



Waupaca County

4-H Forecast

April / May 2020

Dear Waupaca County 4-H Families:

As we are all living through this challenging time of the COVID-19 pandemic, please remember the 4 H's of 4-H—Head, Heart, Hands, and Health. I never could have imagined a time like right now. I want you to know that I am here for you, 4-H is still here for you.

HEAD—Things may look different and we are all learning together. We are living history right now, maybe start keeping a journal, make a scrapbook or even a time capsule!

HEART—Show kindness—there are so many opportunities, could be virtually or chalk drawings on your driveway, to show kindness to others. How can we as 4-H'ers show heart?

HANDS—Hands on learning can and does happen at home or wherever you may be during this time. Some 4-H projects may not be the same as they normally are and we need to remember that different can be OK or even good. Maybe now is a good time to be exploring deeper the project areas you are most excited about or trying something new. You may need to improvise with supplies at home, but that is a great skill to learn and practice too!

HEALTH—How much are we learning about health right now?! Watching out for the health of ourselves, our families, our neighbors, and our communities! There is so much information, I encourage you to continue to check with reliable news sources like the Department of Health Services and the CDC for health related updates and information.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

https://www.co.waupaca.wi.us/departments/health_and_human_services/covid-19.php

Inside this newsletter are a number of links to resources for projects and activities, online learning and more. They are being provided to be just that—resources. Maybe you don't have time right now, or in a few weeks, maybe when summer comes you can check them out. I encourage you to reach out at anytime and stay safe!

Penny Tank
4-H Program Educator



** See page 2 for an update about 4-H face to face events from State 4-H Program Manager, Dondieneita Fleary-Simmons

Dear 4-H Community,

****April 7, 2020**

As the extent and duration of the COVID-19 outbreak become clearer and public health experts and UW-Madison have updated their guidance, we have made some hard decisions about 4-H programming.

All in-person 4-H programs and activities planned through May 15th must be cancelled or postponed. Also, large events (greater than 50 people) planned for the latter half of May through the end of June must be cancelled or postponed.

These cancellations affect local, state, and national 4-H educational experiences. Updated information can be found at <https://4h.extension.wisc.edu/2020/03/30/wisconsin-4-h-and-covid-19-response/>. Continue to reach out to your local 4-H educator for updates on local programming.

4-Hers are finding ways to connect with each other and contribute to their clubs and communities, while staying safe and respecting the guidance to remain “safer at home” with members of their own households. These positive stories are helping us all get through challenging times.

We look forward to the time that we can gather again. Please understand that we are working hard to use this time to create trainings, supports and resources that will make 4-H programming better than ever!

Dondieneita Fleary-Simmons, WI 4-H Program Manager

University of Wisconsin-Madison Division of Extension

***please note dates in this notice may change as this is a fluid situation; watch email, the Extension website and 4-H Facebook for updates*

Insert:

- **Youth Livestock Educational Event Verification Form**

JOIN US IN CELEBRATING NATIONAL VOLUNTEER WEEK APRIL 19-25, 2020!

National Volunteer week was established in 1974 and has become a nationwide effort to encourage people to volunteer in their communities. We are so thankful for all of the 4-H volunteers in our county. In Waupaca County 4-H we have over 180 adult volunteer leaders who serve in various roles. The 4-H Volunteers are valued partners in working with youth! As a Volunteer you can share your skills and experience with us and transform the next generation of 4-H members. Behind every one of our success stories there are mentors. People who support 4-H and help bring ideas to life. Parents and adults are encouraged to volunteer and be leaders.

Here are some of the things 4-H volunteers and leaders do:

- ◆ Plan and/or lead workshops, events, and club opportunities
- ◆ Serve on the Leader's Board and County Committees
- ◆ Lead club and/or county project meetings and experiences
- ◆ Chaperone field trips and conferences
- ◆ Develop and evaluate 4-H Youth Development programs
- ◆ Contribute through promoting and supporting

COUNTY NEWS

Extension Office

The Extension Office is open by appointment only. To reach Penny, email is best at penny.tank@wisc.edu. If you need something from the Extension Office, please call 715-258-6230 to set up an appointment.



Statewide Extension COVID-19 Website Resource

<https://fyi.extension.wisc.edu/covid19/>

4-H Broadcast Emails from 4-H Online

One way the Extension Office has been trying to communicate information to a majority of families in the 4-H program is through sending emails from the 4-H Online system. We understand for some, these emails have been pushed to junk email folders. Please add no-reply@4honline.com to your list of email addresses that are ok to be accepted emails. **Especially during this**

time of COVID-19, and new information coming out so often, this is one of the only ways for most of the state or specific project areas to get information at the same time.

Music, Drama, Talent, and Speaking Contest

New this year—virtual Music, Drama, and Speaking Contest. This will be open to any 4-H members grades K—13. Entries will be forwarded to a judge for review, a score sheet will be completed and then returned to the members with their ribbon placing. Please watch for more information to be emailed and/or mailed to families soon about this new opportunity. Penny is working to finalize the entry form and collection method for performances. Youth are encouraged to be practicing their speeches, music performances, and talent sharing. Shorter performances will be preferred this year. Tentatively 2-5 minutes suggested.



Record Book Pages

Due to COVID-19, and limited time in the Extension Office, printed copies of record book pages are delayed. If youth would like to begin record book pages, word versions are currently updated on the website <https://waupaca.extension.wisc.edu/4-h-youth-development/4-h-program-topics/record-book-pages/> . The fillable forms will be posted within the next 2 weeks.

The only 2 record book pages that have been updated this year are cats/small pets and the art page.

For members, record books are a valuable part of the 4-H experience. They are intended to help you develop lifelong skills such as:

- ⇒Setting goals
- ⇒Planning and organizing
- ⇒Communicating in writing
- ⇒Evaluating effort and progress



Once completed, members experience personal satisfaction from completing a worthwhile task. You also have a valuable record of accomplishments that can be used when applying for awards, scholarships, college or a job! Remember to begin saving

information for your record books throughout the year and to start filling out the record book pages early. Refer to the guidelines you receive with the record book pages for details about completing your record book.

Record Book Workshop Zoom—April 28 at 6:30 p.m.

While we are learning and connecting from a distance, Penny plans to offer a record book workshop on Tuesday, April 28 at 6:30 p.m. There will also be some 4-H Ambassadors on the line to give tips and show some completed record book pages. Please go to this google form to register with your name, club, and email address <https://forms.gle/rE535zd2hc17Vesd6>

A link and password for the zoom will then be emailed to you.

4-H Fridays!

4-H Friday is a new resource being developed and emailed each Friday in Waupaca County during the COVID-19 outbreak. One issue is included in this newsletter as an example. This is an opportunity to **try new activities** and **learn new skills doing 4-H projects**. If you're looking for an idea to **pass the time** and want to **try something new**, check out the projects in our [4-H Friday Fun-Flyer](#). **4-H Friday** will have a **variety of projects** and **skill levels** highlighted each week. Please remember the *social distancing and safer at home guidelines* while doing these projects. If you would like to **take a picture of you or your family doing one of these 4-H projects**, feel free to email it to me at penny.tank@wisc.edu, with the **subject line: 4-H Friday Photo** and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter. ****There are some supplies we could mail to families from the Extension Office if needed. Email Penny if you need help with supplies.** Here is the website link if you would like to look up any issues. <https://waupaca.extension.wisc.edu/4-h-youth-development/4-h-program-topics/4-h-activities/>



Fun, Hands-on Learning at Home

Dear Parents and Caregivers,

As always, Extension and 4-H want to support youth and families with fun, hands-on learning that helps young people build life skills like critical thinking, problem solving, and decision

making. World events are making things more challenging right now. But we don't let that stop us!

Extension educators from around the state created a handy list of easy-to-access activities and curriculum.

<https://4h.extension.wisc.edu/home-activities/>

The resource page is organized by grade level and is full of Extension and 4-H resources as well as high quality, fun, learning activities from a range of other sources.

As you would expect, we focused as much as possible on experiential learning and fun. Then, to save you time, energy, and unnecessary worry, we:

- Filtered out many activities with hard-to-find supplies and those that needed a lot of adult supervision to be safe.
- Included activities that encouraged some kind of safe social connection and/or involved getting youth out of the chair and moving.
- Included high quality, inclusive, and accessible resources for all ages, including parents, caregivers, and families.

Click the link to see what's there now. Bookmark it to check back for new resources added later.

<https://4h.extension.wisc.edu/home-activities/>

Cloth Face Coverings

Also at the above web link is a lesson plan for Cloth Face Coverings. During times of disease outbreak, preventing the accidental spread of a virus protects everyone. Young people can help to prevent the spread by sewing cloth face coverings. The service learning activity plan from Wisconsin 4-H includes guidance for adults and youth in safe and supportive service learning; step-by-step instructions with photos for how to make cloth face coverings that meet CDC guidelines; as well as reflection questions and opportunities to learn even more. Youth can get involved in this important project. Educators and families can support them in doing so safely.



If anyone is interested in donating their time and resources to make masks for others, please let Penny know so I am able to help coordinate distribution of the masks to those that are in need of them.

Here is the web link to the Cloth Face Coverings directions:

<https://4h.extension.wisc.edu/home-activities/>

MEMBER OPPORTUNITIES

4-H Summer Camp Update for 2020

Unfortunately, due to the COVID-19 developments and guidance from the University of Wisconsin Division of Extension, we are in a position where we need to **cancel 4-H Summer Camp for Waupaca and Portage County June 5-7 and June 12-13**. I understand how disappointing this will be for those that have always enjoyed Summer Camp. We hope you will look forward to joining us next summer and the opportunities there will be.



Wisconsin State Fair

The Wisconsin State Fair will be August 6-16, 2020, at State Fair Park in West Allis. Check out the State Fair exhibitor website <http://wistatefair.com/competitions> for all your show entry information. Junior Fair entries are due online this year by May 21. It is the member's responsibility to keep up on the details and enter on time. Call Penny at the Extension Office with questions.

State Fair Youth Building Information

Clothing Revue, demonstrations, and music and drama performances are no longer chosen at the county contest. If any youth is interested in learning more about participating at State Fair go to <https://wistatefair.com/competitions/youth-expo/> Information should be updated for this year soon.

Certain Youth Building grand champions from the 2019 County Fair are eligible for exhibition in the State Fair Youth Building. Those individuals will be receiving a letter with the details.



2020 Farm Safety & Equipment Operation for Youth ages 12 & Older

Tractor and Machinery Certification is mandated by Federal legislation for any youth 14-15 years old working on a farm not owned or operated by the youth's parents or legal guardians and who are operating tractors over 20 PTO horsepower and/or certain farm equipment. In Wisconsin, any farm youth under the age of 16 are prohibited from operating agricultural machinery on public roads unless they have completed a Tractor and Machinery Certification Course. A law signed by the Governor in 1998 sets a lower age limit at youth 12 years of age to become certified in tractor and machinery operation.



The registration fee is \$173.80 with scholarships available. Farm Safety & Equipment Operation for ages 12 & older will take place at the following locations:

- FVTC Waupaca Regional Center, June 15-19 & June 22-26, 2020, 9:00 a.m. to 3:30 p.m. (M-Th), scheduled test time (F). As the dates get closer check with FVTC to see if the classes will still be offered based on COVID-19.

Forage Council Scholarship Available!

The Waupaca County Forage Council will be awarding up to two (2) \$500 Scholarships to any current 4-H or FFA high school senior, or active college student, enrolled or planning to pursue a bachelors or associate degree in a field related to agriculture. Applications are due to the Extension Waupaca County office by May 31.

Preference will be given to students pursuing a degree in an agriculture related field as well as the spouse, child or employee of current Waupaca County Forage Council members. More details can be found at <https://waupaca.extension.wisc.edu/2020/03/04/forage-councilscholarships-available/>



By Youth For Youth Social Media Campaign

Globally, teenagers are the largest demographic of people who struggle (developmentally and physically) with compliance to the

guidelines regarding physical distancing and restricted movement. Help other youth better understand the risks of COVID-19 and the potential implications of ignoring recommended guidelines.



Develop a Twitter, Snapchat, Instagram, Facebook, Meme or other social media post. This post should:

- 1) Target youth ages 12-18
- 2) Share factual Information regarding COVID-19
- 3) Encourage youth to comply with any one or more of the CDC Recommendations (See [CDC COVID-19 Website](#))
- 4) Motivate youth to action either by sharing the post on their platform or helping their community in another way!

Use hashtags, keep it brief and use a great visual! First - post it to your personal social media account then screen capture it and send a copy to the Sheboygan County 4-H Youth Development Educator at sarah.tarjeson@wisc.edu use *Subject: By Youth For Youth COVID-19*. All submissions sent by April 19th will be entered into the contest where the TOP THREE WINNERS WILL BE SELECTED TO RECEIVE Amazon Gift Cards.

Follow them on Facebook at: <https://www.facebook.com/groups/2656695884440786/>

Join the Sheboygan County COVID-19 Youth Action Team by adding your contact info to: <https://forms.gle/YoxdLbGYTaL1GBys6>

LEADERS' BOARD and ASSOCIATION

The next *Leaders' Board Meeting* will be on **Thursday, May 14 via zoom technology. The Leaders Board starts at 6:30 p.m.**

ELECTIONS FOR THE 4-H LEADERS' BOARD will be held hopefully in May. If any leaders are interested in learning more about this rewarding experience have them contact a current board member or the UW-Extension Office. The positions the board is looking to fill are Vice President, District Representatives (one from each District each year), and two Youth Representatives.

VOLUNTEER LEADER NEWS

Call for Nominations – 2020 Wisconsin 4-H Hall of Fame

This year's laureates will be inducted into the Hall of Fame during Fall Forum, date and location to be determined. There are many great stories shared by laureates each year and while installations are limited to approximately 10 per year, we still expect to hear about inspiration and motivation from those selected.

WISCONSIN 4-H
HALL OF FAME

A complete nomination includes 5 items:

- ▶ Nomination cover page
- ▶ Nomination signature page
- ▶ One-page Microsoft Word document outlining the nominee's qualifications based on the 4-H Hall of Fame criteria (citizenship, leadership, career accomplishments, and character)
- ▶ Digital head and shoulder photograph and
- ▶ Brief (no more than 250 words) biography.



Completed nominations are due by May 20, 2020, and should be sent via email to cynthia.blackburn@wisc.edu Contact Penny at the Extension office for more details.

Essential Elements Online Training Now Available for Adult Volunteers and Youth Leaders

Belonging, Mastery, Generosity and Independence are the 4 Essential Elements of Positive Youth Development that are focused on in a new online 4-H Youth Development training.

Each module is about 7-10 minutes in length. You move through the module at your own pace. It will take you about 30 - 45 minutes to complete all four modules.

This training is accessible through your 4-H online account by clicking on edit by your profile and near the top is a blue training button, then sign up for a training. Call the Extension Office for more details about accessing the training. **This training will be accepted for the annual required leader training for each club/committee to have at least one volunteer complete for charter renewal coming up in the fall.**



VIP (Volunteers In Preparation) — New Leader Training

Waupaca County is committed to safeguarding all young people associated with our program. Thus, we will be joining other counties in the state in continuing the New Leader Orientation. ALL first year adults wishing to serve as volunteers (organizational, project and activity leaders, chaperons, etc.) will be required to attend a two hour orientation / training session, sign a list of volunteer behavior guidelines, complete mandated reporter training, and authorize a confidential records check. Penny is planning to hold 1 or 2 VIP trainings via zoom technology in the coming weeks. More information will be emailed to new volunteers still needing to participate in this training.

WAUPACA COUNTY FAIR

County Fair dates for 2020

I want to first correct the mistake we made in the last newsletter - the County Fair ends on Sunday, August 30, it DOES NOT go until Monday. Also, you may begin to see advertising for the fair with the first day of the fair on Thursday, August 27. This is true for the overall County Fair (carnival, vendors, admission, grand stand, etc.), this will open on Thursday. Entry day will remain the same as in the past for the youth exhibitors - this will be on Wednesday, August 26th. The judging schedule has not changed.



This is the second year of the two year fair book, which is posted on the fair website waupacacountyfair.org **Entry information will be available in later May to sign up for fair project entries. Fair entry will be done through the online system again this year. Junior Fair entries are due no later than July 14, 2020.**

Reminder for 2020 – Foods Revue (Foods project judging) for County Fair will take place on **Saturday, July 25** (not the Saturday prior the fair as it was for many years). Food Revue will take place at the Fairgrounds in Weyauwega.



Waupaca County Fairest of the Fair Applications Available

The Waupaca County Fair is seeking candidates for the position of the 2020 Waupaca County Fairest of the Fair. Applications must be submitted by Sunday, May 17, 2020. Applicants must be 18 years of age as of January 1, 2020. The selection process will include both an individual interview and group interview during the Fairest of the Fair Competition, which is mandatory for all applicants.



The Waupaca County Fairest of the Fair serves as the official ambassador of the Waupaca County Fair, representing and promoting the Fair at local events throughout the year. The Waupaca County Fairest of the Fair also makes daily appearances during the week of the Fair. The Fairest program provides an opportunity to applicants to grow in public speaking, etiquette, confidence, presentations, interviews and more.

To find the application for the Waupaca County Fairest of the Fair position visit waupacacountyfair.org/fairest-of-the-fair, by email wcfairestcoordinator@gmail.com or call the fair office at (715) 281-3822 to request a hard copy.

4-H Projects vs. County Fair Exhibits

What's the difference between 4-H projects and fair exhibits?

A **4-H "Project"** is an area of interest you want to learn more about (like a hobby). This is what you sign-up for during enrollment in 4-HOnline (i.e. horse, electricity, dogs, photography, etc.). A project is intended to help you explore, learn, and practice skills in your areas of interest. Youth must choose their projects at the time of enrollment so they have plenty of time to learn about or practice with their project area before the fair.

A **County Fair "Exhibit"** is what you actually take to the fair – like the cabbage you grew, the animal you trained, or the rocket you built while exploring and learning about your projects. There may be some things you do while exploring your project area that you do not take to the fair as exhibits and that is ok. Youth sign up to exhibit at the County Fair during June/early July based on the exhibits and rules listed in the Waupaca County Fair Premium book.



Junior Fair Superintendent Applications Available

One very important role during the County Fair is the department superintendents. Depending on the department there are differing responsibilities prior to, during, or after the fair. Superintendents receive a stipend from the Fair Board. If you are interested in learning more contact Penny at penny.tank@wisc.edu for a junior fair superintendent application, which is due June 1.

PROJECT NEWS

LARGE ANIMAL PROJECTS—SEE THE INSERT IN THIS NEWSLETTER FOR MARKET ANIMAL NEWS

4-H Art Opportunity for High School Aged Youth

Would you like to be involved in conversations about art, community, future careers, and more? 'Art Lab Extended' provides an opportunity for high-school aged youth across Wisconsin to learn about and share their art through monthly video conferences. Here are the upcoming topics:

- 4-H Artists Show & Tell + Featured Artist April 23rd, 7:00 p.m.—8:00 p.m.
- Art in Isolation (May 7)
- Careers in Art (May 21)

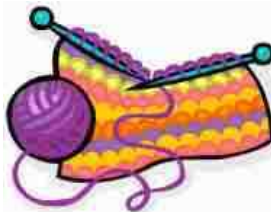


Check out the WI 4-H Program Facebook page @Wisconsin4H this week and next week for details on how to connect and updates on the program.

Distance Learning of Knitting

If you are interested in learning about knitting during this time, Andrea Rippley, 4-H Program Coordinator in Jackson and Trempealeau Counties, is sharing her love of knitting with the youth of Wisconsin! This is recommended for youth in grades 5 and above. Below is the materials list and a registration link in the google doc. She is really excited to try and teach knitting though distance learning. Go to the below link.

<https://docs.google.com/document/d/10oJnLLtNXrMqKYUuBEORmRm0jQW8gVLKXPcpGdpHpH4/edit>



Shooting Sports

All youth registered in shooting sports **MUST** work with a STATE CERTIFIED SHOOTING SPORTS LEADER.



Many competitive shoots and some leader trainings have been postponed or cancelled due to COVID-19. If you are interested in shooting sports, please continue to check the state website:

- Certification workshops for leaders <https://fyi.extension.wisc.edu/wi4hshootingssports/certification-workshops/>
- Competitive Shoots <https://fyi.extension.wisc.edu/wi4hshootingssports/competitive-shoots-3/>

For additional questions and concerns please contact Doug Thompson at 920-391-4657, Thompson_DA@co.brown.wi.us.

Dog Project

Because of COVID-19 the ORGANIZATIONAL **and** EDUCATIONAL meetings have been cancelled. 4-H Dog Project Member families will be receiving a **PROECT PACKET** with forms and information. There is also link to an Organizational Meeting Presentation. In your packet, there is a form to fill out confirming that you watched it. These materials are also on the Extension Waupaca County website (<https://waupaca.extension.wisc.edu/4-h-dog-project/>) or the projects Facebook page.



Our start up meeting will be **June 2** at the fairgrounds. Forms and fees must be paid at this meeting. You cannot have your dog at any class until the forms and fees are turned in. **If you want to send your forms, records and fees in advance, please mail them to Extension Office.**

MAIL FORMS TO:

Extension Waupaca County
Attn: Dana Nelson
811 Harding Street
Waupaca, WI 54981

The **BEST** way to stay in the loop for this project is by finding us on Facebook - our group is **Waupaca County 4-H Dog Project** - and requesting to join our group.

----Cloverbuds will be receiving a registration letter and information in May for the Dog Project just for them in the summer. **The dates are July 7, 14, 21 and 28.** Graduation (8-11) and Fair (8-15) is also part of the program.



Interested in the project or have questions - Please direct them to Dana Nelson at 715-256-9922 (home), 715-258-6231 (work) or by email rdjjj@charter.net or dana.nelson@wisc.edu.

Horse Project

Hunt and Dressage Show Cancellation

In compliance with the COVID-19 restrictions in place from the University of Wisconsin Madison Division of Extension, the Wisconsin 4-H Horse Association is cancelling the 2020 Hunt & Dressage Show that was scheduled for June 26th-28th. Your health and safety is our primary concern during these trying times. Watch the State 4-H Horse website page for more announcements <https://fyi.extension.wisc.edu/wi4haganimalscience/horse/>



4-H Horse Association Handbook

The 4-H Horse Association Handbook has now been updated for 2020! The Horse Handbook is located at <https://fyi.extension.wisc.edu/wi4haganimalscience/wi-4-h-horse-assn-handbook/>

HAPPENINGS IN YOUR CLUB

Friendly Valley: The club enjoyed a trip to Altitude and made Valentine cards for the nursing home.

Sandy Knoll: Members voted on a club budget, enjoyed a club Christmas Party, and a variety of club member demonstrations.

Woodland Badgers: Club members made Christmas cards and have been visiting their adopted grandparent. They also planned a club winter activity.



THANK YOU

Everyone that participated in the General Leader's zoom! It was great to see so many clubs represented.

- ☺ Over 300 people who attended Super Saturday.
- ☺ All of the teachers and helpers at Super Saturday.
- ☺ Individuals that donated food and hygiene products at Super Saturday—we were able to deliver 2 boxes of goods to the Waupaca Food Pantry
- ☺ A special THANK YOU to all of our wonderful volunteers for all of the work you do to make our 4-H program great!



4-H Cloverbud Word Search

J	Y	H	A	N	D	S	K	S	C	I	E	N	C	E
A	V	M	U	Q	K	A	W	H	X	R	W	K	J	Q
O	C	L	O	V	E	R	H	P	L	E	R	R	C	V
G	K	T	M	H	Y	R	I	B	U	O	S	N	X	L
A	V	G	H	E	U	H	T	N	D	H	F	L	A	G
M	T	C	A	A	I	M	E	M	B	E	R	S	C	D
E	U	R	F	R	F	U	N	P	Z	A	H	O	Q	P
S	F	A	M	T	M	D	U	D	F	L	N	N	S	S
F	G	F	X	N	L	W	M	L	E	T	N	G	N	F
A	C	T	I	V	I	T	I	E	S	H	P	S	A	R
R	Y	S	P	T	G	F	C	A	V	E	L	R	C	I
A	Z	P	I	W	R	L	Q	D	R	A	E	E	K	E
I	C	C	Y	K	E	Y	F	E	T	D	D	L	S	N
N	A	T	U	R	E	S	Y	R	X	J	G	V	D	D
U	D	V	N	D	N	Q	Y	S	E	G	E	U	H	S

ACTIVITIES
CLOVER
CRAFTS
FLAG
FRIENDS

FUN
GAMES
GREEN
HANDS
HEAD

HEART
LEADERS
MEMBERS
NATURE
HEALTH

PLEDGE
SCIENCE
SNACKS
SONGS
WHITE

WAUPACA COUNTY 4-H FRIDAYS!

Publications will be emailed to you and can be found at:

<https://waupaca.extension.wisc.edu/4-h-youth-development/4-h-program-topics/4-h-activities/>

WAUPACA COUNTY 4-H FRIDAY!

APRIL 10, 2020

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and safer at home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at penny.tank@wisc.edu, with the subject line: 4-H Friday Photo and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter. We have some supplies at the Extension Office that could possibly be mailed to your home if needed. Email Penny to discuss.

Coloring Eggs with Natural Dyes

Did You Know?

The tradition of coloring eggs began in Europe. In Ukraine, the people attempted to bring out the power of the sun and the resurrection of nature, during a cold spring. What reminds you more of the sun than an egg with a bright yellow center? The people of Ukraine began the practice of writing on eggs, called pysanky. Decorated eggs were kept in homes, given to friends, or buried in fields. The decorated eggs were thought to protect the family, banish evil, and insure spring's return.

(Adapted from Country Living—March 2019)

Procedure:

Be sure an adult helps with the stove and boiling water.

1. Wash eggs with mild soap and water. Then towel dry.
2. Fill a plastic sandwich bag with any of the dye materials and a little bit of water.
3. Place egg in sandwich bag and close with a rubber band or twist tie.
4. Place bag into cooking pot filled with water.
5. Boil 10 minutes, then cool.
6. Remove the bag from the cool water.
7. Untie the bag and remove the egg. Different colors will be left depending on what combinations of natural materials used.

Reflect on your experience:

What color is your favorite?

Have you tried this technique before?

What was easy or difficult? Explain.

Could you teach somebody else how to do this?

Adapted from: Cloverbuds Activities Packet, University of Minnesota Extension, MI-7575



UW-MADISON EXTENSION

4-H Project Area: Creative Arts

Life skill: Self-Understanding

Time: 30 minutes

Materials:

- Stove (with an adult's help)
- Cooking Pot with Water
- Plastic sandwich bags with rubber bands
- Eggs
- Skins of Fruits or Vegetables
Onion Skins, Potato Peels, Radish Peels,
Orange Peels, Beet Skins, or ???



Examples of Ukraine Pysanky



NATURESPACE

“Penny Walk” Scavenger Hunt

Supplies:

- Penny
- Paper and pen for scavenger hunt list

Step outside and take a “penny walk” to see everything that is springing to life! Explore your surroundings and get physical activity at the same time.

Activity:

1. Pick a place to walk and explore; your yard, your block, etc. (remember social distancing)
2. Whenever you reach an intersection in your path, or maybe every 20 seconds, *whatever makes sense for your surroundings*, flip the penny. If it lands on heads, turn right; if it lands on tails, turn left.
3. Use the scavenger hunt list below to try to find these items while on your walk.

3 Rocks: Shiny, Flat, Rough

5 Different Leaves

Stick-4 inches long

Something Square

New Grass Growing

Spider Web

Animal Tracks

Stick that looks like the letter Y

4 Different Colors in Nature

Locate a Bird’s Nest

Something Round (besides a rock)

New Buds on a Tree Limb

Pine Cone

Tree Roots

Moss

Squirrel

Flower

3 Birds

Reflect: Was it hard or easy to find all items?

Did you see anything new you didn’t notice

before? What other ways could you get outside and explore?

Source: 4-H Healthy Living Activity Guide; National 4-H

Thanks to Alison Acker for creating a template for 4-H Fridav.

INTERGENERATIONAL/COMMUNICATION

PROJECT: Interview an older family member, family friend, or neighbor (by phone or computer)

Having fun with history!

History is about real life stories. It has to do with things that happened to people during their lives. One of the best ways to find out about the past is by listening to older people share memories. Some things may be tragic and sad, others are exciting and heroic. Some stories are serious and some are funny.

1. Ask somebody if you can interview them.
2. Set up a time to talk (or two times).
3. Make a list of questions/topics to talk about.
4. Choose a quiet place for you to talk.
5. Have paper to take notes. Set a time limit.
6. Be ready to pay attention so you won’t miss the good parts!

Additional interview tips:

*Don’t interrupt – remember you’re interested in what the other person has to say.

*Encourage the other person to keep talking; follow up with “How did you feel about that?” or “Could you tell me a little more about that?”

*Talk clearly and loud enough for the other person to hear you.

*Show your appreciation – say thank you, send a thank you note, share your finished project with the person.

Sample questions:

- What was your school like?
- Tell me about toys you played with.
- Tell me about one or two of your earliest childhood memories.
- What kinds of advice do you have for young people today about living a good life?
- What were some of your favorite foods when you were growing up?
- How did you talk to your friends?
- What did you do for fun? Did you grow up with video games or computers?

Reflect: What did you learn during your interview? Were you a good listener? Would you do anything different next time?

Source: Voices from the Past; 4-H Communications Literature

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