



WE CU VOLUNTEER

4-H Legislative Day

Save the date!!! March 13, 2018



This year's goal is to have over 200 youth attend South Carolina 4-H Legislative Day. Senior 4-H members (14-18 years old) are our ideal target age, but younger 4-H'ers are invited to attend as well. Every youth, volunteer, and 4-H staff

person registered will receive a 4-H green ribbon to wear during the day. **Contact your local Extension office if you are interested in attending as a county delegate!!!**

Upcoming Statewide Programs:



Healthy Lifestyle Summit
Friday-Sunday, January 26-28, 2018
 culinary skills and nutrition knowledge training (for senior age division)

Register by January 19th



Forestry Clinic
Friday-Sunday, February 9-11, 2018
 learn hands-on skills related to forestry (for senior age division)

Register by January 26th



Honey Bee Project
March – August 2018
 independent-study project related to pollinators (for all age divisions)

Register by February 2nd



Jr. Weekend
Friday-Sunday, February 9-11, 2018
 explore all the various aspects of 4-H (for junior age division)

Register by January 24th



Sr. Teen Weekend
Friday-Sunday, March 2-4, 2018
 explore all the various aspects of 4-H (for senior age division)

Register by February 14th

"To make the best better!" 4-H Motto

Need 4-H merchandise?! SHOP

For anyone looking to make purchases on Shop 4-H (previously known as the 4-H Mall), we now have a way that you can earn cash back for our state! Using the state-specific link below to shop for and purchase items will automatically give 5% cash back to South Carolina!!!

<https://shop4-h.org?rfsn=911011.754a75>

You don't have to do anything else special...just click this link to navigate to Shop 4-H and help us raise money for 4-H! Be sure to share it with friends and family, as well as bookmark it on your internet browser. Thank you!



Monthly 4-H Club Activity Idea

By Cathy Reas-Foster and Ashley Burns



For the Birds

Objective: To interact with nature in a helpful and meaningful way.

Age Range: All ages. (Increase content, use field guides, or add journaling for older ages)

Hands-on Activity: To create and install a biodegradable bird feeder.

Life Skills: HEAD - wise use of resources, service learning;
HEART - cooperation, concern for others, sharing;
HANDS - responsible citizenship, contribution to group effort;
HEALTH - character, stress management, and disease prevention.

“Children can now recognize greater than a thousand corporate logos, but fewer than ten plants native to their region.”

— Scott D. Sampson,
How to Raise a Wild Child: The Art and Science of Falling in Love with Nature

Introduction

This nature activity is a classic favorite! For decades, children have been using peanut butter and birdseed to create biodegradable bird feeders. Peanut butter is beneficial for birds, as it is a good source of fat (energy) and protein, as well as provides small amounts of essential minerals such as iron, potassium, calcium, and magnesium. Creating these homemade bird feeders allows youth to attract various species of small birds for observation while providing the birds a tasty treat! Natural food supplies are scarce in winter months; therefore, feeding birds during this time can be a great benefit. Use of these pinecone bird feeders will not make birds dependent on people; it will simply provide a temporary dietary supplement, especially in warm climates like South Carolina. In fact, the only occasion that birds will rely on feeders and get a large portion of their diet from birdseed is when the landscape is covered in ice. Ice makes it difficult for small birds to find and access their normal sources of food such as seeds, insects, and buds.



A homemade bird feeder can attract many species, like this Chestnut-backed Chickadee. Photo by Phil Khaler. Source: <http://www.birdsleuth.org/diy-feeders/>

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Materials

Pinecones: These can be gathered on a nature hike or collected in advance. Any pinecones that are not opened can be set indoors for a few days or placed in the oven (300°F for 10 min) to allow them to open. Handle pinecones carefully as some have prickly points on them.

Peanut Butter: Choose a “regular” peanut butter, not one that is low-fat or low-sugar. Also, do not use any peanut butter that is expired, rancid, or otherwise spoiled. Creamy or chunky does not matter. If any youth have allergies to peanuts, use vegetable shortening (ex. Crisco) instead.

Birdseed: A mixed birdseed is great for this activity. If you prefer smaller seeds, millet, milo, and thistle are good choices. Make sure the birdseed is fresh with no mold.

String: Choose a string that is biodegradable, if possible, like cotton or jute string. Precut lengths of string to 1 to 1 ½ feet. Avoid fishing line as birds can get entangled.



Additional Resources:

- BirdSleuth K-12. Make your own Bird Feeders. The Cornell Lab of Ornithology. Cornell University. <http://www.birdsleuth.org/diy-feeders/>
- Kress, S. W. Bird Feeding Basics: Audubon Guide to Bird Feeding. National Audubon Society fact sheet. http://www.audubon.org/sites/default/files/audubon_guide_to_bird_feeding.pdf
- Lanham, J. D. 1999. Attracting & Feeding Songbirds. Clemson University Cooperative Extension fact sheet. HGIC 1700. <http://www.clemson.edu/extension/hgic/plants/other/landscaping/hgic1700.html>
- Relf, D. 1996. Easy-to-make Bird Feeders. Virginia Tech Cooperative Extension fact sheet. <http://www.fishwild.vt.edu/extension/fiw/wildlife/management/birdfeeder.pdf>

Steps

- 1:** Tie string securely to top of pinecone (about 2-3 rows down from top)
- 2:** Coat pinecone in peanut butter, making sure to spread it down in between the scales of the pinecone.
- 3:** Roll the peanut butter-coated pinecone in birdseed, lightly packing it in place. (Extra feeders can be made and stored in freezer for several weeks.)
- 4:** Hang the feeder about 3-5 feet above the ground and at least 2 feet away from the trunk of a tree. This reduces interference from other animals, such as cats, dogs, and squirrels.
- 5:** Enjoy!!! Watch the birds that come to visit and try to identify them. You will likely see chickadees, titmice, nuthatches, woodpeckers, and more!

Reflective Questions

What did you enjoy about this activity?

What do you want to learn and explore next?

What did you learn today working with a group that you might not have learned alone?

How would you get other people involved and excited about doing this activity?

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