

Speakers, Workshops and Presenters

Friday, October 26

8:30am - 9:00am

Morning Inspiration with a little Kick

Bobbie Earle

Bobbie will inspire you and get you ready for the day.

EDUCATION SEMINARS

9:00am - 10:00am



Weather Emergency Preparedness in South Carolina

Benjamin Marosites

Weather is constantly monitored in South Carolina by meteorologists Ken Aucoin and Assistant Benjamin Marosites for TV stations and the National Weather Service. But to keep people informed and protected from threatening weather, Richland County has a unique advantage as the only county in the state to have two meteorologists and an emergency manager at one location. Come and see how you can be prepared.



What's new in Recycling in South Carolina

Jane Hiller

A world leader in recycling, Sonoco Recycling collects more than 3 million tons of paper, plastic, metal and other materials in more than 100 cities and towns across the U.S. each year. Whether trying to divert more waste from landfills, shrink your environmental footprint or create new revenue streams, you can help, come see how.



Snacks in a Snap (\$1.00, Limited to 25)

Susan Hovey Walters

Food is fuel for the body and mind! Small snacks in between meals will help to keep blood sugar levels stable and will give us extra nutrients if we make wise choices. Watch a few quick snacks being prepared and taste the results. Join in on the discussion of how to think "fast and tasty" for snacks in a snap.

10:30am - 11:30am



Health Extension

Rhonda Matthews

Clemson's health extension program works at the community level to prevent health problems before they require medical care. These programs-implemented through partnerships between universities, extension programs, and healthcare systems-can provide the outreach, community engagement, and educational initiatives necessary to both improve citizens' health and cut healthcare costs. Learn how you can get involved



ReSoil, Don't Waste Food

Anthony Centola

Don't Waste Food S.C. - a collaborative campaign to reduce the number one item thrown away in the state: wasted food. One out of six people struggle with hunger in the United States, yet food waste is the single largest component being sent to landfills and accounted for 21 percent (35.2 million tons) of the nation's waste in 2013. Learn what you can do to make a difference.



Health and Fitness for Seniors

Bobbie Earle

Although aging is an inevitable part of life, there are several ways to maintain your health and improve your quality of life while aging. The National Institute of Aging provides significant evidence that creating a positive health and fitness routine can help to reduce chronic pain, lower depression, improve sleep, increase memory and brain function, and achieve greater mobility and independence. Bobbie will help you get started.

Luncheon



Director of SC Botanical Garden, Clemson University

Patrick McMillan

Patrick is the Emmy Award-winning host, co-creator and writer of the popular ETV nature program Expeditions with Patrick McMillan. He's a professional naturalist, biologist and educator with studies in botany, ichthyology, herpetology and mammalogy, environmental conservation, and Director of SC Botanical Garden. Come enjoy hearing about some of his journeys and his love for the environment.



Director of Extension, Clemson University

Dr. Tom Dobbins

Dr. Dobbins will bring us greetings from Clemson University and an update on the Extension Service and our partnership.

2:00pm - 3:00pm

CRAFT WORKSHOPS



Set of six Felt Poinsettia Napkin Rings (\$3.00)

Betty Osgood

Betty will guide you through making a set of Poinsettia Napkin Rings just in time for the holidays.



Tattered Stars for Soldiers

Marlene Williamon

After the death of Major Stuart Adam Wolfer this Institute (MSAWI) was established so that his legacy of leadership, commitment to his country and community service will continue to live on and to inspire future generations of children, adults and leaders. You will make packet from retired, tattered flags that can be sent to soldiers wherever they may be.



Aromatic Fall Dried Herb Swag (\$3.00)

Francine Sterile

Make and take a small swag with fragrant herbs to hang in your home. Choose the scents you prefer from several Herbs we provide. Add one of our ribbons and you have a decorative accent for your kitchen or family space.

3:30pm - 4:30pm

Flower on a Fork (\$1.00, Bring scissors, Limited to 20)

Dot Duckworth

Find out one of the many uses of a fork.



Felt Smiley Faces (\$2.00)

Dot Tunstall

Makes me want to smile when I see a Smiley Face. Come join Dot as she smiles you through making a smiley face to take home.



Large Paper Flowers (\$2.00)

Phyllis Brown

Make a large paper flower to use for a table decoration or giving as a gift to make someone sick feel better. Phyllis makes it easy for you.

Banquet



Miss South Carolina 1986 and Inspirational Singer

Dawn Smith Jordan

Dawn Smith Jordan is well known around the State of South Carolina. Her ministry carries her around the state, the U.S. and the world sharing her story and singing. She was Miss South Carolina 1986 and the 2nd runner-up to Miss America that same year. Dawn is a gifted singer and has made various albums. Come enjoy her singing and be inspired by her story.

Saturday, October 27

8:30am - 9:00am

Morning Inspiration with a little Kick

Bobbie Earle

Bobbie will gently get you going with inspiration.

Luncheon

State 4-H Leader, Clemson University

Pam Ardern

SCFCL 4-H Scholarship Recipient (Saluda County)

Laken Fulmer

SCFCL 4-H Scholarship Recipient (Greenville County)

Morgan Marlett