

April/May 2020

Inside this issue:	Hi 4-H members and families,					
Memo from Katie 1						
	We hope that this correspondence finds you healthy and safe. Over the					
Calendar update 2	course of the past week, the guidance around maintaining social distance					
	to reduce spread of Covid-19 has changed several times.					
4-H Camp news! 3						
	Currently, all 4-H face-to-face gatherings of all kinds are suspended					
At home activities 3	until at least May 3rd. Please note that the Extension office is closed					
	during this time.					
Volunteer Corner 4						
	This national emergency calls for a full 4-H response! Please make sure					
At home activities 5	to check up on our elders and offer your assistance with tasks that can be					
	done safely for your neighbors and friends. Remember those words at the					
At home activities 6	end of the pledge: for your club, your community, your country and your					
	world. We need to find ways to work together, now more than ever.					
At home activities 7						
	I am including several easy at home activities to try as a family in this					
4-H camp registration 8	newsletter, more resources are available on the facebook page, or have					
· · · · · · · · · · · · · · ·	been emailed to families.					
	The best way to connect me while I am working remotely is by email at					
	katelin.stenroos@wisc.edu or call 218-216-7134.					
	Stay healthy!					
	I pledge my HEAD to clearer thinking,					
	Sincerely,					
	and my HEALTH to better living					
	hate Steward for my club my community					
4-N V(V	my country and my world					
GROWS HER	Katie Stenroos					
	Douglas County 4-H Program Educator					

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Due to Covid-19, there are no in person 4-H events through at least May 3rd!

The Douglas County 4-H Leader's Association is hoping to reschedule the Cultural Arts Festival with a date to be announced.

Please watch the emails and the "Douglas County Wisconsin 4-H" Facebook page for the most up to date information.

Thank you for your flexibility and understanding during the time, and stay healthy!

4-H CLUBS	LOCATIONS	LEADERS	PHONE #S		
BIT N' SPUR 4-H	Superior	Nola Stenroos Carolyn Jones	(218)348-3707 (218)349-7707		
CLOVER COUNTRY	Maple	Pat Luostari Tricia Garland	(715) 363-2456 (218)341-3220		
HORSES 'R' US	Lake Nebagamon	Lareasha Connors	(507)461-1393		
LAKELAND RIDERS	Superior	Tia Love-Hankins	(715) 378 - 4246		
NORTHERN LIGHTS	Superior	Diane Van Zee Kara Rivord Angel Carlson Kristy Strom	(319)321-8430 (218)390-5242 (715)817-0778 (218)393-9912		
PONY EXPRESS	Superior	Madison Stalvig Elizabeth Eccles	218-434-5879 715-817-5541		
DISCOVERY 4-H CLUB	Cooper Elementary	Ryan Stovern Sarah Hamilton	(715) 718-0661 (218)393-8162		
HORSE ASSOC.	Youth Building Fairgrounds	Lareasha Connors	(507)461-1393		
4-H BOARD OF DIRECTORS					
President: D Vice-President Treasurer: A Secretary: N Historian: Kr Youth Delegate-at-L Youth Delegate-at-L Adult Delegate-at-La Adult Delegate-at-La	iane Van Zee : Clorissa Kroll Ingel Carlson Iola Stenroos isten Clemmer arge : Donald Carlson Large : Armela Lane Irge: Levi McCracken Large: Jenny Kroll	the Powe	R of Youth		

Help wanted for our newsletter and website!

Advisor: Tricia Garland

Send your club stories, meeting minutes, photos and/or videos to the office!

Important Updates

Exciting 4-H Camp news!

Douglas County 4-H will be combing forces with Washburn County 4-H for an overnight summer camp experience!

August 4-6, 2020 in at Hunt Hill Audubon Sanctuary in Sarona, WI!

Registration form and information for campers is included in this newsletter.

We need youth counselors to make this camp successful!

Counselors must be 14 years old by August 4th.

Application forms were mailed and emailed to older 4-H youth.

If you did not receive one contact Katie at katelin.stenroos@wisc.edu or call 218-216-7134.

Application forms due April 8th to Katie.

Fun at home activities!

Thanks to Pearl, Michigan 4

👌 30 minutes | Grades: Pre-K, 3-5, 6-8, 9-12

Take a "Penny Walk"

Description

M

welcome

CAMP

Get outside and take a "penny walk" to see everything that is springing to life! "Penny walks" help kids explore new surroundings and get physical exercise at the same time.



Supplies

- Penny
- Paper and pen for scavenger hunt list

Activity Steps

- Step outside and walk until you reach an intersection in your path.
- Flip your penny. If it lands on heads, then turn right and continue walking. If it lands on tails, turn left.
- **3.** To make the penny walk more challenging, create a scavenger hunt list with objects you might find outside. Look for these items while you're on your penny walk!

🕥 30 minutes | Grades: 3-5, 6-8, 9-12

Easy (and Healthy!) Banana Pancakes

Description

Try this simple and healthy pancake recipe, which is full of ingredients your family likely has at home in the pantry! Customize the recipe with your favorite extra fruit or nuts.

Supplies

- One overripe banana
- One large egg
- butter (peanut, almo
- walnut or cashew

Activity Steps

- In a medium bowl, mash the banana until smooth.
- Whisk in egg, nut butter and sal into the bowl.
- Heat a non-stick pan over medium heat. Grease the par with butter or oil of choice.
- Cook until the edges become firm and can be flipped easily, about 2-3 minutes.
- Once the pancake is browned on the bottom, flip it and allow to cook for an additional 1-2 minutes
- 7. Repeat for the remaining batter.



Recipe makes six 3-inch pancakes.

VOLUNTEER CORNER

Life Skills in 4-H

A life skill is "an ability that is necessary and useful throughout life." By planning programs with youth, you share the leadership role and help them develop the life skills they will need in their adult years. Here are some life skills that youth can learn through 4-H:

Citizenship Skills are developed as young people learn how government works, engage in community service, and connect to issues in their communities.

Leadership Skills enable youth to lead and build teams, develop motivation, set group goals, gain respect, and accommodate different styles.

Relationship Skills help youth interact more comfortably, accept responsibility, respect diversity, trust themselves and others, resolve conflict, and understand their strengths and limitations.

Communication Skills enable youth to exchange ideas and information clearly and minimize confusion for themselves and others.

Planning and Organizing Skills help youth set goals, manage time, build teams, delegate tasks, and work efficiently without supervision.

Decision-making Skills are developed as youth recognize how personal values influence decisions, find and use accurate information, identify and weigh alternatives, select and follow through on a course of action, and evaluate those decisions.

A 4-H volunteer leader's role is to help youth design and participate in experiences that build a variety of life skills and encourage overall positive development!

The Targeting Life Skills Model

The life skills assessed by survey respondents came from the Targeting Life Skills Model developed by Patricia Hendricks of the Iowa 4-H Program. With this model, skills that are needed for the positive growth and development of a young person are aligned with the four components of the 4-H pledge: head, heart, hands, and health. The model is utilized by 4-H professionals and volunteers as a framework to organize the delivery of 4-H experiences that teach the life skills identified in the model.



At home activities

BALLOON ROCKETS

Balloons are a classic childhood staple, providing endless hours of frugal entertainment for children of all ages. They are also a great catalyst for science exploration.

Rockets can be as simple, or as complicated, as you'd like. Using only a few item you probably already had around the house, you can create and explore with your very own homemade Balloon Rockets.

Materials:

- Balloons
- Yarn (cut to about 6 feet)
- Straw
- Tape
- Scissors
- 2 chairs



Steps:

- 1. After gathering the necessary materials, began by tying one end of the yarn to the back of a chair.
- 2. Next, thread a drinking straw onto the other end of the yarn, and then tied it to the second chair.
- 3. After attaching two pieces of tape (about 2 inches in length each) to the center of the straw, it was time for the real fun to begin.
- 4. Inflate the balloon (leaving the end untied), held onto the opening so the air wouldn't escape, and carefully attached it to the straw using the tape.
- 5. Finally, pull the balloon to one end of the yarn (touching a chair), and let go of it. The balloon will shot across the yarn.
- 6. These Balloon Rockets provide a meaningful example of action and reaction. It's a fairly simple concept to make an object move one way, a force has to work in the opposite direction. In this case, the balloon is full of air. When you let go of the balloon, causing the air to rush out of the opening, it creates a pushing force in the opposite direction. This results in the balloon moving rapidly across the yarn.
- 7. Real rockets work in a similar way. A rocket engine is powered by exploding fuel inside of a chamber that is open at the bottom. The force of the explosion creates an opposite force that pushes the rocket up and into space.





The Messy Meter

Recommended Grades: **3 - 5**

Estimated Time: 45 minutes

Subject: Physics

WHAT YOU'LL NEED

Many of the items in this activity can be swapped out for other similarly shaped household items.

PANTRY STAPLES:

- Elastic rubber bands
- Empty mustard bottle or another plastic container
- Two wooden skewers
- Plastic container tops (examples: water bottle cap, peanut butter lid)
- two small
- two medium
- two large

SPECIALTY SUPPLIES:

- Hot glue gun/super glue
- Craft knife or exacto knife
- Wire cutters or another way to cut a wood skewer

Optional Add-Ons:

- Sticky tape
- Measuring tape

Rubber Band Cars

In this activity, kids will build a four-wheeled car from random stuff you have lying around the house like water bottle caps. From this activity they will learn about the engineering design process and physics!

.....

STEPS

The following steps can be used to make a successful rubber band car, but experiment with different objects for the wheels and the car body to find the design that can go the farthest. Check out the Bonus Fun section to attempt a **Guinness World Records™** title.

- 1. Choose your car's body. For our design, we used a mustard bottle.
- 2. Parents you'll need to help with this step! Use a sharp craft knife to cut out one side of your car body so that you can easily access the inside.
- Use the knife to poke four holes in the sides of your car body that will allow your skewers (wheel axles) to pass through.
- 4. Now start by making the rear axle. Poke a wooden skewer through the smaller, sturdier bottle lids. Depending on your lids, you may need to start this with the knife as well.
- 5. Attach the small bottle cap and skewer to the large container top (the wheel).
- 6. Now use a small and a large rubber band to make a cow hitch knot on the skewer (axle).
- 7. Insert the skewer through the hole in the car body and use the wire cutters to cut the skewer down to size. **Tip:** You want the wheels to be reasonably close to the body.

- 8. Attach the wheel on the other side just like you did in steps 4 and 5. This will complete your rear axle.
- Now we're going to make the front axle. Attach one container top that will make your front wheel to the other wooden skewer. Whether you poke the skewer through or glue it depends on the lid you're using.
- 10. Push the skewer through the remaining holes on your car body. Loop the other end of your rubber band onto the front axle skewer (shaft). Tip: You want your rubber-band motor to be fairly tight and stretched out between the axles! You can tie extra knots in it to make it tighter.
- Use the wire cutters to cut the skewer down to size before connecting the final front wheel.
- 12. Stretch some more rubber bands over each wheel.
- To power the car, turn the back wheels so that the rubber band tightens by wrapping around the rear axle.







Bonus Fun:

Try to break the Guinness World Records title for the Farthest distance travelled by a home-made rubber band vehicle!

Find a flat space to race your car on and mark a starting line with some tape. Release the car from behind the starting line. When it stops, measure the distance between the starting point and the closest edge of the car, following a straight line.

Note: Rubber bands can only be wound by hand for the record!

For the Record: For more information on the rules to make your record attempt official, check out the make and break section of our website https://goo.gl/eaAFGL

Questions to Engage Youth:

- What would you change about your car if you wanted to make it go farther?
- What other things could you power with rubber bands?
- Can you name some other objects that have kinetic energy? (See explanation on the following page.)

Explanation:

By stretching out an elastic band you're creating potential energy. Lots of different objects can have potential energy, for example, lifting an object off a table creates potential energy. With the rubber band cars, the rubber used is made up of long polymer chains that in their natural state are all wrinkled up. When you wind up the rubber bands to power the car, you're forcing the polymer chains to straighten out, which creates elastic potential energy. Winding the rubber bands requires energy, which is supplied by you. Assuming this process was perfectly efficient (no energy loss), then the amount of energy required to turn the rear axle and wind the rubber band is exactly the same as the potential energy of the rubber band. Once the rubber band is released, the polymer chains in the rubber band want to return to their natural, wrinkled state. This releases the rubber band's potential energy, converting it into the kinetic energy that powers your car. Kinetic energy is the energy of motion; any moving object is using kinetic energy.

Brought to you by:



Find a 4-H club at: www.4-H.org/find

15 Minutes | Grades: 3-5, 6-8, 9-12

Keeping It Positive: Affirmations

Description

Mental health is just as important as physical health. Boost a friend's self-esteem by writing simple, positive and encouraging notes.

Supplies

- Notepad
- Pen

Activity Steps

- Think about a quality you enjoy or appreciate in a friend This is your positive affirmation.
- 2. Write your positive affirmation on a small piece of paper and share it with your friend.
- That's it! You've helped spread some joy.



Learn more at <u>4-H.org/KeepItPositive</u>

Brought to you by The Ohio State University



Washburn and Douglas Counties 4-H Youth Camp

Hunt Hill Audubon Sanctuary Address: N2384 Hunt Hill Rd, Sarona, WI 54870



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UW-MADISON EXTENSION

August 4-6, 2020 Campers ages 8–13

Camp activities may include:

Canoeing, swimming, hiking, arts and crafts, games, archery, educational programs and more!

Drop kids off Tuesday, between 4:30-5:30 p.m. (dinner will be provided) Pick kids up Thursday at 1:30 p.m. for closing ceremony *Carpooling arrangements can be made for camper drop-off and pickup*

Costs: \$50 for first youth, \$40 for second youth, \$30 for third youth from same family Includes overnight lodging, all meals, activities, and camp t-shirt

Scholarships are available for camp costs, please contact Katie Stenroos for more information

Summer Camp Registration Registration Deadline: July 23, 2020

					1-51111t	SIZC
			Grade		(10-12,	, 14-
	Α	ge	(Entering)		16, S, N	1, L)
Name				M / F		
Name				M / F		
Name				M / F		
Email address						
Address						
City/State/Zip						
Club or Afterschool program	Ph	Phone				
If possible, I would like to room with:						
Parent/Guardian Signature						
By signing this form, you are allowing your child	to attend the V	Vash	burn & Dougla	as County 4	I-H Camp	•
Enclose registration fee for each child. Make check	ks payable to:	Do	uglas 4-H Lea	ders Assoc	iation.	
Return form and fee to: Douglas County Extension	Office, 1313	Belk	nap Street, Su	perior, WI 5	54880.	
Registration deadline is July 23, 2020.						
Does this youth require a special accommodation to	o participate in	any	of these activity	ties?	Yes l	No
If yes, please describe the accommodation that is no	eeded. (If mor	e spa	ace is needed, u	use back of	sheet).	
Does this youth have any food allergies?	Yes	N	0			
Additional required forms will be sent to campers prio	r to camp inclu	dino	health form an	d nhoto rele	ase	
Questions: Contact Katie Stenroos, Douglas County 4 F	I Program Coor	dina	tor at katelin ste	nroos	edu or 71	5

Questions: Contact Katie Stenroos, Douglas County 4-H Program Coordinator at <u>katelin.stenroos@wisc.edu</u> or 715-395-1665.

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Douglas County 4-H 1313 Belknap Street,

Room 107 Superior, WI 54880

Douglas County Extension Office Katelin Stenroos, 4 – H Program Educator Cheryl Shockley, Douglas County Support Staff Mary Johnson– Garay, Positive Youth Development Jane Anklam, Horticulture and Agriculture Educator Julie Montgomery, FoodWise Coordinator Tarah Nichols, FoodWise Educator Mary Pardee, Area Extension Director

715-395-1365 715-395-1363 715-395-1546 715-395-1515 715-395-1427 715-395-7443 715-553-3044

We're on Facebook!! Like us!! Douglas County Wisconsin 4-H



