthy - number one is not the only way to go. Participation, trying your hardest, not HAVING TO WIN but getting to try.

Competition and non-competition (highly organized sports vs. playful participation) should co-exist competition is a part of our culture and perhaps human nature, and is a prime motivator. Play can help people realize more about their inner and outerselves.

A thought for the day:

The satisfaction is in the doing.



# BASIC PRINCIPLES ABOUT THE NATURE OF HUMAN BEINGS<sup>1</sup>

That all individuals have solid strengths which are presently unidentified and unused.

That all individuals, no matter what their present situation is, have meaningful personal goals and objectives.

That all individuals, within themselves, have the capacity and the desire to change and to grow.

That given a creative opportunity to design their own growth situation, they will do so with enthusiasm.

That a group is necessary to encourage and to reinforce exploration and constructive change.

That it is both inappropriate and unnecessary to explore the negative past in order to alter the present and to direct the future.

That the emotions sometimes respond to verbal signs and symbols. But, almost always, they do respond to action.

That physical, external environment is a critical factor in the process of human behavior.

That meaningful education is a continuous process. It is, by and large, predicated on need and not order.

That a person has within himself the ability to establish a meaningful position in a balanced system--and it is not necessary to guide this selection.

<sup>1</sup>From the paper, "Every Adult is a Gifted Adult", by Billy B. Sharp, Ed. D., 1968



///

IT'S ALL IN THE STATE OF MIND

If YOU think you are beaten, you are;  
If you think you dare not, you don't;  
If you think you'd like to win, but you can't  
It's almost a "cinch" you won't;  
If you think you'll lose, you've lost;  
For out in the world you'll find  
Success begins with a fellow's will -  
It's all in the state of mind.

FULL many a race is lost  
Ere even a race is run.  
And many a coward fails  
Ere even his work's begun.  
Think big and you deeds will grow,  
Think small and you fall behind.  
Think that you can, and you will;  
It's all in the state of mind.

If YOU think you are outclassed, you are;  
You've got to think high to rise;  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battle doesn't always go  
To the strongest or fastest man;  
But sooner or later, the man who wins,  
Is the fellow who thinks he can.

--Author Unknown



I do my thing,  
and you do your thing.

I am not in this world  
to live up to your  
expectations

And you are not in this  
world to live up to mine.

You are you and I am I,

And if by chance we find  
each other,

It's beautiful.

Frederick S. Perls



## JUST FOR TODAY

"Just for today I will try to live through this day only and not tackle my whole life program at once. I can do some things for twelve hours that would appall me if I felt I had to keep them up for a lifetime.

Just for today, I will be happy. This assumes what Abraham Lincoln said is true: that 'most folks are about as happy as they make up their minds to be.' Happiness is from within. It is not a matter of externals.

Just for today I will take care of my body. I will exercise it, and nourish it, and not abuse it or neglect it, so that it will be a perfect machine for my will.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer all day. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: (1) I will do somebody a good turn and not get found out; if anybody knows of it, it will not count; (2) I will do at least two things I don't want to do, as William James suggests, just for exercise; (3) I will not show anyone that my feelings are hurt. They may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with appreciation, criticize not one bit nor find fault with anything, and not try to regulate or improve anyone.

Just for today, I will have a program. I will write down just what I expect to do every hour. I may not follow it exactly, but I'll have it. It will save me from the two pests of hurry and indecision.

Just for today, I will have a quiet half hour, all by myself, and relax. In this half hour, sometime, I will think of God, so as to get a little more perspective in my life.

Just for today, I will be unafraid. Especially I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me."

--Robert L. Wood



THIS IS FRIENDSHIP

by Mary Caroly Davies

I love you, not only for what you are, but for what I am when I am with you.

I love you, not only for what you have made of 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 frivolous and weak things that you cannot help seeing there, and drawing out into the light all the beautiful, radiant things that no one else has looked quite far enough to find.

I love you for ignoring the possibilities of the fool in me and for laying firm hold of the possibilities of good in me.

I love you for closing your eyes to the discords in me, and adding to the music in me by worshipful listening.

I love you because you are helping me to make of the lumber of my life, not a tavern, but a temple, and of the words of my days, not a reproach, but a song.

I love you because you have done more than any creed could have done to make me happy.

You have done it without a touch, without a word, without a sign.

You have done it by being yourself.

After all, perhaps this is what being a friend means.



### LOOK FOR MORE TROUBLES

Be thankful for the troubles of your job. They provide about half your income. Because if it were not for the things that go wrong, the difficult people you have to deal with, and the problems and unpleasantness of your working day, someone could be found to handle your job for half of what you are being paid.

It takes intelligence, resourcefulness, patience, tact and courage to meet the troubles of any job. That is why you hold your present job. And it may be the reason you aren't holding down an even bigger one.

If all of us would start to look for more troubles, and learn to handle them cheerfully and with good judgment, as opportunities rather than irritations, we would find ourselves getting ahead at a surprising rate. For it is a fact that there are plenty of big jobs waiting for men and women who aren't afraid of the troubles connected with them.

--Robert R. Updegraff



# A-MID-WEEK EVALUATION Burl Winchester

A mid-week evaluation was conducted as a part of the Wednesday morning discussion period. 35 campers participated. Burl distributed 4"x6" cards and asked each person to label one side "Likes" the other side "Dislikes". On the "likes" side each person indicated which features of this year's lab thus far they liked best. On the "dislikes" side they indicated those aspects of the lab they liked least.

These anonymous cards were collected and re-distributed to other tables. The next instructions were for each table to read, discuss and select a first and second priority from each side of the cards.

Then Burl distributed multi-scan cards and as each table read its top priorities of likes, each camper marked his multi-scan to indicate his own feeling of the importance of the priority item being read. The same procedure was followed for the top priority "dislikes".

The multi-scan cards were collected and immediately fanned out so the marks of all campers could be seen. The highest rating "likes" were these as listed:

1. The fellowship, openness, closeness, the camp atmosphere.
2. The resources available
3. General willingness to participate
4. Freedoms
5. Singing
6. The schedule - variety of activities, amount of free time and quality of resource people.
7. Idea-input and experimentation

The most commonly recognized "dislikes" or needs were:

1. Better explanation of the "Secret Pal" concept.
2. Less sit-down time.
3. More opportunity to share and to be closer on an individual or small group basis.
4. Freedom to be an indian-not a chief. To be a spectator without pressure.
5. Better inclusion of new Chat with old Chat--bring together.
6. Information about and desire to use the lake--water and outside activities (Burl's Note: Rain fell almost constantly Sunday, Monday and Tuesday).

The obvious implication of the mid-week evaluation was to guide the board and day committees so the "likes" could be maintained and the "dislikes" corrected during the rest of the week.



## A CREDO

## FOR MY RELATIONSHIPS WITH OTHERS

YOU and I are in a relationship which I value and want to keep. Yet each of us is a separate person with his own unique needs and the right to meet those needs.

When you are having problems meeting your needs I will try to listen with genuine acceptance in order to facilitate your finding your own solutions instead of depending on mine. I also will try to respect your right to choose your own beliefs and develop your own values, different though they may be from mine.

However, when your behavior interferes with what I must do to get my own needs met, I will openly and honestly tell you how your behavior affects me, trusting that you respect my needs and feelings enough to try to change the behavior that is unacceptable to me. Also, whenever some behavior of mine is unacceptable to you, I hope you will openly and honestly tell me your feelings. I will then listen and try to change my behavior.

At those times when we find that either of us cannot change his behavior to meet the other's needs, let us acknowledge that we have a conflict-of-needs that requires resolving. Let us then commit ourselves to resolve each such conflict without either of us resorting to the use of power or authority to try to win at the expense of the other's losing. I respect your needs, but I also must respect my own. So let us always strive to search for a solution that will be acceptable to both of us. Your needs will be met, but so will mine--neither will lose, both will win.

In this way, you can continue to develop as a person through satisfying your needs, but so can I. Thus, ours can be a healthy relationship in which each of us can strive to become what he is capable of being. And we can continue to relate to each other with mutual respect, love, and peace.

THOMAS GORDON, Ph.D.  
Founder, Effectiveness Training  
Associates

Pasadena, California  
1972 by Thomas Gordon



# MUSIC





## YOUTH CAMP SONGS &amp; 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 Sippin Sider, or I'm 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.



CHAT CLASS \_ SONG LEADING  
by Marianne Dubois

Excellent example of teaching by rote  
contributed by Roy Main

There was a man	leader
There was a man	group
his name was Burt	etc.

His wife bought him / a bright red shirt  
He bought a goat/ to please his kid  
and can you guess/ what that goat did?  
He ate that shirt right off the line  
but Mr. Burt got there in time.  
he swore he would/ that shirt get back  
he tied that goat/to the railroad track  
Say au revoir/ but not goodbye  
that goat he was/ too cute to die  
He caughed and tugged/ with might and main  
Caughed up that shirt  
AND FLAGGED THE TRAIN.

a Quiet Song  
contributed by Mark Patterson

Peace is flowing like a river  
Flowing out from you and me  
Flowing out into the desert  
Setting all the captives free.

Try substituting love, hope, joy, Chat, etc. for  
the word peace.



CORN

What did we do when we wanted corn?  
We plowed and we sowed 'til the early morn.  
What did we do when we wanted corn?  
We plowed and we sowed 'til the early morn.

chorus:

Our hands are strong and our hearts are young,  
Our dreams are the dreams of all ages come.

What did we do when we needed a town?  
We hammered and we nailed 'til the sun went down.  
What did we do when we needed a town?  
We hammered and we nailed 'til the sun went down.

chorus:

What do we do when there's peace to be won?  
It's more than one man can do alone.  
We'll gather our friends from the ends of the earth  
To celebrate in the hour of birth.  
We'll plow, we'll sow, we'll hammer and we'll nail;  
We'll work all day 'til that peace is real.

chorus:

THE SUN

The sun is a very magic fellow - he shines on me each day.  
The sun is a very magic fellow - he shines on me each day,  
He shines in me each day.

The moon is a very fickle lady - I watch her wax and wane.  
The moon is.... etc.

The sea is a very, very old man, with eyes of deepest blue.  
etc., etc.....

OMAHA TRIBAL PRAYER

Wah-con-dah day-dew, wopah-tee-nah toe-nay,  
Wah-con-dah day-dew, wopah-tee-nah toe-nay.  
(spelled for pronunciation; not the Omaha tongue)



## EACH CAMPFIRE LIGHTS ANEW

Each campfire lights anew  
 The flame of friendship true.  
 The joy we've had in knowing you  
 Will 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 Eunning)

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 Camp 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.

## SPANISH WORDS FOR ABOVE SONG:

Cada reunion reviva mas'  
 La amor que aqui se siente  
 La amor que aqui se siente  
 For siempre durara'.



# Reach out In love

1. Reach out in love,-- reach out in love.  
 2. Reach out in faith,-- reach out in faith.  
 3. Reach out in hope,-- reach out in hope.

Reach out in love,-- reach out in love, and get your  
 Reach out in faith,-- reach out in faith, and give you  
 Reach out in hope,-- reach out in hope, and give your

hand, your heart, your ev-ery-thing the Lord did give you.  
 hand, your heart, your ev-ery-thing the Lord did give you.  
 hand, your heart, your ev-ery-thing the Lord did give you.

Reach out, reach out in love.  
 Reach out, reach out in faith.  
 Reach out, reach out in hope.



## 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 hearts 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 too 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, it's not all through.  
This love we've nurtured here, it's only fair.  
We take back to our homes, and start to share.

by Al Harmon



"TILL THE RIVERS ALL RUN DRY"

Till the Rivers all run dry  
Till the sun falls from the sky  
Till life on earth is through  
I'll be needing you.

I know sometimes you may wonder  
From little things I say and do  
But there's no need for you to wonder  
If I need you  
Cause I'll need you

Till the Rivers all run dry  
Till the sun falls from the sky  
Till life on earth is through  
I'll be needing you

Too many times I don't tell you  
Too many things get in the way  
And even though sometimes I hurt you  
Still you show me  
In every way....

Till the Rivers all run dry  
Till the sun falls from the sky  
Till life on earth is through  
I'll be needing you

---

One for the Money

Chorus:

<sup>A</sup> One for the <sup>Am7</sup> money, <sup>D</sup> two for the <sup>E</sup> show  
<sup>A</sup> Three to make <sup>Am7</sup> ready as <sup>D</sup> off into the <sup>E</sup> world  
<sup>A</sup> To find my <sup>Am7</sup> fortune I <sup>D E</sup> go <sup>A</sup> <sup>Am7 D E</sup>

#1 If I were a baker in a bakery shop  
I'd bake & I'd bake & never stop  
'Till all of the world has cookies & Pies  
And Love is the color of the children's eyes.

Chorus-----

#2 If I were a butcher I would be able  
To set the whole world down at my table  
I'd work & I'd work & not go to bed.  
'Till Love is the color of the very well fed.

Chorus-----

#3 A candlestick maker I shall be,  
And light a candle for the world to see;  
And then when all the darkness is gone,  
Love will be the color of dawn.

Chorus-----



## Circle of Caring

shared by Jean Baringer

- G D7  
1. Some of our faces are dirty,  
G  
Some of our faces are clean,  
G  
Some kids are big and  
C  
Some kids are little,  
D7 G  
Some kids are just in between
2. What makes us grow into people  
We understand more every day?  
Love and faith,  
Courage and hope,  
And room to grow up our own way.

Refrain:

- C  
 So reach out your hand,  
 G E<sub>m</sub>  
 Make a circle of caring,  
 C D<sub>7</sub> G  
 Everyone needs to be found.  
 C  
 Ask what you want,  
 G E<sub>m</sub>  
 Make it stronger by sharing  
 C D<sub>7</sub> G  
 There's more than enough to go 'round.
3. Everyone likes to feel special,  
 Nobody likes to be teased,  
 Sometimes we all  
 Come out winners,  
 And sometimes we still skin our knees.
4. Some kids are never in trouble,  
 Some of us get all the blame,  
 But deep down inside  
 Where it's really important,  
 You know that we're all much the same.

## Refrain

5. Sometimes we don't act like angels,  
And sometimes we do the right thing,  
Sometimes we get  
A warm feeling inside  
When we life up our voices and sing.

## Refrain



Sung Friday Night at Campfire

"Rainbow - in absentia 1976"

You are my friend at the other end of the rainbow,  
Time and distance may intervene  
But it won't fade the love we've all seen  
Grow- like the span of a rainbow

You are my friend wherever the road goes  
Montana to Oregon, California to Washington and Illinois, Utah  
and Idaho  
Wherever the road goes.

You are my friend wherever the wind blows  
And no matter where you go  
I just want you all to know  
We're friends, as long as the wind blows.

You are my friend  
wherever the road goes,  
as long as the wind blows to the end of rainbow.  
the end...  
my friend....

Chords- C- Am- F- G Progression

Daphne Anne

PUT YOUR HAND IN THE HAND

Chorus: Put your hand in the hand of the man who stilled the waters  
Put your hand in the hand of the man who calmed the sea.  
Take a look at yourself and you can look at others differently.  
So put your hand in the hand of the man from Galilee.

Every time I look into the holy book I want to tremble (tremble)  
When I read about the part where the carpenter cleared the temple (temple)  
For the buyers and the sellers weren't no different kind of fellers  
Than what I profess to be.  
And it causes me shame to know we're not the people we should be.

My mama taught me how to pray before I reached the age of seven  
She said, "They'll come a time when there'll probably be room in heaven."  
But I'm feeling kind of guilty about the number of times  
We do what we must do.  
We forget what he said but we figure he'll still make room.



# ESKIMO SONG --The Polar Bear Hunt.

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

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

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

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

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

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

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

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

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

From Tent and Trail Songs 1962  
in Oregon Sings.





# THE MAN WHO COMES AROUND

BY Dwight Wales

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

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

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

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

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

\*\*\*\*\*

"WHITE SOCKS" (Tune: White Wings). (Jin:)

White socks that never get dirty-  
The longer you wear them, the  
stiffer they stay.  
Night comes, the toes get all curly,  
I stand up my white socks,  
And sleep far away.



DR. 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.

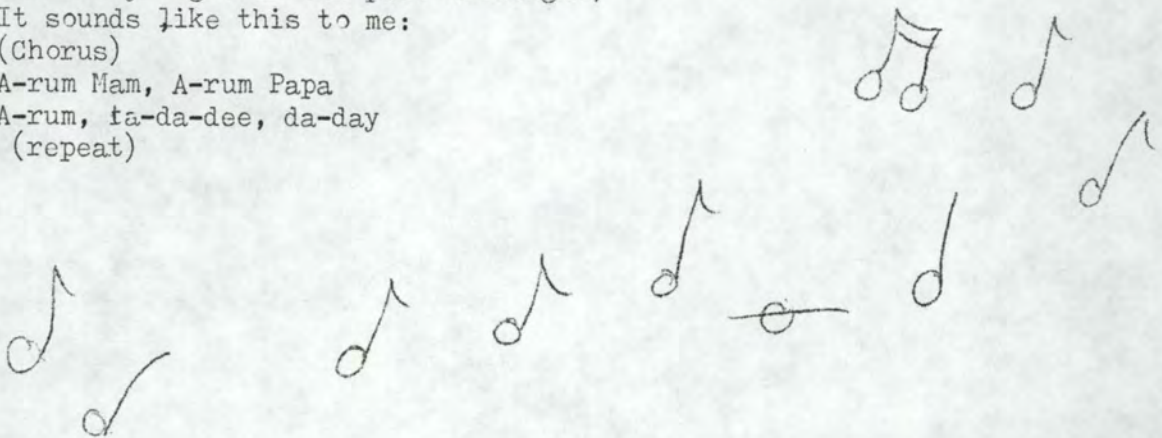
(Chorus)

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 family,  
 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)





## ANN MARIE

Ann Marie, She loves John Pierre  
 It's written on the cafe' sidewalks everywhere.  
 Joh Pierre, He loves Ann Marie  
 It's written on a heart that's carved upon a tree.

Ann Marie, She said one day  
 I love you very much so let us run away  
 John Pierre, He said "Oui, oui !"  
 And ran to tell his friends I'm marrying Ann Marie

They went down into the park  
 But they were getting hungry and it was getting dark  
 They went home before too late, for  
 Ann Marie was seven, and John Pierre was eight.

CHORDS: C Am F G7  
 Repeat for each line

## I AM THE SONG

I am the mountain,  
 I am the sky;  
 I am the swallow,  
 I fly & fly.

I am the meadow;  
 I nurse the lamb,  
 I am the River,  
 I am, I am.

We're bound together,  
 This world & me,  
 I am a part of,  
 the things I see,  
 I am of nature,  
 It is of me.

I'm of my maker,  
 I am, I am.

(Spoon River Anthology)



TONGUE-TWISTER SPEED-UP SONG

From Wimbledon to Wahpeton is sixteen miles  
 From Wimbledon to Wahpeton is sixteen miles  
 From Wimbledon to Wahpeton, from Wahpeton to Wimbledon  
 From Wimbledon to Wahpeton is sixteen miles

Gloria Flower Lab '77

DOWNRIGHT HAPPY

I'm upright, in-right, out-right, down-right  
 Happy all the time.  
 I'm upright, in-right, out-right, down-right  
 Happy all the time.

The birds their carols sing  
 Throughout the woodlands green.  
 I'm upright, in-right, out-right, down-right  
 Happy all the time.

ACTIONS: hands UP over head, IN to shoulders, OUT in front of you,  
 Down to slap knees, then clap three times on rhythm to "happy all  
 the time". Reach your right arm as far to the right as possible  
 for "the birds...", and left arm as far to left as possible for  
 "throughout the woodlands..."

DEEP AND WIDE

Deep and wide, deep and wide,  
 There's a river flowing deep and wide.  
 Deep and wide, deep and wide,  
 There's a river flowing deep and wide.

ACTIONS: on "deep" spread your arms vertically, on "wide" spread your  
 arms horizontally. In transition from one to the other, clap hands.  
 "Flowing" can be symbolized by 'sweeping' arms from right to left  
 in front of you.

SMILE

You can smile when you can't say a word,  
 You can smile when you cannot be heard,  
 You can smile when it's cloudy or fair,  
 You can smile anytime, anywhere.

You can S-M-I-L-E when you can't say a word,  
 You can S-M-I-L-E when you cannot be heard,  
 You can S-M-I-L-E when it's cloudy or fair,  
 You can smile anytime, anywhere.



I'M ON MY WAY

I'm on my way to find a friend,  
 And I may not pass this way again.  
 So let's go build the bridges, mister;  
 Let's go pick the flowers, sister.

Come along strangers, come along friends;  
 We may not pass this way again.

Let's walk this trail until it's end,  
 for we may not pass this way again.  
 So let's go climb a mountain, mister,  
 Drink from a bubbling fountain sister.

Come along strangers, come along friends;  
 We may not pass this way again.

Let's live this day until it's end,  
 For we may not pass this way again.  
 So let's go run the ridges, mister,  
 Let's go chase a rainbow, sister;

Come along strangers, come along friends;  
 We may not pass this way again.

Submitted by Marianne DuBois,  
 as learned from Jim Martin's  
 granddaughters, Shelly & Wendi

GOOD MORNING TO DON CLAYTON

Good morning to you!  
 You look kind of sleepy,  
 In fact you look creepy.  
 Good morning to you!  
 You look kind of drowsy,  
 In fact, you look lousy.  
 Good morning to you!  
 You look kind of lazy,  
 In fact you look crazy.  
 Good morning to you!  
 You look kind of tired,  
 In fact, you've been fired.  
 Good morning to you!

Mark, Stew & Little Buffachip



ONE TIN SOLDIER

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

Chorus:

Go ahead and hate your neighbor, go ahead and cheat a friend,  
 Do it in the name of heaven, you can justify it in the end.  
 You won't hear any trumpets blowing, come the judgement day;  
 On the bloody morning after one tin soldier rides away.

So the people of the valley sent a message up the hill  
 Asking for that buried treasure, tons of gold for which they'd  
 kill,  
 Came an answer from the kingdom "with our brothers we will share  
 All the secrets of our mountain all the riches buried there."

Now, the valley cried with anger, "Mount your horses, draw your sword"  
 And they killed the mountain people, so they won their just reward;  
 As they stood beside the treasure on the mountain dark and red,  
 Turned the stone and looked beneath it, "PEACE ON EARTH" was all it  
 said.

Chorus:ROW YOUR BOAT

Propel propel propel your craft  
 Placidly down the liquid solution  
 Ecstaticly down the liquid solution  
 Existence is but an illusion.



# California Here I Come

California 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 up your Golden Gate  
 California here I come.

## Montana

Montana, Montana, Glory of the West  
 Of all the states from coast 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 Idaho  
 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 Idaho.

## 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 around.  
 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.



Johnny Appleseed

Oh, the Lord is good to me, and so I thank the Lord,  
For giving me the things I need,  
The sun, the rain, and the appleseed.  
The Lord is good to me.

Here am I, blue blue sky, doing as I please.  
Laughing with my friends, buzzing with the bees.

Every seed I sow will grow into a tree,  
And someday there'll be apples there,  
For everyone in the world to share.  
The Lord is good to me.

All You Et-a

All	All you et-a, think of all you et-a
	All you et-a, think of all you et.
Leader	Think of all the spuds you et.
Gang	Think of all the spuds you et.
Leader	Spuds you et
Gang	Spuds you et
Leader	All you et
Gang	All you et
	Oh
All	All you et-a, think of all you et-a
	All you et-a, think of all you et.

Second and third verses insert  
other ingredients before spuds.

I want to eat. I want to eat.  
I want to eat eight apples and bananas.

I want to aat. I want to aat.  
I want to aat aaght applas and bananas.

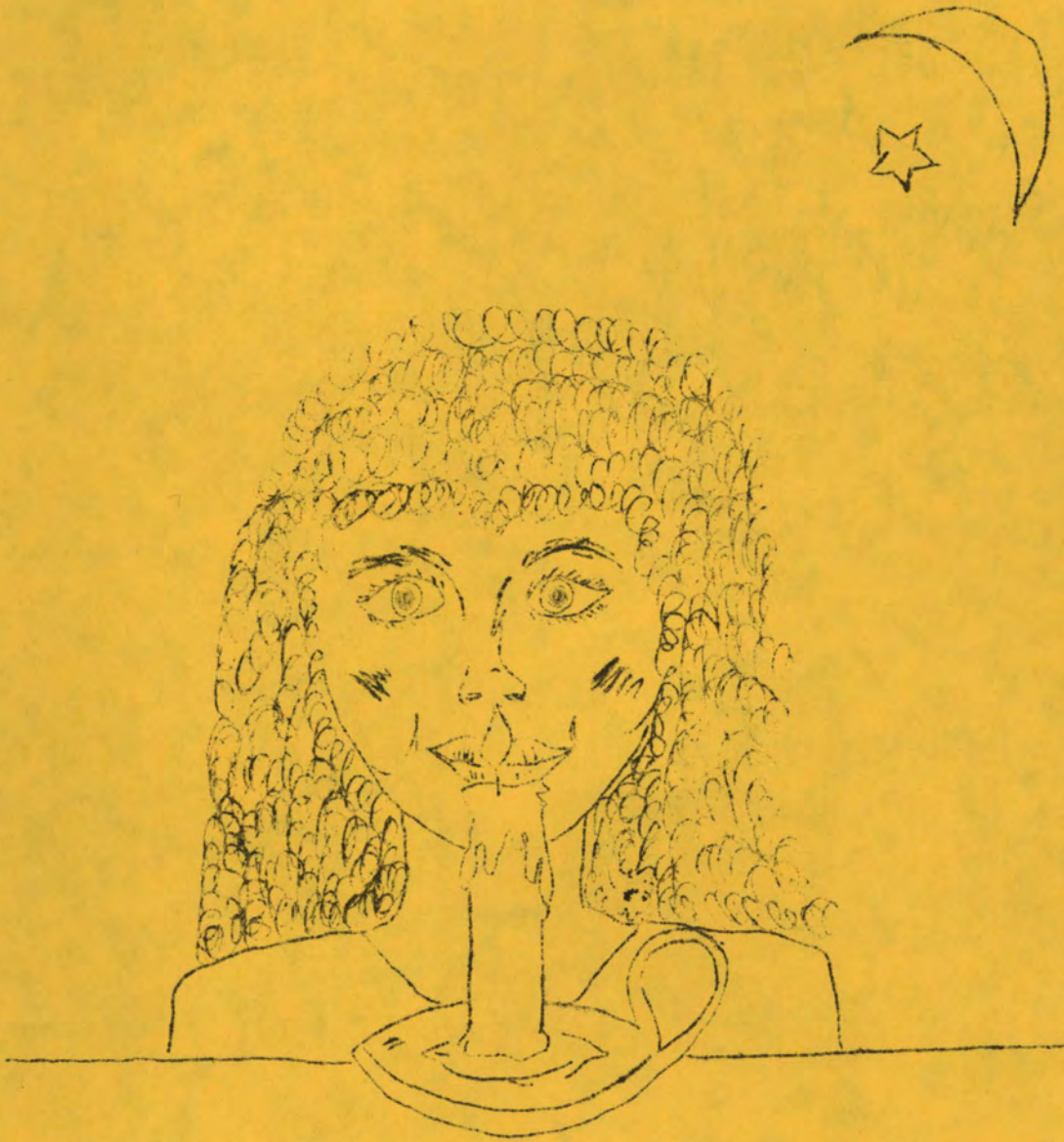
I went to eet. I went to eet.  
I went to eet eeght epples end benenes.

I wint ti iit. I wint ti iit.  
I wint ti iit iight ipplis ind bininis.

I wont to oot. I wont to oot.  
I wont to oot ooght opplos ond bononos.

I wunt tu uut. I wunt tu uut.  
I wunt tu uut. uught upplus and bununus.





Inspiration



Morning Prayer

Dear God, be with me all day,  
In all I do and all I say.  
Let my words be helpful, kind, and true,  
My hands find useful things to do.  
I would help another's load to bear  
I would another's sorrow share,  
and when night comes,  
may others be  
Happier because of me.

Author  
Unknown

My Influence

My life shall touch a dozen lives  
Before this day is done;  
Leave countless marks for good or ill  
Ere sets the evening sun.  
So this the wish I always wish,  
The prayer I ever pray:  
Lord, may my life help other lives  
It touches by the way.

Author  
Unknown



## PHILOSOPHY

As each of us grows; we develop our own Philosophies about life. From day to day we may find that these philosophies do not always agree with those of others. Sometimes these inconsistencies prevent what could have been a meaningful relationship from becoming just that.

Here at Chat, I've learned that these differences need not destroy a potentially meaningful relationship, but rather may enhance that same relationship by opening new doors of knowledge and understanding for all the people involved.

What you or I refuse to consider some one elses philosophy, we are only limiting our own knowledge.

written by Pat Davis

Presented at Sunday Nights Ceremony-----

Peace

To be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.

To be satisfied with your possessions but not contented with yourself until you have made the best of them.

To despise nothing in the world except falsehood and meanness and to fear nothing except cowardice.

To be governed by your admirations rather than your disgusts.

To covet nothing that is your neighbor's except his kindness of heart and gentleness of manners.

To think seldom of your enemies, often of your friends...

These are little guide-posts on the footpath to peach

Henry van Dyke

Shared by Terry Spence

-----

Love does not consist of  
gazing at each other  
but in looking in the same  
direction.

Shared by Terry Spence



Submitted by: Chuck James

WHY (D.K.G. NUZ - 1971)

I walked today through the slums of life, down the dark streets of wretchedness and of pain. I trod today where few have trod and as I walked I challenged God.

I saw the sots in the bar-rooms. I saw the prostitutes in the dance halls. I saw the thieves as they picked pockets. I saw men and women devoid of life, living in worlds of sin, and above the din I whispered: "Why, God, why?"

I walked today down the lanes of hate, hearing the jeers of bitter men, hearing the names as they cursed and spat - "Dago," "Nigger," "Kike," "Jap." I saw the dejected men they stoned.

I felt the anguish of their cries. I saw them as they slapped the lonely, as they turned their backs on human needs. Snarling, growling were the fiends of hell. These, God called His sons! Gasping for air, I cried: "Why, God, why?"

I walked today through war's grim dregs - over fields of blood, over graveless men. I saw the dead, the crucified, the headless, the limbless, the pleading, the crying. I saw the pain, the waste, I smelled the odor of rotted flesh.

I saw the children gathering round - watching, naked, hungry, weeping, diseased, dirty - the baby trying to nurse from a dead mother. The ruins - the agony - the despair! Disaster - disaster all around!

Blinded by tears, I fled down these streets. I stumbled, then stopped. I shouted: "Why, God, why? Why do you let man sin, hate, suffer? Unmerciful Father. God, art Thou blind, - art Thou wicked and cruel? God, can'st Thou watch and do naught? Why must this be?"

The world grew silent, I waited reply. The silence was heavy. I started to tremble. I waited long - half rebuking, half fearing. Then I heard from close behind me: "Why, MAN, why."

---



Song to Someone Gone

Refrain:

It's a new time  
A new place  
An old friend  
And a new face  
The spirit's much the same  
Only growing. and-  
It's a new year  
And I'm here  
But you're not  
With me dear  
And I want you to share  
In this love.

And the miles seem so far  
And I wonder how you are  
And I wonder when I'll see you again  
For- (refrain repeat)

All my friends-

Words come so hard when I sit down in the sunshine with pen and paper.  
Thoughts fly past... I want to write EMOTION, step inside a rainbow  
and share a person's soul. This time, this place, this spirit; weaves  
the web of times past, spins the strands of times to come. I bring  
some secret or some sadness to melt in the warmth of genuine emotion.  
Loving, caring, friends. To touch, to hold, to be touched and held.  
Seeking conversation continued from a letter, from a time before.  
Promising more time together, at some time.

Vague, cryptic phrases, I know. But to those who understand,  
or are beginning to, I'm speaking abstract feeling in concrete form.

This real and unreal world a seed to take home and plant. Grow.  
Harvest.

I'm saying I miss you, I love you to everyone who has touched me.  
To those here and not here. To those I half expect to see walk in on  
that gravel road an any instant. To those who can no longer-

I'm saying thank you; for cowboy cookies, prime rib at Stanleys,  
a fuzzy warm beard, a long ago night at Omar's and a rumbling bass  
beneath the stars, a phone call, a letter, a hug, a melody, inspiration  
for another song....

My song is for anyone who wants to listen and wants to share.

I share myself, like a rainbow it's colors. Take what you like.  
You are all real gold.

Love,  
Daphne Anne

(P.S. I never met a real cowboy until I came to CHAT.)



--Readers Digest August 1972

### Vanishing Art

"Mommie, Michael's lin--ger--ing!" From far down the beach came the musical cry of Mike's little sister. She was trudging along ahead of her brother, hugging a tiny bucket of seashells. Her cry became part of the blazing sun and whitecapped ocean.

Mike was indeed lingering. He had stopped to stare at some fiddler crabs beside a brackish tidal pool. There had been the wonderful discovery of a pop bottle to turn in for pennies, and an old mayonnaise jar to house the reluctant crabs. While supper waited, Mike lingered. He studied a few shells, like waiting treasures, lining the shore at low tide. But Mik's real treasure was the fiddler crabs, waving their ridiculous claws in defiance at the snub-nosed intruder who had dared to enter their swampy retreat.

"Mommie, Michael's lin--ger--ing!" I turned to look at his faraway figure, One of my treasures--so small, silhouetted like an infinitesimal grain of sand against shore and sea.

Please, dear God, I prayed, let Michael linger and linger and linger. We all need to learn how to linger. For myself, I want to hear the smack of the children's baseball against the bat for a long time. I won't complain about the dirt that gets tracked into the house. Most of all, I want to remember Mike's blue-jeaned figure at the water's edge, remote and lost to me in a world of wonder and awe.

In the face of all the long-short days to come and the central peace we hope for, let me hear echoing down the years, the haunting, musical cry of Mike's little sister, "Mommie, Michael's lin--ger--ing!"

---Georgeanna Carter in Good Housekeeping

### In Love With Life

I feel such joy in being alive,  
so free.without a care;  
My happy heart rejoices for this day,  
so rich and rare.  
So wondrous, sweet enchatment  
makes me want to laugh and sing.  
In love with life, at peace  
with everyone and everything.



Chatty, Mel and Zilda 1977-78

Chatty was adopted into the Carlson Clan at the 1977 Chatcolab. After a training session at Malheur Bird Refuge, where he spent a fantastic time looking at the beautiful birds, he felt ready to backpack for the summer. So into the Primitive Area of Idaho for 75 miles where he saw elk, deer, and mountain sheep but was frightened one night by a bobcat that invaded our camp. He gained weight on 59 trout at a wilderness lake but lost all he'd gained on the 40 mile walk back to the car.

Billy Marie Studer, a Chatcolaber of monumental fame, invited the Clan to walk on the beach near Lake Ozette, Washington. So Chatty agreed and off we went to walk on the beach and see the mighty Pacific Ocean roll in. We talked Chatty into another 40 mile walk into the Rain Forest, up the Hoh river, as we returned home. This was a beautiful trip. The giant trees and the delightful hanging moss, and the silence of this mighty forest.

Chatty and the Clan then decided on a 50-mile hike in the North Cascades with a couple of friends out of Spokane. Here we were spellbound by the abundance of wildflowers, the vast distances, and the mighty peaks. We returned home to Boise, Idaho for a little rest but fall was in the air and we took a trip with Chatty into the great heartland of the United States where farmers and ranchers keep the people of our country supplied with food. Thru the Dakotas to Minnesota where Chatty observed that the geese were flying south. Zilda and Mel took his advice and headed south down thru central Iowa, Arkansas, into east Texas, then south to Brownsville up the Rio grande to the Big Bend Country where Chatty decided to take a five day hike in the Chihuahuan Desert. All five days were spent living on granola after Mel accidentally lost all the propane gas so we could not cook. Chatty gained weight on Zilda's home made granola. This adventure kept us in Apache country of the Chiso Mountains with stupendous panoramic views and beautiful sunsets.

Next we went west to the Pacific, eating our Christmas dinner of hamburger watching the waves toss sea lions in the surf. Home to Boise, where snow had fallen in the mountains, and 39 days of very good skiing. Chatty congratulated Zilda for making the other side of the mountain as she now joins that leg breaking group called the experienced skiers.

Chatty thought that before we parted company we should take just one more hike. So in March we walked with a high school mountaineering group 35 miles down the Snake River below Hells Canyon Dam. Walking was good, fishing fair, the scenery terrific.

Chatty is a good pillow and he is soft and light. He needs gentle treatment and likes to walk slow and easy and enjoy this beautiful country that surrounds us. Bless you all.

Love,

Mel & Zilda Carlson



Dear Chat Friends -- all of you there in O.K. Land!

A chery "Hi" to each and everyone of you -- all adopted Beasleys (those of you have been a part of the extended Beasley family for some and those of you who are currently being added -- doesn't that cover all Chatcolabbers? If YOU don't feel you are included under adopted Beasleys, try Beasleys by birth or soon to be adopted into the ever growing clan!)

What a joy to get an "on the spot" REport direct from O.K. Land via Sue Ford. Much as both Sue and I would prefer that both of us could be there with you, it was a blessing in disguise that she had obligations out here in the world of occasional cold pricklies. With the warmth of the inner glow within as she talked of warm fuzzies enjoyed therein the land of Prinzes in O.K. LAND. I was convinced that all of you are enjoying a never ending source of Beauty--- Far more than merely the glorious setting in which you presently find yourselves -- the lake, the mountains, the trees -- the MOST significant and beautiful of all is the spirit of sharing and caring for one another which obviously has created within each of your hearts a love for one another! Warm Fuzzies are truly flowing there in O.K. Land -- even to the point of overflowing with your many loving thoughts to the outer reaches of your personal spheres of loved ones -- wherever they may be! For those of you have been to Chat one or several times and then have for whatever reason not been able to return -- you know full well that wherever you find yourself during the second full week in May that at least a part of your heart returns and with it many of your thoughts. And so it is with me! Wonderful as this little guy and his brothers and sisters are and wondrous as it is to be actively involved in the Grandmother business, the magic of Chat is wending its way across the miles to Oregon City and me! Thank you! Re-CRE-A-Tion is the name of the game! And all those thoughts and love you share DO make it possible to live in the every day world -- even those of us not in your physical presence this week.

Don't have to tell you the particulars of Wyatt William Wilson except to bring you up to date -- No doubt Grampa, Uncle John, Auntie Chris have told you of his arrival. He and his Mother came home from the hospital on Monday and when I brought his two brothers and two sisters home to meet him it was EXTRA SPECIAL to share the wonder, the joy, the glow of love and "May I hold him?" desires! He has been sleeping four and five hours at a stretch and at this point his wakeful times seems to be in the evening which seems like good timing from Gramma's point of view. -- Especially since THIS Grandma WILL not pick up a sleeping baby. So Gramma has once again discovered the softest and warmest fuzzy of all -- A baby's soft cheek and the miracle of birth!

It is oh so good to be able to share with each of you and certainly super neat to be sending written thought via two such beautiful THOUGHT CARRIERS -- Renee and Daphne! Enjoy those two -- but how can you help it?

Am awaiting a report from as many of you as possible to further fill my bucket which overfloweth with grandmotherly love and the glow reaching across the miles.

Much Love

Miriam



The following was a P.S. at the bottom of Miriam's letter

This quotation by J. Krishnamurti was the page on which I turned in a book Ann gave me for Mother's Day.

TO LOVE -- To love is the most important thing in life. But what do we mean by love, when you love someone because that person loves you in return, surely that is not love. To love is to have that extraordinary feeling of affection without asking anything in return.....To love is the greatest thing in life; and it is very important to talk about love, to feel it, otherwise it is soon dissipated, for the world is very brutal. If while you are young you don't feel love, if you don't look with love at people, at animals, at flowers, when you grow up you will find that your life is empty; you will be very lonely, and the dark shadows of fear will follow you always. But the moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.

-----

SLOW ME DOWN, LORD

Well, I've had it, Lord. I'm sitting here,  
The victim of another year--  
Another winter, another spring--  
Lord! I've lived too fast to see a thing.  
Rushing here and rushing there,  
Where did it get me, Lord? NOWhere!  
Another year, but no more wise--  
I must look foolish in your eyes.  
So Lord, I'm slowing down right now,  
Trying to find some peace, somehow.  
I want to see and touch and taste  
The things I just rushed by in haste.  
I want some time for rest and quiet,  
So slow me down, Lord. Help me try it.  
I want to really live each day  
So next year I can smile and say:  
"Well, I've made it, Lord. I'm sitting here  
On friendly terms with life this year--  
Another summer, another fall--  
Lord! I slowed down and lived it all.  
And strangest thing, to my surprise  
When my 'old' life got down to size,  
The good (there was some) stood the test  
And Lord, I'll never miss the rest."  
And if that's what I'm saying then  
I'll never rush through life again.  
So slow me down, Lord, help me to see...  
And thank you kindly for loving me.



I  
WONDERED  
WHY  
SOMEBODY  
DIDN'T DO  
SOMETHING  
... THEN ...  
I REALIZED  
THAT I AM  
SOMEBODY.



# GAMES





NEW GAMES  
Dale LeFevre

New Games played at camp which are in the New Games Book, available from the N. G. Foundation, P.O. Box 7901, San Francisco, CA 94120. Cost: \$4.95 (plus tax in CA)

<u>Quiet</u>	<u>Moderate</u>	<u>Active</u>
*Knots	*stand up	Everybody's it
*Stand off	shoe factory	*blob
Human Spring	trust circles	*hug tag
*Lap	trust games	*people pass
choo-choo	people to people	octopus
*spiral	the "Gift"	flamingo tag
*red handed	*Rock/paper/scissors	cookie machine
Dum Dum Da Da	*Caterpillar	*snake-in-the-grass
*Pruie	(human carpet)	*boffing
Cows and Ducks	Lemonade	*schmerltz
Bumpity-Bump-Bump	sound & fury	*catch the dragon's
Human Machine	car-car	tail
*Vampire	car wash	*British Bulldog
Who Dunit?	elbow tag	*slaughter
Rain	*parachute games	*Dho-Dho-Dho
Commons	swat	
Killer/Plague	rock-bridge-tree	
Numbers	humless	
*Skin the Snake	*fox & squirrel	
A What?	*smaug's jewels	
Energy Pass	*pyramids	
Telephone	*bug tug	
*Ooh-Aah		
Zoom		

\*games with asterick are in the New Games Book

The following games are in the New Games Book:

Knots - Circle of about 8 people knot up, get unknotted.

Stand-off - two people face each other in game of balance.

Lap Game - Circle of people sit on each others knees.

Spiral - One person in center, everyone winds around, get out from center first.

Red Handed - small circle tries to pass and hide object from person in middle.

Pruie - everyone seeks to find and join pruiie while eyes are closed.

Vampire - all eyes closed, when "bitten" by vampire, become one

Skin the Snake - Line of people, hands clasped between legs, lay down, stand up



Ooh-Aah - Ooh's and Aah's passed around circle.

Stand up - two, four, eight, or more stand up back to back.

Rock-Paper-Scissors - Sign thrown determines which team chases and tags and which is chased to safety line.

Caterpillar - up to 25 people lay snugly together in same direction while front rolls to end

parachute games - up and down, or over, under and behind people.

Fox and Squirrel - circle of 8-15 has foxes plodding after flying squirrels.

Smaug's Jewels - Circle of 10 or so people try to steel "jewels" from dragon (Smaug)

Pyramids - people stack on top of each other.

Bug tug - two lines back to back reach and cross between to opposite line for tug-of-war.

Blob - tag game-when tagged one joins an end of blob holding hands creating line. Can split when 4 or more.

Hug tag - tag game. Avoid "it" by hugging someone else.

People Pass - two lines of 8-15 people stand facing one end of line, shoulder to shoulder to opposite line. 1st person is picked up and passed to end. Spotters required.

Snake-in-the-grass - one snake starts on belly and on command tries to tag "people" who then become snakes on their hands and knees within given boundaries.

Boffing - styrofoam sword fighting.

Schmerltz - ball in a sock, throw, catch by tail.

Catch the Dragon's Tail - line of about 8 people hold on to each other, head tries to catch tail.

British Bulldog - Bulldogs in middle try to catch people crossing from two opposite safety lines, lift them and say "British Bulldog 1, 2, 3", to make them bulldogs.

Slaughter - teams on knees in circular area try to get their "ball" to their teams goal, which other team has. Can also eliminate opposite team members by pushing them to touch out of bounds.



Human Spring - two people stand facing each other, like in stand off. They fall forward, catch each other, spring back. Take a small step backwards, try again till limit is reached.

Choo-choo - Name game where one person starts as the choo-choo, goes up to someone, asks their name and gives them a cheer using their name. (one choo-choo per 6 people)

Dum Dum Da Da - sound and motion game set to the tune of "ole man river" (or whatever)- for 5-50 people)

cows and ducks - to choose teams, everyone closes eyes and is given the name of an animal (e.g., cow, duck). Keeping eyes closed, find the rest of team by making the sound of that animal. (you can also use birthdays, color of clothes, or whatever to divide groups.)

Bumpity Bump Bump - Name game where one or more persons in the middle of a circle go around pointing at people and saying "Left, (or Right), bumpity-bump-bump." Person pointed to must name person on that side of them, before completion of that saying or take pointer's place. (1 person in middle for every 6 playing)

Human Machine - One person starts a sound and motion, others join in until becomes one huge machine.

Rain - circle of clapping, snapping, patting of hands changes volume to sound like rain splats.

Who Dunit? - One person is selected to leave the circle. Another person is chosen as the leader of the motions, which everyone copies, trying not to look at leader. Person who left comes back and tries to guess leader..

Commons - divide into 3 groups each group selects a sound and action which represents their group and then share it with other 2 groups. Groups huddle, come out and at a given signal do one of the 3 groups sound and action. Game ends when all 3 do the same thing.

Killer/Plague - Group selects pieces of paper or deck of cards, one of which is designated the "killer". Everyone walks and killer goes around and winks at people thereby killing them. People take 5-10 seconds to die. If anyone sees or suspects killer, they say "I have an accusation". If right, game's over. If wrong, accused and accuser die. Game ends if everyone's dead. Plague (variation) when someone is killed, anyone they touch dies, too.

A What? - One person begins by passing a (you choose, e.g., banana) saying, "I give you a (banana)." Second person asks, "A What?" First repeats, "A (banana)". Second person turns to third and repeats. When 2nd is asked "A What?", 2nd turns to 1st and asks "A What?" 1st answers, "A (banana)," 2nd repeats that to 3rd. 3rd repeats to 4th and process starts over. (for 8-20 people)



Energy Pass - All join hands in a circle. 1st person starts a pulse of energy with a squeeze, which goes around circle. Can do with eyes closed and both directions (for 5-25 people)

Zoom - "Zoom" is passed from 1st person to next and so forth around circle. Brakes can be added (E-e-e-e-ek), with result: "zoom" switches directions (for 6-15 people)

Telephone - 1st person selects a word, whispers it to next person who in turn passes it on until it goes around circle. Last person says word out loud. Usually changes, fun to find out where and how (for 5-30 people)

Shoe Factory - All shoes put in middle, everyone grabs 2 different shoes, put them on, try to find match in a line.

Trust Circles - About 8 people make a tight circle with one person in middle. Person in center stays straight but relaxed. Others pass person around gently.

People to People - Everyone in pairs except one person who calls directions like, "Back to Back", "Nose to Toes", and "elbows to kneecaps". When person calls "people to people", everyone finds a new partner, including caller. Whoever is left is new caller.

The "Gift" - Several persons gather up the "gift" (which is invisible), shape it into several things, playing briefly with each. When done, they take a part of it to share with predivided groups.

Lemonade - Two groups: one decides a place they're from and an occupation. Groups line up on their safety line, approximately 20' apart. "Decided" 1st group starts by taking a step and saying, "Here we come", to which other group steps and says "where you from?" Reply is given by 1st group with (eg. Reno) & another step. 2nd group steps and asks, "What's your trade?" 1st group answers "Lemonade," 2nd group replies "show us some if you're not afraid." 1st group does a pantomime of their trade until 2nd group guesses at which time 2nd group tags everyone it can before 1st group makes it to its safety line. Everyone tagged becomes part of 2nd group. Process starts over, roles reversed.

Sound and Fury - One person in a circle originates any sound and motion, which is passed from person to person till it returns to originator, who ends it. Next person in circle starts new sound and motion, repeat process till everyone gets a turn (about 25 people maximum)

Car-Car - Two people in a line, one in back is driver and has hands on "car's" shoulders. "Car" has eyes closed and arms extended. Driver avoids other cars. After a minute, someone yells "switch", and roles reverse.



Car wash - Two lines of people on their knees. One person on "front" end of line crawls on hands and knees through car wash, getting rubbed, scrubbed, and whatever else car washes do, joins line at end. New car starts at beginning, everyone gets a turn.

Elbow Tag - An "it" chases a "non-it", everyone else has locked elbows with a partner leaving an open elbow extended. Non-it can avoid being tagged by hooking on an open elbow, thereby making the person on the opposite end the non-it? (at least 1 "it" and 1 "non-it" for every 10 pairs)

Swat - One person in a circle has a soft swatter (e.g., boffer, rolled newspaper), leaves place, swats someone, places swatter down in center and tries to return to place in circle before swatted person can pick up swatter and swats the person who first swatted. (for 10-15 people)

Rock-Bridge-Tree - Relay race, three team members volunteer - a balled up person for a rock, a legs apart person for a bridge, and person with arms extended for a tree. Team must go over rock, under bridge, around tree. Tree, bridge, and rock finish after others.

Humless - Everyone humming on hands and knees with eyes closed looking for the one who isn't humming. Once found, person crawls under between arms and legs and lines up next to humless, stops humming also, and can open eyes. (Best on soft surface - 10-30 people)

Everybody's It - Everyone is "it", if you get tagged, you're frozen till one or no-one's left. In ties, both are frozen. Variation: You must grab hold of the first and second places tagged, frozen third time.

Octopus - One person in middle with a soft object (e.g., nerf ball), two lines of people on width of boundaries. Person with ball says "go", people change sides trying to avoid being hit by ball. If hit, feet are frozen, arms become tentacles and anyone touched by a tentacle also joins octopus.

Flamingo Tag - The "it" can only tag those who haven't become "flamingoes" -- those who have one leg raised and their arm looped under that leg with hand holding on to the nose, or close as can get.

Cookie Machine - Two lines of people face each other, alternately extend arms not holding on to anyone. One person can fall flat from a height or make a running dive into line (who all should have heads back and all sharp jewelry off). Person gets turned on back on gently shuffled down line to end, where someone makes sure they are let down safely. (for 15-30 people)



FIND DIFFERENT PEOPLE TO SIGN EACH OF THESE DIFFERENT CATEGORIES

1. A person with a birthday in May\_\_\_\_\_
2. A person here for their first year. \_\_\_\_\_
3. A person who came over 1,000 miles to Chat \_\_\_\_\_
4. Someone who came under 50 miles to Chat \_\_\_\_\_
5. Some one with cowboy boots \_\_\_\_\_
6. Some one with 3 or more children \_\_\_\_\_
7. Some one who wears contact lenses \_\_\_\_\_
8. Some one with an older brother \_\_\_\_\_
9. Someone with a 7 letter last name \_\_\_\_\_
10. Someone who is double jointed \_\_\_\_\_
11. Someone in high school athletics \_\_\_\_\_
12. Someone with a Red Cross First Aid card \_\_\_\_\_
13. Someone who enjoys lapidary \_\_\_\_\_
14. Someone who knows how to knit \_\_\_\_\_
15. Some one who is working on their Master's degree \_\_\_\_\_
16. Someone who speaks Spanish \_\_\_\_\_
17. Someone who raises sheep \_\_\_\_\_
- 18, Someone who doesn't like pizza \_\_\_\_\_
19. Someone who is left handed \_\_\_\_\_
20. Someone who has been to Chat for 25 years or more \_\_\_\_\_



# DANCE





We "lifted" the following from Ned & Marian Gault, whom we considered to be two of the very best dance instructors. We know they will forgive our plagiarism. It is our hope that '78 CHAT "Dance" Section will offer something in the field of "how to", because we have the feeling that there is always someone in any group who would like to get their associates involved in Dance.

With this in mind, we have included instructions for several dances that can easily be taught to any age group from elementary school to senior citizens. We will attempt to schedule CHAT classes for each one of the dances. The theme for this sharing and learning experience is "Have Fun!", and when you return home you should be able to REACH OUT with the universal appeal of music and dance.

Roy and Gwen Main

There is no easy way to learn to teach. You do not magically "become" a teacher. It takes a great deal of thought and practice on your part, applying techniques, hints, and gimmicks which you acquire as you gain teaching experience. There is no one correct way to teach anything. Each person's teaching technique is his own, and it is by sharing the experience and background of other teachers that you find a method best for you in your teaching situation.

These notes are written to try to aid new teachers in teaching beginners. While many teachers feel that working with beginning dancers is most rewarding of all teaching experiences, they generally agree that this is the group which is most difficult to teach, for a variety of reasons.

Beginners tend to be shy and ill at ease until you break the ice and convince them by actual experience that they can learn and can succeed in this new thing they're trying. Accordingly, the teacher should not talk too much. They've come to dance, not to stand. Keep the group active and dancing and put short explanations and directions in where they're needed. Don't make a big issue about formations and positions, but as you come to them in your teaching, stop and define them clearly -- then keep using the name.

Beginners need a large dose of enthusiasm and a fun atmosphere from their teacher whose attitude is what they will remember and, in time imitate.

### Be Prepared

You have homework to do. Good teaching is no accident. That dance you're about to teach -- where does it come from? Spell the name. Can you pronounce it correctly? What else do you know about it? Dancing a dance and teaching it slowly without the music are two very different things. You, the teacher,



must constantly know the answers to a hundred questions: "Which way?", "How many?", "What foot?". "Where's my partner?" In short, you must know that dance in total or in parts, slow or fast, with music or without -- and that includes the music too. Is there an introduction on the record? If so, how many counts or measures? Where does the dance start in the music? What (Exactly what) are you going to say to the class to make them all start together? (Even Lawrence Welk has to do it!) You should listen to the music enough times that you can start the record in the middle and pick up the dance pattern correctly as it should fit the music.

#### ABOUT DANCING

1. Stand erect but comfortable. It isn't necessary to bend over, or look at your feet.
2. YOUR WEIGHT should be on the "Balls of the feet". HEELS touch the floor but have very little weight on them.
3. When ready to start a dance, BE SURE to stand with weight on ONE FOOT ONLY with the FREE FOOT ready to take the step. In most dances the MAN takes the first step with the LEFT foot, the WOMAN starts with the RIGHT foot.
4. LISTEN to the music and learn to step WITH THE BEAT of the music.
5. In moving, step DIRECTLY FORWARD, or BACKWARD, or to the SIDE. DO NOT step DIAGONALLY, and be sure to keep feet close together, the "Moving" foot almost touching the "standing" foot as it passes by.
6. The "Toe" is the first to strike the floor, and the last to leave the floor, but DO NOT dance on your toes, dance on the whole "Ball of the foot", with the heels "touching the floor" in between just enough to maintain your balance.
7. Keep all your movements SMOOTH. Avoid "Bouncing" or "Jerking" movements. What difference does it make? Remember its the little things that count for the most. With proper attention to seemingly small points, there will NOT be any difficult steps.
8. Learn to RELAX and ENJOY dancing. DON'T try to learn TOO MUCH--TOO FAST, if you do, dancing becomes "Work" instead of "Recreation".
9. We want you to enjoy dancing, but we cannot "learn for you." How "fast" you learn depends on you. Don't be afraid to ask "yourself" some questions.



Sets in Order  
Records

produced by Sets in Order  
The Magazine of SQUARE DANCING

"G.K.W. MIXER"  
modified

RECORD: SIO 3108B

POSITION: Promenade position, facing LOD

FOOTWORK: Opposite

Meas.

- 1-2 WALK, 2,3, BACKTRACK: BACKUP, 2, 3, WALK FORWARD;  
Walk forward in LOD three steps. To backtrack both the man and the lady retain their hand holds and turn independently (Man RF, Lady LF) to face RLOD. Walk backwards four steps.
- 3-4 WALK, 2, 3, BACKTRACK; BACKUP, 2, 3, STAR RIGHT;  
Repeat action in RLOD.
- 5-6 WALK AROUND, 2, 3, 4; 5, 6, AND BACK BY THE LEFT (CLAP);  
Star is pigeon wing. R. hands joined up, elbows touching. One full turn. Clap on count 8.
- 7-8 1, 2, 3, 4; 5, 6, GET THE GIRL BEHIND YOU AND;;  
on count 6 man leaves partner, gives Right to the next girl (RLOD) and gets in promenade position ready to start again. Repeat with new partner.

List of other round dance mixers sent on request.

Write to: BOB RUFF, 8459 Edmaru Ave., Whittier, CA 90605  
(213)693-5976



"MERRY OLDSMOBILE MIXER"

BY: Marie Tueth, St. Louis, Missouri

RECORD: Blue Star #1572

FORMATION: Grand circle, couple facing couple. #1 faces  
CCW & #2 faces CW

MEASURES:

1-4 BALANCE FORWARD AND BACK - STAR ON THRU

Partners with inside hands joined, st fwd on outside ft, draw inside ft to it and tch, swing joined hands fwd; st back on inside ft, draw outside ft to it and tch, swing joined hands back. Then star thru with 6 small sts., M's R hand takes opposite J's L hand, W backs under arch as they exchange places, making a 1/4 turn.

5-16 Repeat Meas. 1-4 three times.

17-20 RIGHT HANDS UP, AROUND YOU GO

4-hand star CW with 12 small sts.

21-24 LEFT HANDS BACK, NOW DON'T BE SLOW

Star CCW with 12 small sts.

25-26 ONES NOW DIVE ON THRU (TWOS MAKE THE ARCH)

27-28 OVER THE NEXT OLD TWO (ONES MAKE THE ARCH)

29-32 DIVE ON THRU, STOP THERE, SAY "HI!" (TWOS MAKE THE ARCH)

(Meas. 25-32 Dip'n Dive formation, end facing 4th new couple and bow, say "Hi!")

Dance repeats 6 times.



"SENTIMENTAL DREAM MIXER"

BY: Pete and Ann Peterman, Fort Worth, Texas

RECORD: Blue Star #1572

POSITION: Open, facing LOD, inside hands joined

FOOTWORK: Opposite throughout, directions for M

MEASURES: Introduction:

1-4 WAIT: 2; STEP POINT, STEP POINT; STEP POINT, STEP POINT;  
In open dance position inside hands joined step fwd LOD  
on L, and point R diag twd COH, (woman points diag twd  
wall) step fwd LOD on R, and point L diag twd partner,  
(woman points R diag twd partner) repeat fwd LOD on L  
point R; fwd LOD R point L;

DANCE

1-4 FORWARD 2, 3, BRUSH; FORWARD 2, 3, BRUSH; APART 2, 3,  
TOUCH; TOGETHER 2, 3, TOUCH;  
In open dance position inside hands joined step fwd LOD L,  
R, L, brush R; fwd R. L. R. brush L; back away (M twd  
COH - W twd wall) 3 steps L, R, L. and touch R; turning  
on diag (man and woman both going to their R, man moving  
to woman behind, woman moving fwd to new partner) R. L,  
R, and touch L; take facing butterfly pos both hands  
joined;

5-8 SIDE, TOUCH, SIDE, TOUCH; SIDE, BEHIND, SIDE, TOUCH;  
SIDE, TOUCH, SIDE, TOUCH; SIDE, BEHIND, SIDE, TOUCH;  
In facing butterfly position step side LOD on L, and  
touch R to L, step side RLOD on R, and touch L to R;  
step side LOD on L, R behind L, side L, and touch R to  
L; repeat in RLOD, side R, touch L, side L, touch R;  
side R, L behind R, side R, and touch L to R end in  
open dance position inside hands joined;

DANCE is done 6 times.

ENDING: On Meas. 8 last time through man point L twd  
partner, woman point R twd partner to acknowledge end of  
dance.

FESTIVAL RECORDS  
161 Turk Street  
San Francisco, CA 94102



# OKLAHOMA MIXER American - Mixer

## FORMATION:

Circle of couples, facing counterclockwise

## STARTING POSITION:

Varsouvienne position\*, Left foot free.

## MEASURES

## FIGURE I

- 1 HEEL-TOE with Left foot,
- 2 THREE WALKING STEPS (Left, Right,  
Left, Pause) - WOMEN TO CENTER.  
Keeping left hands joined, Woman walks  
to center of circle, passing in front of  
her partner, as Man moves to outside of  
circle. Both finish in line, Woman facing  
clockwise, Man facing counterclockwise.
- 3 HEEL-TOE with Right foot,
- 4 THREE WALKING STEPS (Right, Left  
Right, Pause) - ON TO NEW PARTNER.  
Woman walks forward, extending her  
right hand to new partner. Man walks  
forward to meet his new partner, joins  
right hands with her and leads into Var-  
souvienne position.

## FIGURE II

- With new partner in Varsouvienne position.
  - 5-6 TWO SCHOTTISCHE STEPS FORWARD  
starting with Left foot,
  - 7-8 FOUR STEP-HOP STEPS FORWARD  
starting with Left foot.  
Repeat dance from beginning with new partner.
- NOTE: Figure II may be danced with Two-  
Steps, e.g., Two Two-Steps Forward and  
Four Walking steps Forward, starting  
with Left foot.

\*VARSOUVIENNE POSITION. Partners facing in same direction  
with Woman to right and slightly in front of partner,  
hands held a little above shoulder height. Man holds  
Woman's left hand in his left and reaches across her back  
to hold her right hand in his right.



GRENN  
P.O. Box 216  
Bath, Ohio 44210

"WHITE SILVER SANDS MIXER"

BY: Manning & Nita Smith, College Station, Texas  
POSITION: Open, facing LOD  
FOOTWORK: Opposite throughout, Directions M

Meas.

- 1-4 WALK, 2; 3, TURNAROUND; BACK UP, 2; 3, 4;  
In open pos walk four steps fwd in LOD doing an about face turning in toward partner on fourth step; still traveling in LOD walk backwards four steps.
- 5-8 WALK, 2; 3, TURNAROUND; BACK UP, 2; 3, 4;  
Repeat above in RLOD
- 9-12 BALANCE AWAY; BAL, TOGETHER; BAL AWAY; BAL TOGETHER  
In open pos facing LOD you can do any one of three different types of balance steps depending upon ability of dancers....(1) step to side on L, touch R toe to instep of L foot, or (2) step to side on L, close R to L, step in place on L, or (3) Pas de bas. . . step to side on L/step on ball of R foot in front of L, step in place on L.  
Repeat above to M's R toward partner.  
Repeat all of above
- 13-16 TURN AWAY, 2; 3, 4; BALANCE, L; BALANCE, R:  
M turns away from partner to his L and in four steps walks in a small circle to take a new partner (W who was behind his partner) W turns R and moves fwd to M ahead; face new partner and take butterfly pos (with both hands joined and extended to side) say "Howdy" and balance to M's L and then to M's R using either (1) side, touch; side, touch; (2) side/close, step; side/close, step; or (3) backward Pas de bas in which you step side on L/step on ball of R foot in behind L, step in place on L; side on R/step on ball of L foot in behind R, step in Place on R.

REPEAT...



ROAD TO THE ISLES  
(Scottish)

In tracing the origin of this dance, Mr. Phil Aldrich has found that the music stems from an old Scottish pipe tune. It is presumed that the dance is relatively modern; and in pattern is similar to the Scottish Douglas Schottische.

Music            Record: Imperial 1005A  
                 Piano: Adventures in Song: Methodist Publishing  
                                         Company, McAllister St., San Francisco.

Formation    Couples in a double circle facing counterclockwise in Varsouvienne position.

Steps            Schottische

<u>Music (2/4)</u>	<u>Pattern</u>
Measure	I. <u>Point, Step, Step, Step</u>
1	Point L toe fwd. slightly to the L and hold
2-3	Take 3 steps starting with the L ft., as follows: L ft. slightly in back of R ft. (ct. 1) R ft. to R (ct. 2) L ft. fwd. in front of R ft. (ct. 1) and hold (ct. 2).
4	Point R toe fwd. and slightly to R and hold
5-6	Take 3 steps, starting with R ft., as follows: R ft. slightly in back of L ft. (ct. 1) L ft. to L (ct. 2) R ft. fwd. in front of L (ct. 1) and hold (ct. 2).
7	Point L toe fwd. and hold
8	Place L toe back and hold
	II. <u>Schottische</u>
9-10	Schottische fwd. slightly to the L, beginning on the L ft.
11-12	Schottische fwd. slightly to the R, beginning on the R ft. On hop (ct. 2 of meas. 12) half turn to the R, facing in opposite direction, Hands remain joined.
13-14	Schottische beginning on L ft. On hop half turn to L, facing original direction.
15-16	Step in place R, L, R. hold.



GENE & MARY LOU'S DANCE SUPPLY

1367 East Taylor Street - San Jose, California 95133 PH(408)292-6455

BINGO WALTZ by Bill & Gretchen Castner, Lafayette, CA

RECORD: ASHTON DANCE RECRODS #101

FOOTWORK: Opposite, directions for M

FORMATION: Single circle of cples, facing ctr, hands joined, W on M's rt.

INTRO: Wait four meas. and begin dance

MEAS

- 1-4 BALANCE IN, BALANCE OUT, ROLL AWAY HALF SASHAY
- 1 Step on left ft to COH on ct 1, bring rt ft up to left on ct 2 & hold ct 3, while swging joined hands fwd during the balance in, do not put wt on rt ft.
- 2 Step on rt ft away from COH on ct 1, bring left ft to rt on ct 2, hold ct 3 (do not put wt on left ft), while swging joined hands outward
- 3-4 Man rolls lady across in front of him (she makes a full left face turn in 6 steps) & takes her rt hand in his left during the roll to end in single circle again.
- 5-16 Repeat meas 1-4 three more times. At end of meas 16, man faces LOD & lady on his rt, while lady faces RLOD u him to take Butterfly pos Man's & lady's palms together, arms extended sideways.
- 17-24 STEP DRAW, STEP DRAW (IN) STEP DRAW, STEP DRAW (OUT)
- 17 Man & lady step sideways toward COH ct 1. They draw their following ft (heel to instep) to lead ft, cts 2 & 3. There should be a slight bend at the waist, M & L lead hands high, while each are looking at the drawing ft & keeping following hands low.
- 18 Repeat Meas 17
- 19-20 Take two step draw steps away from ctr of hall
- 21-24 Repeat Meas 17-20
- 25-31 Still facing ptrs, take rt hands & begin a Grand Right U Left, everyone shouts "B" while taking 1st rt hand. "I" on taking left hands, then "N" with rt hand "G" on taking lefts.
- 32 When meeting the fifth lady, hug her, (or swing.) shouting OO OH



POPCORN

MUSIC: Musicor - 1959-A 945)

FORMATION: Random around floor or "in lines" (latter preferred)

INDIVIDUAL DANCE

1&2 - Point RF fwd and back to place (repeat)

3&4 - " LR " " " " " "

5&6 - " RF bkwd & " " " "

7&8 - " LF " " " " " "

9 - Bend R knee and swing up & in front of L & back to place

10 - Kick R

11 - Bend L knee and swing up and in front of R and back to place

12 - Kick L

13 - Kick R - Kick L

14 - Clap 3 and make 1/4 turn R

Repeat all of above until 4-1/4 turns have been made and then  
START ALL OVER



The Dance: LEFT FOOTER'S ONE-STEP. By Bruce & Shirley Johnson.  
Record. WINDSOR 4650. Or any other standard 32 meas. One-step.  
Starting Position...SEMI-CLOSED, Facing LOD. Man starts with  
LEFT foot and woman does the counterpart.

"Cues" for R'YTHM ROUND'RS CLASS...Roy Close and Leona Little.  
Instructors.

INTRODUCTION. 2 MEAS. (8 beats or cts.) WAIT  
MEAS. PATTERN

- 1-2 WALK, 2,3,4;(Face partner) SIDE, CLOSE, SIDE, CLOSE;  
Walk Fwd. LOD 4 steps, turning to face partner on 4th step  
and assume closed pos; Step to side LOD and L, close R to L,  
step to side again and L and close R to L. (CLOSE means  
bring feet together and take weight) Assume semi-closed  
pos. ready to repeat meas 1-2.
- 3-4 WALK, 2,3,4;(Face partner) SIDE, CLOSE, SIDE, CLOSE;  
This is the same as meas 1-2, except you end in closed pos.  
M's back to COH. (COH means Center of Hall)
- 5-6 BACK IN, 2,3,4; SIDE, CLOSE, SIDE, CLOSE:  
M moves bkwd twd COH with 4 short steps, (W moves fwd) then  
to the side, close steps again as you did in meas 2 & 4 above.
- 7-8 WALK OUT, 2,3,4: SIDE, CLOSE, SIDE, CLOSE:  
W backs up as M walks fwd twd wall with 4 short steps;  
then do the side, close steps again in LOD. (LOD means Line  
of Dance, Counter clockwise, or CCW) After the side,  
close steps you assume SIDECAR pos. (FEET hips adjacent,  
m facing RLOD & W facing LOD)
- 9-10 BACK UP, 2,3,4; (face partner) SIDE, CLOSE, SIDE, CLOSE:  
M walks bkwd. (W walks fwd) in LOD. M turns to face partner  
and wall on 4th step, and then does the side, close steps  
again as above. Now assume BANJO POS. (Right hips adjacent)  
M will be facing LOD and W facing RLOD.
- 11-12 FORWARD, 2,3,4; (face partner) SIDE, CLOSE, SIDE CLOSE:  
This time M wall forward LOD as W backs up 4 short steps.  
Both turn on 4th step to face partner, M's back to COH and  
repeat the side, close, steps as above. This time end in  
simi-closed pos. Both facing LOD.
- 13-14 WALK FWD, 2, TURN, POINT: WALK,2, TURN, POINT:  
Walk fwd LOD 3 steps, turning in toward partner on 3rd step,  
and point R toe to floor in RLOD, and assume Reverse semi-  
closed pos. Now walk fwd in RLOD 3 short steps turning on  
3rd step to face LOD and point free ft. fwd in LOD.
- 15-16 FORWARD, STEP/STEP, BACKWARD, STEP/STEP; TWIRL, 2,3,4;  
Do 1 two-step balance fwd in LOD and 1 bkwd in RLOD; then  
W makes ONE R/face twirl under M's L and her own R arms,  
while progressing in LOD as M walks alongside with 4 short  
steps. Take simi-closed pos. both facing LOD ready to repeat  
pattern from the top.

PATTERN IS DONE FOR A TOTAL OF THREE TIMES. End with Bow &  
Acknowledgement. NOTES: R/face means twd RIGHT shoulder,  
RLOD means Reverse Line of Dance or Clockwise (CW) All  
steps should be SHORT, NOT over 12 inches. Keep feet  
*close together when walking* Weight on *Balls of the feet*.  
*Practice!*



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.	<u>Slide across and back</u>
A 1-4	Head couples take 8 sliding steps across to opposite place, M passing back - to - back.
5-8	Keeping same position, return to own place with 8 sliding steps, W passing back to back.
1-8 (Repeat)	Side couples cross and return as described for head couples in meas. A 1-8.
II.	<u>Star</u>
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 (Repeat)	Side couples repeat same action as described for head couples in meas. B 1-8.
III.	<u>Basket</u>
	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 behind W back. All this is done simultaneously.
A 1-8	In basket formation circle to L with 16 buzz steps
1-8	R ft crossed in front of L.
(Repeat)	Side couples form basket and circle L with 16 buzz steps.
IV.	<u>Circle and Promenade</u>
B 1-8	All join hands and move to L with 16 skip steps or 8 polka steps.
1-8	Arm in arm with partner, promenade counterclockwise to place with 16 walking steps.

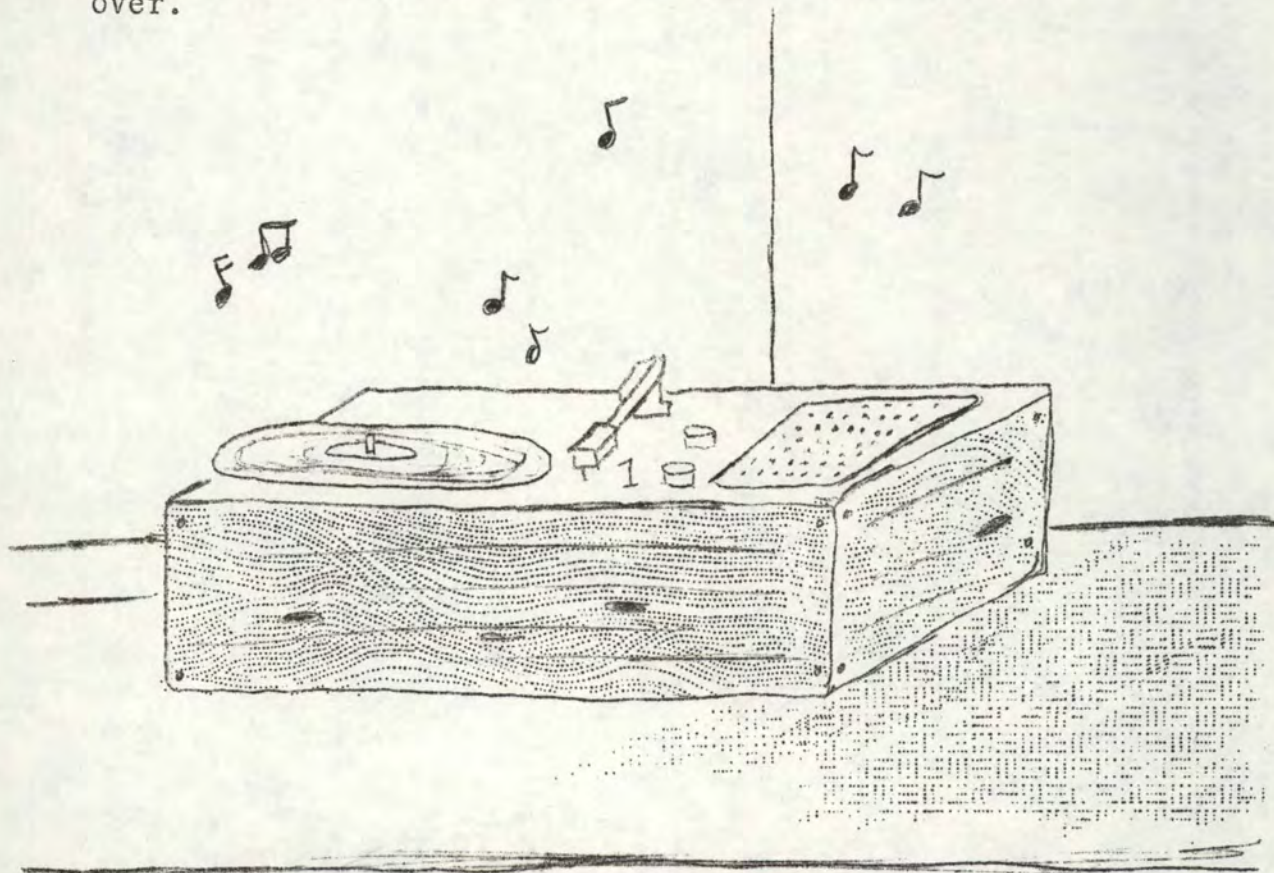


ON THE CAROUSEL

MUSIC: Lloyd Shaw - 242-45 (with and without cues)  
or  
Decca - 28846

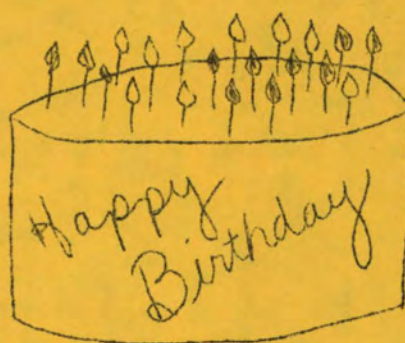
FORMATION: Single Circle. Won M's R.

1. With hands joined, balance into center and back.
2. W roll R. (3 step roll) in front of M to finish on the R of next man
3. All join hands, balance in to center and back.
4. W repeat 2.
- 5-8 Repeat the above, except M roll L, behind W.
- 8-12 Balance in and out, everybody roll (M-L, behind, W-R in front)
- 13 At end of last roll, face ptr. join both hands and do 2 "step-swings" then 2 slides (step/close, step/close) to center.
- 14 In the center do 2 step-swings then 2 slides out, M twirling W under R arm to join hands in circle and start the dance over.





# PARTIES



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## LEADERSHIP EXPERIENCE IN ORGANIZING AND CONDUCTING SOCIAL ACTIVITIES

Leila Steckelberg

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

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

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

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



## Leadership Experience-page 2

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

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

- I. The type of party will be determined by:
  - A. WHO will be attending?
    1. Age of participants.
    2. Sex of participants.
    3. Proportion of men, women, children.
    4. Abilities or limitations of participants.
    5. Special interests of participants.
    6. Prejudices, if any.
    7. Size of the group - number attending.
    8. Type of group this is (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.



## Leadership Experience-page 3

- C. WHEN is 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 or some kind of refreshments.
- D. WHERE party will be held?
  - 1. Location.
    - a. Indoors.
    - b. Outdoors.
    - c. Size of facility.
    - d. Kind of place.
  - 2. Facilities available.
    - a. Parking.
    - b. Hanging wraps.
    - c. Lavatory.
    - d. Fireplace, etc.
    - e. Electricity.
    - f. Heat and ventilation.
    - g. Kitchen.
    - h. Chairs and tables.
    - i. Waste baskets.
    - j. What is the floor like.
  - 3. Equipment available.
    - a. P A system.
    - b. Record player.
    - c. Piano.
  - 4. Regulations.
    - a. How early can you get in.
    - b. How late can you stay.
    - c. What are the decoration regulations.
    - d. Any clean-up requirements.
- E. HOW MUCH is the budget?
  - 1. Resources.
  - 2. Fees-money raising event or tickets

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

- A. Where does the theme originate.
  - 1. Past, present, future.
  - 2. History - historical events, people, etc.
  - 3. Places.
  - 4. Activities, sports.
  - 5. Occupations (circus, loggers' jamboree, etc.)
  - 6. Geographical areas and circumstances peculiar to them.
  - 7. Special events.
  - 8. Fiction.
  - 9. Famous people and places.
  - 10. Make-believe.



## Leadership Experience-page 4

11. Seasons.
12. Nature.
13. Special interests.
14. Countries, customs, traditions.

B. How is the theme arrived at - where do the ideas come from?

1. Sometimes already determined by the occasion.
2. Brainstorming (saying the first thing that comes into your head whether it makes sense or not). Stress not to be concerned with "how could we do this?" or "what would we do at this kind of a party?" but rather on just getting lots of ideas listed. One idea suggests another and another until the theme emerges from the entire group at the same time. This can only happen when there is lots of enthusiasm and each idea is accepted as good - never "that's no good", "that wouldn't be any fun", etc.
  - a. List all ideas suggested - if group bogs down, throw out ideas of where to find them from list above.
  - b. Vote on list and eliminate by democratic procedures.
  - c. Make final decision on mutual interest - you can't plan a good party unless all are enthusiastic about the theme.
    1. If group is evenly divided on two themes, why not combine them? (Twist Beach Party, King Arthur of the Stone Age, Backwards Rock & Roll, Surfing Party at Muscle Beach, etc.)
    2. You can tell when the group has agreed and enthusiasm is running high - they begin to plan, in the large group. Now is the time to break up into smaller groups to plan the different parts of the party. Watching a party theme take shape is an amazing experience!

### III. PARTS OF A PARTY

- A. BUILD-UP -- to create enthusiasm, to stimulate interest to want to come to the party.
  1. Invitations - can set the tone for the whole party.
    - a. Should have some element of mystery, surprise, gaiety, or curiosity.
    - b. State clearly the date, time, place, theme, and whether guest is to wear anything special or bring anything.  
May be made by mail, telephone, person-to-person, word-of-mouth.



## Leadership Experience-page 5

2. Posters, Signs.
  3. Announcements.
  4. Advertisements.
  5. News articles in newspapers, on radio or TV.  
(sometimes free for public events)
  6. Skits.
  7. An element of mystery-surprise-question marks to build up excitement for the big event.
    - a. A clever committee will create a variety of things to keep interest alive and stimulate "looking forward" to the party. Each should restate, at least once, the date, time, place, and requirements of the party and be in keeping with the theme. (whether the guest is to wear a costume or bring anything special). The more people talking about the party, the greater the participation. If people "simply don't want to be left out," the build-up has been good.
    - b. These things may be started before the invitations are sent and continued right up to the day of the party.
- B. ATMOSPHERE -- to create more enthusiasm.
1. Decorations - should accent the theme and be appropriate; need not be elaborate, gaudy, or expensive.
    - a. May be done before party.
    - b. May be done as a pre-party activity.
      1. Have plenty of materials available and have those arriving early pitch in to help provide decorations in keeping with the theme. To make it even more fun, have groups competing with each other in their decorating. An Animal Party might have the groups making a den, etc.
      2. Physical arrangements - to help people become a part of a small group.
        - a. Avoid a single line of chairs around the perimeter of a room, if possible.
        - b. Strive for conversational groupings.
        - c. The arrangement of the furniture is probably the most singularly important item in creating atmosphere.
      3. Lighting - one of the most effective means of setting an atmosphere.
        - a. Lamp light or light from a fireplace, in contrast to bright flary light, is inviting.
        - b. Firelight attracts.
        - c. Dimness stimulates good singing.
        - d. Spot lights accent only certain attractive details.
        - e. Moving or flickering light is exciting.
        - f. Cutouts or silhouettes are good conversation pieces.



Leadership Experience-page 6

4. Costumes - allows everyone to get out of their everyday selves into a "party personality" with amazing results.
    - a. Come to the party in the costume.
    - b. Provide materials for folks to make their own costumes (to fit the theme) as they arrive.
  5. Refreshments - it is well to relate them in some way to the party theme. And let's contrive a way to serve the refreshments without having the party guests line up and file past a serving area in cafeteria style.
- C. PROGRAM -- The program is the party!
1. The program is concerned with:
    - a. Choice of activities - what kind, how many, order of events.
    - b. Transition from one activity to another.
    - c. Relation of activities to the theme - change the names of activities (games, dances, etc.) to suit the theme.
    - d. Appropriate activities according to "who" is attending.
    - e. FUN! FUN! FUN!
    - f. ENTHUSIASM! ENTHUSIASM! ENTHUSIASM!
  2. The program may be made up of any, or all, of the following activities:
    - a. Games.
      1. Ice-breakers.
      2. Defrosters.
      3. Get-acquainted.
      4. Mixers.
      5. Active.
      6. Quiet.
      7. Relays.
      8. Pencil and paper.
      9. Musical.
    - b. Dances.
      1. Folk
      2. Western - Squares, etc.
      3. Popular.
      4. Interpretive.
    - c. 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 that 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.



## Leadership Experience-page 7

1. Decorations.
2. Costumes.
3. Name tags, etc.
4. Competitive types of things such as each group building a shelter for their particular animal group; space vehicles for travel on the moon; dressing one of their members as a scarecrow, man from Mars, beatnick, animal, etc; decorating their section for the Olympic Games, Etc. The party theme will suggest an activity that may be used. Prizes are not necessary here (but do be sure that their efforts are used in some way - as their home base for several games, in a parade, as a way of selecting a "queen", etc.), the fun and the hilarity as well as the cooperation & team-work is enough! An enthusiastic introduction as well as an imaginative and vast assortment of materials and supplies available for their use will quickly bring about the desired results; their creativity and "genius" will produce most fascinating and fantastic creations - "out of this world," so to speak! As an added bonus, when people come to a party where they are not acquainted, the pre-party activity should serve to create a feeling of belonging. Groups should be kept small so that they will get acquainted (everyone is needed in a small group) and share the fun rather than be isolated. "Two heads are better than one" means in social recreation security and usually results in better participation and greater enjoyment.
- d. Contests.
- e. Entertainment.
- f. Skits.
- g. Stunts.
- h. Music.
- i. Singing.
- j. Slides and films.
- k. Stories.
- l. Visiting
3. Preparation of the program - some leadership suggestions pertinent to the general selection of activities for it.
  - a. Have a definite program planned. However, be flexible, have substitute activities available and be ready and 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.



## Leadership Experience-page 8

- 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 had planned. On the other hand, some activities may take longer than you had 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 they arrive.
- e. The second activity should be one which includes everyone together as a group. This may be a get-acquainted, ice-breaker, or mixer type of game or dance, and should be lively, fun, and one of the leaders sure-fire activities since this event can set the tone of the entire party.
- f. The next activity should be in a similar formation but contrasting in terms of action - if the first was noisy and active physically, this one can be less active or more quiet. Be sure to have something at the beginning to get everyone started and with a certain laugh - active participation will usually take care of itself after that. Do make it easy for late-arrivals to enter into the activities by choosing those that are simple, and easy to start participating in at any stage of the game. Save the more complicated for later in the party.
- g. Now a change of position or formation is needed. Plan for one activity to have some relationship to the next - winner of the last be captain or "it" for the next activity. Move smoothly from one activity to another with a minimum of time lost - but don't push! Confusion can be kept to a small degree if you can end one game in the formation required for the next activity, or use a game to get into the new position ("Choo-choo", "Circles", grand march, etc.).
- h. Vary the program - use ideas from those listed previously.
  - 1. Active and quiet.
  - 2. Small-group activities and whole-group activities.
  - 3. Participant and spectator.
- i. A climax activity should bring the whole group back together. This leaves the group happy or exhilarated from good participation.



## Leadership Experience-page 9

- J. The closing activity should be snappy and gay, including everyone. It should send guests home singing, laughing, and chatting about "a good time". Or, you may prefer a "tapering off" type of activity which will unify the group into a mood of fellowship. Real fun is not merely a surface feeling or a whimsical "fling". Good party fun goes deep into the heart of a person and brings to one some of that joy in friendly fellowship that one cannot help but someday realize to be his most priceless possession. A party committee would do well to do some experimenting with some short, but well conceived and planned, closing to their parties. A simple, ceremonial type of affair that takes ten or fifteen minutes and which, through music, poetry, or simple dramatics, seeks to present (without preaching) a serious, or humorous but meaningful, note on the party theme may prove to be most effective.
- K. Be sure that the closing activity is done in such a way that people are aware that this is the last activity without having to say "That's all, folks!"
  - 1. Give some consideration to the order of events in regards to ease of setting up the materials. Do not run to consecutive events which require different materials to be passed out and cleared away.
  - m. When planning 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.
- 4. A successful program - what makes a good party?
  - a. Enthusiasm of the planners - have fun yourself and show it!
  - b. Cooperation in planning.
  - c. Good theme.
  - d. Good leadership. The secret of a happy evening is to make everyone perfectly comfortable from the time he or she enters the door until they leave. Open the door wide as the guests enter, shake hands as if you mean it. Here are some tips on being a good party leader.
    - 1. Be friendly, enthusiastic, and interested in each person. (This isn't number one without reason.)
    - 2. Be a good follower.
    - 3. Enjoy everything you do and show it! (Don't show annoyance!)
    - 4. Be adjustable and ready to capitalize on unexpected happenings.



## Leadership Experience-page 10

5. Don't rush your event and don't let it lag. Stop at the climax while all are still enjoying it and want more. Next time this activity is suggested, it will be welcomed with enthusiasm.
  6. Start where the people are emotionally, physically, and socially.
  7. Don't let your personality get in the way of what you're supposed to share.
  8. Learn to like people for what they are. (Not what you would like.)
  9. Speak clearly and jovially; explain yourself but don't talk too much.
  10. Have a working knowledge, based on experience, of that which you are sharing.
  11. Experiment in developing teaching techniques that convey the ideas and directions quickly.
- e. Good leadership - A good game leader must have these qualifications.
1. He must like people! A game leader must try to get everyone playing as part of the group, and often must smooth out personality difficulties to do it.
  2. He must be enthusiastic! Sincere enjoyment in what you are doing is catching.
  3. He must enjoy playing games! He must feel that the games are so much fun that others will enjoy playing them, too.
  4. He must be willing to work hard, both before and during the leading of games! Much planning, practicing and preparation ahead of time go into the leading of games, and a great deal of energy is needed to put over games.
  5. He must know many games! Start a collection of games and party plans from books, magazines, parties you have attended, and favorite games of anyone you know. Know whether it is a game that can be played indoors or out, with adults, children, boys, girls, mixed groups, what equipment is needed and whether it would be acceptable to the people you will be leading. It will be easier to plan a program of games for a specific meeting or party if you know many different types that can be used. Really know your games and the way that you believe best to teach them.
  6. Be contagious! Radiate enthusiasm yourself- don't portray annoyance or resentment.
  7. He must be adjustable! Capitalize on unexpected happenings.



## Leadership Experience-page 11

8. He must be "democratic!" Lead, don't push; use others to lead and to plan.
9. He must be a good follower! Learn by self-participation, observation, and evaluation.
- f. Good leadership - Suggestions for successful game leadership. To lead games so that people have the most enjoyment from them is an important talent. It is a talent that many people can develop. To develop it to its highest good, it must be used and used often. If we hide our talents, they not only do not do any good while we have them, but they will be taken from us soon. However, if we use them often, more will be given to us. A game, like a dance or stunt, is just a tool that can be used to aid in the fashioning of fun and enjoyment in an atmosphere of "relaxed togetherness." The success of the tool in realizing the desired goal depends in great part upon the craftsman and when and how he uses it. Here are some points for consideration.
  1. Be friendly, enthusiastic, and interested in each person.
  2. Know your group and its program, remembering always that individuals make up groups.
  3. Build an atmosphere for play. Don't be afraid to show how much you enjoy playing games - and you must sincerely enjoy playing them if you want the group to be with you.
  4. Know your games well so that you can get all of the essential parts over to your audience clearly. Think each one through carefully, step by step, before taking it to the group.
  5. Get your group into a listening formation and as near to game formation as possible.
  6. Get the attention of the entire group before giving directions. Ask yourself, "Where will I stand? Where will the group be? What will I say first?"
  7. Do not give instructions until the group is quiet and speak slowly and softly. A raised hand for quiet is far better than a whistle or shouting.
  8. Don't talk too much. Give brief rules or instructions. Interpret rather than explain. Demonstrate whenever possible - be clear, jovial, and distinct. Also, tell the name of the game and something about it if you can.
  9. If the game has several parts, explain the first step, demonstrate if possible, and have the groups practice this step.
  10. Explain, demonstrate, and practice each step in turn.



## Leadership Experience-page 12

11. Do a practice run through of the game to be sure that everyone understands and can accept the rules before starting to play.
12. If directions are not understood, stop the entire group and briefly clarify, using different words if possible, then start the game again.
13. Play the game for fun. Laugh at mistakes-but be sure the group understands how to play it.
14. Join in the fun. Get into the group, play whenever plausible or watch with keen interest.
15. Know when to stop the game. Be sensitive to the climax - do not run the game into the ground - move on to the next game while they still want to play the first one.
16. Arrange the games so the change from one to another can be made smoothly.
17. Vary the program - active games alternating with quiet, etc.
18. End your game playing decisively but easily.
19. In practicing the game, do it with someone who will not be embarrassed to have the whole group look at him. A shy person may be unable to play until the entire group is doing it.
20. Praise the group every time they do something especially well, and try to find these features often -- but really mean it!
21. Try to see that everyone has some recognition during the evening. Change leaders and captains frequently so that many people have the opportunity to be "first."
22. To get people to take part, joke with them, laugh with them, be gay and even-tempered at all times. Encourage people to play. Make them know you want them in the group, but don't be too insistent. Always leave a loophole so that someone can come into the games later if they wish, or can drop out gracefully if necessary.
23. Don't "shush" people or scold them, boss them, or argue with them. And never embarrass anyone or make fun of them. Remember, a party is a place to have fun, and your attitude will mean a lot in how much fun everyone else will have.
24. If an awkward situation should come up, turn the laugh on yourself. Take any remarks as you hope they were meant, and don't brood over failures. Be ready to apologize or make amends, if possible, for mistakes. Then, next time, you will be able to do a better job.



## Leadership Experience-page 13

25. Be on the alert every second in order that you may see and avoid any breakers ahead.
26. Keep in the background as much as possible. Do not be "it" too much; only long enough to demonstrate.
27. Be sure that you have no responsibility for anything but the social side of the evening. Have special hostesses, refreshment, etc., committees.
28. Find leaders and then employ them to advantage - saves energy and develops better cooperation.
29. Let others share in the game leadership!
30. Above all, have fun! Remember, playing games is fun, and leading games so others can have fun is even more rewarding. Develop your talent and use it often. That way, you will realize your own capabilities and live a richer, fuller life.

## D. REFRESHMENTS -- tied in with the theme.

1. When served?
  - a. To begin the party.
  - b. During - as a part of the regular flow of activities.
  - c. At close of party.
2. What served and how?
  - a. Plans include some activity leading into the serving of refreshments and also for leading back into the other program activities, if served during the party.
  - b. Planned according to the theme.
  - c. Must keep in mind the comfort of the guests in serving, ease of handling, and eating what is served.
  - d. Plan for groupings - companionship enjoyed during refreshments.

## E. CLEAN-UP -- 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 recreationist, says that "A good recreation occasion ought to be enjoyed three times - in anticipation, in realization, and in retrospect." This is certainly true for a successful party, especially the last part, if we judge by vocal expressions alone.



## Leadership Experience-page 14

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. See "The Morning After" attached.

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

Now you are ready to use these same principles for all kinds of planning. Don't limit yourself to parties.



## Leadership Experience-page 15

## A SUGGESTED PARTY COMMITTEE ORGANIZATION WORKSHEET

PLACE \_\_\_\_\_ DATE \_\_\_\_\_ TIME (start) \_\_\_\_\_ No. EXPECTED  
 (close) \_\_\_\_\_ (Male) \_\_\_\_\_  
 PARTY THEME \_\_\_\_\_ (Female) \_\_\_\_\_  
 GENERAL CHAIRMAN \_\_\_\_\_

## THEME SUGGESTIONS

WORK COMMITTEES: (Each committee does  
 its own clean-up)

Interest Promotion: (Invitations,  
 Posters, build-  
 up, etc.)

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

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

Refreshments:

Closing Fellowship: (For a more  
 elaborate clos-  
 ing)

## OTHER NOTES

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



Leadership Experience-page 16

THE MORNING AFTER

(A Suggested Evaluation Sheet)

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

GENERALLY SPEAKING:

TOP SCORE 50

Did everybody seem to have a good time? \_\_\_\_\_

Was the theme practical for shaping a successful program & atmosphere? \_\_\_\_\_

Was there plenty of opportunity for group expression & participation? \_\_\_\_\_

Did the party move easily from one event to another to its climax? \_\_\_\_\_

Did the work of the several committees dovetail? \_\_\_\_\_

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

Total: \_\_\_\_\_

INTEREST PROMOTION:

TOP SCORE 40

Were the invitations inviting? \_\_\_\_\_

Was the build-up unique and a curiosity arouser? \_\_\_\_\_

Was there adequate build-up?(All things considered) \_\_\_\_\_

Were the interest promoters in keeping with the theme? \_\_\_\_\_

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

Total: \_\_\_\_\_

ATMOSPHERE:

TOP SCORE 40

Was there something significant to do when people arrived? \_\_\_\_\_

Did decorations, costumes, etc., help to create good atmosphere? \_\_\_\_\_

Did the party beginning succeed in mixing & unifying the participants? \_\_\_\_\_

Did everybody feel that they were included? \_\_\_\_\_

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

Total: \_\_\_\_\_

PARTY PROGRAM:

TOP SCORE 50

Was the balance and variety in the program good? \_\_\_\_\_

Was there enough partner changing and "mixing"? \_\_\_\_\_

Was the order of events a good arrangement? \_\_\_\_\_

Did the program taper off to a good sense of mellow fellowship? \_\_\_\_\_

Did the party end at the right time? \_\_\_\_\_

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

Total: \_\_\_\_\_

REFRESHMENTS:

TOP SCORE 30

Was the method of serving in keeping with the theme? \_\_\_\_\_

Was the type of food in keeping with the theme? \_\_\_\_\_

Was it served at the right time? \_\_\_\_\_

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

Total: \_\_\_\_\_



Leadership Experience-page 17

LEADERSHIP:

TOP SCORE 80

Was the party chairman successfully inconspicuous  
to the group? \_\_\_\_\_

Was there enough sharing of the leadership with the  
various events? \_\_\_\_\_

Did each leader seem to be having fun himself? \_\_\_\_\_

Were they successful in gaining group respect? \_\_\_\_\_

Were they able to maintain control of the group? \_\_\_\_\_

Did they adequately communicate directions? \_\_\_\_\_

Did they have an experienced knowledge of their  
materials? \_\_\_\_\_

Did they have a good teaching technique? \_\_\_\_\_

ADDITIONAL COMMENTS:

Total: \_\_\_\_\_

IF I WERE TO DO THIS AGAIN, HOW WOULD I CHANGE IT?

Generally Speaking \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Interest Promotion \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Atmosphere \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Party Program \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Refreshments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Leadership \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## SUNDAY EVENING ACTIVITIES

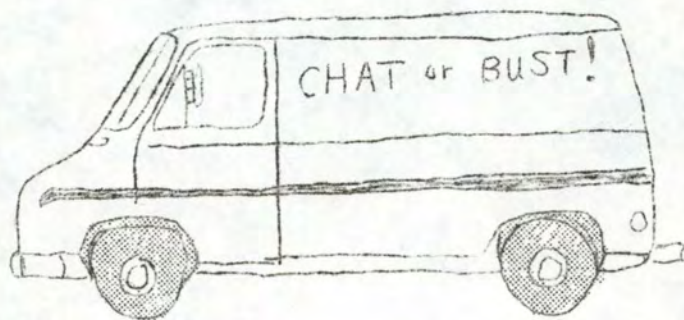
## TAKE TIME TO REACH OUT

The Sunday evening activities were planned by the members present Sunday morning, which consisted of several Board members (some a bit late) and those few who we refer to as "early arrivals."

Remember that fantastic registration? How about that rather magnificent week that followed? Herewith enjoy the memories that a week at Chat can evoke!!!

Our first meal was preceeded by words of welcome and the "Johnny Appleseed" grace from and with Marianne and Jackie. Orientation for Chat 78 labbers was handled by our fearless leader, Marianne, who also happened to be an expert in table clearing methods and techniques. Do you remember that get-acquainted game? "Hi, I'm Joe and this is Chatcolab", "I'm Nancy, and Joe says that this is Chatcolab", etc. Well, that was called "Mrs. Wiggins". Now, who was that in the green shirt?

The evening party was assisted by Dale leading us through Back to Back and Choo Choo, Roy leading us in his lightfooted dancing, and Don helping us into the ceremony with his excellent voice and super-duty diaphragm.





## MONDAY NIGHT PARTY

Theme- Surprise Birthday Party (Chat's 30th Year)

Introduction to evening Activities at dinner

Invitation on each table was made like a party hat with the following message written: You are invited to a Surprise Birthday Party- 8 PM tonight in the din dining hall- Inside the flap: Bring a decoration.

Sang: Happy Birthday to " Happy Birthday to "Guess Who".

A small table decorated like a birthday cake was placed in the center of the other tables.

### Evening Program

Mixer: Find someone who

As the people came in they were handed a typed list of "find someone who "s". A list of about 15 things was made up and then they went around and found people who could answer the "who's who". A good opportunity for everyone to mix with everyone to find out "who".

### Games

Stuff the balloon relay

The group was divided up into several small groups. Each group given a big lawn sack and a group of balloons. The group had to see which group could get the balloons blown up and in the sack which had somebody in it and run up to the front of the room. Then a person in front of the room with a pin popped the balloons in the sack and the one with the most balloons in their sack that would pop won.

Spoon Relay

Five teams were divided up into 12 people each. A ball of string tied to a spoon was placed at the beginning of each team. On the signal all teams start at the same time with the first person on each team putting the spoon from their chin down under their top layers of clothes. The next person in line starts it from the bottom up and under his or her clothes, pulling it out the top under the chin. It proceeds down the line alternating up and down. This goes all the way down the line until the spoon reaches the last person on the team. Then the spoon comes back up, reversing the way it went down. As this is done the string is rewound. The first team to remove the spoon from the first person on their team wins.

Pin the tail on the Donkey

Material: one tail for each player  
 one donkey costume for each team  
 - made from news print to fit over person.  
 Masking tape to use for pins  
 One bandana for each group for blind fold



## MONDAY NIGHT PARTY CONT.

Groups: about 10 each

Each group have one volunteer to be the donkey. Form a circle around donkey - each player in turn blind folded and turned around three times must pin tail on first place touched on donkey.

Dances ( refer to Dance section for specifics)

Popcorn

Zip code 001





YOU ARE CORDALLY INVITED TO:

# CHATCOLAB ROYAL BALL



COME DRESSED IN  
ALL YOUR ROYAL  
ATTIRE AS A—

KING	FOOL
QUEEN	JESTER
SHEIK	MINSTREL
COUNT	BYRBY
COUNTESS	SAILOK
EMPEROR	AND
LORD	ETC.
LADY	

TUESDAY EVENING

## THE ROYAL BALL

Saturday night the Royal Ball was held in the dining room. Decorations were put up by the planning committee and everyone was requested to dress up as visiting doorman who announced each party as they entered.

The King & Queen CHATCOLAB (Ed Gerdes, Janice Schuld) make their Grand Entrance. The King untimely sneezed, blowing green Goo into his hand. He promptly did his noble duty and handed the Goo to his Queen to dispose of.

Countess Dolly of Parton (Shelly Riback), Big Bazooka's and everything acted as Emcee for the evening. Roy Main (etc.) started us off with a couple of round dances learned previously. Then Bruce Elm lead us in some new dances, on African, Polka's, circle and folk dances.

The Royal Minstrels (Terri Heard, Pat Davis, Les McCartney, Mary Pancich and Meg Bradley) entertained the court during a break. They played and sang a couple of beautiful tunes.

The guests, which included such rotatables as Little Red Riding Hood's Wolf, King Henry VIII and his wife Queen Catherine. An Indian (Jim Martin) and his Squaw (Mariann DuBois) were also seen. Dancing again began with the charleston, and some rock & roll. To finish the evening the King and Queen led all the Royalty in a most exquisite waltz to the music "After The Ball Was Over". A fun time was had by all, who were dressed so nicely for the event.



THURSDAY EVENING PARTY

PRIME TIME T.V.

(Tuned in by Dick)

And it's time for The Family Feud! With your announcer Andy, scorekeeper Terri, and your Host for the evening.... Ruth Hoppe!

Schedule for the evening:

- Commercials 1. Mother Nature- Kelly  
2. Kling Free- Al & Ruth

(Joan- changed channel)

- 'All My Children' with Kay and Mark, meeting

(Dick at the switch)

-Commercial: Oven Cleaner-Chris, Andy, and Joan

-Intro to the Gong Show by Roy

-Gong Show Host: John K.

(Joan wants the Soap)

-Kay and Mark in the Hospital

(Dick prefers the Gong)

-Commercial: Joe Nameth's Panty Hose: Big Al

-Back to the Gong Show and the Unknown Comic?

(Dick- there MUST be something on!)

-Heee Haww: Doom, Despair & Agony

(Joan-see last item)

-Commercial: Anna's Itallian Toothpaste

-Kay and Mark sitting at home

(Dick- News is better than this)

-10:00 News with Al

# Weather with Andy

-Goodnight from the Walton's

&&&&&&&&&&

## FAMILY FEUD

-Sample Questions and Answers:

Things associated with a Doctor: Shots, Nurse, Money...

A type of bird: Robin, Osprey, Eagle...

Things associated with Chat: Love, Friendship, You...

-Evaluation:

Could have been more organized, should have been explained, some problems with memories and names, yet it did turn out to be fun!

10:00 NEWS

"Good evening, I'm Al Puntillo, and if it's happening in the NW, it's news to me. And now for the News: Date Panama: Terrorists blew up Central America and left a note. In California, the Santa Barber Freeway was the scene of a freak accident as six freaks in a van collided with four freaks in a camper. And in Hollywood, Silent film star Mark Donbar died today; he had no last words, however he did make several gestures. An archaeologist digging at a site in Iran discovered the remains of a city which was inhabited by a race of people who had NO SKILLS OF ANY KIND!... No trace of anything was found anywhere near the site. In New York City, vandalism hit an all time high with the discovery of graffitti on a giraffe(film at 11:00).



Thursday Evening Party  
(cont.)

And in Spokane today, 27 people suffered whip-lash for 12 hours when a man claiming to be the Devil hijacked a roller coaster. And now for Andy with the weather...

Weather for the Washington-Idaho area.... Early morning fog followed by occassional tornados. For the coastal area there's small craft warnings for rough bar conditions; so if you're headed for the coast, stay out of the rough bars! The five day forecast calls for periods of darkness followed by extreme daylight.  
Have a nice day folks!"

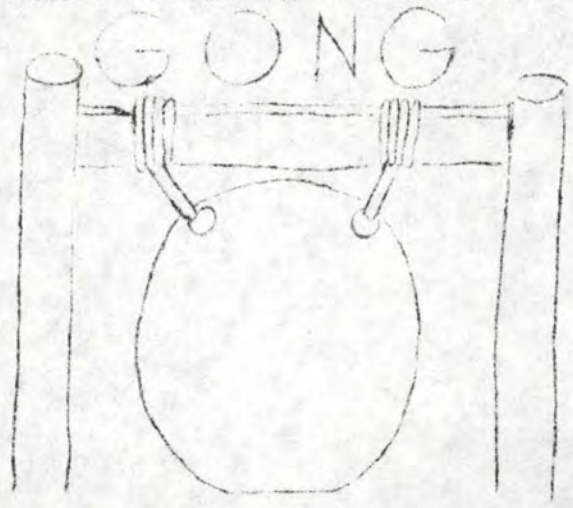
~~~~~

THE GONG SHOW

The Host- John King  
Honorable Judges- Virginia, Genie, & Ethyl  
?Worthy? Participants:  
The Unknown Comic- Roy Main Gonged!  
The Moonshine Boys- Les and Pat 27 WOW!  
TTLF (Twinkle Toes, Leaping Fairy) John P. and Mark P. Gonged!  
The Great Falls Bunch- Terri H., Mary Little Buffalo, Dee, Les, and Patty Gonged!  
Flopsy- Mary Moore & Dianne K. Gonged!  
Little Green Riding Hood- Chuck & Etta Marie James 8\*  
The Barnyard Band- Kymn, Stew, Meg, Debbie, Nancy E. Gonged!  
Guitar/Humor- Chuck Bauer 18 Hmmm!  
Rondo Solo- John B. and Horn Gonged!  
I & Me- Marianne and Mark P. 25 OK!  
Svedish Kookies- Chuck B. and Stew 21 Vrdinmlp!  
Frog Hop- Patty Gonged!  
?Singing?- Mark R. and Mel Gonged!  
Amazing Grace(Duet)- Dani and Stew, Accp. by Mark P. 30pts.....!!!!!!  
Rose- Bruce 30pts.....!!!!!!  
Native Italian Dance- Anna 30pts.....!!!!!!

~~~~~

\*This story can be found in the Bits and Peices.





Things associated with a doctor.

" " " a car.

a type of farm animal.

something you bake with flour.

a Type of luxury or convenience

a type of hat.

An Eastern state.

A type of dairy food.

A city associated with entertainment.

A type of bird.

A city with a large airport.

A name of a river.

something you cook slowly.

things you do in the water.

" associated with an old man.

things associated with Chatcolab.

" " " a cowboy.

" " " the weather.

things you do on a first date.

An animal in the zoo.

a character in a circus.

a name of a popular male actor.

something associated with the color white.

a favorite chat activity

something that comes in a can.

a favorite fast food.

a taco filling.

a foreign language.

things in a salad.

a popular female country western singer.

a wedding gift.

a sweet food.

an alcoholic beverage.

a type of a hug.

a sport played with a ball.

a means of travel.

a type of tree.

a science fiction movie.

a monster.

things associated with outer space.

a cartoon character.

month of the year.

a musical instrument.

a very large animal.

something associated with a football player.

things associated with spring.

a bad habit.



## FRIDAY PLANNING GROUP

## " Mayfest "

Committee - Florence, June, Sonya, Leila, Jean, Jackie, Marianne, Al, and Don.

## Schedule of the day -

8:00 Continental Breakfast - served in bed with flower basket invitations to day's festivities - all committees serving. (muffins, juice)

9:30 Rites of spring song fest at the Chapel area. Don led group.

10:30 Brunch - Leila in charge - in dining hall. (clam chowder, salad, crackers)

11:30 Meeting to announce nominations

Free time for discussions, classes, set-up time. Dining area decorated with streamers as was outside

3:30 Mayfest activities - outside on the sidewalks and grass. Tickets needed to enjoy activities for the price of a flower.

Silent Auction	Raffle	Kissing Booth
(Jean)	(June)	(Kelly, Al
		Jennie & Stew)

Fortune Telling	Candy Tree	Tea Party
(Sonya)	(Don)	(Leila, Florence)

Maypole Dance, Singing, Story telling

6:00 Progressive dinner (separate committee) (see details elsewhere)

8:00 Crafts Fair - Jean and Jackie

To finish unfinished crafts - presentation of birthday wishes to Don Clayton and Jim Martin.

Booths - Chuck - whittling

Jean - fish mobiles and God's eyes

Leila - copper enamel beads

Sally - painting

Silent Auction - Total intake for auction, raffle & tickets was about \$200.00.

9:30 May Moon Ceremony - Sonya- held around campfire

10:00 Return to Craft Fair as long as desired.

The committee wanted to get away from the set schedule one gets accustomed to. Thus, the breakfast and lunch were combined, the "arty" happened in the afternoon and relaxing type of activities in the evening. The committee "planned" into the schedule the fabulous weather we had which cooperated beautifully and we could be outdoors. The clear sky allowed us to thoroughly enjoy the (almost) full moon. The silent auction took care of a financial need as well as a learning activity. Numerous comments were heard to the effect that it was a joyous, relaxing day, even got to sleep in later than usual!



## AUCTIONS AND MONEY-RAISERS

Here at Chatcolab we have seen several types of auctions. What type to use depends on the situation - time to be done, number of people. We hope you'll find this advantageous for raising money in the organizations you work with.

### OPEN BID (Like we had first.)

Items to be sold are on display ahead of time for viewing. Auctioneer shows item and accepts individual bids by show of hand, vocal raise of bids. Highest bid after a time. Bidders can bid as many times as he wishes.

Disadvantages - Can be very time consuming. Drags on, especially with a large amount of items.

Advantages -

### SEALED BID

Items are on display and a recepticle available for placing sealed bids. Bidders can't see or know what others bid. A time limit can be set for having bids in or not. Bidders bid only once.

Disadvantages - Some people like to see what their competition is and get frustrated.

Advantages - Everyone has an equal chance and it doesn't take much time.

### SILENT AUCTION

The items to be bid on are arranged on a table with a piece of paper taped nearby with a pencil. Bidders can have a set amount of time to write their name and raised bid on the paper before time is up. An alarm can be set to go off at an unknown time. Last name, highest bid, on the paper is recipient of item.

Disadvantages -

Advantages - Time can be regulated to fit situation - 5 min., 1 hour, all day, or whatever. It can be done in a group where people who don't wish to participate won't be bothered. Good way to raise money for clubs with little work.

### RAFFLE

Can be used for a single item where individuals can't or don't want to pay a big price but still have a chance to win. A single item is offered by chance to winner. Tickets are sold and a drawing of winning name made.

Disadvantages -

Advantage - Generally collect more money than original cost of item. People willing to pay a small fee for ticket than part with a lot more money!! Everyone is on an equal level.



## pROGRESSIVE DINNER

Friday	6:00 to 7:30 P.M.	4 Stations	20 Min. each
<u>Group Color</u>	<u>Served</u>	<u>Place</u>	<u>Leader</u>
Blue	Main Course	Dinning Hall	Don Clayton
Pink	Second Course	Fireside Room	Teri Hodgins
			Jim Martin
Yellow	Beverage	Sun Deck	Marianne DuBios
Green	Dessert	Twin Trees	Ruth Hoppe

## Our Menu Consisted of:

Main Course- Fish Sticks and French Fries

Second Course- Peas and Carrots, and Jello Salad

Beverage- Coffee, Tea, or Milk

Dessert- Ice Cream and Cookies

## Games played at the stations:

Main Course- Singing

Second Course- The Coyote and Mice

Beverage- New Games

Dessert- Penny in a cup

Coordinator- Teri Hodgins

Kitchen Coordinator- John Beasley



# CEREMONIES





## SOME THOUGHTS ABOUT PLANNING CEREMONIES

Vernon Burlison

I wouldn't want you to infer that I believe myself an authority on planning ceremonies. My intent here simply is to pass on to you some convictions I have acquired through experience.

To me a ceremony is expression of a belief, a philosophical contention, a concept, or a principle that is important (i.e., heartfelt) to the planning group. The purpose of a ceremony usually is to make its subject as important to a larger group as it is to the planning group -- to transfer the feeling of the planners to the audience. Symbolism frequently is used to help do this. A successful ceremony will ordinarily turn out to have three parts:

\* Lead-in. This introduction sets the stage for the main expression. It is to set the mood within the whole group so that it will be both attentive and receptive during the main body of the ceremony. Prior conditioning (i.e., by announcement before the ceremony), soft music, group singing, sound effects, and lighting effects are some means that can be used effectively as lead-in.

\* Main Expression. In this main body of the ceremony is where the transfer of belief, thought, and feeling takes place. The planners can use whatever media that seem appropriate and are available. Dramatization, symbolism, sounds and costuming are media commonly used. Narration frequently is needed to provide explanation and make plain the relationship between the ceremony and real life experiences or situations.

\* Closing. This part does two things: 1) Briefly summarizes and re-emphasizes the main thought of the ceremony and 2) Lets the audience know that the event is over. When it is feasible, the closing should quietly dispatch the audience to the next area of activity. Appropriate songs or other music are useful in the final part of this step. Also, if the audience is to go to some other point (for refreshments, perhaps), guides from the planning group may be used to make the transition quiet and orderly.

There are two general classes of ceremonies: the "canned" that is planned by someone other than those who carry it out and the "original" that is planned by the group that also has the responsibility of conducting it. A canned ceremony can be well performed, given a patient and hardworking director, but it seldom has the meaning for the performing group as an original ceremony is likely to have. For that reason I recommend that ceremonies be original -- i.e., planned by the groups that give them. It scares some leaders to think about planning a ceremony with a group of 10-year-olds, but can be successfully done. I have helped both volunteer and assigned groups of that age to plan and to conduct their own ceremonies. (Volunteer groups are the most enthusiastic and responsive.) None has been a bust, and most have been of such quality that they brought much satisfaction to the planners because of the good reactions from the audience.

Here are the planning steps I try to follow when I help a group of younger persons plan a ceremonial:

1. Getting Comfortable. Try to find a location where the group can work in physical comfort without distractions. In camping situations when weather and insects permit, an outside place at or near the camp perimeter somewhat



isolated from other activities is good. Another important part of this first step is to try to be sure that every member of the group understands what a ceremony is. Most young people have seen one of the following take place: a marriage, a christening, baptism, or graduation. This experience can help them understand better what they are attempting to do.

2. Searching. To help a group start offering subject or theme ideas for a ceremony, I usually ask each to think about what is important to him. This nearly always brings out a number of suggestions, of which the following would be examples: family, friends, love of nature, the meaning of 4-H, and the golden rule. It is well to be prepared so that all suggestions can be listed where the group can see them.

3. Selecting. The next question posed to the group is this: As you look at our list of suggestions which do you feel could be made most meaningful for our whole camp (or other mother group)? Have the members tell why they feel as they do regarding the topics they think would be most meaningful. Then pose the question: Do we seem to be leaning toward one particular suggestion more than to others? Discussion will usually bring consensus that one of the suggested topics really is best for the present situation. Take a vote if it seems desirable.

4. Embellishing. Develop the topic selected. What setting do we want -- out around a campfire? In the rec-hall? Other? What main ideas or thoughts need to be expressed to get the main theme across? In what ways can they be expressed effectively? What is their logical order? What props can we use? Answering these questions will usually get agreement within the group regarding how they want to present the ceremony.

5. Finalizing. This answers the question: Who will do what? Who takes the speaking or acting parts? Who will get firewood, candles, costumes, or other materials needed? Who will do the follow-up -- put out the fire, return tools, etc? This step includes a rehearsal if the group feels one is needed.

A ceremony should be brief. Twenty minutes for younger groups is a suggested length. Thirty minutes is acceptable for adults. Make the ceremony short but allow those who would wish to continue enjoying its effect do so if no other activity is to follow -- i.e., those who desire may remain in the setting for the ceremony and sing or visit, but others can feel free to go.

To make a ceremony have its greatest value, get the planning group back together after the performance and discuss how it went over. What could they do to improve it if they were going to repeat the ceremony?

Now who can say there's no such thing  
As a magic spell and a "fairy ring"?  
For kindness of heart begins where it ends,  
As it goes the rounds through a  
Circle of friends.



SUNDAY NIGHT CEREMONY

The Sunday Ceremony is a very traditional ceremony to insure that the Lab begins in the spirit that it originated. It involves the lighting of the Chat candles.

Marianne lights the candle of IDEAS. "Ideas that spread and grow and improve with time, people coming with new ideas, new backgrounds, different backgrounds, and the sharing of these ideas, that is part of what we are here for this week, to share those ideas and to let them grow.

Pat lights the candle of PHILOSOPHY. "One of these candles stands for Philosophy, and when I thought about it, what Chat has taught me about philosophy, although we each have our own individual philosophies, the important thing to do, rather than to look at someone's and say 'I don't agree with that.', is to look at it and say 'Well, maybe I don't agree, but I will keep an open mind and maybe that way I will learn something.' I think that is the Chat way of looking at Philosophy.

Sue and Dale light the candle of humor. "One of these candles is humor and the thought that we need is to keep a little bit of laughter in everything that we do and remember to keep our sense of humor at all times." "Humor, to me translates into playfulness, and finding happiness, I think that is what we all should be doing with our lives."

Leila lights the main candle, FRIENDSHIP.

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

This is the candle of FRIENDSHIP. It is the most important candle of the group. This week we will form friendships that we will find will mean more to us than the people we have known all of our lives, and some of us may be poor correspondents, like I am, and it may be years before we meet again, but when we do we just pick up where we left off. That's the kind of friendship that can happen at Chatcolab. A really deep, meaningful friendship that you will carry for the rest of your life. I would like you all to join in a prayer with me.

LH 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 may say the right things  
rightly,  
Help me to enter into the mind of everyone who talks to me and keep me  
alive to the feeling of each one that does it  
Give me a quick eye for good kindnesses, that I may be ready in doing them  
and gracious in receiving them.  
Give me a quick reception to the feeling of others, and make me eager hearted  
in helping them.



# SUNDAY CEREMONY, cont.

Everyone joined in the singing of "Each Campfire Lits Anew", a song that has meant more to Chat than, possibly, any other song, a song that has a verse written especially for Chatcolab.

Each campfire lights anew  
The flame of friendship true  
The joy we've had in knowing you  
Will 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 another day.

(written for Chat)  
Here in our hearts a light does shine  
That is not yours alone, or mine  
But held in trust for all of time  
That everywhere this light may shine.

In closing, Emil Eliason, an original Charter member of Chatcolab, and currently from Black Hills Lab, brought greetings from Chat's Parents, The Black Hills Recreation Lab, which started in 1946. He went on to give us a brief history of our modest beginnings back in 1948. Chatcolab was born in mid winter in Corvallis, Montana. That winter Emil, Don Clayton and the Richardsons discussed the first Chat. Letters were sent out and a spirit that is Chatcolab was born.

The first lab was held on the shores of Chatcolet Lake, from which came our name. Since its inception 30 years ago, Chat has touched the lives of many people. Chat is not a once a year thing, it is a year round way of life.

Emil then presented Marianne, our current chairman, with some of these first letters, a financial report and other memorabilia and a copy of the first Chatcolab notebook.

OUR HEARTS AND THOUGHTS WILL ALWAYS REMEMBER THIS KINDNESS, EMIL



## SUNDAY

## CEPOMONY

The ceromony centered around the symbolic lighting of our Chatcolab candles which represent the spirit of the Lab. The candle of Knowledge was lit and explained by John E., that of Humor by Sue and Dale, Ideas by Marianne, Philosophy by Pat, and the large Chat candle by Leila. As !Each Campfire Lights Anew! came to a close, a labber by the name of Emil brought back memories of thirty years past with the presentation of his original copy of the first Chatcolab notebook to our Chairman, Marianne.

The closing song was "Make New Friends" with the remainder of the evening dedicated to the Hoot Owls.

XXXXXXXX



*Stew*



## MONDAY NIGHT CEREMONY

Two songs were sung while in a circle.

With the second song the group was led in a chain into the fireplace room, placing their decoration on the large table decorated like a birthday cake and picking up a small piece of lighted cake and punch. The planning group sang "Happy Birthday to Chatcolab". The room was decorated with a large sign that said "Happy Birthday Chat"!

After everyone was seated several people related humorous experiences of past Chatcolabs and a few selected slides were shown of past Chatcolabs by Jean Baringer.





## COUNCIL OF THE FIRE MAKERS

### Tuesday Night Ceremony

Welcome men and women (boys and girls) to the council of the fire makers. Many moons ago the Indians -- the Navajo, Arapaho, Chipewa, Apache, Nez Perce and Sioux -- hunted and killed many buffalo, deer, elk, moose, and beaver. The white man hunted and killed many buffalo, deer, elk, moose and beaver. The land was good.

Then, the white man killed many indians. The indians killed many white men. The land was bad, and heavy with blood.

Today, the indian and the white man sit together in council as brothers. Welcome, man and women, (boys and girls) to the council of the fire makers.

(detailed instructions for indian sign language to accompany this can be acquired by writing to Marianne DuBois -- a short letter COULD be included... snicker snicker)

### HOW FIRE CAME TO EARTH

It was in the long ago. Yelth, the raven, was a spirit of good, and he was kind; but his uncle, the Great Grey Eagle, was a spirit of evil.

The Eagle kept in his lodge the Sun, Moon, Stars, Fire and fresh Water, and he guarded them that the children of men should not get any part of them. He hated the children of men and wished them evil. But Yelth wished them well, and therefore the Great Gray Eagle hated him.

The Great Gray Eagle's daughter, however, did not hate the handsome youth, and when Yelth spoke smooth words for her, she bade him enter her father's lodge. Yelth looked well within the lodge to see what he could find that the children of men could use.

"Who are you?" he asked the great, shining ball; and the ball answered: "I am Sun. All day long I can shine and give light and warmth. Why am I shut up here?"

The Yelth saw a smaller ball and he asked: "Who are you?" and a gentle voice said: "I am Moon, and by night I can shed soft radiance over all the world to make it fair and well-night bright as day. Yet here I rest in this dark place," and she sighed.

Yelth turned to some small and twinkling lights and asked their names. They answered: "We are Stars. We are Moon's children, flowers of the sky; but the Great Gray Eagle keeps us here, although we long to see the bright and beautiful world."

Yelth looked once more in the lodge and saw two other things, and they were Fire and Water, and he said to himself: "All of those things I must have for the use of my friends, the children of men."



Tuesday Night Ceremony cont'd.

Then Yelth, the raven, gathered up Sun, Moon, Stars, Fire, and Water and bearing them all with him, he flew up out of the smoke hole of the lodge. He flew straight up to the blue, and there he hung Sun where all men might see him. Then he rested for a while in a treetop, and soon came night.

Yelth could not see to fly; but he hung Moon in her place and scattered the Stars all about the sky, and they made the heavens bright with light. And Yelth flew swiftly through the air.

He flew and flew toward his own lodge. And he carried with him fresh Water and burning Fire. At length, however, he grew tired of his task. He dropped Water upon the earth, and it flowed and flowed into rivers and lakes and springs, and thereafter men had plenty of fresh water to drink.

Now Fire was burning upon a fire stick and Yelth carried the stick in his bill. The slow flames burned and burned, and the smoke blackened the raven's coat until it was like a coal. The flames became hotter until they burned the stick away and touched Yelth's bill with pain. Yelth dropped the Fire and it fell to earth. To the rocks and trees it fell, and there it is to this day. For the children of men to make fire by striking together two bits of rock, or by rubbing together two dry sticks.

And this is how Fire was brought to earth by Yelth, the raven, in the time of long ago.

(Jim Martin told a version of the above story, as told by the Nez Perce people)

"Raven" MaryLee Wood flew into the ceremony and threw pencil and cedar shavings into the fire. The whole group was led in the Omaha Tribal Prayer (in the pink Chat songbook) and the Aztec Lullaby (listed as the Navajo Rain Song in the Chat song books).

MaryLee Wood  
Jim Martin  
Marianne DuBois



## THURSDAY EVENING CEREMONY

MEDITATION ON  
THE LORD'S PRAYER

## FINDING RENEWAL

Then said one who was fear-filled  
     and frightened because he had so skills  
         of music  
             or art  
                 or crafts;  
 who was not free of self enough to share the thoughts  
     that enveloped his mind;  
 and whose song was not of joy--

"What can I do to be a part of the fellowship of life?"

And he answered, saying:

"We, being many, are each members of one body  
     but all members have not the same office;

Having then gifts differing,  
     find what is renewal for your own mind and heart.

And you who are leaders--

    and you are all leaders--

Be careful lest you lose yourself in a game, a song, a craft--  
     and keep in mind only what it  
         re-creative for you.

If you are indeed wise,

    you will not bid others enter the house of your joy  
         but rather help each to the threshold of his own  
         joy.

And even as there are many paths to the Kingdom of God above,  
     so there are many paths to abundant, creative living  
         here on earth,

Be it ever your good pleasure to find new ways of helping others  
     to release their imprisoned splendor;  
 And make of their lives a thing of beauty."

## SINGING-

1st - Peace - is flowing like a River  
     Flowing out of you and me  
     Flowing out into the desert  
     Setting all the captives free.

2nd    Love....

3rd    Faith....

4th    Hope....

5th    CHAT....



# MEDITATION ON THE LORD'S PRAYER

(Our Father who art in heaven, Hallowed by Thy name)  
 God, throughout the ages people have known you by many names and faces. To our acient brothers and sisters, you were ever remote and distant.  
 Jesus gives us the courage to boldly call you "Father" for you are as near and knowable as our very life.  
 You are the giver of life itself.  
 You do not ask us to act like children, but to know you as an adult comes to know a mother or father, to be joyously thankful for all that life has given us as we have grown  
 and to be able to enjoy our adult independence and still have your  
 persussive love and guidance.

(Thy Kingdom come, they will be done, on earth as it is in heaven)  
 You have begun this magnificent world and in your wisdom you sustain it, but you let it be incomplete.  
 You have given us the raw material to build the Kingdom. We have time, space energy, people and the greatest gift of all,  
 that is love, which pulls us toward unity, creativity and personal growth.  
 You are always here as that inner urge to make something of our lives,  
 and also as that o-fer from outside ourselves, and lure to live out life as an adventure of love and a challenge of creativity.

Only true love gives freedom such as this.  
 You let us design the future and finish what you have begun.  
 We joyously promise and dedicate our lives to ordering and bringing  
 the Reign of Love to its completion.

(Give us today our daily bread)  
 Your love leads us to believe that no life, even that in the most remote corner of creation, is insignificant.  
 Each of us is beautifully unique  
 and never again will anyone be albe to live life as I do or to give love and continue life as I can.  
 You ask us only to become the best kind of person possible for each of us to be,  
 not only for you but more importantly so that we can be happier.  
 Whenever we fill our needs and grow, your kingdom advances.  
 Whenever each of us gives of herself or himself, a little of the kingdom becomes real.



# Meditation on The Lord's Prayer cont'd

(Lead us not into temptation, but deliver us from evil)  
 You have never held our self-centeredness and incom-  
 pleteness against us.  
 There is always and everywhere the chance to begin anew.  
 Your compassion in creating life like this  
 has given us a taste of the kingdom to come.  
 We pass that taste on to our brothers and sisters  
 by showing the mercy and kindness you have shown us.  
 What we fear most of all is the temptation to quit  
 believing  
 all that we have just said;  
 to let ourselves wander aimlessly through our years  
 and to see life as a futile effort.  
 How ridiculous is our pessimism for how full, happy  
 and healthy are our lives  
 when we remember our friendship with you;  
 and when we come to believe that our universe and  
 our lives are growing toward perfect unity and happiness.

(For thine is the Kingdom and the Power and the Glory, Forever)  
 Yes, a friendship with you only grows richer with age.  
 There is no greater power than the persuasion of love.  
 Our vision; is not blurred and your kingdom is not a  
 dream.  
 There is no vision and promise more beautiful  
 than that of your Reign of Love.  
 This is how it should be, now and always.  
 And we believe that, with your love and our efforts,  
 all this will come to pass.

AMEN

The more totally and  
 transparently I am  
 being me with  
 you, living for God,  
 the more nearly  
 you will see Jesus  
 Christ through me.

He is creating authentic,  
 original human beings  
 who have the sound  
 of Love in their lives  
 and who unconsciously  
 leave the fragrance of  
 Christ behind them  
 wherever they go.



- FRIDAY NIGHT CEREMONY -

by Sonya Watts

The Friday May Festival concluded with a creation celebration held outside, by firelight, under the watchful eye of a nearly full moon.

Songs: He's Got the Whole World in His Hands  
The Navajo Happy Song

Story: Jim Martin told of how Hunyewat created the world and how the Moon was given to Light the darkness of night.

Songs: For the Beauty of the Earth  
By the Light of the Silvery Moon  
Tell Me Why

Solo: Rainbow in Absentia. (Daphne Richardson)

Songs: Each Campfire Lights Anew  
Day Is Done

- SATURDAY EVENINGS CLOSING CEREMONY

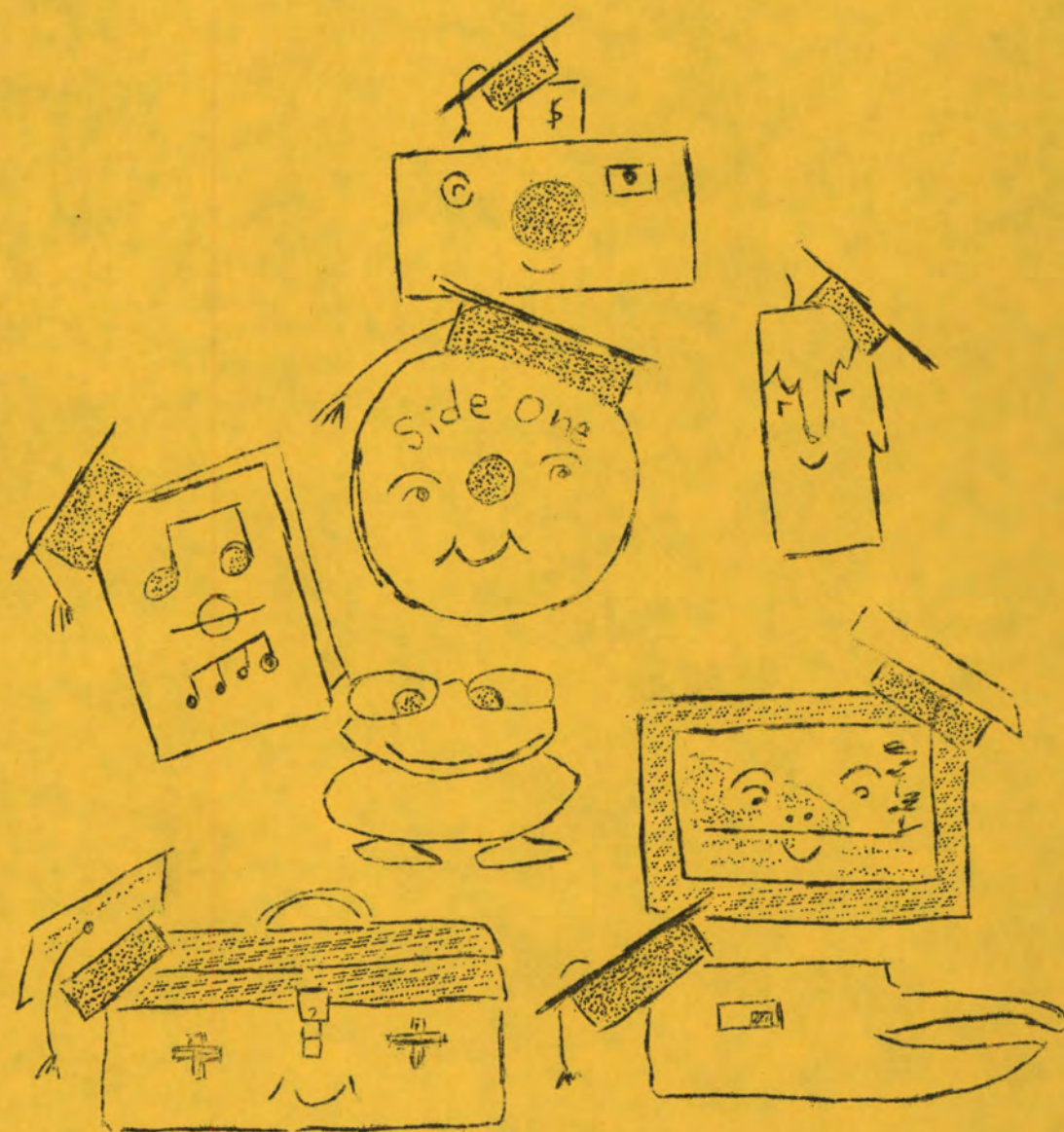
Since the deadline for the Chat notebook is Saturday afternoon and the ceremony is that night, a fairly accurate description will try to be written. It will start with a trust hike to set the mood of trusting. This will start in the fireside room by forming a friendship circle and singing, CORN. We will then break the circle in one place, and file out in single file holding hands. The leader only will have a flashlight. We will walk up the road to the sediment dam, crossover and weave our way to the outdoor chapel.

The Chat candles will be lit. We will then reform the friendship circle and sing a few more songs. Jim Martin will then take over and do the ceremony as the passing of the peacestick. We will linger a few minutes longer in silence, and return to the rec hall for the assembling of the notebooks.



Besides running the notebook room, you always  
come up with the best crafts. Love.  
Atta Marie

# CHAT COLLEGE





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 introduce 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 SCHEDULE

## TUESDAY

- 1:30 - 2:15 Jean - Discussion on Values and Varieties of Crafts  
Sally and Etta Marie - Painting
- 2:15 - 3:00 Dale - Improvisation
- 3:00 - 3:45 Pat - Guided Fantasy
- 3:45 - 4:30 Burl - Bio Feedback  
Roy - Round and Square Dance

## WEDNESDAY

- 10:15 - 11:45 Dale - New Games  
Sally - Painting
- 10:15 - 11:00 Mark - NW Indian Design
- 11:00 - 11:45 Chuck - Whittling

## THURSDAY

- 10:00 - 12:00 Dale - How to Lead Games
- 1:30 - 2:15 Bruce - Basic Canoeing  
Marianne - Silkscreening  
Roy - Dance
- 1:30 - 5:30 Sally and Etta Marie - Painting  
Brad, Mel & Etta Marie - Nature Walk
- 2:15 - 3:00 Jean b. - God's Eyes  
Dee - Nutrition and Fitness
- 4:00 - 4:45 Burl - Relaxation Techniques  
Roberta - Beadwork
- 4:45 - 5:30 Leila - Copper Enamel Beads  
Ed, Janice, Kathy - Poetry Writing



IMPROVISATIONAL THEATER

presented by Dale N. LeFevre (Bending Branch)

Everyone can be: Actors - in the scene as people or props  
Directors - creating and changing the scene  
Audience-watching

A scene is suggested by a member of the group. Anyone who wants to be a part of the scene as an actor or prop comes forward. More suggestions can be made as to the time, place, situation, or specific actors. The actors then make the scene come to life.

People can join or leave the scene as is appropriate. There should be one main focus for dialogue. Anyone can direct a change of an element of a scene by saying, "Freeze", and starting the change, such as, "10 years forward in time" (or backwards), "You're in China", or "switch roles". The scene ends when the audience claps.

(Comic scenes will probably dominate initial attempts or even the first few sessions. Serious topics should be encouraged after the group becomes involved.)

Some suggested scenes:

Steamboat  
super market  
barnyard  
traumas of a door  
mountain  
pregnant woman and a  
fundamentalist preacher



LELIA - IT SEEMS THAT EACH YEAR I 214  
GET TO KNOW YOU A LITTLE MORE AND  
I COME TO APPRECIATE YOU A LITTLE  
MORE. THANKS FOR BEING MY FRIEND AND  
FOR HELPING TO MAKE THAT THE BUCKET  
FILLING EXPERIENCE FOR ME.

IN PEACEFUL LOVE  
R. D.



GUIDED FANTASYS ARE AN EXERCISE IN IMAGINATION.

THE PURPOSE IS MAINLY TO PROVIDE A FORM OF MENTAL  
RECREATION. THROUGH FANTASY ONE CAN EXPERIENCE MANY  
THINGS NOT AVAILABLE IN NORMAL WAKING CONSCIOUSNESS.

THEY ARE EASY TO DO FUN FOR BOTH GUIDE AND PARTICIPANT.





STEP ONE: Get comfy, lay down, close your eyes.

STEP TWO: Take some deep breaths

- count to 5, inhale
- count to 10, exhale

STEP THREE: Tense and relax

- Toes/feet
- Ankles
- Calves
- Knees
- Upper legs
- Thighs
- Buttocks
- Stomach
- Chest
- Back
- Shoulders
- Upper arms
- Lower arms
- Wrists
- Fingers
- Neck
- Face

With each breath you are becoming more and more relaxed.

Imagine all the tension draining out of an open plug in your foot.

## APPENDIX B

We are leaving camp now. We will walk across the lake to the grove of you have all seen before. We need not fear sinking for the water now has a new thicker density. Feel the sensations that are new to you(elaborate).

Now that we have reached the shore we will rest for a moment. Feel the sensations(elaborate).

Rising now, turn and look towards the top of the hill. This is our objective. Again we will discover that the laws of Nature are slightly different now. The climbing seems easy, as though gravity was reduced so that our feet raise and fall with virtually no effort on our part. In addition we feel a..... compulsion to reach the top, as if we once knew what was there but have forgotten(elaborate).

Now that we are at the top the forgotten memory comes back. This is a magical place. From this hill we may do what we wish and what we wish to do now is to return to camp by the quickest means possible. We will fly. Test yourself first. Become acquainted with this new ability. We will fly now. You may fly as far as you wish but we will soon return(elaborate).

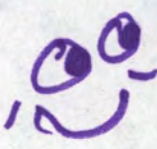
Now it is time to go. Together we will head for the camp. Now we can barely see it, but we are traveling so fast that the camp comes more and more into view, but as we get closer and closer we can also feel the magic energy draining from our bodies.

Closer now, you can see your real bodies lying there in/on the \_\_\_\_\_. Your flying speed slows now as we circle above the \_\_\_\_\_. Sinking slowly to earth and to your body you feel a sense of sadness at having to leave this magical world, but you also feel newly refreshed and ready to go on to your other activities.







- Jeila-  
You ARE A VERY  
UNIQUE PERSON BECAUSE  
You give so much and NEVER  
ASK FOR ANY thing. THANK-YOU  
FOR BEING YOU! | LOVE Ya  
Always!  


Kelly  
Smith



## FITNESS THROUGH EXERCISE AND NUTRITION

Dee Jaspers

To maintain or acquire health and vitality, one must exercise and eat properly.

The fitness and nutrition class discussed whether or not the people attending felt they were achieving these goals.

Many felt that people are becoming more aware of the food we eat and agreed that a large variety of foods is the best diet with emphasis on less sugar.

The four basic food groups from which a diet should be selected were explained and reviewed as follows:

- 4 daily servings of breads and cereals
- 4 daily servings of fruits and vegetables (1 of which is a citrus food and a dark green leafy or deep yellow orange vegetable every other day)
- 3 servings from the milk group (cheese, milk, ice cream etc.)
- 2 servings from the meat group (meat, poultry, nuts, eggs etc.)

People needing to lose weight should eat a smaller serving of each of these food groups so they still get the large variety of nutrients they need.

Exercise lowers the heart rate by causing exertion and strengthening the heart. Lowering one's heart beat to or below 72-76 beats per minute for a man and 75-80 beats per minute for a woman is desirable.

Do remember that everyone is an individual and should not be compared to anyone else.

Listed below are 3 steps which should be done 3 times a week for the average person to maintain his physical condition. Each exercise should be done in an easy manner.

### Step 1-To rebuild tissues and muscles

Reach up as high as you can towards the ceiling with one arm. Your hand should be directly over your head. Feel this stretch all the way from your finger tips to your ankles all the way along your side.

Now extend your arms sideward, twist your trunk in either direction as far as you can turn. Then twist in the opposite direction doing both very gently.

Lean over, grasp yourself behind the knees with your hands, and pull your shoulders gently toward your knees.

Turn your head to the side, with your chin over the top of your left shoulder. Place your left hand against your chin, on the right side of your face. Place your right hand on your head from behind. Left and right hands now turn the head just a little farther than it can turn on its own.

These 4 limbering exercises will take about 1 minute.

### Step 2-To develop muscle endurance and strength

Stand a little beyond arm's reach from a wall. Put your hands against the wall at the height of your shoulders. Lean forward until your chest comes near the wall. Then push away until you're back in the starting position. Do the exercise 15-20 times, or until the exertion begins to feel heavy. When you can do this with ease, move your feet farther away from the wall. You may even want to lower the height of your hands if this position is too easy for you.



Sit on the floor with your knees fully bent. Work your chest up against your knees, or as closely as it will come. Place your hands on your abdomen so that you can feel the muscle action. Now move back away from your knees until you feel your abdominal muscles begin to quiver. Hold the position for 15-20 seconds being sure to breathe throughout the exercise.

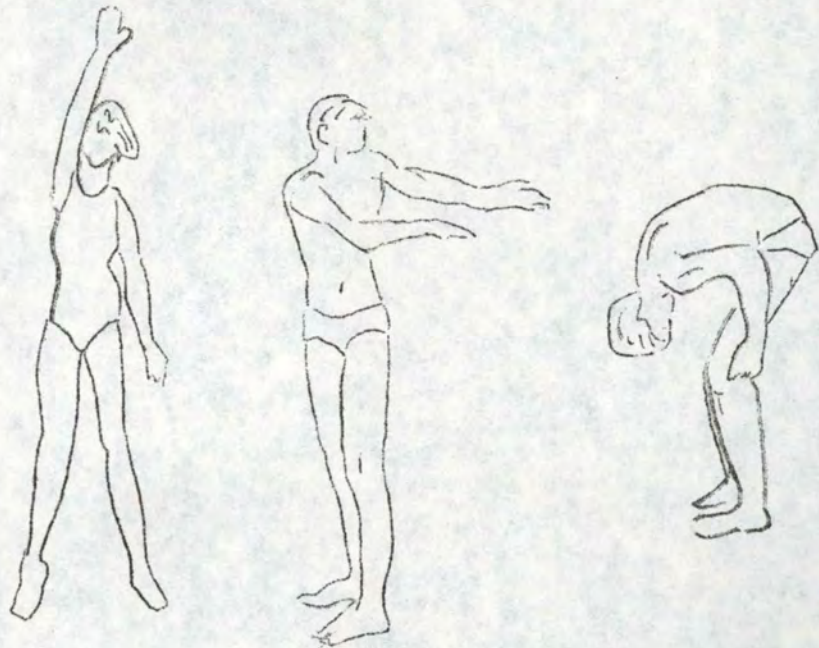
Alternate these 2 exercises for about 4 minutes.

Step 3-To develop cardiovascular training (raise your heart rate)

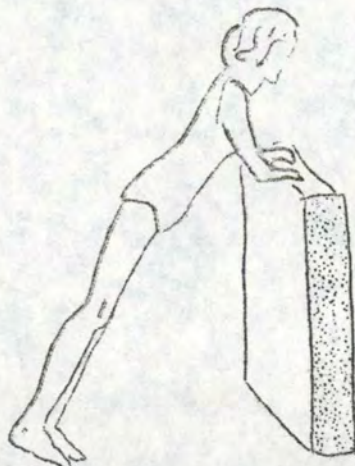
Do any steady easy activity that you enjoy such as jogging, dancing running in place for 5 minutes.

Laurence E. Morehouse, Ph.D. and Leonard Gross book Total Fitness in 30 Minutes a Week is a good resource book.

## LIMBERING



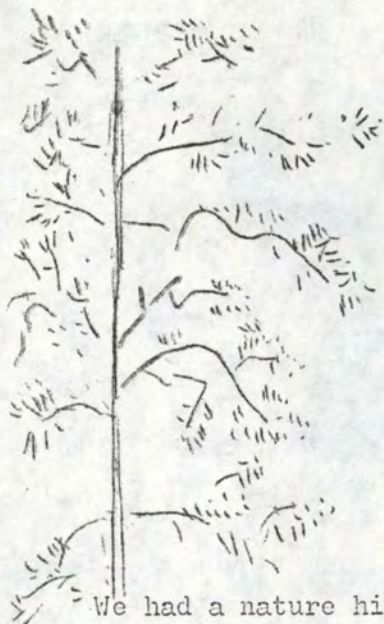
## PUSH AWAY



## SIT BACK







### THE NATURE WALK

We had a nature hike to the Indian Cliffs above the old Chatcolab camp. It was a wonderful, delightful learning experience for leaders and participants. A very good crowd of labbers labored up the grade to the beautiful vista of the lakes and the St. Joe River with Steptoe Baldy in the background.

We learned that unity is everywhere in nature. Plants group themselves into habitats. Cedar demands the more moist sites while Grand Fir fits between the Cedar and Douglas fir communities, with Ponderosa Pine occupying the drier situation. The many understory plants arranged themselves under the trees where they could compete more affectively for their existence.

Flowers grow in abundance; osprey were observed in their tree topped homes. One opsrey came over with an eight inch fish in his talons headed home to feed the young. A Bald eagle was seen winging in stately majestic granduer.

TERRIFIC was all we could say on this glorious day of sunshine, sharing with our dear friends what we know about nature.





# Flowers seen on Nature Walk.



Miner's Lettuce

Family: Portulacaceae

*Claytonia perfoliata*

Indians and miners ate it.

Plant 4" to 14" high

Siberian Miners Lettuce



Family: Portulacaceae

*Claytonia sibirica*

Larger flowers than above

with 5 notched white petals

Edible 5" to 12" high

Deer Head Orchid

family: Orchidaceae

*Calypso bulbosa*

One shiny green leaf grows at the base of the reddish stem.

The flower is magenta and white.

4" to 6" high.



BLUE EYED MARY

Family: Scrophulariaceae

*Collinsia parviflora*

tiny trumpets with blue lower

lips, white above 3" to 10" tall



PINEAPPLE WEED

Family: Compositae

*Matricaria matricariodes*

Inconspicuous yellow flower that smell like pineapple when crushed. Leaves feathery. Grows anywhere cultivated.





## CHOCOLATE LILY

Family: Liliaceae

*Fritillaria lanceolata*

Lilies have parallel veined leaves and flower parts in threes. These are green with brown spots



## OREGON FAIRY BELLS

Family: Liliaceae

*Disporum oregonum*

White, bell shaped flowers.  
Plant 12" to 30" high.



## FALSE SOLOMON SEAL

Family: Liliaceae

*Smilacina amplexicaulis*

Leaves opposite 2½" to 5" long clasping stem. White

White flowers in sweet scented racime.



## STAR FLOWERED SOLOMON SEAL

Family: Liliaceae

*Smilacina stellata*

White, star-like flowers at the tip.  
Plants 1' to 2' tall.

## FILAREE

Family: Geraniaceae

*Erodium cicutarium*.

The only geranium with feathery leaves. Small, pink flowers. Seed pods look like storks bill.



3" to 20" high



TECHNIQUE FOR ACHIEVING  
THE RELAXATION RESPONSE

1. Find a quiet place--preferably alone.
2. Get physically comfortable.
  - a. To sleep--lie down
  - b. To focus your mind or just to become more aware and open--sit with spine serving as center of gravity; head body well-centered and balanced.

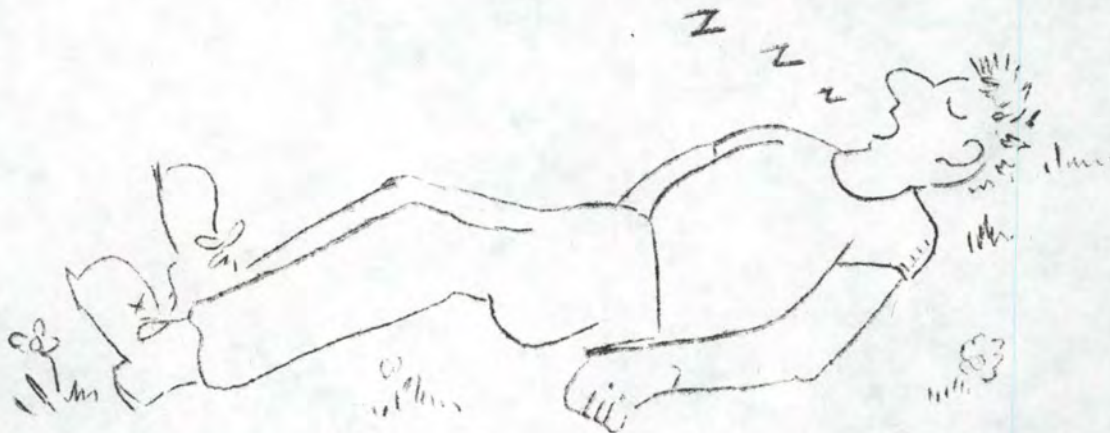
NOTE: You may wish to loosen tight clothes.  
Don't cross arms or legs.  
Don't put hands together.

3. Reduce the sensory input to your brain.
  - a. With the eyes open technique--stare at some bright object: a light, vase, etc.
  - b. With eyes closed--repeat subliminally some non-stimulating word or phrase.

NOTE: When unwanted thoughts come to your mind, gently push them aside and proceed to meditate.
4. Relax systematically all muscle area in your body. Many people find it useful to tense a group of muscles first then relax half-way--then all the way. The important thing is to become aware of the good feelings that accompany each new level of deeper relaxation.

5. Practice relaxation for about 20 minutes shortly after you awake and before you go to sleep.

NOTE: a. Don't try too hard--just allow yourself to relax.  
b. Don't drink coffee, tea or any stimulant prior to relaxing.  
c. Don't relax for 1½ hours after a meal.





"Your Emotional Stress can Make you Sick" Chicago Tribune, 7/18/72  
by Dr. Thomas Holmes, Prof. Psychiatry Univ. of Wash. School of Medicine

STRESS CHART

<u>Rank</u>	<u>Crisis</u>	<u>Points</u>
1.	Death of a spouse	100
2.	Divorce	73
3.	Marital separation	65
4.	Jail term	63
5.	Death of a close family member	63
6.	Personal injury or illness	53
7.	Marriage	50
8.	Job firing	47
9.	Marital reconciliation	45
10.	Retirement	45
11.	Change in health of family member	44
12.	Pregnancy	44
13.	Sexual difficulties	39
14.	Gain of new family member	39
15.	Business readjustment	39
16.	Change in financial state	38
17.	Death of a close friend	37
18.	Change to a different kind of work	36
19.	Change in number of arguments with spouse	35
20.	Mortgage more than \$10,000	31
21.	Foreclosure of mortgage or loan	30
22.	Change in responsibilities at work	29
23.	Departure of son or daughter from home	29
24.	Trouble with in-laws	29
25.	Outstanding personal achievement	28
26.	Wife's beginning or stopping work	26
27.	Beginning of or end of school	26
28.	Change in living conditions	25
29.	Change in personal habits	24
30.	Trouble with boss	23
31.	Change in work hours or conditions	20
32.	Change in residence	20
33.	Change in schools	20
34.	Change in recreation	19
35.	Change in church activities	19
36.	Mortgage or loan less than \$10,000	17
37.	Change in sleeping habits	16
38.	Change in number of family gatherings	15
39.	Change in eating habits	15
40.	Vacation	13
41.	Christmas	12
42.	Minor violations of the law	11
43.	Change in social activities	18

ILLNESS PREDICTOR SCALE

LOW	150-175-200 TOTAL POINTS
MEDIUM	225-250-375-300 TOTAL POINTS
HIGH	325-350-375 TOTAL POINTS

(Cooperative Extension Service, Montana State University,  
Bozeman, Montana 59717)



# HOW TO DEAL WITH YOUR TENSIONS

TENSIONS ARE NATURAL AND USEFUL.

Anxiety and tension are essential functions of living, just as hunger and thirst are. Without the experience of anxiety we would not be prepared to avoid or overcome situations harmful to ourselves and our families. Without the ability to tense ourselves we would fall short in emergencies, often to the peril of our lives.

Tension serves, too, as a stimulating source of excitement. It is to gain this kind of pleasure that we play or watch competitive games, pursue adventurous outdoor recreation, and follow drama on stage, screen or television.

Primarily, tensions and anxiety are our self-protective reactions when we are confronted by threats to our safety, well-being, happiness, and self-esteem--threats like illness, accidents, violence, financial trouble, trouble on the job, trouble in family relations.

We tend erroneously to think of such dangers, and the tensions they arouse, as something new. While it is true that we live today under pressure of intense competition, economic uncertainty and the possibility of total war, we must remember that our ancestors faced other perils of equal magnitude--famine, pestilence, skirmishes on the frontier, as well as full-scale war.

There is this difference, however. Life today is much more complex. Many conflicting demands are made on us. The old counsels handed down from father to son in the farming and handicraft days no longer apply to conditions of intricately organized work and constant change. Our world changes so rapidly that the answer to "what to do" in the face of a threat to security of life or peace of mind can no longer be found in a traditional code of "do's" and "don't's" or even in those of our own earlier experience.

The answer must often be thought out on the spot, even in the instant. What is right one day may be wrong the next. What is an acceptable response in the home may be unacceptable in school or business. What may be correct in one social group of which we are a part may bring ridicule and resentment in another. We are in the predicament of a traveler suddenly transported to a strange world, with little understanding of how it works, no notion of how to behave, and no one to brief us.

Everybody is confronted by threats; hence, everybody experiences tensions. Yet there are times when we become tense and anxious where no adequate threat exists. This may happen when we have been through a siege of trouble or exhausting work, are worn out on edge and cannot reason things out or control our feelings as we do when we are rested and in good condition.

Others times this may happen when we are caught up in a conflict which we cannot work out--for example, a conflict between an outraged sense of justice and an urge to bow to the injustice because it is safer to do so; or a conflict between the impulse to do something unethical and the prompting of our conscience, which forbids it.



(How to Deal with Tension - Cont.)

Very often, too, anxiety and tension may be provoked as a result of some experience in a person's background which has made him particularly sensitive to a threat which may have little effect on others. For example, a man who suffered extreme poverty as a child may react with panic when there is even a casual mention of a possible layoff from the job.

The average human being has the capacity to live through emotionally upsetting situations--even crisis--and to bounce back when they are over. It is important to recognize, therefore, that an occasional bout of anxiety and tension is quite normal, and while it may be unpleasant or even painful, it need not be a cause for additional concern.

There are, however, some people for whom life is a series of little and big crisis. In such instances we may expect more than an occasional passing emotional upset. We may expect to see signs of prolonged and intense anxiety and tension. The time to become watchful, therefore, is the time when emotional upsets come frequently, shake us severely and persist.

EXPECT A FEW - ACT IF TOO MANY How do you recognize when this is happening? Here, in the form of questions, are some of the effects that show. If any considerable number of the reactions listed below are getting to be the rule with you, that does not mean disaster. But it does indicate the need to deal with the situation constructively.

Do minor problems and disappointments throw you  
into a dither?

Do you find it difficult to get along with people, and  
are people having trouble getting along with you?

Do the small pleasures of life fail to satisfy you?

Are you unable to stop thinking of your anxieties?

Do you fear people or situations that never used to  
trouble you?

Are you suspicious of people, mistrustful of your friends?

Do you have the feeling of being trapped?

Do you feel inadequate, suffer the tortures of self-doubt?

If the answer is "yes" to most of these questions, there are several things you might do. There are, to begin with, certain simple, practical constructive things you can do for yourself.

These measures are, for the most part, positive forms of action. And action, of course, is nature's instinctive response to a threat of any kind. Primitive reactions like flight or combat can rarely serve us in a modern world. Undirected reactions, such as pacing the floor, are only indirectly helpful as releases of nervous energy helping a worrier regain balance to decide on more important things to do. Much more effective is action which helps to solve a problem.



## THINGS YOU CAN DO

Here are a few simple, ready-at-hand actions which may help you. But remember as you read them that success will not come, even in these, from a halfhearted effort. Nor will it come overnight. It will take determination, persistence and time. Yet the results will certainly be worth your best effort, whether your's is an occasional mild upset, which most of us experience, or one that is more lasting and severe.

1. **TALK IT OUT.** When something worries you, talk it out. Don't bottle up. Confide your worry to some levelheaded person you can trust; your husband or wife, father or mother, a good friend, your clergyman, your family doctor, a teacher, school counselor, or dean. Talking things out helps to relieve your strain, helps you to see your worry in a clearer light, and often helps you to see what you can do about it.
2. **ESCAPE FOR AWHILE.** Sometimes, when things go wrong, it helps to escape from the painful problems for awhile: to lose yourself in a movie or a book or a game, or a brief trip for a change of scene. Making yourself "stand there and suffer" is a form of self-punishment not a way to solve a problem. It is perfectly realistic and healthy to escape punishment long enough to recover breath and balance. But be prepared to come back and deal with your difficulty when you are more composed, and when you and others involved are in better condition to deal with it.
3. **WORK OFF YOUR ANGER.** If you feel yourself using anger as a general way of behavior, remember that while anger may give you a temporary sense of righteousness, or even of power, it will generally leave you feeling foolish and sorry in the end. If you feel like lashing out at someone who has provoked you, try holding off that impulse for awhile. Let it wait until tomorrow. Meanwhile, do something constructive with the pent-up energy. Pitch into some physical activity like gardening, cleaning out the garage, carpentry or some other do-it-yourself project. Or work it out of your system and cooling it off for a day or two will leave you much better prepared to handle your problem.
4. **GIVE IN OCCASIONALLY.** If you find yourself getting into frequent quarrels with people, and feeling obstinate and defiant, remember that that's the way frustrated children behave. Stand your ground on what you know is right, but do so calmly and make allowance for the fact that you "could" turn out to be wrong. And even if you're dead right, it's easier on your system to give in once in awhile. If you yield, you'll usually find that others will too. And if you can work this out, the result will be relief from tension, the achievement of a practical solution, together with a great feeling of satisfaction and maturity.
5. **DO SOMETHING FOR OTHERS.** If you feel yourself worrying about yourself all the time, try doing something for somebody else. You'll find this will take the steam out of your own worries and--even better--give you a fine feeling of having done well.
6. **TAKE ONE THING AT A TIME.** For people under tension, an ordinary work load can sometimes seem unbearable. The load looks so great that it becomes painful to tackle any part of it--even the things that most need to be done. When that happens, remember that it's a temporary



condition and that you can work your way out of it. The surest way to do this is to take a few of the most urgent tasks and pitch into them, one at a time, setting aside all the rest for the time being. Once you dispose of these you'll see that the remainder is not such a "horrible mess" after all. You'll be in the swing of things, and the rest of the tasks will go much more easily. If you feel you can't set anything aside to tackle things this sensible way, reflect; are you sure you are 'nt overestimating the importance of the things you do--that is, your own importance?

7. SHUN THE "SUPERMAN" URGE. Some people expect too much from themselves, and get into a constant state of worry and anxiety because they think they are not achieving as much as they should. They try for perfection in everything. Admirable as this ideal is, it is an open invitation to failure. No one can be perfect in everything. Decide which things you do well, and then put your major effort into these. They are apt to be the things you like to do and, hence, those that give you most satisfaction. Then, perhaps, come the things you can't do so well. Give them the best of your effort and ability, but don't take yourself to task if you can't achieve the impossible.

8. GO EASY WITH YOUR CRITICISM. Some people expect too much of others, and then feel frustrated, let down, disappointed, even "trapped" when another person does not measure up. The "other person" may be a wife a husband or a child whom we are trying to fit into a preconceived pattern--perhaps even trying to make over to suit ourselves. Remember, each person has his own virtues, his own shortcomings, his own values, his own right to develop as an individual. People who feel let down by the shortcomings (real or imagined) of their relatives, are really let down about themselves. Instead of being critical about the other person's behavior, search out the good points and help him to develop them. This will give both of you satisfaction and help you to gain a better perspective on yourself as well.

9. GIVE THE OTHER FELLOW A BREAK. When people are under emotional tension, they often feel that they have to "get there first" - to edge out the other person, no matter if the goal is as trivial as getting ahead on the highway. If enough of us feel that way--and many of us do--then everything becomes a race in which somebody is bound to get injured--physically, as on the highway, or emotionally and mentally, in the endeavor to live a full life. It need not be this way. Competition is contagious, but so is cooperation. When you give the other fellow a break, you very often make things easier for yourself; if he no longer feels you are a threat to him, he stops being a threat to you.

10. MAKE YOURSELF "AVAILABLE" Many of us have the feeling that we are being "left out," slighted, neglected, rejected. Often, we just imagine that other people feel this way about us, when in reality they are eager for us to make the first move. It may be we, not the others, who are depreciating ourselves. Instead of shrinking away and withdrawing, it is much healthier, as well as more practical to continue to "make yourself available"--to make some of the overtures instead of always waiting to be asked. Of course, the opposite of withdrawal is equally futile; to push yourself forward on every occasion. This is often misinterpreted and may lead to real rejection. There is a middle ground. Try it.



11. **SCHEDULE YOUR RECREATION.** Many people drive themselves so hard that they allow themselves too little time for recreation--an essential for good physical and mental health. They find it hard to make themselves take time out. For such people a set routine and schedule will help--a program of definite hours when they will engage in some recreation. And in general it is desirable for almost everyone to have a hobby that absorbs him in off hours--one into which he can throw himself completely and with pleasure, forgetting all about his work.

**THE PHILOSOPHY OF MENTAL HEALTH.** Underlying these concrete suggestions there is a basic philosophy fundamental to good emotional health. That is the philosophy of faith: faith in ourselves; faith in others; faith in the ability of each person to improve and grow; faith in the desire and the capacity of human beings to work out their problems cooperatively; faith in the essential decency of mankind. As the Bible puts it, we are "members of one another."

This is our way of life. It is the philosophy of sound mental health. When it is joined to faith in the great spiritual and moral values, it will carry us through stressful situations that might otherwise shatter us.

**IF YOU NEED HELP - GET AN EXPERT.** Often emotional difficulties arise out of problems, such as financial difficulties, trouble on the job, problems of children and parents, marital trouble.

But just as often a person's longstanding habits and attitudes may produce conflict.

These interacting forces outside him and within him tend to have a cumulative effect, each making the other worse--perhaps rapidly so. In that case, any one of us needs more help than he can give himself by following simple suggestions such as the eleven made in the preceding pages. He might wish to seek the help of a counseling or guidance service, which specializes in helping people work out their practical problems. Such services may be found in family welfare agencies, schools, churches, industrial plants and offices, settlement houses, public health departments. They help people clear up practical problems and, thus, help relieve emotional strains. It is always well to seek such practical help first.

However, if emotional disturbances become too distressing to the person or those around him, we should recognize and deal with them as mental illnesses requiring professional treatment.

If you are concerned about yourself or a member of your family or a friend who shows signs of severe prolonged emotional disturbance, the thing to do is to seek professional help.

Go to your clergyman, your family doctor, or your mental health association. Depending on the nature of your need, they may refer you to a psychiatrist, psychologist, social worker or other qualified counselor, or to a community mental health center where the services of all those professionals may be available. If some of them are not, we suggest you get in touch with your state health department for information about the mental health and mental hospital authorities which render assistance and service.



## A FINAL COMMENT

The quest for peace of mind-or for good mental health, which is another name for it-is universal. Yet, very few of us are blessed with all the internal qualities and external circumstances that automatically assure us peace of mind. We have to work to achieve it. This means striving for a better understanding of ourselves and others and using this understanding in working out more satisfying relationships. It means working out our problems by ourselves when we can, and seeking the assistance of others when we need to. It means finding the proper social and medical services in our communities to help us with the problems we cannot handle alone.

Helping in these efforts is the National Association for Mental Health, a national citizens' voluntary organization with divisions and chapters throughout the country. It fights mental illness and helps the mentally ill through programs of research, education, service and social action.

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Leila -  
It was sure great  
to get to know you  
and so glad I came.  
Love + take care  
Mary Parach  
"Little Buffalo"  
"Baby Legs"

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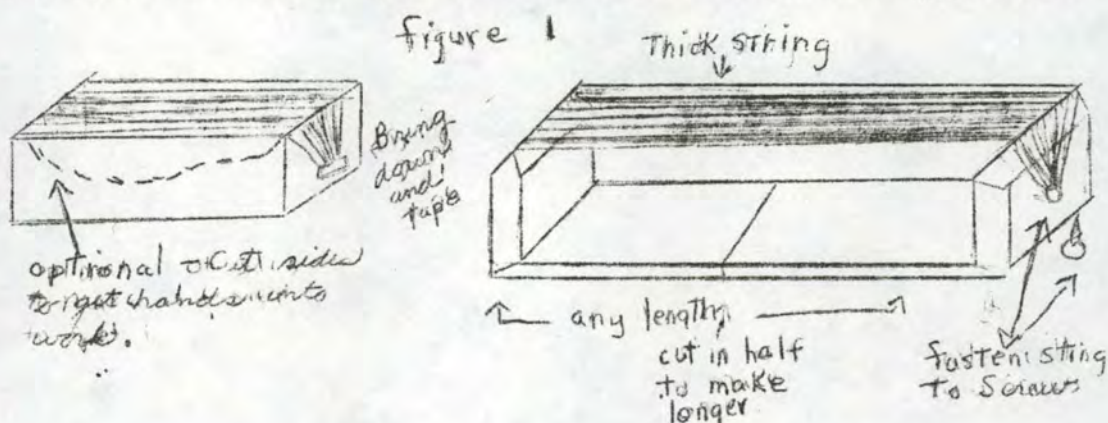
# Bead Work

by Roberta  
Babcock

EQUIPMENT NEEDED - Loom  
Thread  
Bead needles  
Seed Beads  
Scissors

## HOW TO MAKE A LOOM:

There are several ways to make a loom. The two most common are the shoe box loom and one type of a wood loom. Figure 1 shows the two types of looms. The shoe box loom is usually used for small projects or beginners projects, because it can not be adjusted like the wood loom. The wood loom can be adjusted as needed by simply taking out two screws and moving the one head. If the bottom board is dark or painted black, the beads will show up better while working. Of course you can solve all your problems by buying one from the store.



The loom is strung with usually good nylon or buttonhole thread. The weft or weaving thread should be as strong or rather thick as can be threaded through the beads. The eye of a beading needle is of necessity very small so that also must be taken into consideration when selecting the thread. Thread for the loom should be strong, such as buttonhole thread, and preferably it should be waxed after the loom has been strung. In making long strips of loom work, it is always a good policy to use double threads on the outer edges for added strength.

## HOW TO BEAD ON A LOOM:

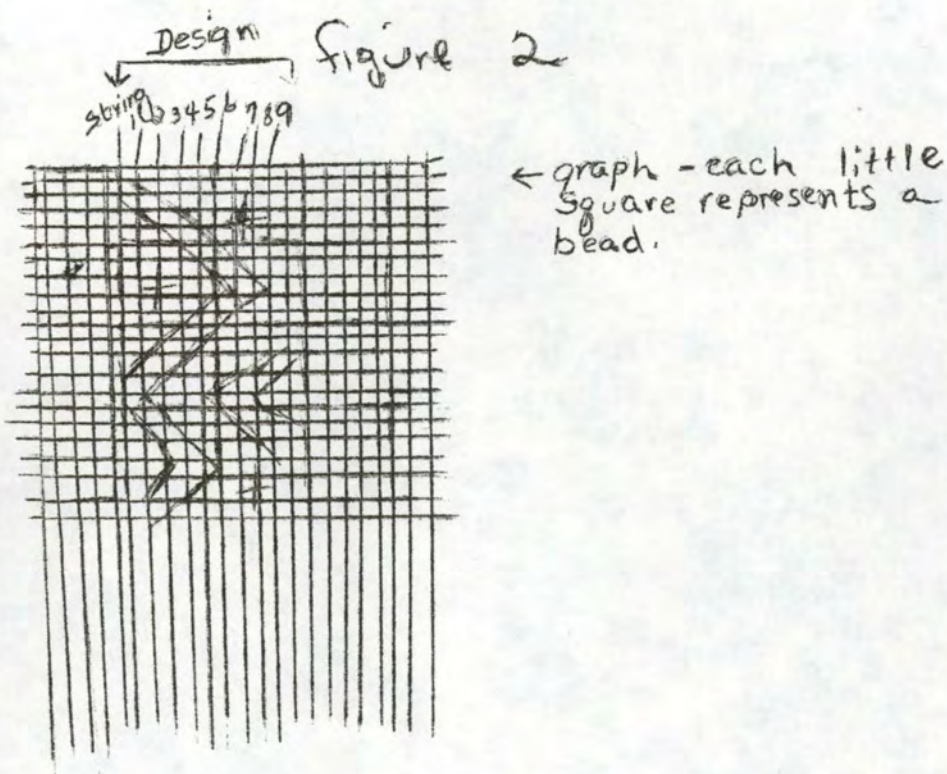
Loom beading is easy for any one, but certain things should be remembered. The most important of these is that the beads should be selected. By this is ment that all beads should be of uniform size, both in diameter and width. Loom beading with mill-run beads looks very rough, and it is only after a little practice in it that the uneven work is overcome.

One method of working is to have a shallow dish for each color of bead used. Small saucers are best and, of course, they should be white. Another method, when not too many colors are used, is to throw all beads in one plate. This is not advisable, however, when red and vermillion beads, or dark blue and black are used on the same piece, because the wrong colors are too easily picked up.



## Bead Work Page 2

Usually before you thread the loom, you usually pick out a design. You want your pattern, colors, and size drawn out on a sheet of graph paper. The most common designs are triangles, squares, rectangles, and some combine all of these. These designs plus many others usually had a message in them in past centuries for the Indians and today some of them still hold.



You always have one more string than beads. For example nine strings and eight beads per line. Here are some other basic designs you could try to graph for your own designs.

## Figure 3

□ ↔ Square or ▭ → Rectangle

+ ↔ Red cross ↔ crossing of a good path (meaning)

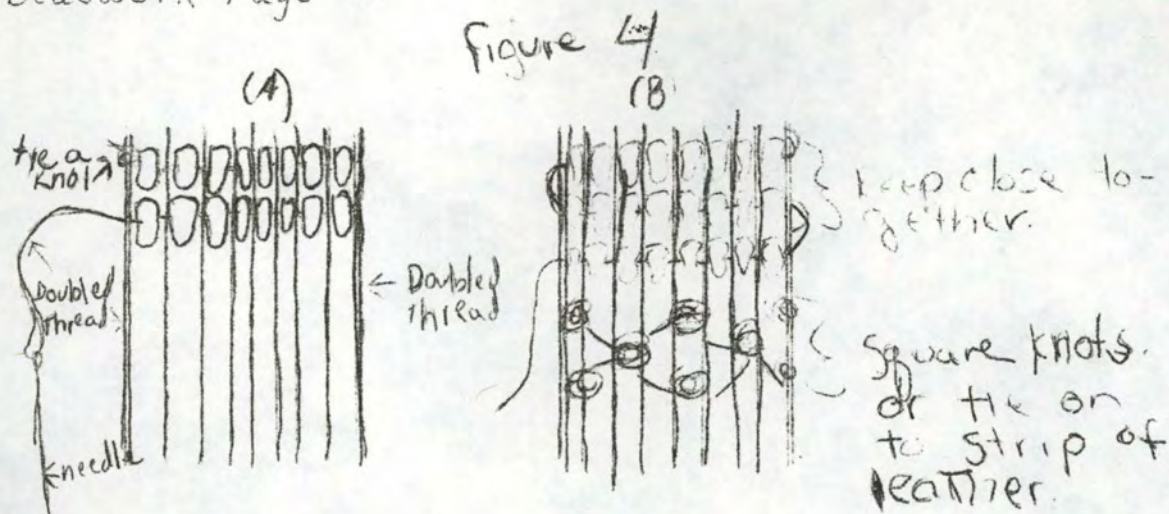
◊ ↔ Cheveron ↔ badge of courage (meaning)

> or < or V or ^ ↔ triangle

colors: Pink & Purple were not introduced to the Indians Beadwork until the 19th Century.

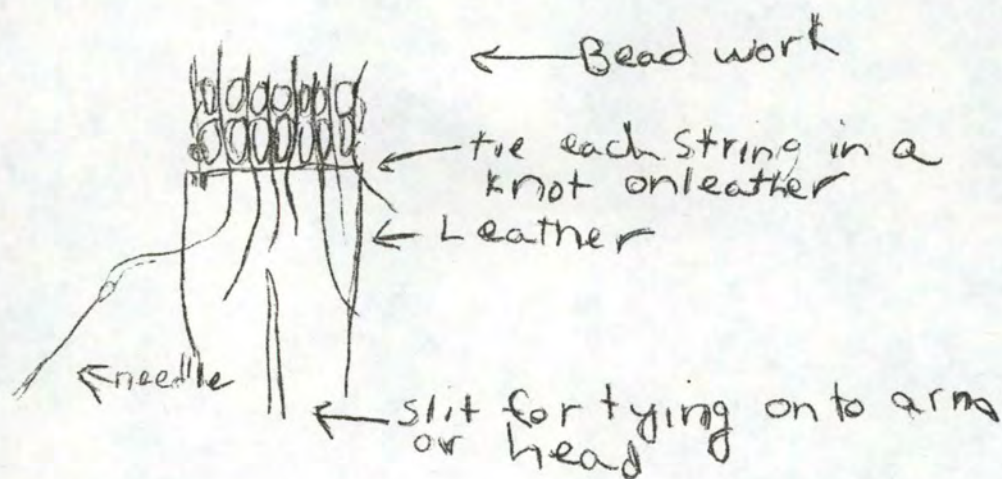


# Beadwork Page 3



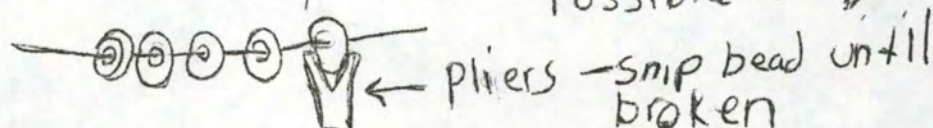
With the needle threaded, string your first row of beads on. Bring it under the rows of strings and push each bead between the strings as shown in figure 4. Then put needle (with thread) through and over the top of loom threads (through beads). String beads and start over again. To finish off, either tie square knots with the end strings (both ends) or sew onto leather or other type of fabric. Example of tying onto leather:

## Figure 5



\* If you get an extra bead you don't want in ... cut off as shown: (if there is no other possible way)

figure 6





Bead Making  
Leila Steckelberg

The ultimate in fashioning your own jewelry.

The bead making process is not at all complicated and you probably already have the required tools. The process is one which is easy to master and allows you to be creative as you like, turning out beads at the rate of one every three or four minutes.

Tools and materials:

Propane Torch  
1/8" Stainless Steel Rods- 8" to 10" long (bicycle spoke)  
Old Paring Knife  
Heavy crockery dinner plate or oven -wear pie dish  
Sheet of hard asbestos to work on  
Aluminum foil  
Copper tubing- 1/8" to 3/16" inside diameter  
Powdered glass  
Glass lumps and threads

1. Cut the copper tubing into 1/2" to 5/8" lengths.
2. Place powdered glass lumps and threads on 3" square piece of foil.
3. Insert stainless steel rod into copper tube base for snug fit. Make sure rod extends a bit beyond the end of the tube (about 1/8") to assure a nice clean hole from one end to the other.
4. With copper bead base on rod, copper heats quickly when placed over propane torch flame. Have torch laying in a cradle slightly elevated at nozzle end- it is easier to use this way then if the torch is setting upright. Hold copper 1 inch from the darkest part of the flame, rolling rod until copper is red hot.
5. Dip red hot copper base into small pile of A/O flux (transparent powdered glass) on foil- half a teaspoon is plenty and roll until copper is covered. Work on a heat-resistant surface such as hard asbestos sheeting.
6. Roll rod continuously in the flame until melted flux appears bright and shinny ("orange peel" surface). You probably will want to put on a second coat of powdered glass since this is the base coat and you want an even covering. The second (or third or fourth) coat may be a colored glass rather than the flux. Melt all coats after the first one until the glass appears bright, smooth ( not "orange-peel") and shiny.
7. Now roll the hot flux or colored glass covered copper into a small pile of fine glass grains and / or threads, again making sure it is evenly distributed. Do not get glass stuck to rod because it is hard to remove.
8. After you've picked up the glass particals, return work to flame and begin rotating. You've an almost unlimited choice of glass colors to use, so you can be as creative as you know how.



## Bead Making Cont.

9. At this point you can control the texture of the bead to suit your taste. Just a small amount of heating will leave it rough, a little more will smooth it, and more will make it all smooth.

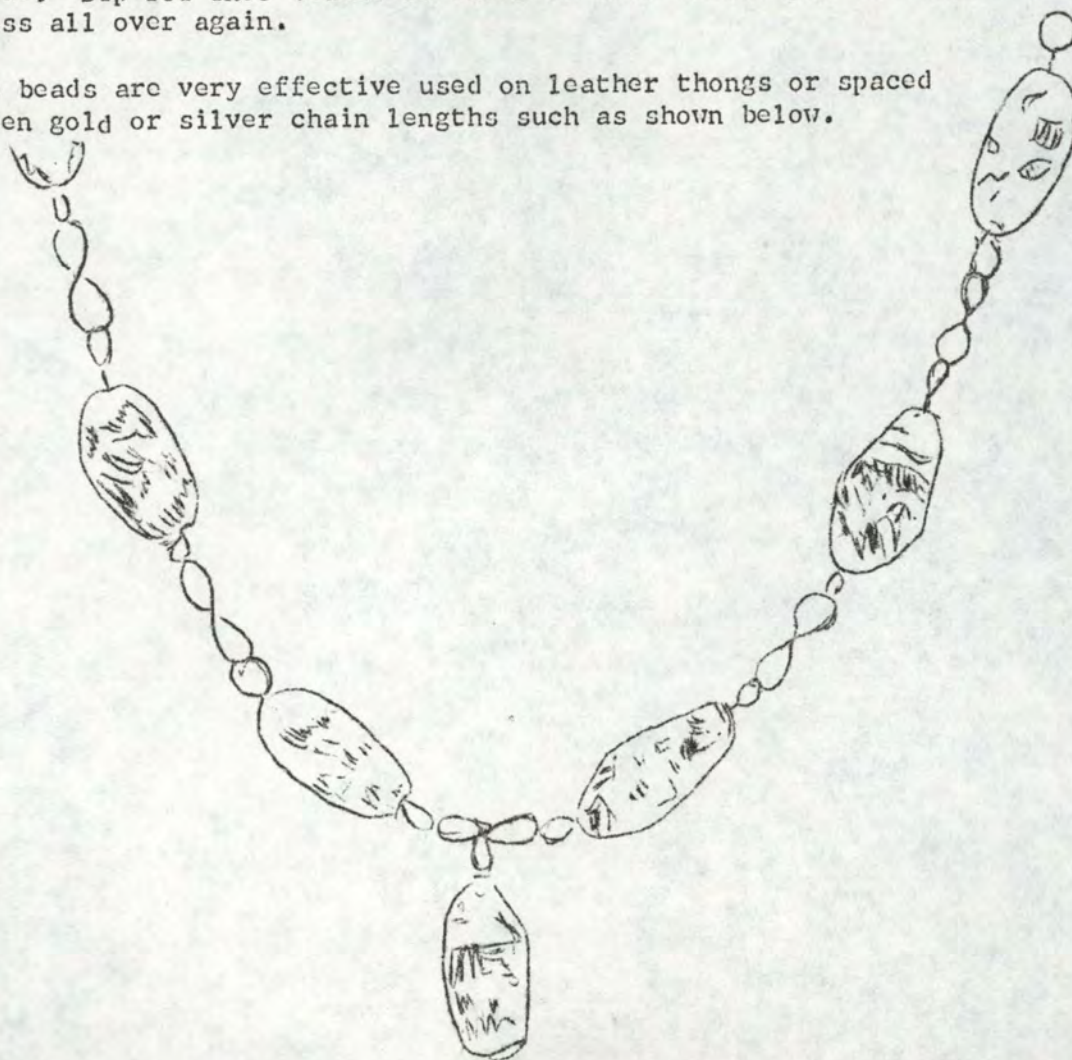
10. Steady rotation of the work over the Propane flame will result in a glass bead that is round or oval and smooth. Working position of the hands is one hand used to turn the stainless steel rod, while the other controls the work and places it carefully in the flame.

11. While in the molten state, the glass bead can be given a variety of shapes with very simple tools. The tip of a discarded ball point pen may be used to create artistic grooving. The paring knife may be used to create flat surfaces.

12. After the bead has reached the state of perfection you desire, remove it from the rod with paring knife you've cooled by dipping in water (cool knife will not stick to glass). The glass bead is still super hot so remove it on the crockery plate, oven-wear pie dish, or on the asbestos pad. A dish is best because the hot bead may roll. Do not touch for some time - it takes a few minutes for the bead to cool.

13. After bead is remove, place rod in flame to soften and clean up residue. Dip rod into beaker of water to cool it and you can begin process all over again.

These beads are very effective used on leather thongs or spaced between gold or silver chain lengths such as shown below.





## PUTTING ON THE EQUATOR

Take the one strip left over (the equator because it is going to go right around the middle of the ball, like the equator of a globe. First, glue or paste the ends of this last strip together to form a circle. For this size ball, the overlap for gluing is a quarter of an inch. For smaller balls it is proportionately smaller. A few paper clips will come in handy to join the strip together while the glue or paste is drying. Now look at Figure 1 and you will see a big circle around the outside drawn with dotted lines. It represents the position of the equator. -except to fit the flat five-pointed star, it is necessary to curve the points of the star upward so that they will fit onto the smaller equator.

There are ten loose ends to your five-pointed star. Five of these will go inside the equator and five outside. On Fig.1, the one that go with an "o". Copy these markings, if desired. Look at Fig. 3. Notice that the strips cross in pairs just above the equator and each pair is paper-clipped together. The center of the five-pointed star is now at the south pole of your ball.



Figure 3

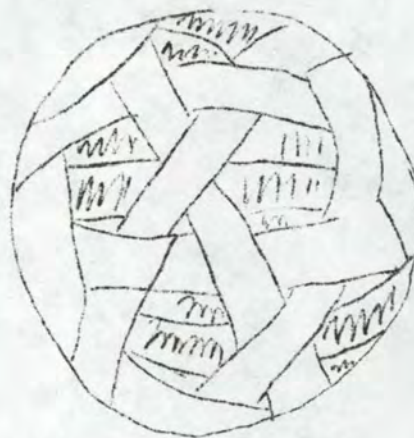


Figure 4

## FINISHING THE NORTH POLE:

To finish up the ball, take any one of the five unglued strips and glue its ends together, using the overlap as marked. A paper clip will again be useful while the glue is drying. Find one pair of the clipped-together strips that is all ready to criss-cross with the strip already glued, one going over and the other going under the glued strip. After criss-crossing this pair, match each off these strips with its other end, and glue them. Three strips are now complete, beside the equator. Glue the two remaining strips, making sure that any one strip passes alternately over and under the other strips. The clips may be removed and the do-deca-ball is complete. (Fig.4)



# Do-Deca-Ball

Do-deca-ball is a word invented to make a ball out of six strips of paper and a bit of glue. The Greek word "DEDEKA" means twelve, and the do-deca-ball has twelve holes in its surface, each in the shape of a pentagon.

## The Strips;

Make six strips (out of six colors of construction paper, if desired). The paper should be stiffer than wrapping paper, but lighter than the cardboard of which boxes are made. The larger the ball the heavier the paper should be. The strips should be just eighteen times as long as they are wide; strips twelve inches long (plus overlap) by five-eighths of an inch wide make a very nice sized ball, about three and one half inches in diameter. Cut strips very exactly.

## LAYING OUT THE STRIP:

Take five strips and lay them out in the form of a five-pointed star, as in figure 1. Notice that each strip goes over or under each of the other four strips, as in ordinary flat weaving. There is just one simple rule to remember: where three strips come together and cross each other, as in figure 2, the left hand strip will always go over the right hand strip. That occurs five times in your five-pointed star, and it is a good idea to check each set of three, to make sure they obey this rule.

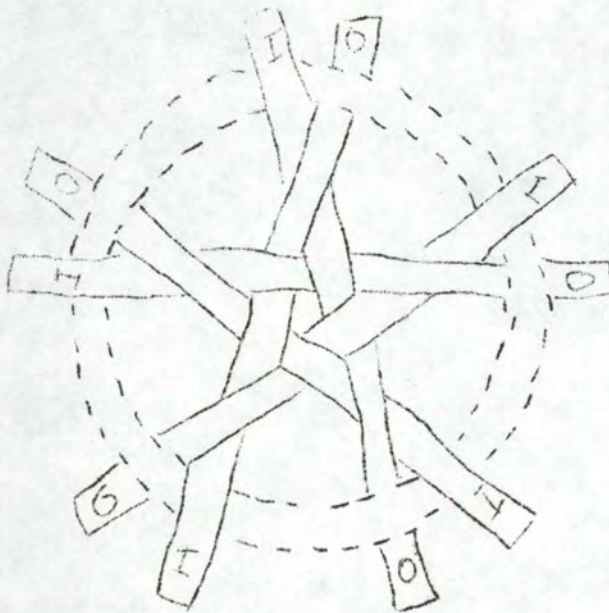


Fig 1



Fig. 2



## SILK SCREEN - STUDY GUIDE

Silk screen stencil printing is essentially a process in which the stencil bearing the design to be reproduced is permanently affixed to a screen or ground consisting of silk, organdy, or metal cloth. Paints or other printing mediums are forced through the stencil and deposited on the printing surface, thus forming a facsimile of the original design. Originally silk was employed exclusively for the screen.

Silk screen is one of the graphic arts (six methods of print making). The screen process differs from the others not in technique, but in its versatility. It can be printed on flat surfaces, round surfaces, concave, convex, or on irregular shapes. It also can be printed on plastics, paper, cardboard, wood, textiles, ceramics, glass, metal, leather, or combinations of materials.

Background: Origin most likely in China but sometimes attributed to the ancient Egyptians. The nearest early type was the Japances Hair Method which employed human hair glued between 2 stencils.

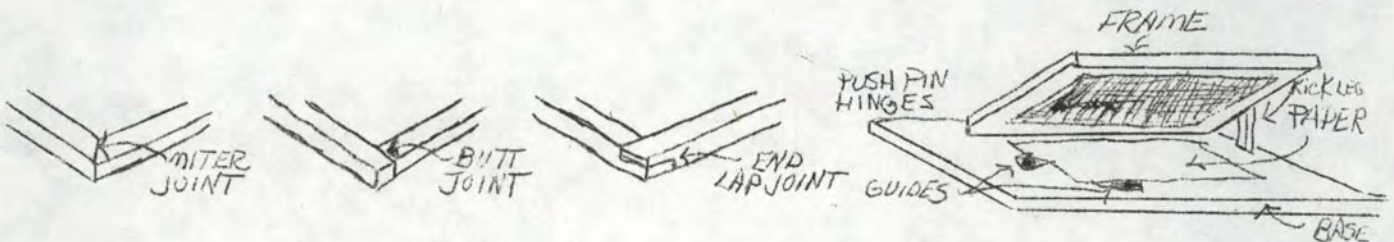
Modern Use: Conflict of opinions as to 1st use - believed to have originated in France or Germany about 1870. Others say it began in England before 1900. The 1st patent was issued to Samuel Simon in Manchester England. His process was basically the same as it is now except a brush was used in place of a squeegee.

American use: Began in 1910 - is now dominantly and american process.

Stencils: Plain stencils can be traced back to 2,300 B.C. in the 12 Egyptian Dynasty.

### MATERIALS AND EQUIPMENT:

Frames: Many types but most important they must be rigid.



3 most commonly used joining methods in frames



## SILK SCREEN - STUDY GUIDE

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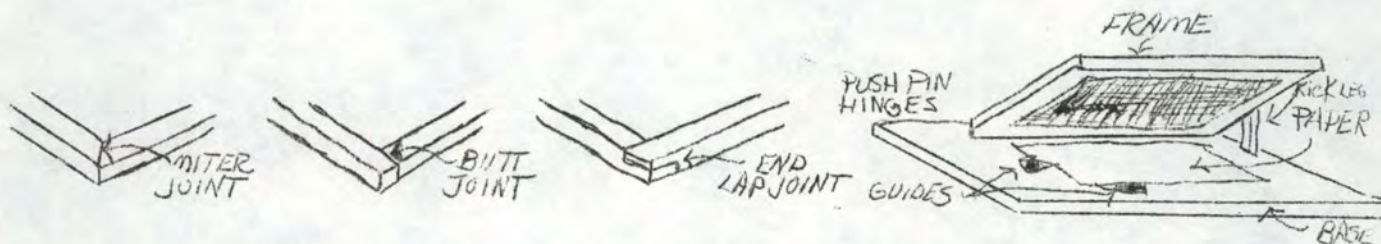
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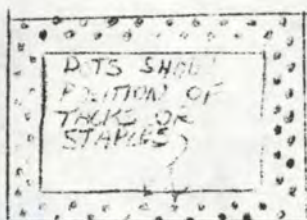
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3 most commonly used joining methods in frames

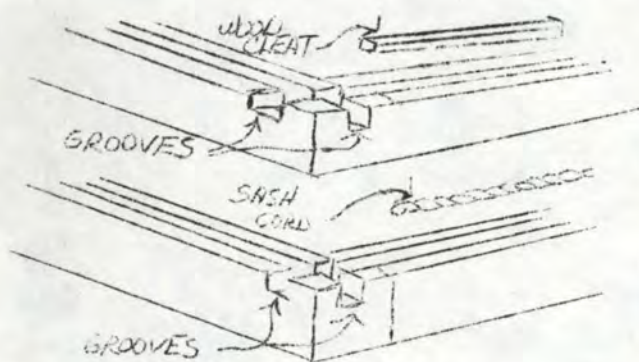


## STRETCHING SILK:



There are several ways to stretch silk over a frame. No matter what method is used it is important that the silk be taut with no ripples: in all methods the wood should be sanded smooth to prevent tearing silk.

The simplest stretching method is by using tacks or staples as shown in diagram at left on bottom of previous page. Start by cutting silk an inch larger than frame. Keep weave pattern parallel to frame. Place a tack or staple at each corner (to hold silk in general position)-- then start tacks at center of one side pulling silk tight as tacks are placed. Alternate sides after each tack working from the center to the corners on all four sides. Fold and tack corners. No. 4 carpet tacks are best. Tacking is better if done on edge rather than bottom as shown here, but it is a bit more difficult.



Grooved Frames - The diagrams to the left show 2 ways of stretching silk by means of grooved frames. These methods eliminate tacks or staples and thus make it easier to replace worn silk. The silk is cut about an inch larger than frame. The wood cleat or sash cord must fit snug in the grooves but not tight enough to tear silk.

Stencil Fabrics: Many types have been tried. Silk continues to be the most satisfactory. Other fabrics include organdy, nylon, metal (bronze, copper, brass, etc.) Silk can be obtained in many widths and in meshes from #1 to #25. Millers silk (used in flour mills) is a common type. The most common size is #12 (general printing) #14 to #18 mesh is used for fine resist work.

Squeegees - The device used to force paint thru the screen. Consists of a grooved wooden board for a handle, a rubber blade inserted in the groove, and a resting device. Important considerations are the length, the weight, and the shape of the handle. The length should be long enough to fit inside the frame but not tight. A Squeegee should be light -- generally pine wood is used but some are made of aluminum. The shape of the handle should allow a good grip so that proper pressure can be maintained. Some squeegees have a handle in the center for one-handed operation. The rubber used for the blade is generally a synthetic rubber such as ameripol, neoprene, koroseal, etc. The rubber has to resist moisture, abrasion, and heat as well as solvents and soaps.



Racks - used to stack and dry printing runs. Many types from hanging by clips to stacking on shelves. Some racks are powered to gradually dry prints with heat.

Stencil knives - used for cutting stencils from paper, film etc. These vary in blade shapes, handles, and size.

Light Box - an aid for tracing designs or for cutting stencils. A light box consists generally of frosted glass with a light below it to increase the ability to see lines and shapes.

Paint - most printing is done with oil paints. Ordinary enamel can be used. The paint must not be a too fast drying type as it will clog or set up in the screen. (Immediate drying as opposed to paint that will dry quickly after the print is done). Quick drying is desirable so prints can be stacked. Other types of paint are water soluble - dyes - lacquers - inks.

Transparent Base - used to extend paint and to give paint a better working consistency. Commonly called cutter-base. Transparent base also gives the paint transparency to allow color mixing when overprinting.

Hinges - used to attach screen to printing base. Ordinary butt hinges with push pins are commonly used (allows quick fastening or removal). There are many other types that can be used.

Counterbalances - devices which are attached to printing frames to reduce the energy or work involved in raising and lowering the frame for each print. On long printing runs these make the work easier. There are many types, the choice being mainly a matter of personal preference.

Registry Guides - A method of placing guides so that each print will be in the same position on each paper. Guides can speed up printing and make it more accurate. They are very important for runs of more than one color. There are different types.

Types of Screens - there are some 40 different types of screens or ways of preparing screens for printing. These can all be classified as either hand made or photographic.

Hand Cut Screens -

1. Knife Cut - areas to be printed are cut away - the stencil can be paper, film, etc.
2. Block Out - areas not to be printed are blocked out by using glue, lacquer, shellac, varnish, or special fillers.
3. Resist Plates - based on the principle that grease and water won't mix or resist each other. Areas to be printed are first blocked with tusche (grease substance-generally liquid).



Then the entire screen is coated with a water soluble glue (le pages). The tusche (which resisted the glue) is then removed with turpentine and the original design is thus left open for printing. Since the glue is water soluble it resists the turpentine and the glue is left in all negative areas.

### Photographic Screens -

1. Direct Process
2. Transfer process

### PRINT MAKING SOLVENTS

An essential part of printmaking is the proper use of various solvents. Solvents are needed to thin printing inks and apint, adhere materials (tape and film), and for cleaning plates or screens. Solvents will not mix with each other. Each solvent is made or meant to be used only with specific materials. The use of an improper solvent usually causes materials to curdle or lose their proper consistency. The resulting sludge sometimes is extremely difficult to remove and can permanently damage a plate. It is thus vital that the correct solvent be used for each operation.

Water - dissolves or thins elmers glue, lepages glue, water based printing inks, and for postal tape. Also used for general washing after other materials have been removed by other solvents (by washing with soap). Used to adhere water films.

Paint Thinner or Wash Thinner - used with oil based materials - dissolves or thins oil paints or oil inks. Also for clean up of plates, equipment (brushes, putty knives, squeegees, etc.) before paint or ink is dry. Paint thinner will not dissolve dried oil paints or oil inks. For this reason clean-up should be done immediately.

Lacquer Thinner - dissolves or thins all lacquer based paints and materials. Used to thin lacquer (clear or colored), adhere lacquer films, remove lacquer films, and for clean-up of lacquer paints. It can also be used to clean dried oil paints from screens and equipment.

Alcohol - dissolves and thins shellac or alcohol based materials. Used to clean shellac from plates or screens.

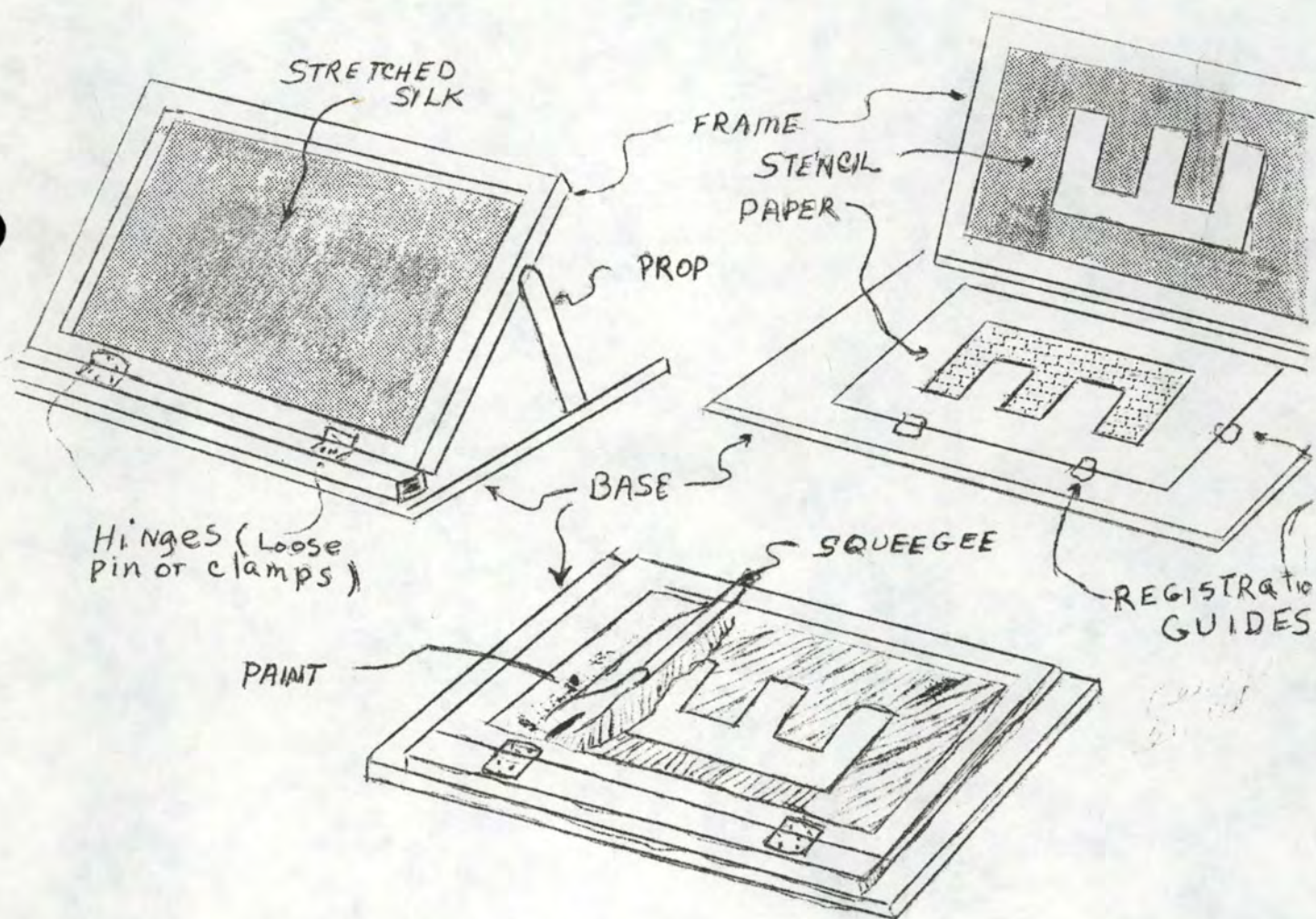
Turpentine - can be used in place of paint thinner but is more expensive it is used to remove tusche from screens in resist processes.

Gasoline - can be used for general clean-up of oil based materials but should not be used for thinning paints.

NOTE: plates should be thoroughly dry before using a different solvent. Never try to use two solvents at once!



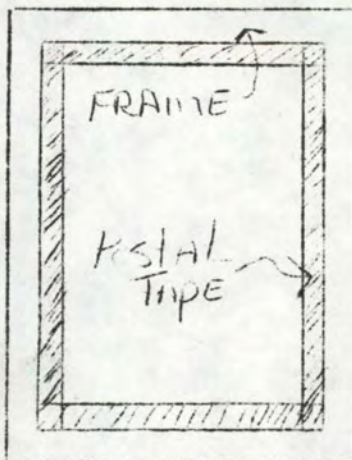
Water	paint thinner	lacquer thinner	alcohol
elmers glue	all oil based	lacquers	shellac
lepages glue	paints & inks		alcohol based
water paints		lacquer films	paint
postal tape	general clean	(adhering &	remove shellac
water films	up of wet oil	removing)	
	materials	for removing	
		dried oil paints	
		and inks	





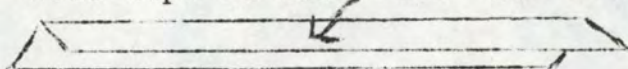
# SILK SCREEN - taping the screen with postal tape

The screen must be taped on both sides

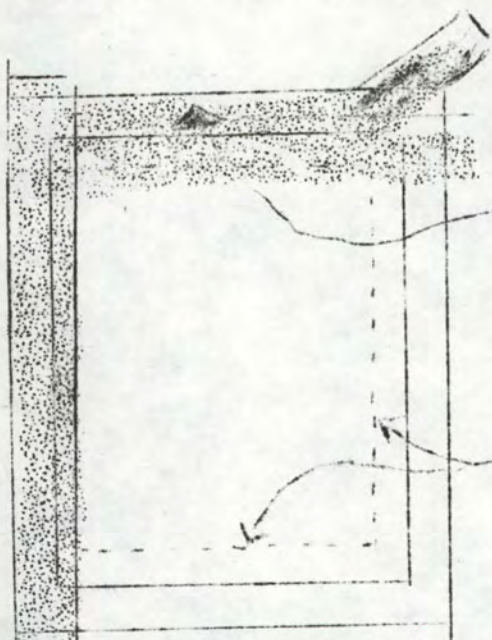


- \*tape the inside of frame first
- \*cut tape to fit corners exactly
- \*adhere short pieces first
- use a clean sponge to wet tape. saturate sponge well with water but do not flood the tape. when the tape is down wet the top of the tape with a wet sponge. work all edges down tight with fingers until adhered, care must be taken to keep glue off of silk (opening)

- \*fold tape in half with glue out



After inside is done tape the bottom side



- \*cut tape strips longer than frame width so that tape turns up sides

- \*lap 2nd piece of tape over first until whole frame is covered

- \*edges of tape should match exactly with those previously placed on inside

\*allow tape to dry thoroughly before printing (preferably overnight)

\*on long runs or where multiple use of frame is desired (without removing tape), the tape should be sealed with either lacquer or shellac (several coats)

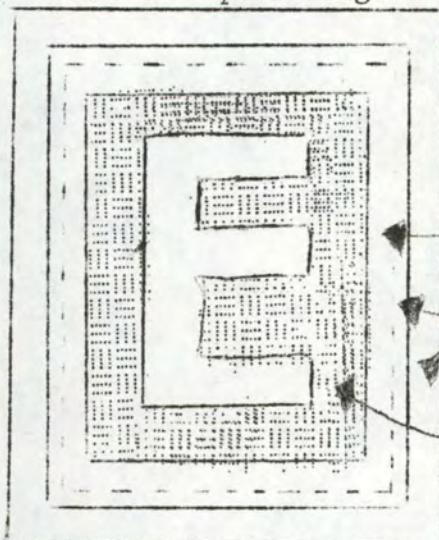
*Handwritten notes:*  
K. S. ...  
...



# SILK SCREEN - cutting a paper stencil

\*use a fine or thin paper for stencil - preferably a slightly absorbent paper - newsprint works well.

\*either the negative or positive portion of the stencil can be used for printing.



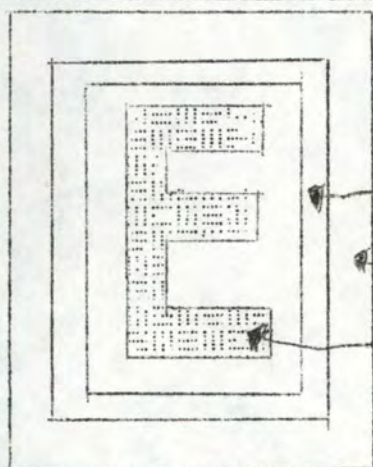
when using the negative portion of the stencil, the paper must be at least 3/4" larger (on all sides) than the tape opening.

tape or opening edge

stencil edge

frame

negative portion or blocked part of stencil



when using the positive portion of the stencil, the tape must be down tight at all edges

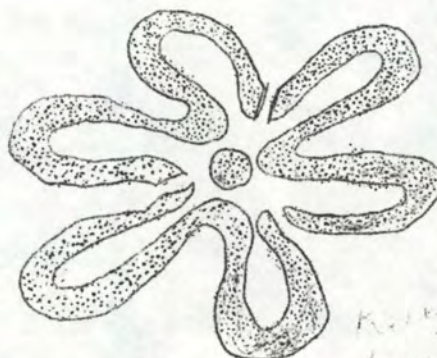
tape or opening edge

frame

positive portion or blocked part of stencil

all parts of the stencil must be connected or in one piece. islands must be connected.

EXAMPLE:





SILK SCREEN - clean-up procedure after cut paper printing run

- Step 1. After desired number of prints have been run clean all excess paint from the screen with a putty knife. The more paint that can be removed in this manner the easier it is to clean the screen. Extreme care must be taken not to tear the silk with the knife corners.
- Step 2. Immerse screen in painters thinners in large flat pan. Allow to soak while thoroughly cleaning and rinsing putty knife and squeegee. Use a crumpled paper towel as a washrag. Dry knife and squeegee with clean paper towels. Thoroughly rinse and clean the screen in the same manner.

DO NOT TRY TO CLEAN PAINT FROM SCREEN WITH WATER.  
Do not remove tape!

Note: paper stencil will fall off while in the thinners. The stencil can be saved for re-use by placing it flat on paper towels.

ALLOW SCREEN TO DRY THOROUGHLY

- Step 3. When screen is dry immerse in warm water in sink. Remove all tape and glue. Rinse thoroughly. Dry with clean paper towels.
- Step 4. Clean all work surfaces. Dispose of all dirty towels. Be sure paint cans are covered.

NOTE: DO NOT ALLOW PAPER TAPE TO GO DOWN SINK DRAIN - CLEAN UP & DISPOSE OF ALL TAPE

---

SILK SCREEN - LACQUER FILM PROCESS

\*CUTTING THE FILM

1. PREPARE DRAWING - REFINE ALL LINES
2. Place drawing under film - fasten both down with tape.
3. Cut away areas to be printed using stencil knife or a very sharp knife. Cut film only. DO NOT CUT THROUGH WAX BACKING PAPER. Remove film as you cut. Use bi-cutters, loop cutters, or swivel cutters as desired.

\*ADHERING FILM TO SCREEN

1. Place film over heavy (14-ply) cardboard or mat board. card-board should be slightly larger than film or extend beyond edges 1/8 inch. Place screen over film - center the image on the screen. NOTE - Use a cutting board for this operation or work on the formica counter tops.
- Handwritten signature*



2. When film is centered adhere as follows:
    - A. Use a soft cloth folded into a pad - soak pad with lacquer thinner. Wring out excess.
    - B. Press thinner through screen by stroking pad-over surface.
    - C. Work only a small area at a time - wipe off excess thinner immediately with a clean dry absorbent cloth - apply pressure as you wipe. (If excess lacquer thinner is allowed to lay on film too long it will melt or burn out the edges of your design).
    - D. Continue the process doing a small area at a time until all the film is fastened to the silk. NOTE: properly adhered areas turn a darker color so you can see the fastened parts. NEVER DO AN AREA TWICE. DO NOT USE TOO MUCH THINNER.
    - E. Allow to dry for minimum of 15 to 20 minutes. Remove backing sheet - pull backing slowly - check to see that film stays on silk.
  3. Put postal tape on front and back (same as with paper stencil). Make sure postal tape laps over the edges of the lacquer film.
  4. Print as before
- \*LACQUER FILM SCREEN CLEAN-UP
1. Clean excess paint from screen with putty knife.
  2. Rinse screen in paint thinner (large flat pan) dry thoroughly.
  3. Rinse screen in water - remove tape and glue - dry thoroughly.
  4. Remove lacquer film - place screen over pad of paper towels - pour small amount of lacquer thinner over film surface - allow to soak for 2 or 3 minutes - remove screen - repeat process until clean.

CAUTION - Lacquer thinner, wash thinner, or turps are inflammable - never use lacquer thinner on painted or varnished surfaces - DO NOT WORK ON DESK TOPS!

All solvents can damage floor tile - if you spill some - wipe up immediately.

*Have Fun with it!* *Keep + Clean*

---

\* \* \* \* \*



NORTHWEST COAST INDIAN DESIGN  
CHAT CLASS by Mark Patterson

MAKING PATTERNS FOR DESIGN PARTS

Patterns can be made for many of the design parts used in Northwest Coast Indian painting. They are especially useful in keeping the two sides of a design alike. They are also very helpful in learning just what the shapes of these design parts ought to be.

It is certain that the best of the Indian artists of the past used patterns, but it is also certain that they didn't rely on them for all their drawing. It would be impractical to try to have a pattern for every shape and size of design part used in an artist's work. After one is familiar with the designs and has drawn them often enough, patterns are needed less and less. They are always useful in making a finished design perfect and symmetrical.

The following diagrams show how to make patterns for the two most important design parts, the OVOID and the U design. These two design parts take many different shapes and sizes according to the use they have in the whole design. Different artists also changed the shape of them, but certain "rules" were nearly always followed in the drawing of the ovoid and U shapes.

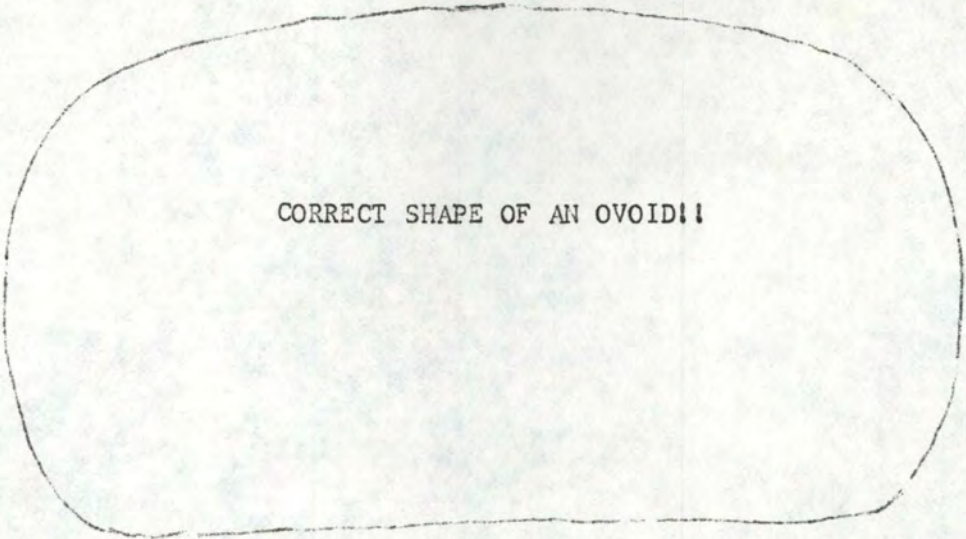
The way these parts fit together is another and much more complicated matter. Complete designs which can be studied and copied are included at the end of the pattern diagrams. Other designs, in pictures and on actual old pieces, should be studied and copied to learn how the design parts were used and joined together into a complete design.

When designing, it helps to think in this order:

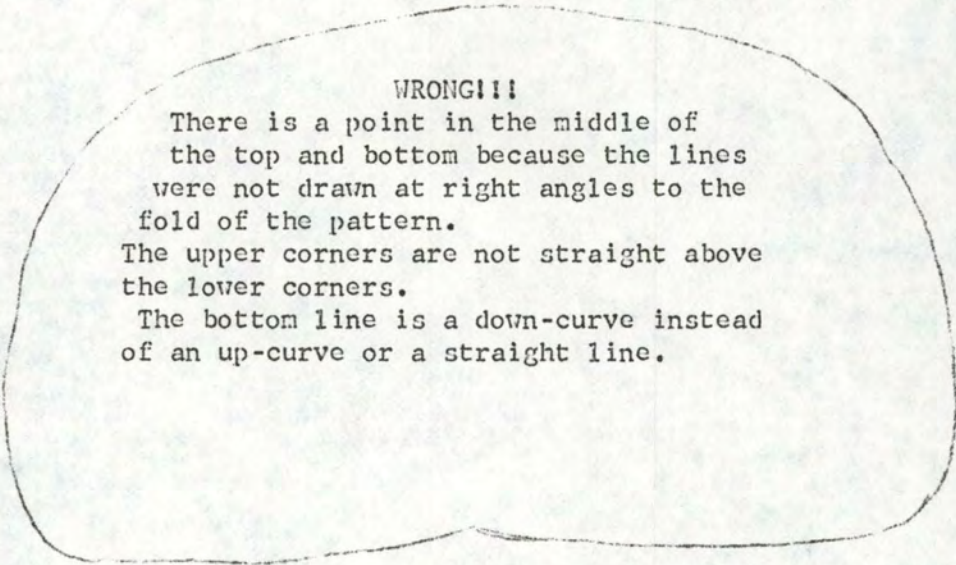
1. Remember that the design elements are arranged in a series of arched planes - steepest pitch near the top of the design, the most horizontal closer to the bottom.
2. In designing, you are breaking up space. Remember to break it up into shapes of equal weight - negative/positive spaces of ovoids, U, S, L,
3. Make main ovoid templates (manila folders, cardboard, moose hide, cedar bark)
4. Draw all primary formlines - main ovoid is dominant (heaviest, thickest) and sets the standards for the entire design. Watch formline thicknesses, tapering, uniformity of curves, using reliefs when necessary.
5. Be careful at junctures, joining at the beginning of a curve, or midpoint of a formline (never at the midpoint of a curve!).
6. Think, as you design of the balancing of color (primary - black; secondary - red; tertiary - navajo blue)
7. Draw the secondary elements with variety and balance in mind.
8. Be sure your curves and thin spaces are consistent.
9. Avoid parallel lines in formlines (use tapering lines).
10. Practice!
11. ENJOY!!!!

(P.S. The majority of these notes are courtesy of the Ketchikan Heritage Center and Duane Pasco)





CORRECT SHAPE OF AN OVOID!!

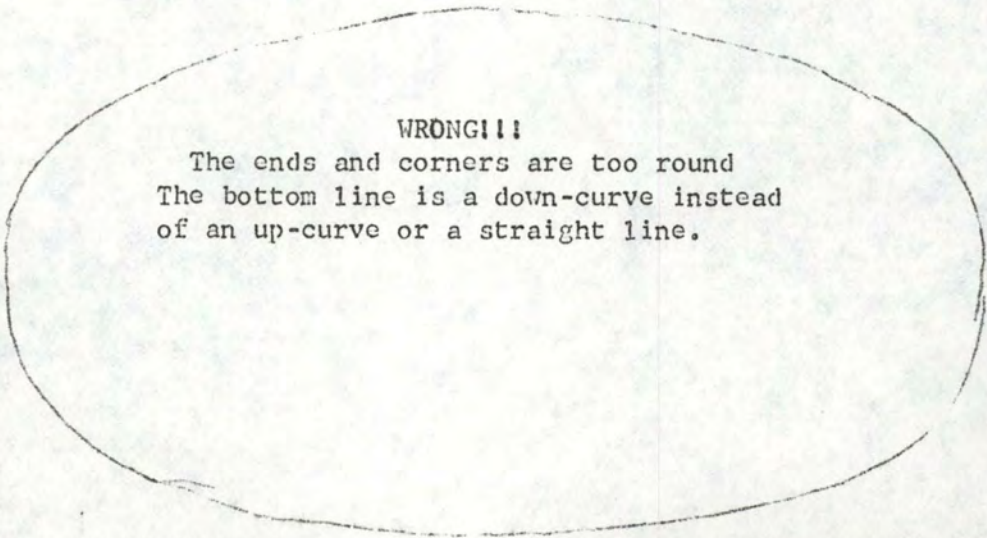


WRONG!!!

There is a point in the middle of the top and bottom because the lines were not drawn at right angles to the fold of the pattern.

The upper corners are not straight above the lower corners.

The bottom line is a down-curve instead of an up-curve or a straight line.



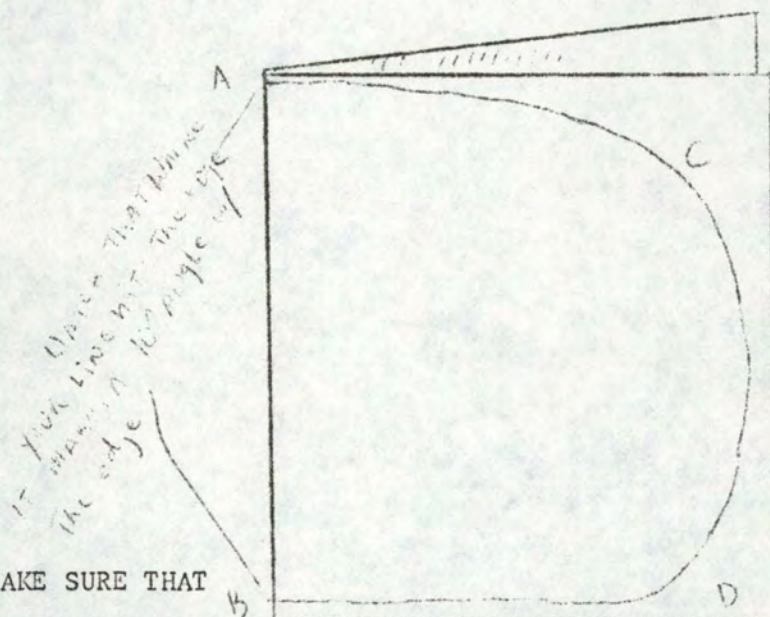
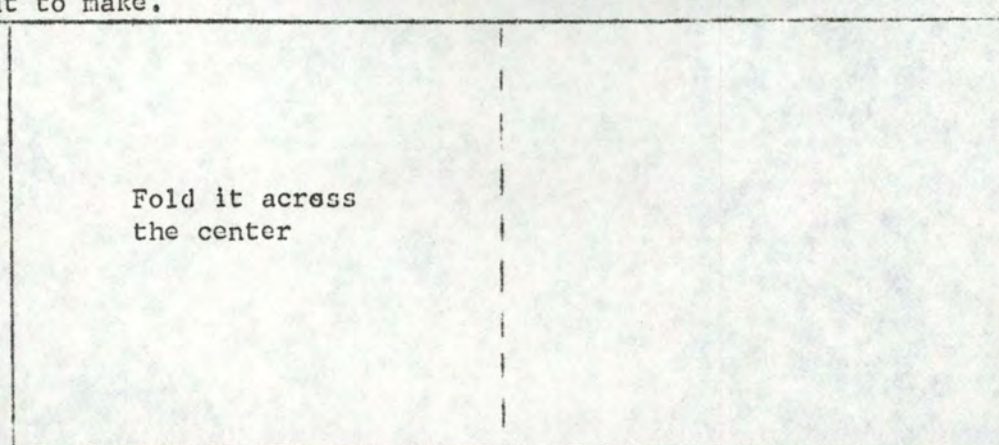
WRONG!!!

The ends and corners are too round  
The bottom line is a down-curve instead of an up-curve or a straight line.



# AN OVOID PATTERN OR TEMPLATE

Start with a rectangle of pattern paper about the size of the ovoid you want to make.



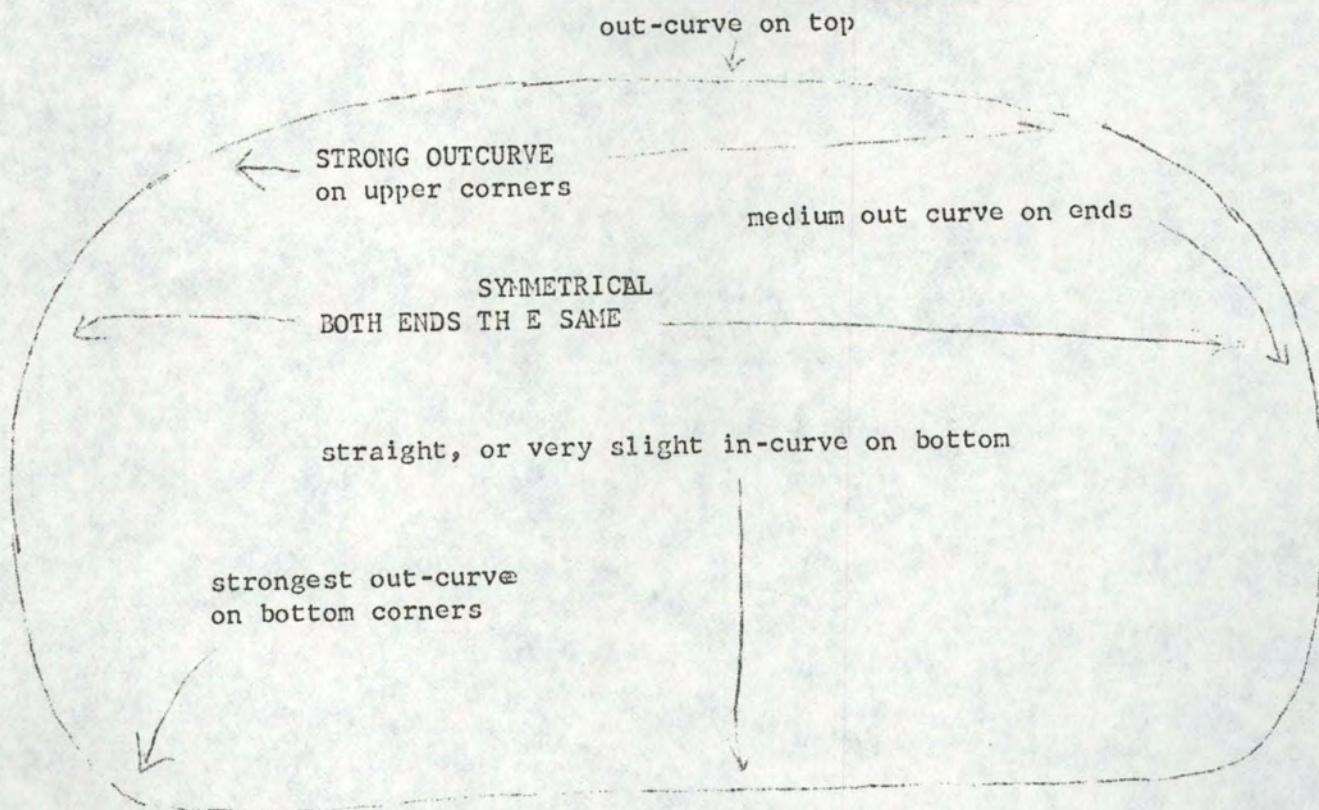
Draw half of the ovoid  
on the folded paper.

MAKE SURE THAT

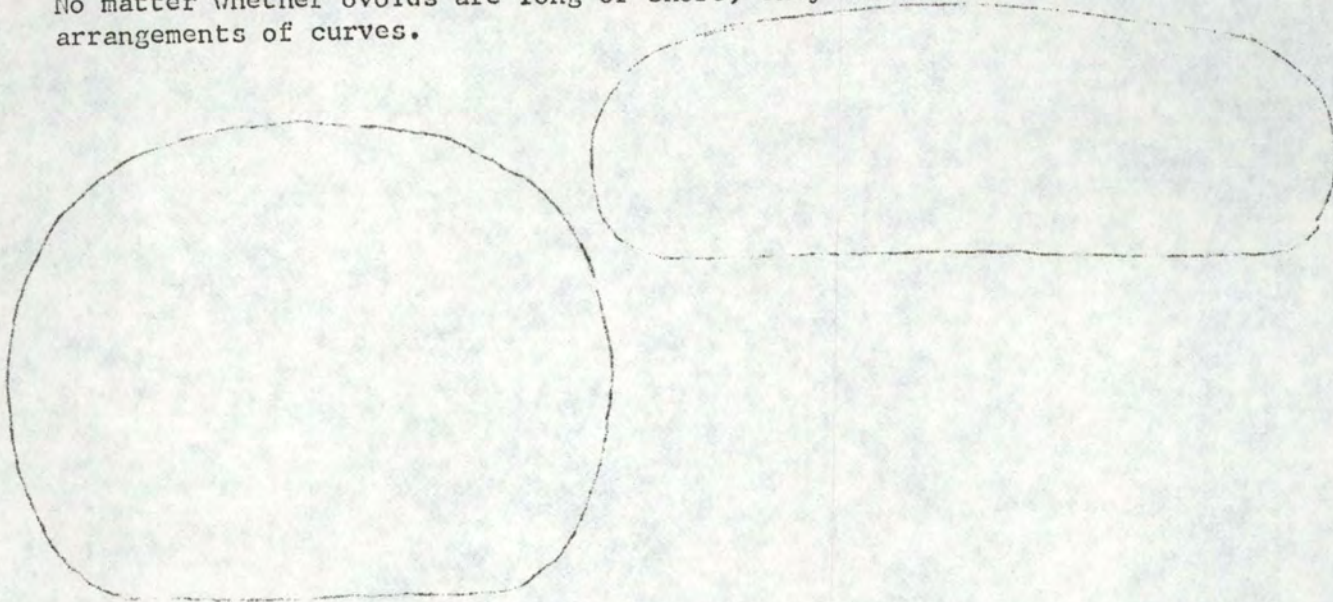
1. the lines at A and B start at right angles to the fold
2. line AC curves down from A to C.
3. line BD curves slightly down from B to D.
4. the center of corner C is directly above the center of corner D.
5. line CD curves out.



## A TYPICAL OVOID

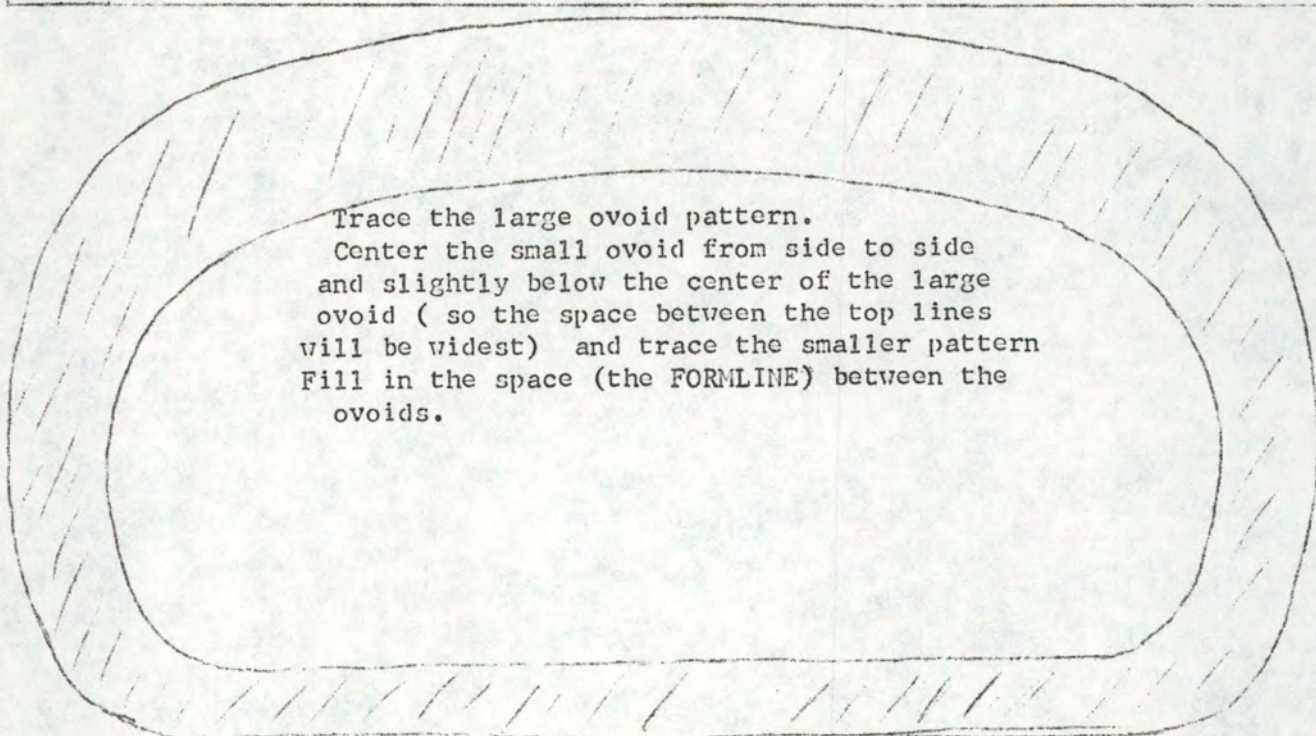
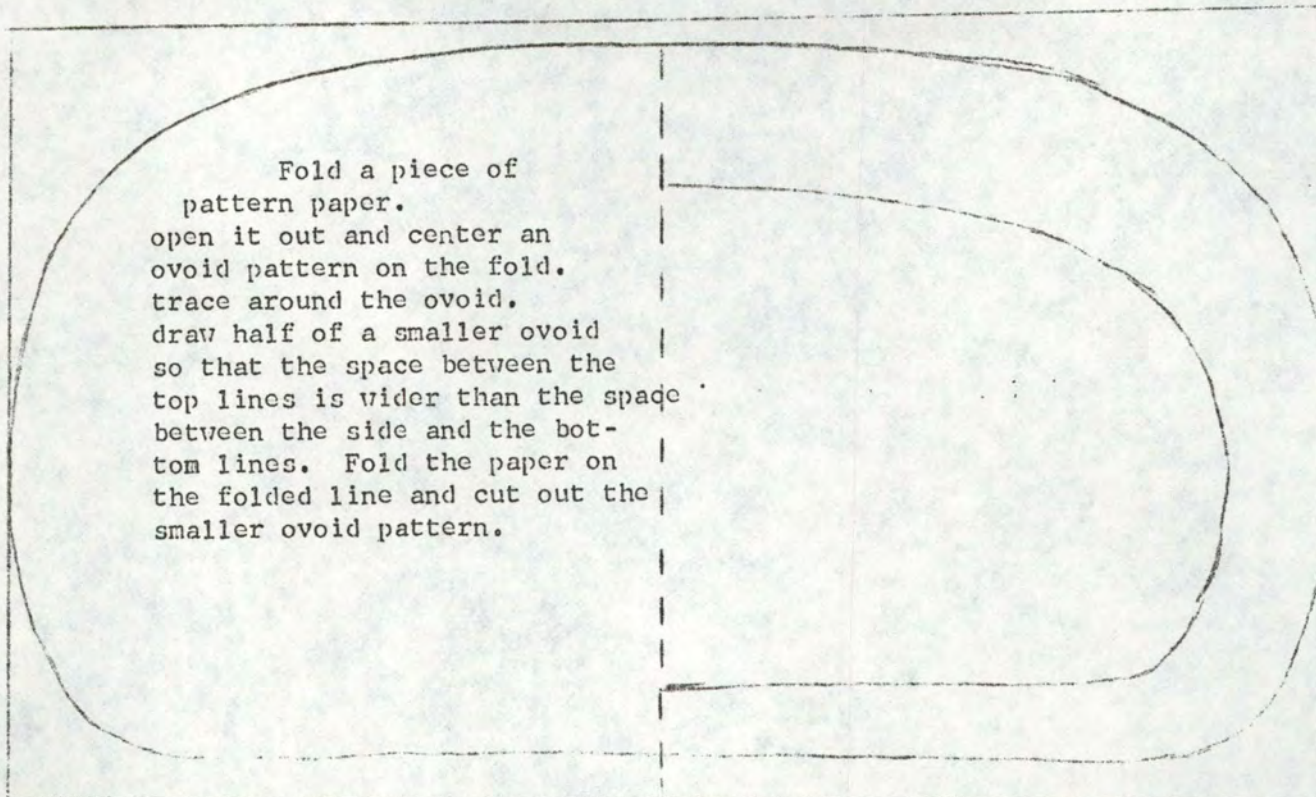


No matter whether ovoids are long or short, they still have the same arrangements of curves.



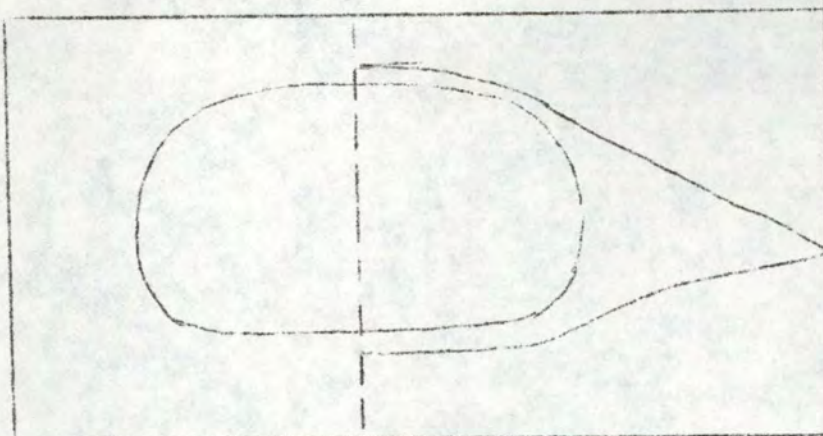


## A FORMLINE OVOID FROM TWO OVOID PATTERNS



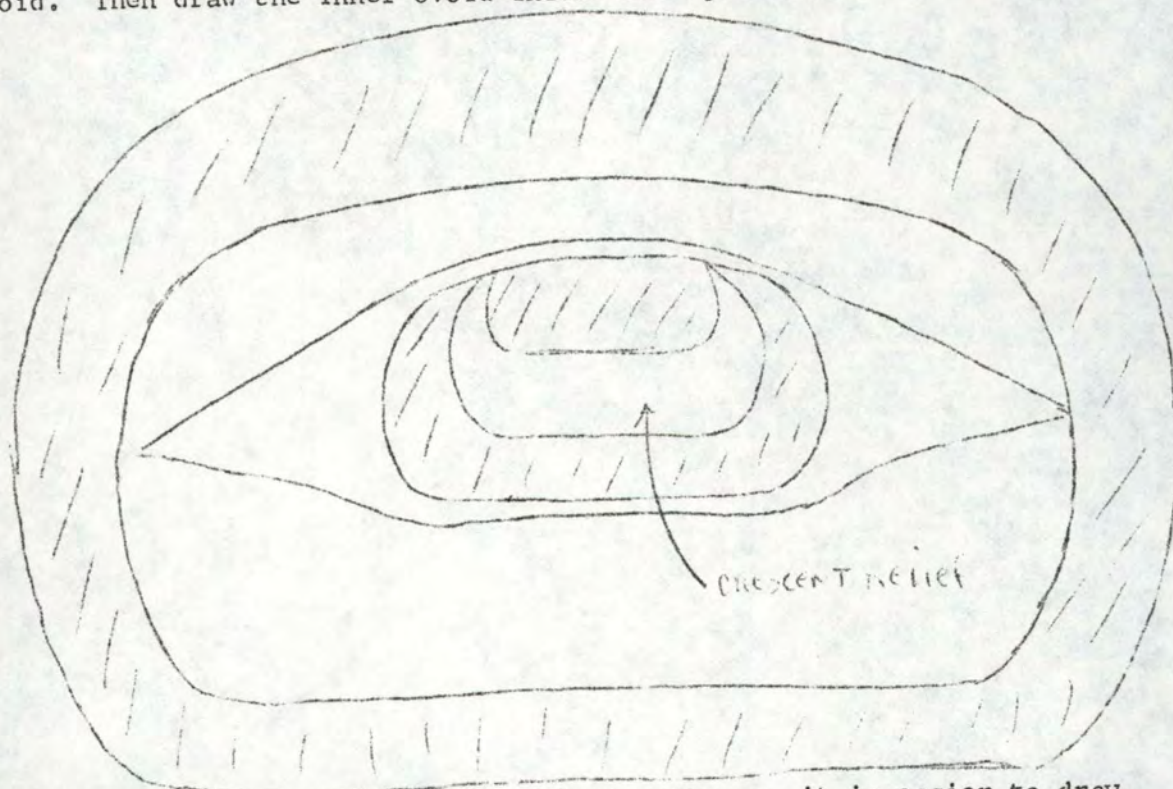


## EYELID PATTERN



Fold a piece of pattern paper. Open it out and center a small ovoid pattern on the fold. Trace around the ovoid. Draw half of an eyelid pattern. The line follows the curve of the ovoid until just past the corners and then curves and runs nearly straight to the point. The point should be below the center of the ovoid.

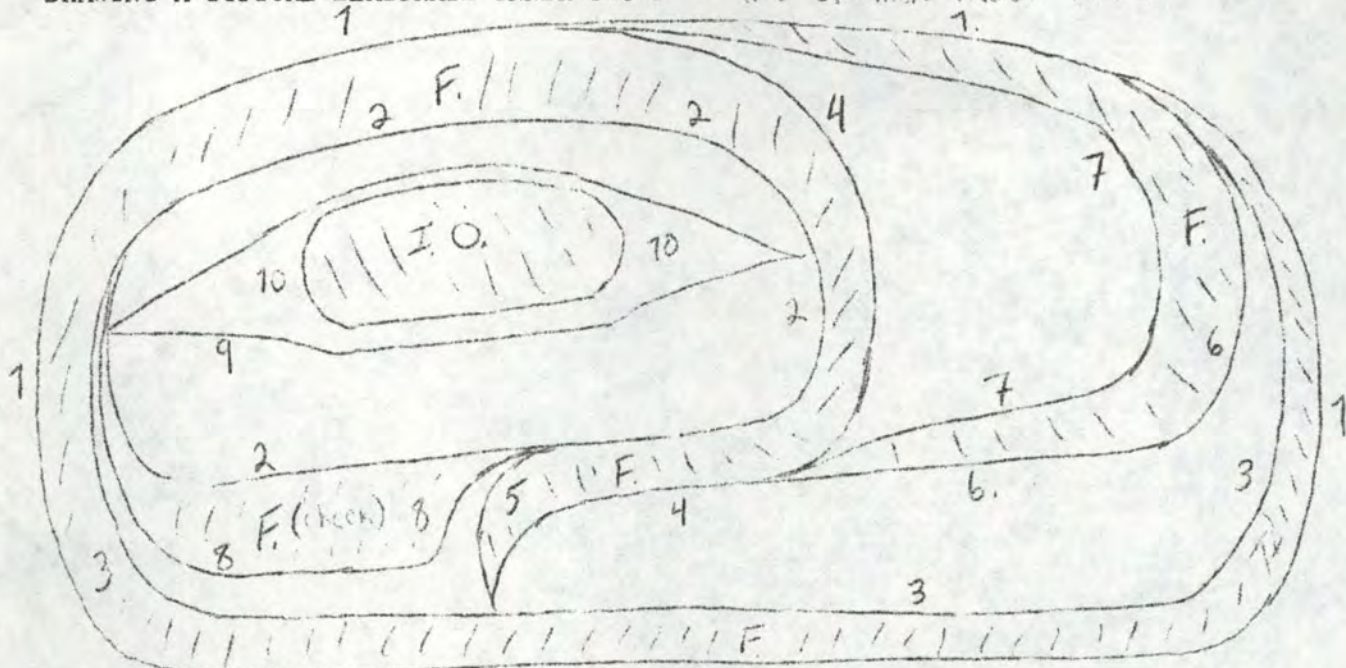
Draw a pair of ovoids one within the other to make a FORMLINE OVOID. Using patterns of the right size, draw an eyelid line inside the formline ovoid so that the points touch, or nearly touch, the formline. The eyelid pattern should be placed above the center of space inside the formline ovoid. Then draw the inner ovoid inside the eyelid line.



If the drawing is done freehand, without patterns, it is easier to draw the inner ovoid before drawing the eyelid line. It should not be drawn in the center of the space, but above center.



DRAWING A TYPICAL ELABORATE INNER OVOID — The SALMON-TROUT HEAD

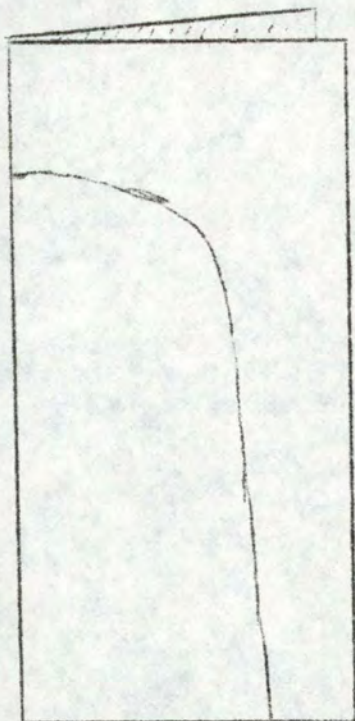


This can be done with or without patterns, but the order of drawing the part is about the same. In the diagram above all parts marked F. are FORMLINES and should be colored in after they are drawn. That marked I.O. is the inner ovoid and should also be colored in.

1. Draw the outside line of the ovoid.
2. Draw the ovoid line of the eye socket. This must be drawn so that the space between it and line 1 makes a good formline at the top, and so there is space for the "nose" part of the design.
3. Continue the outer formline starting at the back of the eyesocket and going down the back, across the bottom and up the front where the lines come together.
4. Continue the Formline starting at the upper front corner of the eyesocket and going down the front, across the bottom and, about halfway back along the bottom of the eyesocket, turn down sharply and join the main bottom formline.
5. Complete this formline by continuing the inner line of the eye socket down to join the end of line 4.
6. Continuing straight along the bottom of line 4, to the front, draw a "U" shaped line which curves up and joins the outer line at the front top corner. Notice that the end of this "U" looks just like one end of a typical ovoid.
7. Draw the inner line of the FORMLINE U by starting where line 6 leaves line 4 and gradually spread apart from line 6 to the front bottom corner of the U. Then turn upward and follow along the front of the U so that the space between the two lines is about even in width. Then turn back at the front top corner of the U and gradually taper the space so the line joins the outer line of the design at the point where line 4 branches down.
8. Starting at the point where line 5 turns down draw line 8 curving down, then turn back and follow along line 3. Turn up and join smoothly at the point where line 2 and 3 separate.
9. Draw the eyelid line (or the inner ovoid if not using patterns).
10. Draw the inner ovoid (or the eyelid line if not using patterns).
11. Color in the formlines and the inner ovoid.



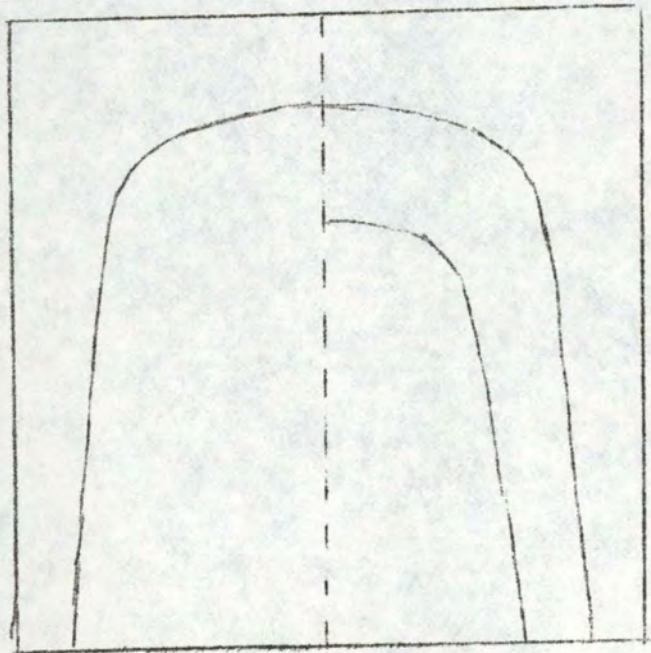
## THE "U" PATTERN



The pattern for the U shaped designs can be made in much the same way as the pattern for the ovoid. Fold a piece of pattern paper and draw half of a U form. The top of the U is like the top of an ovoid with an up-curve and the top corners are like the top corners of ovoids. The sides are nearly straight and spread out slightly toward the bottom.

There are many different shapes of U forms and some of them are not symmetrical, so that you cannot make a pattern for them by folding the pattern paper.

## A FORMLINE U FROM TWO U PATTERNS



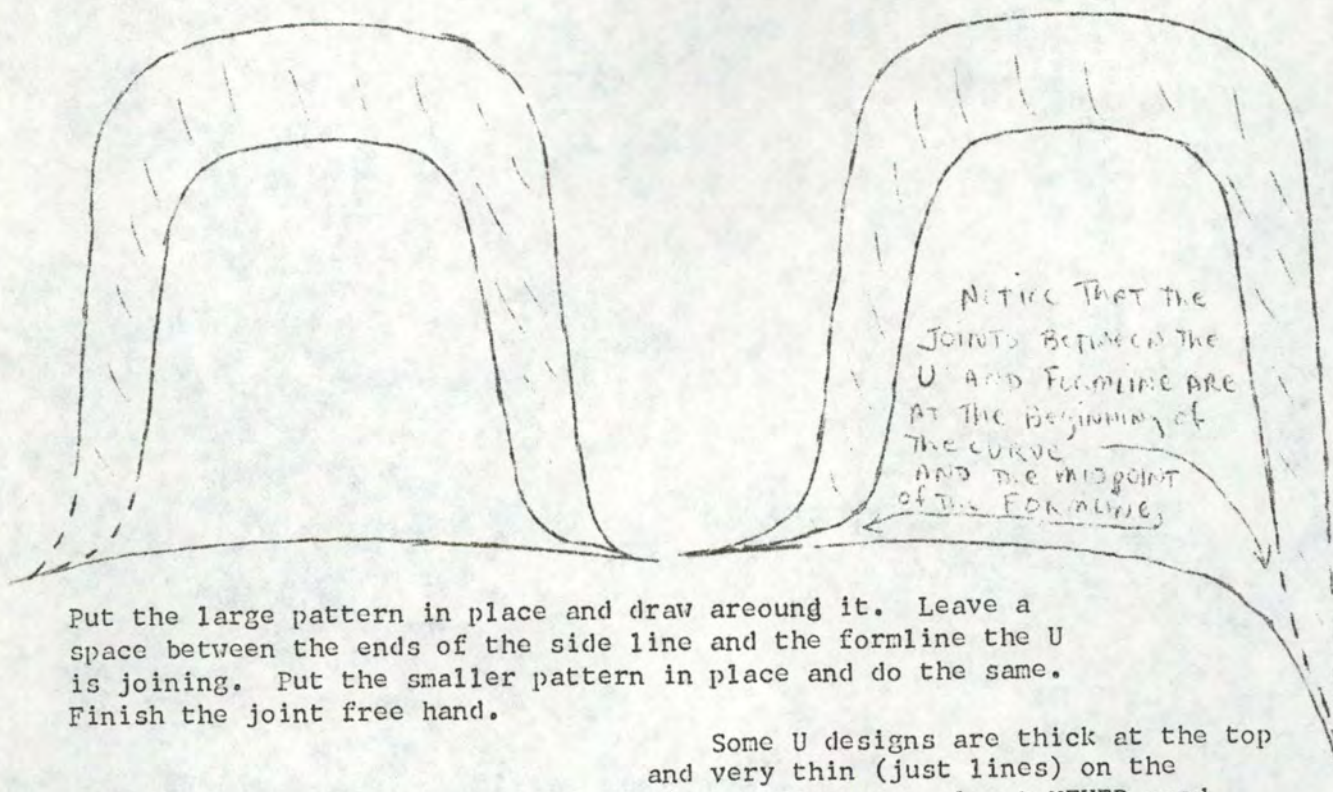
This is done just as the formline ovoid patterns are made.

Fold a piece of pattern paper and open it out. Center a U pattern on the fold and trace around it. Draw half of a smaller U so that the space between the top lines is wider than the space between the side lines. The space between the side lines should get narrower toward the bottom.

The space between the lines is a formline and would be painted black (if primary) or red (if secondary).



U's MADE FROM THE SAME PATTERNS  
THREE FORMLINE; (believe me, it's getting late)

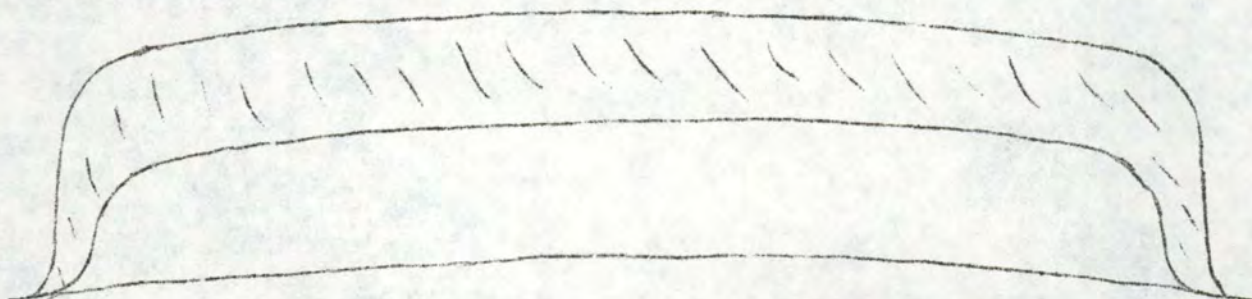


Put the large pattern in place and draw around it. Leave a space between the ends of the side line and the formline the U is joining. Put the smaller pattern in place and do the same. Finish the joint free hand.

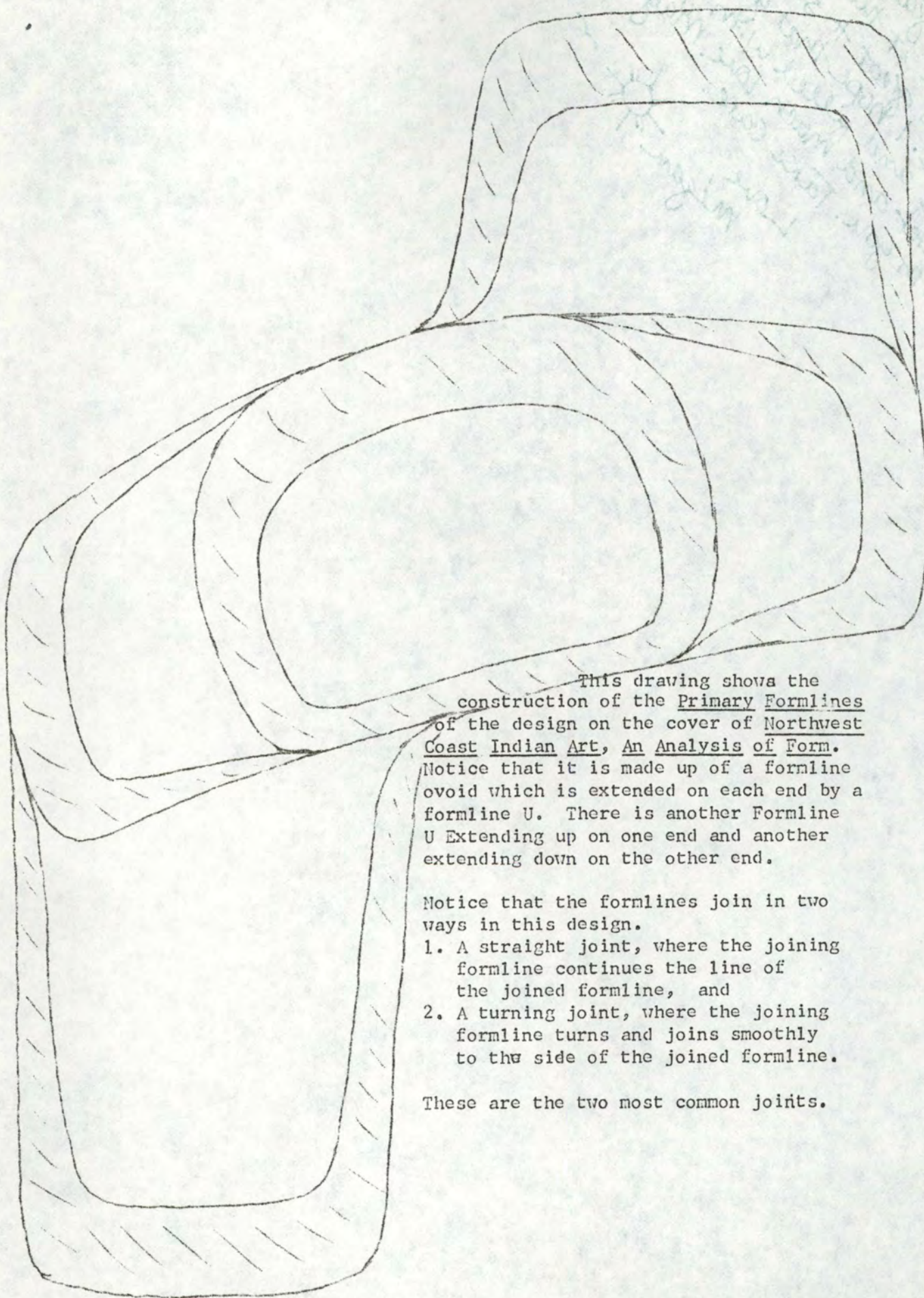
Some U designs are thick at the top and very thin (just lines) on the sides. These are almost NEVER used in the primary design. They can be made with patterns by drawing the large pattern the usual way. Then move the same pattern down so that it touches one leg and draw across the top of the pattern to its center. Move it over until it touches the other leg and draw the other half of the top.

You will probably find that after you are used to the proper shape of the U designs you will draw most of them free hand. Patterns are most useful when two sides of a design must be just alike.

U designs can be many different shapes. Here is one which is very wide. Some are very tall and thin. The shape depends on the space to be filled.







This drawing shows the construction of the Primary Formlines of the design on the cover of Northwest Coast Indian Art, An Analysis of Form. Notice that it is made up of a formline ovoid which is extended on each end by a formline U. There is another Formline U Extending up on one end and another extending down on the other end.

Notice that the formlines join in two ways in this design.

1. A straight joint, where the joining formline continues the line of the joined formline, and
2. A turning joint, where the joining formline turns and joins smoothly to the side of the joined formline.

These are the two most common joints.

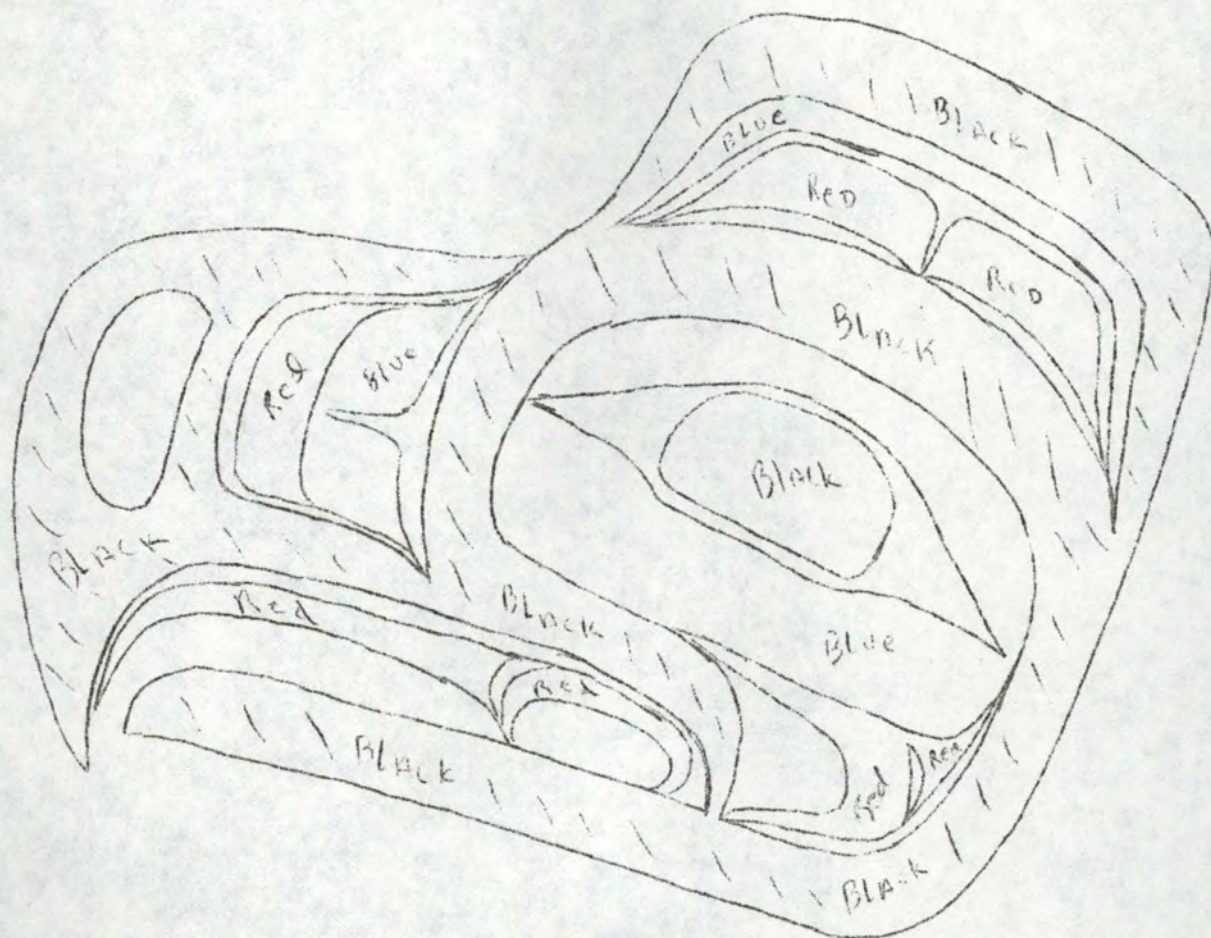


Leila -  
I am glad that  
I made it this year.  
It was great to see you life  
again. I hope that your life  
is long and filled with joy, peace  
laughter and much love. May peace  
be with you. Take care.  
Love  
Megan

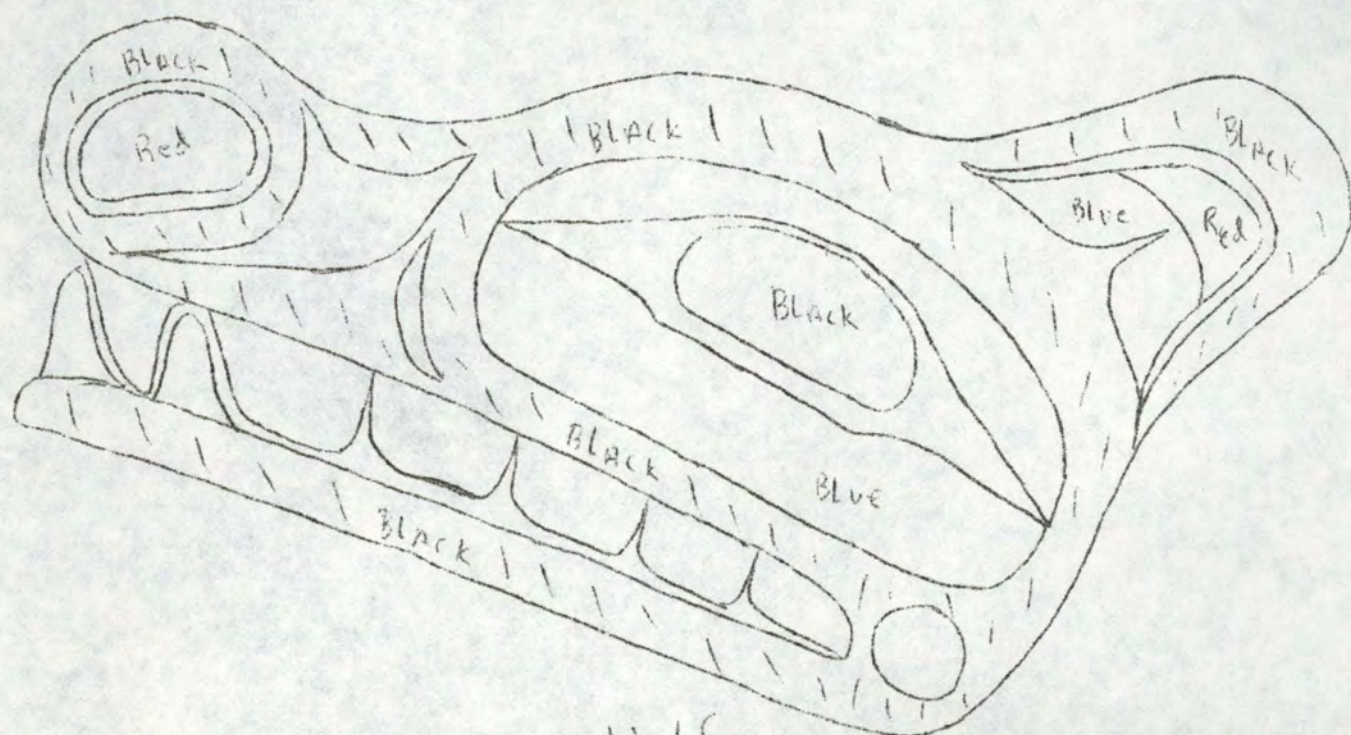


This drawing shows the  
construction of the Binary Form and  
of the design on the cover of Binary.  
Binary is a drawing of a Binary  
Form. It is made up of a Binary  
Form which is extended on each side by a  
Form. There is another Binary  
Form extending up at one end and another  
extending down on the other end.  
Notice that the Binary Form in two  
ways in this design.  
1. A straight line, where the Binary  
Form continues the line of  
the joined Binary and  
2. A straight line, where the Binary  
Form turns and joins another  
to the side of the joined Binary.  
These are the two most common Binary



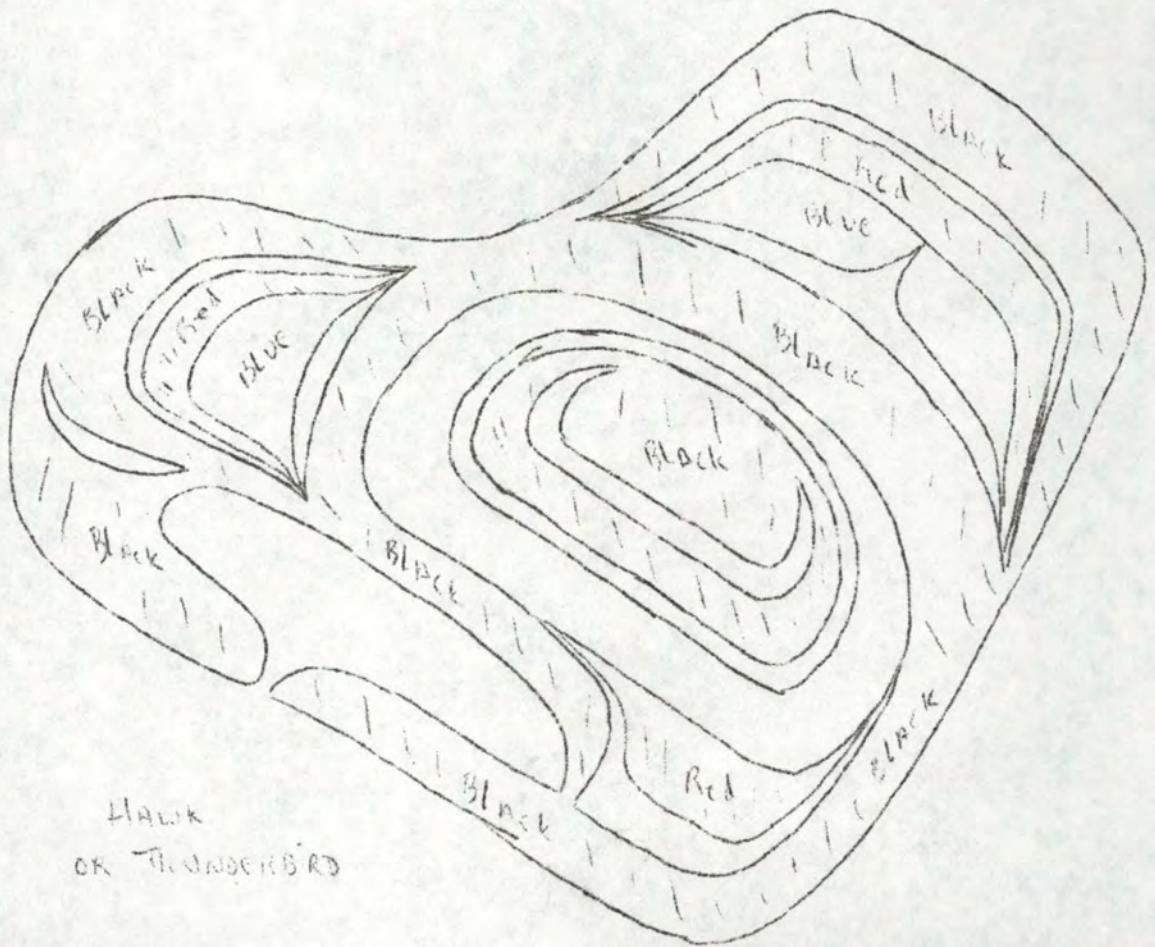
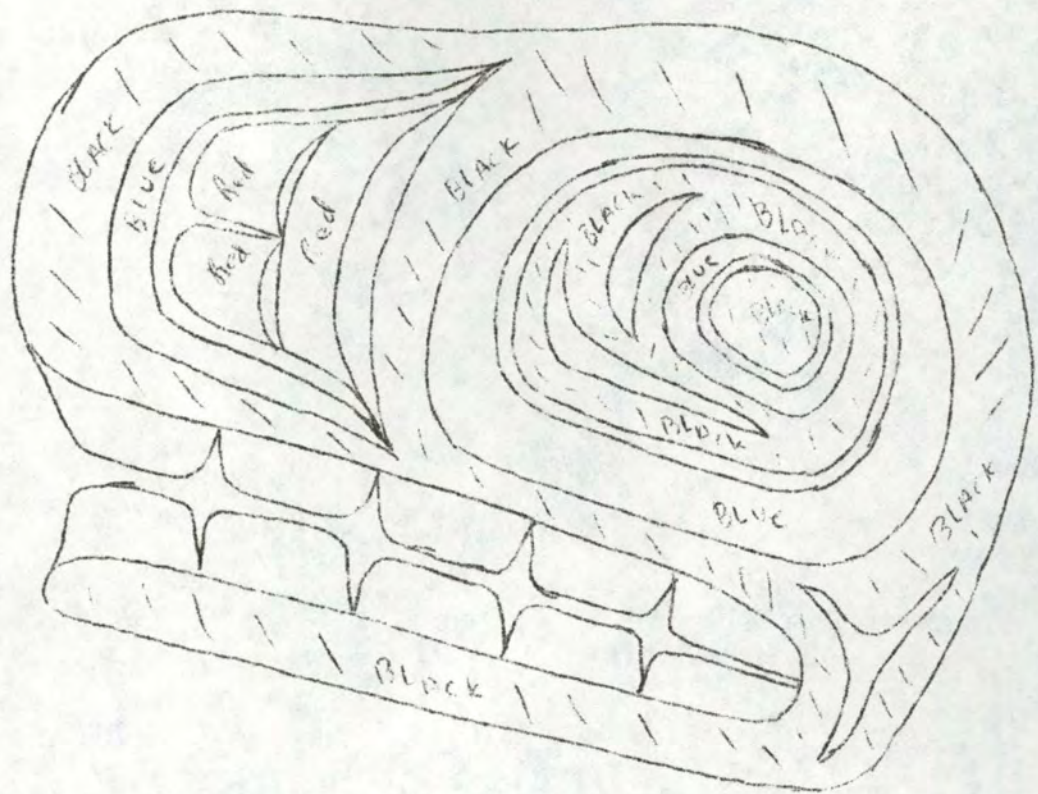


Engle



Wolf





HAWK  
OR THUNDERBIRD



"RECYCLABLE" CRAFTS

by Jean Baringer

Here are some ideas you may want to use in your programs. Is your camp program on a low budget with no funds for crafts? Need some ideas from church school crafts program. Is your group having a money raising craft sale (no expenses needed for supplies)? These crafts are based on "throw-away items" which can be made into interesting items.

Please add your ideas to this list.  
What can you do with these items?

Plastic Aerosol can lids (caps)

Bottles, jars

Butter Tubs

Baby Food Jars

Corn Husks

Egg Cartons

Egg shells

Foam Meat Trays

Greeting Cards

Knit scraps

L'egg Eggs

Lids (plastic) from cans  
(coffee, ice cream buckets)

Napkins

Potato Chip Cans

Ribbons

Rocks

plastic spoons

pop top pull tabs

pine cones

soap bottles, broom sticks

window shades

wrapping paper

yarn

Aerosol Can Caps - make Easter baskets using pipe cleaner handles, decorate with paint or felt markers, fill with grass and candy

-make recipe holders by filling with plaster of paris and upright fork or clothes pin

Bottles, Jars - make vases by painting outside, cover with masking tape, etc., make hurricane candle by cutting jar, decorating outside, add candle, or cut and make drinking glasses, candy dishes, ash trays, etc.

Baby Food Jars - use as paper weights by filling with water, plastic flowers, glitter or make handy rack with lids nailed to boards, fill jars with screws, nails, buttons, paperclips, rubber bands, etc., use for storing paints, clay, etc.

Butter tubs-flower pots by decorating with masking tape and shoe polish.



Corn husks-make dolls, wreaths, etc.

Egg Cartons-make flowers (tulips, iris, etc.) using stamens, wire, flourist tape, use for fire starters (paper mache kind) filling cups with rolled up newspapers with wick (string or) in center and fill with wax. Separate cups.

Egg shells-flowers, egg tree (decorated with sequins, trims, etc.

Foam meat trays - cut out shapes for refrigerator decor, picture frames, or little kids mecklaces.

Greeting cards - make placemats by glueing on construction paper, cover with clear contact,  
-decoupage on wood, coffee can lids for nametag or tie ornaments or wall plaques

Knit scraps - make soft toys (dolls, balls, blocks, quilts, stuffing toys

Flat Plastic Lids - frames for mobiles, yarn holders by punching holes and looping yarn through, tree decorations by glueing wrapping paper or trims on.

Festive napkins - mod podge or glue on plaster or wood plaques for pictures, make rock weights, candles (jars)

Potato chip cans or oatmeal boxes - knitting needles or yarn holders (punch holes) in lid, attach handle, decorate outside.

Ribbons - make flower coursages or make fish mobiles

Rocks - make paperweights, people-animal creatures, small rocks for mosaic pictures

Pine cones - flowers on boards or stems, make turkeys by adding features

Pull tabs - chains for curtains, pictures or wall hingings, use for picture hangers (nail to back of plaques)

Soap bottles - making hobby horeses, cut forms to crochet together for purses or bags, make blocks, napkin holders

window shades - make posters, carry-all bags, locker holders, map holders, place mats

wrapping paper - glue on glass jars for candles, on rocks for paper weights, pictures, plaques

yarn - make "Eye of God", corchet into afghans, plastic egg covers, weave into belts, book marks, macrame, mobiles or plant hangers

These will get your list started - add more!!!



## RECYCLABLE ITEMS

### A. Bottle-Jar Cutting

Recyclable bottles can be cut and used for many things. Such as vases, drinking glasses, wind chimes, terrariums, candy dishes, and many other things.

There are many possibilities for this project, as many of the materials cost nothing and others are minimal. Those on the ecology kick should enjoy this project.

#### Materials needed:

1. Some type of bottle cutter (there are many kinds)
2. Glass jars, bottles.
3. Candle
4. Running cold water
5. Knife or a "tapper"
6. Sanding equipment
7. Modge podge, fun podge, etc.
8. Paint brush
9. Used gift wrapping, paper napkins
10. 3-D beads, glo beads
11. Hair spray

#### Steps in making the candle containers:-

1. Wash labels off jars or bottles
2. Adjust cutter to desired position for cutting bottle
3. Score bottle by twisting or turning glass against cutter--makes the sound of tearing tissue paper.
4. Use a knife handle, screwdriver or stick and gently tap the scored line
5. Hold jar in both hands and slowly turn (scored line on bottle) over candle flame -- about 3-4 slow turns.
6. Immediately hold jar under cold running water and turn slowly. Hold both ends with both hands as you may otherwise drop and break one of the two parts.
7. The glass should separate without forcing. If not, repeat the candle flame-cold water treatments again.
8. Sand down edges of cut glass. This can be done by using graphite paper, sand paper, or if available an electric sander.

### TO MAKE CANDLE HOLDERS

9. Cut out wrapping paper size of jar
10. Paint jar with 1 coat of Modge Podge, Fun Podge or similar substance (This is not the same as Elmers glue.)
11. When first coating has dried (10-20 minutes) paint on a second layer of Modge Podge and put on wrapping paper. Smooth out wrinkles, clip bottom edge of paper every 1/2 inch to fold around curved portion. Trim excess off top edge.
12. Paint on 3rd layer of Modge Podge, pour 3-D beads onto painted jar before it dries. Make sure this is over a pie pan or something to catch the excess beads to be re-used.



13. When this layer has dried lightly brush off excess beads. Spray candle holder with hair spray or clear plastic to keep beads on longer.
14. Add a candle and enjoy it.

# REFERENCE BOOKS

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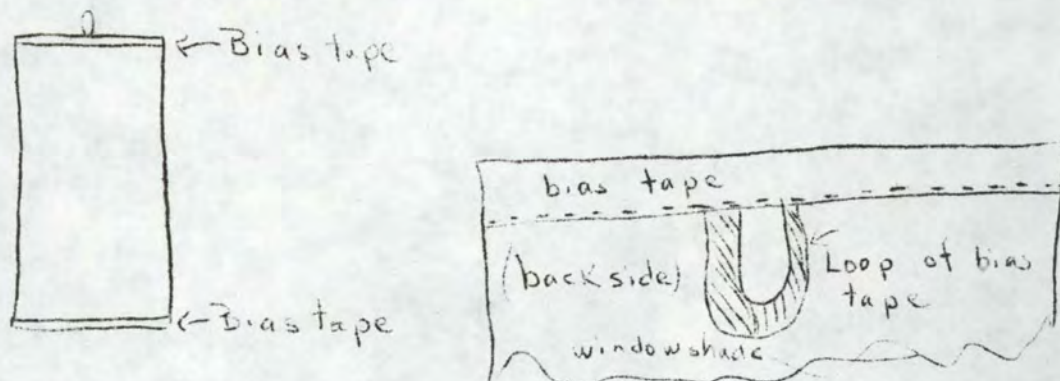


KOHAT  
BY  
JEAN BARINGER

RECYCLABLE ITEMS + BOTTLE CUTTING

1. Recyclable bottles can be cut and used for many things.. such as vases, drinking glasses, wind chimes, terrariums, candy dishes, and many other things.. This is on another page in detail.
2. Window shades

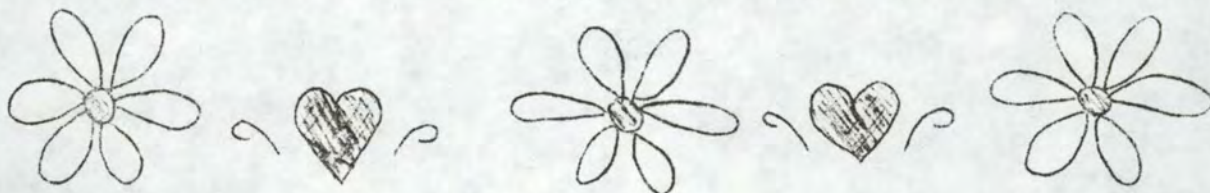
Raid the stores that sell window shades, ask clerk if it is ok if you take the cut off ends that are in the barrels. These are cut in various lengths and you can cut these in various lengths too, depending on the size of poster you want. These can be used for mini posters. Paint the shade with acrylic 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.



Some sayings you might use are:

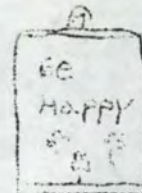
- \* If you see someone without a smile give them one of yours.
- \* Bloom where you are planted.
- \* When life gives you lemons, make lemonade.
- \* A journey of 1000 miles must begin with a single step.
- \* People are lonely because they build walls instead of bridges.
- \* Nothing would be done 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.

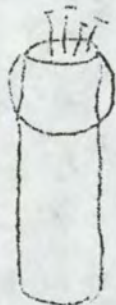




## Recycling ideas from Jean Baringer

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 PUNCHED IN LID AND ON 2 SIDES OF CAN. USE CORD OR YARN AS HANDLES TIED IN HOLES IN SIDE. ROLLED CORRUGATED PAPER IN BOTTOM (1" WIDE) HOLDS DOUBLE POINT NEEDLES AND CORCHET HOOKS IN THE CAN.

3. Plaster plaques...

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 1½ c. WATER) IN BOWL, KNEAD ABOUT 1 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° - 350° 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 YARN SEW SQUARES TOGETHER, LEAVING ONE FLAP OPEN TO



Plastic Blocks continued

Add thick foam for cushion effect and sew around last 3 sides. Use permanent felt markers to add disc.

7. Hobby Horse -

Using broom handles and plastic detergent bottles with rickrack, seam and bias trims. See directions elsewhere.

8. Ribbon fish

using new or used ribbon to make fish, hang from string or thriead from plastic can lids, twig or wire rods. See directions elsewhere.

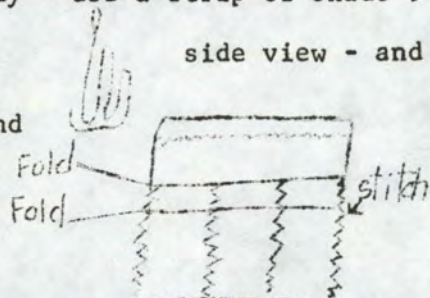
9. Masking tape on jars

to make planters, overlap many small peices of masking fape on butter tubs, jars or bottles. Covering entire surface. Rub on wax shoe polish to cover entire area and rub off excess. This will give a leather look.

10. Other window shade projects.

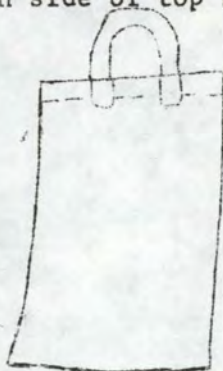
Locker caddy - use a strip of shade 9-12" wide, 24 - 36" long and fold into two layers

side view - and zigzag up sides and down middle to form pockets, and



across top hem. Slip rod, dowel or shade wood strip in and tie cord.

Bag - Fold 2 strips of shade - 8" long - 2" wide in half lengthwise and edge stitch along woth sides for handles. Fold a long strip (width of shade is, or smaller if desired, and twice as long as desired finished bag) in half (fold for bottom) and sew up sides. Flod top down to make hem and stitch. Sew handles on each side of top hem, ends on the inside of bag..

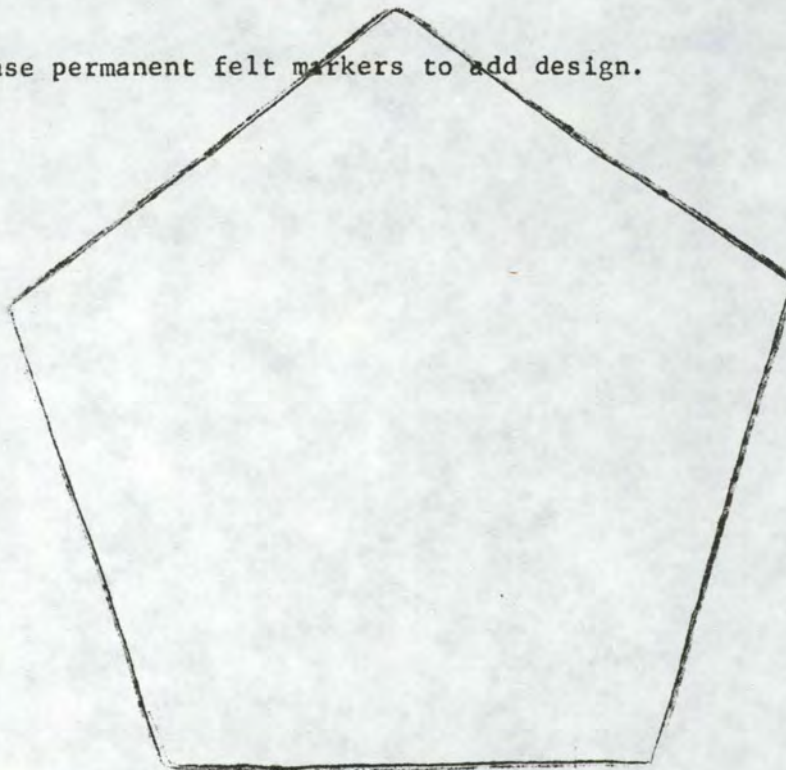


use permanent felt markers to add design.

11. Soft ball

Use double knit or felt scraps.

cut 12 pentagon shaped pieces for each ball.





Soft Ball, Cont.

B

Make the ball in 2 halves. using  $\frac{1}{4}$ " seams on all parts - right sides together, sew five of the pieces on all sides of of a 6th piece, one on each edge making a flower shape.

NOTE:  
forget this line →

sew edges of 5 pieces to each other making a bowl shape. Repeat this with the other six pieces. Sew these two halves together, leaving 2 sides open. Turn right side out, stuff with shredded foam rubber (if want good bounce) or polyester fill. Hand stitch remaining 2 sides.

This is just a start. You can come up with more ideas yourself. THINK!  
BE CREATIVE. go forth and lead. Teach a craft!

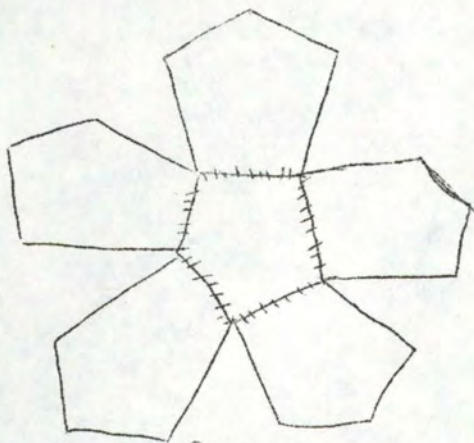


fig. 22

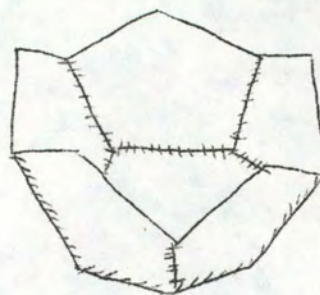


fig. 23



Shown by Jean Barringer

DETERGENT BOTTLE HOBBY HORSEMATERIALS AND EQUIPMENT NEEDED

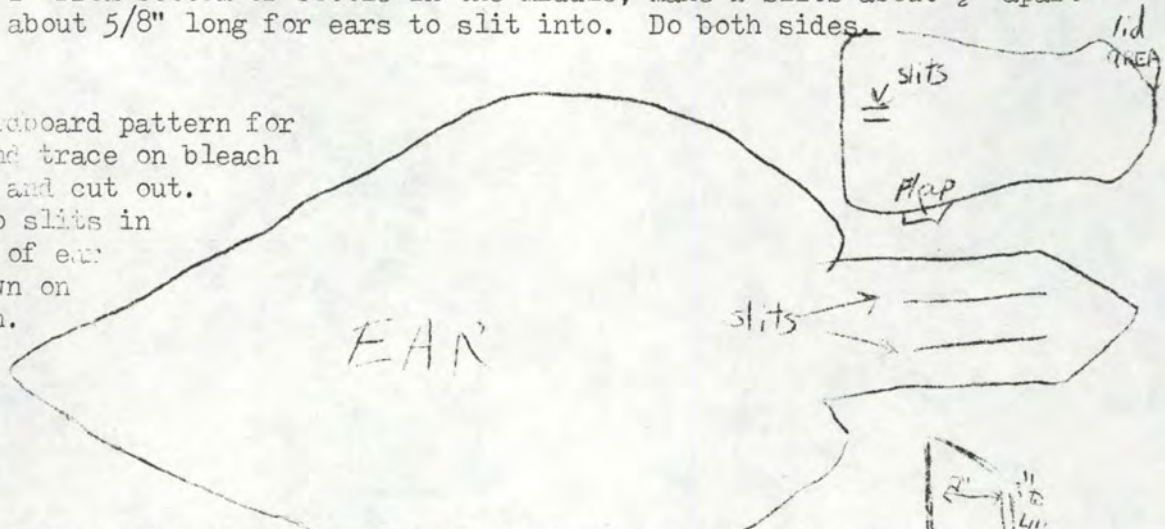
Used detergent bottle (Ivory, Dove, Ect.) - head	Piece of cardboard 3" x 5 or 10"
Used bleach bottle (white) - ears	Exacto or kitchen knife
Old broomstick - about 1 yard long - body	Scissors
Block of wood 5/8" to 1" thick	Masking tape
about 2" wide - neck	Upholstry tacks, big-head nails
Remnants of yarn - mane	Elmers or tacky glue
Seam tape, bias tape, ric rac, lace - reins	Paint brushes
Black vinyl, oilcloth or felt, about 1" diam. - nose	Sewing machine
Acrylic paint or permanent felt marker - features, eyes	
Non-toxic, non-lead paint - for handle and neck	

PREPARATIONS

1. Bottles-head Soak labels off bottles, remove lid and cut neck off the detergent bottle down to the base where the lid screw stops. Cut hole in narrow side of bottle 2 1/2" from bottom with flaps, big enough for broomstick to snugly fit. Also, on wide side about 1/2 or 1" from bottom of bottle - in the middle, make 2 slits about 1/2" apart about 5/8" long for ears to slit into. Do both sides.

Cut cardboard pattern for ears and trace on bleach bottle and cut out.

Cut two slits in "stem" of ear as shown on pattern.



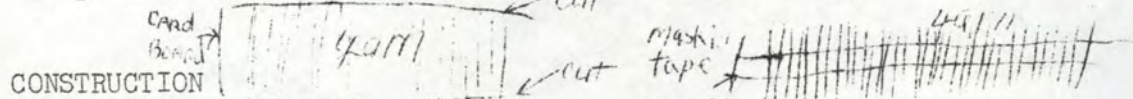
2. Broomstick and block. Nail block of wood cut to above shape to the broomstick about 4" down from the end (length is equal to width of bottles at wide end, this varies for small, med, or large size bottles) See diagram. Paint entire block (neck) and broomstick desired color and allow to dry thoroughly.
3. Tapes-reins Use own color combinations and sew ric rac on seam or bias tape or use fancy trims, laces. Need piece about 9" for around nose, 12" around back of head and 4 feet for reins. (total of about 6 feet)
4. Black material-nose Use quarter or proper size pattern to draw around (size of bottle hole where lid was cut off) and cut one piece for "nose or snout".





page 2 for  
Hobby horse  
Jean Barringer

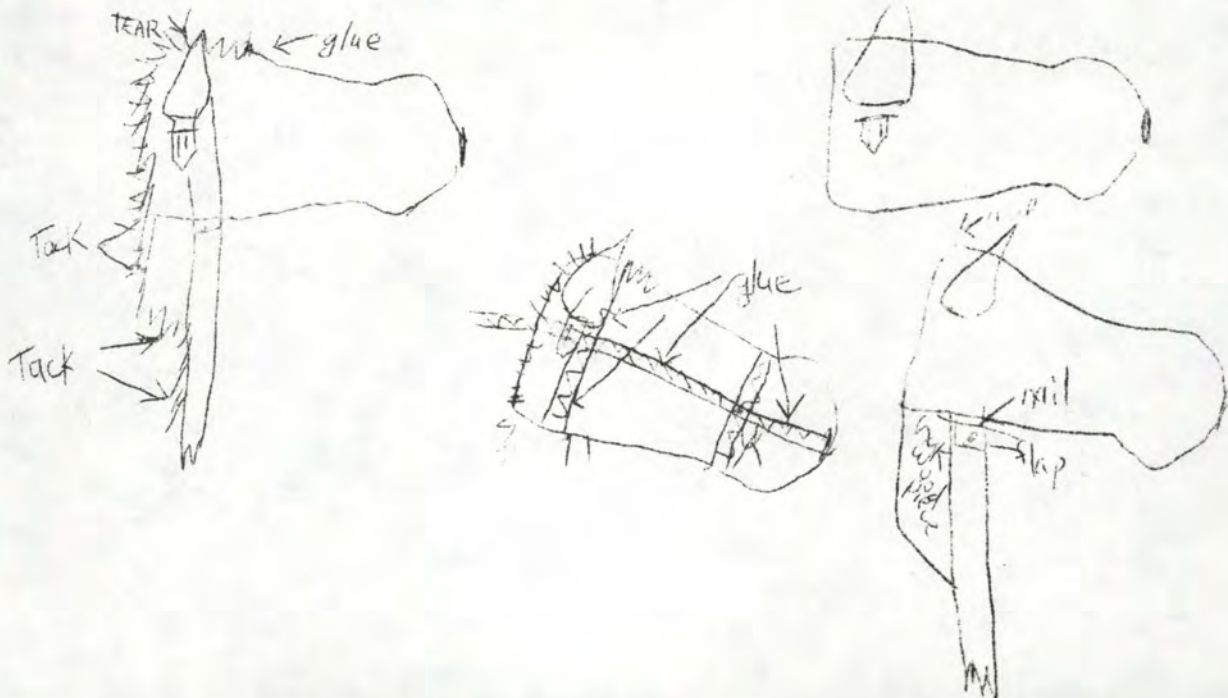
5. Yarn-mane Use cardboard strip 3" wide to wrap yarn around to make the mane. Lay the masking tape upside down (sticky side up) on table-about 3 feet long. Cut wrapped yarn on both folds and lay on tape in even row. See diagrams. Make enough for 2½ or 3 foot strip.



#### CONSTRUCTION

1. Glue "nose" on bottle where lid was cut off.
2. Slip ears through slits on bottle.
3. Slip bottle over broomstick down snug to the "neck" piece, with the neck towards the back of the bottle. Nail "flaps" to broomstick securely, nail bottle to end of broomstick - at the top of the head. See diagram.
4. Fold mane double and tack with upholstery tacks or decorative tacks. Tack to top of head and down the neck piece. Bring over top of head just past the ears and glue to bottle. See diagram.
5. Slip 4 foot length of reins into slits of 1 ear, down over the nose, back through slits of other ear. Pull through til ends are even and tie ends in knot. Glue reins to bottle from ear to ear over the nose. Glue trim around narrow part of bottle and around back part of head, just in front of ears. May glue lace, pompomballs, ect. as desired.
6. Use felt marker or acrylic paints to draw on eyes and lashes, ect.

There are directions for other hobby horses in the September issue (1975) of  
FARMER'S WIFE



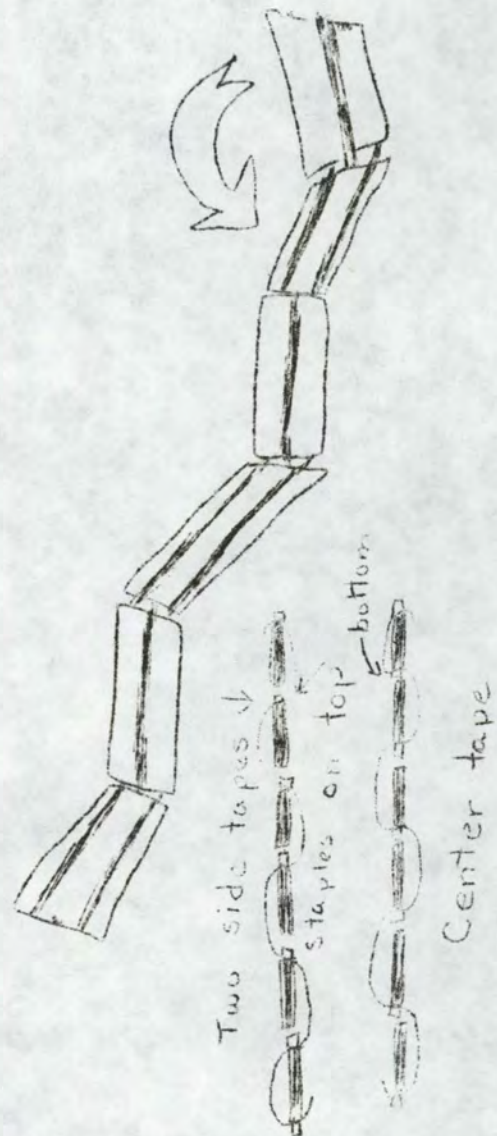


# CLICKETY CLACKER

Shared by Jean Baringer

Clickety Clacker will misitfy you and your youngsters, even after you've helped them build one from scratch. Its double hinges cause blocks to "fall" continuously. All you have to do is cut six  $2\frac{1}{2}$ -by-4-by $\frac{1}{4}$ -inch plywood blocks. Sand edges round, and lay blocks on table, end to end. Weavh  $\frac{1}{2}$ -inch cotton twill tape through blocks as illustrated . . .first the double set. Staple tape to top of each block. Then, weave a single tape up through the middle, in opposite direction, stapling it to bottom of each block. Now, touch the top block's single-tape side to the block below . . .and try to figure it out.

Try placing a folded dollar bill behind the tape of one block; operate the ladder and watch the dollar suddenly disappear and then reappear. As suspected, it moves to the back side; but notice that it actually transfers from behind a block with a single tape to a block iwth double tapes, quicker than you eye can see it.





# 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.

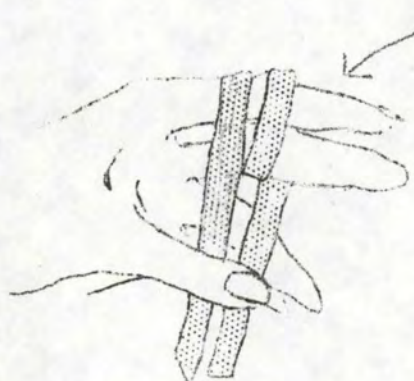
Length	Width →								
	7/8"	3/4"	5/8"	1/2"	3/8"	3/8"	1/4"	1/4"	less than 1/4"
Long	2 3/4"	12-20"	15"	13"	12"	10"	8 1/2"	8"	7 1/2"
Short	6"	5-6"	4"	4"	3 1/2-4"	3"	3"	3"	3"-2"

## FOR EACH FISH

Out 2 long pieces for the body. Out 2 short pieces for the tail.

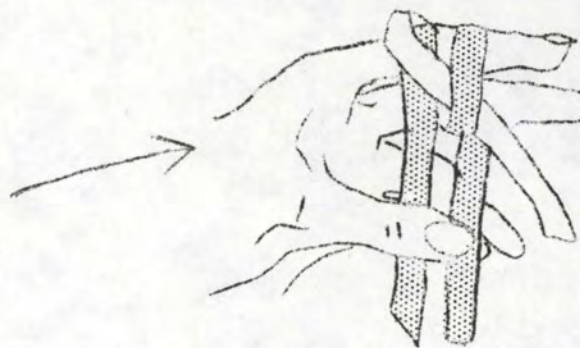
For 2 fish is one color cut all ribbons one color.

For 2 tone fish cut 1 long and 1 short piece of each color.



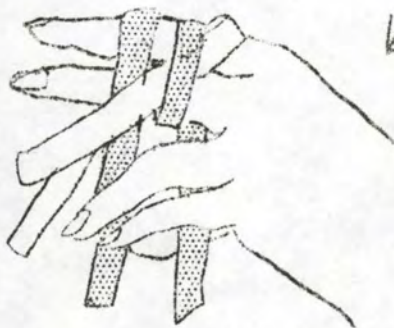
1. Take one length of ribbon and wrap it around fingers twice-from front to back. Spread loops apart and hold tight.

2. Take other ribbon and weave it under the first loop, over the back, around to the back-

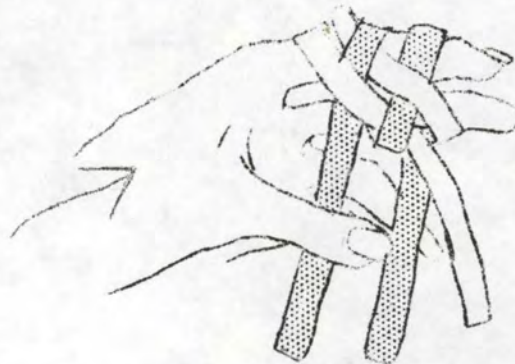




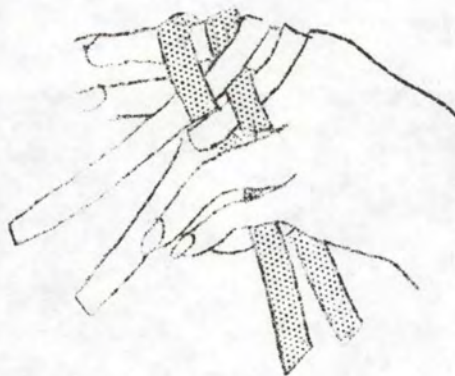
# Ribbon Fish Mobile continued



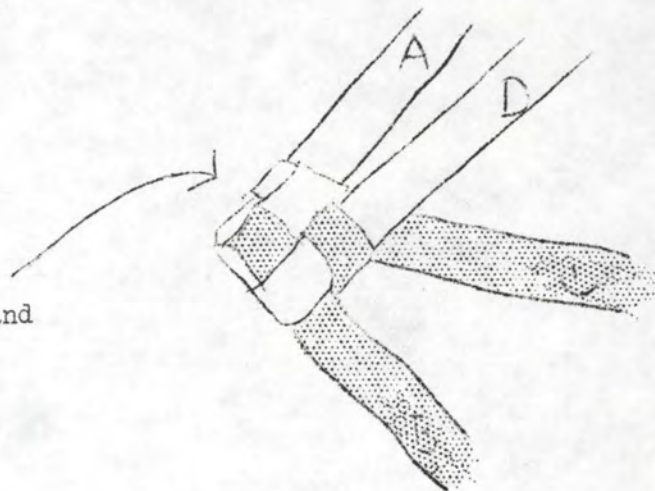
3. Under loop and over the first end. Bring it around under middle finger to the front. This is the "bottom" loop.



4. Continue weaving "top" loop over first, under the second loop to the back-



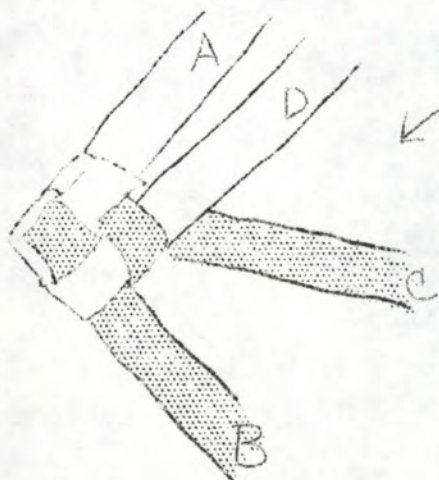
5. Over the loop and under the first loop.



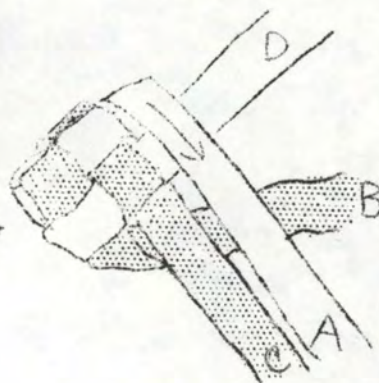
6. Gently, remove fingers and pull loops to tighten.



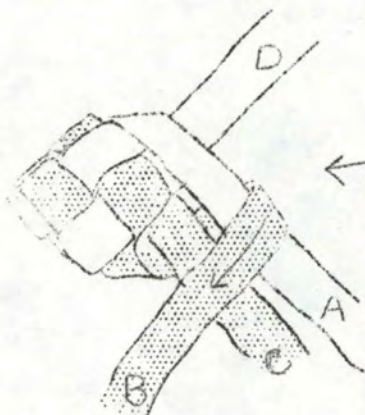
## Ribbon Fish Mobile continued



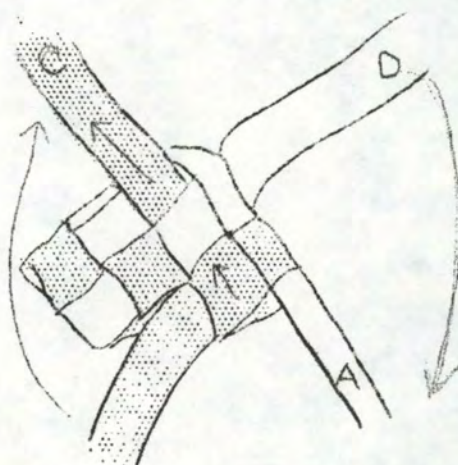
6. <sup>Picture</sup> (repeat)  
Pull loops to tighten. Mark tips of ribbons as shown.



7. Fold A over D and C  
Bring B under C and A



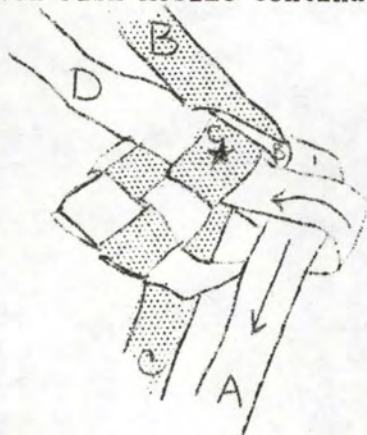
8. and back over A and C.



9. Fold D over B near D and out.  
Pull on to tighten.  
Flip fish over- top to bottom.

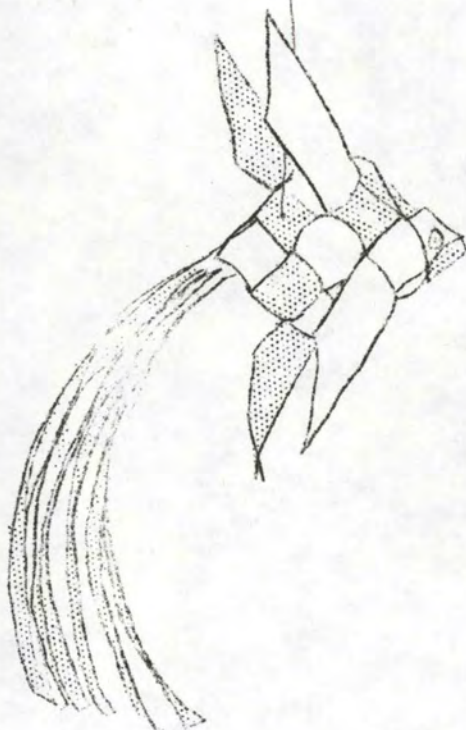
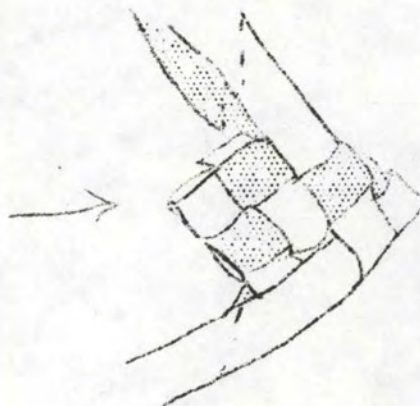


## Ribbon Fish Mobile continued



10. Bring (fold) A over D. Fold D over A and through C. (See \* as C) down under B

11. Clip ends of fins. Tighten fish all over.



12. Cut 2 strips of ribbon. Insert and fasten in tail folds. "Shred" to within  $\frac{1}{4}$ " of fish. Add eyes.

Insert thread to back and attach to others for a mobile of your own design.



## OJO DE DIOS or EYE OF GOD

Talismans (hangings or mobiles)  
by Jean Baringer

Originally, these were made in North America by the Pueblo and Mexican Indians, and are reputed to bring good luck, good fortune and bodily protection to the owner. A gift of an ojo to a friend would be a way of saying "I wish you all the good things of life." The Cunos (Indians of South Central America) have the custom that when a child is born, the relatives make the baby an ojo of his own, and it is given to the child at puberty. The eye, representing the baby's purity, is usually white, and other colors are added as the child grows, dark for unhappy times, bright for happy.

Ojos were first made by primitive people by winding reeds and fibers in a cross shape - forming a square to seek protection from adverse elements. Now they are collectors' items, colorful, artful decorations, a way of self expression.

They come in all sizes, shapes, colors and textures, and are one of a kind. Fibers used can be exotic threads, wool, mohair, rug yarns, silk twist, crochet thread, and made on wood sticks - popsicle sticks, toothpicks, dowels, hors d'oeuvre sticks, bamboo skewers. Their use may be a wall hanging, mobile, necklace, earrings, gift wrap decor, Christmas tree decor, greeting card enclosures, or used on Indian horst bridles.

### MATERIALS NEEDED:

1. Sticks - at least 2 of equal length, narrow, flat, 1/4-3/8" diameter or width. More than 2 for the more complicated designs (not explained here). Rough surfaces are best (dowels, willows, etc. let yarn slide and slacken) or surface can be scratched and roughened up or glue applied to hold yarn in place.
2. Yarn - wool, orlon or mixtures are best (linen & hemp or other unusual fibers cause tension problems). Use nylon for outdoor use. Variety of colors. Traditional ojos are of earthy colors, but modern day ojos are woven in any color scheme. The eye is usually dark (unless for baby). They can pick up color schemes of a certain room.
3. Glue - white household glue
4. Scissors
5. Clothespins



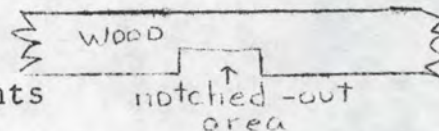
Page 2  
 Hangings or mobiles cont'd.

BEFORE YOU START:

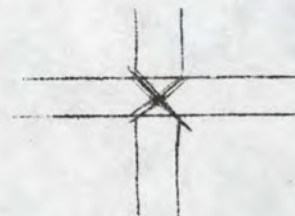
- A. Tension is important - too tight and sticks may break; too loose and ojo looks "sloppy."
- B. Don't use same sequence of colors - change order when used more than once for variety. And, don't have same number of wraps for each color - some wide, some narrow - avoid repetition.
- C. To change color of yarns, glue end of one and start of another to back side of "arm" stick. Let them be snugly twisted or pushed together to avoid unwanted or uneven spaces. (Tied threads lessen the quality of work and are harder to get the knot just where you want it.) Hold glued end in place by hand or clothespin until set.

PROCEDURE:

1. Mark the center of the two sticks and place these 2 points together, causing sticks to form a cross - corners at 90° angle. If sticks are thick, these may be notched by using a small hacksaw, X-acto knife or chisel to remove half the depth of the wood at the points where they meet.

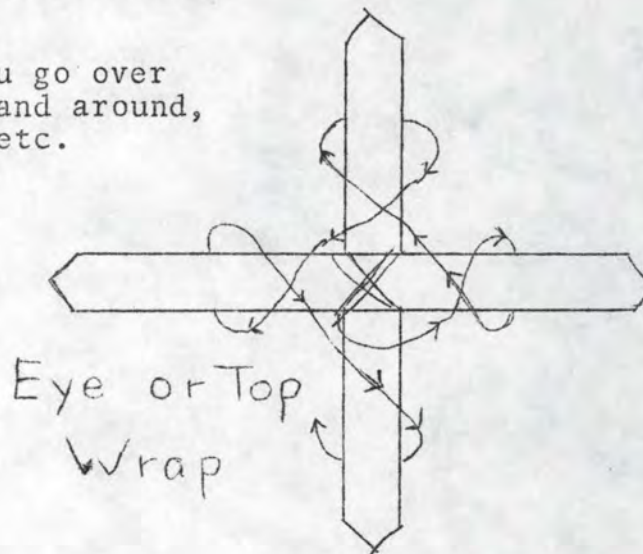


2. Start wrapping yarn around sticks diagonally, several times, forming an "X" over the sticks where they meet. Hold tail end of yarn in place till it is overlapped, or may use a dab of glue.



3. After several wraps to hold sticks in place, start eye - or top wrap. In a counterclockwise direction, wrap yarn over top of stick, under and around on top to next arm of cross.

As you get to each arm, you go over and around, next one over and around, next one over and around, etc.

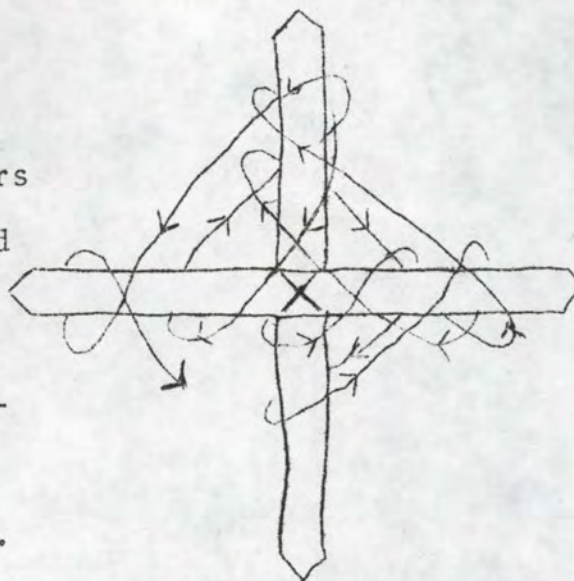




page 3  
hangings or mobiles cont'd.

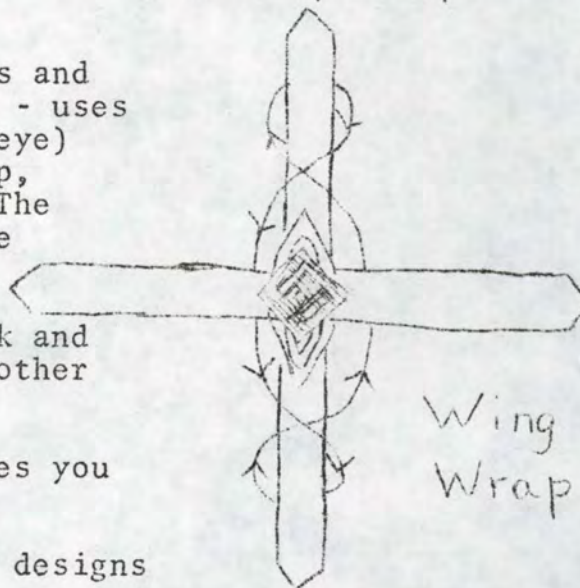
4. Continue design, changing colors and types of wrap as desired. A few other wraps are explained here.

Double Eye Wrap - when viewed from both sides. Wraps both sides at the same time by passing over 2 sticks (rather than around one), returning to starting point, over the next arm in rotation as in eye wrap.



Double Eye Wrap

Wing Wrap - (represents arrows and denotes protection from evil) - uses 2 opposite arms (not 4 as in eye) in the design using a top wrap, going under the other arms. The yarns must lie smoothly on the back.



Wing  
Wrap

Work this several times, break and end yarn. Repeat pattern on other 2 arms.

There are others but this gives you a few.

You can make up your own wrap designs as you go- trial & error!

5. To finish ojo, wrap yarn around ends of sticks, glueing as you go (to cover stick completely on all points). May want to bevel ends of sticks to a point or tie pompoms, tassels, or feathers on ends of sticks. If to be hung, attach a piece of matching yarn to one arm securely.

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This information was taken from "The Creative Ojo Book" by Diane Thomas, 1975, Hunter Publishing Company.



May 14th - 21st, 1978  
Worley, Idaho

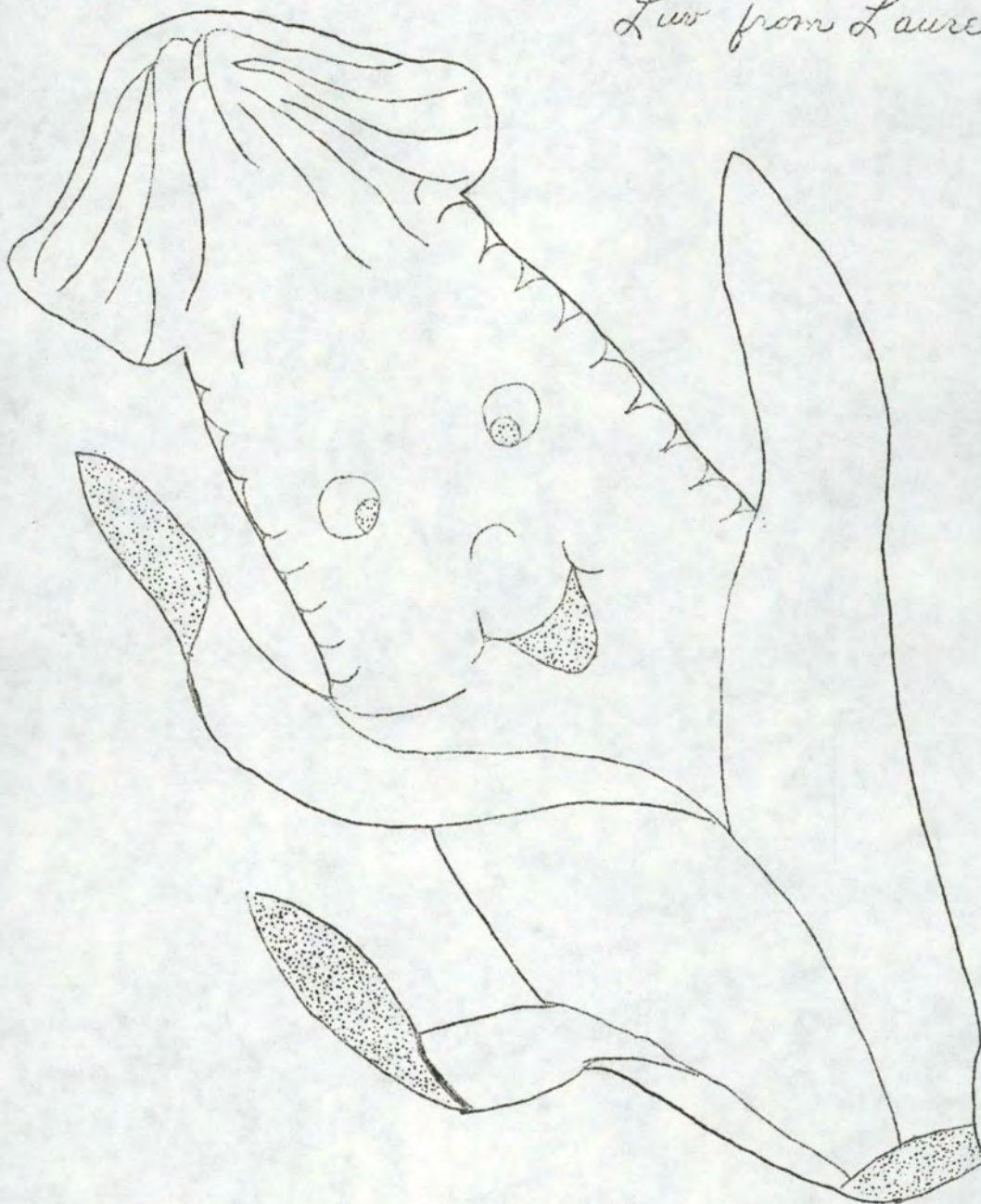
Dear Chatcolabbers,

The following pages come to you from the GREAT state of Washington through the kindness of many people from the Yakima Valley. Many patterns were furnished by one of our County Extension Agents, Ruth Scarlett, who is always an inspiration and help to young and old alike. Thank you, RUTH!

Also, a special thanks to Mrs. Fred Campbell ("Dean") for her contribution.

Forcoming patterns are for you to use for bean bags, refrigerator decorators, mobs, pillows, whatever you can think of. Be creative. Improvise and find your own fun making an original design made just by you!

*Love from Laurel*





Shared by Laurel Mulder courtesy of Ruth Scarlett, County Agent  
Cooperative Extension Service  
233 Courthouse  
Yakima, WA 98901  
(509)575-4214

#### GENERAL INSTRUCTIONS FELT PUPPETS

1. Press all felt before using. In cutting felt, always use sharp scissors. Round manicure scissors are excellent for small pieces and round corners. Cut by sliding scissors to avoid chopping felt.
2. Trace patterns onto tracing paper, separating each pattern piece. Dotted lines indicate one pattern piece crossing a second, dots being unseen edge of piece.
3. Cut all materials first and place together to see how the puppet will look. Lift head off and glue body together following instructions in step 4.
4. When applying white glue to large areas such as around body, spread glue 1/4 inch from edges of body. Apply glue on all edges except bottom. Spread glue evenly with a flat toothpick so a white line is formed. Place second body section gently on top of glued part, keeping all edges even and press down with fingers.
5. When gluing small pieces, pour a small amount of glue on a piece of cardboard, and use a toothpick to dab a small amount on back of piece to be glued. Run piece over cardboard to wipe off excess glue. Place in position on felt and press down lightly.
6. Small felt dots can be cut by using a hand punch.
7. In cutting very small pieces of felt, it is easier to glue the pattern on the felt first and cut around both pattern and felt.
8. If any excess glue gets on felt, wipe off immediately with a toothpick and a piece of tissue.
9. Let each section dry for a few minutes before turning or going on to next step.

#### THE JOLLY JESTER

1. Cut 2 bodies, 2 faces, 2 diamonds, 1 collar, 1 mouth, 1 nose, 2 outer eyes, 2 inner eyes, 2 ears, 1 center tassel, 2 outer tassels. Glue large black body pieces together as in general instructions.



2. Glue diamonds and collar to jester body. Add face and features - ears underneath face. Glue black tassel between and behind fuchsia tassels. Add jingle bells to tassels and 8 MM beads to collar.

Materials Needed: 2 - 9 inch x 12 inch pieces black felt for body, eyes, nose and center tassel  
 small felt pieces - fuchsia for collar, outer tassels and mouth  
 white for face, ears and diamonds  
 frost blue for eyes  
 3 small gold jingle bells  
 8 - 8 MM gold plated beads

### FERDIE FROGGIE

1. Cut 2 bodies, 1 head, 1 bow, 1 bow center, 1 hat, 1 hatband, 2 outer eyes, 2 inner eyes and approximately 8 body spots. Glue moss body pieces together following general instructions.
2. Glue head, eyes, hat, hatband, bow and spots in place. Cut 2-1½ inch pieces of macrame cord and glue to eyes. Remaining cord is shaped and glued in place for mouth. Trace outline of head and hat and cut from chartreuse felt. Glue around edges and place on back of puppet. Scatter and glue spots on body.

Materials Needed: 2 - 9 inch x 12 inch pieces moss green felt for body  
 small felt pieces - black for hatband  
 chartreuse for head and spots  
 fuchsia for hat and bow  
 white for eyes  
 turquoise for eyes  
 6½ inch of black rayon twist macrame cord

### BONNIE BUNNIE

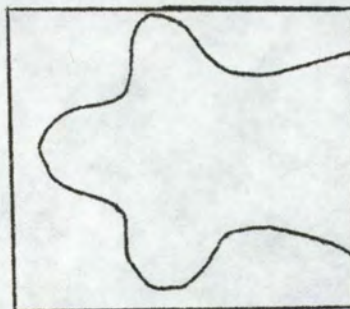
1. Cut 2 bodies, 2 heads, 2 outer ears, 2 inner ears, 2 outer eyes, 2 inner eyes, 1 nose, 2 pockets. Glue large yellow body pieces together following general instructions.
2. Glue a yellow lace flower onto center of each pocket on front body piece. Glue eyes and nose in place on face. Glue shocking pink ears in place behind head. Add ear centers, flowers, fringe and bow. Draw mouth carefully with black ball point pen. (Too much ink will run on felt.)
3. Cut 3 pieces of cat whiskers approximately 4 inches long. Poke holes in back of felt with sharp pencil and insert whiskers into place around mouth. Tape whiskers in place on reverse side. String pearls onto 3½ inches of wire. Glue head in place, covering and holding ends of wire. Cut 2 small scraps of black felt for eyebrows and glue in place. Glue second head on back of puppet.



Materials Needed: 3 - 9 inch x 12 inch pieces jonquil yellow felt for body  
 small felt pieces - shocking pink for face and pockets  
 frost pink for inner ears  
 fire red for nose  
 brown for eyes  
 white for eyes  
 forget-me-nots  
 14 - 5MM pearls  
 1 package cat whiskers  
 2 small yellow lace flowers  
 6 - 2 inch pieces rayon twist macrame cord - white  
 3½ inches of fine spool wire

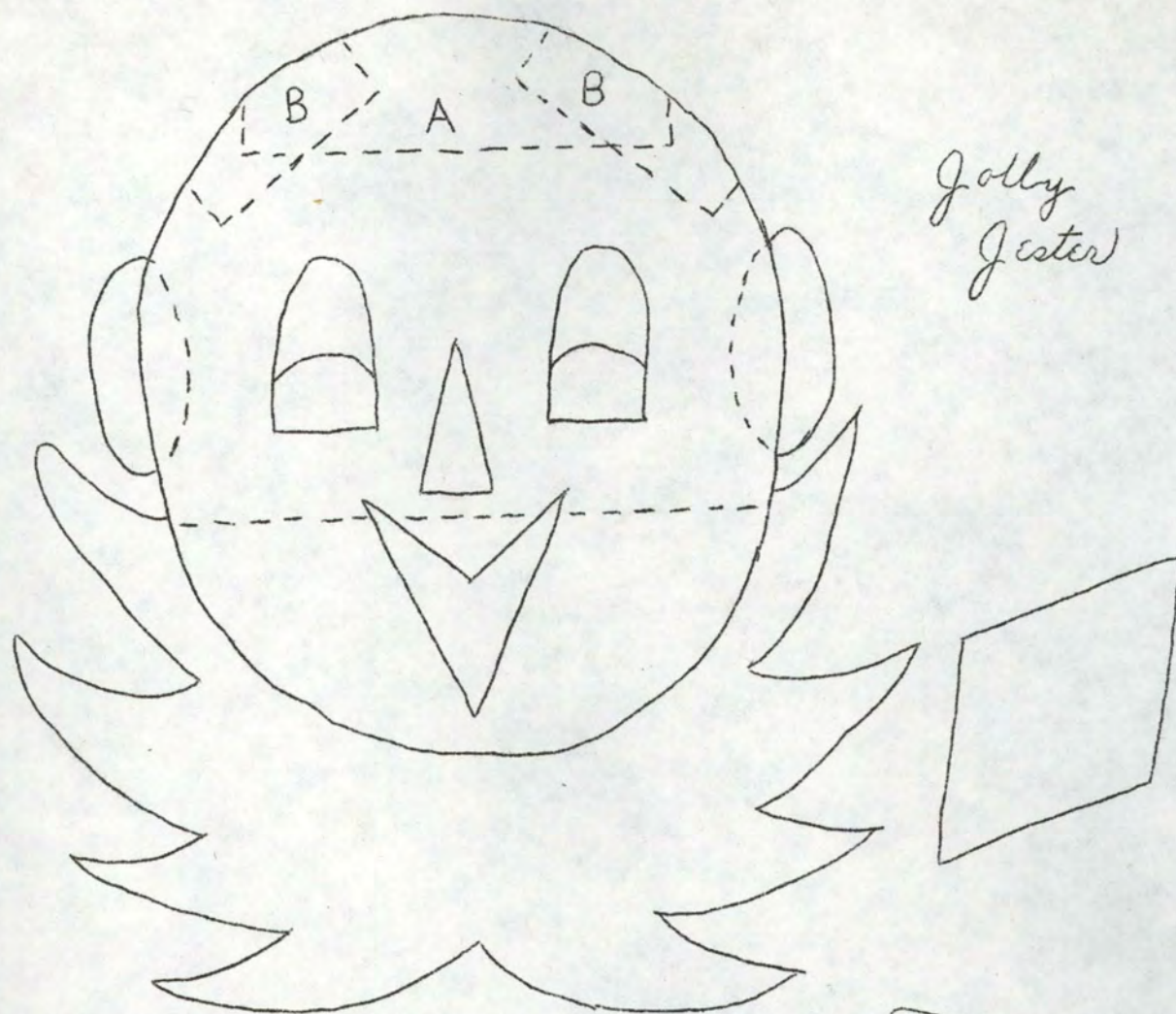
BODY PATTERN FOR  
 ALL PUPPETS

PLACE ON FOLD OF FABRIC

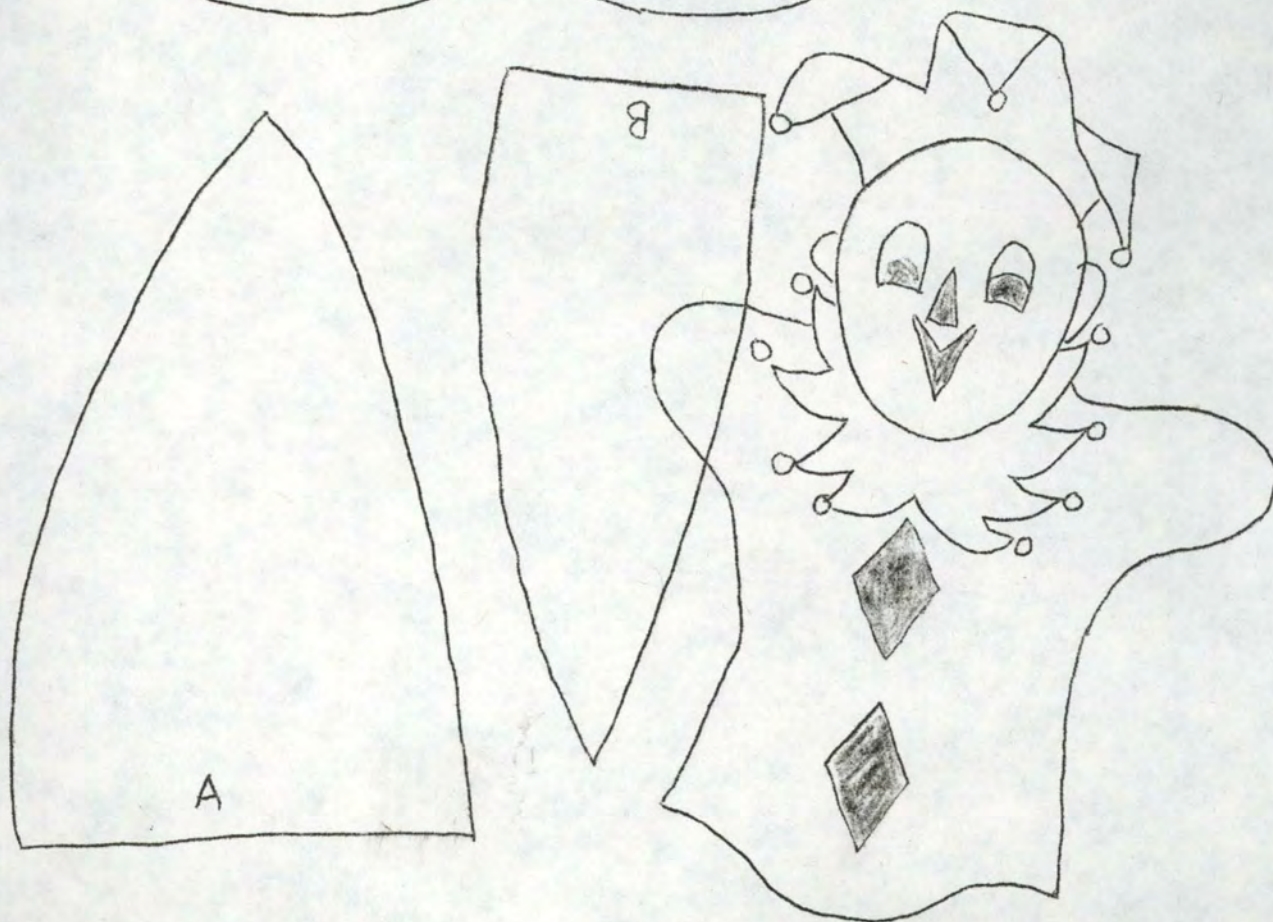


9" X 12" FELT



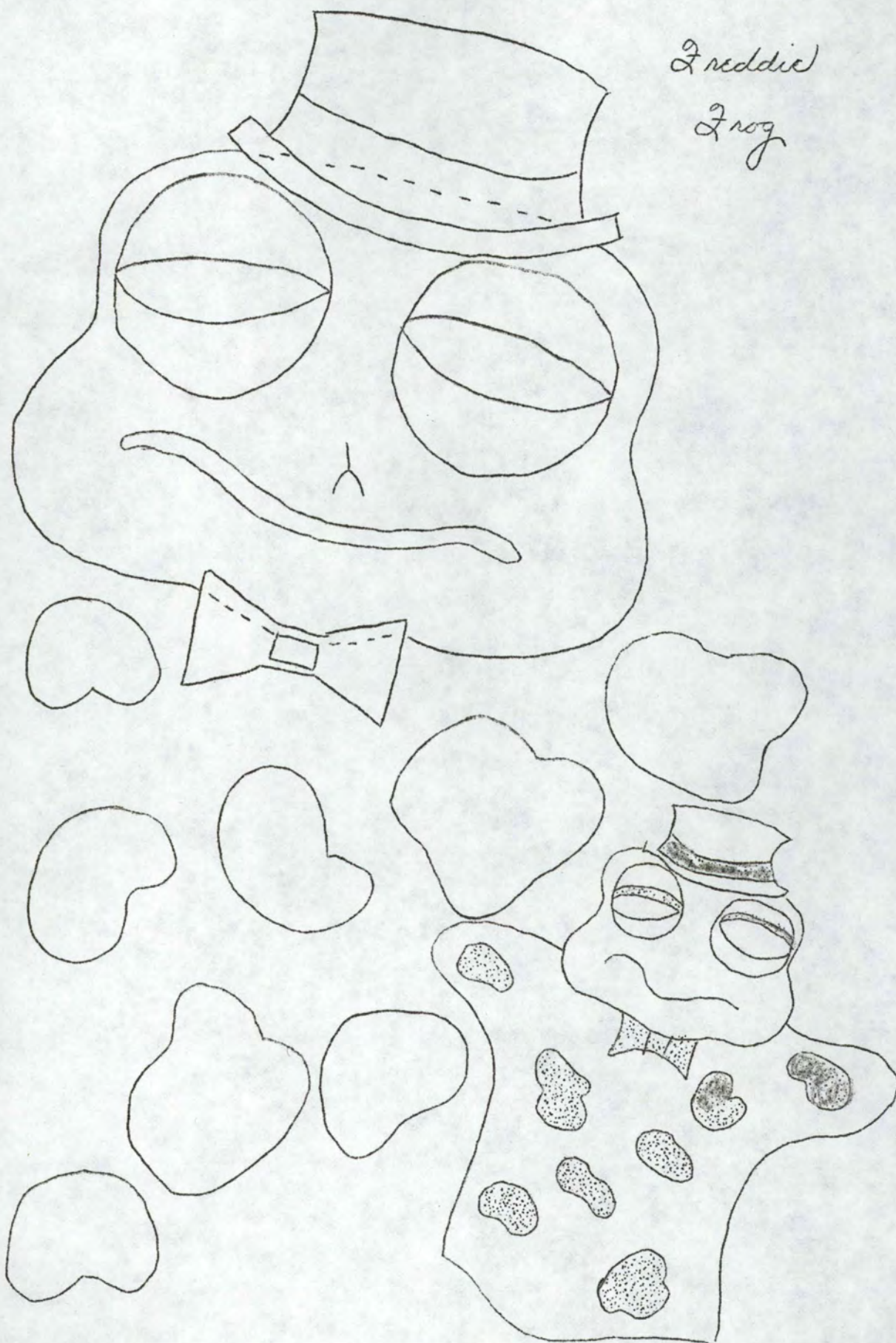


*Jolly  
Jester*



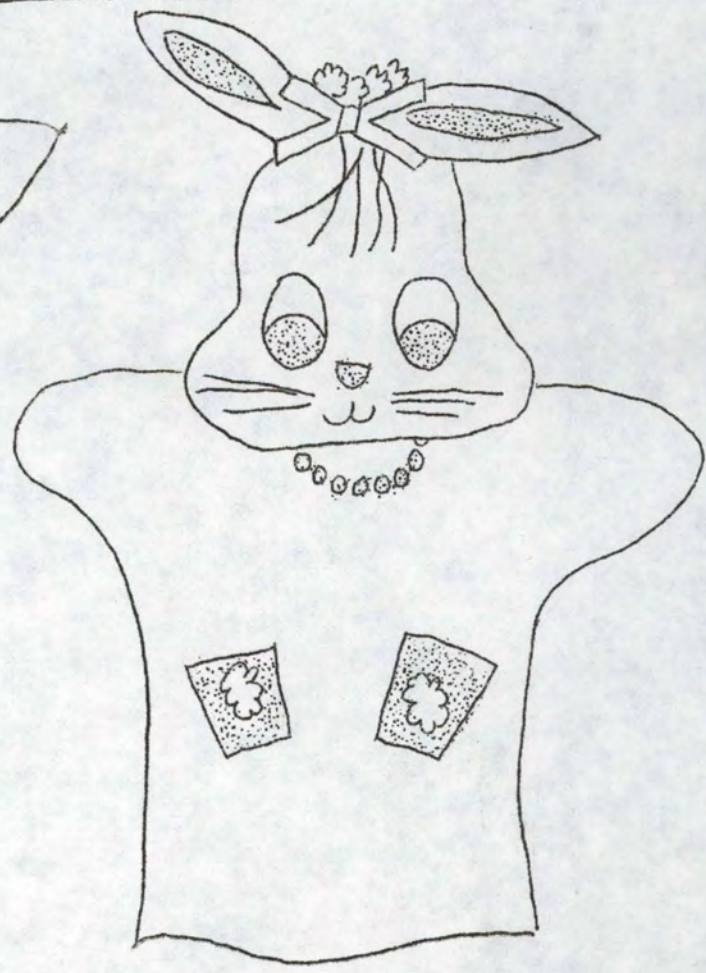
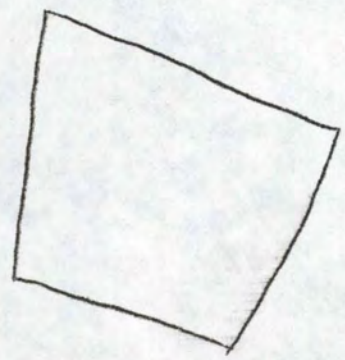
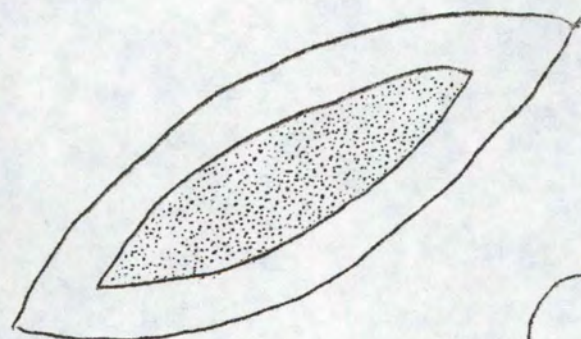
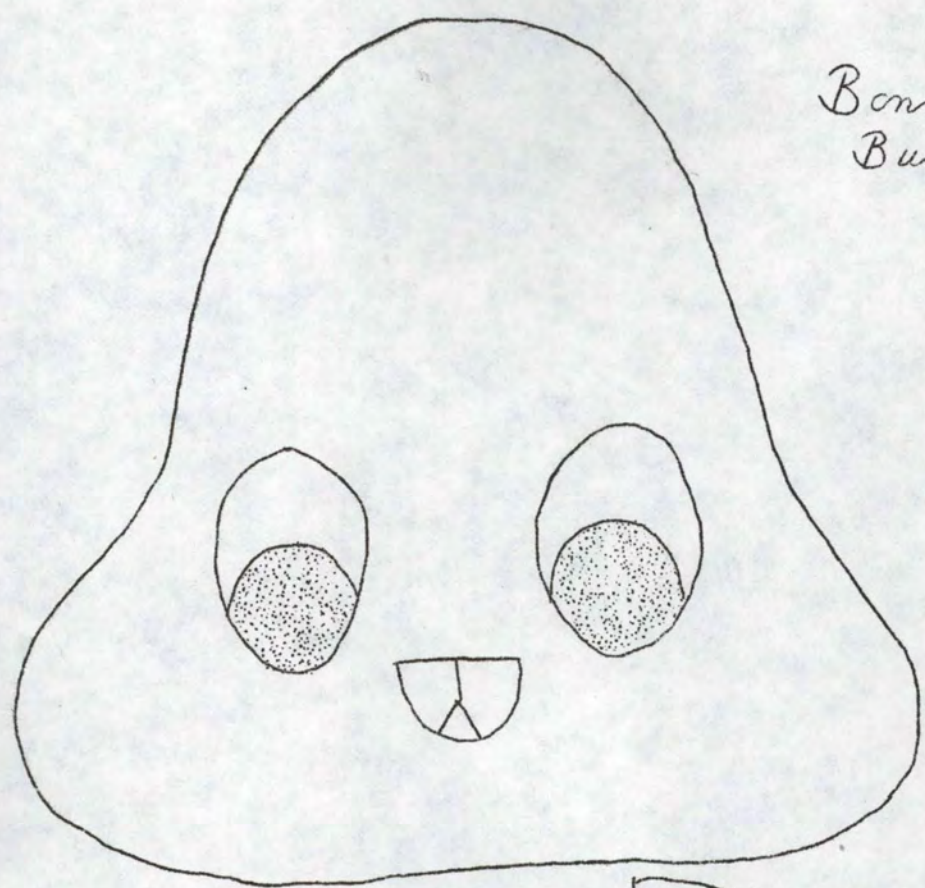


Freddie  
Frog



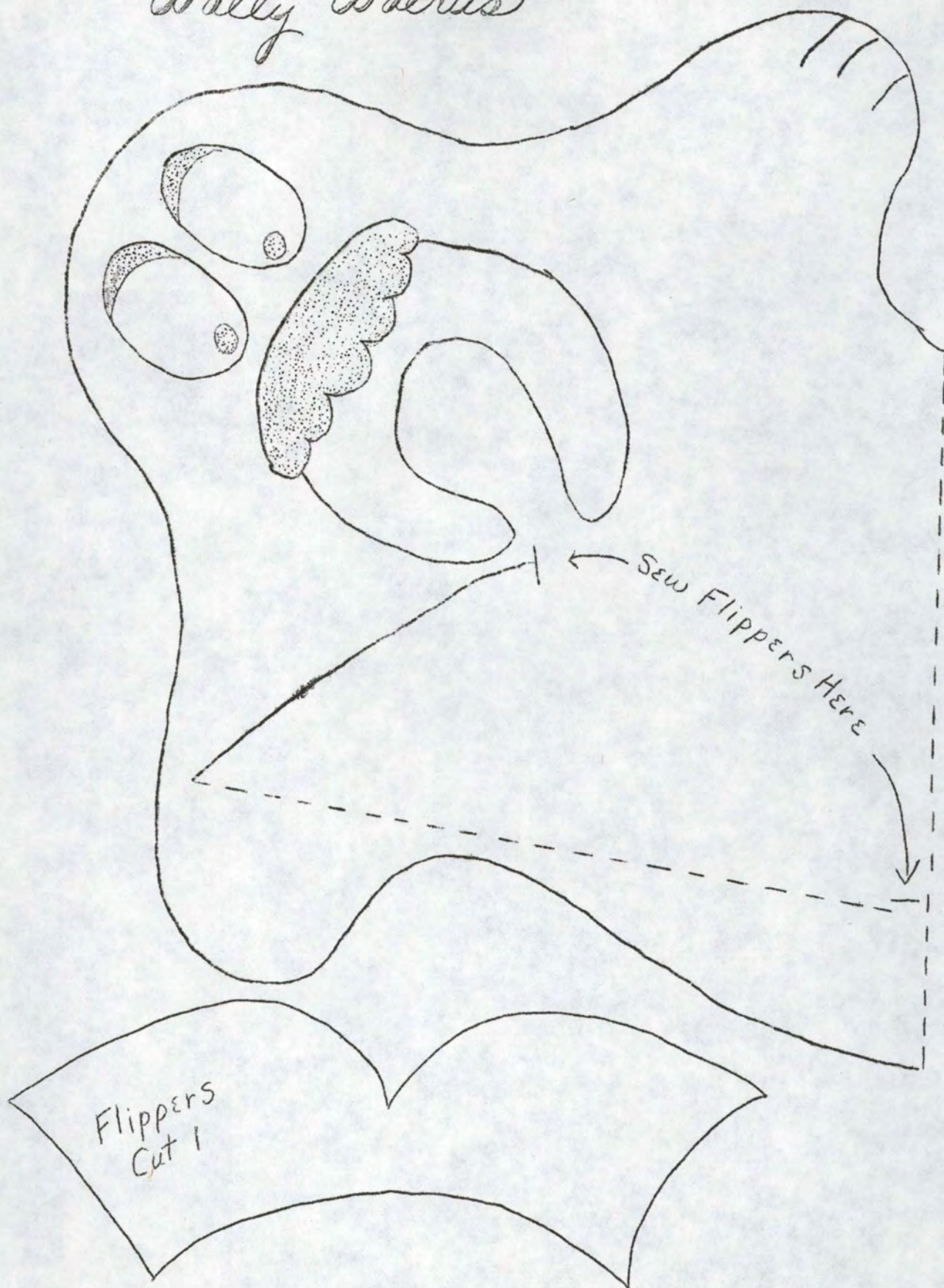


Bonnie  
Bunny



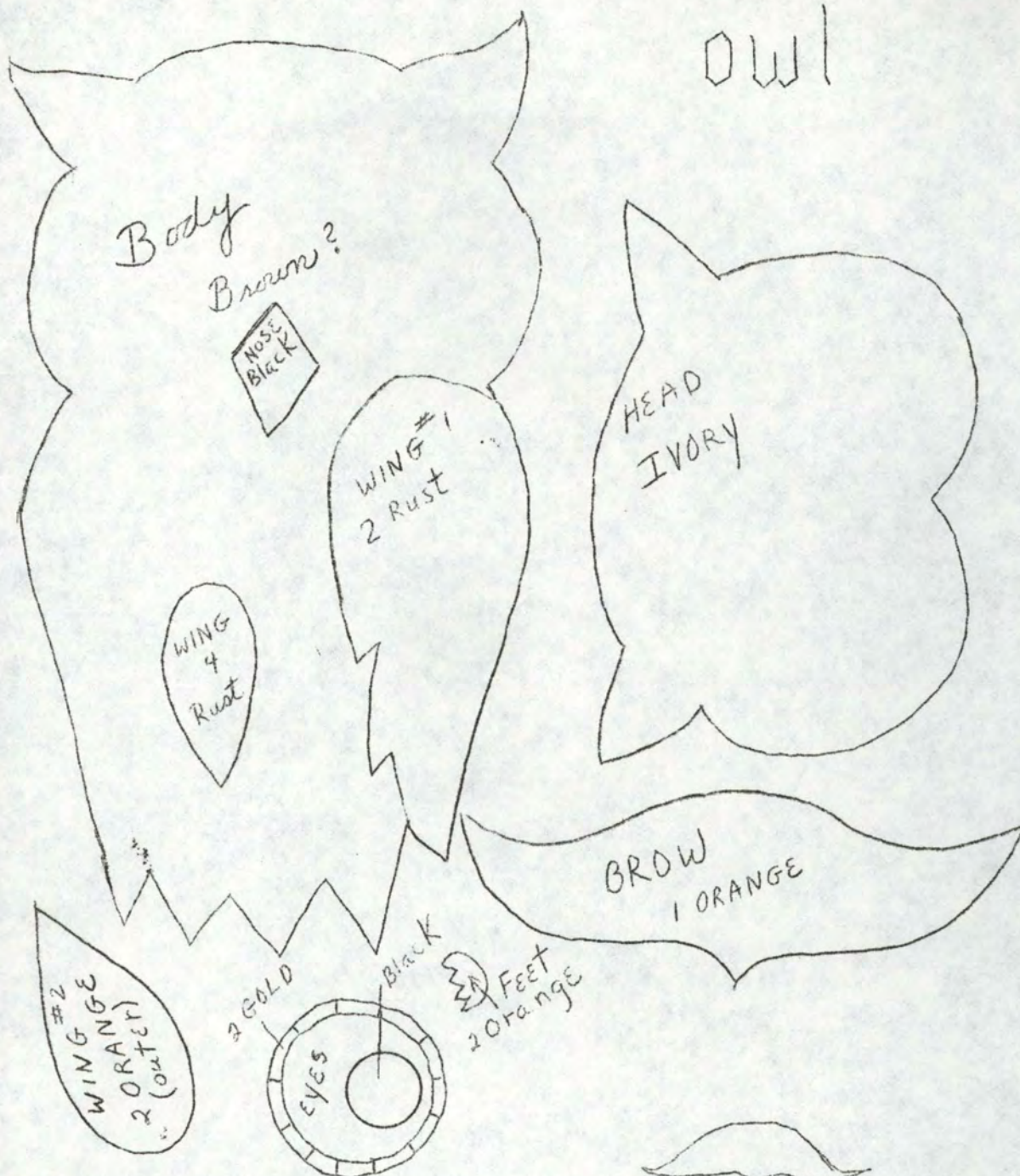


# Wally Walrus





owl

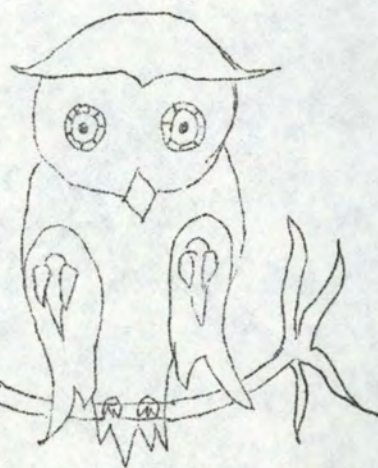


THIS OWL MAY BE SEEN — ALONG WITH  
OUR OWN "WISE OL OWL", DWIGHT, AT  
HIS HOUSE WHEN YOU VISIT HIM AND  
SWIM IN HIS NEW POOL!



Luv,  
Laurel  
CH

PIPE  
CLEANER  
or  
Branch





Rally  
Rabbit

Body

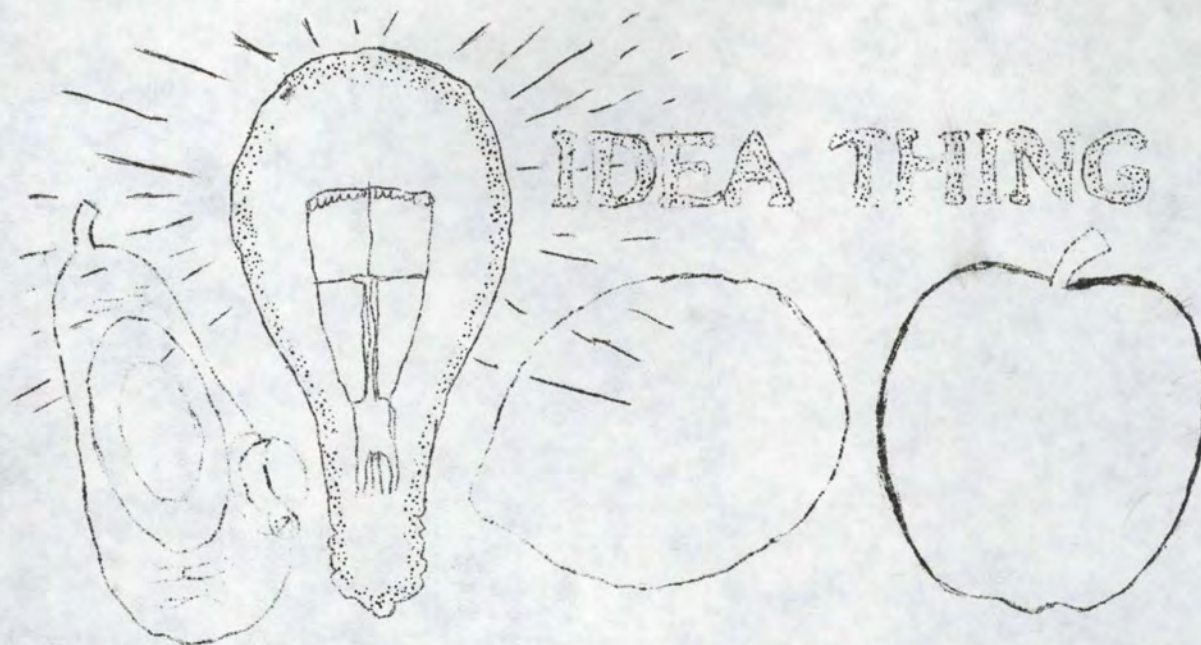
EARS  
cut 2

FACE

FOLD







### FRUIT PLACE MATS



Draw and cut a paper pattern of the fruit or fruits you select, in the size you prefer. Coordinate the color of the fabric you use to the fruit -- red for watermelon, yellow for lemon, etc. Be sure to allow for seams.



Cut two pieces of fabric and one of interlining for each placemat. Sew whatever trim you're using on the fabric piece you pick for the top of the placemat.

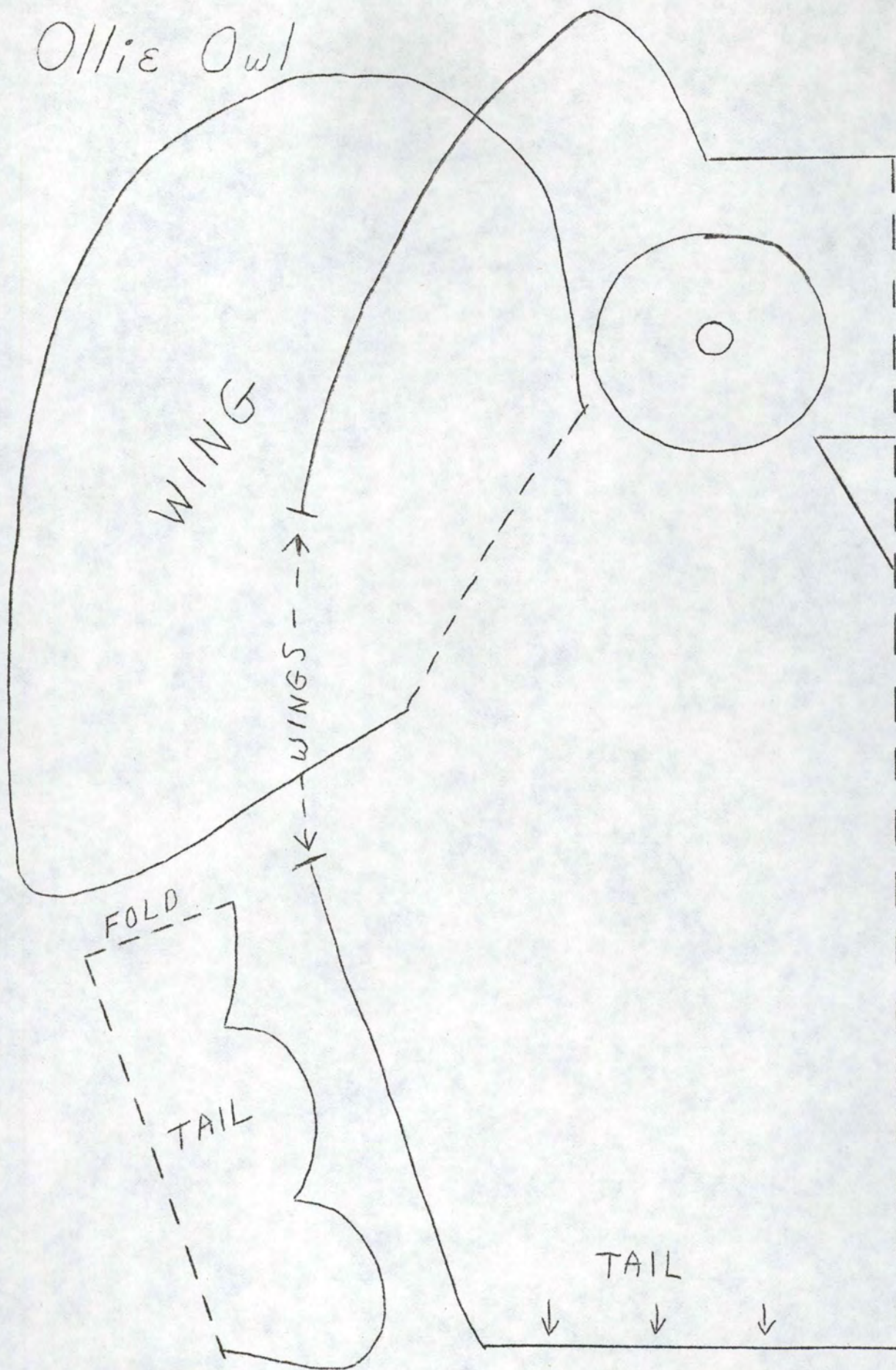
At the seam line, baste the interlining to the wrong side of the placemat back trim interlining to  $\frac{1}{4}$  inch. With right sides together, sew around the outside of the mat, leaving a space to turn the mat right side out. Hand-stitch the opening and sew on rickrack or binding trim, if desired.



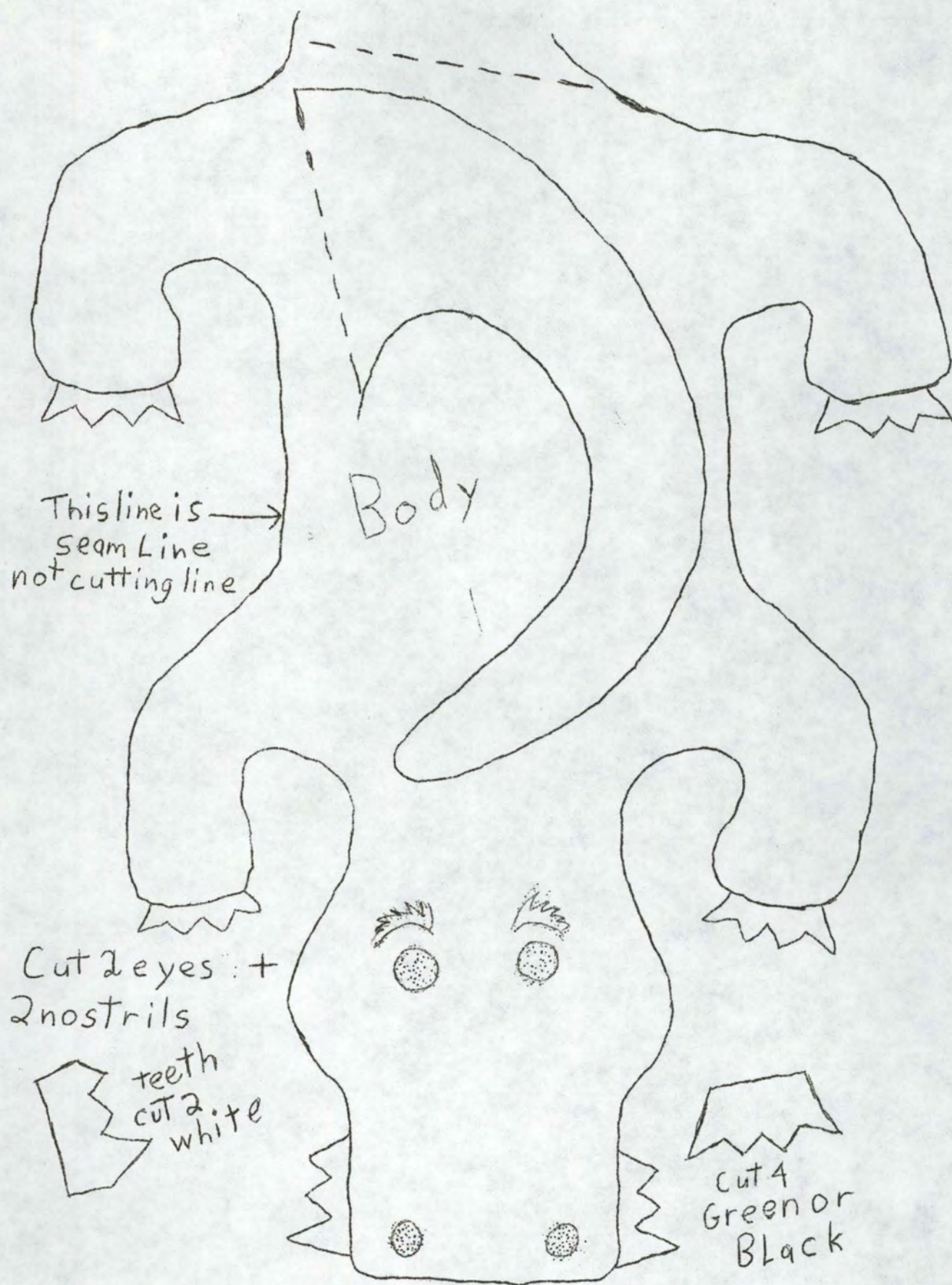
Courtesy of KWSU-TV and Cooperative Extension Service - Washington State University -- Pullman, Washington



Ollie Owl

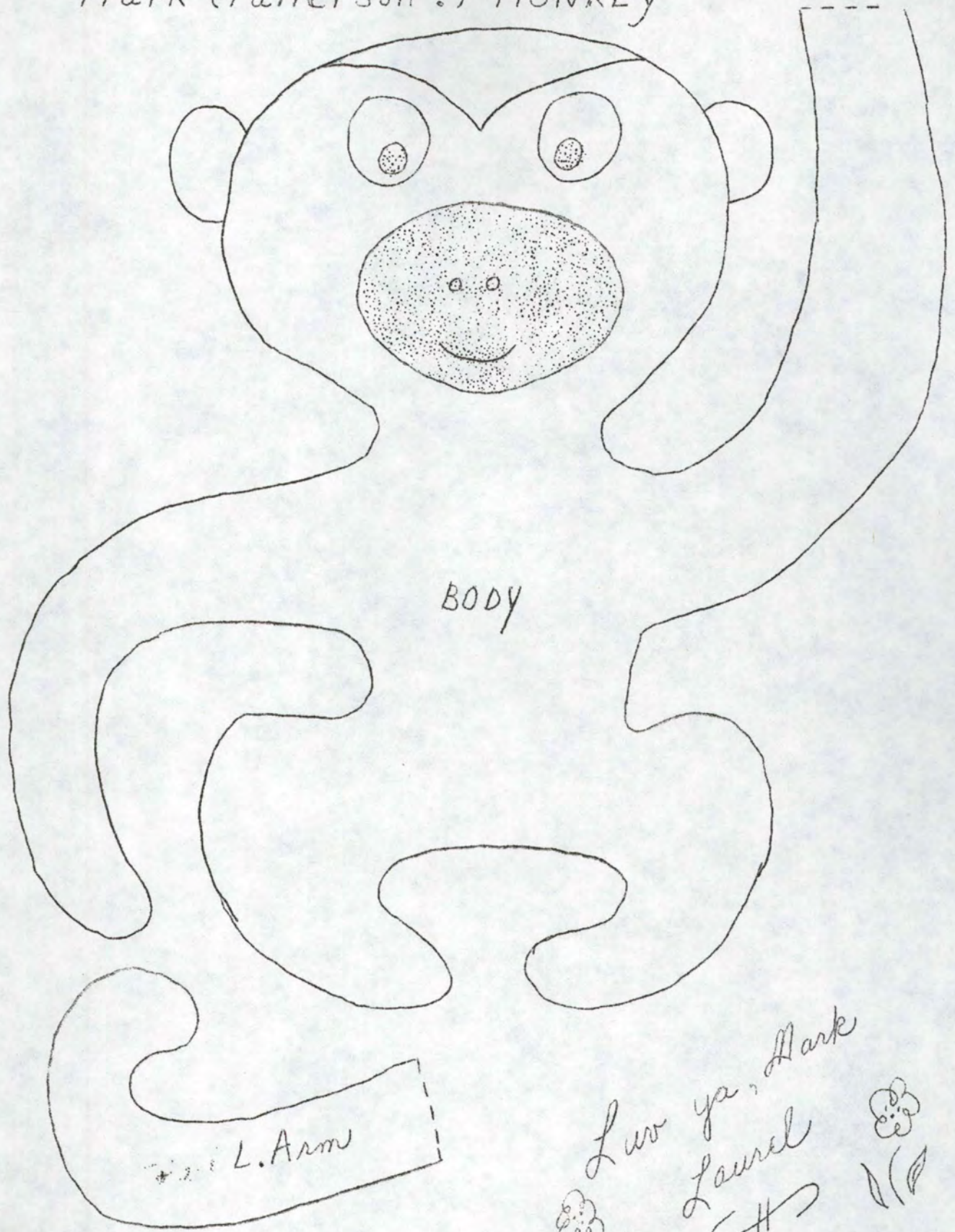








Mark (Patterson?) MONKEY



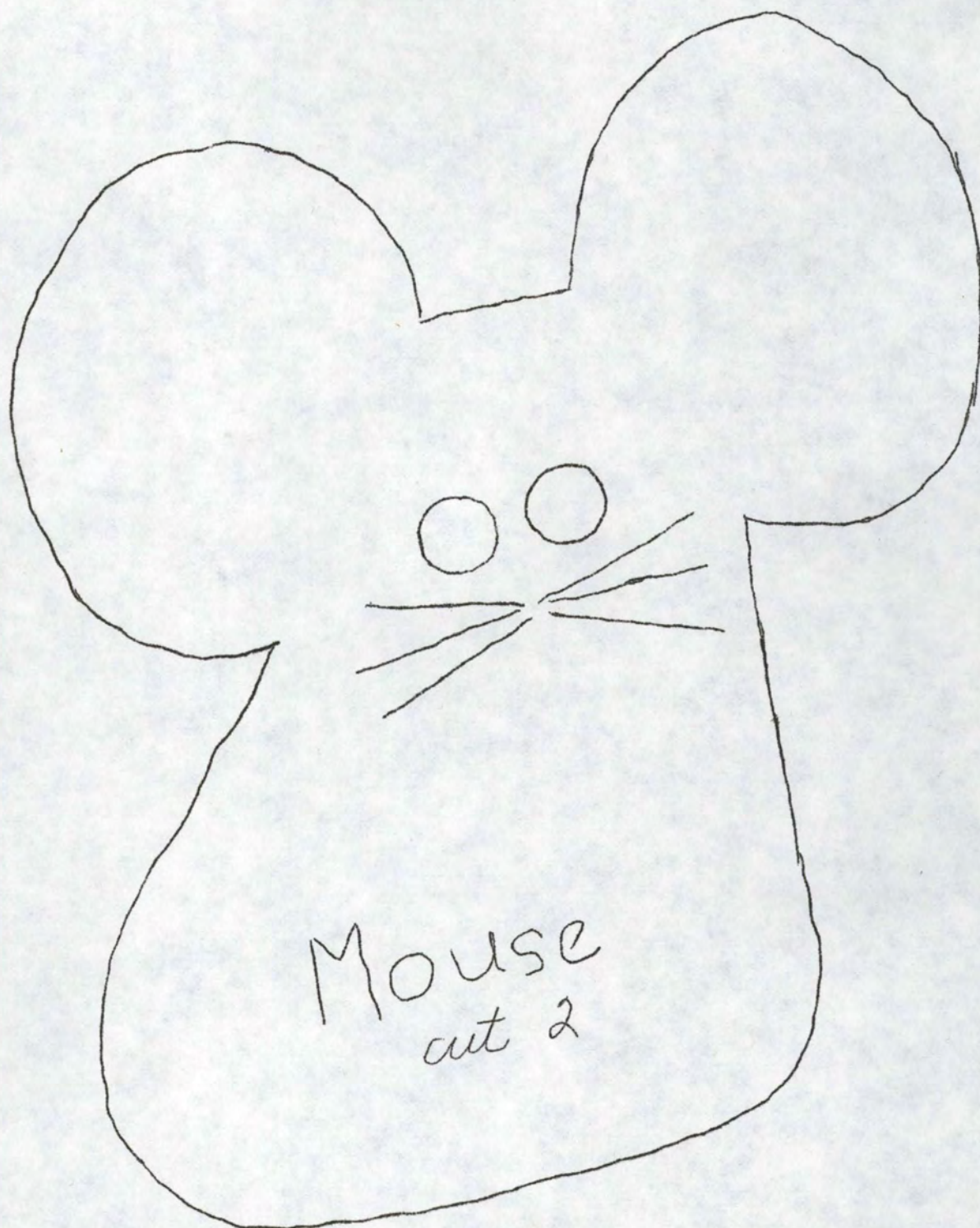
BODY

L. Arm

Luv ya, Mark  
Laurel  
CH

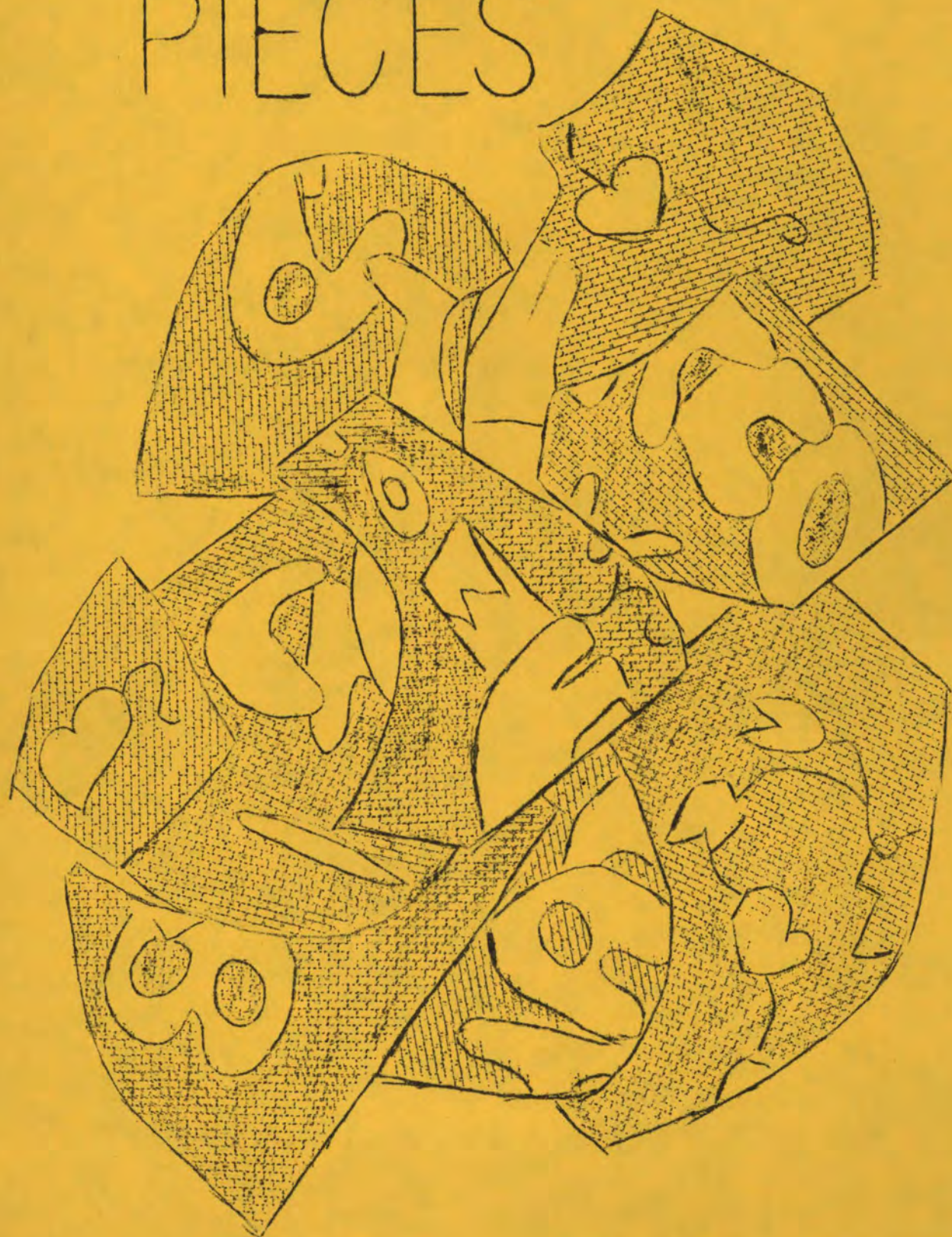








# BITS AND PIECES





## BITS AND PIECES

A FIRST On the free afternoon a puzzle was begun.

It was a snow picture and quite a challenge. Everyone helped and it was finished Friday evening with 3 extra pieces????????

S.A. Brian Salyer

543-72-0781

Bld 915 Nav. WPNS Sta.

Seal Beach, CA 90740

Badge A Mint  
Civic Industrial Park

Box 618  
LaSalle, Illinois

61301



## H U G S



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 develop 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-doooper 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.



## THE GIVING TREE

By Shel Silverstein  
as told by Dee Jaspers

Once there was a tree and she loved a little boy. And every day the boy would come and she would gather her leaves and make them into crowns and play king of the forest. He would climb up her trunk and swing from her branches and eat apples. And they would play hide and seek. And when he was tired he would sleep in her shade. And the boy loved the tree very much and the tree was happy.

But time went by. The boy grew older. And the tree was often alone. Then one day the boy came to the tree and the tree said. "Come boy, come and climb up my trunk and swing from my branches and eat apples and play in the shade and be happy." "I am too big to climb and play," said the boy. "I want to buy things and have fun. I want some money."

"I'm sorry," said the tree, "But I have no money. I have only leaves and apples. Take my apples, boy, and sell them in the city. Then you will have money."

And so the boy climbed up the tree and gathered her apples and carried them away. And the tree was happy.

But the boy stayed away for a long time and then one day the boy came back and the tree shook with joy and she said, "Come boy, climb up my trunk and swing from my branches and be happy." "I am too busy to climb trees," said the boy. "I want a house to keep me warm," he said. "I want a wife and I want children, and so I need a house. Can you give me a house?"

"I have no house," said the tree. "The forest is my house, but you may cut off my branches and build a house. Then you will be happy." And so the boy cut off her branches and carried them away to build his house. And the tree was happy.

But the boy stayed away for a long time. And when he came back, the tree was so happy she could hardly speak. "Come boy," she whispered, "come and play." "I am too old and sad to play," said the boy. "I want a boat that will take me far away from here. Can you give me a boat?" "Cut down my trunk and make a boat" said the tree. "Then you can sail away. . . and be happy." And so the boy cut down her trunk and made a boat and sailed away. And the tree was happy...but not really. And after a long time the boy came back again. "I am sorry, Boy," said the tree. "but I have nothing left to give you--my apples are gone." "My teeth are too weak for apples," said the boy. "My trunk is gone," said the tree, "you cannot climb--" "I am too tired to climb," said the boy. "I am sorry," sighed the tree. "I wish that I could give you something..but I have nothing left. I am just an old stump. I am sorry.." "I don't need very much now," said the boy, "just a quiet place to sit and rest. I am very tired." "Well," said the tree, straightening herself up as much as she could. "Well, an old stump is good for sitting and resting. Come, boy, sit down, sit down and rest." And the boy did, and the tree was happy!



Z  
"THE STORY OUR SHOES TELL US"

(Take both shoes off and pick up one to show the people)

Did you know our shoes have a message for us? This shoe has a sole, (turn shoe over and point to it) just like we do. The sole on the shoe is tough and can take a lot of abuse like our souls should. Also, the sole is flexible and the very foundation of the whole shoe, just as our soul should be the very foundation or base of our lives.

At the end of the sole on the shoe, there is a reminder for us-- a heel. It should remind us not to be a heel with the people with whom we work, play and worship or associate.

The top of the shoe, the finish and color tells us something too. There are black shoes, brown shoes, red, yellow and white ones too, and they all walk down the same streets, paths and walks of life. So, too, we are reminded of the black, brown, red, yellow and white people, and we should all walk side by side down the paths of life. Some shoes have a rough finish, as some people are rough; other shoes are smooth, like some people; some shoes are shiny and highly polished, just like some people we know.

No matter how we find the finish of the shoe or the people we meet, we must remember we're all God's children -- and we can get along together.

The shoe has one tongue and it serves a purpose. We have one tongue and hope it serves a purpose-- not for gossip and slander.

The shoe has many eyes, but yet it cannot see. We have only two eyes and hope that we use them to see all we can and should.

The shoe laces hang down and tell us that even our lives can have loose ends too. The shoe strings to be beneficial have to be tied--so our lives need to have the loose ends tied together.

When I put this shoe on, it fits; it's comfortable when worn-- just like we should fit in with the people we work with.

As this shoe is put on my foot, we must remember that it never walks alone. So, too, we never walk alone through life; there is always another to walk with us--one greater, more powerful who always goes with us and comforts and consoles us.

*[Faint handwritten notes at the bottom of the page, including phrases like "The shoe has one tongue and it serves a purpose", "The shoe has many eyes, but yet it cannot see", "The shoe laces hang down and tell us that even our lives can have loose ends too", "When I put this shoe on, it fits; it's comfortable when worn-- just like we should fit in with the people we work with", "As this shoe is put on my foot, we must remember that it never walks alone"]*







## LITTLE GREEN RIDING HOOD by Gianni Rodari'

done by Chuck and Etta Marie

"Once upon a time there was a little girl called Little Yellow Riding Hood."

"No! RED Riding Hood!"

"Oh, yes, of course, Red Riding Hood. Well, one day her mother called and said: Little Green Riding Hood..."

"RED!"

"Sorry! Red. 'Now, my child, go to Aunt Mary and take her these potatoes.'"

"No! It doesn't go like that! 'Go to Grandma and take her these cakes.'"

"All right. So the little girl went off and in the wood she met a giraffe"

"What a mess you are making of it! It was a wolf!"

"And the wolf said 'What is six times eight?'"

"NO! NO! The wolf asked her where she was going."

"So he did. And Little Black Riding Hood replied. . ."

"Red! Red! RED!!!"

"She replied: 'I'm going to the market to buy some tomatoes.'"

"No, she didn't. She said 'I'm going to my grandma who is sick, but I've lost my way.'"

"Of course! And the horse said. . ."

"What horse? It was a wolf."

"So it was. And this is what it said: 'Take the 75 bus, get out at the main square, turn right, and at the first doorway you'll find three steps. Leave the steps where they are, but pick up the dime you'll find lying on them, and buy yourself a packet of chewing gum.'"

"Grandpa, you're terribly bad at telling stories. You get them all wrong. But at the same time, I wouldn't mind some chewing gum."

"All right. Here's your dime."

And the old man turned back to his newspaper.





### THE THEORY of the DIPPER and the BUCKET

You have heard of the cup that overflowed. This is the story of a bucket that is like that cup, only larger; It is an invisible bucket. Everyone has one. It is always with us. It determines how we feel about ourselves, about others, and how we get along with people. Have you ever experienced a series of very favorable things which made you want to be good to people for a week? When this happens your bucket is full to overflowing.

A bucket can be filled by a lot of things that happen. When a person speaks to you, recognizing you as a human being, your bucket is filled a little -- even more if he calls you by name. If he compliments you on your dress or on a job well done, the level in your bucket goes up still higher. There must be a million ways to raise the level in another's bucket.

But remember, this is a theory about a dipper and a bucket. Other people have dippers and they can get their dippers in your bucket. Let's say I am at a banquet. Nice tablecloth, china, real silver, everyone is dressed up -- had a bath. While I am visiting I inadvertently upset my coffee. A big, brown spot appears, steam coming up from it. I'm embarrassed, I turn redder than I am usually red. The coffee keeps crawling right toward the lady across from me. Finally it does it! Dribbles on her. She just jumps a little, but she is really just being nice because it is HOT!

Now I am so embarrassed I would like to stop the world and get off. The "Bright eyes" right down the table from me says: "You upset your coffee." I made a mistake; I knew it first; and then he said "You upset your coffee!" HE GOT HIS DIPPER IN MY BUCKET!

Think of some of the times a person makes a mistake, feels terrible about it, only to have someone tell him about the mistake as though he did not know it had happened.

Buckets are filled and buckets are emptied. When a person's bucket is empty, he is very different than when it is full. You say to a lady whose bucket is empty; "That's a pretty dress you are wearing today," and she may reply in an irritated way: "What was wrong with the dress I wore yesterday?"

The story of our lives is the interplay of the dipper and the bucket. Everyone has both. The mystery of the dipper and the bucket is that the only way we can fill our own bucket is to fill someone else's bucket. Civilization has been trying to learn this for a long time. The question is whether we will learn it soon enough.

The next time someone is right about what is wrong with you, and you already know it, you can say, "Hey, you have your dipper in my bucket!" Or better yet, when you hear others "dipping" somebody else you can say, "We are getting our dippers in his bucket. We ought to be filling his bucket instead of dipping," and in doing this, you can experience the mystery of the dipper and the bucket.

Miriam Beazley

One of the best things about Chat is making sure that every one goes home with a full bucket, full and overflowing. Betty Schuld



## HOOTERS ACTIVITIES

Hooters are the late owls who stay up til at least 12:00 a.m. and make it to every breakfast after their late night.

The hooters, though, have made a habit of staying up even later than 12:00 a.m. or even one a.m. But only the true hooters make it up the next morning.

Sunday Night - hooters were in the fireside room spending there time singing and mainly just getting acquainted with new Chat attenders. Scheduled was an initiation meeting, but you know how that goes.

Monday Night - Agenda was waltz dancing. Everyone joined in to dance and later we all joined together to sing. We also saw some slides of days gone by.

Tuesday - had a slide show of days gone by. More getting acquainted was continually going on. We sang together later in the evening with Marianne and Pat on their guitars.

Wednesday - following the improvisional theatre, Les Mc-Cartney led some games Wink'em and "If you love me Honey" were two played. "Wink'em" involves everybody. Girls sit in chairs with boys behind (or girls if there is a shortage of boys like there was Wednesday night). One empty chair is needed with a boy behind the chair. That boy has to wink at a girl to get her to come to his chair, but if the "boy-friend" of the girl sees the wink and is fast enough he can catch the girl and the first boy tries again. The faster the girless boy winks the faster he will be able to gat a fir1.

"If you love me Honey" is another game that involves a large number of people. Everyone sits in chairs. One person is in the middle. He/she has to try and make some one smile by sitting on their lap and saying "If you love me Honey, you'll smile," without smiling. This is done 3 times and then the person in the middle has to move on.

Thursday - follwoing the ceremony in the fireside room, the hooters stayed and continued to sing.

Friday - nothing special was planned. A lot of talking went on and late night hours followed. The hooters sand around the outdoor campfire and inside too.

Saturday - The plan for saturday evening is to have everyone become honorary hooters by staying up to sign books and say their good-byes.

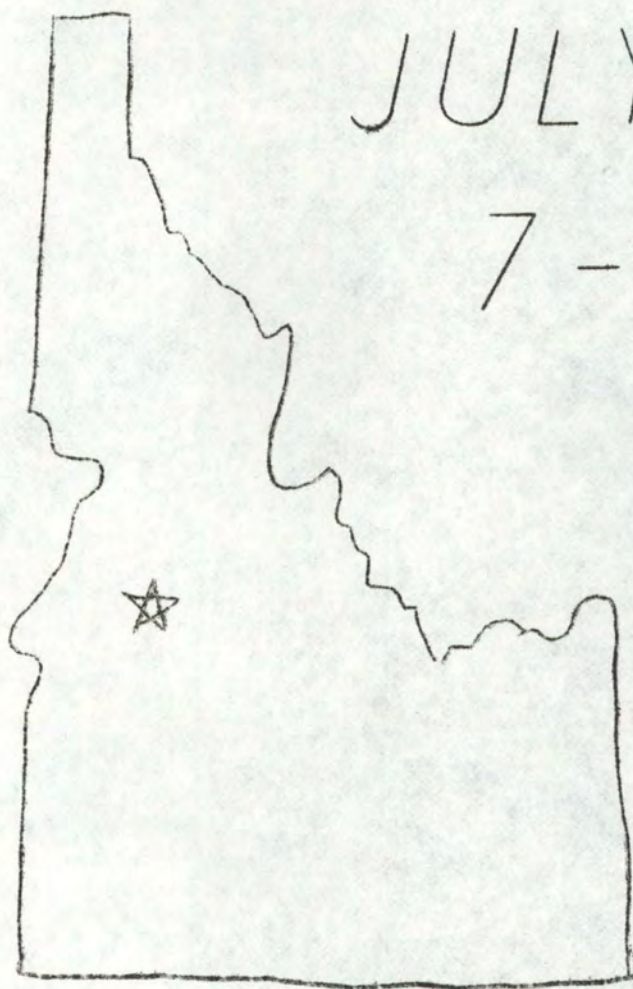
A word from a young wise Hooter. It's not easy on yourself to stay up late and get up early. Don't do it too often when you get home.



# IDAHO LITTLE CHAT

JULY

7-9

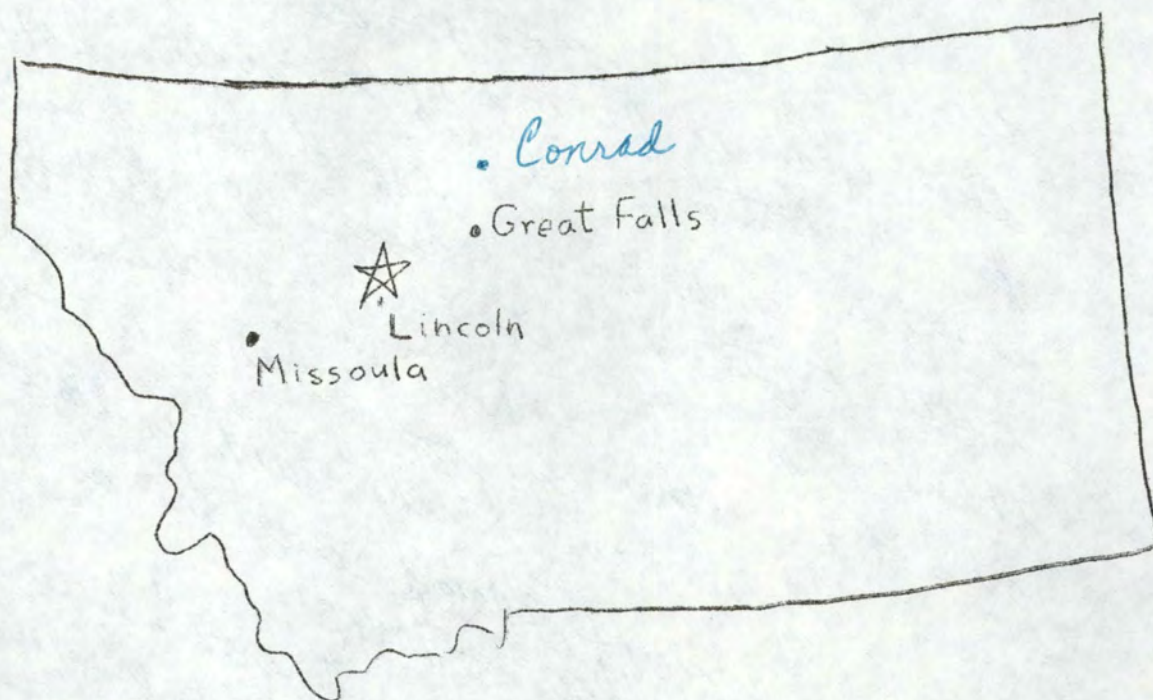


Meet Friday Evening at Krassel  
Ranger Station on the South Fork  
of the Salmon River out of Cascade.

! YOU HAVE QUESTIONS?  
! MEL CARLSON CAN ANSWER!



# MONTANA LITTLE CHAT



JULY 22 & 23

¿ YOU HAVE QUESTIONS ?

CHAT CHAT - WILL HAVE A MAP  
AND ANSWERS.



Leila,  
You have touched me and I have  
grown - a lot (mostly inside, not outside)  
We have had many nice things happen  
this year to be one of the better lake boys  
for some time. I enjoy being around &  
working with you cause we can work  
well together. Leila, you are one of  
those special whobodies we were talking  
about the other night.

You have reached out in love to  
make a circle of caring with me, as I have  
reached out to you. THANKS!!  
Your dress fit pretty good! Guess we  
have that in common too! Thanks for letting  
me use it.

Till this summer - or next year -  
One who cares deeply  
about Leila, - I love you.  
Jean B.



# OREGON WASHINGTON

## LIL CHAT

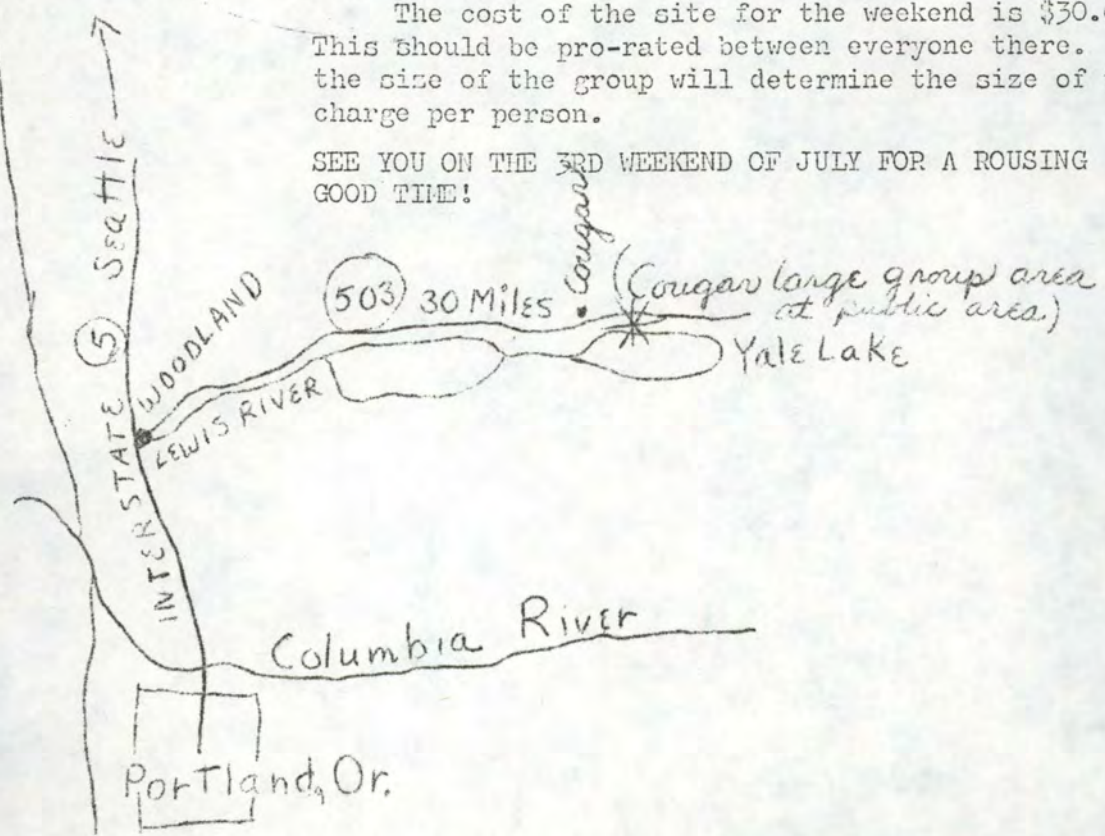
JULY 21, 22, 23, 1978

## COUGAR RESERVOIR

The Oregon-Washington Little Chat will be held at Cougar Reservoir on the Lewis River in Washington. The large group area has been reserved for the weekend of July 21, 22 & 23. The site is on the shores of Yale Lake, well known for its excellent boating. There is also a good swimming hole so be sure to bring your swim suit.

The cost of the site for the weekend is \$30.00. This should be pro-rated between everyone there. So the size of the group will determine the size of the charge per person.

SEE YOU ON THE 3RD WEEKEND OF JULY FOR A ROUSING GOOD TIME!





# CELEBRATION

DWIGHT'S 80<sup>TH</sup> BIRTHDAY  
LITTLE CHAT



NOVEMBER 17, 18 & 19

FRIDAY, SATURDAY AND SUNDAY

DWIGHT'S FORESTED RANCH, ARLINGTON, WA.

NOT VERY FAR FROM SEATTLE

FEATURING: LOVE, WARMTH, FRIENDSHIP & SHARING  
HEATED COVERED SWIMMING POOL  
RUSTIC BARN WITH HAY LOFT  
WARM & COZY FRIENDLY HOME  
FRESH AIR & EXCEPTIONAL NATURAL BEAUTY  
OVERFLOW ACCOMMODATIONS AT LEILA'S

EVERYBODY IS INVITED AND EXPECTED

LIMOUSINE SERVICE TO BE PROVIDED FROM SEA-TAC,  
BUS AND TRAIN STATIONS BY BRAD & BEAZ, ETC.

CONTACT: BRAD & MARGARET

401 E. MERCER, APT. 31

SEATTLE, WA. 98102

(206) 329-0227

BEAZ & CHRIS

6231 22<sup>ND</sup> N.E.

SEATTLE, WA. 98115

(206) 523-1876

FOR V.I.P. SERVICE, WITH YOUR TIME OF  
ARRIVAL & ALL PARTICULARS (MAKE YOUR RESERVATION NOW)

FOOD & BEVERAGE TO BE PROVIDED POT LUCK

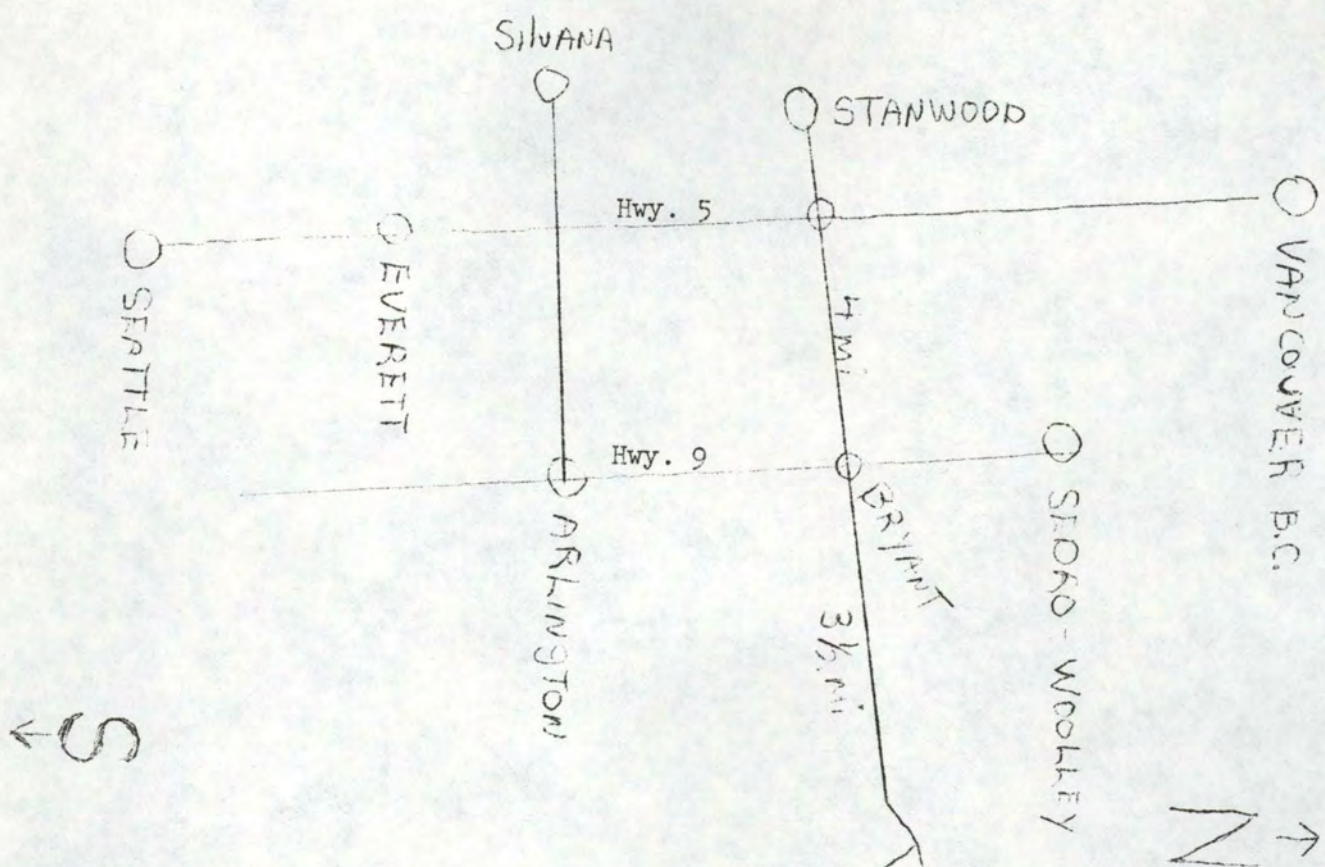
THERE WILL BE PAPER PLATES & PLASTIC UTENSILS

BRING THE WHOLE FAMILY & SLEEPING BAGS

REMEMBER 000  
0 0 0

IF YOU CAN'T BE THERE IN PERSON, DWIGHT  
ENJOYS RECEIVING CARDS & LETTERS TO!





Dwight says:  
"The pool is  
finished - come  
anytime !!"

Yea !!  
Call me  
when you visit  
Dwight - I'd love  
to see you, too!  
Leila

Any Labbers  
That Come Around  
Puget Sound  
Stop In  
Dwight Wales



## BITS &amp; PIECES



Happy Birthday (65th)

"Tip yah lahah Fihits"

(Earth Eagle) as interpreted & said today

"eagle who is bound to the earth"  
as originally translated to him by his grandfather, from neqence to english.

Celebrating Jim Martin's 65th Birthday.  
Jim is Chief Joseph's great grandson.

Peace & Love to You  
From the '78 Chatcolabbers

Happy Birthday (64th)

- Don Clayton -

"Knowing you has given us a special awareness of the joy a warm friendship can bring."

Wishing you many more,

'78 Chatcolabbers.



## CAMP CLEANUP

Saturday morning

So now we wander over camp,

The happy clean-up crew.

We picked up more than we have left

Among the pine and yew.

Along the trail, what's this I see?

Gum wrappers, candy too,

A paper plate and cup and foil,

Was that left there by you?

Ah, no, some of it's really old.

From last years camp? you say?

Well yes, there is a little mold;

But let's clean up today.

If everyone in all the world

Cleaned just a little more,

It wouldn't be long before each park

Would be cleaner than before.

And then the Green of flow'ring vine

And grasses, and the trees,

Would be more beautiful to us

Kissed by summers breeze.





Lida-

What a precious  
person you are,  
what would we  
ever do without  
you! See ya  
at the board  
meeting on Fri the  
13<sup>th</sup> of Oct at Zeldai.  
Thank you!  
I love you -  
Lonnie



# THE TYPOGRAPHICAL 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 small 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...

---

We the willing, led by the  
unknowing, are doing the impossible.  
For the ungrateful we have  
done so much for so long  
with so little.  
We are now qualified to do  
anything with NOTHING.

## \*\*\*\*\*SPECIAL THANKS\*\*\*\*\*

To ALL who helped the Notebook Room Elves keep WARMED  
with hot coffee and loving ENCOURAGEMENT!!

*Love  
and*

"BLESS YOU ALL"

*Jerry Spence*

*Peace to All*



Leila:

It is so good to come to camp  
and to know I have a friend in  
you.

Remember "The cure for worry is  
prayer" (quote)

Love to you and  
your husband

Love

me!

Lieda)  
Tell your husband He;  
It is nice to see you  
a bit more relaxed  
a bit more of the  
young woman that  
came to chat some years  
ago. We loved you every  
moment of the past  
love you know!

Angie.

I love you more all  
the times

Leila:

It has been good getting  
to know you this year (since  
I didn't last). Enjoy your many  
years of life. See you next year.  
To a lovely person,  
Love,  
Ed



Leila,

I really love CHAT and you. You remind me of a lady that was at another camp; she was a very beautiful person not only inside but outside too. All of that world. You will stay in a special memory of chat; my first year. I hope to see you next year —

lots of love & joy

~~Shelly Rinkack~~

APHIS



dear you were the best  
ever had. I could have  
ways. I will all-  
time treasure your  
gifts.

Love  
Jennifer  
Jordan

WITHOUT YOU THIS WOULD  
BE PRETTY FLAT. LOVE  
Pam



# Autographs

John Hancock  
~~LEILA~~ APPRECIATION  
 WITH MUCH UN-SECRET P/R  
 FOR MY UN-SECRET JAMES  
 CHUCK

Leila,  
 your short, but  
 a fantastic reader,  
 you made my 1st year at  
 chat a fun-filled one!  
 Thanks!  
 May Peace Be With You!  
 Wendy Pfau  
 (Bozeman)

Leila  
 Thank you for  
 being here. you did  
 a great job.  
 May the Lord guide you  
 Love  
 Thom  
 Harold

Leila,  
 has been a wonderful  
 week being new and old.  
 faces, makes for a beautiful  
 week, take care  
 Bob, T.



This is a  
very special book  
the year and we  
thank you for a most  
successful delivery and  
all your precious time.

Love  
Gabriel

Deila  
it has been  
"quite an experience" for me. Thanks for  
"letting me have the chance  
to meet so many wonderful people  
a lot of this AMERICA. Thanks  
and I'll save always for you a  
corner in my heart.  
Love always  
Anna

Deila, you're a beautiful lady  
and you showed us all the  
way, hope to see you around next year  
and get to know you better.  
Love, baby

Dearest Deila  
I sure do love you - your  
I sure do love you's out  
a glow that never goes richer  
at Chateaub. I'm much better  
and very  
at Chat 10 years and grow from  
people like you.  
Dad's love to  
You love a good  
You.  
Love,  
Joan



Was nice meeting  
you this year,  
Love, Virginia

Good to see you  
again - at Speed  
Ahead tell me meet  
again  
Love  
Elly

Leila -  
Knowing you has  
been special - Your  
contribution to the  
camp is great. I  
look forward to  
seeing you again  
Love Mary Lee

Dear Leila,  
It's so good to have  
shared another Chat  
week with you. Bless  
you for all your  
goodness.

Love,  
Jackie

Dear Leila -  
After the many labs  
& years of sharing I  
feel I'm just beginning  
the depth & beauty of  
your talents. I admire  
you and love you  
dearly, Marianne

Leila - we really know  
how hard you work &  
hope someone else can  
hope you out.

JUNE

Leila,  
It's been so real  
knowing you I  
hope to see you  
next year, good  
luck in the future!  
Love Robert B.



We shared an  
other beautiful  
sharing - caring  
week -  
Thank you for  
being you and helping  
make it all it was  
Love  
Dicks

this has been an  
especially good year  
and an especially great  
CHAAT - people like you  
make those great things  
possible.  
God Bless you,  
Sonoya

→ You,  
Seneqa

Seila -  
Haven't we had a  
good year? I appreciate  
your spirit in wanting  
to try new ideas and  
ways. Thanks for all  
your contribution and  
your spirit. Love,  
DM

So we  
for 50 m  
So few have been  
or ever are so willing to  
give so much to so many  
for so little! I'm glad to have  
sat at your feet + held you tight  
in that love that passeth understanding.  
Love you sincerely + THANKS much  
for SO MUCH. *Burl*

Bill,  
I know how much  
you are being  
bothered by  
this. I hope  
you can get  
it done soon.  
Love you again,  
Dad.



Dear Leila,  
 It's nice to know  
 that you're a regular attendee  
 We can always count on  
 great contributions  
 from you. Love,  
 Nancy

Dear Leila,  
 Thanks again  
 for your dedication,  
 hard work, advice,  
 caring, sharing & loving  
 I love you.  
 Dee

Leila,  
 So happy to work  
 with you again  
 on the notebook.  
 I realize how much  
 I miss that now  
 that this been  
 back.  
 See you again soon.  
 Love, Debby

Leila  
 This camp would never  
 be the same with out you  
 love allways I hope to see  
 you again next year

Love with you  
 allways Joe Matteo Tr.

Leila,  
 you really made  
 this camp extra  
 special. I'm glad  
 I had the chance to  
 share this week  
 with you. I hope  
 your life is always  
 full of love and  
 happiness.

Love,  
 Lisa Staismiller



Dear Leila,  
It has been a  
pleasure working with  
you. May God bless  
you. Hope to see you  
next year.  
Love  
Clarence

Dearest Leila  
you are a very beautiful  
Person. I love you  
very much. I thank  
you for everything  
your friend  
Jim M.

John. S. S. S. S.

Dear Zeila -  
Thank you for  
everything. You're  
someone very special.  
God Bless -  
I Love You  
Nana

hello  
we had a wonderful Sat  
week, and a crazy one  
have a wonder Sat year and  
may God bless  
Love  
Lynn

Dear Alice, hope to  
see you soon  
of.

We've had a  
really great year  
this time - see you  
next year

Bowie

Leila,  
your beautiful,  
that wouldn't be  
what it is without  
you. Much Love  
Andy

Teila

Thanks for every thing  
Joe Matter Sr.