

Newsletter

July 2025



Our office will be closed July 4th

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 :

Go to our page & check out events.



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



Join the Kentucky Woodland Owners Short Course!

Education, Networking, Resources, In-person Training ... all in one!

The Kentucky Woodland Owners Short Course not only provides essential knowledge and resources for sustainable forestry, but also allows you access to expert-led sessions that provide invaluable insights, in-person field experiences, and resources tailored specifically for woodland owners. This is your chance to learn from the best and connect with like-minded individuals who share your passion for responsible land stewardship.

By registering for the Kentucky Woodland Owners Short Course, you will receive exclusive access to a wealth of resources designed to enhance your learning experience.



AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



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

**Live Webinars to Help
You With Your
Woodlands!**



**JUNE 10 - 26
7 PM - 8:30 PM ET**

LIVE WEBINAR

LEARN **TREE IDENTIFICATION**

June 10, 2025
7 - 8:30 p.m.

Join us in discovering how to effectively manage our woodlands while learning how to identify the trees in your forest.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

LIVE WEBINAR

LEARN **WOODLAND MANAGEMENT**

June 10 & 12, 2025
7 - 8:30 p.m.

Woodland management means taking care of forests by doing planned actions to keep them healthy, often with specific goals in mind. Discover various methods and techniques in these webinars.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

LIVE WEBINAR

LEARN **WATER QUALITY**

June 17, 2025
7 - 8:30 p.m.

We have over 90,000 miles of streams and rivers in Kentucky, and many of those are located on privately owned property. Discover ways to safeguard the water quality in your woodlands.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

LIVE WEBINAR

LEARN **WILDLIFE MANAGEMENT**

June 19, 2025
7 - 8:30 p.m.

Many woodland owners are interested in enhancing their property to benefit wildlife which can go hand in hand with woodland management practices.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

LIVE WEBINAR

LEARN **FOREST HEALTH**

June 24, 2025
7 - 8:30 p.m.

There are lots of things that can hurt the health of your woods, from insects to invasive plants. Learn what a healthy forest looks like and threats those woodlands might face.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

LIVE WEBINAR

LEARN ORGANIZATIONS THAT **HELP WOODLAND OWNERS**

June 26, 2025
7 - 8:30 p.m.

Did you know that numerous resources are available for woodland owners? Discover more about them in this upcoming webinar.

<https://KYWOSC.org>

part of the Kentucky Woodland Owners Short Course Webinar Series

**Want More? How
about In-Person Field
Sessions?**



**JULY 19 - WHITLEY CO.
AUGUST 16 - PENDELTON CO.**

Field Session and Extravaganza

DID YOU KNOW?

You have the opportunity to connect with more than 15 woodland owner agencies ready to assist with your questions about woodland ownership.

@ WOODLAND OWNER EXTRAVAGANZA!

July 19 OR August 16

<https://KYWOSC.org>

The online sessions are intended to provide a virtual classroom based learning environment while also preparing WOSC attendees to get the most out of the field sessions. The field sessions will teach you more about the practices you learned in the webinars. Each field session will feature a Woodland Owner Extravaganza where over 15 different forestry and wildlife agencies will be on hand to answer your woodland questions.



**AG & NATURAL RESOURCES
NEWSLETTER**



Shad Baker
Ag & Natural Resources Agent

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

**Kentucky
Woodland
Owners
Short Course**

**Let us shed some light on
Woodland Ownership!**

KYWOSC.org

 **Martin-Gatton**
College of Agriculture,
Food and Environment

**Forestry and Natural
Resources - Extension**



AG & NATURAL RESOURCES
NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



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

WOODLAND OWNER EXTRAVAGANZA

Join us for a day filled with networking, learning, and connecting YOU, the woodland owner, with over **15 ESSENTIAL AGENCIES** you need to enhance your woodlands.



15 Agencies

Woodland Management Assistance

Financial Help Avenues

Wildlife Habitat Resources

6 Webinars Included

Farm Tour

L Saturday, July 19
9 AM – 3:30 PM
LUNCH INCLUDED

📍 Whitley Co. Extension Office
4275 N. HWY 25W
WILLIAMSBURG, KY

 Cooperative Extension Service
FORESTRY AND NATURAL RESOURCES - EXTENSION

Register: WOSC.ca.uky.edu/2025-WOSC





Shad Baker
Ag & Natural Resources Agent

>>> AG & NATURAL RESOURCES <<<<
NEWSLETTER



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

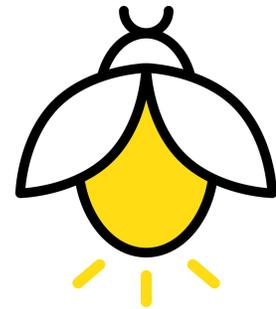
Cooperative Extension Service

Summer Perennials WORKSHOP

July 9th @ Noon

Call to register 633-2362
Each participant will leave with salvia and butterfly plant

Lightning Bugs
July 10 @ Noon
zoom
call 633-2362 if interested for the
zoom link



Pollinator Workshop
July 17th @ Noon
Participants will be visiting
one of the local pollinator plots
and will receive some zennia
to start your own.





AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



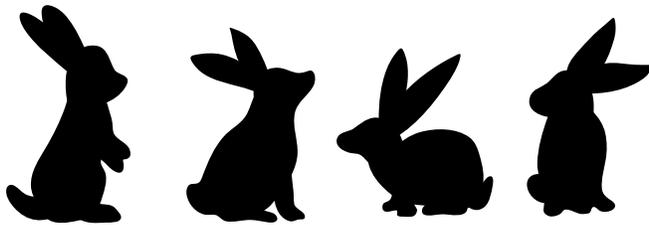
PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

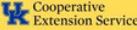
Controlling Nuisance Wildlife and Horticulture

Workshop

July 21 @ Noon

(Rabbits, Deer and Raccoons)





Mum Workshop
July 28th @ Noon







LETCHER COUNTY COOPERATIVE EXTENSION SERVICE



JULY 2025

LETTER FROM YOUR AGENT



Hello friends,

July is here, and with it comes a full calendar of fun, engaging, and educational opportunities through your Letcher County Extension Office! Whether you're looking to stay active, sharpen your mind, learn something new, or just enjoy some time with friends, we've got something for everyone this month. We're excited to continue our Wits Workout sessions—an interactive program designed to give our brains a good workout through puzzles, games, and social connection. It's a great way to stay mentally sharp while enjoying the company of others.

If you're looking to stay physically active, join us for our Weekly Walking Program. This is a fantastic way to get some fresh air, boost your health, and connect with neighbors in a relaxed, encouraging environment.

Our younger community members won't be left out either—Super Star Chef Day Camp is coming soon! Youth will learn basic cooking skills, kitchen safety, nutrition tips, and more through hands-on activities that are both fun and educational.

We're also continuing our popular Traveling the World with Extension series, and this month we'll be exploring the rich culture, history, and cuisine of Cuba. It's a perfect chance to "travel" without leaving town—and no passport required!

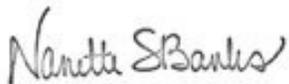
For our Homemakers, we're thrilled about the upcoming Quilt Shop Hop Trip, a fun day of travel, inspiration, and of course—fabric shopping! It's always a favorite, so be sure to reserve your spot early.

And these are just a few of the highlights—there are many more programs on the way this month, all designed to help you and your family live well, learn more, and connect with your community.

Make sure to follow our Facebook page or call the office to get all the details and register for any programs you're interested in. We'd love to have you join us!

Wishing you a safe, healthy, and joyful July,

Nanette Banks



Letcher County Extension Agent for Family & Consumer Sciences

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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FCS focus

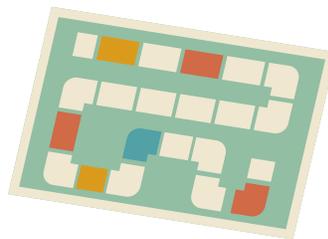


Nanette Banks
Family and Consumer Sciences



Walk your way walking program/challenge

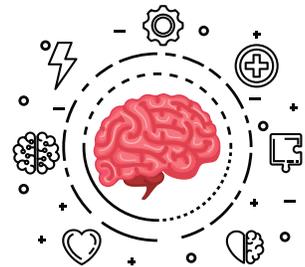
July 7 July 14
July 21 July 28
10:00 am



Homemakers Game Day

July 7th @ Noon

Bring your favorite game
day snack to share



Wits Workout

July 7
July 21st
11:00

Homemaker Meetings

Letcher Homemakers

July 8 @ 10:30

Jeremiah Missionary Baptist



Traveling With Extension (Cuba)

Please call and register

July 14th @ 11:00 am

Jenkins Homemakers

July 16 @ 11:30

Jenkins Library



PASTA

(Parenting a Second Time Around)

July 16 @ 10:30
Jenkins Library



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

FCS focus



Nanette Banks
Family and Consumer Sciences



Quilt Shop Hop
Homemaker trip
July 17th
leaving office at
8:45



Slab Pie Workshop
July 30 @ 10:00 am



Mini Bundt Cake Workshop
Sweet Skills for Every baker
July 22 @ 10:00 am
Letcher county Extension

Plate it Up
July 28th @ 11:00

Chicken and Brussel
Sprouts One Pan Meal, Fresh Corn
Salad and Cantaloupe Bread

A flyer for the 'DIABETES Connection 2025' event. The title 'DIABETES Connection' is in large, bold letters, with 'Connection' in a red script font. Below the title are logos for Aetna, ARH, and the University of Kentucky. The event details are listed in a blue box: 'JULY 31 | 1PM Eating in Restaurants with Diabetes'. Below this, it says 'Letcher County UK Extension Office, 478 Extension Drive in Whitesburg'. There is a note to 'Join us at 10am via Zoom from anywhere!' with a Zoom link: 'https://arh-org.zoom.us/j/my/arhdiabetessupport'. Contact information is provided: '606.789.3511 ext. 1229' and 'diabetesarh@arh.org'. At the bottom, it says 'UNDERSTANDING DIABETES TOGETHER!' and 'Family members and caregivers encouraged to attend!'.

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

FCS Program Updates



Nanette Banks
Family and Consumer Sciences

Homemaker Trip

The Letcher County Homemakers hit the road on June 2, 2025, for a fun and memorable day in Casey County! From browsing handmade goods and fresh foods at local Amish stores to enjoying a delicious meal at the Bread of Life Café, it was a day full of laughter, good company, and meaningful connections.

These trips are more than just a getaway—they're a reminder of the value of fellowship, learning, and exploring the hidden gems of Kentucky. For more information on the Letcher County Homemaker Association contact Nanette Banks at 606-633-2362.



Star Table Topper

On June 16th, Master Clothing Volunteer Lisa Ison led a hands-on sewing workshop, teaching participants how to create a beautiful star table topper! Her expertise and guidance made the class both fun and informative—thanks to everyone who joined us for a creative day of stitching!



Homemaker Game Day Gathering

On June 17th, the Letcher County FCS Agent hosted our monthly Game Day at the Extension Office!

Participants learned how to play Bunco and enjoyed a fun-filled day of games, food, and fellowship. It was the perfect mix of fun, food, and learning!





Nanette Banks
Family and Consumer Sciences



Quicksand Area Agents Present Food Preservation Workshop

August 4th and 8th
10 a.m.-2 p.m.
Robinson Center
Jackson, KY

Join us for a two day Food Preservation
Workshop covering:

Water Bath Canning
Dehydrating
Vacuum Sealing

Pressure Canning
Freezing
Jam & Jellies

and more!

Contact your local Extension Office to sign up!

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

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Disabilities
accommodated
with prior notification.



Chicken Burgers



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes
Cook time: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

Nutrition facts

per serving:
300 calories; 3.5g total fat; 0g saturated fat; 0g transfat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



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

 Cooperative Extension Service

ADULT HEALTH BULLETIN



JULY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

WHAT IS ALPHA-GAL SYNDROME?



Alpha-gal Syndrome (AGS) is a severe allergy that can happen after a tick bite. It causes allergic reactions when people eat red meat or use products derived from animals, such as cows, pigs, or deer.

Ticks carry a sugar molecule called alpha-gal, which is also in red meat. When the tick bites, it can transfer a small amount of alpha-gal into the person. In some people, this causes an immune response. The immune response triggers an allergic reaction each time the person comes into contact with alpha-gal in the future. It can happen when they eat red meat, such as beef, pork, or venison, or come into contact with products made from other parts of those animals, including dairy products, gelatin, or beauty products.

In the United States, Lone Star ticks are the most common transmitters of alpha-

Continued on the next page →



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FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



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



The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing.

→ Continued from the previous page

gal to humans. While it is possible for anyone to be bitten by a tick and have a reaction, adults react more commonly than children.

The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing. If possible, stay out of tall grass and thick woods, and walk in the center of trails.

After coming in from outdoors, check your skin, clothes, and pets for ticks. Take a shower and look for ticks on your body and always remove any ticks right away.

If you develop symptoms of a food allergy after a tick bite, contact your doctor. Make sure to tell them about your tick bite, to help them see if your illness may be related. It is important to get medical treatment for food allergy symptoms, even if the symptoms happen several hours after eating.

Get emergency medical treatment if you have symptoms of a serious allergic reaction. If you have trouble breathing, called anaphylaxis, or a constricted airway, rapid pulse, are feeling dizzy or light-headed, drooling, not able to swallow, or have full-body redness and warmth.

In order to diagnose you, a doctor may ask about your symptoms, medical history, and daily habits, take a blood sample for alpha-gal

antibody testing, or recommend allergy testing to confirm or rule out other potential allergens.

If you are diagnosed with AGS, see an allergy doctor, known as an allergist, for help. They specialize in treating allergic reactions and can help develop a plan to help you cope with your diagnosis. They can also refer you to other health-care specialists, such as a dietitian, mental health therapist, or home health service if needed.

Other recommendations for people living with AGS include avoiding eating red meat (beef, pork, lamb, deer, rabbit), and avoiding other potential sources of alpha-gal from animal products such as dairy products, gelatin, and certain beauty products. Read labels carefully to avoid trigger products. Talk to a doctor before taking any new medicine or vaccines. It is also important to avoid new tick bites, as they can make the allergy worse.

REFERENCE:
<https://www.cdc.gov/alpha-gal-syndrome/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Nanette Banks
Family and Consumer Sciences

FAMILY AND CONSUMER



SCIENCES



&

4-H



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UK Cooperative Extension Service

SUPER STAR CHEF

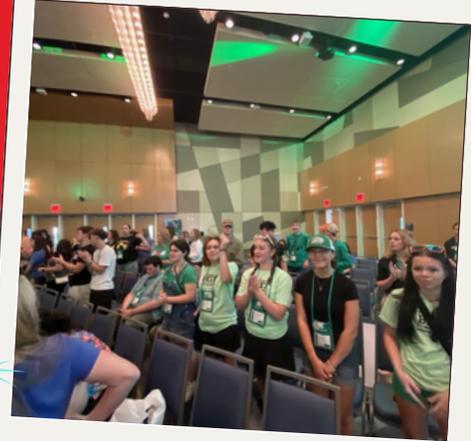
July 8th and 9th
10:00-2:00

Come learn cooking skill like a chef

Ages 9-18



TEEN CONFERENCE 2025



OUTSTANDING SENIOR



**ACHIEVEMENT RECIPIENT
(BRONZE)**



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



4-H STATE FAIR PROJECTS

WORK FORCE PREPARATION



DUE JULY 30, 2025
BY 3:00 PM



WEBSITE FOR 4-H STATE FAIR CATALOG AND DETAILS

[HTTPS://4-H.CA.UKY.EDU/KENTUCKY-4-H-STATE-FAIR-0](https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0)



FOOD PRESERVATION RECIPES OR FAIR RECIPES



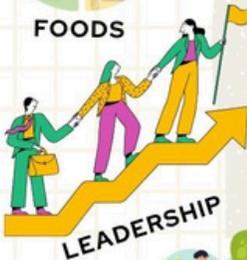
FOODS



MORE INFORMATION CONTACT CRYSTAL SMITH 633-2362



PHOTOGRAPHY



LEADERSHIP



CIVIC ENGAGEMENT



HOME ENVIRONMENT



FOOD PRESERVATION



SEWING & NEEDLEWORK



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

Discover
Yourself
in 4-H



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.



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.

DEADLINE: JULY 11

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
- + Canoeing
- + Archery
- + Nature
- + Ropes/Zip Line
- + Arts & Crafts
- + Rifle/ry
- + Sports
- + Fishing
- + 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!



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



**FRIENDS!
FUN!
ADVENTURE!**

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





4-H



NEWSLETTER

Crystal Smith
4-H Youth Development

- HEAD - Problem solving: ability to sort out complex problems.
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- HEALTH - Physical development: understanding and appreciating a growing and changing body.

2025 4-H Camp Preregistration Form



Camp Fee: **Camp Dates: July 22 - 25, 2025**
(\$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



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

Return Service Requested