

4-H'er enjoys all projects; has a very busy club year

My name is Diedre Kramer. I'm 13 years old now and I went to school at Eisenhower Elementary last year. I'm in the Prairie Dog 4-H Club. I enrolled in these projects: ceramics, photography, sketching and drawing, archery, leadership, cat and rocketry.

My most favorite project is archery. I like archery because it challenges me the most. I have to think about how I'm going to shoot the arrow, depending on the wind direction and where my target is. I also challenge myself in this project because I can try different techniques and see which one works for me. I went to the Hays invitational shoot and won medals there and I also went to state archery in Emporia last year where I won 8 medals and 3 trophies.

My next favorite project is photography. I like photography because I can experiment by taking pictures that aren't planned and you will never know what they will look like. Some are really good and some aren't. You can always do more things in photography, too, like setting something up as a still life or you can try and set something up using your pets. There is a good chance to take a picture of a sunrise or sunset that you will always have

saved as a picture to look at again and again since there will be no other formation of clouds or sun like it again.

I also like rocketry. I get to build the rocket and get to see it launched off into the sky. I also like this project because I can go to rocketry camp. There are a lot of things we get to do at rocket camp. Last year we got to build our own rocket, go to Wichita and see Exploration Place, and we get to go to a lab and see some experiments done. We also got to tour the Cosmosphere and see a movie in the IMAX theatre. We built our own telescope and tried to locate some constellations, too.

I also enjoy ceramics in the Arts & Crafts project. I really enjoy this project because I can pick a challenging piece and I can paint it however I want. I like using the dry brushing technique and this year I learned how to use a metallic rub to give my piece the look of a bronze statue. I did this new technique with a standing buffalo. It was picked for display at the Norton Library for our celebration of the Kansas 4-H Centennial.

I enjoy being in 4-H and I am looking forward to my seventh year.

Memories...

Oronoque Skyliners held 1962 meeting

The regular meeting of the Oronoque Skyliners 4-H Club was held February 12, 1962, at the Dellvale School house. The meeting was called to order by Chuck Ankenman, president of the club. Roll call was answered by saying something about Lincoln. Ten members and eight leaders were present. The minutes of the previous meeting were read and approved.

Sharron Rule gave the council report. Our club is to work from 12:30 to 1:40 in the kitchen at the 4-H Festival on March 3. Two dish towels and three pies are to be furnished. Leta Rule, Chuck Ankenman, Wava Ankenman and Doris Rule volunteered to

work and Elta Ankenman, Isable Davis and Aleta Rule will furnish pies. The secretary reported no old business.

New business: Each member of the club is to sell a package of light bulbs to raise money for the dining hall at Rock Springs. It will be decided at the next meeting when the money is to be handed in.

Program was: a demonstration by Paul Ankenman on how to polish shoes which he will give at the 4-H Festival. The club practiced for their model meeting.

Paul Ankenman moved that the meeting adjourn. Motion seconded and carried. Meeting adjourned. Lunch was served.

Favorite Food Show is a favorite activity

Bryce Lofgreen
Busy Jayhawkers 4-H Club

The annual Favorite Food Show is one of my favorite activities in 4-H. The 4-H'er, who is enrolled in the Foods Project chooses a favorite food to prepare, sets an appropriate table setting with a centerpiece and plans a menu around their favorite food. The judge asks the 4-H'er about nutrition, table setting, and menu.

It is fun to decide on the table setting. You want it to look just right with the favorite food. Learning about the nutrition of the food is educational and makes you aware of proper food choices.

This year I made Apricot Salsa Chicken. My table setting had a Southwest theme using Fiesta Ware dishes. It was my 6th year exhibiting at the Favorite Food Show and the Apricot Salsa Chicken is my favorite of all of the recipes that I have prepared. It has been fun

having people tell me that they have made it and it has become a family favorite. Give it a try.

Apricot Salsa Chicken

- 1/2 cup flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. paprika
- 6 boneless, skinless chicken breasts
- 3 T. oil
- 1 jar (16 oz.) salsa
- 1 jar (12 oz.) apricot preserves
- 1/2 cup apricot nectar
- Hot cooked rice

In a shallow bowl, combine the first four ingredients. Add chicken, turn to coat. In a skillet, brown chicken in oil, drain. Stir in salsa, preserves and nectar; bring to a boil. Reduce heat and simmer, uncovered for 15 minutes or until sauce thickens and meat juices run clear. Serve over rice. Makes 6 servings.

The National 4-H Pledge was written in 1918

In 1918, 15 State Leaders submitted 4-H pledges for a contest conducted by O.H. Benson, Leader of Boys' and Girls' Club Work in the Federal Extension Office, Washington D.C. Otis Hall's was the winner. Mr. Hall was the first State Leader of Boys' and Girls' Club Work in Kansas from September 1, 1914 to March 31, 1920.

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