All aboard!!! South Carolina had an amazing turnout at the 2017 Volunteer Conference of Southern States themed “4-H Volunteers STEAMing Forward”. Total conference registration doubled this year compared with last year and South Carolina’s participation increased by almost 500%!!! Twenty people represented South Carolina at the conference and we’d love to see that number continue to grow in the future. There were also two presentations by South Carolina 4-H agents and volunteers, as well as an active planning committee participant from South Carolina. Shannon Herndon, Bamberg and Barnwell County 4-H Agent, and Dawn Stuckey, (Continued on Page 2)
VCOSS continued...

Colleton and Hampton County 4-H Agent, presented “Sole Hope: Making the world a better place one shoe at at time”. Robin Currence, Chester County 4-H Agent, Laurie Lewis and Stuart Rochon, Chester County 4-H Volunteers, and Dawn Stuckey presented “Community STEM - Models for 4-H STEM Programs in Your Community”. Next year, conference planners anticipate 400 volunteers from across the Southeast to attend. Be sure to mark your calendars and make plans to attend next year’s conference! The dates will be Thursday through Sunday, September 27-30, 2018. Participants in the conference state that learn new skills and gain ideas to implement in their communities, become personally motivated, recharged, and energized, and meet a lot of new people and make deeper connections with fellow volunteers. For more information about the conference, visit: https://vcoss.weebly.com.
Thank you to everyone who submitted artwork for this year’s Holiday Card Art Contest!!! We are overwhelmed by the quality and quantity of entries. There were 27 entries from 24 youth across 11 counties. Congratulations to the selected artists! Look for all entries to be shared on our Facebook page throughout the month of December!

Cloverbud winner: Brooklyn New, Laurens County

Junior winner: Sophia Stalford, York County

Senior winner: Morgan Marlett, Greenville County

South Carolina 4-H was well represented at the Eastern National 4-H Horse Roundup!!!

Eastern National 4-H Horse Roundup 12th Place Team Presentation Hailey Williamson & Loni McKenzie

2017 Eastern National 4-H Horse Roundup Outstanding Service Award Winner Mr. Scott Anderson, SC 4-H Volunteer
4-H boosts computer science education with Google grant

Scott Miller, Public Service and Agriculture
September 1, 2017

CLEMSON — South Carolina youth can advance their coding and other computer science skills through new 4-H programming supported by donations from Google.org...Click HERE for full article.

Examining the soldering points on an LED pin in the shape of a 4-H clover.
Image Credit: Clemson University

Workshops will include:
* Hands-on and demonstrations with Chefs
* Enhance your culinary skills and nutrition knowledge
* Participate in Food Science Labs with Clemson Students
* Equip the participants to be able to assist in a Summer Day Camp
* Opportunity to meet youth from across South Carolina that have the same interest

What to bring:
* Toiletry items
* Casual clothing
* Closed-toe shoes - i.e. tennis shoes - No boots or high heels
* For those with long hair, something to tie it back.

Who is this for?
* All high school students that want to make a positive impact in their community

Cost:
* $25 per person covers all lodging & meals. (1 Team is 1 Adult and 3 Teens - $100/Team)
* Lodging will be in hotel rooms with 3 or 4 other youth
* 4-H Membership Forms sent to State 4-H Office by January 19.
* Final payment for the team also received in the State 4-H Office by January 19.

Location:
* Lodging - Hyatt Place, 1130 Kinley Rd., Irmo, SC 29063 - check in 4-6 pm Friday, Jan. 26
* Departure after lunch on Sunday, Jan. 28, 2018
* Program location - Advance Technical Studies, Chapin, SC

For more information & registration, contact:
Miriam Roman at mroman@clemson.edu or 803-968-5788

Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.

Upcoming Dates & Deadlines

12.19.2017
Registration deadline for Healthy Lifestyle Summit

1.1.2018
Late registration deadline for Miss 4-H Pageant

1.24.2018
Registration deadline for Junior Weekend

1.26.2018
Registration deadline for Forestry Clinic

1.26-28.2018
Healthy Lifestyle Summit – Columbia, SC

1.27.2018
Skeet Doubles Competition – Orangeburg, SC

2.2.2018
Registration deadline for Honey Bee Project

2.9.2018
Registration deadline for Horse Bowl and Hippology

2.9-11.2018
Junior Weekend – Summerton, SC
Forestry Clinic – Garnett, SC

2.14.2018
Registration deadline for Senior Teen Weekend

2.17.2018
Sporting Clays Competition – Edgefield, SC

2.24-25.2018
Horse Bowl and Hippology – Clemson, SC

3.1.2018
Registration deadline for Engineering Challenge

3.2-4.2018
Senior Teen Weekend – Summerton, SC

3.13.2018
Legislative Day – Columbia, SC

Cost:
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South Carolina 4-H Volunteers' Newsletter

Miss 4-H Pageant
Jan. 13, 2018
Clinton HS

Cruisin’ WITH 4-H

South Carolina 4-H
JUNIOR WEEKEND

South Carolina 4-H Pollinator Program

Honey Bee Project

What is it? Independent-study project that engages youth (ages 5-18) in the active role of beekeeping, learning the basics of entomology, and gaining an appreciation for the role of pollinators in our world.

Deadline: February 2, 2018
Register: http://www.clemson.edu/4h/project_areas/natural_resources/honey_bee
Cost: $40 ($50 for non-4-H members)
When: runs from March to August

Contact your local 4-H Agent for more information

THE 2018 SOUTH CAROLINA 4-H ENGINEERING CHALLENGE

Saturday, April 14, 2018
 Midlands Technical College airport campus

LEARN MORE AT scionthemove.org/engineeringchallenge

2018 4-H Forestry Clinic

February 9-11, 2018
SCDNR Webb Wildlife Center

The 2018 South Carolina 4-H Forestry Clinic will be held February 9th-11th at Webb Wildlife Center in Garnett, SC. This weekend long event is an excellent opportunity for high school age youth to learn more about forestry and forest practices. During the clinic, youth will gain hands-on experience from Clemson Forestry and Natural Resources Extension Professionals. The clinic will focus on tree identification, tree measurement, compass and pacing, and other forestry skill areas. No prior forestry knowledge or experience is required—just a willingness to learn!

The clinic is open to the first 20 youth who register. Youth must be between the ages of 14 -18 as of January 1, 2018. The clinic provides a great opportunity for youth interested in pursuing a future career in forestry and natural resources. The cost of the clinic is $100 for 4-H’ers and $110 for non-4-H’ers. Cost includes lodging, meals and supplies. For more information, and to register, please contact: Jaime Pohlman, McCormick County Extension Agent at 864-852-2112 ext. 113 or jaime@clemson.edu.

Miss 4-H Pageant
Jan. 13, 2018
Clinton HS

Cruisin’ WITH 4-H

South Carolina 4-H
Senior Teen Weekend
March 2-4, 2018
Camp Bob Cooper in Summerton, SC

ONLY $100 TO BOARD FOR A WEEKEND OF FUN
REGISTER ONLINE BY FEBRUARY 14

SOME ACTIVITIES WILL INCLUDE:
- DANCE
- HIKING
- SCIENCE
- COOKING
- AND MUCH MORE

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Chesterfield/Kershaw – Justin Shaw

Justin Shaw is the new 4-H Agent in Chesterfield & Kershaw counties. Justin is a graduate from The Citadel with a bachelor’s degree in Physical Education, as well as a master’s in Educational Leadership. He looks forward to teaching leadership, citizenship, and life skills through all aspects of 4-H to empower our youth to become healthy, productive, and contributing members of society. He is ready to make a significant contribution, not only to Clemson Extension, but to the communities within Chesterfield & Kershaw County. If you would like to know more about the 4-H programs and clubs in these counties, Justin can be reached at jshaw7@clemson.edu or 803-432-9071.

Union – Mark Cathcart

Mark Cathcart is the new 4-H Agent in Union County. Mark has a bachelor’s degree in Animal Science from Clemson University and he has spent most of his professional career managing farms and running his own cattle operation. Mark has a love of the outdoors and enjoys camping, hunting, and fishing in all parts of our wonderful state. He is a Union native and has a vested interest in the county. As the new 4-H and youth development agent in Union, Mark hopes to provide various opportunities to as many young people as possible. It is his hope, that with 4-H we can use our heads, hands, heart, and health to improve our clubs, our community, our country and our world. Mark can be reached at cmcathc@clemson.edu or 864-427-6259 ext.113.

To contact us at the State 4-H Office:

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“Be true to your work, your world and your friends.”
-Henry David Thoreau
Monthly 4-H Club Activity Idea

Snow Fun!

Objective: To understand the importance of hydration and activity in winter months and learn strategies to be healthy.

Age Range: All ages.

Hands-on Activity: To get moving and stay hydrated with “snow”!

Life Skills: HEAD = learning to learn; HEART = sharing, communication; HANDS = contribution to group effort; HEALTH = healthy lifestyle choices.

Introduction

Water makes up 55-75% of your body weight. It is a nutrient that is essential to life. It is important to drink enough water to keep your body hydrated. In the summer, people intuitively drink more water; they get hot, sweaty, and thirsty. However, in the winter months, it can sometimes be a struggle to stay hydrated. As the temperatures drop, a person’s craving for fluids or thirst decreases. Also, indoor heated air and outdoor air with low humidity can make you lose skin moisture. Sweating under insulated clothing also reduces your body’s moisture. Sweating under insulated clothing also reduces your body’s moisture.

In addition to staying hydrated in winter months, it is also important to keep moving! With shortening daylight hours and cooler temperatures outdoors, activity levels also decrease during winter. The following activities will help keep youth hydrated and healthy this holiday season!!!

Activity 1 – Snowball Fitness
(from The Big Book of 4-H Cloverbud Activities)

Materials needed:
- One sheet of plain white paper

Steps:
1. Have youth create a “snowball” by crumpling up the paper.
2. Have youth attempt the following actions:
   - Walk around the room with the snowball under their chin
   - Balance the snowball on their head
   - Jump around the room with the snowball between their knees
   - Get on their hands and knees and try to blow the snowball from one end of the room to the other
   - Use baby steps to walk around the room with the snowball between their feet (*Remind you of anything? Similar to the way a penguin carries its egg.*)
   - Throw their snowball into the trash can
3. What other actions can you think of?!
Activity 2 – Homemade Snow Cones

Materials needed:
- Stovetop or hotplate
- Sauce pan and spoon
- Blender
- Ice (7-8 cubes per cone)
- Frozen fruit (about 2 cups; berries recommended)
- Fruit juice (1 cup or less; sweetness of berries and juice affects how much is needed)
- Cups
- Strainer*

Steps for snow-cone syrup**:
1. Place frozen fruit in a sauce pan over medium heat with a small amount of juice (1/4 c).
2. Simmer mixture for about 5-10 minutes.
3. Stir mixture and mash fruit constantly.
4. Add more juice if necessary.
5. Once cooked, place in a blender to puree the mixture.
6. Strain if desired and allow to cool.

Steps for snow cone:
1. Place ice cubes in blender.
2. Use “Ice crusher” mode if available or mix of regular and pulse modes to shave ice.
3. Place ice in cups and shape the top of the ice with a spoon or clean hands.
4. Pour cooled snow-cone syrup over the shaved ice.
5. Enjoy!!

*Optional, if you want to remove pulp or seeds from the snow-cone syrup. (Healthier to not strain.)

**Caution! Heating the syrup is hot and can cause burns. Close supervision of, assistance with, or doing this step for younger youth is imperative.

Reflective Questions

Make sure to save enough time following the activity to reflect on the experience.

What did you learn from doing this activity?
What is one thing you liked about doing each of the activities?
What would you like to teach about if you were teaching something from this topic?

Conclusion

Eating fruit or, in this case, fruit juice, is a great alternative to candy and a way to satisfy the “sweet tooth” and increase hydration at the same time. You can make different flavors and colors of snow-cone syrup by using different fruits and juices. The syrup can also be used as an addition to oatmeal, yogurt, smoothies, etc.