

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea 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 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. *Penny Tank, 4-H Program Educator*

Woolly Sheep

Supplies:

- ü Cardboard toilet paper tube or paper towel roll cut in half
- ü 2 black stir sticks (or 4 toothpicks painted black)
- ü Scissors / glue
- ü Cotton balls
- ü Black paper or craft foam
- ü White paper or craft foam
- ü Wiggly eyes

*Source: Fun Things to Do with Cardboard Tubes,
by Marne Ventura*

Directions:

1. With the point of a pencil, poke four holes in the tube for legs. Make the holes small enough so that the stir sticks will fit snugly. Cut the stir sticks in half and poke one in each hole, or use the toothpicks painted black as legs.
2. Stuff cotton balls into each end of the tube.
3. Glue cotton balls all over the tube.
4. Cut a face with ears from black craft foam or paper. Cut a cloud shape from white craft foam or paper. Put on the wiggly eyes. Glue on the white foam fur to finish the face.
5. Glue the face to one end of the tube.
6. Variation – you could use colored pom-poms to make a different colored sheep.

Reflection:

- ✓ What are some other projects you can make from recycled items?
- ✓ What are the benefits of recycling?



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Your feedback needed!

Thank you to those who have already shared their feedback! If you have not had a chance to yet, please take a few minutes to answer some questions related to the 4-H Friday publications. Your input will help determine the impact of this weekly newsletter and the future of 4-H Fridays. Thank you in advance for your time and input! Survey link below (*this survey will close on **August 25th**, please reply prior to this date*):

<https://docs.google.com/forms/d/e/1FAIpQLSe8TcccAzjl6MDks2iJ1q-WVzEwP9qiYRGACrKwRTlZb2nAw/viewform?vc=0&c=0&w=1>



Easy Fresh Salsa

With fresh produce starting to be ready in gardens and at Farmer's Markets, there are many recipes to try. Here is a recipe for Easy Fresh Salsa!

Ingredients:

- 1 ½ cups diced tomatoes
- ½ cup onion, finely diced
- ½ cup chopped fresh cilantro
- 2 tablespoons cider vinegar
- 1 teaspoon granulated sugar
- And don't forget the chips!

Directions:

1. Combine all ingredients in a small serving bowl.
2. Best if made at least one hour before eating for best flavor.

Reflect:

- Ø What are the health benefits of tomatoes?
- Ø Have you ever tried watermelon salsa?
- Ø What other recipes have you used for making salsa?

Source: University of Illinois Extension, 4-H Cooking 101, page 47



Extension Waupaca County
<https://waupaca.extension.wisc.edu/>
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National Senior Citizen Day

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day!

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them.

This day provides an opportunity to show our appreciation for older adults dedication, accomplishments, and services they give throughout their lives.

While we are not able to visit many senior citizens in our communities at this time, here are some ways to still celebrate National Senior Citizen Day (either individually or as a club coordinated project):

- ✓ Reach out to an older adult (relative, neighbor, family friend) you may know through a phone call or video chat.
- ✓ Interview an older adult to learn about their life growing up, what are some important moments in their lives?
- ✓ Write a letter to a senior citizen. Take a photo of a 4-H project you have been working on and write about it to send to an older adult.
- ✓ Contact a nursing home or other facility in your community and see if there are ways that you could show appreciation for the senior citizens. Maybe there are some crafts you could make at home and deliver to the nursing home, tie blankets, or notes you could write. Ask if you could make a poster to be hung at the nursing home.



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