Philosophy of Chatcolab

CHATCOLAB 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 flows as individuals develop together in work and play.

MAJOR EMPHASIS IS PLACED IN JOY AND 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.

A-6

THE SPIRIT OF CHATCOLAB NORTHWEST LEADERSHIP LABORATORY

These Western Leaders agree that:

This should be a sharing camp, with no distinctions of leaders from campers, 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 notebook is the outcome of one week of sharing experiences. The material was gathered and/or completed during camp.

It is a record of a precious week together. With true appreciation, it is dedicated to all those who have here enriched our lives.

A-7

Officers and Board Members 2002

Chair Vice Chair Treasurer Secretary

Jean Baringer	2002
June Fricke	2003
Cheryl Ovard	2004
BJ Kreiter	2002
Patty Logan	2002
Sue Witherow	2002
Micki Goldstein	2003
Heather Easterly	2003
Bonnie Faucett	2004
Diane Holzgraf	2004

Alternate Board Members

Jean Baringer Linda O'Dell Bob Beasley

Honorary Board Members



Miriam Beasley Dock Stephens Jean Baringer Leila Steckelberg Bill Hedrick

Life Member

Leila Steckelberg

Chat Chat Editor Marie Madison

Note book Editor Linda O'Dell June Fricke



OFFICERS AND BOARD MEMBERS Life Member ------Leila Steckelberg Honorary Members-----Leila Steckelberg Jean Baringer

2003

	Miriam Beasley		
	Bill Headrick		
Chairperson	Bonnie Fauset	2004	
Vice-Chair	Cheryl Ovard	2004	
Secretary	Natasha d-Hulst	2005	
Treasurer	Heather Easterly	2003	
	Micki Goldstein	2003	
	June Fricke	2003	
	Diane Holzgraf	2004	Diana Marsden
	Bob Beasley	2005	
	Sonja Watts	2005	Jean Baringer
Alternate Board Members 1. Lin	da O'Dell		
2. Jea	n Baringer		
3. Dia	ine Marsden		

2004 OFFICERS AND BOARD MEMBERS

Chairperson]	Cheryl Ovard	2004
Vice Chair		Bob Beasley	2005
Secretary		Jean Baringer	2005
Treasurer		Nel Carver	2006
		Natasha d'Hulst	2005
		Bonnie Fausett	2004
		Diane Marsden	2004
		Marie Madison	2006
		Sue Witherow	2006
Alternate B	oard Members 1. Jan	nel Novak	
	2. Ki	ris Hammerschmith	
	0.0	0	

- 3. Susan Sacco
- 4. Charlotte Norlin





	Lab 2003			
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T.J. Fielding	23622 NE Weakly Road P.O. Box 947 Camas, WA 98607	360-834-2686		
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PATRON MEMBERS			C. de	
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			1944 ST.	

Resource People

Cook----- Pam Barnett Helper----- Rose Turney

Main Discussion----- Carol Earl

InDepth Workshops-----

Cheryl Ovard – Mini Golf Bob Beasley – Mini Golf Dan Glahn – Bee a Leader Kari Glahn – Bee a Leader, Colors David Beasley – Self Defense Jackie Baritell – Collages

Susan Sacco - Bead Jewelry

Mini-Workshops-----

Kari Glahn – Log Cabin Embroidery Marianne Burton – Executive Marbles Jackie Baritell – Bubbles Dan Glahn – Creative Ceremonies Cheryl Ovard – Hip Hop and Clogging Nel Carver – Fuzzy Bears Carol Earl – Balloon Animals B. J. Kreiter – Old Cards to New Jean Baringer – "I Spy" Bottles, Lummi Sticks Miriam Beasley – Leisure Time Susan Sacco – Kids Jewelry, Jel Candles Carol Earl - Clowning



TO CHATCOLAB!!!

DEMOGRAPHICS

LABBERS -----45 PATRON MEMBERS--2 NEW LABBERS ---- & YOUTH 7 ADULTS RETURN LABBERS--30 ADULTS

AGE GROUPS

6-14-----8 LABBERS 15-20-----3 21-40-----9 41-64-----18 65+-----7

CALIFORNIA	7
IDAHO	7
MONTANA	4
OREGON	7
UTAH	10
WASHINGTON	10



Past Chairs and Themes

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1949 Don Clayton - Moscow Idaho 1950 Don Clayton - Moscow, Idaho 1951 Dan Warren - Moscow, Idaho 1952 Dan Warren - Moscow, Idaho 1953 Larry Thie - Couperville, Washington 1954 Hattie Mae Rhonemus - Eugene, Oregon 1955 Sally Schroeder - Coquerille, Oregon 1956 Mary McKenzie - Ephrata, Washington 1957 Ken Branch - Bremerton, Washington 1958 Vern Burlison - Moscow, Idaho 1959 Ed Cushman - Yakima, Washington 1960 John Moore - Moses Lake, Washington 1961 Glen Dildine - Washington, D.C. 1962 Don Ingle - Bonners Ferry, Idaho 1963 Angelo Rovetto - Yakima, Washington 1964 Doc LaRale Stephens - Moscow, Idaho 1965 Vern Burlison - Moscow, Idaho 1966 Vern Burlison - Moscow, Idaho 1967 Doc Stephens - Moscow, Idaho 1968 Vern Burlison - Moscow, Idaho 1969 Vern burlison - Moscow, Idaho 1970 Vern Burlison - Moscow, Idaho 1971 Alice Berner - Wolf Point, Montana 1972 Alice Berner - Wolf Point, Montana 1973 Alice Berner - Wolf Point, Montana 1974 Brad Bradley - Seattle, Washington 1975 Vern Burlison - Moscow, Idaho 1976 Leila Steckelberg - Arlington, Washington 1977 Dick Schwartz - Milwaukie, Oregon 1978 Jackie Baritell - Walnut Creek, Calif. Marianne DuBois - Julian, California 1979 Roy Main - El Centro, California 1980 Sally Heard - Great Falls, Montana 1981 Mark Patterson - San Jose, California 1982 Mark Patterson - San Jose, California 1983 Dock Stephens - Spokane, Washington 1984 Dick Schwartz - Milwaukie, Oregon 1985 Dick Schwartz - Milwaukie, Oregon 1986 Jean Baringer - Conrad, Montana glow worms, etc.) 1987 Jean Baringer - Conrad, Montana 1988 Miriam Beasley - Oregon City, Oregon 1989 Miriam Beasley - Oregon City, Oregon 1990 Jim Schuld - Milwaukie, Oregon 1991 Miriam Lowrie - Salem, Oregon 1992 Mike Early - Overton, Texas 1993 Toni Gwin - Corvallis, Oregon 1994 Jean Baringer - Conrad, Montana 1995 Dwight Palmer - Spokane, Washington 1996 Dwight Palmer - Spokane, Washington 1997 Bob (Beaz) Beasley - Seattle, Washington 1998 Jane Higuera - Spokane, Washington 1999 Marie Madison - Corvallis, Oregon 2000 Marie Madison - Corvallis, Oregon 2001 Tony Gwin --- South Bend, Washington

Announcing the First Lab - It Finally Happened Corridor of Nations Being a Real Person **Our Heritage** To Know is to Care - To Care is to Share Peace Through Participation Menu for Fun (meal tickets) **Family Fun Fest** B.U. Roundup (leather) S.S. Friendship (ship lifesaver) Logger's Jamboree (wood slices) **Discovery Days** Within Us One World Bridges to Expanding Orbits (wood slices) From These Seeds The Music of Friendship (notes) Leadership, Key to the Future (keys) Carving a New Image Countdown for Tomorrow (rockets) Beginnings (masonite shapes) New Horizons The Unfolding Process Leadership is a Process (wood slices) Because We Care (25th Chat) Kollege of Knowledge (wood slices) Finding Life's Treasures (puzzle pieces) An American Panorama (puzzle pieces) Prospecting: An Adventure in Discovery

Take Time to Reach Out (hands) A Rainbow – Color It You (rainbows) Bloom and Grow (flowers) Take Time (clocks) Spread Your Wings (birds and butterflies) Focus on Leadership Board the "LEADERSHIP" (ships) Come Out of Hibernation – Come Alive in '85 Energize at Chat – Let's Glow Together (leather tags, a bee,

Follow the Rainbow (rainbows) Ruby Jubilee (40th Chat) A Kaleidoscope of Communication Laughter in Leadership Create Harmony in Leadership We Can Make a Difference A Journey into Leadership Recipe for Leadership Stepping Stones to Leadership Blast Off to New Horizons Blaze Your Trail to Leadership Golden Gates to Leadership (50th Chat) Get the Scoop on Leadership Catch Ideas & Release Knowledge Together we build for Tomarrow





This note book is dedicated to the loving memory of these special Chatcolab members who are no longer with us - who have gone to their place on high.

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Angelo John Rovetto - Aug 19.2002 Ruth (Grier) Moe - Nov. 26.2002 Doc LaRele "Joe" Stephens - Dec 1.2002 Terry (Heard) Haynes - Dec. 11.2002



CHAT CHAT NEWSLETTER

SAD NEWS

Chatcolab has lost three of our longtime Labbers. Joe "Doc" Stephens died December 1, 2002 and his funeral was held December 5 in Spokane, WA. At 88, he had been living in an assisted living facility for several months. He was one who kept us guessing as to what was fact and what was fiction with his interesting stories. A Chatcolabber since "forever", Doc had never missed a conference. At his funeral, per his wife's request, Jane Higuera read an essay she had written about her adventure, with Doc, looking for a certain something – or – other. She was amazed at the abundant knowledge Doc possessed regarding the flora and fauna of the Northwest. And who is going to make "The Motion" at our annual meetings!? ? Memorials may be sent to: Heather Easterly, 3211 N. 19th, Tacoma WA 98406 or empirewolf @ yahoo.com.

Our good friend and supporter, Ruth Moe, died Friday, November 21, 2002 at her home in Laramie WY with her family in attendance. Graduating with a BA and then a Master's in Recreation from the University of Wyoming Ruth went on to work on campus for the State 4-H Staff and Foundation. She retired in 1986 after 40 years of service. A 'grandmother" of Rec Labs, Ruth has been a "professional" labber for 50 years, helping establish several labs, serving on many boards, teaching and helping organize labs around the nation. An important part of Chatcolab's resources is Ruth's <u>Flag Book</u>. Memorials may be sent to 4-H or to Black Hills Recreation Leaders Laboratory, 2260 N. Ninth Street, Laramie WY 82072.

Terri Haynes, daughter of Sally Heard, lost her four – year battle with breast cancer on December 11, 2002 at Great Falls, MT. All those who attended her upbeat funeral service wore brightly colored butterfly, angel or rainbow attire. In January, 2002 Terri was selected to be an Olympic torchbearer at Big Sky, MT. She is survived by her husband and two boys, 13 and 16. Terry's sweet spirit and will to live will continue to be an inspiration to all who knew her. Memorials may be sent to Great Falls Montessori in care of Sally Heard, to the Gift of Life or to Peace Hospice in Great Falls MT.

Angelo Rovetto Came to Chatcolab First in 1960. He attended because I told him it Would be great to go to a Recreation Leader. ship lab that I had attended in 1956.1 Knew he would like the lab and would be a great addition to the Lab. Angelo was always alive to life. He was interested, curious to know, and asked the questions he needed to find out what he wanted to learn. We had only been married a year when the 4-H Committee Wanted To Know if I would continue being involved with County 4-H Camp. I said I would if my husband agreed and added that a good way to to help that happen would be for them to send him to Chatcolab as they had for me. Our Yakima County 4-H Extension agent, Ed Cushman, said yes, that was an excellent idea. And that they would sponsor both of us to come. I was delighted and had no problem getting Angelo to come. He loved Chat. He He met so many who would discuss philosophical ideas, who played with joy and found the spirit of the lab was so much what he believed to be Vital to healthy folk. We continued Coming until my Teaching prevented my attendance, He attended once on his own, but his health was slowly growing precarious and he was diagnosed with Parkinson's Disease. The next nine years were difficult, filled with frailty and loss of independence. Angelo would not give in to the Thief That robbed

kim relentlesly of the strength he had always relished, the ability to converse with friends and the rest that restores. He remained the warm dear person throughout and fought with every ounce of his indominitable determination. Angelo loved the creativity that always emerges at Chat, the openess he found there and he participated Fully in the lab. There are no words to express my sadness that he is gone. But the beauty of our time together and the sharing of Chatcolab is a Treasure I will always have.

Elaine

Dear Angelo,

I met you by proxy at Chat 1974 when you were in Italy and Elaine came to camp by herself. The first evening in camp Elaine and I fell into a great conversation about European travels. You and I waited to have that discussion until summer when I came to visit and go to "Little Chat" with you and this exchange never ended.

I remember well that first time I listened to you tell stories as we sat in your kitchen. I don't recall the stories so much as the storyteller. Your passion for life experience was captivating. I was struck by the language your eyes spoke in twinkles and tears and I was hooked!

I am glad for all the Chatcolabs we shared and how your stories brought us together. I remember the fantastic feasts you created. Mangiamo! Philosophy, discussion, games, lab families...you were there with a chuckle, an idea, a hug. Thank you for including me.

I love that your heritage was from the Pedmont region of Northern Italy where by paternal grandfather was born. I had hoped I could go there one day with you, Elaine and Mark. Instead we had many wonderful adventures closer to home. Ciao my friend.

> Love and peace on your journey, Jackie



In Memory of Ruth Moe

Recreation lost a great proponent November 22, 2002. Throughout her life Ruth Moe promoted recreation, recreation workshops and stepped up to save the RLW when several members of the board, including the president resigned. Without Ruth there would probably not be an IARLW today.

Ruth was born in Pine Bluff, Wyoming on Sep 3, 1921. She got her Master's in Recreation at the University of Wyoming. She was married to her first husband John Schulmp and lived on a sailboat on the East coast for many years, where she had a child, Rodger. Ruth had a pilot license and once owned a small plane. She also rode a Harley motorcycle for awhile. She loved to water-ski, scuba dive, snorkeling, travel and Recreation Labs, She married Ray Moe in the late 50's and he survives. She loved people, and meeting new people all the time. Her son Rodger had a daughter, Jennifer, and she has three children. So Ruth was a great grandmother. She was close to her sister's children, Trudy, Mike, Dan, and Terry.

Ruth retired from the University of Wyoming where she served as Recreation Specialist in the 4-H Department of the Wyoming Extension Service. After her retirement, in spite of increasing health problems, she had more time to go to rec labs which she did on a regular basis. In 2002 she attended Great Lakes and Black Hills labs.

Ruth and her sound advice will be greatly missed by everyone who knew her. But it can truly be said that she touched many lives in her journey through this life. The world is a better place for her having been here.



Addendum

Ruth worked on the Lanamie campus for the 4-H staff and Foundation. She managed the 4-H recreation program, helped produce 4-H publications, and helped supervise the Wyo State Fair every year-She presented recreation training for the 4H staff members and was part of the Western Leaders Forum. She retired in 1986 after almost 40 years of service.

"Rec Labs" were a major part of Ruths life ton the past so years. She has helped establish several of the Rec Labs as well as serving on many boards, teaching and helping organice Ree Labs around the nation. She surely was considered a "grandmother" of Rec Labs - respected, loved, and remembered by members around the country.

We miss you, Ruth

Shared by Mama B

Stated by Mantal

Angelo - a Gnome? -

Tomten? Sprite? There was NO telling WHERE he'd Light! HE was one who stayed TRUE to himself-Was Not to be found on A shelf! A sparkle - a treasure -And TRUE FRIEND Add HUMOR and TEASE-A RARE RARE BLEND!

WE MISS YOU

Doar Jerri

Thank you for con BOM HTURS year with Sally your Man. II

RUTH MOE was an Inspiration-Rec Labs her consideration In Wyoming She hung Her hat But for Rec Labs she'd go to bat! Not just Black Hills-National, too! She remains a part of me and you!

WE MISS YOU

Terri

Shared by Mama B

Our Beloved Terri A Legacy Left! Her sweet caring NATURE LIFTED HEARTS! We are new BEREFT! SHE touched MANY In HER Short Life-Ending several years Of strife! Her Loving MEM'RY lingers On Sometimes in Prose Sometimes song!

WE MISS YOU

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Dear Terri,

Thank you for coming to chat this year with Sally, your Mom. It is such a treat to me to be with you in this place here at Chatcolab where we grew to be friends. My heart hurts that your physical being has left us yet soars as it feels your presence fly in on butterfly wings.

Thank you for being a little sister to me. I am smiling as I write "little" for you were only littler than I by mortal measures of age and physical stature. Your smile filled the room and spread through the world. Your laughter could create a beautiful symphony. Your heart shone as clearly as a full moon in a cloudless sky. Your spirit is ever present. Thank you for being part of my life.

bloy bus an la

WE MISS YOU

I'll always love you,

Jackie

IN MEMORY OF DOC ROCK STEPHENS Shared by Jean Baringer

LaRele "Joe" Stephens was born March 20, 1015 in Etna, Wyoming, died Dec. 1, 2002 in Spokane, WA, age 87. He grew up in the Wyoming-Idaho areas.

He served in the medical field in North China providing medical treatment and preventative health education to "overly social" GI's there for "The Occupation". After he returned, he lived in Idaho, serving as a mining company doctor, then to Moscow, ID as an OB-GYN physician, delivering <u>many</u> babies.

He was active in Lions Club, and the LDS Church. He and his wife moved to Spokane, WA in the early 1970's and he worked at the Medical Lake Hospital. After he "retired", he took on a new career of beekeeping. Other interests were stamps, coins reading, fishing and gardening.

Since the early 1950's Chatcolab became a yearly event for Doc, with him presenting workshops on jewelry making, rock hunting, serving on the board many years and was deemed an honorary member. Doc shared much with people, enjoyed life and loved to tease. He could tell a joke with a straight face that eventually broke out to that "Stephens grin", which we shall all miss. Doc, who will now make our annual motion to <u>"not continue</u> Chatcolab?" (Tongue in cheek).

He was given an Indian name by the Blackfoot Nation of "Father of Many Children"!

Doc Shared by MamaB

One can't describe This talented man-Don't even TRY! No words can! So many TALENTS-Dry wit, too! A caring Doctor, Friend TRUE BLUE! The list goes ON-Pages and Pages! His Record We Leave To the sages!



Dear Doc,

We were related, weren't we, through the Beasley branch of the Chat family tree? I wanted you to be here this week, when I returned to Chat after a dozen years, for you were one of the people who defined Chat for me from the first chilly evening I set foot into Camp Heyburn.

I will always respect your honesty. Your humor was so blunt that one time I hid under the table when you directed it to me. I also remember how accepting you were and the encouragement you offered to everyone, especially those of us in the next generation. Your Kindness and generosity helped this shy and insecure young woman build an inner sense of self that I carry as I age.

I miss you Doc! I know that the strands you wove through the fabric that is Chatcolab are strong and will hold as new colors and designs are added. Thank you.

> My love and appreciation, Jackie

Dear Ruth:

I met you at Black Hills Lab in 1978 when Marianne and I were on our four month trek around the country. To earn my half scholarship from Chat, you asked me to do a daily camp newspaper. I watched you with awe and wanted to learn all that I could from you. You impressed me as a talented woman with a lot of spunky energy as well as a large dose of "no-nonsense." In my youngness I wanted to be like you. You, instead, helped me to be like me. Thanks!!!!

Over years of sharing, both inside and outside labs, our special friendship deepened. I found joy in watching the loving-bond you had with your nephews, Dan and Mike, and nieces, Trudy and Terry. I came to see you as my "Aunt Ruth" as well. "Beloved" is hardly adequate to describe my feelings for you.

It's a good thing I'm giving up Diet Pepsi for I don't have to find a new partner at lab. Securing our private stash was an important priority on arrival. I miss being cabin mates and our private talks. I even miss helping load and unload your truck! (Ow, my back!)

I appreciate having known the strong external leader you were, Ruth yet value most the deeply sensitive internal woman who shared her vulnerable self with me. My heart smiles as my eyes flood with tears of memories.

I treasure you and the gift your friendship was to me, Aunt Ruth!

Love to Infinity, Jackie. Terri had 5 areas of her life that were important to her.

1. The first was her love for God and her trust in Him to take care of her. God we thank you for the strength you gave Terri these last four years. Your we and peace sustained her and her family. May r family and friends continue to know your rength and presence in their lives.

We Pray to the Lord

2. The second was her family. Her love for her husband and boys was unconditional. She supported the many activities that Leo and her boys participated in. Her needs came second to theirs. Her parents and siblings were always important to her. Lord help us to follow Terri's example to cherish and support our families.

We Pray to the Lord

3. The third was her love for children and the Montessori School. Terri cared for children whether they were her own, her nieces and nephews, friends babies or the children in her care at school. She believed in the Montessori philosophy. Lord may we all continue to care for children, to believe in their potential. Lord, Bless the continued existence and growth of the Montessori School which meant so nuch to Terri.

e Pray to the Lord

4. The fourth was her belief in support for cancer victims. She was a living resource for information on treatments, support, management and healing. She never gave up hope in her beating the cancer and

that hope radiated out to all her friends who were also battling cancer. Her encouragement and positive attitude sustained them. Lord, bless the Bosom Buddies. Grant them your strength. Thank you for all the medical personnel and hospice caregivers who helped care for Terri. Continue to bless their work and the research being done to find a cure for breast cancer.

We Pray to the Lord

5. The fifth was Terri's love for music. She loved to listen to music on the radio and the 45 records that Vicki and she collected. She had a dance and record birthday party as a young teenager. She learned to play guitar in Jr. High and played & sang in a folk group. Because of her love for dance, Leo even took a ance class with her. She taught Jazzercise. She had a song in her heart and a lilt in her step. May we all continue to Dance for Life.

GRFAT FALLS TRIBUNE

_ Thursday, December 12, 2002

Theresa Lynn Haynes

Theresa Lynn (Heard) Haynes, 44, of 902 Ave. C. N.W., a Montessori teacher, died of breast cancer Wednesday at Peace Hospice. A memorial service is 1:30 p.m.

Havnes

Saturday at the University of Great Falls Great Falls chapel, followed by a reception at Our Lady of Lourdes Catholic Church. Schnider **Funeral Home is** handling

arrangements

Survivors include her husband, Leo Haynes; sons Joshua and Trevor; her mother, Sally Heard; her father, Bill Heard; father-inlaw, George Haynes; siblings Vicki and George Lacy, Christina and Brent Nelson, Carolyn and Jeff McKenzie, Marty Heard, Vincent and Gayle Heard, Debbieand Jerry Dunst, Slacey and Pete Rowe, Dennis Haynes and Kathy Swensgard; 15 nieces and Swensgard; 15 nieces and nephews and Shelly, Brian, Chase, Brook and Brady Christiaens

Terri Haynes was born and raised in Great Falls. She attended Lady of Lourdes Elementary and graduated from Great Falls

After high school, she worked After high school, she worked for the Anita Shop and was branch manager for the Golden Triangle Federal Credit Union. She received her Montessori cer-tificate in 2000 and was co-director of the Great Falls Montessori School.

School. She was actively involved in the Great Falls Youth Hockey Organi-zation, fund-raising for the Montessori School, Northwest Leadership Camp and various cancer events such as "Relay for Life" and her cancer support group, "The Bosom Buddies." One of the highlights of her life was being selected to carry the Olympic torch in Big Sky, Mont., last January.

She loved to watch her boys play hockey, BMX race, water ski, snow ski and any other activity they were involved in.

Terri loved life and always put her family first. Her sweet spirit and will to live was an inspiration to all who knew her. In lieu of flowers, her wish is

for memorials to be made to Great Falls Montessori, Gift of Life or the Peace Hospice. To celebrate Terri's life we ask

for you to wear some type of bright butterfly, angel or rainbow attire. Cancer survivors an encouraged to wear their shirts. are

Terri Haynes joined the choir of Angels December 11, 2002

cause YOLI have been hare. Beer

have being the solution and the there is a solution to solution the solution of the solution o

"IRRE!" Docension 14, 2002

I'M SPENDING CHRISTMAS IN HEAVEN

I see the countless Christmas trees around the world below, with tiny lights, like Heaven's stars reflecting on the snow. The sight is so spectacular please wipe away that tear, because I'm spending Christmas day with Jesus Christ this year. I hear the many Christmas songs that people hold so dear, but the sounds of music can't compare with the Christmas choir up here. I have no words to tell the loy their beautiful voices bring, it is beyond description to hear the Angels sing. I know how much you miss me, I see the pain inside your heart, but it's only for a little while that we will be apart. I'll ask Him to light your spirit as I tell Him of your love, and the openant at 40 124 days So please pray for one another as you lift your eyes above. I can't tell you of the splendor or the peace here in this place, Can you just imagine Christmas with our Savior face to face? Please let your hearts be joyful and let your spirit sing, I'm spending Christmas in Heaven and I'm walking with the King.

> Ben age 13yr. -written for his mother - joined the angles- Dec. 14,1997



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"TERRI" December 14, 2002

Everything will be BRIGHTERbecause YOU have been here, Dear.

Your 'LIGHT' has shown so bright that no one can miss it.

So many parts of this <u>Globe</u> will always shine for having been touched by You.

Your LIGHTwill be present:

-In every Sunrise -in every Sunset -in every Child -in every Parent -in every Flower -in every Butterfly -in every Meadow -in every Meadow -in every Mountain -in every Breeze -in every Breeze -in every Star -in every Flame

I see the collations Christmas troop anothed the world below. whit they ugat a line Research a store respecting on the anow. The sight is an apoptacular blaute vite a way that tend with deaus Christmas day with deaus Christmas day that the many Cigitatmas cange that the sounds of music can't compare with the Cinitatmas choir up liers i have no words to tell the (dy cheir besubic) voices bithe.

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FBI SEENDING CHRISTMAS IN HEAVEN

There will always be something or someone near to remind me of your Presense. My Heart fills with <u>GRATITUDE as I BLESS YOU</u> on your way.

I cannot even imagine the <u>BEAUTY AND BRIGHTNESS</u> of your NEW LIFE, but am confident that you will be sharing it with ALL OF US throughout<u>ETERNITY.</u>

I LOVE YOU, HONEY !

HAPPINESS,

JOY, and LAUGHTER,

MOM

Plassa tat your nexts be joviul and let your spirit shig. This spending Ciritetmes in Herven and Pin weikhig with the rling.

So please pray for one shores

e you lift your sves shove.

or the pasco have in this place,

Ben aga 13vr. -weitten fochte mother - lotaet the angles- Dec. 14,199

2003 Chat Families

The Rainbows



Dan Glahn, BJ Kreiter, Sally Heard, Kris Hammerschmith, Amanda Beyer, Janel Novak, Ryan Fielding, Marianne Burton, Erika Burton, Chris Burton, Leila Steckelberg

The People

Diana Marsden, Mikael Sacco, Elaine Rovetto, Jackie Baritell, Bonnie Fausett, David Beasley, Patti Schroeder



فأوفاوها والوفار فالمقاربة فالمقاربة والمقارفا والمقارفة والمقاربة

Patriotic Pals

Carol Earl, Sylvia Hamilton, Jean Baringer, Lil' Bill Headrick, Brooke Glahn, Robin Glahn, Nel Carver, Cheryl Ovard

Golden Girls

Dolly Dwyer, Beaz Beasley, Mama B, Kari Glahn, Angie Sacco, Susan Sacco, CeeCee Wieber, T.J. Fielding, Sue Witherow, Lakoda Griffin, Whitney Wieber, Cheyanne Dobbs, Jordan Kelnhofer

Chat Families

The Rainbows



Dan Glahra, B.J Kreiter, Safly Heard, Eris Hammerschmith, Amanda Beyer, Janet Yovais, Ryan Fielding, Marianne Burton, Erika Burton, Chris Burton, Leila Steckelberg

The People

Diana Marsden, Mikaei Sacco, Elaine Rovetto, Jackie Barneil, Bonnie Fauseir, David Beasley, Patti Schroeder

Patriotic Pais

Carol Earl, Sylvia Hamilton, Jean Baringer, LiF Bill Headrick, Brooke Glaim, Robie Glahn, Net Carver, Chervi Ovard



Colden Girls

Bolly Dwyer, Bear Bear Bensley, Mama B, Kari Glahn, Angle Sacco, Susan Saccu, CeeCee Wicher, T.J. Fielding, Sue Witherow, Lakoda Griffin; Whitney Wicher, Cheyanar Babbs, Jordan Keinhofer



Chatcolab, **Incorporated**

Articles of Incorporation

Certified May 21, 1969, Idaho Corporation No. 40921

The undersigned, being persons of legal age and citizens of the United States, in order to form a nonprofit cooperative association pursuant to Title 30, Chapter 10, of the Idaho Code, State of Idaho, do hereby certify as follows:

Article I

The name of said corporation shall be Chatcolab, Inc. hereinafter called the Corporation.

Article II

The principal office of the corporation in the State of Idaho is located in the City of Moscow, County of Latah. The name and address of its resident agent in charge thereof are Vernon H. Burlison, Chatcolab, Inc., P.O. Box 542, Moscow, Idaho 83843.

Article III

The purpose of the Corporation and the nature and objects of its business to be transacted and its activities to be carried on are to any or all of the things herein set forth:

 To do all things necessary to hold an annual leadership development laboratory of one week duration for its members, including, not limited to, the following:

Make plans for each session of the leadership development laboratory; obtain the use of a group camp or other suitable facilities as a place for holding the lab; advertise the lab and promote attendance; collect registration fees from those who attend; purchase a group medical, health and accident insurance policy to cover those who attend during their travel to and from the lab and during the lab; purchase food and other supplies needed in running the lab; obtain the services of cooks, resource persons for teaching, stenographers and other personnel such as may be needed to carry on the lab; lease, rent or purchase and own equipment, such as a mimeograph machine, typewriters, vacuum cleaners and other items needed in conducting the lab; and to carry out a program of instructional and recreational activities deemed to be helpful to individual volunteer leaders of 4-H, Campfire Girls, Inc., community recreation centers, churches, granges, and other worthwhile organizations to further development of their leadership abilities with the aim that they become more competent leaders and thereby more effective in their respective leadership roles.

Article IV

The Corporation is intended to have perpetual existence; but if it should ever become necessary to dissolve the Corporation, its entire plus assets left over after payments of all obligations will become assets of the Heyburn Youth Camp Association if it is still in existence; and if it is not, the Corporation's plus assets will become assets of the Black Hills Recreation Leaders' Laboratory if it is still in existence; and if it is not, the Corporations' plus assets will become assets of the Redwood Leadership Recreation Laboratory.

Amendment to Article IV, dated May 12, 1980

Upon the winding up and dissolution of the Corporation, after paying or adequately providing for the debts and obligations of the organization, the remaining assets shall be distributed to a non-profit fund, foundation or corporation which has established its tax exempt status under Section 501(c)(3) of the Internal Revenue Code.

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Article V

There shall be no capital stock and no shares of stock. The rights and interests of all members shall be equal. No member can have or acquire greater interest than any other member. The Corporation shall issue a membership certificate to each member. No member can assign his membership certificate so that the transferee can by such transfer become a member of the Corporation, except by permission of the Board of Directors and under such regulations as the by-laws may prescribe. The private property of the members of the Corporation shall not be subject to the payment of corporate debts to any extent whatever.

Article VI

The undersigned incorporators shall be members of the Corporation. In addition the undersigned incorporators, any person may become a member in the Corporation by:

(a) Paying in full such membership fee as shall be specified in the by-laws of the Corporation.

(b) Agreeing to comply with and be bound by these Articles of Incorporation and by by-laws of the Corporation and any amendments thereto and by such rules and regulations as may at any time be adopted by the Board of Directors of the Corporation for the general interest of its members; provided, however, that no person except the undersigned incorporators shall become a member of the Corporation without his being accepted for membership by the affirmative vote of a majority of the members of the Board of Directors of the Corporation. No person shall own more than one membership in the Corporation.

Article VII

The Board of directors shall consist of nine members. All directors must be duly qualified members of the Corporation. The first Board of directors shall consist of the undersigned incorporators. They shall hold office until their successors are elected by members of the Corporation in their first annual meeting. In case of any vacancy in the Board of Directors, the remaining directors may elect a successor to hold office for the unexpired portion of the term of the director whose place is vacant.

Article VIII

1. Any person, to be eligible for election as a Director, must be a qualified member of the Corporation and a citizen of the United States at the time of his election.

In furtherance (not in limitation) of their powers conferred by statute, the Directors of the Corporation are expressly authorized:

(a) To make, alter or repeal the by-laws of the Corporation;

(b) To set apart out of the funds of the Corporation a reserve for any purpose and to abolish any such reserve;

(c) To acquire by purchase or otherwise any real and personal property for an on behalf of the Corporation in furtherance of its aims and purposes;

(d) To sell or otherwise dispose of any part of the property, assets and effects of the Corporation less than the whole thereof;

(e) To remove at any time any officer of the Corporation, but only by the affirmative vote of at least two-thirds majority of the whole Board of Directors. Any employee of the Corporation may be removed at any time by an affirmative vote of a majority of the Board of Directors, or by any committee or superior officer upon whom such power of removal may be conferred by the by-laws or by vote of the Board of Directors. (f) Each Director and officer of the Corporation shall be indemnified by the Corporation against reasonable expenses incurred by him in connection with any action, suit or proceeding to which he may be made a party by reason of his being or having been a Director or officer of the Corporation, excepting those instances wherein he shall be finally adjudged to have been derelict in the performance of his duty as such Director or officer. Such right of indemnification shall not be deemed exclusive of any other rights to which he may be entitled as a matter of law.

Article IX

The Corporation may by its by-laws confer upon its Directors other powers and authorities in addition to the foregoing and to those expressly conferred upon them by statute.

Article X

The Corporation reserves the right to change or repeal any provision in this certificate of incorporation in the manner now or hereinafter prescribed by statute. All rights conferred herein on members are granted subject to this reservation.

Article XI

The members of the of the first Board of Directors shall be the following named persons who shall hold office until their successors are elected by the members at the first annual meeting of the Corporation:

James Beasley Clarence Stephens

Vernon H. Burlison

Alice Berner

Marjorie Leinum

Genie Townsend

Hazel Beeman Ruth Ann Tolman Brice Elm

(Note: Certification of the above Articles of Incorporation issued by the Secretary of State of the State of Idaho on May 21, 1969.)

Article XII. added May 12. 1980

This Corporation is organized exclusively for religious, charitable, scientific, literary or educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

Article XIII, added May 12, 1980

Notwithstanding any other provision of these articles, the Corporation shall not carry on any other activities not permitted to be carried on by an organization exempt from Federal Income Tax under section 501(c)(3) of the Internal Revenue code.

Article XIV. added May 12, 1980

This organization is not organized for profit, and no part of the net earning shall inure to the benefit of any private shareholder.

The above Articles of Incorporation were transposed verbatim from a copy received from the Secretary of State of Idaho, Boise, ID. Various Certifications issued by the Secretary of State attesting to the authenticity have not been included as a space saving measure but will be made available to anyone who wishes to see them. Additionally, the Corporation is required to submit an annual registration report, that, in effect, verifies the continued existence of Chatcolab, Incorporated.

his document composed and edited by Charlie Swaney, Board Member, April 9, 1998

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CONSTITUTION OF CHATCOLAB, INCORPORATED

ARTICLE I	Name and Nature
Section 1.	The name of this organization is Chatcolab, Incorporated.
Section 2.	Northwest Leadership Laboratory will be used as a subtitle to Chatcolab, Incorporated.
Section 3.	Chatcolab, Incorporated is a non-profit, educational corporation.
ARTICLE II	Purpose
Section 1.	Chatcolab, Incorporated exists for the sole purpose of assisting leaders of youth and adult groups to develop their individual leadership abilities.
Section 2.	The primary means of accomplishing this purpose will be to hold an annual leadership development laboratory in a camping situation.
Section 3.	The objective of the laboratory is to provide instruction, guidance and inspiration in an atmosphere that is made conducive to the development of the individual's leadership abilities through sharing ideas, knowledge and humor, with friendly concern.
ARTICLE III	Membership and Privileges
Section 1.	Any person over eighteen years of age who is interested in improving his/her own leadership abilities and/or the abilities of others, who pays the annual membership fee or who is granted the same through action of the Board of Directors, and who attends the annual laboratory session for any given year is a bona fide member of Chatcolab, Incorporated for that year.
Section 1 – 1a.	Persons between the ages of 15 and 18 must submit a consent form signed by a parent or legal guardian. The consent form shall accompany the registration form. Attendance shall be subject to approval. Approval means this person is accepted as a bona fide member of Chatcolab, Incorporated for that year.
Section 2.	Each member has the right to vote on all matters of business transacted in the annual meeting, plus the rights to any other privileges that are extended to the Corporation's membership.
Section 3.	There shall be no membership discrimination due of sex, race, religious or political affiliation, disability or national origin.
ARTICLE IV	Organization
Section 1.	The executive body of Chatcolab, Incorporated is a Board of nine elected directors.
Section,2.	The Board of Directors annually elects from its membership the following officers who each serve for a term of one year. Chairman, Vice-Chairman, Secretary and Treasurer.
ARTICLE V	Authority

- Section 1.The members in attendance at each annual meeting shall elect three directors, each to serve a term
of three years, thus perpetuating a nine-member Board of Directors with staggered three-year
terms.Section 2.Members in attendance at each annual meeting shall act upon any question(s) of policy that may
be presented to the meeting by the Board of Directors or by any member of the Corporation.Section 3.The Board of Directors shall transact all business necessary to plan, organize and conduct the
annual session of the Northwest Leadership Laboratory.ARTICLE VIMeetings
- Section 1. There shall be an annual meeting of the full membership. The Annual Meeting shall be held during the week that is scheduled for the leadership laboratory.
- Section 2. Within the six months following each annual session of the Northwest Leadership Laboratory, the Board of Directors shall hold a meeting to plan the next session of the Laboratory.
- Section 3. During the week of each annual session of the Northwest Leadership Laboratory the Board of Directors may hold as many meetings as its members deem necessary to make the lab program function as smoothly

ARTICLE VII Provision for Amendment

- Section 1. Any part of this constitution may be amended by a two-thirds vote of the Corporation members present at the annual meeting, providing that notice of any proposed amendment(s) is both posted on the official bulletin board at the laboratory and is read before the membership during the morning of the first day of the laboratory session wherein will be held the annual meeting that will consider the proposed amendment(s)
- Section 2. Any change that is made in the constitution by the described means will become effective immediately.

This constitution was in effect in 1969 when Chatcolab became incorporated and was last amended in 1999.

Bylaws of Chatcolab, Inc. 2002

Membership

 In addition to the requirements of membership, as stated in the Constitution, persons between the ages of fifteen and eighteen must submit with their registration the name of a responsible person (Chaperone) who must be an adult of legal age and attend Lab concurrently with them.

Directors

 Qualifications: Any Chatcolab, Inc. member who is 18 years of age or older, who has attended at least one previous full session of the Northwest Leadership Laboratory who can, barring unforeseen circumstances, attend the planning meetings of the Board of Directors and the annual sessions of the Northwest Leadership Laboratory for the next three years is qualified to be nominated for director.

2. Nominations

- A. The nominating committee, consisting of the three persons retiring from the board, will contact all qualified members.
- B. A list of names of all those eligible for election will be posted the day after registration.
- C. The names of those who will accept a nomination shall be posted

3. Elections

- A. All voting will be by secret ballot. Ballots to be counted by two members of the board appointed by the chairman.
- B. A first round election will be held to select six candidates to appear on the final ballot. The six members receiving the most votes will be candidates for a second and final vote.
- C. The second and final vote will be held at the annual meeting.
- D. The three candidates receiving the most votes will become board members with the remaining three candidates becoming alternate board members. (Alternate board members are invited and encouraged to attend all board meetings.) Chair will vote only to break a tie.

4. Term of office

- A. All directors shall assume the duties of their office on the last day of the Lab session at which they were elected. Their three-year term ends on the last day of Lab. Retiring officers will complete necessary business to conclude current Laboratory session, including such duties as distribution of annual meeting minutes, paying all invoices and preparing required financial reports.
- B. No Director may be re-elected without an interval of at least one year between terms. This provision does not apply to any director who has been appointed to fill out an unexpired term.
- C. Alternates serve for a one-year term.

1- Bylaws

D. Alternates may not hold any office on the Board of directors.

 Quorum: A majority of the elected Board of Directors shall constitute a quorum. A quorum is required to conduct a business meeting.

6. Authority

- A. Select a meeting place for the annual planning meeting before the end of the current Laboratory session.
- B. Set policies and make decisions not specifically determined by the full membership.
- C. Amend, add or repeal these by-laws to any extent that is judged by at least two-thirds of the elected, or appointed, directors to be in the best interest of Chatcolab, Inc. and not be in conflict with the Articles of Incorporation, the Constitution, the statutes of the state of Idaho concerning non-profit corporations, or the U.S. Treasury.
- D. All Bylaws must be approved by the board of directors each year at the annual planning meeting.
- E. In case of any emergency that would make it unsafe, highly undesirable or impossible to hold the Lab, the Directors may postpone it until the emergency has passed.
- F. Evaluate the laboratory from the standpoint of its effectiveness in accomplishing the purpose of Chatcolab, Inc.
- G. The Board of Directors shall transact all business necessary to plan, organize and conduct the annual session of Chatcolab, Inc.
 - 1. Decide on the date and place for the next lab.
 - 2. Plan the program, making it of such nature as is deemed to be highly effective in accomplishing the purpose of Chatcolab, Inc.
 - Set Lab tuition at a level expected to maintain the corporation on a solvent but non-profit basis.
 - Obtain competent resource personnel to teach, to assist and to make lab successful.
 - Secure working staff necessary to the operation of the lab. These include cooks, kitchen staff, notebook editor and others.

7. Resignation/Removal:

- A. If a member of the Board of Directors cannot fulfill his/her term of office and desires to resign as a director he/she must do so in writing to the Secretary or Chair of the Board of Directors.
- B. A Board member may be removed from office in accordance with the statutes for the State of Idaho non-profit organizations.

8. Youth Representative

- A. A returning youth, under age 18, may be selected by peers to represent this age group during the laboratory. This representative will be invited to the in-Lab Board meetings and, further, encouraged and aided to attend the Planning meeting.
- B. This position does not have voting privileges but the person is encouraged to provide input in the interest of their peer group.





Officers

 Any director is eligible for any office and may be elected to succeed himself in the same office, except that to be eligible for Chair or Vice-Chair, the candidate should have served at least one year as a director. Alternates may not serve as officers

2. Duties of Chair

- A. Preside at the annual meeting and all regular and special meetings of the Board.
- B. Fill by appointment any vacancy in the Board of Directors, using as first choice those elected alternates, otherwise will choose from any member of the Corporation. All appointments are subject to approval from the remaining directors.
- C. Fill by appointment any vacancy in the offices of Vice-Chair, Secretary or Treasurer. Directors are eligible for such appointments and are subject to approval by the remaining Directors.
- D. Appoint a committee of three persons to audit the annual financial records of the Corporation.
- E. Appoint other committees as needed to monitor and assist any and all funded programs, such as the Financial Awards fund.
- F. Sign and date by-laws each year after approval at the planning meeting.
- G. Use Robert's Rules of Order for parliamentary procedure.
- H. Ensure annual reports required by the State of Idaho are filed.

3. Duties of Vice-Chair

- A. Preside at meetings when the Chair, for any reason, is unable to do so.
- B. Have charge of public relations. This includes the preparation of registration brochure, other publications, and any other media that imparts knowledge of and promotes attendance to Chatcolab.
- C. Assume the office of Chair if, for any reason, it is vacated before the term is expired.

4. Duties of Secretary

- A. Keep minutes of the Annual Meeting and of all meetings of the Board of Directors.
- B. Make available a copy of the minutes to each Director within the six weeks following any meeting.
- C. Ensure reports required of the Corporation by the State of Idaho are filed and such other reports as may be necessary.
- D. Be custodian of the central file of minutes and other historical records of the Corporation.

5. Duties of Treasurer

- A. Receive all monies tendered to the Corporation. Open and maintain bank accounts, pay all invoices, as approved, and keep accurate records of all funds, as established by the Board of Directors. Maintain financial records as required by law.
- B. Submit the financial records for audit at the board's planning meeting for the next Lab.
- C. Present an annual financial statement to the board of directors at the planning meeting for the next lab.

3 - Bylaws



- D. Submit to the Board at the beginning of the planning meeting a tentative budget for the next laboratory session.
- E. Cooperate with the Secretary in the filing of all taxes, insurance and other necessary reports.
- F. Be chair of the Financial Awards and Fundraising committees.
- G. Shall make available a complete list of names and addresses of Labbers and Patron members for the current year.

Financial

- Directors may accept donations and gifts provided there are no donor requirements that would limit their use.
- 2. Directors shall acquire, manage and dispose of property as is necessary or desirable for the accomplishment of the purpose of Chatcolab, Inc.
- Special Awards: If funding is available, the award committee may issue honoraria where special needs exist.
- 4. Fundraising committee will be chaired by the Treasurer.
- 5. Expenses incurred by members need to be submitted on vendor (supplier) receipts within 30 days of purchase. To receive reimbursement, all receipts for current year's lab must be submitted to the treasurer within 30 days of the last day of the laboratory session of that same year. Refunds will not be made after that date.
- Purchases of \$50 or more, that are not included in the budget, must be approved by a majority of the board of directors.

Budget

- The tentative budget for the next laboratory session, as presented by the Treasurer, must be reviewed, changed as needed, and approved by the Board at the planning meeting. Board members must limit spending to budgeted amounts.
- Budget shall include honoraria and/or travel reimbursement for resource people and working staff. It is recommended that teaching honoraria for resource people be offered at no less than one-fourth of the regular fee for Mini-workshops, one-half regular fee for In-depth workshops, and full fee for All-Lab workshop.

Fees

- Fees for attending the laboratory will be established at the Planning Meeting and announced no later than four months prior to the Laboratory session. The deposit amount shall be one-fourth of regular fee.
- 2. Fee includes charges for food, camp rent, insurance, general supplies, paid resource and working staff, publicity, notebook, a one-year subscription to the *Chat-Chat* newsletter and other items necessary to operate the laboratory.
- 3. Fee categories will include regular (15-64), senior (65+), student, and patron.
- 4. Patron membership is non-voting, for those who are unable to attend but will include a notebook and subscription to the *Chat-Chat*. For board members who cannot attend the annual laboratory session, this maintains their place on the board. Fees shall be not less than one-fourth of the regular fee.
- 5. Board members pay their individual tuition the same as other members of Chatcolab, Inc.

4 - By laws

 Earlybird registration fee must be paid in full 30 days prior to the start date of Chatcolab. All registration fees received/postmarked after that date will be the full registration fee. This does not apply to any other discount.

Part-Time Fees

- 1. Those wishing to attend part time must send a letter at least 15 days in advance of the laboratory session to the registrar specifying the days they wish to attend.
- 2. Fees for part time shall be prorated by the board as specified at the planning meeting.
- Guests of Labbers (such as family members) shall be charged overnight and/or meal rates, as recommended by the Treasurer and set by the Board.

Refunds

- Applications for refunds received 15 days prior to start of Lab will be fully refunded. After that time the deposit amount is not refundable.
- If monies are allocated in the budget, a board member may be reimbursed for reasonable travel expenses to the Planning meeting, not to exceed \$100. A two-thirds majority vote of the Board of Directors present at the planning meeting is required.

Financial Awards (Scholarship) Fund

- A three-member committee (chaired by the Treasurer) shall follow the ensuing guidelines and act on all scholarship applications.
- Scholarships are used for first-time participants who would welcome financial assistance, and for lifetime members.
- Scholarship recipients are encouraged to pay at least one-half regular fee with the balance to be awarded by the Financial Awards Committee. No other discounts or categories may be applied.
- Scholarship applications must be received at least 30 days prior to Lab and should be approved by signature of at least one committee member in addition to the Treasurer.
- Camperships may be awarded to returning members in need of financial assistance. This
 includes Board members. Camp duties may be assigned in exchange for this financial
 assistance.
- The Financial Awards Fund is accrued from auctions, raffles, donations so designated, and other means.
- The James Robert Beasley Scholarship fund shall award one full scholarship annually to a first-time Labber. The applicant shall submit a letter of application addressed to the Treasurer/Financial Awards Committee.
- An honorarium is the monetary award that is paid to a designated resource person, or working staff out of the general fund. Those receiving honorariums are members of Chatcolab.

Key Positions

- 1. These positions may include Program Chair, Registrar and Chat-Chat editor.
- 2. All positions shall be appointed by the Board of Directors.
- 3. The board shall provide each position a list of duties, expectations and budget.

5 - Bylaws



Working Staff

- 1. Working staff includes cooks, notebook editor, kitchen help, waterfront person(s), nurse and others.
- 2. Board must identify and establish a budget for each position.
- 3. All positions may be offered an honorarium according to the work performed.

Camp Policies

- All registrations must be accompanied by a signed medical release granting the Chair permission to seek emergency treatment. Those under eighteen must have a release signed by parent or guardian.
- All persons must complete registration requirements before using camp facilities including payment of appropriate fees.
- Policies of the camp shall be included in the notebook and posted. Policies include use of facilities, curfew (if any), leaving the grounds, and any other rules and regulations necessary for a safe Lab experience.

Fund Raising

1. Fund raising committee will be chaired by the Treasurer

Honorary and Lifetime Board Members

- Honorary board members are those individuals who have attended Laboratory sessions for several years, who have demonstrated wisdom and whose advice is deemed beneficial to the Board of Directors in making judicious decisions.
- 2. Any current board member may nominate honorary board members.
- A two-thirds vote of the board of directors is required to elect an honorary board member, whose term of office is indefinite.
- Honorary board members are invited to attend all board and planning meetings and act in an advisory capacity. They may also be called upon to fill a vacated office.
- This designation does not limit their capacity to function as a regular member in any way, including election to the Board.
- Honorary Board Members currently include: Leila Steckelberg, 1975; Jean Baringer, 1986; Joe "Doc" Stephens, 1989; and Miriam Beasley, 1992, and Bill Hedrick, 2000, Former members include: Dwight Wales (1970), Marge Leinum Grier (1971), Don Clayton (1977), Vern Burlison (1977), Jim Beasley (1992) – all deceased.
- Lifetime membership is in recognition of outstanding contributions to Chatcolab, Inc. and currently includes: Leila Steckelberg (1982). Former Lifetime Member includes: Dwight Wales (1981) – deceased.

The effective date of these bylaws is October, 2001. Following changes made at the board meeting.

Marketing Rec Labs

by Ruth Moe (a Rec Lab person)

What is Marketing?

It is important to note that our marketing strength lies in the quality of our programs. Without strong programs we cannot hope to achieve marketing goals. Because programs are our "Products," we can draw a comparison to the profit-motivated corporation.

We must have quality products (programs) to market effectively. Our success depends on it.

We have to be good at developing new programs. Need assessment and audience segmentation is critical. We have to be good at managing programs in the face of changing needs, tastes, technologies, and competition.

Doing the good deed isn't enough. People need to know about it!

It's important, from a marketing point of view, that we consider how our products are perceived by non-users as well as users. Often key members of the non-user audience are more important than the people directly receiving products.

The set of all programs offered at any one time to the public by Lab is our product mix. The mix is critical. From the user or observer point of view, the mix forms the image of a Rec Lab. The mix should be a careful balance.

Marketing deals with the concept of:

- Uncovering specific needs;
- Satisfying these needs by the development of appropriate goods and services;
- Letting people know of their availability;
- Offering them at appropriate prices....at the right time and place.

Audiences

Audience segmentation is an important marketing concept.

Target audiences can be divided:

- Demographically age, gender, education, occupation, income, race, nationality
- Geographically states people live in, urban/rural, population density
- Psychographics Personality, lifestyles (health, leisure, vacations, homes, eating, etc.), benefits sought, social class.

In Rec Labs, audience segmentation has many benefits:

- Identify "clients"
- Deliver programs more effectively
- Cut costs by targeting programs an communications
- Survey and identify needs
- Evaluate programs
- Determine "messages" and appeals
- Develop strategies
- Develop and implement an appropriate marketing mix designed to satisfy the chosen market target.



Target marketing through audience segmentation (A product is a program.)

- 1. Identify needs.
- 2. Identify market segments (geographic, demographic, psychographic).
- 3. Match "product" and communications to the market segments.
- 4. Develop marketing mix for each "product" and each audience segment.
- 5. Deliver product.
- 6. Evaluate.
- 7. Identify new needs.

The program mix of a Lab is important. It should be carefully created and related to client needs.

Image

An organization can get maximum response from the audiences it serves by acquiring (and maintaining) the right image. We cannot assume (by gut response or by intuition) what our consumers think about us. In order to plan and develop strategies and priorities we need to think about consumers' needs, perceptions, and preferences, and to measure satisfaction.

Everything about an organization talks.

Corporations have known, for a long time, that the image people have of their company is determined by outreach items. Every item (tangible and intangible) contributes to (or detracts from) an organization's character. Here is a list of possible items that may add to client perceptions of Rec Lab.

- > Physical facilities
- > Resource people
- > Board members
- > Stationery
- Brochures
- > Notebook

- > Direct mail
- > "Products"
- (programs)
- Employees' dress
- Signs
- Exhibits

- > Posters
- > Logo
- Static display of pictures

Our Rec Lab image comprises all planned and unplanned verbal and visual elements that we have. Each item adds to (or detracts from) the positive image we want people to have.

Rec Lab's identity is a key element. It separates and identifies our organization from other competitive groups. Our identity is our statement to our clients of who or what we are. It contributes to the way people see us.

Communications

Rec Lab, like any other organization, must direct communications to our markets and publics. We have five major persuasive communications instruments:

- Advertising
- Personal contact
 Atmospherics
- Outreach materials.

D Publicity



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Effective communication takes two forms: outreach and feedback. We may be generating communications to create awareness, describe educational opportunities, or describe where services are offered. We need to evaluate feedback to ensure that messages are being understood. The art and science of communications is not a simple endeavor. It requires sophisticated skills and abilities. Most of all it requires a comprehensive understanding or organizational services, objectives, and goals.

Communications methods and systems are a critical part of a Rec Lab's program deliver. Special focus should be placed on communications. Communications should be created to relate to identified audience targets.

A classification of the various promotional tools is desirable to help analysis and planning. Let's examine definitions of the five groups:

- Advertising any form of non-personal presentation and promotion of ideas, goods or services by an identified sponsor.
- Publicity non-personal stimulation of demand for a product, service, or business unit by planting commercially significant news about it in a published medium – newspapers, TV, slide show, videotape.
- Personal Contact oral presentation in conversation with one or more prospective clients for the purpose of building good will, or telling about Lab.
- Atmospherics efforts to design the place of activity in a way calculated to create specific cognitive and/or emotional effects in the customers.
- Outreach materials printed, audio-visual materials to communicate information to targeting audience(s) - brochures, T-shirts, pencils, stationery, envelopes, buttons, etc. to be effective they must reach a large number of people, many times.

Effective outreach communications by stages.

- Identify your audience. Successful outreach communications are produced by people who have a clear target audience in mind. The audience may be potential users of educational programs, current users, people undecided about using services, or influencers (supervisors of activity programs). The audience may be individuals, groups, particular publics (identified by demographic, geographic, or phychographic characteristics) or the general public.
- Relate the message to the target audience. The target audience will critically
 influence your decisions on what is to be said, how to say it, when it is to be said, and
 who is to say it. Effective communications are designed to relate to the potential
 receiver.
- 3. Identify the response you want to achieve. Once the target audience is identified, the Rec Lab communicator must decide what response is expected. Know what it is you want to happen. The ultimate response is, of course, a commitment to take action. But commitment is the end result of a long process of client decision making. The Rec Lab communicator needs to know in which state the target audience stands at the present time and to which state he or she should progress.





Six states of client status

A present or potential Rec Lab client may be in one of six categories in respect to our organization:

- 1. Awareness
- 3. Liking

5. Conviction

- 2. Knowledge
- 4. Preference

- 6. Commitment

Difference between success and failure - a simple idea

Corporations and non-profit organizations that have maintained continued success have clearly understood their products and their products' relationship to consumer needs. The most important person in any organization is the client. Successful organizations put their clients first, their employees second, and everyone (or everything else) third, fourth, and fifth. Unsuccessful organizations focus from the top down, from management to client. The successful organization has a bottom-up point of view. The client comes first!

Maintaining a non-myopic organization

Consistently successful corporations, such as IBM, have clearly defined priorities. From its founding, IBM has been committed to the idea that the customer comes first. Even though IBM is involved in very complex activities, the company has not gotten lost in a sea of technology, organizational structure, processes, hardware, software, products and computer print-outs. It remembers the client; it continues to put the client first.

Every organization needs to ask itself some fundamental questions:

- 1. Who is our Rec Lab audience? What are their psychographics? What are their demographics? Where do they live?
- 2. What methods of promotion can we use for Rec Labs? How can we be effective?
- 3. What type of program should Rec Lab have? What are we now using? What should we add or delete?
- 4. What image of Rec Lab do our clients have? What image do we want them to have?
- 5. What are the objectives of Rec Lab?.
- 6. What are the recreation needs of our clients?

Profit-motivated and non-profit organizations need to avoid perceiving themselves as in the product producing and service-producing business. The most successful organizations are in the business of satisfying consumer needs. The product or service is not an end in itself. It is only the vehicle that is developed to meet human needs.

Quality programs aren't enough!

Non-profit organizations are realizing that dedicated program delivery is no longer a guarantee for continued success. Declining purchasing power, an inflationary economy, and limited budgets have threatened many non-profit organizations. Despite dedicated efforts to create and deliver meaningful programs, Rec Labs may find that purse-strings are drawing tighter and tighter. One way to brace against potential problems is to adopt marketing principles that have been successful for other non-profit groups.





Marketing Rec Lab

Many people confuse marketing with promotion, advertising, selling and media activities. Although these are included in a marketing strategy, they are not marketing.

Promotion, advertising, sales, and media focus on the organization. Marketing focuses on the user, client, or target audience. Promotion, advertising, sales and media tend to be inward and are tools used in marketing. Marketing is outward. Creative marketing is a much more global process – a kind of marketing that examines every aspect of an organization. It goes far beyond selling the organization. It examines the organization and its very reason for existence. It studies the organization from the point of view of the user, supporter, and impartial observer. It considers primary, secondary, and tertiary audiences. Marketing, when applied, affects every person inside and outside of Rec Lab. Marketing is a process – not an activity, event, or item.

Our programs are our products, but they are not why we exist. We exist to meet client needs. Our focus should be our clients, users, and observers. We are not in business to plan, create, and execute Rec Lab programs. We are in the business of serving human needs!

Direct Mail Tips

- Always end a letter or brochure with a "PS" that reiterates your request or stresses an additional benefit to the donor.
- Remember that you are competing with a considerable amount of "junk" mail. Improve your chances of having the envelope opened by making the envelope stand out.
 - a. Use an odd size or color.

b. Print a "tease" on the exterior that encourages the prospect to look inside for more information.

c. Occasionally use personal letterhead from a volunteer rather than the standard institution letterhead.

3. Be brief, concise, and interesting.

Note: There are other schools of thought regarding brevity. Many organizations find 3-4 page letters effective. Experiment with a longer letter if you like. The key is that the letter must be well written, personal, and interesting.

- 4. Clearly state your purpose, at least once, in the letter or brochure.
- Remember that your letter or brochure will probably be scanned rather than read thoroughly. Make sure the key points stand out. Use indentation, "bullets," underlining, boldface, or multicolored inks to stress important points.
- 6. Note your own behavior when you receive direct mail. Which pieces do you throw away? Which ones do you open? Why? Save interesting pieces for ideas?
- 7. Each letter or brochure should enclose a return card or tear-off. It is not necessary to enclose postage-paid return envelopes.
- Determine the needs or interests of your market and have the text of your letter or brochure reflect that need. For example, if writing to older alumni you may want to strike a nostalgic mood.
- 9. Offer something free a tour, a notebook, services, etc.

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June 22-29, 2003 CAMP THREE MEADOWS SCHEDULE	Learn 000 Lead 11 Live = 0= Chatcolab 2003		LearnLeadLive Chatcolab 2003		•		
	***BOARD MEETING 7:10am DAILY						
SUN- JUNE 22, 2003	MON - JUNE 23	TUES - JUNE 24	WED - JUNE 25	THUR - JUNE 26	FRI - JUNE 27	SAT - JUNE 28	SUN - JUNE 30
2 PM* *BOARD ARRIVES TO SET UP CAMP	7:45 AM FLAG RAISING	7:45 AM FLAG RAISING	7:45 AM FLAG RAISING	7:45 AM FLAG RAISING	7:45 AM FLAG RAISING	7:45 AM FLAG RAISING	8 AM BREAKFAST
*BOARD MEETING	8 AM BREAK- FAST/REGISTER	8 AM BREAKFAST	8 AM BREAKFAST	8 AM BREAKFAST	8 AM BREAKFAST	8 AM BREAKFAST	BREAK CAMP
5 PM** ** <u>REGISTRATION BE-</u> <u>GINS</u>	9 AM DAILY CHAIR	9 AM DAILY CHAIR YOUTH ACTIVITY	9 AM DAILY CHAIR YOUTH ACTIVITY	9 AM ANNUAL MEETING YOUTH ACTIVITY	9 AM YOUTH DAILY CHAIR	9 AM YOPUTH DAILY CHAIR	GOOD-BYES
6 PM DINNER	9:30 AM CAROL	9:30 AM <u>CAROL</u> "LEAD"	9:30 AM <u>CAROL</u> "LIVE"	9:45 AM <u>CAROL</u> "LL"	9:30 AM THE GLAHNS BEE A LEADER"	9:30 AM THE GLAHNS "BEE" A LEADER"	HUGS
7:30 PM *WELCOME CERE- MONY	<u>"LEARN"</u> 12 NOON	12 NOON LUNCH	12 NOON LUNCH	12 NOON LUNCH	12 NOON LUNCH	12 NOON LUNCH	CHECK OUT AT 10
*GROUP ASSIGN- MENTS	LUNCH 1:30 PM	1:30 PM IN-DEPTH /YOUTH	1:30 PM IN-DEPTH/YOUTH	1:30 PM IN-DEPTH/YOUTH	MINI WORKSHOPS	MINI WORKSHOPS <u>1:30 PM</u>	AM BOARD
8:30PM *GET ORGANIZED AND SETTLED FOR THE	IN-DEPTH /YOUTH WORKSHOPS	WORKSHOPS SUSAN	WORKSHOPS JACKIE	WORKSHOPS JACKIE	JEAN	SUSAN GEL CANGLES	MEMBERS LEAVE AT 11 AM
WEEK	SUSAN MAKING JEWELRY	MAKING JEWELRY CHERYL & BEAZ	COLLAGE, ETC. BJ	COLLAGE, ETC. BJ	SUSAN	JEAN LUMMI STICKS	
	CHERYL & BEAZ MINIATURE GOLF	MINIATURE GOLF	MAKING OLD CARDS	MAKING OLD CARDS	4:00 PM	4PM	
VISIT AND ENJOY A RELAXING EVENING - BECOME FAMILIAR	NATURE WALK	4 PM MINI WORKSHOPS	CHERYL HIP HOP & CLOG- GING	CHERYL CREATIVE MOVE- MENT&CLOGGING	CAROL CLOWNING	WALK AND WALK	
WITH THE AREA	MINI WORKSHOPS	JACKIE	4 <u>PM</u>	4 PM	STAINED GLASS PICTURES	DARFORETEN	
	THE GLAHNS LOG CABIN EMBROIDERY	MAKING BUBBLES	MINI WORKSHOPS	MINI WORKSHOPS GLAHNS(REPEAT)			
Land		THE GLAHNS CREATIVE CEREMONIES	LEISURE TIME W/MAMA "B"		1011		
	MARBLES 6 PM	6 PM DINNER	6 PM DINNER	NEL FUZZY BEARS	6 PM DINNER	6 PM DINNER	
	DINNER 7:30 PM	7:30 PM GROUP ACTIVITY	7:30PM GROUP ACTIVITY	6 PM DINNER 7:30PM	7:30 PM GROUP ACTIVITY YOUTH	7:30 PM GROUP ACTIVITY YOUTH	
un site	GROUP ACTIVITY 8:30 PM CAMPFIRE ACTIVITY	8:30PM CAMPFIRE ACTIVITY	8:30 PM CAMPFIRE ACTIVITY	GROUP ACTIVITY 8:30 PM CAMPFIRE ACTIVITY	8:30 PM CAMPFIRE ACTIVITY 9 PM	8:30 PM CAMPFIRE ACTIVITY 9 PM	
	9 PM CRAFTS/NIGHT OWL	9 PM CRAFTS/NIGHT OWL	9PM CRAFTS/NIGHT OWL	9 PM CRAFTS/NIGHT OWL	CRAFTS/NIGHT OWL NIGHT OWLS	AUTOGRAPHS NIGHT OWL	

Chorus: One for the money, tow for the show, Three to make ready as off into the world To find my fortune I go.

If I were a baker in a bakery shop I'd bake and I'd bake and I wouldn't stop "Till all of the world had cookies and pies And Love was the color of the children's eyes.

Chorus:

If I were a butcher I would be able To set the whole world down at my table, I'd work and I'd work and not go to bed, 'Till the world was the color of the very well fed.

Chorus:

A candlestick maker I shall be I I'll light a candle for the world to see And then one day when the darkness is gone The world will be the color of dawn.

Chorus:

PUFF, THE MAGIC DRACON

Puff, the magic dragon lived by the sea And frolicked in the Autum mist in a land called Honahlee. Little Jackie Paper loved that rascal Puff, And brought him strings and sealing wax, And other fancy stuff, oh!

Chorus

Puff, the magic dragon lived by the sea, And frolicked in the Autumn mist in a land called Honahlee! Puff, the magic dragon lived by the sea And frolicked in the Autumn mist in a land called Honahlee!

Together they would travel on a boat with billowed sail, Jackie kept a lookout perched on Puff's gigantic tail. Noble kings and princes would bow whene'er they came, Pirate ships would lower their flags when Puff Roared out his named.

Chorus;

A dragon lives forever, but not so little boys. Painted wings and giant rings make way for other toys. One grey night it happened, Jakie Paper came no more, And Puff that mighty dragon He ceased his fearless roar.

His head was bent in corrow, green scales fell like rain, Puff no longer went to play along the cherry lane. So. Puff that mighty dragon,

JUNIOR BIRDMEN

Up in the air, junior birdmen Up in the air, flying high Up in the air, junior birdmen Keep your chin up in the sky, up in the sky, And when you near the radar announcement That you have won your wings of tin, You know the Junior Birdmen, Have sent their boxtops in Five Boxtops - Ten boxtops - zoooocoommm..

DEEP AND WIDE

Deep and wide, deep and wide (spread arms vertically, **spead**oarm horizontally, clap, repeat) There's a fountain flowing deep and wide. (throw arms up, sweep to side, spread arms vertically, clap, spread arms vertically, clap)

Repeat same two lines

Variations:

a.) Arms movemenment as emphasized as possible

b.) Leave out words "deep", wide", "fountain," "flowing" and use action in their place.

MAGIC PENNY

Chorus:

Love is something if you give it away A7 D Give it away, give it away

Love is something if you give it away You end up having more.

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

Money's dandy and we like to use it, But love is better if you don't refuse it, It's a treasure and you'll never lose it Unless you lock up your door, for

Let's go dancin til the break of day And if there's a piper we can p ay for love is something if you give it away You end up having more.

So let the sunshine and the rain come down And let the rainbows touch the ground for magic pennics make a lovely sound,

When they roll all over the floor.

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 bridge, mister; Let's go pick the flowers, sister.

Ref:

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

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

Ref:

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

Ref:

DOWNRIGHT HAPPY

I'm upright, in right, outright, downright Happy all the time (repeat)

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





BUBBLE MAKING BASICS

Shared by Jackie Baritell

Best bubble conditions: high humidity, cool, shady, sheltered areas

Basic Bubble Recipes:

- From <u>The Unbelievable Bubble Book</u> by John Cassidy

 cup yellow or blue Ultra Dawn (dish soap)
 3-4 tbsp. Glycerin
 cups clean, cold water (or up to 50% more on dry days)
 Measure water into clean pail. Add 1-cup dish soap. Add glycerin. Stir gently. (No froth).
- 2. From Blue Hill Wand Works 4 cups water 1-cup dish soap 1/4 cup corn syrup

Homemade Bubble Wands:

- Use a holder from a 6-pack of your favorite soda
- Bend a wire hanger into a loop or other shape
- Tie string though 2 straws
- Cut end off a couple of cans, tape together
- Use your hands thumbs and index fingers together

For much more check out <u>The Unbelievable Bubble Book</u> by John Cassidy With David Stein, inventor of The Bubble Thing KLUTZ, 455 Portage Ave., Palo Alto, CA 94306 – klutz.com

BUBBLE PRINTS

Supplies:

Baking sheet Plastic cup Plastic straw ½ cup water 1 tsp. dish soap Food coloring White drawing paper Colored markers

Mix water, dish soap and a few drops of food coloring in a plastic cup. Use straw to blow bubbles in the cup until they spill all over the baking sheet. Remove the cup and place a piece of paper over the bubbles on the baking sheet. Lift the paper off. Allow paper to dry. Use markers to draw a picture or outline shapes in the design. Use printed-paper as wrapping paper, book covers, stationery or framed artwork!

You can use more than one color of bubbles for one print. Try a bubble pipe, too!

COLLAGE Shared by Jackie Baritell

Making a collage of images and words taken from magazines, calendars, catalogs, old cards, etc. is a wonderful creative activity for individuals and groups. It can serve as a bridge to the inner artist inside those of us who gave up drawing in the third grade. It is a means of self-expression that can open discussion, facilitate disclosure, form focus and enhance cohesion. I have used this medium successfully with all ages and enjoy it as a personal activity.

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BASIC SUPPLIES:

Old magazines, calendars, catalogs, cards Large heavy paper or poster board Glue Scissors

OPTIONAL SUPPLIES:

Markers, crayons, pastels Mod-podge or glaze Paint brush (mod-podge or glaze) Photos Small natural objects (e.g. shells, twigs, seeds, stones) Small craft objects (e.g. buttons, beads, sequins, fabric scraps, and yarn) Glue gun

BASIC DIRECTIONS: Tear or cut out images and words. Arrange on paper or poster board and glue in place.

ENHANCING COLLAGES:

run).

You may use markers, pastels or crayons to decorate your collage.

To preserve your collage brush it with mod-podge or similar coating (be careful of ink that can

Use photos for a personal touch. You may want to add some 3-D to your collage by adding pieces of colored paper, small natural or craft objects (see list for ideas) or whatever you like. A glue gun works well for these.

SOME IDEAS FOR CREATING COLLAGE;

1. <u>OPEN-ENDED</u> -- Search for pictures and words that you like, or that draw you in some way. You can begin this with some sort of centering exercise such as a visualization or relaxation.

 <u>INDISE-OUTSIDE BOXES</u> -- See directions at end of page. This is a great exercise for a group getting to know each other in depth.

If you don't have boxes, you can do this exercise by folding a large piece of paper. The outside of the paper is the outer you and the inside of the paper is the inner you.

 <u>TREASURE MAP</u> – This activity is to help with focus on a goal. Picture in your mind something that you want to manifest in your life or a direction you are moving. Find pictures and words to represent what you want and what will help you get there.

Be sure to place your treasure map where you will see it!

This can be a great activity for a group working on a project or intention. Each individual can do a collage with the group focus or the entire group can create one giant collage together.

4. LIFELINE: Represent your life from birth through the present and, if you choose, into the future. My art therapist friend gives people a large piece of paper with the right third folded under so they complete birth to present before considering the future.

You can begin by running a mental movie of your life noting major events or periods that stand out for you. Then search your materials and create you lifeline. You can do this by a timeline, but timelines don't have to be a single horizontal line.

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DUTONAL SUPPLIES

Strull drug Manager

STRUCK (III) A DWED A/ SPY3

SPECIAL TOPICS: examples include: a safe or special place; family; animal; travels; 5. environments; historic periods; favorites; health issues. ACCEPTED TO AND

discussion frontients de do une form from mid ed in a collegian. Elleve used ifrestediam successfully

INSIDE/OUTSIDE BOXES

Shared by Jackie Baritell

MATERIALS:

JUNE DEC

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BASK MART 10.335 164 OF SUCREMENT AND A STREET AND AND A STREET Magazines Glue Mod-podge Sequins, small rocks, feathers, moss, etc. (optional) Markers and paper (optional) One box per person

DIRECTIONS:

Explain that through this creative exercise individuals will be exploring how they project themselves in the outer world and how others see them as well as who they really are inside.

Analytic of an incompose of Chebrands bas of most one and final tensors and the state of which and

Cut out pictures and words that express who you are, outside and inside. Remember that what you like to do (e.g.; sports, hobbies) doesn't tell all of who you are. Think, as well, of qualities.

Glue the pictures and words or drawn pictures. Use mod-podge to secure pictures/words to the box to make the job more permanent. After this you may wish to add other representative items such as those suggested above.

When group finishes boxes have members process what the experience was like. What were they drawn to put on and in their boxes? What was the experience like? Let members explain their choices. Are there parts of their inside that they don't share with anyone? How different is their inside from their outside? ETC.

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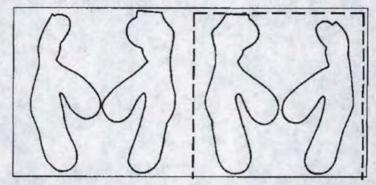
Bur and bear want notivity five anothe a the second second second and interface. I ad an fiveful sha an a college web like group inclusion de early group can easie for any grant culture feedback

Stuffed Bears Shared by Nel Carver

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	in an in section on the	
Pattern		
		9 Cheek to make , melsear
Fabric (fake fur, fur,	chenille, etc.)	Then (up inside out their
	bear) 2/3 yd. Fabric lan	
	attern is for small bear)	10. Turn right side out-
Eyes & Nose		
Stuffing	Viten head and lastly bolly	11, Smithamsond lags first
Sewing Machine		BO WOT SUBBLIEF A
Pins		Stoft in firminess desired,
Scissors		
Embroidery Scissors	or Sharp Pointed Scissors	12. Hand suitch back closed.
Fine Tip Marking Per		
		i mbbon etc.

 Trace pattern on backside of fabric. Make sure to indicate with marks all important points. Darts, stitching marks, eyes....etc. Cut 2 Fronts and 2 Backs

Linevelli



- 2. Cut carefully sliding sharp blade along backing of fabric so you don't cut fur.
- 3. Sew in darts on all 4 pieces.
- 4. Sew front to front from 🗂 at top of head to 🗋 at bottom of tummy.
- 5. Clip thread at tip of nose in insert plastic nose. Snap into place with safety ring.
- 6. Clip small x for eye. Insert plastic eye and snap into place with safety ring. Repeat for second eye.
- 7. Sew back to back from top 1 to next 1. Leaving opening for stuffing. Stitch from 1 to 1 below tush.

- Pin front to back starting at head matching seams. If using fur or fake fur, carefully tuck fur to inside as you go. You can pin whole bear together or pin sections and sew.
- 9. Check to make sure bear is completely stitched with no little holes. Then turn inside out through stuffing hole in bear's back.

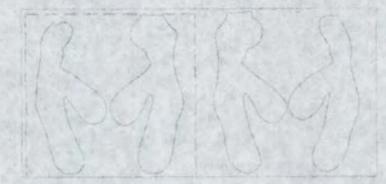
273 vd. Fabric targe beau

Stuffed Bears

- 10. Turn right side out-
- Stuff arms and legs first. Then head and lastly body. DO NOT stuff ears. Stuff to firmness desired.
- 12. Hand stitch back closed.

Add ribbon, etc.

And Love!!!! Trace parton on backweld of fabric Makante to luctore with marks all important points Dans, establing filarks, ever ... bio. Cui 2 Froms and 2 Backs



- Car everally sudiay sharp blade along backing of febric so you con their sur
 - 3. Sow in dans on all 4 pieces

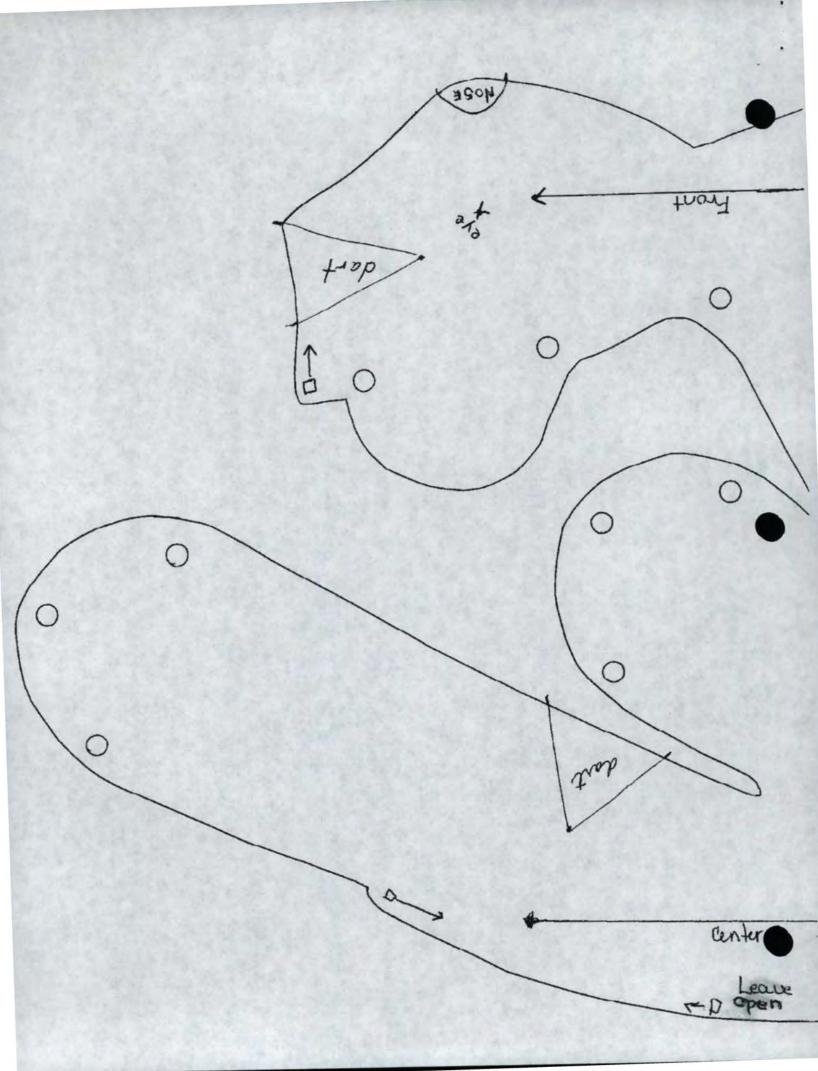
Water man

Patters

(12.yd_ Fabric strand bear)

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- immer to mutiod to [] of been to got in [] mon mont of incert we? .
 - Chip thread at tip of mose in insets plastic roots.
 Shee into place with sataly mog.
- Chip small is for eye. Insert plastic if a and saspanto place with safety ring. Rereat for securit rya.
- Sew neck to back hours top 12 to next. [] Leaving opening for surfing: Shirh from 12 to [] below just.



; 611:29 K 0 ration tront Cut ore 0 0 When making pattern Put pieces of paper together (don't overlap) And draw your lines to meet. 0 stods printing = 0 Back ~ 0 0 Cutone *Reverse one th Back for Stuffing 0-7

MELT & POUR SOAP MAKING

Instructor: Susan Sacco

MATERIALS NEEDED:

- 1. 2 to 4 cup glass measuring cup
- 2. Knife to cut the soap into cubes
- 3. 1/2 to 1 pound of glycerin soap base in either clear or opaque
- 4. Fragrance
- 5. Color, liquid or solid
- 6. Nonporous stirring instrument such as chop stick or skewer
- 7. Small spray bottle filled with rubbing alcohol
- 8. Molds

SIMPLE MELT & POUR SOAP MAKING

Steps to simple melt & pour soap making:

- 1. Cut soap into small chunks
- 2. Melt in double boiler or in microwave-safe container at 50% power, begin with 45 seconds, stir and continue in 10 second increments until melted
- 3. Stir soap slowly to remove any lumps
- 4. Allow to cool slightly while stirring with nonporous instrument (chopstick, skewer, popsicle stick)
- Add color drop by drop or small chunks REMEMBER you can add More color; but you CANNOT take it out
- 6. Add fragrance drop by drop REMEMBER, you can add more Fragrance; but you CANNOT take it away
- 7. Pour into molds
- 8. Spritz with alcohol to remove any air bubbles
- 9. Allow to cool/harden
- Remove from molds If soap is difficult to remove from mold, put it in the freezer or refrigerator for about 10 minutes

REMEMBER

- 1. Do not overheat or allow soap to boil.
- 2. Stir soap base slowly so as not to incorporate air bubbles in soap.
- 3. Spritzing with alcohol will remove air bubbles; however, too much alcohol can give your finished soap an "alcohol" odor.

CHOKER NECKLACE

Materials:

Wire choker (bead shops carry them) Size #4 beads in a complimentary color Size #6 or #8 decorative beads Size #11 seed beads Spacer beads Wire #24 Glass cut stone Wire cutters Needle nose pliers

Instructions:

1. Run a #24 wire 4 inches long through your glass cut stone. Come around stone and cross the wire. Curl one end up into a spiral. Add approximately 27 #11 seed beads. Now curl end of wire into a spiral.

2. Curl one end of choker closed. String beads in a complimentary pattern to center of choker. Add the stone and continue to string beads. When you reach end of choker, curl end closed.

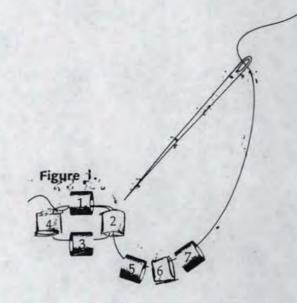
Flat Right-Angle Weave

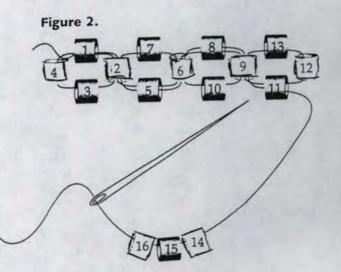
Figure 1. Pick up four beads and tie them into a ring. Pass the needle through beads #1 and #2. String on three more and pass the needle through #2, #5, and #6. Continue in this manner until the desired length is reached.

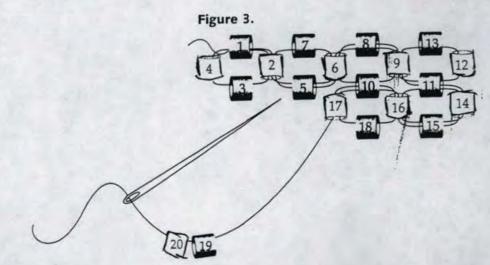
Figure 2. To turn and go in the opposite direction, exit bead #11, pick up three beads, and go back into #11.

Figure 3. Pass the needle through beads #14, #15, and #16, then through bead #10. Pick up #17 and #18, and go through #16, #10, and #17.

Work your way across, always keeping the thread and the beads at right angles. Never let a thread cross straight through an intersection. Notice that the stitches go from a clockwise direction to a counter-clockwise direction as you work along a row.







MEMORY BRACELET

Supplies:

Memory wirewire cutterssize # 8 beadsflat nose pliers1 center bead or stoneround nose pliers(May use a variety of size beads and spacers)

Instructions:

Do not cut memory wire, use flat nose pliers to bend and break apart. Using 1 ½ circles of memory wire, string a complimentary pattern of beads to center of memory wire. Add center stone and repeat pattern. Close with needle nose pliers. Enjoy.

STRETCH MAGIC RING

Supplies:

4 inches stretch magic .7 mm #8 beads (may use a variety of different size beads and spacers) 1 middle bead #4, #6, or #8 bead

Instructions:

String a few beads. Add center stone and string a few more beads. Measure around finger for size. May remove beads from either end to fit finger size. Tie stretch magic into a square knot. (Over knot and then an under knot). Bond knot with beading glue. Let set for 1 hour. Cut leftover stretch magic from ring.

SINEW NECKLACE

Supplies:

Sinew

Variety of beads

Center stone

Instructions:

String beads in a complimentary pattern, placing center stone in center.



- A View of Bees in the Hive
- 1. "Bee" people oriented.
- 2. "Bee" responsive.
- 3. "Bee" an example in appearance and action.
- 4. "Bee" willing to delegate.
- 5. "Bee" an inspector.
- 6. "Bee" completely honest.
- 7. "Bee" a planner and manager.
- 8. "Bee" aware of the "who, what, and where" of people.
- 9. "Bee" a conduit of information to superiors and subordinates.
- 10. "Bee" aware of priorities.
- 11. "Bee" capable of saying "NO."
- 12. "Bee" selective in people placement.
- 13. "Bee" confident that good people can get things done.
- 14. "Bee" a mentor.
- 15. "Bee" as administratively perfect and neat in all areas as possible.
- 16. "Bee" cautious about making quick decisions.



•

In summary, I offer this short poem:

Bee Excellent

The hive will stay alive,

And you'll survive,

And even thrive,

If you have the drive

To strive for excellence.

Daniel P. Glahn ©1999





THE COLOR CODE by Taylor Hartman

RED

BLUE

WHITE

YELLOW

Strengths:

Loyalty to task	Loyalty to people
Committed	Committed
Directed	Quality
Logical	Sincere
Leadership	Honest
Focused	Focused
Proactive	Moral Conscience

Limitations:

Pride (arrogance) Insensitive Poor Listener Tactless Rebellious. Critical of others mpatient

Self-Righteous Judgmental Easily Depressed Controlling Unforgiving Suspicious

Illogical

Tolerant Patience Cooperation Relaxed Understanding Balanced Obedient

Uncommitted

Stubborn

Dishonest

Uninvolved

Dependent

Directionless

Lazy

Accepting Forgiving Friendly Optimistic Trusting Appreciative Receptive

Uncommitted Insensitive Obnoxious Irresponsible Rebellious Self-Centered Permissive

(Character, not personality, is the predominant factor in ultimately determining the quality of our lives. Character is essentially anything we learn to think, feel or do that is initially unnatural and requires effort to develop. Character is reflected with the changes we make in our values and beliefs through our lives).

As an individual: (Strengths) Excels with logical thinking Committed to a productive lifestyle Dynamic and direct Thrives on independence Natural leader Highly resourceful Creative in crises

Most likely careers: Administrator Police Officer Military Officer Politician Entrepreneur Lawyer Medical Doctor Realtor **Film Critic Building Contractor**

Reds are most often frustrated If they are not at the top of the career ladder.

Appreciates beauty and detail has strong aesthetic sense

Sincere and emotionally deep Analytically oriented

Stable and dependable

High achiever

Teacher

Musician

Architect

Librarian

Journalist

Carpenter

Banker

Nurse

Homemaker

Clergy/Minister

Blues are most capable of

adapting in the career world.

Sees life as a serious endeavor

Quiet, reflective, and peaceful Sincere and genuine lifestyle

Appears to accept life comfortably Patient with self and others Enjoys life's simplicity Compatible with others

Forest Ranger Dentist Computer Programmer Researcher Veterinarian Engineer Lawyer FBI Agent Truck Driver Preschool Teacher

Whites and Yellows are usually the least motivate to succeed in The career world.

Highly optimistic (rarely depressed) Likes self, accepts others easily

Loves to volunteer for opportunities Sees life as an experience to be enjoyed Flashy and spunky (race horse) Adventurous and daring

Firefighter Travel Agent Recreation Leader Beautician Entertainer Circus Performer Sales Retail Drama Acting Retail

Yellow are generally least capable of committing to the career world.

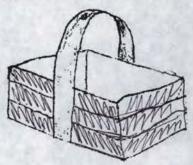


	RED	BLUE	WHITE	YELLOW
Motive	Power	Intimacy	Peace	Fun
Perception	Logical	Emotional	Logical	Emotional
Strengths	Leadership	Reliable	Tolerant	Нарру
	Practical	Sensitive	Kind	Outgoing
	Decisive	Moral (shoulds, rights)	Understanding	Friendly
	Get the task		Quiet	Charismatic
	done	Appropriate	Patient	Accepting
	Proactive	Sincere	Balanced	Appreciative
	Focused	Honest		
Needs	Tasks done	Connecting	All are pleased	Have fun
	Looks good	with people	Feel good	Look good
	academically	Be moral	Be independent	socially
	Be right	Be understood	Be respected	Be popular
	Be respected	Be appreciated	Be accepted	Be noticed
	Get approval	Be accepted		Get approval
Limitations	Insensitive	Moody	Indecisive	Impulsive
	Bossy	Self-righteous	Independent	Undisciplined
	Intimidation	Unforgiving	Stubborn	Irresponsible
	Arrogant	Perfectionist	Passive-	Obnoxious
	Impatient	Keep Score	Aggressive	Rebellious
	Selfish	Hurt	Dishonest	Disorganized
	Controlling by	Controlling by	Unsure	
	force	Manipulation	Lazy	
Warning signal	Anger	Guilt	Fear	Pressure
As a parent	Decisive	Self-sacrificing	Calm in crisis	Promotes fun
As a child	Confident	Behaves	Not demanding	Social animal
As a spouse	Responsible	Relationships first	Accepting of spouse	Few strings or expectations

Grocery Sack (Bag) Baskets

Shared by Dolly Dwyer

Need: 4 paper grocery sacks (or bags) Scissors Glue Decorations Measuring tape or ruler Pencil



Measure and mark down side of each grocery bag every 1 1/2 inch.

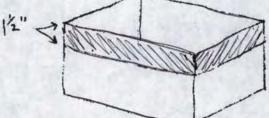
Fold first bag down (to the outside) in $1 \times$ inch intervals to bottom. Fold so it looks like a very short bag, $1 \times$ inch tall.



Fold second bad down in 1 ½ inch intervals to within 1 ½ inch of bottom of sack.



Fold third bag down in 1 ½ inch intervais to within 3 inches of bottom of sack.



Stack up the bags by putting the 2^{nd} sack inside the 1^{st} (shortest) sack. Put 3^{nd} sack inside the other 2 sacks.

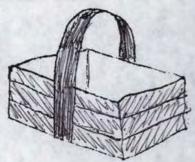
With the 4^{th} sack fold it down like the 1^{st} sack. Cut out the bottom of the sack and glue it to sides of other 3 sacks for a handle.

Decorate bag - or just the handle sides with wheat, silk flowers, raffia, as desired.

Grocery Sack (Bag) Baskets

Shared by Dolly Dwyer

Need: 4 paper grocery sacks (or bags) Scissors Glue Decorations Measuring tape or ruler Pencil



Measure and mark down side of each grocery bag every 1 1/2 inch.

Fold first bag down (to the outside) in 1 % inch intervals to bottom. Fold so it looks like a very short bag, 1 % inch tall.



Fold second bad down in 1 ½ inch intervals to within 1 ½ inch of bottom of sack.



Fold third bag down in 1 ½ inch intervais to within 3 inches of bottom of sack.



Stack up the bags by putting the 2nd eack inside the 1st (shortest) sack. Put 3nd sack inside the other 2 sacks.

With the 4^{th} sack fold it down like the 1^{st} sack. Cut out the bottom of the sack and glue it to sides of other 3 sacks for a handle.

Decorate bag - or just the handle sides with wheat, silk flowers, raffia, as desired.

THE ART OF CLOWNING

- The Art of Clowning Consist of three Arts.
 - 1. The Art of Facial Make-up.
 - 2. The Art of Costuming.
 - 3. The Art of Presenting Yourself as a Clown.
- 1. The Art of Facial Make-up.

An Artist paints a picture, you are an artist painting you Clown face. The Clown face should stand-out, be distinctive and be remembered by your audience. The Clown face should be designed around your own facial features. The painted on features will be complimented and show more expression by your own facial features.

- A. The types of Clown facial make-up.
 - 1. White face.
 - 2. Auguste.
 - 3. Tramp or Hobo.
 - 4. Character clown.
- B. The types of Clown make-up.
 - 1. Grease base.
 - 2. Water base.
 - 3. Cream base.
- C. Brands of Clown make-up.
 - 1. Kryolan
 - 2. Mehron
 - 3. Ben Nye
 - 4. Jim Howle
 - 5. ProFace
 - 6. Bob Kelly's
 - 7. Stein's
 - 8. Max Factor
 - 9. Zauders

D. Basic colors used for a Clown face.

- 1. White
- 2. Black
- 3. Red
- 4. Blue
- 5. Flesh tone
- E. Important things you need to know in applying Clown make-up.
 - 1. Make-up applied neat and clean.
 - 2. Base color applied well, neat and even, and no blotches.
 - 3. Ears, neck, and back of neck covered well with base make-up.

1.....E. continued

- 4. Outlining neat, narrow, and bright.
- 5. Are the features clearly visible from a distance?
- 6. Do the highlighted features compliment the clown face?
- 7. Is the nose in proportion to the size of the face?
- 8. Is the mouth in proportion to the size of the face?
- 9. Are the eyes or eyebrows made to compliment as well to add color?
- 10. The nose and the mouth should show a definite space between them.
- 11. Do other features overwhelm the the nose, mouth, or eyebrows?
- 12. Do all the features fit with the face?
- 13. The mouth should never be wider than the outside edge of the eyes?
- 14. If the top lip is left white will it show more expression?
- 15. Do all the features fit and follow the contours of the face?

2. The Art of Costuming.

A clown should have a descriptive clown outfit that conveys meaning and must support your clown personality. Each piece of clothing tells something about your clown. The costume could reflect a certain time period, a national origin, profession, or lifestyle.

A. Costume should be:

- 1. Outlandish
- 2. Bold and bright colors
- 3. Foolish hat
- 4. Large shoes
- 5. Wig
- 6. Gloves
- 7. Accessories

B. Where to get a costume.

- 1. Make it yourself.
- 2. Have it made.
- 3. Thrift store.
- 4. Costume supply house

C. Important things you need to know about your costume.

- 1. Is the costume neat and clean?
- 2. Is the costume easy to clean and care for?
- 3. Does the costume fit the clown type being portrayed?
- 4. Does the costume fit your clown character?
- 5. Does the costume fit the type of activity you are doing?
- 6. Does the costume have lots of pockets?
- 7. Can you get in and out of your costume without help?
- 8. Is the costume cool for the summer time but large enough for long johns in the winter time?

- 2....C. Continued
 - Wig Washed, neatly trimmed, and shaped. Red, yellow, orange, black, and natural colors are used most often. Blue, green, purple, or rainbow may be used.
 - 10. Gloves- White or colored to compliment the costume.
 - 11. Shoes- Must Fit well. Large or brightly painted tennis shoes.
 - 12. Hat- Large or small can add to the character.
 - 13. Ties- Adds a splash of color. Can be long or short.
 - Clown Accessory or aids like flowers, buttons, handkerchiefs, horns, whistles, rubber balls, eyeglasses, and name buttons or tags.
- 3. The Art of Presenting Yourself as a Clown.
 - A. To give a clown performance that is smooth and looks easy by using the following skills.
 - 1. Juggling
 - 2. Pantomime
 - 3. Balloon making
 - 4. Magic
 - 5. Puppets
 - 6. Music
 - 7. Ventriloquism
 - 8. Games
 - 9. Face painting
 - 10. Walk-a-round ideas
 - 11. Story reading or telling
 - 12. Paper folding or cutting
 - 13. Chalk-talk artist
 - B. Develop a Clown Character

The make-up used and the clothes worn support and enhance your clown character. Each clown character has his own unique comic personality, personality traits, likes and dislikes, goals and desires, strengths and weaknesses. Your clown's appearance, way of moving, and actions and reactions are all influenced by your character's personality. You must find the clown that is in you that is waiting to come out. Your clown character has to be a personality you like and are comfortable with.

1. Develop a biography for your clown by answering the following questions.

- * Where was your character born? How old is he? When is your character's birthday? What sign was he born under?
- * Who was your character's father? Mother? Other relatives?
- * Does your character have brothers or sisters? Are they older or younger?
- * What is your character's educational background?
- * Where did your character grow up?
- * What is your character's occupation? Hobbies?

3.....B.....2. continued

Character Clown

Can use any of the three make-up types.

He will be portrayed by costume, accessories and personality.

- A cowboy will have cowboy clothes and accessories.
- A policeman will have policeman clothes and accessories.

C. Develop skits and routines.

- 1. Individual skits.
- 2. With another clown.
- 3. With a group.

D. Start your storehouse of knowledge.

- 1. Books.
- 2. Magazines.
- 3. 3"x5" file box of ideals.

Bits of business, Walk-a-rounds, Skits, Stunts, Stimulating material, Clown magic, Balloons, and Puppets.

F. Follow the clown code of ethics or clown rules.

Clown Code of Ethics

- 1. Avoid all vulgarity in word and actions.
- 2. Avoid doing anything to embarrass any member of your audience.
- Avoid saying or slanting any gags or routines at any minority or nationality group or individual.
- 4. Do not break faith with your audience; stay in clown character.
- 5. Never appear with alcohol or onions on your breath or bad breath.
- 6. Never smoke as a clown.
- While in make-up and costume, I will conduct myself in a gentlemanly or lady-like manner at all times.
- 8. I will keep my acts, performance and behavior in good taste.
- 9. I will apply my make-up in a professional manner.
- 10. I will keep my costume neat and clean at all times.

Other Do's and Don'ts

- 1. Never sit on a bed when visiting a hospital or convalescent home.
- 2. Have someone (like a nurse) go with you when visiting from room to room.
- 3. Never up stage another performer. Busting in to shake hands.
- 4. Never use another performer or clown to get laughs.
- 5. Never pick up or hold children.
- 6. Do not hug children, let them do the hugging.
- 7. A clown never does any kissing.
- 8. Don't drop your pants.
- 9. Don't use another clowns gags that he has made-up.
- 10. Don't use "give-a-way" Items.



Balloon Artistry

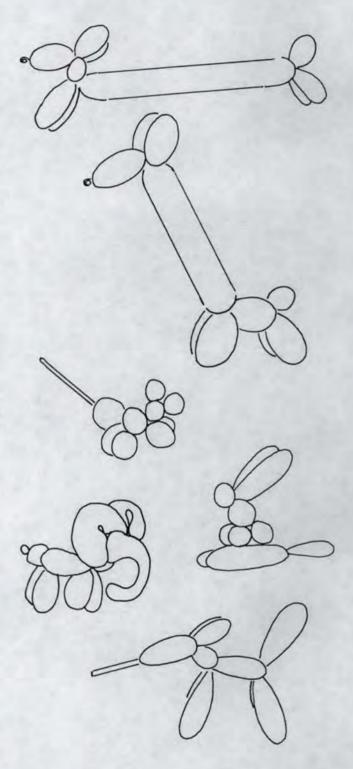
Most audiences, young and old, are fascinated by watching a balloon artist at work. A *clown* can draw a large crowd by adding this easily learned skill to any performance. This section contains some suggestions to help you create intriguing balloon animals.

An experienced balloon artist knows that good strong balloons are the first key to success. To lessen balloon breakage follow these suggestions before you begin.

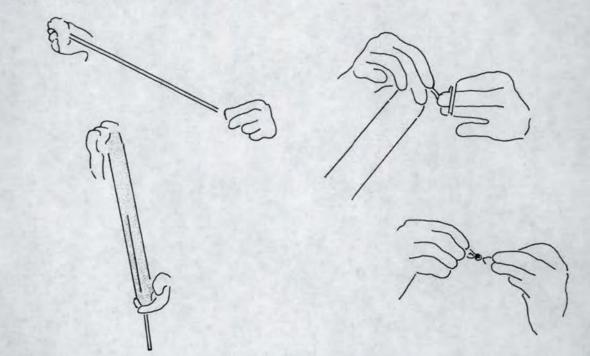
- 1. Purchase balloons from a reputable source.
- 2. Make sure your balloons are fresh.
- Be aware that different manufacturers have different names for the same balloon. The small diameter balloon recommended for balloon animals is called Twist-eez, Pencils, Skinnies, etc.
- Take the attitude that balloons are purchased to be used: if you don't use many, don't buy many. Don't count on good results if you keep them on hand for long periods.
- In keeping the balloons at home, keep them closed up in the original box or in one like it. Keep them away from heat, sunlight or extreme temperatures of any kind.
- 6. Stretch the balloon before you blow it up.
- 7. Don't blow the balloon up too fast.
- Don't put too much air into the balloons (allow for the twists you will make).
- 9. Make sure your hands are not rough.
- 10. Avoid sharp objects.
- 11. When coming in from the cold outdoors, roll the balloon between the palms of your hands and breath on it to warm it up. When the balloon is warmed, blow it up.
- Caution should be taken in blowing balloons for an extended period of time. Use a hand pump for inflating large numbers of balloons. It's faster and safer.

Balloon Animals

The balloon animals included in this section are based on the basic animal. Before trying any of the other balloon animals, follow the step-by-step instructions on pages 36 and 37 for making the basic animal. Once you have learned the basic balloonartistry skills, let your imagination go wild and design your own balloon creations.

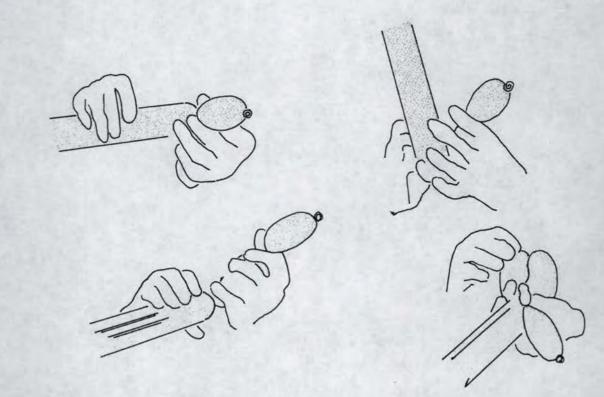


Balloon animals can be easy to make. Shown here are (from top to bottom) a dachshund, giraffe, mouse, rabbit, elephant, and aardvark. Making the Basic Animal



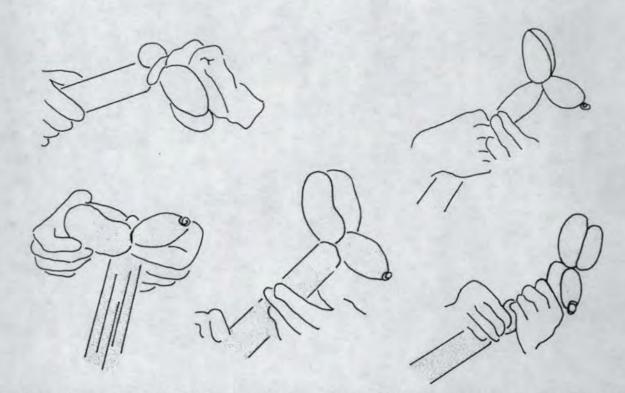
Stretch a No. 245 balloon. Inflate the balloon, leaving 4-5 inches at the end not inflated. Tie the end.

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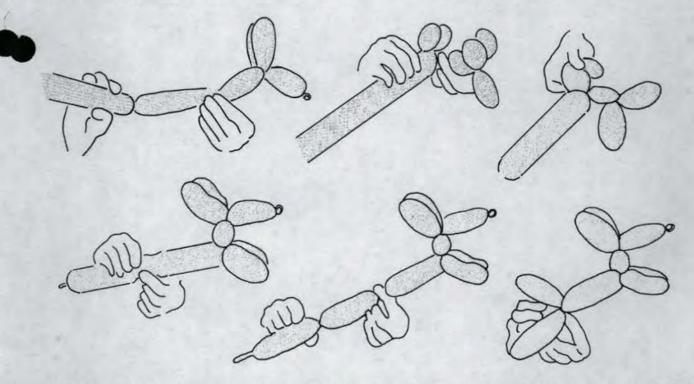


Pinch the balloon between thumb and first finger, approximately 3 inches from the tied end. Twist the main portion of the balloon away from you. This makes the nose or head of the animal.

Holding the first twist in your left hand, make a second twist, approximately 5-6 inches behind the first twist. This will form an ear. The second ear is formed by making a third twist approximately 5-6 inches behind the second twist.



Put the two ears (bubbles 2 and 3) next to each other and twist. This locks the first part of your balloon animal. To form the neck, pinch the balloon between thumb and forefinger approximately 3-4 inches behind the ears. Twist the long part of the balloon away from the body.



Holding this twist, measure 5-6 inches and make another twist, forming a front leg. Measure another 5-6 inches and make another twist, forming the second front leg. Put the two front legs next to each other and twist again. Make the body by twisting the balloon 3-4 inches behind the front legs. Form a rear leg by measuring 5-6 inches and making another twist. Form the second rear leg by measuring another 5-6 inches and twisting again. Place the two back legs next to each other and twist again to lock. Adjust the tail for the completed animal. Use these same procedures to make other animals.



'I SPY' BOTTLE

by Jean Baringer

WHAT IS IT?

It is a closed container with items burried in bird seed. When moved around, these items may appear, some easier to find than others. It is an amusement toy for youth and adults.

NEED :

- * empty clear plastic bottle, the smoother the sides, the better.
 * bird seed, enough to fill each bottle about 3/4 full.
 - * small items to fit inside the bottle buttons, beads, bows, ribbon, feathers, trinkets of all sorts, candy, etc.
 - * a card (like a small recipe card) on which to write the list of container items.
 - * cord, ribbon, yarn or raffia, about 2 feet long.
 - * a little bit of white glue.

PROCEDURE : Peel labels off bottle, soak off any glue left on the bottle. Rinse inside and outside of bottle and let it dry completely. Don't want any moisture, especially on the inside of the bottle. Collect a variety of items, 10 to 20, to put inside the bottle. (Hint: lighter items work better than heavier items. I tried a penny and a marble and couldn't find them. They motate to the center of the bottle and don't settle out!!) Good items, one of each, could be a shortened Q-tip, drinking straw (cut to 1 to 1 1/2" long), feather, ribbons, M and M's, rubber band, paper clip, buttons, beads, and more. Be creative. Keep a list of items you will put into the bottle.

Bird seed can be purchased at a reasonable price at stores like Pamida, Big R, etc. You may also want to add sunflower seeds to the bird seed to "add dimention" to the mix.

Use a funnel (or create one with a piece of paper) and pour a cup of seed into the bottle. Add some, or all, of the selected items into the bottle. Add more bird seed, and the rest of the items (if not in yet). Fill the bottle to about 3/4 full. Put the lid on the bottle and shake it . Now, see if you can find all the items on the list. Twist the bottle all around. If you have trouble

finding some, you may need to take out some seed. But don't make it too easy. People need challenges. Now is also the time to make any changes of items in the bottle if you just can't find them.

If you are satisfied with the way the contents flow and can be found, then put some Tacky or Elmers glue on the inside of the bottle cap and put the cap on the bottle. This is a safety measure to prevent accidental spillage. On the card, list the items mixed in with the birdseed. Punch a hole in the card. Use the cord, yarn, etc. to attach the card to the bottle.

Youth find enjoyment in this type of hide and seek. Adults do too, and it makes a nice activity for doing things together!

These "I Spy" bottles make nice homemade gifts that children (probably ages 6 or so on up) can make and give to others.



Teaching notes for Lummi Sticks or Maori Sticks compiled by Jean Baringer, April, 2002

How are these used?

This recreational activity can be classified as a game and also as a musical activity. People of all ages from Kindergarden through middle age to Seniors can enjoy this activity. Older persons not able to sit on hte floor can work of a table or other elevated surface. PE teachers use the "sticks" for teaching rhythm, cooperation among peers, following directions, learning to read simple patterns. Youth leaders (4-H, scouts, etc.) like "the sticks" for social and interactional purposes, for craft projects and for fun. Music directors (and hand bell ringers!) enjoy the sticks for fun, muscle tone, rhythm practice and teamwork as well.

Safety measures

Be sure the wooden sticks are free from possible splinters. When clapping sticks together be careful of fingers! With younger group, need to warn of no hitting each other with sticks ! May also need to keep an eye on the older ones too! Toss sticks with ease and control so they don't get into trouble. Sometimes they may get excited and throw them too hard.

Teaching this class

Your audience will dictate how the class is taught (- age and number of players, length of session, number of meeting times, etc.), what type of sticks to use, ease or difficulty of patterns. You may make the sticks yourself (old broom handles or PVC pipe cut to length) or have players make their own. The area where the sticks are played should be where they can be noisy and not disrupt others. Bare floors (non carpet) are good to play on to really hear the rhythm beats. It's not always easy to have access to the recorded music so learning the chant and playing the sticks to singing the chant may be the better way in the learning stages. If you can find the recorded music and know the patterns well enough, then that works better in the advanced stages. Teach and practice the chant and the basic moves separately, then practice them together on the down, clap, touch pattern. Practice the tosses or throws, then try them to music.

Have each pair of players practice on their own, singing their own chant, starting over when the sticks are missed, and that will be a lot of times! When it looks like most of the pairs are getting the hang of it, do the chant and game all together. There will be a lot of laughing, chasing sticks, and having fun.

You, as the leader can help each pair to see that they are getting the right moves and will know when it's time to move on to another step. You will have the satisfaction of seeing the players learning something

1

while having fun doing it.

Lummi sticks make a good camp crafts and music or games class activity, fun to do for a talent show, school programs, take to family reunions, can be performed with any amount of players, even numbers are the best for pairs. You could experiment and try passing sticks with three in a group!!!!

Get a pair of sticks and a friend and sit and practice them yourself to see how easy or hard it is and you will be prepared to go teach this class.

Good luck, and have fun!





LUMMI STICKS

class presented by JEAN BARINGER

HISTORY

Lummi Sticks and Maori Stick game are used interchangeably when refering to this form of recreation. The Maori's are Polynesian natives of New Zealand. There is a Maori folk song titled "Titi-Toria" which is the song used to "play the sticks" in their country.

The words of this song tell of a boy singing to his father and he says, "What I am doing may seem silly but I am reminiscing because of my departed sweetheart and counting the time of her return to me."

Then the father replies to his son, "you are silly because your sweetheart may not return at all."

Note in the song at letter C (or 5th lindedown) there is a section "Ma - ku - e, kau - te - o, hi - koi ta - nga. " This is the rhythmic chant used to do the certain routine movements performed by the partners, except it is uaually pronounced more like "ma - ku - a, ko - ta - o, a - ku - i ta - na "

There is also information found stating that the lummi stick game originated from the Lummi Indians who are the farthest north of the Puget Sound tribes in Northwest Washington. This game is probably known by other names all over the world.

The game calls for skill and dexterity, thus requires practice to perform for others! It is a good partner game to play with a pal, also a good game for exhibitions, contests and just for fun! Best of all, the equipment is simple just 2 sticks for each player; long and large enough for easy handling.

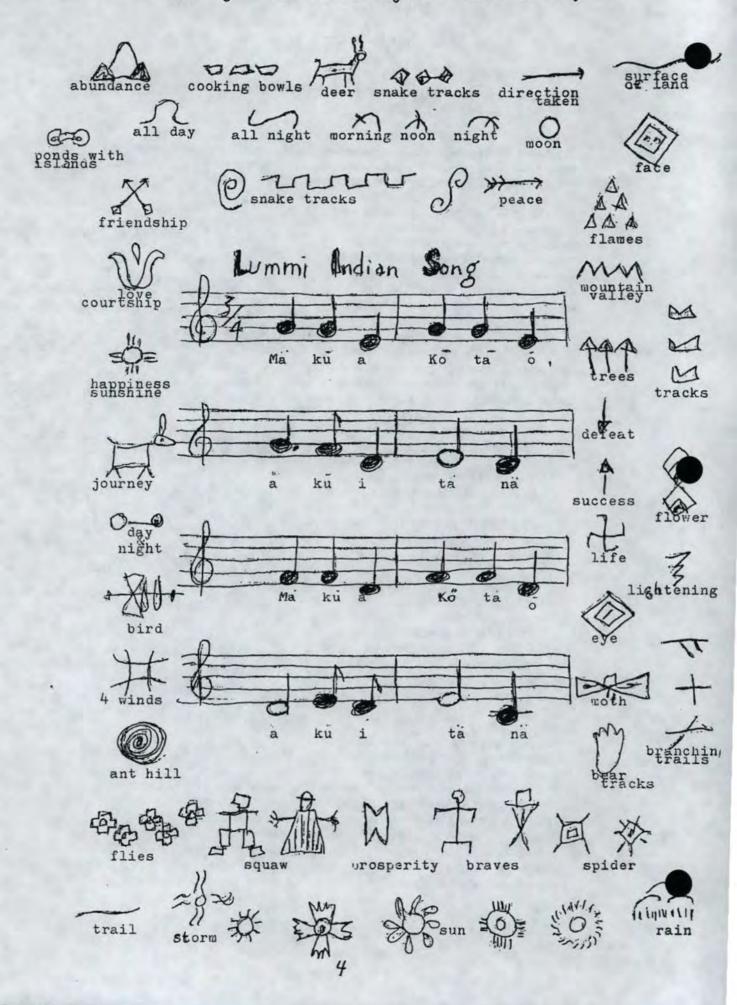
THE STICKS

The sticks may vary in sizes, but a pair should be the same. It even helps when the partners have sticks that almost match. Some

like the sticks shorter (9 - 10 inches long) while others like them longer (14 -- 18") and vary in diameter from 3/4 to 1 inch. They may be made from straight tree branches, peeled and left smooth, or can be sections of broomsticks, dowels or PVC pipe. To be even more creative they can be rolled up newspapers. They may be made to resemble totem poles by carvings or paintings, or by wood burning Indian symbols into the sticks. Making these sticks is a good craft project, since each player should have his or her own set.



Designs you can use on your lummi sticks.



Lummi Sticks continued

POSITIONS

When learning the game it is best to sit on the floor in pairs, partners facing each other. One can sit cross-legged or, better yet if you can, spread legs with toes touching partners toes. As partners improve their skills they may enlarge their circle to 2 pairs of players.

BASIC MOVEMENTS

Grasp the sticks in the middle for good balance and handling. One movement is made to each beat of the chant in time with the music. Here is a key to the meaning of terms used in the patterns or routines that will follow. Different sources or people use these similiar meanings, depending on how or where they learned them.

r , l ,	-	right or left
r+1	==	right and left at the same time
1+1		your left and partners left at the same time
side		space beside the player, on the floor
front	-	space in front of the player, on the floor

There are a few basic movements explained here with similiar meanings.

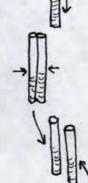
 "Down" or "tap" == hold sticks upright and lightly hit bottom ends of sticks on the floor.

 "Clap" or "together" == (carefully keeping fingers out of the way) lightly hit the pair of sticks together in front of you.

 "Touch" == one partner puts hand and stick out to touch the other partners stick, no exchange of sticks.

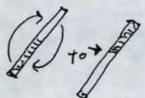
4. "Pass" or "throw" == pass or gently throw stick to partner with a straight across or slightly upward motion, so that it can be caught without hitting the floor. The sticks are passed gently in a vertical position. Try to aim it in the middle of the partners chest. At the same time, you will be catching the stick your partner throws to you. This movement takes a lot of practice with each partner.







Lummi Sticks continued





- "Drum" = tip the top of stick down on floor in front or your side ("side"), allowing sticks to gently slide through the hand, grasping nearer the bottom end of the stick.
- "Flip" = toss the sticks lightly in the air so they revolve, end for end (one half of a full revolution) and catch them. That's the key part.

 "Click" = hit top sides of both of your sticks together, an "r click" means partners hitting their right sticks together at the top.

ACTION -- PATTERNS

These are in a sequence to start easy and work up to more complicated moves, generally. When you play with other people, they may have learned these in different sequences. Don't worry. Just make sure you and your partner are on the same pattern, whatever the sequence it follows. Also, the patterns used depend on whether or not you are just singing along the chant mentioned earlier, or playing to a tape (which has some different musical patterns and interludes or rest areas).

The following patterns are counted out to follow the singing chants. Sing the verse (ma - ku - a, ko - ta - o, a - ku - i ta - na) twice for one round. The movement patterns may repeat several times for a round. After you play these for a while you will see how they all fit together.

Round 1. Down, clap, r touch (sing) ma ku e "touch" down, clap, 1 touch (sing) ko ta 0 down, clap, r touch (sing) a kui down, clap, 1 touch (sing) ta na Repeat this sequence 1 more time

Round 2. Down, clap, r throw down, clap, 1 throw "throw" Repeat these 2 lines 3 more times.

Down, clap, r throw, 1 throw Round 3 ku ko (sing) ma e "r-l throw" down, clap, r throw, 1 throw -(a) (sing) ta 0 a down, clap, r throw, I throw (sing) ku i ta na Repeat this sequence I more time.

6

Lummi Sticks continued

Round 4. Down, clap, r throw, 1 throw, r throw, 1 throw "r,l.r.l." down, clap, r ", 1 ", r, 1 Repeat these 2 lines 1 more time

Round 5. Down, clap, r throw, r, l, l, Repeat this line 3 more times

Can also try tossing both sticks across at the same time and receiving partners sticks. One person puts their sticks across in the middle, the other to the "outside". Decide who does which way (girls inside, boys outside, etc.)

Round 6.	Drum (front)	flip	down	clap
and the second	ma	ku	e	ko
"front flip"	right throw, 1 throw, r			1
	te	0	a	-(a)
	drum,	flip	down	clap
	ku	i	ta	na
	Repeat this cha	nt 1 m	ore time	•

Round 7. Drum (side) flip, drum flip down(front) clap r throw, l throw "side flip" Repeat the pattern 3 more times

Round 8. Down, clap, "box", Repeat for rest of chant

"I box" Box - This is not an easy pattern but can be

mastered. Instead of just tossing sticks straight across as in pattern 2, the left stick is thrown across to partners right hand while at the same time your right hand stick is passed to your left hand. Your right hand receives the partners passed (thrown) stick. All this is done on one beat. Takes a lot of practice.

Round 9. same as 8 but to the right!

Once you have mastered these moves you can add variations of your own - switch own sticks, cross arms, different combinations, etc. You can have a lot of fun with these sticks!



FOUR HANDED LUMMI STICKS

When players have become skilled they will enjoy playing fourhanded lummi sticks. The players sit in a square, partners opposite each other. Many of the same patterns used in the two-handed game can be done in the four handed game. The trick in 4-hands is the beginning. One set of partners begins the chant and the pattern. The second set waits until the third beat before beginning. The first set has sung "ma - ku" before the second set beging on the "a". This puts the throws and hits on the alternate beats so that sticks do not collide. All players sing together, but the second set has the harder time as it starts of the third beat and must therefore continue for two beats at the end before starting the second pattern. In other words, the second set is two beats behind on the movements but sings the chant along with the first set. This takes concentration!

In doing the "box" the sticks move around the square from player to player, rather than across the square from partner to partner.

These directions have been edited and combined from several resources to be in a more presentable form for teaching and learning. These were done by Jean Baringer, April 2002.

Titi-Toria

MAORI STICK GAME

(Maoris are Polynesian natives of New Zealand.)

Use this set of patterns with the taped music Bre SEQUENCE OF ACTION

 Down, clap, right pass (right hand sticks exchange with partner) Down, clap, left pass (8 times, 4 each)

- Down, clap, right pass, right pass. Down, clap, left pass, left pass. (6 times, 3 each)
- Break: Down, hold Down, hold (Tap top end of sticks gently on floor twice, for two counts.)
- 3. Down, clap, pass both sticks (one person passing outside, the other in) (4 times) (Then down on the last count and hold for two counts)
- Down, clap, pass both sticks -- same as action #3, but alternating. (8 times)

Break: Down, hold Down, hold

- Same as action #4 (4 times) Down, hold for six counts.
- Drum both sticks to the right, flip, down, pass right. Drum to the left, flip, down, pass left. (12 times)

Break: Down, hold Down, hold

- Drum both sticks to the right, flip, flip, down, and pass right. Drum to the left, flip, flip, down, and pass left. Drum in front and flip, down, and hold six counts.
- 8. Drum both sticks to the right, flip, flip, pass right. Drum to the left, flip, flip, pass left. Drum to the right, flip, flip, pass right. Drum to the left, flip, flip, pass left. Drum to the right, flip, flip, catch and hold.

Break: Down, hold Down, hold

- 9. Repeat sequence #8.
- 10. Down, change sticks in your own hands (right to left and left to right) Down, pass right to partner. Down, change sticks in your hands (right to left and left to right) Down, pass left (6 times)
- 11. Down, change sticks in your own hands twice, down, pass right. Down, change sticks in your own hands twice, down, pass left. (4 times) Down, change twice, down, hold two counts.
- Break: Down, hold Down, hold
- Down, clap, pass right to partner's left hand, your left stick to your right, and catch partner's pass in your left. (4 times) Hold, two counts.
- Down, clap, pass straight across with immediate return, one person to inside the other out. Partners sticks returned the same way they were received. (6 times)
- Break: Down, clap, pass right, pass left, pass right.
- 14. Down, clap, pass right to partner's left and your left stick to own right, catch partner's pass in your left. Then reverse, going the other way. (3 times) End with down and hold 4 counts.
- Down, clap, to two even counts (no music). Pass right, pass left-continue to exchange, passing alternately till end of music, (39 times)



9

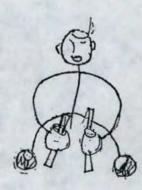
Record---Hawaiian Chorms Windsor 10 4684

(Hooray! This is a flip side you can use- It's on the back of Jiffy Mixer)

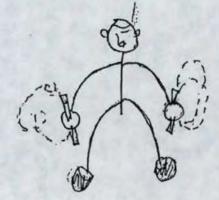
After you learn the pattern, speed it up a bit

Formation - Fun is a circle but can be done in scattered formation.

- 1. 8 Counts- Hit sticks together directly in front of body.
- B Counts- Beginning high overhead continue tapping while lowering arms to knee level.
- B counts- Beginning at Right side make a 1/4 circle ending in front of body.
- 4. 6 Counts- Beginning L side repeat part 3
- 5. 8 Counts- beginning R side make a 1/2 circle arc ending on L side.
- 6. 6 Counts- "Hula" to R 4 times (Circle hips- 2 counts each circle) Hit stick once at beginning of each circle.
- 3. Repeat 7 to L

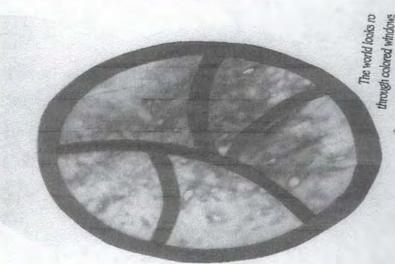






Stained-Glass Windows

Supplies: -Old Crayons -Pencil sharpener -Waxed Paper -Iron -Dish Towels -Scissors



Direction:

-Sharpen old Crayons so shaving fall onto a sheet of waxed paper. Use many different colors -Put another piece of wax paper on top. -Sandwich the waxed paper between two dish towels, and iron on low setting just until the shaving melt and the waxed paper sticks together. -After it cools, you can cut the stained glass into shapes , or frame it with construction paper. Hang it in a window

GRASSY HEAD

- stocking end
- potting soil
- twist ties
- rubber bands
- 2 googly eyes
- · white glue
- 1 spoonful of grass seed
- shallow bowl
- scissors
- water

1

put several handfuls of soil in stocking end



shape soil into round head and close with twist tie

> back of bead

3

pinch soil in stocking to make nose and wrap with rubber band



pinch soil at sides to make ears and wrap with rubber bands glue on googly eyes

let dry

5

place grass seed on soil at top of head

close stocking and refasten with twist tie

shape glasses from twist ties

6

undo twist tie and open stocking

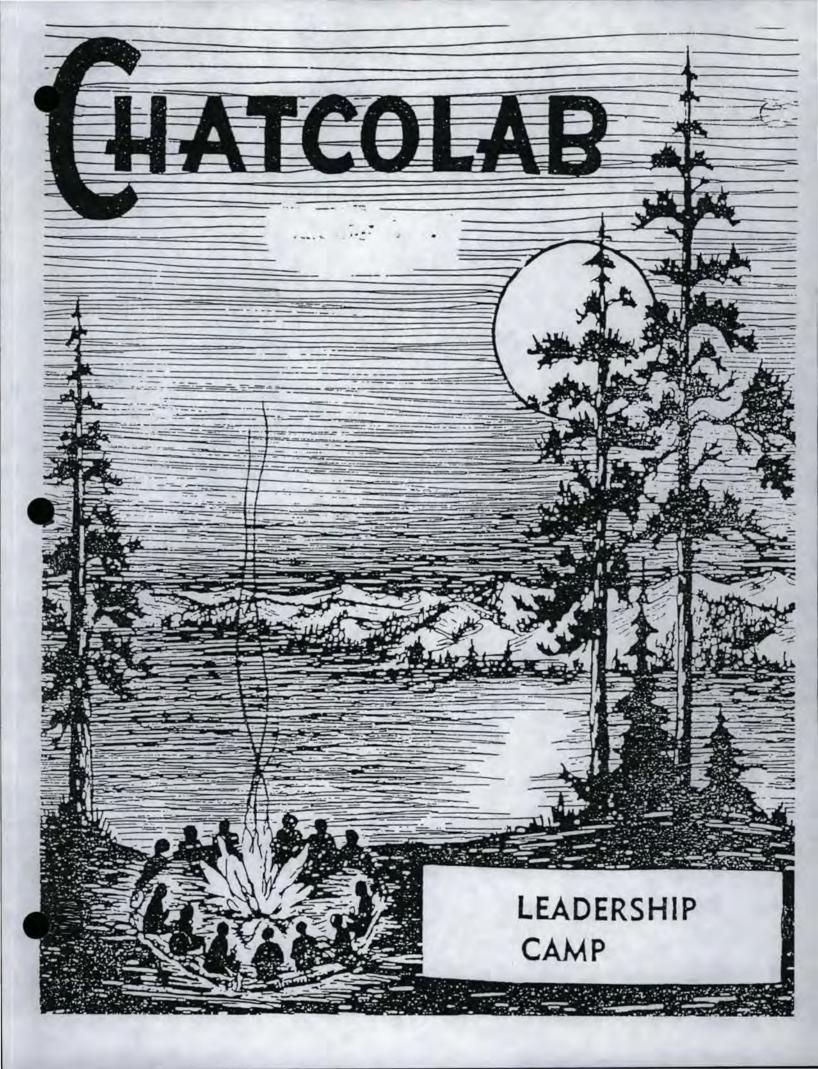


soak stocking head in water for a few minutes

place in dish and keep in sunny place

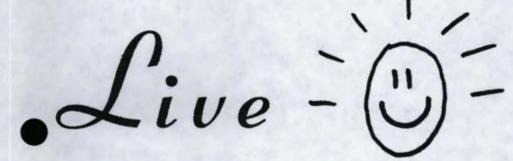
add water every day

In about 10 days the grass will sprou You can trim the grs hair or leave it lon,



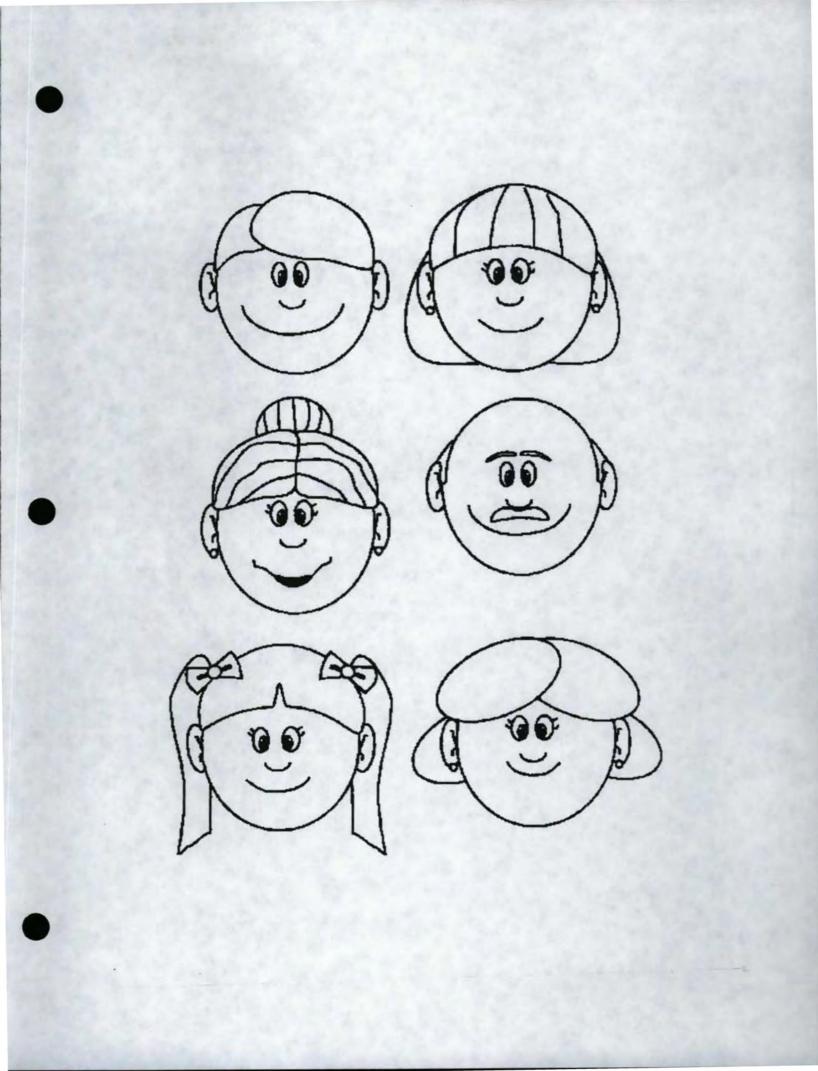
Learn 0_0

Lead



Chatcolab 2003





Rainbow Monday Evening Program

Janel and Dan - Name Games Juggling w/names

Intro. Name Game

Finding people matching certain characteristics such blue eyes, wearing glasses,

etc.

B.J. - Story Ball - used ball of variegated yarn, as the ball was passed around each person added to story.

Sing-a-long: Marianne

Candle Ceremony:

Humor: Nora

I'm lighting the Flame of Humor.

When someone laughs it makes me laugh and laughing makes everybody feel better.

Knowledge: Ryan

I'm lighting the Flame of Knowledge. I hope we all learn a lot this week.

Ideas: T.J.

I'm lighting the Flame of Ideas Ideas are the seeds of knowledge.

Sharing: Leila

I'm lighting the Flame of Sharing.

The basic idea 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. The focus has been on learning by participation and encouragement. The sharing of duties and problems made the practical applications 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.

Philosophy: Marianne

I'm lighting the Flame of Philosophies.

Philosophies are a key part of the light of Chat – and it is plural. We each arrive with our own philosophies of education, life, families and learning. Then we strengthen each other by sharing them and learning other ways of doing things.

Closing: Song - "Each Campfire Lights A New"



Tuesday Evening Activities Presented by: The Patriotic Pals

Build Up:

Lunchtime – the group, dressed with red suspenders, and decorated flip flops, carried flags – sand "I'm A Yankee Doodle Dandy" and dancing at the same time. Announced that everyone should come to the EVENING PARTY.

Dinner - Pipe chimes played by volunteers - "Yankee Doodle Dandy". Be sure to come to the PARTY AND WE'LL DO LOTS MORE.

7:30 ARRIVAL: table games played as people were arriving.

- a. Robin & Brooke led Hand slap, Big Booty and Screamin' Vikings.
- b. Jean led the <u>One Frog</u> game.
 One frog, 2 eyes, 4 legs, in the pond, Kerplunk, 2 frogs, 2 heads, 4 eyes, 8 legs, In the pond, kerplunk, kerplunk
- c. Robin & Brooke led some active songs-Father Abraham
- d. Young Peoples Skit
- e. Cheryl & Nora clogging exhibition dances
- f. Jean led more pipe chimes as labbers played "America the Beautiful" and "God Bless America"

g. Jean - Read a Poem

It's nice to be needed, and do you know why? We must all depend on the other guy – You can work yourself right down to the bone But you certainly can't get the job done alone – If everyone realized the obvious fact And elected right then to get into the act What a wonderful place this world would be With my helping you, and you helping me





h. Group Sing (in rounds) "America, America"

"CAMPFIRE" - Which Wasn't held because it rained earlier and was wet.

Singing:

"Your Mama Don't Wear No Socks" And a few others

Little Bill:

"3 Blue Pigeons: "5 Languages – "I like to eat green apples and bananas"

Would have fixed "S'Mores" but had "Chocolate Chip Cookies" instead!!!!

A ARCHAL Lable games wayed to populariyate april ing

n. Robin & Beadler tod Hand State, Dig Booly at a Seraamin' Ukhar

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WEDNESDAY EVENING ACTIVITIES

Party SONG AND DANCE FEVER

The "Golden Girls" staged a Dance on the patio. We started with everyone doing the "Macarena" to the Drifters and "Ain't to Proud to Beg".

Marianne Burton taught us some dances. We had a Mixer to pull us all onto the dance floor changing partners with "Sasha" a Russian Dance. Miserlou with "Dance Fever", and "Tokyo Dontakie" a Japanese Hand Dance.

Our youth especially all joined in. We joined hands in a snake to Mama B's Closing Ceremony singing all the way "Dona Nobis Pacem" to the meadow. FUN!!!

> Ceremony Mama B shared the following poem she wrote.

> > **Camp 3 Meadows is now Chat** Most all of you realize that A camp of beauty - though Questionable road -With Carol's help Labbers are Mining gold! Each one of us has played a part Becoming a team from the very start! As each day, the Labbers play and create Some of us stay up too late It's hard to believe that a family camp we've come to weave! Through play, dance and song we've become family - NOT you and me! And have come together to LEARN, LEAD, and LIVE

Then Mama B read (recited) the lines to "Peace of the River" and together we sang it.

Peace I ask of you oh river PEACE, PEACE, PEACE When I learn to live serenely, cares will cease. Strength to lead and faith to follow All are given unto me. Peace I ask of thee, oh River PEACE, PEACE, PEACE!

Thursday Evening Activities People Party

After several short exploratory meetings after breakfast we "The People" finally decided to have a "Products Party."

People came as products – Cow Patti was brilliant as the Milky Way. Looking at brand names we had a game showing different products and gave the individual the option to write in the product they usually purchase from that brand. (See game sheet entitled "Brand Name Product Game" located somewhere in your book.) The first 3 that finished their sheets were the winners. 1st was Carol, 2nd was Dan and 3rd was Whitney.

Upon entering the room each person was given a color by Elaine and Mikeal. After the first game we got in color teams and had a relay race where we took ingredients on a spoon to a can (cake mix, water, and an egg) and made muffin mix for the next day.

Next, each group made a commercial using each one in the skit.

The next game of passing a marshmallow with an invented toothpick turned out to be a thumbs down – so we ate the marshmallows.

David led the next skit and he asked everyone, as suggested by Jackie, to make a skit from their "product" to represent the Lab theme "Lean, Lead and Live."

After this activity we sang with Marianne—"One Bottle of Pop, Fish & Chips and Vinegar."

Then we got our coats and Marianne led up singing to the closing ceremony, which honored 4 of our labbers that left us for heaven this year. Guests from their families were here for the evening activities.

Closing Ceremony

We transitioned from the main hall to the amphitheater in singing serpentine ending with "Kum-Bah-Ya"

We then honored our departed members from the past year. Mama "B" read her poetic memories interspersed with a letter from Elaine about Angelo's Chat Life, letters from Jackie to "Doc" and Terri and the announcement of Ruth's passing from our Chat Chat.

We then honored our Chat Candle with Sally Heard, Elaine Rovetto, Jackie Baritell, Bob Beasley and Nel Carver contributing thoughts of the principles of Chat. We then transitioned to the campfire and a "Truth Stick" Ceremony facilitated by "Little Bill".

Get A Different Signature From Those Using the Following Brands = What Product they Use and Their Signature



Ocean Spray Prod_____ Sig.____

Hanes Prod_____ Sig.____

Microsoft
Prod_____
Sig.____

Rand McNally Prod_____ Sig.____

Hush Puppies Prod_____ Sig._____

Barnes & Noble
Prod
Sig.

Hershey's Prod______ Sig._____

Darigold Prod_____ Sig.____

Green Giant Prod_____ Sig.____

Chatcolab Prod_____ Sig.____ Snoboy Prod_____ Sig.____

C&H Prod_____ Sig.____

Levis Prod_____ Sig.____

Nike Prod_____ Sig._____

Chevrolet Prod_____ Sig.____

Max Factor Prod_____ Sig.____

Lipton Prod_____ Sig._____

Quaker Oats Prod______ Sig._____

Sunkist Prod_____ Sig.____ Folgers Prod_____ Sig.____

Schwinn
Prod_____
Sig.____

Nabisco Prod_____ Sig.____

Van Heusen Prod_____ Sig.____

Penguin Prod______ Sig._____

Carnation Prod_____ Sig.____

Kraft Prod_____ Sig._____

John Deere Prod_____ Sig.____

Adidas Prod_____ Sig.____



Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, Nine were farmers and large plantation owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Ruttledge, and Middleton.

At the battle of Yorktown, Thomas Nelson Jr, noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste, he found his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart.

Norris and Livingston suffered similar fates. Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

They gave you and me a free and independent America. The history books never told you a lot about what happened in the Revolutionary War. We didn't fight just the British.

We were British subjects at that time and we fought our own government! Some of us take these liberties so much for granted, but we shouldn't.

So take a few minutes while enjoying your 4th of July holiday and silently thank these patriots. It's not much to ask for the price they paid. Remember, freedom is never free!

What lize behind us and what lies before us are

Man does not cease to play because he grows old. Man grows old because he ceases We can only br to play. what we give ourselves

the power to be

Therapeutic Recreation

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bat lo med bad ody Therapeutic recreation is a discipline that uses leisure activities to improve or maintain an individuals physical, social, emotional, spiritual and intellectual functioning. This constitutes holistic health, which improved ones quality of life. THATT

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What lies behind us and what lies before us are tiny matters compared to what lies within us.

We can only be what we give ourselves the power to be.

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Forever Friends

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Sometimes in life, You find a special friend; Someone who changes you life Just by being part of it. Someone who makes you laugh Until you can't stop; Someone who makes you believe that there really is good in the world. Someone who convinces you that there really is an unlocked door just waiting for you to open it. This is Forever Friendship.

When you're down, and the world seems dark and empty, Your forever friend lifts you up in spirit and makes that dark and empty world suddenly seem bright and full.

Your forever friend gets you through the hard times, the sad times, and the confused times. If you turn and walk away, CPOT Your forever friend follows. If you lose your way, Your forever friend guides you and cheers you on.

Your forever friend holds your hand and tells you that ORDIN everything is going to be okay.

And if you find such a friend, you feel happy and complete, because you need not worry. You have a forever friend for life, and forever has no end.

Redneck Family Tree..... Many years ago when I was twenty three. I got married to a widow who was pretty as could be. This widow has a grown-up daughter who had hair of red, u no tostr My father fell in love with her, and soon the two were wed. This made my dad my son-in-law And changed my very life. My daughter was my mother, For she was my father's wife. To complicate the matters worse, Although it brought me joy. I soon became the father Of a bouncing baby boy. My little baby then became A brother - in - law to dad. And so became my uncle, Though it made me very sad. For if he was my uncle, Then that also made him brother To the widow's grown-up daughter Who, of course, was my step-mother. Father's wife then had a son, Who kept them on the run. And he became my grandson, For he was my daughter's son. My wife is now my mother's mother And it makes me blue, Because, although she is my wife, She is my grandma too. If my wife is my grandmother, Then I am her grandchild. And every time I think of it, It simply drives me wild. colab can do for yau. For now I have become The strangest case you ever saw. As the husband of my grandmother, I am my own grandpa. "The Proph"

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************************* ********** THE LAST WORD FROM LEILA Another great year at Chas has come to a close-and so quickly! Love and "E" hugs have prevailed throughout the week-may this glow carry you back again next year!! Laugh a little now and then, It brightens life a lot, You can see the brighter side Just as well as not, Don't go mournfully around, Gloomy and forlorn; Try to make your fellowmen Glad that you were born. Just as all of you made the week happen, all of you have helped make this notebook a reality! May all who use this book enjoy it as much as we have

enjoyed doing it with and for you. It is a book never to be duplicated any other time or place, for it is the record of our week together. I hope it will help recall many happy memories!

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

I would like to share my favorite prayer with you!

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

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

AD FINEM: Half the joy of life is in little things taken on the run. Let us run if we must—even the sands do that—but let up, keep our hearts young and our eves open that nothing worth our while shall escape us. And everything is worth its while if we only grasp it and its significance. Victor Cherbuliez

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