



## South Carolina 4-H Forestry Clinic

The South Carolina 4-H Forestry Clinic is a 3-day event that focuses on teaching high school-age youth forestry skills and practices, such as tree measurement and identification, compass and pacing, and topographic map reading. See the registration form on the last page of the newsletter.

**Hurry, space is limited to the first 20 paid participants!!!**



**Webb Wildlife Center**  
Garnett, SC  
March 11-13, 2016  
Youth Ages 14-18  
Cost \$100  
Registration DEADLINE:  
February 27, 2016

Image credit: South Carolina 4-H Forestry Facebook Page

## Other upcoming events...

### Senior Teen Weekend

Camp Long (near Aiken, SC)  
March 4-6, 2016

**DEADLINE: February 19, 2016**

Contact your local Extension Office to register

### Small Garden Project

Independent study project  
May through July

**DEADLINE: March 11, 2016**

More information coming soon (by Feb. 15<sup>th</sup>) to the South Carolina 4-H website.

### Livestock Projects

Many livestock events are now open for registration!

Dairy Heifer Project

**DEADLINE: February 15, 2016**

Dairy Judging/Milk Quality & Products

**DEADLINE: March 2, 2016**

Livestock Judging

**DEADLINE: March 31, 2016**

Poultry Judging

**DEADLINE: April 7, 2016**

Registration Contact: Dr. Meghan Wood  
mlmcpa@clermson.edu

## SC 4-H Engineering Event

An opportunity for students 9-19 years old to learn, have fun, demonstrate their science, technology and math skills, and compete for individual and team honors. Participants can only register for one competition. T-shirts and lunch provided. **Hurry, space is limited!!!**



**Orangeburg-Calhoun Technical College**  
Orangeburg, SC

April 9, 2016

Youth Ages 9-19

Cost \$8-10

Registration DEADLINE: March 14, 2016

<http://www.scionthemove.org/engineeringchallenge>

## 4-H Club Summer Camp

Two sessions for summer camp are available to youth ages 7-14 years old with different themes. Cost is \$250.

### Session 1:

June 12-16, 2016

Camp Long (Aiken, SC)

Agriculture, Horses,  
& Natural Resources

### Session 2:

July 10-14, 2016

Camp Bob Cooper (Summerton, SC)

Leadership, Science, & Healthy Lifestyles



# Monthly 4-H Club Activity Idea *Adapted from Quest 4-Health*

## Health – part of the clover

**Objective:** to understand the benefits of being healthy and know what “Health” has to do with the other 3 H’s of 4-H.

**Age Range:** All ages.

**Hands-on Activity:** Playing an active game and participating in (or taking home) a healthy recipe.

**Life Skills:** HEART = social skills, communication, cooperation;  
HANDS = leadership, contributions to group effort, teamwork;  
HEALTH = self-esteem, character, healthy lifestyle choices, disease prevention.

## Introduction & Leading Questions

Review what the 4 H’s are in 4-H

*Head, hands, heart and health. Stress that head, hands and heart affect health and vice versa.*

What does “Head” stand for?

*Knowledge...we know that health is not only about physical health but also includes emotional health and mental health.*

What does “Heart” stand for?

*Relating and caring ...again doing things for others is all part of boosting our emotional health*

What does “Hands” stand for?

*Giving, working...what we give and work for others affects our mental and emotional health, directly affecting our physical health.*

Point out that there are many benefits to being healthy. Try to list some as a group.

What are some ways we can stay healthy? Try to list some ways as a group.

*Eat 3 or more servings of vegetables each day.*

*Eat 2 or more servings of fruit each day.*

*Limit Sugary Drink intake.*

*Limit TV/Video Games.*

*Get at least 60 minutes of Physical Activity each day.*

*Eat Breakfast every day.*

*Sleep at least 9 hours each night.*

*Recognize the importance of eating whole grains and fiber.*

*Read nutrition facts.*

Tell youth they will be sent home with a healthy recipe that they can try with their families. You can try the healthy recipe during 4-H Club.

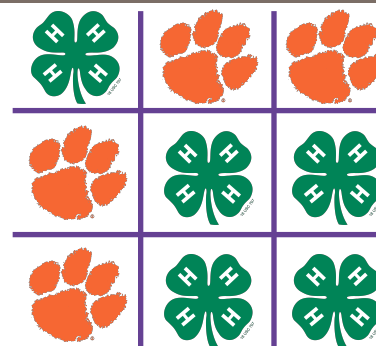
Let them know that today you will be making **Apple Cartwheels** together. Cut out and send the recipe home with them.

Play **Frisbee Tic-Tac-Toe** as a way to stay active!



## Hands-on Activity: How to

# Frisbee Tic-Tac-Toe from [pecentral.org](http://pecentral.org)



### Materials Needed:

- 10 Frisbees or beanbags in 2 colors (5 of each color) to use as game pieces
- 4 jump ropes or painter's/masking tape to mark the game board\*

\*you can assemble a game board by laying out 9 hula hoops in a 3x3 square instead.

**Rules:** Two or more students may participate in this activity for every game board and set of throwing pieces you have. Each team will have a set of colored Frisbees or beanbags.

A person from Team 1 will throw his/her Frisbee or beanbag attempting to land it in an open square or hula hoop on the game board. Then, a person from Team 2 will do the same. The team to finish the tic-tac-toe first, horizontally, vertically, or diagonally, signals the start of a new game.

If a Frisbee or beanbag lands outside of the game board, the Frisbee or beanbag may be used again, but only after the opposing team's turn. If a Frisbee or beanbag lands on a line, the Frisbee or beanbag will move to the square, which contains the majority of the Frisbee or beanbag. If the Frisbee or beanbag is in the center of intersecting lines, it may be re-thrown.

### Apple Cartwheels

#### Ingredients

- ¼ cup peanut butter
- 1 ½ teaspoons honey
- ½ cup miniature semi-sweet chocolate chips
- 2 tablespoons raisins
- 4 medium unpeeled Red Delicious apples, cored

**Yield:** about 2 dozen

#### Directions

- In a bowl, combine peanut butter and honey; fold in chocolate chips and raisins. Fill centers of apples with peanut butter mixture; refrigerate for at least 1 hour. Cut into 1/4-in. rings.

#### Nutritional Facts

1 apple ring equals approximately 50 calories, 3 g fat (1 g saturated fat), 0 mg cholesterol, 13 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein.

Source: <http://www.tasteofhome.com/recipes/apple-cartwheels>

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Copy  
&  
Cut  
Recipe



*Tip:*

If you make the recipe at the beginning of the meeting, the apples can sit in the refrigerator while you discuss the lesson and play the game.



Image credit: Taste of Home

## 2016 South Carolina 4-H Forestry Clinic

March 11<sup>th</sup>-13<sup>th</sup> at Webb Wildlife Center

1282 Webb Ave.

Garnett, SC 29922

Must be 14 -18 years old

4-H'ers must have turned 14 before January 1, 2016.

Cost \$100.00 (\$110 for non 4-H Members)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_ Gender: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

Participants Phone #: \_\_\_\_\_ Parents Phone #: \_\_\_\_\_

Participants Email: \_\_\_\_\_

Parents Email: \_\_\_\_\_

Are you currently a 4-H'er? \_\_\_\_\_, if so what county do you participate in? \_\_\_\_\_

What are your hobbies? \_\_\_\_\_

The SC 4-H Forestry Clinic is open to SC 4-H Members age 14-18 years old. If you are not a current 4-H'er you will need to include a \$10 4-H member fee with your registration. We will then send you the 4-H member form to complete and return.

Please include a check for \$100 with your registration. Make checks payable to CUCES. Please mail all registration materials to Jaime Pohlman, McCormick County Extension Office, P.O. Box 1150, McCormick, SC 29835. Clinic study materials and additional 4-H Liability and Medical/Permission forms will be mailed to you upon receiving your registration.

Space is limited to the first 20 participants with paid registration so do not delay. Space permitting, the last day to register is Friday, February 26, 2016. Any late registrations must include a \$15 late fee.

If you have any questions or would like any further information, please contact Jaime Pohlman, McCormick County Extension Agent at [Jaime@clemson.edu](mailto:Jaime@clemson.edu) or 864-852-2112 ext. 113.

