

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

Cooperative Extension Service
Letcher County
478 Extension Rd
Whitsburg, Ky 41858
606-633-2362
Letcher..ca.uky.edu

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

DROP IT LIKE HOT IT'S

New Monthly Program

At the first weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 633-2362**.

Weight in: Monthly May 8th @ 11:00 am
Time: Anytime between 8 A.M.-4:30 P.M.
(Closed from 12-1 for lunch)

Location: Letcher County Extension Office
For: Anyone looking to make a healthy change

Cooperative Extension Service
Educational programs of Kentucky Cooperative Extension Service are provided 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.

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Hiking for Health

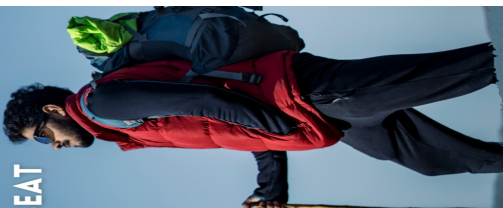
APRIL 20TH GREAT WHITE THRONE & MERCY SEAT
(PMT) 3 MILES (BRING LUNCH) MEET @ 9

MAY 4TH LILLEY CORNETT WOODS
BRING LUNCH & MEET @ 9

MAY 11TH HURLEYS KNIFE (PMT) 3 MILES
(BRING LUNCH) MEET @ 9

MAY 18TH HENSLEY SETTLEMENT, CUMBERLAND GAP
NATIONAL PARK
BRING LUNCH & MEET @ 8

JUNE 1ST GRAND FINALE !!!! RED RIVER GORGE
DETAILS TO COME, LUNCH AT MIGUEL'S PIZZA



Nanette Banks
Letcher County Extension Agent
for Family & Consumer Sciences
Education

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Family & Consumer Sciences



Crafty Cut-Ups
May 9th
10:00
Extension
Office



Letcher
Homemakers
May 9th @ 10:30
Jeremiah Baptist



Cowan
Homemakers
May 11th @ 11:00
Cowan Community
Center



Jenkins
Homemakers
May 10th @ noon
Jenkins Library



HOMEMAKER CLUBS

MONTHLY MEETINGS

Call 606-633-2362 for information on any of these clubs

COOKING THROUGH THE CALENDAR

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

May 12th @ 11:30 am

Easy Tortilla Breakfast Pizza



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



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





Family & Consumer Sciences



CAKE POP WORKSHOP

MAY 23 @ 11:00 AM

Letcher County Extension

Limited spots available, call 633-2362 to register

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

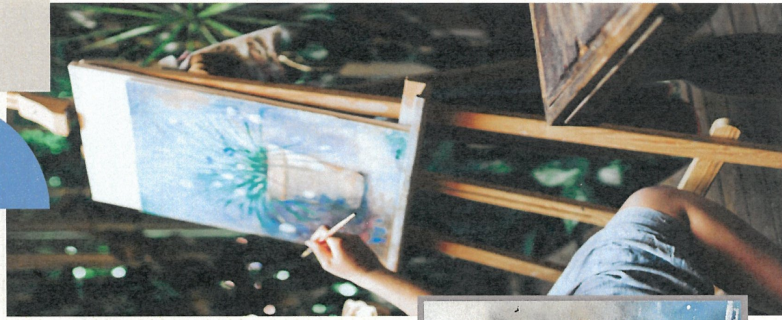


Laken Campbell

ELEMENTS & PRINCIPLES OF ART

Art can be defined as "decorative or illustrative elements in printed matter" that influence our thought processes, emotions, and behaviors. And the fundamental elements and principles of art (or design) consciously and subconsciously affect our perception of what we are viewing. Understanding these elements and principles can guide an artist during the creative process or help a viewer objectively evaluate the finished product. Join the Extension Office in learning more about the Elements and Principles of art through hands-on activities.

Laken Campbell, Lee County FCS Agent will be teaching the lesson.



May 23, 2023

Pre-register by 5-16-23

Letcher County Extension
Office

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 are designed to meet the needs of the people of the Commonwealth. For more information, see website, extension.uga.edu, or contact your local Extension office. Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEONINGTON, KY 40546



Disabilities
accommodated
with prior notification.



**Homemakers
Annual County
Meeting**

*May 26th
11:00 am
@ Letcher County
Extension*

Please call and register by May 12th
633-2362

PBPT

Produce Better
Practice Training

Letcher County Extension Office

May 23rd @ 5:00 pm

To register call 633-2362

PBPT replaces the GAP
training/Education Program

University of Kentucky
College of Agriculture,
Cooperatives & Food Systems

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

educational programs or Kentucky cooperative extension service do not discriminate on the basis of race, color, ethnic origin, national origin, creed, 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.

Disabilities
accommodated



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.



➔ **Continued from the previous page**

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.

• **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.

• **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.

REFERENCE:
<https://www.ash.org/handcare/safety/gardening>

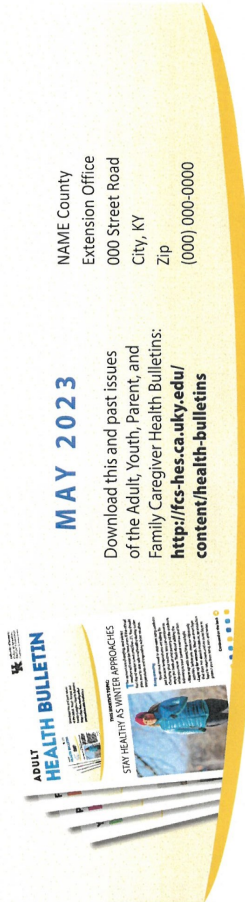
Written by:
 Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Mansau
Stock images:
 123RF.com

ADULT
HEALTH BULLETIN



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

ADULT HEALTH BULLETIN



MAY 2023

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: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

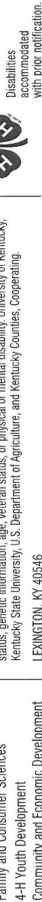
According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

➔ **Continued on the next page**



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 LEXINGTON, KY 40546

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 Community and Economic Development





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RIVER SWEEP

LETCHER COUNTY

Help us clean up trash and debris
along riverbanks left from July 28th flooding.

Thursday, April 20

Volunteers meet at
The Shoppes at Pine Mountain at 8 a.m.

Trash bags, gloves, t-shirts and lunch will be provided.
Volunteers should wear clothing that can get wet, such as
waders, as well as boots or closed-toed shoes.
Life vests are encouraged.

Register online at
doublekwik.com/riversweep



For more information, email riversweep@doublekwik.com or call 606-633-2525.



Beekeepers Meeting

May 9th @ 6:00 pm
at Letcher County
Extension Office





University of
Kentucky
College of Agriculture,
Food and Environment

HIGH TUNNEL HERBS WORKSHOP

MAY 16TH @ 1 PM
LETCHER COUNTY EXTENSION
OFFICE
PLEASE CALL 633-2362 TO
REGISTER

Here's a link to a video from this year's Kentucky Maple Day. Now's a good time to identify sugar maple trees on your property and maker plans to tap them for sap to make syrup this coming winter.

<https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FnnDv065m8JU&data=05%7C01%7Cshad.baker%40uky.edu%7C3257950257db486643aa08db3b70045b%7C2b30530b69b64457b818481cb53d42ae%7C0%7C0%7C638169124550394370%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLjBjIiwiLCJBTiI6IjE6IiwiaWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Otzuo07%2FeCrrwW9xy%2BWvN2w6Or3UEodFqbEpxjMcG0%3D&reserved=0>

A New App for Gardening

SOW - A Planting Companion





Springtime in Kentucky is the perfect time to get outside and start your home garden. A few tasks will help you have a successful season.

Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source and dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

1. Grow vegetables that will produce the maximum amount of food in your available space.
2. Plant during the correct season for the crop.
3. Choose varieties recommended for Kentucky.
4. Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.

Consult the University of Kentucky College of Agriculture, Food and Environment's Home Vegetable Gardening publication ID-128, available online at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

For more information about gardening or other horticulture topics, contact the Letcher County Cooperative Extension Service.





Common problems and pests of popular garden vegetables and how to manage them

Source: Ric Bessin, UK Extension Entomologist, Nicole Gauthier, UK Extension Plant Pathologist

Many Kentucky gardeners grow tomatoes, peppers, eggplant and potatoes for their own use or for sale in local farmer's markets. Pests are sometimes challenging to identify and even more challenging to manage.

The University of Kentucky College of Agriculture, Food and Environment advocates for a sustainable approach to managing pests by combining biological, cultural, physical and chemical tools in a way that minimizes economic, health and environmental risks. A key part of that is to continually scout and monitor your garden to identify problems before they result in a significant loss.

The UK Cooperative Extension publication ID172—An IPM Scouting Guide for Common Pests of Solanaceous Crops in Kentucky—may help you identify common pests. The publication has a variety of photographs that show exactly what to look for in your crop.

Some of the items the publication covers include:

1. Physiological and nutrient disorders such as vivipary, gold fleck, catfacing, zippering, sunscald, blossom end rot, blotchy ripening, yellow shoulder, white core.
2. Insect pests such as aphids, leafminer, greenhouse whitefly, silverleaf whitefly, tobacco flea beetle, potato flea beetle, margined blister beetle, stink bugs, leaf-footed bugs, western flower thrips, two-spotted spider mite, Colorado potato beetle, tobacco hornworm, pepper maggot, beet armyworm, yellow-striped armyworm, tomato fruitworm, European corn borer.
3. Tomato, pepper, eggplant and potato diseases and management.
4. Herbicide injury.

A list of resources for further study.

<http://www2.ca.uky.edu/agc/pubs/id/id172/id172.pdf>

For more information on gardening, contact the Letcher County Cooperative Extension Service.





Smart gardening for insects – cover up the rows!



By using row covers properly, vegetable gardeners can reduce or eliminate the need for pesticides on certain crops. Row covers are exactly that, a material designed to cover rows. Of course, not all row covers are created equal, so it's important for gardeners to know what the options are, what each type provides and determine their own goals for their vegetable garden. If a gardener doesn't have traditional rows, they can adjust a cover to fit their square foot garden, raised bed or planting area.

Pick a row cover that fits your goals

Row covers come in different forms, from perforated plastic to spunbonded polyester or polypropylene. Different weights are available and it's the cover's weight that determines how much light will be transmitted through, and ultimately, its best use in the garden.

Lightweight covers that are 0.5 to 0.6 ounces per square yard are primarily used for insect control. Due to their light weight, they transmit the most light – 85 to 90 percent. This material will easily tear, so it doesn't have as long a life as heavier covers.

There are also mid-weight covers from 0.9 to 1.25 ounces per square yard, which are used to provide early maturity, increase early yields and total yields, improve quality and extend the season. They allow 70 percent of light through.

Heavy covers from 1.25 to 2 ounces per square yard are used mainly for frost protection as they only transmit 30 to 40 percent of light through.

How to cover up for insects

Install your lightweight row cover immediately after planting. Be sure to secure all edges to the ground with soil, rocks or metal pins. Making sure there are no entrance holes for pest insects to enter is critical to your prevention efforts.

You also want to make sure you are practicing crop rotation and not planting a vegetable of the same family in the same location for at least three years. Six years is even better if you have this option. Some of the insects overwinter at the edges of the garden, and the following spring they will move back to a vegetable's location from the previous year. If you change the location of the vegetable and make use of a row cover, the insects aren't as likely to find the vegetable they seek. Be conscious that when using row covers, if a pest does sneak in, no natural insect enemies such as ladybugs, lacewings and other predatory and parasitoid insects will be present under the covers to assist; it's best to prevent the pest from getting in at the start.



Smart gardening for insects – cover up the rows!

The lightweight covers will not need a support over most vegetables. The only exceptions will be vegetables with tender growing points, such as tomatoes, peppers and summer squash. In windy conditions, a row cover may damage these plants from wind abrasion. Make use of hoops formed from wire, PVC or electrical conduit to support row covers for these vegetables.



What insects can you control by covering up?

By covering some vegetables right after spring planting, you will control a number of adult insects from finding the vegetables they seek. Cabbage root maggot flies, cabbageworms and cabbage loopers will attack all brassicas, such as broccoli, cabbage and cauliflower. Flea beetles that attack a variety of vegetables can be controlled as well by covering up brassicas, potatoes, tomatoes and eggplants as soon as you plant.

Cover your spinach, beets and chard to prevent spinach leafminer flies from laying eggs. You can control striped cucumber beetles from getting to your melons, summer squash, cucumbers, winter squash and pumpkins by covering up after planting; be sure to remove the cover when flowers appear as bees and other pollinators will need to get to the flowers to pollinate.

Row cover considerations

Be mindful that using row covers will take extra time, effort and continued investment. [Michigan State University Extension](#) advises gardeners to continue monitoring vegetables under row covers for too high of temperatures, which may cause blossom drop or reduce quality of cool season crops. Covers may be damaged if animals have access to them, and lightweight covers may only last one season, so disposal can be a concern. If you are looking for a [smart gardening](#) practice to reduce your need for pesticides, consider row covers as a tool within your smart gardening toolkit to assist with insect control.



Greenhouse Update

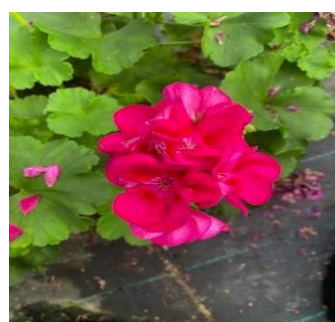
Brad Sexton

AG & Natural Resources Assistant

As we head into the Month of May all the hard work of seed starting and preparing to put the garden plants and flowers outdoors is getting ready to pay off for you. The frost threat will soon be a memory and it will be time to enjoy the beautiful flowers and harvest some of the early fruits and vegetables that are made possible through early seed starting plants or overwintering plants by taking advantage of having a greenhouse.

The pictures below show how the plants that continue to thrive in the Letcher County Extension Greenhouse. Ever sweet strawberries continue their large yields of beautiful berries. Tomatoes, peppers and leafy greens continue their great production as well. The flowers continue to put on spectacular bloom shows for all of us to enjoy!

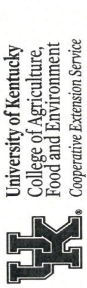
I'm also adding new varieties of tomatoes and fruits and vegetables to the greenhouse each month to show how they respond to grow bags and container gardening. So keep checking back with us each month to see the progress and what's new in the Letcher County Extension Greenhouse.





May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Plant figs Seed or transplant parsley Transplant onions	2 Seed fennel Plant fingerling potatoes	3 Plant red, blue and gold potatoes Transplant or seed Chinese cabbage	4 Seed snap beans (outdoors) Seed head lettuce (outdoors)	5 Seed leaf lettuce and winter squash (outdoors)	6 Control broadleaf weeds in lawn Seed summer squash and cucumbers (outdoors) Seed late
7	8 Seed late celery (outdoors)	9 Seed sweet corn Seed cilantro (outdoors) Plant bok choy	10 Seed thyme Plant early celery and tomatoes Grow mint in	11 Seed annual flowers Transplant or seed melons Fertilize houseplants	12 Plant sweet potatoes Harvest scapes from hardneck garlic	13 Plant tomatillos Plant large pumpkins Seed lima beans
14	15 Plant peppers, okra and cabbage Harvest established asparagus	16 Seed sweet corn Seed borage and zinnias to attract pollinators	17 Remove strawberry blossoms on newly transplanted plants	18 Seed or transplant basil Seed Malabar spinach	19 Install row covers to exclude insects on cabbage and brocco	20 Prune azaleas, viburnum, lilac and forsythia after blooming
21	22 Begin control measures for cucumber beetle	23 Plant tomatoes and eggplant Turn compost	24 Plant jack-o'-lantern pumpkins	25 Prune tomatoes at first flowering Plant an herb garden	26 Stake and mulch tomatoes Trellis cucumbers	27 Plant asparagus beans Transplant fennel
28	29 Seed leaf lettuce as a companion plant with trellised cucumbers	30	31 Seed Roma beans			



University of Kentucky
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Sign Up Today!

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

A **\$75 deposit** is required with your pre-registration form to reserve your spot and to apply for a scholarship.

Please return forms by June 23, 2023!

Make checks payable to:

Letcher County 4-H Council

Mail form and payment to:

Letcher County Extension Office
478 Extension Drive
PO Box 784

Whitesburg, KY 41858

For more info contact:

Crystal Smith

4-H Youth Development Education Agent

Phone: (606) 633-2362

Email: crystal.smith@uky.edu

Web: <http://letcher.ca.uky.edu/>

Find us on



Facebook

Who can go to 4-H Camp? 4-H

Camp is for all Letcher County youth that will be **entering grades 4th – 9th next school year.**

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

The cost for camp this year is **\$275. We have many full and partial scholarships available** to assist in paying the cost.

To be eligible for a scholarship, you must complete the pre-registration form in this brochure, write a brief essay of why you would like to attend camp, attach it to this registration and submit it to the Extension Office with a **\$75 deposit by June 23, 2023.**

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 is due with the application to reserve your spot at camp.**

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

What about school? If school is still

in session during our camping week according to Kentucky Statute (KRS) 159.035, you will not be counted absent from school.

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 → Arts & Crafts
- Riflery → 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.

Sign-up today!



Crystal Smith
4-H Agent



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

Letcher County

2023 4-H CAMP

Time Warp 4-H

Summer Camp



Clay, Harlan, Letcher, Leslie, Perry

ADVENTURE! FRIENDS! FUN!

August 1st – 4th

J.M. Feltner 4-H Camp London,

KY



It is that time of year to start looking/applying for scholarships! Below are a few links to some equine-related opportunities, and the 4-H Horse Scholarship flyer below.

KEEP Foundation/Race for Education: <https://www.thekeepfoundation.org/scholarships/>

<http://www.raceforeducation.org/programs/scholarships>

Kentucky Horse Council List of Scholarships: <https://kentuckyhorse.org/Equine-Scholarships>

University of Kentucky Ag Equine Programs: <https://equine.ca.uky.edu/content/scholarships>

Kentucky Department of Agriculture Equine Scholarship:

https://www.kyagr.com/marketing/documents/SF_Equine-Scholarship.pdf

University of Louisville Equine Scholarship: <https://business.louisville.edu/academics-programs/equine/equine-scholarships-awards/>

Horse Farm Workers Education Fund: <https://horsefarmworkerseducationfund.com/apply/>

Work Ready Kentucky Scholarship Program KHEAA: https://www.kheaa.com/website/kheaa/work_ready?main=1

2023 4-H HORSE SCHOLARSHIPS

This year the 4-H Scholarship Committee in conjunction with the Kentucky Quarter Horse Association and the Kohnhorst Foundation will offer over \$3,000 in scholarships to qualified seniors in the 4-H Horse Program. Applications are due by June 15\ winners will be awarded at the 2023 Drill team Competition. Applications will be judged on GPA, Essay quality, and Activities in which the 4-H'er is involved. Winners must show proof of continuing education after high school. Proof of continuing education is due to the 4-H Scholarship Committee by 12/31/23. Eligible applicants should be graduating High School Seniors only. Applicants may only apply in the year of their graduation.

The Application must include:

- Personal information
 - o Name, address, city, state, zip code, phone number
 - o County & District
 - o Age & date of birth
- High School Information
 - o Name of High School attending or attended



2023 4-H Horse Scholarship

- o Cumulative GPA
- o ACT or SAT Scores (if taken)
- o Involvement in clubs or activities at school
- o Awards and recognition at school
- College/technical school, etc. you are planning to attend
- o Prospective area of study or major
- o You can also include the letter of acceptance
- 4-H Information
- o Number of years in 4-H
- o Club name (if applicable)
- o Projects held: be sure to include 4H Horse Project Activities
- o Offices or positions held in your club
- o Awards and recognition in 4H
- o Add community service, volunteer work, involvement with your community, etc.
- o Expand on your involvement with your community, let us know what you do to better, improve and help your community.
- Essay (no more than 3 pages) describing what 4-H and the 4-H Horse Program has meant to you.
- Photograph of applicant (no larger than 4x6). Please do not staple photograph to application.
- Three letters of reference with addresses and phone numbers will also need to be submitted with your application.



Crystal Smith
4-H Agent



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

Letcher
County 4-H

Homeschool Club

When: May 11th
 Where: Letcher
 County Extension
 Office
 Time: 1 - 3 PM

Please call us to sign up
 or for any questions
 at 6066332362



Letcher County 4-H

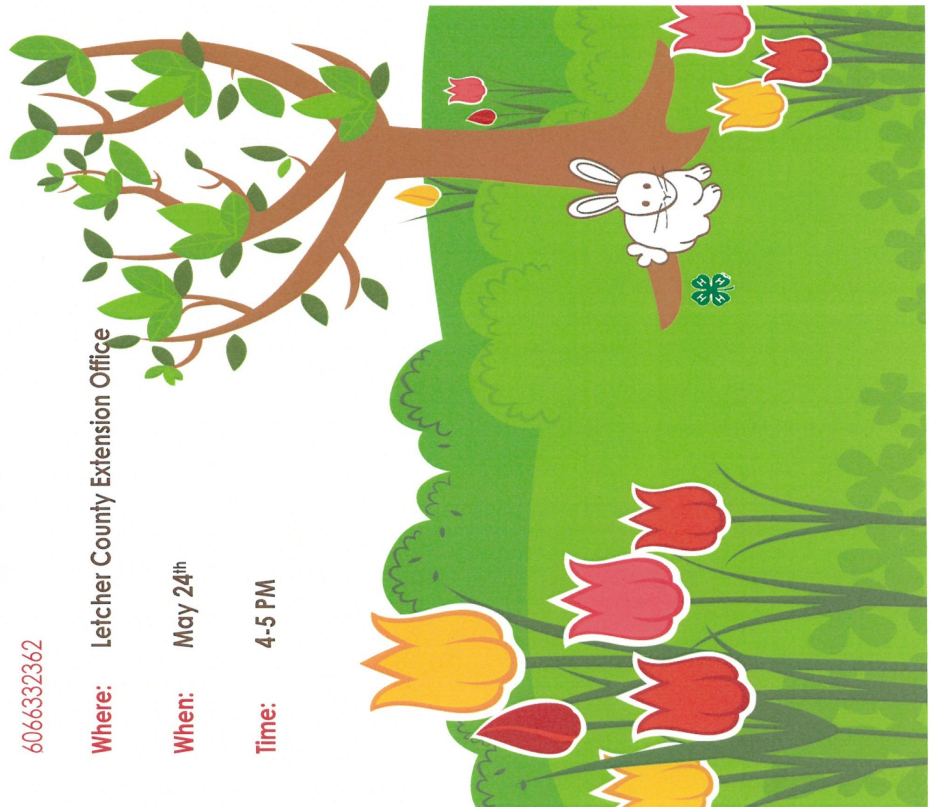
CLOVERBUDS

Please call us to sign up or for any questions at
6066332362

Where: Letcher County Extension Office

When: May 24th

Time: 4-5 PM





Crystal Smith
4-H Agent



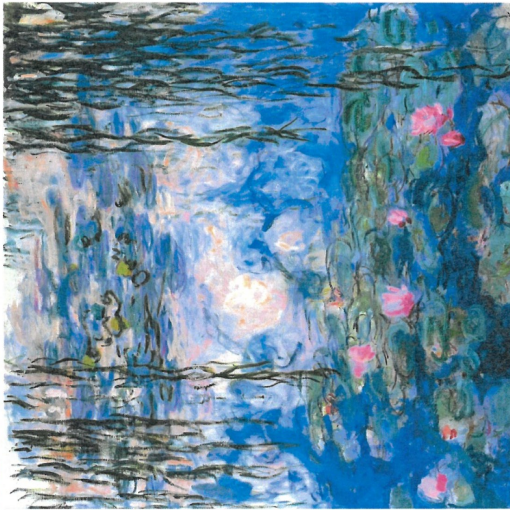
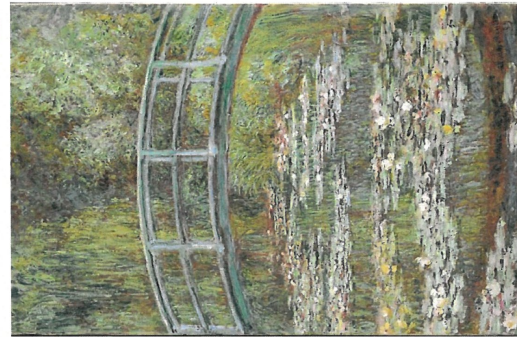
Letcher County 4-H
ART CLUB



Famous Artists' Series Continues with creative and fun ways of recreating:

Claude Monet's, "Bridge over a Pond of Water Lilies"

& "Water Lilies"



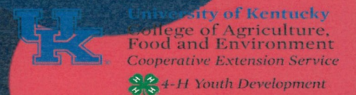
When: May 18, 2023 Ages: 9-18 Time: 4-6 PM

Where: Letcher County Extension Office

Please call to sign up or for any questions at 6066332362



JR. TEEN/TEEN CLUB



May 4th 4 PM-5 PM

May 18th (with Art Club) 4 PM-6 PM

Ages: 12-18

Letcher County Extension Office

Call us at 6066332362 to sign up or to ask any questions!

May 2023

	MON	TUE	WED	THU	FRI	SAT	SUN
1		2 Adventure club 4	3	4 Hiking for health	5	6	7
8	9 Drop it like its hot 11	10 Crafty Cut-Ups 10:00	11 Jenkins Homemakers 12:00	12 Hiking for Health	13 Cooking Thru Calendar 11:00	14	
	Letcher Homemakers 10:30		Cowan Homemakers 11:00				
	Beekeepers 6:00		Homeschool Club 1:00				
15	16 Cutting Board workshop (rcars)	17 High-tunnel Herbs 1:00	18 Hiking for Health	19 Hiking for Health	20	21	
22	23 Cake Pops 11:00 Lunch-n-Learn 1:00	24 Cloverbuds 4:00	25 Art Club & Teens 4:00	26 Homemaker County Meeting 11:00	27	28	
29	30 PBPT 5:00	31					
	CLOSED						



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

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

RETURN SERVICE REQUESTED



Shad Baker
Agriculture & Natural Resources



Nanette Banks
CEA for Family & Consumer
Sciences Education



Crystal Smith
4-H Youth Development