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This is an exciting time in South Carolina 4-H. We have been able to add many new agents and reach many new youth. The 4-H program in South Carolina has increased by 22 percent the last three years. The 4-H Youth Development Program in South Carolina plays a vital role in developing our youth. With approximately 104,000 4-H members across South Carolina, Clemson Extension 4-H Youth Development continues to provide educational programs that engage youth in meaningful hands-on learning experiences. By structuring programs that are central to the development of essential elements of belonging, independence, mastery and generosity, South Carolina 4-H develops life skills that are critical for youth to reach their true potential.

The South Carolina 4-H Youth Development Program is proud to provide highlights of our high-quality initiatives. This annual report is only a snapshot of our programs, partnerships and 4-H’ers. According to a national study conducted by Tufts University, titled 4-H Study of Positive Youth Development, youth involved in 4-H far outperform their non 4-H peers in positive youth behaviors such as community service, constructive use of their time and peer relations. The study found that when compared to their peers, 4-H members were:

- 4X more likely to contribute to their communities.
- 2X more likely to pursue healthful behaviors.
- 2X more likely to engage in science, engineering, technology and math during out-of-school times.

Together, talented agents, dedicated 4-H volunteers, engaged 4-H members and community collaborators will continue to learn and grow to help South Carolina’s young people and their communities thrive. This year we have been able to add a 4-H Pollinator Project, Google Computer Science Pathway and the Cooking Like a Chef – Melting Pot Cooking Camps.

A great team is made up of many players. South Carolina 4-H has developed a great team to service the youth in South Carolina. This year we said goodbye to five of our very experienced agents, but have also been able to hire 10 very enthusiastic new agents. We now have 38 agents, and three state specialists in our state. We also have a wonderful group of volunteers, parents and 4-H’ers supporting the positive youth development opportunities in South Carolina. Thanks for helping keep 4-H the best it can be!

Pamela B. Ardern
4-H Program Team Leader
South Carolina 4-H’er eyes 2020 Olympics

Bamberg County 15-year-old Alex Ahlin became one of the youngest shooters ever to make the U.S. National Open Men's Shotgun Team and took one step closer to realizing his dream. "I want to go to the Olympics in 2020 and win gold," said Ahlin, who started competing in 4-H shooting competitions when he was 8.

Ahlin earned a shot by placing third in the U.S. National Shotgun Championships in Colorado Springs, Colo., this summer. He'll now participate in international skeet shooting competitions the next two years with an opportunity to make the U.S. Olympic team.

"There is only one other shooter ever to make the U.S. National Open Men's team at age 15. The other person is Vincent Hancock, a two-time Olympic gold medalist who is considered one of the best shooters ever," said Rick Willey, South Carolina 4-H shooting sports coordinator and coach of the Clemson University Shotgun Team.

Ahlin is now training with Hancock’s father as he aims for an Olympic run.

Ahlin shoots about three times a week and hopes to start practicing six times a week. This fall, he'll compete at the USA Shooting Fall Selection tournament Sept. 29 to Oct. 8 in Tillar, Ark., to attempt to make the U.S. World Cup team. Next year, he'll compete to make the U.S. National Championship Team as he continues his quest to make Team USA. After graduating high school, Ahlin hopes to attend Clemson University and join the Shotgun Team.

"I’m trying to get my mental game really strong and trying to improve my consistency," Ahlin said. "I really started believing in myself at junior nationals at Colorado this year."

Ahlin, a sophomore at Bamberg-Ehrhardt High School, started dove hunting with this father, Kenneth, when he was 5. Kenneth bought him a one-arm throwing machine when Alex was 7 so he could practice target shooting.

Many of the competitors vying for the Olympics and competing against Ahlin in the U.S. National Shotgun Championships enroll in military marksman programs so they can shoot full time. Ahlin balances shooting practice with schoolwork and other extracurricular activities. He competes in cross country in the fall and plays soccer in the spring.

“To have a kid who is still in school and excelling at this level is really special,” Willey said. “It’s quite a feat.”

South Carolina 4-H operates shooting clubs throughout South Carolina, teaching young people gun safety, basic operation and marksmanship, along with life skills such as responsibility, teamwork and respect. Participants have opportunities to compete in state and national 4-H events. South Carolina 4-H has fielded competitive teams, placing first in national 4-H skeet, trap and sporting clay competitions.

"4-H really helped me with my shooting," Ahlin said.
4-H boosts computer science education with Google grant

South Carolina youth can advance their coding and other computer science skills through new 4-H programming supported by donations from Google.org.

South Carolina 4-H received 30 Chromebooks, 20 Google Expedition sets and numerous STEM-based activity kits that teach programming, engineering, soldering and other skills. With one kit, students will learn to make lights out of bananas, for example. They'll build robots. They'll sew programmable felt puppets equipped with circuit boards and LED lights.

Google Expedition takes youth all over the world with guided tours shown through virtual reality viewers equipped with smartphones.

The Chromebooks will allow South Carolina 4-H’ers to participate in Google CS First, theme-based clubs that teach coding through a variety of student interests.

“This gift allows us to implement cutting-edge, relevant computer science, coding and virtual-reality technologies into existing 4-H programming across the state, including our South Carolina Military Kids program,” said Ashley Burns, assistant director of South Carolina 4-H.

“Computer science education is an exciting next step for our growing STEM-based programming.”

Participation in South Carolina 4-H science, engineering and technology programming has increased 273 percent over the past four years to more than 93,000 youth, Burns said.

The donation, which came with $12,000 and training on the equipment and curriculum, comes from a national collaboration between Google.org and the National 4-H Council. Google invested $1.5 million in the project, which is expected to reach 100,000 young people across 22 states.

The collaborative aims to reach young people in areas with limited access to computer, internet or computer-science training, and to spur young people’s interest in high-demand careers. In three years, there will be 1.4 million computer science-related jobs but only 400,000 qualified job candidates, according to projections from the U.S. Bureau of Labor Statistics.

“We are proud to be a part of this effort to bring hands-on programming to our nation’s youth,” said Jacquelline Fuller, president of Google.org. “It’s important for kids to develop a wide range of skills, like computer science skills, analytical thinking and creative problem-solving, and our work with National 4-H Council will help ensure that kids across the country have access to a better future.”

The activity kits, Google Expedition sets and Chromebooks are available to 4-H Club leaders by contacting Burns at taberp@clemson.edu. Parents or youth interested can contact their local 4-H County Extension agent.
Ten-year-old Ella Guidotti admitted anticipation had made sleep difficult the night before.

But if she was the least bit drowsy, it certainly didn’t show. Standing on the North Steps of the State House, the Lexington County local had bright eyes and a wide smile on her face as South Carolina 4-H Legislative Day got set to begin.

“I was really excited because we were going to meet the legislators that supported us at 4-H, and that’s a really big thing — because if they didn’t support us, we might not have the 4-H program in every county,” she said.

The event was a chance for 4-H members from across South Carolina to share their stories of success in the club with state legislators, and more than 425 4-Hers, family members and Clemson Cooperative Extension agents made the trip to the capital city on March 13.

Few had better stories to tell than Nakel Pinckney from Jasper County, whose family name carries significant meaning both in 4-H circles and the halls of the State House.

The cousin of the late Clementa Pinckney, Nakel knew little about 4-H until the former state senator was among nine people tragically killed in a 2015 shooting at the Charleston church that he pastored.

A 4-H alumnus himself, Rev. Pinckney is the namesake of the 4-H Clementa Pinckney Leadership Conference, held annually on Clemson University’s campus.

“I was in ninth grade when he died and didn’t know anything about 4-H until I heard about the Pinckney Leadership Conference,” Nakel said. “When I heard about it, all my teachers tried to get me to go, and I went. I didn’t know my (county 4-H Extension) agent at the time, but she paid for me to go even though I did not know her at all.”

While his introduction to 4-H was borne out of tragedy, Nakel said it has been nothing short of a blessing. “4-H is family,” he said. “4-H has helped to prepare me for the future. 4-H has helped me to meet a lot of my new friends and helped me to do things that I wouldn’t ordinarily be able to do in Jasper County. It really has prepared me for the future and just to face the challenges that life brings.”

The youth development arm of the Clemson Cooperative Extension Service, South Carolina 4-H sees more than 100,000 young people in K-12 across the state participate in its programs annually. The programs cover animal science, agriculture, science, engineering, natural resources, healthy living, leadership and more.

Participants in 4-H are twice as likely to be civically active, live healthier lives and participate in science, engineering and computer technology programs in schools, according to a Tufts University study.

Sen. Danny Verdin addressed the club members and said he’d already been visited by local 4-H clubs from the district he calls home in Laurens County that morning.

“It reminds me of the purpose of the day that was related to us from Mr. Pinckney,” he said. “I know you’ve accomplished it: to come here to impact those of us who are charged with making public policy here in the state.”

Glossophobia, or the fear of speaking in public, is the number one fear of most Americans (research by Chapman University). The South Carolina 4-H Horse Program is working hard to change that for the youth of South Carolina. Sianna Smith and Hailey Williamson, Lexington County 4-H members, are this year’s youth representing the state at the Eastern National 4-H Horse Round Up Public Speaking Contest. This national contest held in November 2018 in Louisville, Kentucky is the premier event for 4-H horse project members competing in educational contests. Sianna’s demonstration on correct saddle fitting has already impressed judges at the Southern Regional 4-H Horse Championship held in July 2018 at the Georgia National Fairgrounds in Perry, GA where she was awarded 4th place. Hailey also was awarded 10th Place at the Southern Regional 4-H Horse Champions with her public speech on using horses for therapy with veterans and individuals with disabilities. This is not the first time that Hailey has represented the state in at the national contest. Last year Hailey and Loni McKenzie won 12th place at the Eastern National 4-H Horse Round Up with their visual presentation on the ways that horses perceive different stimuli.

South Carolina 4-H has a rich history of awards from the Eastern National 4-H Horse Round Up including being named 2013 Horse Bowl Reserve Champions, 2014 Hippology Champions, 2015 Horse Bowl Champions, 2016 Reserve Champion Public Speech and many other top ten awards. We congratulate Sianna Smith and Hailey Williamson on their hard work and look forward to seeing them compete in November 2018.

Junior Beef Round-Up breeds skills, confidence

Confidence is a 50-pound child tugging a 500-pound steer into a show ring.

You can find confidence on display by the hundreds at South Carolina Junior Beef Round-Up.

Held three days each August for 4-H members and their families, the event draws students from throughout South Carolina and neighboring states to Clemson University’s T. Ed Garrison Livestock Arena.

The obvious smiles on youngsters’ faces belie the hard work required in what is foremost an educational event, said Brian Bolt, a Clemson University Extension beef specialist and director of this year’s 32nd annual Round-Up.

“The 4-H livestock program’s mission is to help young people build life skills through animal agriculture experiences,” Bolt said. “Junior Beef Round-Up is one aspect of that program that gives young people hands-on experience not only in working closely with the animals, but also in the basics of marketing and self-expression. This is very much a learn-by-doing event.”

In the show ring, judges observe and instruct young people in handling cattle and the craft of “showmanship” — one of the building blocks in the trade of raising and selling beef cattle.

In addition, the youth can earn awards, savings bonds and even college scholarships in a variety of contests aimed at teaching the skills needed in the business.
In its third year, the Pinckney Leadership Program continues to thrive as one of South Carolina’s premier programs for youth leadership development. Originally initiated in 2016, this program aims to set forth the standards and principals valued by the late Senator Clementa Pinckney. In 2015, Reverend Pinckney along with eight fellow churchgoers lost their lives in the shooting at the Mother Emanuel AME Church in Charleston.

Reverend Pinckney was a strong advocate for 4-H program and believed that 4-H had a significant impact on his life. South Carolina 4-H looks to honor his legacy in the continuation of the Pinckney 4-H Leadership Program as he had a momentous impact on the state of South Carolina as a positive mentor, role model and inspiration for youth.

Rising seventh and eighth graders as well as rising sophomores and juniors from all over the state applied to be a part of the Pinckney Leadership Program for the summer of 2018. The program had 34 middle school participants attend the Pinckney Leadership Conference at Camp Bob Cooper from June 24th to the 30th and 66 high school participants attended either of the two Pinckney Leadership Conference sessions from June 17th through the 23rd or from July 22nd through the 28th hosted on Clemson University’s campus.

Educational sessions, speakers and activities focused on multiple facets of leadership development such as enhancing a variety of leadership skills, self-actualization, teamwork, civic engagement as well as concepts and tools to implement into their own communities. Reverend Pinckney was a man who believed in service to the community; therefore, both the middle and high school sessions completed service projects during their leadership sessions. The middle school program completed 100 Hero Packs for children with deployed military parents in the National Guard. Both high school sessions made over 60 pairs of shoe cut outs from old jeans and milk jugs for the Sole Hope project that gives children in Africa a pair of shoes to keep their feet free of invasive parasites.

Participants of the Pinckney 4-H Leadership Conference leave the week with a sense of confidence and empowerment to become greater leaders and how to apply their skill set in new ways. They are equipped with the tools to take on new and engaging leadership roles and to become successful young adults within their communities.

Pinckney Leadership was very fortunate this year in the fact the State Legislators passed a $408,000 reoccurring funds to continue and expand the program. This will allow the hiring of a Program Director and expand the program in the future. Eliana Pinckney, Clementa’s daughter, stated after participating in the High School Program this summer that her father must be looking down from heaven and smiling on this program.
A group of students from Clemson University is learning how to use a melting pot of flavors to cook up lessons on cultural diversity.

The students are taking part in the Culinary Nutrition Creative Inquiry (CI) project led by Margaret Condrasky, a registered dietician and Clemson food, nutrition and packaging sciences professor.

As part of the Creative Inquiry undergraduate student research project, nutrition dietetics students reviewed and collaborated in the design of the curriculum for the South Carolina 4-H Melting Pot program, a summer culinary camp designed for youth funded by the Walmart Foundation. The Clemson students used their nutrition science knowledge to modify recipes that were adapted from a program at Pennsylvania State University by chef Anne Quinn Corr.

“This is the third year we have held this type of culinary nutrition camp,” said South Carolina 4-H Program Leader, Pamela Ardern. “We are so excited about the program this year. We have a new curriculum based on skills learned in the Basic Cooking Like a Chef Module from the past two summers. Our agents requested additional recipes and the Melting Pot concept emerged.”

Focusing on the cultures of Asia, Africa, Native Americans, Latinos/Hispanics and the Mediterranean, the cooking lessons encourage acceptance of the diverse cultures in America and provide a table filled with healthy and affordable food that the young campers will prepare and sample this summer.

Preparation for the week-long culinary nutrition summer camp included a three-day 4-H Healthy Lifestyles Summit, held in January at the Center for Advanced Technical Studies in Chapin. The summit was coordinated by Condrasky and Anne Corr with assistance from the Clemson University Creative Inquiry team.

Chef Patrick Duggan, chef instructor at the Center for Advanced Technical Studies teaching kitchen, provided hands-on technical and culinary support to the 40 eager 4-H teen leaders that will man the camps in their home counties and their 4-H agents. These 10 county teams of teens and 4-H agents prepare for the summer camps early and are assisted in camp delivery by the Clemson University students for this newly designed Melting Pot program.

**Cultural Education**

Clemson students championed individual cultures and cuisines in program design. These students come from Greenville, Greer, Charleston, and Florence, SC and Howell, NJ.

**Cooking Safety**

Kitchen safety is emphasized at all levels throughout the Healthy Lifestyles training, camp presentations and cooking events. Knife skills demonstration and practice
are built upon with each lesson. This year the CI students shot, edited and produced a knife skills video to be shared with each summer melting pot camp audience. The emphasis of the video is to demonstrate the correct way to use a knife.

**Team work**

Students helping students is one of the benefits of this program. The college students teach the high school students who, in turn, teach the elementary and middle school students. This is a model hands-on culinary nutrition program for everyone involved. It’s wonderful to see how students at each level gain the cooking as well as nutrition skills they need to be successful in each of their tasks.

To help prepare for this summer’s cooking camps, the 70 participants benefited from the work in the teaching kitchens with Chefs Corr and Duggan, 4-H agents and volunteers, as well as Condrasky and the CI team members during the 3-day 4-H Healthy Lifestyles Summit. Chef Duggan emphasized the importance of the connection between food and culture. During the Summit, the participants (High school students, Clemson undergraduates, and 4-H agents/teen leaders) learned how to prepare the Melting Pot recipes.

This program is spearheaded by Pam Ardern and Miriam Roman, Youth Voice Youth Choice coordinator for South Carolina 4-H with support from Marge Condrasky, faculty and local chefs. Cooking camps this summer were held in in Beaufort, Berkeley, Charleston, Dorchester, Marion, Richland, Saluda and Sumter counties. For more information contact the local 4-H office in those counties.

Teaching about the connection between food and cultures is important, and the collaboration between all of the participants is necessary for summer camp success. “Our culinary influences range far and wide these days,” Duggan said. “But learning about what and how others eat promotes a greater appreciation of local foods.”

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Eight South Carolina 4-H’ers gathered for an extended weekend of forestry fun, knowledge and competition at the South Carolina 4-H Forestry Clinic held Feb. 9-11 at the S.C. Department of Natural Resources’ Webb Wildlife Center.

The annual clinic provides teens with hands-on forestry learning experiences from Clemson University Extension Forestry and Natural Resource professionals.

“During the clinic the kids learn skills and knowledge that they can apply to a wide variety of careers in forestry and natural resources,” said Jaime Pohlman, an agent with the Clemson Extension Service in McCormick County. “They’re learning everything from basic science, like tree biology and identification, to applied math, such as how to measure the diameter and height of a tree to determine how much volume of wood can be sold from it.”

The youth participants also learned how to identify common forest insects and diseases, how to read a topographic map and how to use a compass and track their pace to determine direction and distance between various points.

“These are skills that they’ll carry with them far beyond high school,” Pohlman said. “They’re fundamentals for a number of careers in the South Carolina forest industry, which generates more than $20 billion in economic activity annually.”

The 2018 state 4-H Forestry Team was chosen during the forestry clinic. The team – Samuel Barstow of Batesburg, Gabe Bobo of Fort Mill, William Roberts of St. George and Nicholas Stalford of Tega Cay – will represent South Carolina in the National 4-H Forestry Invitational at Jackson’s Mill 4-H Camp in Weston, West Virginia, later this summer.

“We owe a special debt of gratitude to the sponsors who make this program possible for these young people,” Pohlman said. “We send a special thank-you to the Saluda County Forestry Association, AgSouth-Aiken Office, ArborGen, Thompson Forest Consultants, Piedmont Pulp; and the Abbeville, Edgefield, Greenwood, Laurens, Newberry and McCormick county forestry associations.”

**4-H GROWN**

Welcome back, alumni! We’re still the same 4-H that taught you responsibility, compassion and the value of hard work, but just like you, we’ve grown a lot over the years. We’d love to catch you up on what’s new and stay in touch about all of the benefits of being an alum at https://www.clemson.edu/4h/alumni.html
The largest and oldest youth development program in the nation is calling on alumni and supporters to raise their hands to help bring 4-H to 10 million youth by 2025.

For more than 100 years, the 4-H impact on young people in America has been undeniable. Currently, 4-H empowers nearly six million young people in every county across the country, including 104,000 4-H’ers in South Carolina.

“Having experienced our programs first-hand, our alumni know best what a positive impact 4-H had on them growing up, which is why we’re reaching out to them to support the next generation of true leaders,” said State 4-H Program Leader, Pam Ardern.

As part of the Raise Your Hand campaign, 4-H is asking its supporters in South Carolina to ‘Raise Your Hand’ to help kids in the community by providing the hands-on learning that only 4-H provides. As it seeks to identify its many alumni and supporters, 4-H is asking that alumni go to www.clemson.edu/4h/alumni.html and register.

The South Carolina 4-H Youth Development Program uses a learn-by-doing approach, the involvement of caring adults, and the knowledge and resources of Clemson University and the land-grant university system to empower youth to become healthy, productive and contributing members of society.

Clemson Cooperative Extension has proactively expanded 4-H programming and hired more 4-H agents throughout the state as part of a five-year strategic plan focused on strengthening communities.

One example of that expanded programming is the 4-H Pinckney Leadership Conference, which annually brings high school sophomores and juniors from across South Carolina to Clemson’s campus each summer to participate in numerous activities designed to promote teamwork, leadership and citizenship.

The conference is named for the late Sen. Clementa Pinckney, who was killed June 17, 2015, along with eight fellow churchgoers during a Bible study group meeting at Mother Emanuel AME Church in Charleston. Pinckney was a strong advocate of the 4-H program and recipient of the 4-H Distinguished Alumni Medallion from the National 4-H Council.

With the support of nearly 4,000 volunteers across the state, participation in 4-H increased by 12 percent last year in South Carolina after seeing growth of nearly 10 percent a year earlier.

“Whether they’re running Fortune 100 companies, performing to sold-out crowds, leading community programs or volunteering to empower local youth, 4-H alumni are the epitome of true leadership,” said Jennifer Sirangelo, president and CEO, National 4-H Council. “Our alumni and supporters across the country now have the perfect opportunity to support 4-H youth in their communities, ensuring that the next generation has the opportunity to benefit from the 4-H experience.”
A team of Saluda County 4-H’ers went down by the bayou and brought home top honors at this year’s Great American Seafood Cook-Off: 4-H Edition against the largest field in the competition’s history.

The team of Laken Fulmer, Lindsey Scott, Allie Trotter and Ginger Wertz pulled away from the pack with their blue crab cakes. The dish featured two crab cakes served on a bed of South Carolina stone-ground grits, accompanied by their twist on a southern succotash and fresh tomato coulis.

“It feels amazing. We have put so much work into our recipe, and we’ve practiced all summer,” Scott said. “We’ve worked with chefs to help us, and we then each put our own spin on it.”

The Saluda County Healthy Lifestyles team has been together since 2016 and has helped teach summer cooking programs with Saluda County 4-H sponsored by Walmart.

The victory was a countywide effort. The team thanked chef Brandon Velie of Juniper in Ridge Spring for assisting with recipe selection and cooking preparation and Titan Farms and Wendell Bedenbaugh for donating produce for team practices and the national competition.

The recipe was a combination of Velie’s personal recipes and the team’s research.

“Our goal was to represent South Carolina by bringing a recipe that included local produce that could be found within 20 miles of our homes and blue crab meat that could be harvested from our South Carolina coast,” said Saluda County Youth 4-H Agent Darcy Schueler, who coached the team along with Ronette Trotter and Connie Lake. “It was a very delightful and tasty dish.”

The team received a $1,000 scholarship for winning from the Louisiana 4-H Foundation for its first-place finish.

“We are very proud of these youth,” said Pam Ardern, South Carolina state 4-H program leader. “This is a very competitive competition. I know this team worked extremely hard to achieve their goal.”

The competition was steep with teams of 4-H’ers from Georgia, Louisiana, Mississippi, South Carolina, Tennessee and two teams from Texas at the Morial Convention Center on Aug. 5.

The Jim Wells County, Texas, team placed second with its corn salsa and grilled shrimp, while the third-place team from Tom Green County, Texas, served sweet corn tamale cakes.

The Mississippi team prepared a redfish milanese. Georgia prepared a coastal Cajun chowder. The Tennessee team prepared Tennessee-style shrimp and grits, and Louisiana prepared Cajun blackened shrimp tacos.

LSU AgCenter agent Quincy Vidrine, who coordinated the event, said this was the largest group of competitors in the event’s eight-year history with a record seven teams.

Vidrine said the purpose for the cook-off is to promote domestic seafood in the state.
“It is also a way to get people to cook seafood in a more healthful way,” she said. “The criteria require that no dish can be over 750 calories per serving, so that eliminates deep-fat frying and promotes healthier cooking methods.”

Patrick Tuck, executive director of the Louisiana 4-H Foundation, said the event is also a way for young people from different areas to get to know each other.

“Anytime we can cross borders with competition is a good thing, and what better place to do a seafood cook-off than Louisiana,” he said.

LSU AgCenter 4-H Program Leader Toby Lepley said the competition is a great opportunity for young people to be innovative and creative.

“This shows what they’ve learned in the 4-H program and in the food and nutrition project, and they can develop those skills to an even higher level,” he said.

Crab Cakes

- ¼ cup red onion, diced
- ¼ cup bell pepper, finely diced
- 1 tablespoon jalapeño, finely diced
- 1 teaspoon Low Country low-sodium seasoning mix
- 1 teaspoon garlic, minced
- 1 teaspoon butter
- 1 teaspoon olive oil
- 1 ½ cup panko crumbs

Preheat oven to 350 degrees.

Dice onion and bell pepper. Mince garlic. Finely dice jalapeño pepper with seeds removed.

Heat non-stick skillet over medium heat. Add teaspoon of butter and teaspoon of olive oil to pan. Add onion and peppers. Cook 2 minutes, gently stirring until vegetables are softened, approximately 4-6 minutes. Add low country low sodium seasoning. Add garlic and cook 1 additional minute. Remove from heat and allow to cool.

Combine Blue Crab lump crab meat, panko bread crumbs, sautéed vegetables, egg, mayonnaise, dry ground mustard, salt, pepper, and Low Country low-sodium seasoning. Gently fold ingredients together. Measure into ¼ cup portions and mold into cakes.

Heat non-stick skillet over medium high heat. Add 2 tablespoons olive oil. Add crab cakes to hot pan and cook 2 minutes. Flip crab cakes and cook additional 2 minutes, searing both sides. Transfer crab cakes to oven and cook for approximately 8 minutes until done.

Nutrition Information: Serving Size - 2 crab cakes (~3 ounces); 200 Calories; 11g Fat; 558mg Sodium;

Yield: 6 servings Source: Chef Brandon Velie, Juniper

OUR PROJECT AREAS

- Agriculture & Animals
- Healthy Lifestyles
- Leadership & Civil Engagement
- Natural Resources
- Personal Development
- Science, Technology & Engineering

| Full-time 4-H Agent | Less than 50% 4-H Agent | No 4-H Agent | Home County of 4-H Agent |
Volunteers play a vital role in the ongoing growth and development of those in the 4-H Youth Development program. Our reach into communities and our ability to provide life-changing experiences would be greatly diminished without the help of dedicated, caring adults. It is estimated that there are over 500,000 4-H volunteers across the country. In South Carolina, we have seen a growing trend in volunteerism. In the past 3 years, our number of reported volunteers has increased by over 40%, utilizing 3,770 adult volunteers in 2017.

There are a variety of roles that volunteers can play when it comes to supporting a 4-H program. From serving as a guest speaker or sharing one’s career path at a 4-H club meeting to being a chaperone for an event or an advocate for 4-H on foundation boards and advisory groups, we can connect you with opportunities that would best fit your time, experience, and interest level!

Each August, we host a statewide Volunteer Leaders Symposium to help adults passionate about 4-H network with each other, gain valuable insights about programs and working with youth, as well as share updates about the 4-H program in South Carolina. Mark your calendar for our 9th annual Volunteer Leaders Symposium on Saturday, August 10, 2019! In September 2017, South Carolina had 20 representatives at the 4-H Volunteer Conference of Southern States at Rock Eagle 4-H Center in Eatonton, GA. Four workshops were presented by South Carolina 4-H staff and volunteers at the conference to share ideas and best practices with a larger audience! Also, in the fall of 2017, the first National 4-H e-Forum was offered by 11 different counties across the South Carolina to serve as host sites. The e-Forum was a national live webinar designed to engage local groups of volunteers in hand-on learning activities that they could utilize in their 4-H clubs. South Carolina 4-H also provides monthly updates and club activity ideas through our national award-winning, e-newsletter We CU Volunteer. Subscribers can be added on our website: clemson.edu/4h/4h_volunteers

A distinguished group of outstanding volunteers are recognized annually at the State 4-H Congress banquet with the Glen Krohn Award for Volunteers in 4-H. It is named for the late Dr. Glen Krohn, retired Assistant Director, Family and Youth Development, who was a strong believer in volunteers throughout his career. Volunteers nominated for this award display a strong impact on 4-H youth, a commitment to local and statewide 4-H program responsibilities, and dedication to the long-term support of 4-H members. This year, the three outstanding volunteers that were recognized included Vivian Johnson of Sumter County, Stuart Rochon of Chester County, and Lori Thomas of Dorchester County.

Become a South Carolina 4-H Volunteer today and help create life-changing experiences for youth in your community! Find the 4-H program nearest you by contacting your local County Extension Office. You can call, email or visit your local 4-H office to learn how to make an impact in your community.
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- South Carolina Angus Association
- South Carolina Association of County Agricultural Agents
- South Carolina Association of Extension 4-H Agents
- South Carolina Association of Fairs
- South Carolina Association of Retired Clemson Extension Employees
- South Carolina Beef Council
- South Carolina Cattlemen's Association
- South Carolina Cattlemen's Foundation
- South Carolina Department of Natural Resource
- South Carolina Family and Community Leaders Organization
- South Carolina Farm Bureau Federation
- South Carolina Farm Bureau Mutual Insurance Company
- South Carolina Master Gardeners
- South Carolina Pork Board
- South Carolina Rural Rehabilitation
- South Carolina State Fair
- Spartanburg County 4-H
- STEM Development Foundation/Ed Duffy
- Sumter County 4-H
- The Clarence H. and Anna Elizabeth Lutz Foundation
- Tractor Supply Company
- Tri County Electric Cooperative
- Waccamaw Regional Council of Government
- Wannamaker Wildlife
- Walmart Foundation
- Wild at Webb
- Williamsburg County Farm Bureau
- Willingham and Sons, Inc.
- Wilson Roofing, Inc.

#### Corporate Sponsors

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- Clemson University’s Livestock & Forages Team
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- In honor of Fern and John Wesley Ulmer
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Youth explore state’s water resources through 4-H camps

Getting young people disconnected from their electronic devices can be challenging nowadays, but South Carolina 4-H offers a solution by helping them get connected with the state’s scenic waterways instead.

A youth education program that has been held annually across South Carolina for more than 12 years, 4-H2O is a water-based science camp that allows students an opportunity to learn and experience the state’s water resources first-hand.

One such camp, Wet and Wild Outdoor Summer Camp, was held in late July and early August at Pleasant Ridge Park in Marietta through a partnership between Greenville County 4-H and the Greenville County Soil and Water Conservation District.

After a morning of exploring the park’s streams and ponds, one 9-year-old camper named Emma said her day had consisted of looking for animals and learning how to determine if the water was clean or polluted.

“I sometimes am actually attached to my device, but when I come here I just have way more fun here than on my device,” she said. “It’s really fun. I can have free time. You’re free to be who you are.”

Greenville County 4-H Agent Patricia Whitener said Wet and Wild Camp uses the 4-H model of experiential-based learning to teach the campers scientific concepts while exploring the park’s woods, waters and trails.

“We don’t just talk about things that you might find in a stream or in a pond, we actually go out and find those critters,” Whitener said. “We ID them. We talk about collection protocols. We actually turn them into biological scientists, stream ecologist, foresters; we turn them into conservation stewards for the week.

They actually get to collect data, and they just think it’s fun. They don’t even realize that they’re learning some pretty serious scientific concepts, especially for their age group.”

The camp is for kids ages 6 through 14, with teenage 4-H members serving as junior counselors and Clemson University students serving as counselors to help share environmental science and learning experiences with kids from all over Greenville County.

Clemson senior agribusiness major Maxie Allen said the scientific knowledge is similar to what kids might learn in traditional classroom lessons, but with a hands-on approach that allows them to experience the concepts in nature for themselves.

“I can personally say that the kids love it way more than actually just listening to somebody read it out of a book,” said Allen, an intern with Greenville County 4-H. “Like today, we were down in the streams and the pond, talking about the ecosystems and what different kinds of creatures live in there. We were looking for invertebrates today. But it’s everything nature-wise, outdoors and letting the kids see it where it actually lives instead of having to see it under a microscope or something like that.”

Greenville County Soil and Water Conservation District community relations coordinator Shelby Cohen explained watersheds and their impact on Greenville County to campers. Image Credit: Clemson University Relations

The hands-on science inquiry program provides children and adults with knowledge about their local water resources and teaches them the field, analytical and critical thinking skills they need to intelligently participate in making decisions that affect the quality of these aquatic systems.

Greenville County Soil and Water Conservation District community relations coordinator Shelby Cohen also stressed that the camp focuses on getting kids disconnected from technology and more connected with the natural resources that affect communities on a daily basis.

“That’s really the goal of our camp: When they leave at the end of the week, they have a deeper understanding for how precious that water is that comes out of their faucet, how precious those lights are that they’re able to just flick on — all of those natural resources that really we take for granted because our lives are a lot easier than they’ve ever been before,” Cohen said. “We’re just here to connect them to nature and give...
them the opportunity to learn about what’s right in their backyards.”

Cohen said Greenville County Soil and Water Conservation District’s “wonderful” relationship with Clemson Extension allowed them to share resources that made programs such as the Wet and Wild Outdoor Summer Camp possible.

“4-H is an incredible program because not every kid we come in contact with is going to have these values instilled in them at home or even on school,” she said. “Because of 4-H, they’re getting an opportunity to learn and interact with professionals, and maybe that also triggers something where when it’s time for them to go to college, they have a new idea of something they can major that they would have never even thought of had it not been for 4-H.”

In addition to the hands-on learning about ecosystems and natural resources, Whitener said the camps also exposed young people to potential careers they may wish to pursue.

“We’re broadening their horizons to let them know that if you’re interested in natural resources, there’s many job tracks that you can go into, or if you’re interested in working with kids in a camp experience, there’s many pathways that Clemson University can help you follow in that way,” she said.

“I think it really is the best of what Extension is: We are taking all of that top-notch science and research that you can find at Clemson University, and we’re putting it into the hands of our future.”

And campers such as Emma, who admitted she was initially wary of such an outdoor summer camp experience because of the heat, humidity, ticks and mosquitoes, said she quickly got over those concerns.

This summer, she returned to the Wet and Wild Summer Camp for the fourth straight year.

“I can’t explain what Miss Patricia and Shelby do for us that is so fun,” Emma said. “They provide a really good opportunity for us, and nobody else can replace that opportunity for me. Nobody.”


4-H is a thriving community of young people across America who are learning leadership, citizenship and life skills.
Isabella Birket’s interest in 4-H was piqued by a poster at a local farm supply store advertising the 4-H rabbit club in Kershaw County. But it didn’t take her long to discover the South Carolina 4-H Youth Development Program is about much more than just bunnies.

“4-H has so much,” Isabella said. “There’s so much leadership involved and so many friendships I’ve gained and a lot of different activities that I’ve gotten to do.”

Isabella showed off her skills at one of those activities by winning the blue ribbon in the Power of Photography Challenge at the South Carolina 4-H Engineering Challenge on April 14 at the Midlands Technical College Airport Campus.

Isabella’s winning image of the sun rising over the trees behind a tractor on her family’s farm embraced the 4-H club’s traditional agricultural roots while the technical skill she used to capture the image epitomized the theme of the 4-H Engineering Challenge. The event played host to 179 students this year.

Now in its sixth year, the South Carolina 4-H Engineering Challenge is aimed at raising student interest in science, technology, engineering and math — or STEM subjects — and allowing them to experience various STEM disciplines while competing against other students in the state.

“Bringing students from across the state together allows them to meet each other, share ideas about the projects that they’re competing on and allows them to see that everyone in our state gets to participate in STEM,” said Katie Burch, 4-H Science on the Move coordinator.

As a partnership between South Carolina 4-H and the S.C. Coalition for Math and Science, 4-H Science on the Move brings STEM resources into the 4-H program while bringing the resources of the 4-H program — the youth development arm of the Clemson Cooperative Extension Service — to STEM learning in South Carolina.

Suzanne Nagy of EnlightenSC, which is the energy education component of the state’s electric cooperatives and sponsor of the event, said the organization is focused on the scholars of the future who will be charged with addressing the state’s and nation’s energy issues.

“We love 4-H’s work with kids and the way that they work with volunteers and give them different opportunities,” she said.

Ashley Burns, assistant director for 4-H youth development, said STEM learning is one of the mandates of the National 4-H Council, and she noted it was very important to provide opportunities for the state’s youth to develop their skills in those areas.

“We started in agricultural society because that’s where most of our kids lived back when it started in 1902 and then 1908 here in South Carolina,” she said. “But we have moved from a largely agrarian society to a largely urban and suburban society, so most of our kids now are in the urban areas and we wanted something to apply to them. And regardless of where you live, science is something that’s relevant and we need to build a current pipeline for careers and workforce in the future.”


4-H Engineering Challenge showcases state’s STEM-savvy students

The Building a Bridge Challenge asked each team to design, construct and test their bridge to determine which bridge can hold the most weight. On the day of the challenge, teams were informed of the width of the gap their bridge must span. Image Credit: Clemson University Relations
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PARTICIPATION

OVER 100K TOTAL PARTICIPANTS FOR 2016-2017

VOLUNTEERS

3,770 ADULT VOLUNTEERS
6% INCREASE OVER THE LAST YEAR

522 YOUTH VOLUNTEERS
41% INCREASE OVER THE LAST YEAR

RESIDENCE

32% TOWNS
32% RURAL
30% SUBURBAN
3% CITIES
4% FARM

4-H’ERS ARE...

2X MORE LIKELY TO MAKE CONTRIBUTIONS TO THEIR COMMUNITIES
4X MORE LIKELY TO MAKE HEALTHIER CHOICES
2X MORE LIKELY TO PARTICIPATE IN SCIENCE, ENGINEERING, AND COMPUTER TECHNOLOGY PROGRAMS
2X MORE LIKELY TO BE CIVICALLY INVOLVED

DEMOGRAPHICS

ETHNICITY
7% HISPANIC
93% NOT HISPANIC

DIVERSITY
54% WHITE
1% ASIAN
39% AFRICAN AMERICAN
& 6% OTHER

GENDER
51% FEMALE
49% MALE

GRADE LEVEL

K-2 30%
3-5 36%
6-8 22%
9-12 11%

103,428 PARTICIPATED IN STEM PROGRAMS
22,970 PARTICIPATED IN CITIZENSHIP PROGRAMS
20,211 PARTICIPATED IN HEALTHY LIVING PROGRAMS

100,000 YOUTH PARTICIPATED IN 4-H PROGRAMS

South Carolina

100,000 OVER YOUTH PARTICIPATED IN 4-H PROGRAMS
22,970 PARTICIPATED IN CITIZENSHIP PROGRAMS
20,211 PARTICIPATED IN HEALTHY LIVING PROGRAMS

41% INCREASE OVER THE LAST YEAR
4-H Inspires Kids to Do!

**OUR MISSION:**
Clemson University Cooperative Extension 4-H Youth Development uses a learn-by-doing approach to help youth gain the knowledge and skills to be responsible, productive and contributing members of society. This mission is accomplished by creating safe and inclusive learning environments, involvement of caring adults, and utilizing the expertise and resources of Clemson University and the nationwide land-grant university system.

**OUR VISION:**
Clemson University Cooperative Extension 4-H Youth Development will enhance the lives of youth in South Carolina by providing positive youth development programs relating to the areas of agriculture, community engagement and leadership, healthy living, and science.