



4-H Cabin Fever 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 Cabin Fever 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 holly.luerssen@wisc.edu, with the subject line: 4-H Cabin Fever 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.

Family Coat of Arms

Did You Know?

A **coat of arms** is a unique design painted on a shield. Designs on the coat of arms were typically inherited, meaning that they pass from a father to his children. In the Middle Ages, the designs were shown on shields. Today they are usually only drawn or painted on the paper. Each symbol on the coat of arms will represent something that has an important meaning to that person, country or company.

(Adapted from kids.kiddle.co/coatofarms—March 2020)

Procedure:

1. Think about what makes your family unique: special talents, favorite activities or hobbies, interests, favorite foods, and more.
2. Draw a coat of arms symbol on a piece of paper. Divide it into 4 sections.
3. Fill each area with a drawing for a one of those unique items.
4. Include the family name on the coat of arms. Could be one of the areas or by using a ribbon across the top.
5. Take a photo and have your child share and explain it with your family and friends.

Discussion:

1. What makes our family unique?
2. What symbol in the coat of arms is most important to you? Tell me about it.
3. How can our family share our strengths with others?

Adapted from: WI 4-H Cloverbuds Activity Packet—HS07



UW-MADISON EXTENSION

Langlade & Lincoln Counties

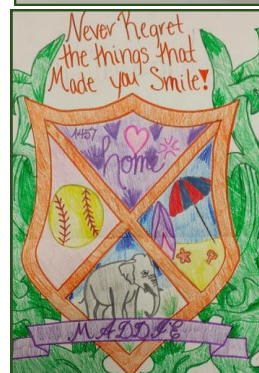
4-H Project Area: Health & Safety

Life skill: Self-Understanding

Time: 30 minutes

Materials:

- Large piece of paper or poster board
- Pencils, markers or crayons
- Coat of Arms symbol to trace or copy



TRY THIS 4-H FAVORITE!!

Muffins For Everyone

FROM: 4-H.org—Exploring Food Science; Activity 1.3 Batters that Matter

Supplies:

- 2 cups [all-purpose flour](#) (or 2 1/4 cups pastry flour; sifted)
- 1/2 cup granulated sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. ground cinnamon
- 1/8 tsp. freshly ground nutmeg
- 1 cup whole milk
- 1 tsp. pure vanilla extract
- 1 large egg
- 4 tbsp. butter (1/2 stick)



Preheat oven to 400F. Place paper liners in muffin tin.

1. Combine the flour, baking powder, cinnamon, nutmeg, and salt.
2. Heat the butter in the microwave, in a microwave-safe bowl, for about a minute, until it's thoroughly melted. Set it aside at room temperature to cool, but don't let it solidify again.
3. Beat the eggs in a separate bowl and then add the sugar, milk, and vanilla.
4. Pour a tiny bit of the warm butter into the egg-vanilla-milk mixture and stir it in. Repeat a few more times, adding a slightly larger amount of the liquid butter each time until it's all incorporated.
5. Now add the liquid ingredients to the dry ones and mix just until the dry ingredients are barely incorporated. Don't mix too long! Ten to 15 seconds at the most. The batter will be visibly lumpy, and you may see pockets of dry flour, but that's okay. Overmixing the batter will cause your muffins to be rubbery.
6. Let the batter rest for 10 to 15 minutes, to allow the glens in the flour to relax, and some of those pockets of dry flour to dissolve.
7. Gently pour the batter into the prepared muffin pan and bake immediately.
8. Bake 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Variations: Add your favorite flavor to the muffins: blueberries, chocolate chips, or... Mix add ins with the dry ingredients. Coat them with flour to prevent them from sinking to the bottom of the muffin while baking.



Knot Tying 101

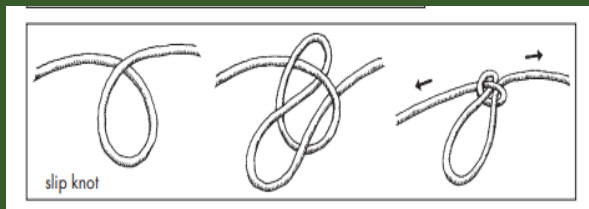
There are several important knots you need to know how to use when camping, boating, or working with horses and cattle.

Materials:

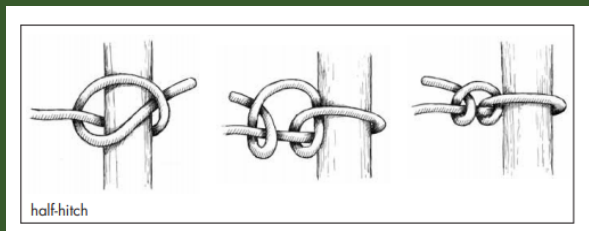
A rope or two... That's it!

Directions:

Slip Knot: Use this knot when a quick release is necessary, especially when tying to a stationary object. In order for the knot to be truly a quick release, the tail may not be passed through the loop.



Half Hitch: This is a very simple, fast hitch used to add strength to other knots. It is sometimes used as a primary fastener.



Practice your knot. Then share your new skill with someone via FaceTime or other method.

Discussion:

1. What type of rope did you use?
2. How long did you practice the before mastering it?
3. Where do you plan to use the knot?
4. Are there other knots you'd like to learn how to use and why?

Source: Oregon 4-H Ranch Horse Manual,

Page 17

An AA/EEO employer, University of Wisconsin-Madison provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

La Universidad de Wisconsin-Madison, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título VI, Título IX, y de la Ley para Americanos con Discapacidades (ADA).