

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 includes a variety of projects and skill levels. 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](mailto: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*



Exciting news - the Wisconsin 4-H Program is launching the NEW Wisconsin 4-H Movement! How do you live out the Wisconsin 4-H Movement? Also, watch for ways to help celebrate National 4-H Week.  
#wi4hmovement



#wi4hmovement

## The Wisconsin 4-H MOVEMENT

I pledge my  head to clearer thinking, my  heart to greater loyalty, my  hands to larger service, and my  health to better living, for my club, my community, my country and my world.

In Wisconsin 4-H we value:

 <b>Being Yourself</b> Find and share your authentic sparks and interests;	 <b>Belonging Together</b> Recognize, understand, respect, and appreciate each other;
 <b>Building Connections</b> Grow positive relationships with peers and adults;	 <b>Discovering Skills</b> Develop skills through hands-on learning to help you succeed and thrive;
 <b>Exploring New Opportunities</b> Open the door to new experiences, projects and places;	 <b>Giving Back to Your Community</b> Make meaningful contributions through community service and leadership.

**BELONGING**   **MASTERY**   **INDEPENDENCE**   **GENEROSITY**

## Color Changing Leaves & Leaf Printing



If you look outside or walk around your yard, neighborhood, or community park, what do you see? Leaves are starting to change colors!!

*While you were playing in the hot sun during summer vacation the trees on the streets, in the parks, and in the forests were working hard to keep you cool. To feed the shiny green leaves that make shade, trees use sunlight to convert water and carbon dioxide into sugar. This is called photosynthesis.*

*Now it's autumn. Those hardworking trees, on the other hand, need to take a break from all that photosynthesizing. When leaves change color from green to yellow, bright orange, or red, you'll know that trees are beginning their long winter's rest.*

*Leaf color comes from pigments. Pigments are natural substances produced by leaf cells. The three pigments that color leaves are:*

- Chlorophyll (green)
- Carotenoid (yellow, orange, and brown)
- Anthocyanin (red)

Click on this link to learn more about leaves changing colors and see if you can tell the kind of tree by the color of the leaves. <https://www.eekwi.org/plants/why-do-leaves-change-color>



Here is a family activity from EEK! – Environmental Education for Kids in WI. Be sure to prepare ahead of time, this project could get a little messy!

### Leaf Printing on paper or fabric

<https://www.eekwi.org/activities/arts-crafts/leaf-printing>

Extension Waupaca County  
<https://waupaca.extension.wisc.edu/>  
715-258-6230

## Snickerdoodles

Here is another recipe from the 4-H Foods Literature to try this fall!



### Ingredients:

- ❖ 1 ½ cups sugar
- ❖ 1 cup butter or margarine, softened
- ❖ 1 teaspoon vanilla
- ❖ 2 eggs
- ❖ 2 ¾ cups all-purpose flour
- ❖ 2 teaspoons cream of tartar
- ❖ 1 teaspoon baking soda
- ❖ ¼ teaspoon salt
- ❖ 2 tablespoons sugar
- ❖ 2 teaspoons cinnamon

### Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, cream together sugar, butter, vanilla, and eggs.
3. Add flour, cream of tartar, baking soda, and salt to creamed mixture; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough into 1-inch balls.
6. Roll balls in sugar mixture.
7. Place balls 2 inches apart on ungreased cookie sheet.
8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

*Yield: 3 dozen cookies*

*Source: 4-H Cooking 201, University of Illinois Extension, page 88*

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