

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*

## 4-H Enrollment

Don't forget to re-enroll by November 15 for the upcoming 4-H year!



UW-MADISON EXTENSION

The 2019-2020 4-H year was very different for everybody. We were sad to see some popular and valuable 4-H programs cancelled and some other opportunities were adapted to fit what could be done during the COVID 19 pandemic. I hope you will re-enroll and help us shape this new year, brainstorm ideas, and support each other as we continue to "learn by doing," the 4-H way!

4-H Online 2.0 is now open for re-enrollments and new enrollments! **Re-enroll by November 15th.**

Go to <http://wi.4honline.com> to access the new system. Your family login and password will be the same as you used last year. If your password does not work, you can click on the Reset Password link on the login page and you will be emailed a new one.

The system will look totally different from what we had in the past, but you can use the family enrollment guide at [https://fyi.extension.wisc.edu/4h-ext/files/2020/09/4HOnline.v2.Family.Enrollment.Guide .pdf](https://fyi.extension.wisc.edu/4h-ext/files/2020/09/4HOnline.v2.Family.Enrollment.Guide.pdf) for help during the enrollment process. **Also, please read the brief descriptions on each screen while re-enrolling, these are very helpful to explain that step in the enrollment process.**

Your family address and phone number, etc. carried forward to the new system, however, you will have to select the club you are joining and all projects again this year. The projects that you were enrolled in last year did not carry forward.

The **project guide** for our county will continue to include a brief description of the projects and literature available. This is posted on the county website at <https://waupaca.extension.wisc.edu/4h-youth-development/4-h-program-topics/> under 'enroll in 4-H'. A few copies were mailed to club leaders. If you would like a copy mailed to you, please email Penny at [penny.tank@wisc.edu](mailto:penny.tank@wisc.edu) .

Please take time to re-enroll soon and reach out to us if you have questions.

## Broccoli Trees

Have some fun with a healthy snack – broccoli trees!

### Ingredients:

#### Dipping Sauce:

- ✓ ¼ cup plain non-fat yogurt
- ✓ ¼ cup light sour cream
- ✓ 2 tsp honey
- ✓ 2 tsp spicy brown mustard



#### Broccoli Trees:

- ✓ 2 carrots, peeled
- ✓ 2-3 cups broccoli florets
- ✓ 4 cherry tomatoes



#### Order of Work:

1. Mix all ingredients for the dipping sauce together in a small bowl.
2. Cut carrots in half then lengthwise to make several carrot sticks.
3. Arrange on a plate by putting carrot sticks together to form a tree trunk in the middle of the plate.
4. Arrange broccoli around top half of carrots to form clusters to look like tree-tops.
5. Spoon dip at the base of the tree (carrots) to form the ground.
6. Put tomatoes in a top corner to form the sun.

#### Discuss:

- ❖ Why is this a healthy snack?
- ❖ What are some other ideas for healthy snacks?

**Source:** Cloverbuds Activities Packet, University of Minnesota Extension, Activity FN-03

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## Electricity

Look around! **Electricity** is everywhere! Think of the things that you really like to do, how many of these use electricity to work? Remember, if an activity uses batteries, it is using electricity.

Think about a typical day. The alarm that wakes you up is powered by electricity. You turn on a light that uses electricity. The clothes you put on were made on machines that are powered by electricity. The orange juice you drank at breakfast was brought to market on a truck that used a battery to get it started and an electric powered refrigerator to cool it. Electricity was used to manufacture the bed you slept in, the chair you sat on and the bus that took you to school. That is just the beginning of the day – can you imagine what your life would be like without electricity?

Take it further –

1. Ask your grandparent or other adult over the age of 65 to list the ten things they liked to do most when they were young. Identify which of the things they listed used electricity.
2. Write a poem or short story about a day without electricity.
3. Research how much electricity is used for a few items in your house, what are some ways you and your family could save electricity.

The National 4-H Electricity Curriculum has a variety of lessons and directions to learn more about electricity. Contact your club leader or the Extension Office if you would like to borrow a copy. Here are some examples:

- Build a flashlight
- Make a simple switch
- Build a compass
- Build an alarm
- Learn about electric cords, wires, circuits, switches, magnets and more



**Source:** Magic of Electricity (BU-6848) and Investigating Electricity Literature

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