

March 2025



April



EXTENSION EVENTS

How to stay up-to-date?

Monthly Newsletter

Call or email to be added to
the monthly mailing list



Facebook Page

“Like” our Facebook page-Letcher
County Cooperative Extension
Service :



Webpage

Check out the county
webpage at
<https://letcher.ca.uky.edu>



*Letcher
County
Extension*

Email:

letcher.Ext@uky.edu

Open Monday-Friday
8 am-4:30pm

478 Extension Dr
Whitesburg, Ky
41858

Phone: 606-633-2362

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



AG & NATURAL RESOURCES

NEWSLETTER



Shad Baker

Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Preparing for Severe Weather: What You Need to Know

By Tony Edwards – National Weather Service Charleston, WV

In parts of the Deep South, the risk of severe thunderstorms persists throughout the winter months. For us here in the Bluegrass State, however, we're quickly approaching a time when thunderstorms become both more frequent and more intense. As winter storms make way for spring, severe weather—including damaging winds, hail, and even tornadoes—becomes the primary concern.

As I write this article in mid-March, much of the Bluegrass State is already facing the threat of severe weather, a common occurrence for this time of year. Data from the National Weather Service's Storm Prediction Center reveals that the likelihood of severe weather increases as March progresses, peaking in mid-June at around 4%. This means, based on historical data alone, residents of Kentucky have a 4% chance of experiencing damaging winds, hail larger than quarters, or a tornado within 25 miles of their home in the middle of June! The risk then significantly decreases by mid-September.

Given this, now is the time to start preparing for the upcoming severe weather season. The first step is simple: be aware that severe weather is a real possibility. Make checking your local forecast part of your daily routine to stay informed and prepared.

- **Did You Know?** The National Weather Service (NWS) offices that serve Kentucky offer a 24-hour recorded weather forecast, and in many cases, you can even speak to a live person if you have questions about the forecast. Contact your local NWS office to learn more!

Preparing for Severe Weather

When severe weather is in the forecast, it's essential to take action ahead of time. Start by ensuring you have access to emergency supplies. This is particularly important if you live in an area prone to flooding and might need to evacuate on short notice.

Make sure you know where your safe spaces are. In most cases, this is the lowest floor of your house—preferably a basement. If you don't have a basement, an interior room with no windows and doors will suffice. If you own livestock, consider moving them to a protected area, especially if hail is in the forecast.

Stay Informed on Severe Weather Days

When severe weather is expected, it's crucial to stay vigilant. Be prepared to adjust outdoor plans if necessary and remain alert to weather updates.

- **Did You Know?** NOAA Weather Radios are specialized devices designed to broadcast weather information and activate alarms when severe weather alerts are issued. Many models run on battery or solar power and do not include an AM/FM radio. You're likely near a transmitter



Shad Baker
Ag & Natural Resources Agent



AG & NATURAL RESOURCES NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

- making this a reliable option to stay updated. Check out these handy radios at your local store to keep your home prepared.

Understanding Watches and Warnings

- Severe Thunderstorm and Tornado Watches: Issued when conditions are favorable for severe weather or tornadoes in the near future.
- Severe Thunderstorm and Tornado Warnings: Issued when severe weather or tornadoes are occurring or imminent. This is when you need to act fast!

When a warning is issued, take shelter immediately. You may only have seconds to respond, so knowing what to do and where to go is essential.

SEVERE WEATHER

HAZARDS



Over 280 fatalities occur each year in the U.S. from thunderstorm related hazards.

weather.gov/safety

TORNADO
Take shelter immediately in a sturdy structure



LARGE HAIL
Move indoors away from windows



SEVERE WIND
Move indoors away from windows



FLOODING
Avoid rising creeks and water covered roads



LIGHTNING
Move indoors if you hear thunder





AG & NATURAL RESOURCES

NEWSLETTER



Shad Baker

Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

WINNING THE WAR ON WEEDS: WHY SPRING PREEMERGENCE HERBICIDES ARE BENEFICIAL

SOURCE: KENNETH CLAYTON, PLANT AND SOIL SCIENCES EXTENSION ASSOCIATE

Spring is here, and you might be itching to give your lawn a little TLC. While many people think “it’s spring, better grab the fertilizer,” the truth is that the very best time to boost lawn health is actually in the fall. That’s when conditions are prime for the grass to build strong roots. However, one of the most important (and often overlooked) spring lawn care practices is applying a preemergence herbicide.

If you want a thick, healthy lawn this summer, stop weeds before they even get started. If you wait until you can see them sprouting up, you’re already fighting an uphill battle. Postemergence herbicides, which you spray onto actively growing weeds later, can be more expensive and less effective. By applying a preemergence herbicide now, you’ll knock out those weed seeds before they even sprout, saving you time, energy and money down the road.

The best time to apply is when the soil temperature at a two-inch depth averages between 50-55°F for about five consecutive days. You can check soil temperatures online through resources like Kentucky Mesonet, or use a simple soil thermometer. If you’re not into checking soil temps, another trick is to watch for forsythia blooms. When those bright yellow flowers are in full bloom, it’s usually a good sign that it’s time to apply. In Kentucky, this typically happens in March to early April.

For the best results, many lawn care professionals recommend a two-application approach. The first should be made when soil temperatures indicate it’s time, and the second about six to eight weeks later to extend protection throughout the season. Always follow the instructions on the herbicide label to ensure you don’t exceed the recommended annual use rate.

While a preemergence herbicide is an excellent tool for preventing weeds, it’s not a magic fix. Another great way to keep weeds at bay is by maintaining a thick, healthy lawn that naturally shades out any potential invaders. Raising your mower height can be one of the most effective ways to do this, as taller grass helps block sunlight from reaching weed seeds.



AG & NATURAL RESOURCES NEWSLETTER



Shad Baker

Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Not every lawn will need a preemergence herbicide every year. If your lawn is already thick and weed-free, you may not need to apply one at all. However, if you've had issues with grassy weeds in the past or notice bare patches where weeds might take hold, it's a good investment. If you skipped fertilizing in the fall, you can apply a moderate amount of fertilizer in the spring along with your herbicide. Just be careful not to overdo it, or you might end up feeding the weeds instead.

Taking a preventative approach now will save you time, money, and frustration later in the season. By applying a preemergence herbicide at the right time and focusing on overall lawn health, you'll be setting yourself up for a lush, weed-free lawn all summer long.

More information can be found at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment publication here: <https://publications.ca.uky.edu/files/AGR272.pdf>.

You can also contact your local Letcher County Extension office for more information on how to create a successful yard this spring.

EDUCATIONAL PROGRAMS OF THE COOPERATIVE EXTENSION SERVICE SERVE ALL PEOPLE REGARDLESS OF ECONOMIC OR SOCIAL STATUS AND WILL NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, ETHNIC ORIGIN, NATIONAL ORIGIN, CREED, RELIGION, POLITICAL BELIEF, SEX, SEXUAL ORIENTATION, GENDER IDENTITY, GENDER EXPRESSIONS, PREGNANCY, MARITAL STATUS, GENETIC INFORMATION, AGE, VETERAN STATUS, OR PHYSICAL OR MENTAL DISABILITY.

THE UNIVERSITY OF KENTUCKY MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT NEWS AND COMMUNICATIONS TEAM PROVIDES MONTHLY EXTENSION EXCLUSIVES IN THE CATEGORIES OF HORTICULTURE, AGRICULTURE AND NATURAL RESOURCES, 4-H AND FAMILY & CONSUMER SCIENCES. TO SEE MORE EXCLUSIVES, VISIT [HTTPS://EXCLUSIVES.CA.UKY.EDU](https://exclusives.ca.uky.edu).

Saturday, April 5th - 9:00 am-3:00 pm

Letcher County Extension Office
478 Extension Drive, Whitesburg, KY

Predator Control & Guard Animal Management for Livestock Owners Workshop & Lunch

Who: Letcher, Harlan, Knott, Perry, Pike, Dickenson (VA), & Wise (VA) County Extension Offices, Southeast Kentucky Sheep Producers Association (SEKSPA), Virginia Coalfield Sheep Association, United Trappers of Kentucky

What: Learn how to protect your livestock from predators

When: Saturday, April 5th, 2025. Registration 8:30-9:00. Lunch starts at 12 noon

Where: Letcher Co Extension Office, 478 Extension Drive, Whitesburg, KY 41858

Featured Speakers: Shad Baker & Stacy White (Letcher & Whitley Co Extension Agents), Brad Mullins (Virginia Cooperative Extension/Coalfield Sheep Association), Lester Brashear (SEKSPA, Brashear Heritage Farm), Patrick Angel (SEKSPA), and experts in predator hunting/snaring & coyote/bobcat trapping from United Trappers of Kentucky

Registration Required. Please register by calling the Letcher County Extension Office at 606-633-2362

\$10.00 per family. Your registration fee will include a delicious lamb burger and beef burger luncheon with sides and a One-Year Membership to SEKSPA

This workshop qualifies for CAIP education credits



AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

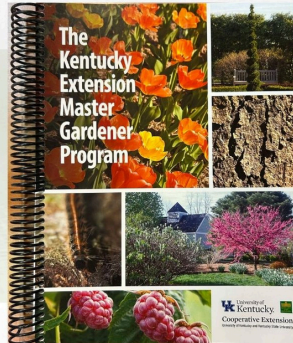


Advanced Gardening Series

The Letcher County Extension Office is offering The Kentucky Extension Master Gardener Program. This will be a three-part series for Spring, Fall and Winter. Classes will be held twice a week at noon at the Letcher County Extension Office. Master Gardener Program Book included.

Courses Covered:

- ✓ Basic Botany
- ✓ Plant Identification
- ✓ Plant Propagation
- ✓ Soils and Fertility
- ✓ Plant Diseases
- ✓ Diagnosing Plant Problems
- plus many more



March 17th, 19th, 24th and 26th

April 1st, 3rd, 7th, 9th, 15th, 17th, 21st
all classes will be at noon
Letcher County Extension Office
478 Extension Drive
Whitesburg, KY 41858



College of Agriculture,
Food and Environment
Cooperative Extension Service



GROW
APPALACHIA

Cowan Community Action Group
Growing Community Since 1964



Cooperative
Extension Service

GARDENING WORKSHOPS



ASPARGUS
APRIL 9
2:00

BLUEBERRIES
APRIL 10
NOON



RHUBARB
APRIL 14
NOON



CALL AND REGISTER 633-2362

478 EXTENSION DR
WHITESBURG, KY





AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Letcher County Extension

Cooperative
Extension Service

PESTICIDES TRAINING

April 14
2:00 pm

- ✓ Call and pre-register
- ✓ 633-2362
- ✓

CONTACT US
606-633-2362



Cooperative
Extension Service

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AgS



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or receipt of prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>Monitor for asparagus beetles</div> <div>Plant figs</div>	<div>2</div> <div>Seed onions, beets and radishes (outdoors)</div> <div>Seed kale and collards</div>	<div>3</div> <div>Plant cabbage and kohlrabi</div> <div>Seed basil for transplant (indoors)</div>	<div>4</div> <div>Seed beets and kale (outdoors)</div> <div>Plant potatoes</div>	<div>5</div> <div>Seed or plant broccoli, cabbage and cauliflower (outdoors)</div> <div>Seed Ethiopian kale</div>
6	<div>7</div> <div>Seed parsley</div> <div>Seed dill (indoors)</div> <div>Turn compost</div> <div>Plant or seed shallots</div>	<div>8</div> <div>Seed parsnips (outdoors)</div> <div>Seed leaf lettuce (outdoors)</div>	<div>9</div> <div>Plant fruit and hazelnut trees</div> <div>Apply crabgrass control</div>	<div>10</div> <div>Seed carrots</div> <div>Order sweet potato slips for transplanting</div>	<div>11</div> <div>Seed celery as transplants</div>	<div>12</div> <div>Transplant strawberry plants</div>
13	<div>14</div> <div>Seed watermelons (indoors)</div> <div>Fertilize lawn</div>	<div>15</div> <div>Use row covers to protect flowers and tender plants</div>	<div>16</div> <div>Seed late tomatoes (indoors)</div> <div>Start new compost pile</div>	<div>17</div> <div>Remove row cover from strawberries</div> <div>Plant perennials</div>	<div>18</div> <div>Refresh mulch in landscape beds</div> <div>Seed or transplant peas (outdoors)</div>	<div>19</div> <div>Seed chives and chamomile (outdoors)</div> <div>Transplant leeks</div>
20	<div>21</div> <div>Seed new lawn</div> <div>Seed endive</div>	<div>22</div> <div>Plant blackberry and raspberry plants</div>	<div>23</div> <div>Begin spraying fruit trees after petals fall</div> <div>Seed carrots and Swiss chard</div>	<div>24</div> <div>Plant summer-flowering bulbs</div> <div>Apply pre-emergent landscape weed control</div>	<div>25</div> <div>Seed sweet corn</div> <div>Seed Asian greens</div>	<div>26</div> <div>Buy herb cuttings/plugs</div> <div>Start grafting tomato plants</div>
27	<div>Seed tomatillo for transplants</div>	<div>Seed ground cherries</div> <div>Turn compost</div>	<div>30</div>			



AG & NATURAL RESOURCES

Shad Baker

Ag & Natural Resources Agent



FAMILY AND CONSUMER SCIENCES

Nanette Banks

Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



PRODUCE BEST PRACTICE TRAINING

Please call and register by April 1st.
For more information contact Shad
Baker or Nanette Banks at 633-2362

APRIL 11 @ NOON
Letcher County
Extension

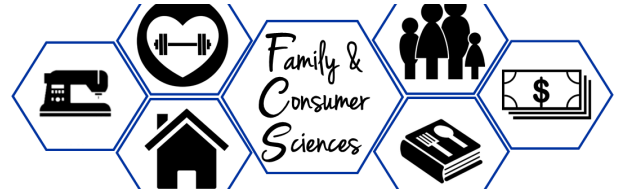




Nanette Banks
Family and Consumer Sciences



FAMILY AND CONSUMER SCIENCES NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

10 week, evidence-based health promotion program. Combines exercise and health information with the game of bingo. Great fun way to get older adults moving and socializing. We will meet two times per week for 10 weeks.

April:
3rd, 7th, 10th
14th,

11:00 am

Call 633-2362 to register



Meeting

MEETING NOTICE

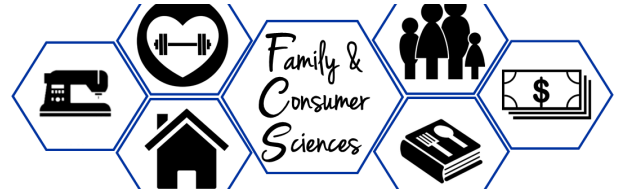
FCS Council Meeting
April 3rd @ Noon
(lunch will be served)



Nanette Banks
Family and Consumer Sciences



**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

**MEETING
NOTICE**

*Jenkins Homemakers
April 4th @ 11:30
Jenkins Library*



**MEETING
NOTICE**

*Letcher Homemakers
April 8th @ 10:30
Jeremiah Missionary Baptist
Church*



**MEETING
NOTICE**

*Crafty Cut-ups
April 8th @ 10:00
Letcher County Extension*



**MEETING
NOTICE**

*Cowan Homemakers
April 8th @ 11:00
Cowan Community Center*





Nanette Banks
Family and Consumer Sciences



FAMILY AND CONSUMER SCIENCES NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

PASTA
(PARENTING A
SECOND TIME
AROUND)
**APRIL 7TH @ 9:30
AM**



**SCRAP QUILTING
WORKSHOP
(3RD SESSION)
APRIL 9TH & 30TH
10:00 & 1:00**



Survive & Thrive Disaster Preparedness Series

April Topic:
Spring Weather Preparation

Register for one of these events by calling the
Extension Office where you wish to attend:

Knott County: 606-785-5329
Letcher County: 606-633-2362
Lee County: 606-464-2759

Lee County

April 9th @ 10 AM

Letcher County

April 10th @10 AM

Knott County

April 11th @10 AM

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, Ltd., Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks

Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



Plate It Up

Ky Proud Cooking Class

April 10th @ Noon

► **Kentucky Proud Products**

**Recipes: prepare them
for tasting**

✓ **Pre-register
by April 4th**

✓ **This will be a
monthly program**

Contact Us



**Phone Number
606-633-2362**





QUICKSAND AREA FCS AGENTS
PRESENTS
**AREA
HOMEMAKER
Training**
QUICKSAND COMMUNITY
CENTER
JACKSON, KY

APRIL 15TH AT 10 A.M.
**REGISTER AT YOUR LOCAL
OFFICE BY**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or caregiver evaluation for prior and/or current activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky.



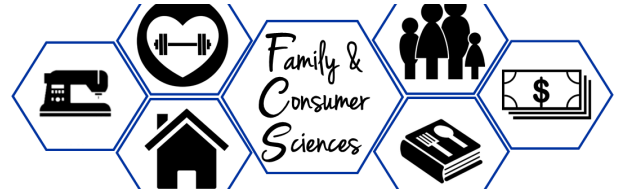
Disability
accommodated
with prior notification



Nanette Banks
Family and Consumer Sciences



FAMILY AND CONSUMER SCIENCES NEWSLETTER

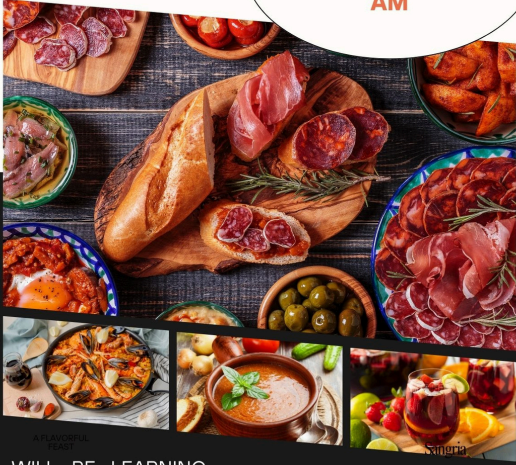


PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Cooperative Extension Service

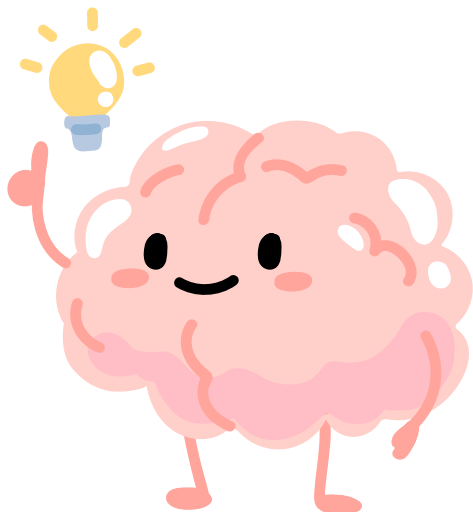
Traveling the World with Extension

APRIL 17TH @ 11:00 AM



WE WILL BE LEARNING ABOUT THE FUSION OF CUISINE OF SPAIN

CALL AND PRE-REGISTER BY APRIL 4TH 606-633-2362



Martin Gattton College of Agriculture, Food and Environment University of Kentucky

WITS WORKOUT

Join Now!



Engaging in interactive and educational brain health program

April 17th @ Noon
Letcher County Extension Office

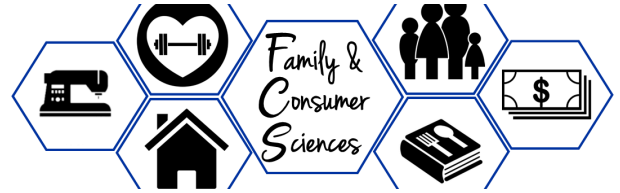
Call 633-2362 to register



FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

DIABETES *Connection* 2025


Aetna Better Health
of Kentucky


ARH

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

APR 24 | 1PM

Planting Seeds of Health: Diabetes & Gardening

Letcher County UK Extension Office
478 Extension Drive in Whitesburg

*Join us at 10am via Zoom
from anywhere!*



zoom.us/my/arhdiabetessupport

TO PRE-REGISTER OR FOR MORE INFO:



606.789.3511
ext. 1229



diabetesarh1@arh.org

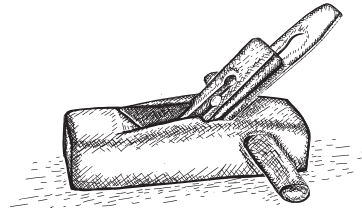
*Join us immediately after the meeting for
FREE Physical Activity Class
Kelli Haywood, certified
instructor, focuses on
chair yoga, resistance
band exercises and
mindfulness exercises.*

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!

MEETING NOTICE

*Homemaker Council Meeting
April 28th @ Noon*



 Cooperative
Extension Service

RECIPE BOX WORKSHOP

MAY 23RD

\$35

Limit 40

Our Woodworking
Classes Offer the Tools
and Techniques You
Need to Bring Your
Imagination to Life!

Paid Homemakers

Yellow-Poplar

Contact us



Phone Number
606-633-2362





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks

Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky counties, cooperating.
LEBINGTON, KY 40546



Disabilities
accommodated
with prior notification.

ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



2025 COME SEW WITH US

HOSTED BY COOPERATIVE
EXTENSION SERVICE AND
QUICKSAND MASTER
CLOTHING VOLUNTEERS

JUNE 11, 2025

BREATHITT COUNTY
EXTENSION OFFICE
10 A.M. - 1:30 P.M.

JUNE 12, 2025

PERRY COUNTY
EXTENSION OFFICE
10 A.M.-1:30 P.M.

COOPERATIVE EXTENSION

**University of
Kentucky**
College of Agriculture,
Food and Environment





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

HEART POT HOLDER

Perry County MCV
Nancy Pratt will
teach you how to
make this heart
potholder. Limit 10
per class.



NOTEBOOK COVER

Wolfe County MCV Gayle Hensley
will help you create a fun
customized notebook cover for
your favorite book or journal.



APPLIQUE TEA TOWEL



Owsley County
MCV Cheryl
McCauley will
teach you the
technique of how
to make a
beautiful
Applique Tea
Towel.

PILLOWCASE WITH FRENCH SEAMS

Wolfe County MCV Rita Rogers will
help you create this stunning
customized pillowcase with french
seams if you register for her class.



SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Isom will
guide you step by step with this
Shoulder Wrap Heating Pad for
ultimate relaxation. Limit 5 per class.
**Must pre-register by May,
9th for classes.**

REGISTRATION FORM

Each class lasts one hour (you may
select up to 3 classes). Kits will be
supplied for each class. Please arrive
before 10 a.m. to allow time for check-in.
Classes are assigned on a first come,
first serve basis so please return in a
timely fashion.

_____ Heart Pot Holder

_____ Applique Tea Towel

_____ Shoulder Wrap Heating Pad

_____ Notebook Cover

_____ Dish Towel/Apron

_____ Zipper Pouch

_____ Pillowcase with French Seams
Location: Breathitt _____ Perry _____

Name _____

Address _____

Phone _____

**Mail form and \$5.00 registration
fee to:**

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41701



FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Letcher County Extension Homemakers Scholarship

The Letcher County Extension Homemaker Membership is proud to announce they will be sponsoring (1) \$500.00 college scholarship to assist a local student with their college education. Priorities will be given to those majoring in Family & Consumer Sciences or related programs, Agriculture or Related Programs and/or a member of KEHA organization.

The following are guidelines for the scholarship:

1. The recipient must be a resident of Letcher County.
2. They must be a 2025 high school graduate or equivalent.
3. Must have a GPA of a 3.0 or higher.
4. They must be enrolled in or accepted by an accredited college/university or accredited apprenticeship such as electrician, plumbing, HVAC, etc. Need to enclose acceptance letter from the college/university/apprenticeship you are attending.
5. They must submit a letter requesting the scholarship, a transcript of their high school grades and a brief essay written by them. This essay must include a biographical sketch of community &/or club involvement concluding with a paragraph of your future plans.
6. Also, include your name, address, telephone and other contact information on your essay.
7. The scholarship will be awarded by the Letcher County Extension Homemaker Scholarship Committee based on the items above.
8. Need a letter of recommendation from a teacher, guidance counselor, or principal.
9. Question for 2024 Essay is? Explain something that made a big impact in your life?
10. The Letcher County Extension Homemaker Scholarship Committee's decision will be final.
11. Complete application with above guidelines.
12. The scholarship money will be given to the individual/individuals during the Homemaker County meeting held on May 20, 2025 at 11:00 am.

All information requested above must be submitted by May 08, 2025 to the:

Letcher County Cooperative Extension Service
Attn: Nanette Banks, Letcher CEA for FCS Education
PO Box 784 Whitesburg, Ky 41858
Or through email at nsbank2@uky.edu
Please call (606) 633-2362 if you have any questions.



**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Letcher County Homemaker Scholarship Application

Name_____

Birthdate_____

Address_____

Phone Number_____

High School Attending_____

College/University/Apprenticeship accepted to_____

Are you an active member or have a family member that belongs to the KEHA
Homemaker's organization? Yes_____ No_____

Do you have a family member employed by UK Cooperative Extension?
Yes_____ No_____

Signature_____

Date_____



4-H



NEWSLETTER

Crystal Smith
4-H Youth Development

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.



Cooperative
Extension Service

Teen Club

LEADERSHIP

April 2 @ 4:00

Letcher County Extension Office



The Future *depends*
on what you
Do Today



MAKE IT
HAPPEN

DON'T LOSE
FOCUS



Cooperative
Extension Service

... Ages 5-8 ...

Cloverbuds

April 8 @ 4:00

Letcher County Extension Office



Call 633-2362 to register



Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.





Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.

Discover
Yourself
in 4-H



Cooperative
Extension Service

LETCHER COUNTY

4-H CAMP

July 22, 2025- July 25, 2025

4-H camp is for youth ages 9-13(or 8 years old turning 9 before the first day of camp). Application are available at the Letcher County Cooperative Extension Service. Spots are on a first come first serve a \$75.00 deposit is required to hold each camper a spot. For more information contact Crystal Smith 633-2362.

CAMP REGISTRATION IS LOACED ON THE LETCHER COUNTY EXTENSION WEBPAGE OR YOU CAN COME BY THE LETCHER COUNTY EXTENSION OFFICE!

AN EQUAL OPPORTUNITY ORGANIZATION.



Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.



4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:

1. Pack a suitcase with your child a few days before camp. Packing clothes in Ziploc bags with day labels can help your child stay organized; dirty clothes can then be repacked at each day's end in the empty bags.
2. Practice stocking a daypack. Help your child pack their own backpack with items they'll need for a typical camp day, including a towel, a Ziploc bag for a wet swimsuit, sunscreen, water bottle, hat, and sunglasses. At camp, counselors will also help campers review the schedule and remind them to double-check their belongings before moving between activities.
3. Test-drive a shower caddy for toting toiletries. To manage camp toiletries, try using a small backpack for dry items and a caddy or waterproof bag for wet items. Practice using a caddy at home for bathing, brushing teeth, getting ready for the day, and going to bed.
4. Help your child keep track of shower time. Camp shower lines can be long. Practice five-minute showers before camp. The showers at camp are private, but for children who are modest, they can always shower in bathing suits.
5. Prepare to "pitch in" to keep the camp clean. To get into the routine, encourage your youth to sweep, wipe the kitchen table after meals, and make the bed daily.
6. Get comfortable with tracking time and monitoring surroundings. Camp gets busy! While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. Before camp, take family walks to prepare your child for hiking.
7. Encourage your child to stay hydrated by drinking plenty of water. To determine how many ounces your child should drink daily, divide your child's body weight by two. Start using a camp water bottle in the weeks before camp to track water intake.
8. Learn how to air-dry wet items. No one likes moldy clothes! Teach your child to use a clothesline and space items out to dry in the sun.
9. Teach your child how to take a break. Discuss ways your child can find quiet time in a busy environment and how to recognize when a break is needed. Your camper can ask a counselor for quiet time. Talk about managing emotions, too. Give your child a scenario and discuss what to do if problems arise.

Above all, remind your youth that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and are committed to supporting your camper.

Contact Crystal Smith at Letcher County Extension office for more information on 4-H Camp opportunities.



4-H



NEWSLETTER

Crystal Smith

4-H Youth Development

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.

What do you do at Camp?

Camp is packed with activities from dawn to dusk! Campers will take classes offered by certified instructors in classes like:

- + Swimming
- + Archery
- + Ropes/Zip Line
- + Riflery
- + Fishing
- + Canoeing
- + Nature
- + Arts & Crafts
- + Sports
- + Lots More!

Plus, you'll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

Where do we sleep?

Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp.

If you would like to bunk with a friend, we can do that! Just be sure to indicate their name on the pre-registration form.

Sign-up today!

Classes Fill Up Quick!



Who can go to 4-H Camp?

4-H Camp is for all Letcher County youth that **there ages 9-13 years old (Or 8 and entering the 4th grade in the Fall). Junior Counselors in training are 14-15 years old, junior counselors are ages 16-18 years old.**

How much does it cost to go to 4-H Camp?

\$75.00 deposit to hold spots. We have scholarships available to assist in paying the cost.

To be eligible for a scholarship, you must complete the pre-registration form in this brochure and submit it to the Extension Office by **May 16, 2025.**

How do I register? Complete the pre-registration form on the back of this brochure and return it to the Extension Office. A deposit of \$75.00 is due with the application to reserve your space at camp.

You will receive additional forms in the mail that must be completed prior to camp. We are limited on the number of youth who can attend-get your application in early!



Sign Up Today!

To reserve your spot at 4-H Camp, please complete and return the pre-registration form in this brochure. Additional registration materials will be sent for you to complete.

A \$75.00 deposit is required with your pre-registration form to reserve your spot and to apply for a scholarship.

Please return forms by CASH or MONEY ORDER ONLY!!

Mail form and payment to:

Letcher Co. Extension Office

PO Box 784

Whitesburg, KY 41858

For more info, contact:

Crystal Smith

Letcher Co. 4-H Youth

Development Agent

Phone: 606-633-2362

Email:

crystal.smith@uky.edu

Find us on

Facebook



Letcher County
4-H SUMMER CAMP
July 22- 25, 2025



FRIENDS!

FUN!

ADVENTURE!



4-H



NEWSLETTER

Crystal Smith
4-H Youth Development

HEAD - Problem solving: ability to sort out complex problems.
HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.
HANDS - Skills development: ability to do, skill in doing and habit of doing.
HEALTH - Physical development: understanding and appreciating a growing and changing body.

2025 4-H Camp Preregistration Form



Camp Camp Dates: July 22 - 25, 2025
Fee: **(\$75.00 deposit required; scholarships available!)**

Camper's Name _____ Birth Date __/__/__

Mailing Address _____

City _____ State _____ Zip Code _____

Gender (Circle One) Male / Female School Attended _____

Race/Ethnicity _____ Grade _____ T-Shirt Size _____

Have you attended 4-H Camp before? _____ If so, how many years? _____ Camper

would like to bunk with _____

Custodial Parent(s)/Guardian(s) Name _____

Home Phone _____ Cell Phone _____

Work Phone _____ Email _____

Will the camper need special accommodations while at camp due to any allergies, disability, or

medical condition? If so, please explain. _____ **REMEMBER:** You will have to fill out the complete Health & Registration Form before your child can attend 4-H Camp. We will send these to you once we have processed this pre-registration form!

Class Ballot

At 4-H Camp, you will be able to take 4 classes. Please select your top 8 classes from the list below. **Rank them 1-8.**

Go on line to www.uky.ag/letcher to download descriptions for all these classes or contact our office!

<input type="checkbox"/> Fishing	<input type="checkbox"/> High Ropes/Zip Line	<input type="checkbox"/> Nature
<input type="checkbox"/> Beg. Swimming	<input type="checkbox"/> Crafts	<input type="checkbox"/> Tie-dying
<input type="checkbox"/> Low Ropes	<input type="checkbox"/> Science	<input type="checkbox"/> Gaga Ball
<input type="checkbox"/> Ad. Swimming	<input type="checkbox"/> Riflery	<input type="checkbox"/> Bicycles
<input type="checkbox"/> Basketball	<input type="checkbox"/> Nature	<input type="checkbox"/> Field Games
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Bee's	<input type="checkbox"/> Flag Foot ball
<input type="checkbox"/> Canoeing		<input type="checkbox"/> Corn Hole
		<input type="checkbox"/> Arts
		<input type="checkbox"/> Archery

How many in your family will be attending 4-H Camp? _____

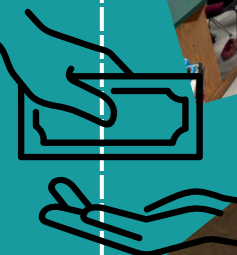
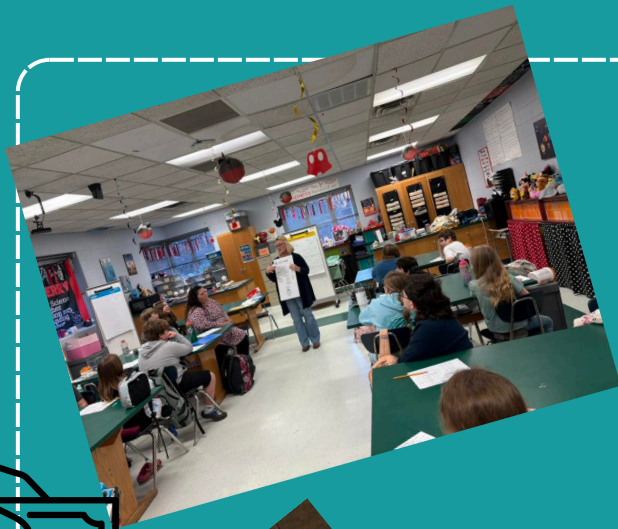
Certification of Applicant

I do hereby certify that the information provided above is correct.

Signature of Parent or Guardian

Cash or Money Order ONLY

Letcher County 4-H Council
Please return (with \$75.00 deposit) to:
Letcher Co. Extension Office
PO BOX784
Whitesburg KY 41858
606-633-2362
Crystal.Smith@uky.edu



DOLLARS

&

SENSE



Letcher County Extension
478 Extension Dr
Po Box 784
Whitesburg, Ky 41858

Return Service Requested