

Cooperative Extension Service
Letcher County
478 Extension Rd
Whitsburg, Ky 41858
606-633-2362



JOIN US FOR A

CHRISTMAS BAZAAR

1
DECEMBER
9 AM - 6 PM

- CROCHET,
- DRAWINGS,
- PAPARAZZI, BAKED GOODS, CLAY
- FIGURINES, PAPER CRAFTS, HOT CHOCOLATES, FRAPPES,
- COOKBOOKS, CHRISTMAS ORNAMENTS, WOOD CRAFTS, T-SHIRTS, TUMBLERS, HOME DECOR



478 EXTENSION DR WHITESBURG
CALL 633-2362 FOR MORE INFO

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

DROP IT LIKE IT'S HOT

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**

Weigh in: December 4th
Time: 11:00 AM Bring your tracking sheet
Location: LETCHER COUNTY EXTENSION
For: Anyone looking to make a healthy change

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 Service are provided regardless of race, color, sex, age, marital status, religion, political belief, creed, national origin, ethnic origin, 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.

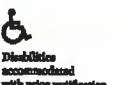
Nanette Banks
Letcher County Extension Agent
for Family & Consumer Sciences
Education

**Cooperative
Extension Service**

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

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.





HOMEMAKER CLUBS

MONTHLY MEETINGS

Letcher Homemakers
Dec 12 @ 10:30
Jan 9 @ 10:30
Jeremiah Baptist

Crafty Cut-ups
Dec 12 @ 10:00
Jan 9 @ 10:00
Letcher County Extension

Cowan Homemakers
Dec 7 @ 11:00
Jan 11 @ 11:00
Cowan Community Center

Jenkins Homemakers
Dec 13 @ 12:00
Coal City Coffee
January 19th @ 12:00

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

Homemaker

Christmas Ornament Exchange

Bring your ornament that you have made or bought & favorite finger food

12 08 23



Call 633-2362 to register by December 1st

December 5th @ 11:00
Letcher County Extension Office

@reallygreatsite



COOKING THROUGH THE CALENDAR

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

December 11 @ 1:00

Loaded Beef Stroganoff



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



Join us to celebrate

Homemaker

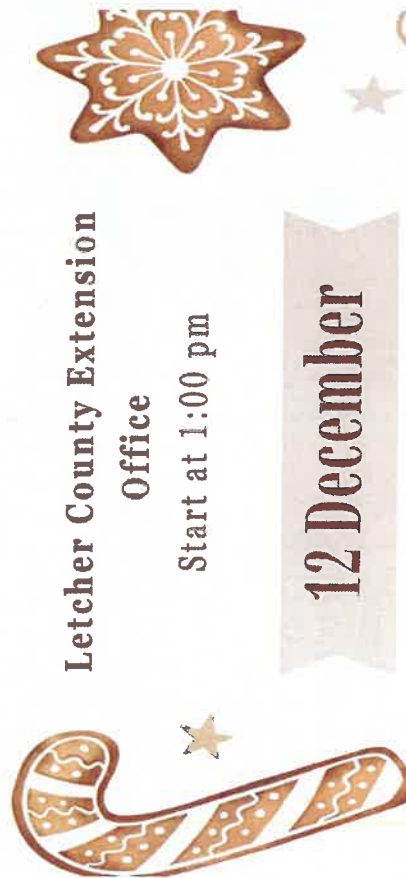
**COOKIES/SWEET TREATS
EXCHANGE**

Letcher County Extension
Office

Start at 1:00 pm

12 December

Pre-register by
December 6th, drop
your recipe off by
December 8th to see
how many cookies
you will need to
make.





DIABETES SUPPORT GROUP

**Last Thursday
of each month**

2024
Join with us
to discuss:

JAN 25 Carb Counting

FEB 29 Disaster Preparedness

MAR 28 Neuropathy - Coping
with the Pain

APR 25 Medications -
What's New

MAY 30 Why Protect
Our Kidneys

JUN 27 Eye Disease

JUL 25 How to Handle
Diabetic Emergencies

AUG 29 Staying Hydrated

SEP 26 Diabetes Prevention -
Prevention for Families

OCT 31 Holiday Eating

NOV 21 Trivia
**This meeting is off our regular schedule*

10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetes



FOR INFO arh.org/diabetes

ABOUT THESE AND
MORE DIABETES
SUPPORT OPTIONS:

606.789.3511
ext. 1229

arhdiabetes@arh.org

BINGOCIZE

Bingocize is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get people moving and socializing. We will be meeting for 10 weeks on the following dates in January: 9th, 11th, 16th, 18th, 23rd, and 30th at 1:00 each day. January 25th @ 11:30. Please call and pre-register by December 22nd. For more information contact Nanette Banks at 606-633-2362.



606-633-2362

Letcher County Extension



Family & Consumer Sciences



TRAVELING THE WORLD WITH

EXTENSION

January 16th

11:30

**International Cooking Series
without leaving your kitchen**

-  different cultures
-  history of food

Register by January 8th 633-2362



Carbon Monoxide: Exposure and Prevention January 12th @ Noon



Carbon Monoxide is produced whenever fuel of any type is burned whether in engines, furnaces, fireplaces, grills, stoves, and gas ranges. Since carbon monoxide can't be seen, tasted, or smelled, the danger is the buildup of the gas in enclosed spaces. This lesson will be taught by Darian Creech, Wolfe County FCS agent. Please pre-register by January 5th so we have enough lunch for those in attendance.



COOKING THROUGH THE CALENDAR

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

January 18th @ 11:30 am

Savory Winter Pork Stew



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

EEFER

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

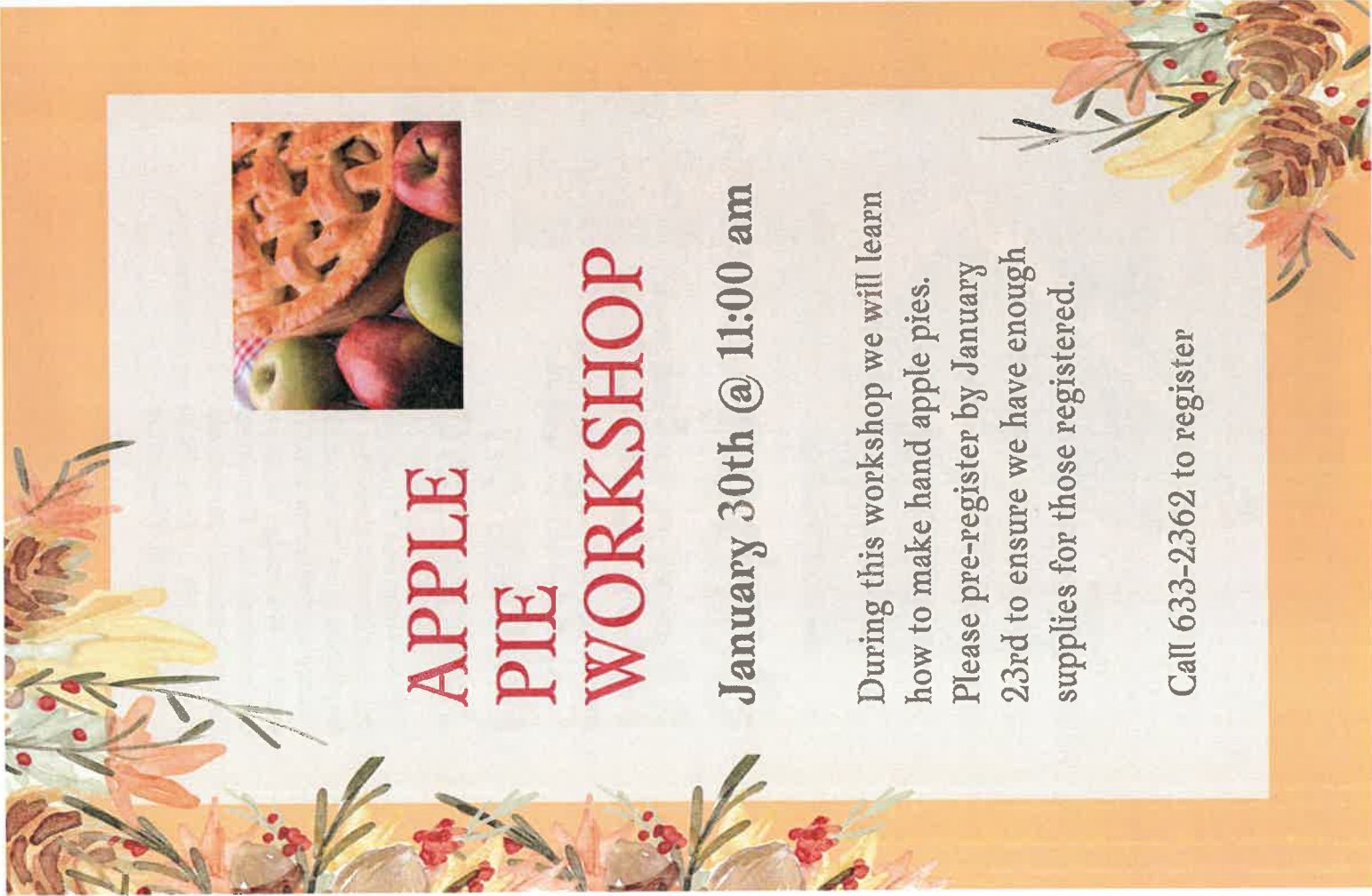


APPLE PIE WORKSHOP

January 30th @ 11:00 am

During this workshop we will learn how to make hand apple pies. Please pre-register by January 23rd to ensure we have enough supplies for those registered.

Call 633-2362 to register





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

THRIFTY FOOD HACKS

Use what you have. Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

Browse a cookbook. Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

Meatless Mondays. The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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Disabilities
accommodated
with prior notification.



DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



THRIFTY SHOPPING HACKS

Make a list. A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

Clip coupons. Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

Buy in bulk. Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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The 2023-2024 Winter Outlook for Kentucky

Derrick Snyder – National Weather Service, Paducah, KY



As the leaves change colors and fall to the ground, crops are harvested, and tendrils of frost form on plants, conversation often turns to what the coming winter will bring. As we have seen, winter in Kentucky can bring a bit of everything, from ice and snow, to flooding, to bitter cold - even severe weather. Given how variable the weather during the winter can be, is it possible to predict what will happen? Many of us have heard homespun wisdom about ways to predict what an upcoming winter will bring. Some of the more popular ones include how dark the hair of a woolly worm is in the fall, the shape of the seed inside of a persimmon, and counting the number of morning fogs in August. Unfortunately, these tales are not necessarily based in truth. The National Weather Service has a division called the Climate Prediction Center (CPC). The climatologists use historical data and pattern recognition, along with latest trends and observations, to predict a seasonal outlook. This past month, CPC just issued the outlook for the upcoming 2023/2024 Winter Season. So how does it shake out?

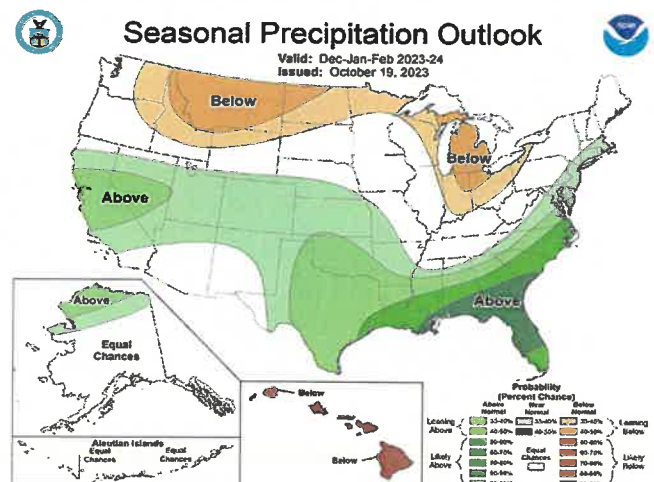
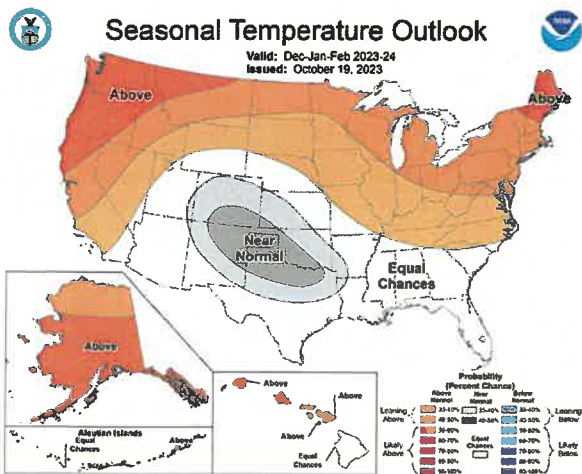
The winter outlook compiled by CPC covers the months of December, January, and February. It is not possible to give a day by day forecast of what will happen, but it is possible to forecast whether a region will see a greater chance of above-, below-, or near-normal temperatures and precipitation (rain and melted snow and ice). If there is not a strong signal either way, the outlook will say that a region will have an equal chance of seeing above-, below-, or near-normal temperatures and precipitation. It is important to remember that these outlooks cover a three-month period. Periods of cold weather can occur when above-normal temperatures are favored, and the opposite can happen when below-normal temperatures are favored. The same rule also applies for precipitation.

This year, the United States is entering into a strong El Niño pattern. During El Niño, trade winds weaken in the Pacific Ocean. Warm water is pushed back east, toward the west coast of the Americas.

El Niño means Little Boy in Spanish. South American fishermen first noticed periods of unusually warm water in the Pacific Ocean in the 1600s. The full name they used was El Niño de Navidad, because El Niño typically peaks around December.

El Niño can affect our weather significantly. The warmer waters cause the Pacific jet stream to move south of its neutral position. With this shift, areas in the northern U.S. and Canada are dryer and warmer than usual. But in the U.S. Gulf Coast and Southeast, these periods are wetter than usual and have increased flooding.

In Kentucky, the outlook for this winter slightly favors above-normal temperatures across the entire state. For precipitation, the great majority of the state has an equal chance of seeing above-, below-, or near-normal precipitation. However, across far northern Kentucky, the outlook does slightly favor below-normal precipitation amounts. How will this end up playing out over the winter? – We shall have to wait and see!





Stay Informed Before A Wildfire

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe.

- Monitor the weather reports provided by your local news radio and TV stations.
- Sign up for local emergency notifications for your community to receive either text message or email alerts.
- Always have extra batteries for a battery-operated radio and your cell phone.



Protect people, pets and property from wildfire.

Following these tips, along with making improvements to the landscape surrounding your home, can help reduce your wildfire risk.

Check your home's roof and the roofs of outbuildings for areas where leaves, pine needles and other materials can build up and burn.

Regularly clean leaves, pine needles and anything that can burn from gutters.

Screen all vents with 1/8-inch noncorrosive metal mesh.

Replace or build decks with fire-resistant materials.

If you live in the wildland urban interface, consider replacing your roof with Class A fire-rated materials and installation assemblies.

Seal gaps around windows, doors and eaves with caulk.

Remove anything that can burn from underneath decks.

Seal the bottom of the garage door.

Build or retrofit your home with dual-paned, tempered glass windows.

Plan and practice how to evacuate early.

Check with local officials to make sure your wildfire safety enhancements meet required codes and standards.



Click here to add image.



Visit usfa.fema.gov/wui to learn more about reducing your wildfire risk.



Wildfire Evacuation Checklist

Make leaving safely second nature



Plan, prepare and practice these simple tips that can help make leaving your home quicker, easier and safer in the event of a wildfire and reduce your risk of injury.

Pre-fire: Plan, prepare and practice before a wildfire occurs.

A wildfire may make it necessary for you and your neighbors to evacuate. Plan, prepare and practice wildfire evacuation together and with your local emergency services. This can help save lives!



Pre-fire: plan

- ✔ Sign up to receive local emergency alerts and warnings on all home phones, cellphones and other devices.
- ✔ Know what your community's emergency notification and evacuation plans are.
- ✔ Plan an evacuation route away from your home and other alternate routes in case the first route is closed or threatened by wildfire.
- ✔ Make sure your designated contact knows your plan and to communicate with you to know you are safe.
- ✔ Know the evacuation plans for locations where household members regularly are such as workplaces, schools and commuter routes.
- ✔ Plan to evacuate family, friends or neighbors who have disabilities.
- ✔ Maintain roads and bridges on your property and in your community if you are responsible for them. Improve roads to have 2 ways out and make them wide enough for emergency vehicles. Make sure everyone can open gated roads. Post load limits on bridges. Build culverts with materials that won't melt.



Pre-fire: prepare

- ✔ Prepack emergency supply kits.
- ✔ Back vehicles into your garage or park them in an open space facing the direction of escape.
- ✔ Keep the gas tank in vehicles at least half full.



Pre-fire: practice

- ✔ Practice often with everyone in your home, using at least 2 ways out of your neighborhood.
- ✔ Participate in community wildfire drills. If something could keep you from leaving successfully, such as a locked gate, address it immediately.
- ✔ Practice evacuating animals and pets, including how to operate trailers and other vehicles needed to transport them. Know what resources are needed for their care in case of evacuation.



During a wildfire event

- ✔ Charge all cellphones in case of power loss.
- ✔ Know the local fire conditions and be prepared to leave at a moment's notice.
- ✔ Leave early if you are concerned. It may take more time than you think to evacuate due to heavier traffic and decreased visibility, or if you have small children, pets or livestock, or have physical challenges.
- ✔ Go promptly when told to evacuate.
- ✔ Don't drive out with trailers or large vehicles like RV's, especially if you are unfamiliar with operating them. A stalled or abandoned vehicle makes it hard for others to leave and first responders to get into the area.
- ✔ Keep your car windows up and the air conditioning on to prevent embers and smoke from entering the vehicle.
- ✔ Continue to listen for additional evacuation instructions.



After evacuating

- ✔ Make sure that everyone is okay once you are out. If someone is injured or not feeling well, get immediate assistance.
- ✔ Inform your designated contact as soon as you are safe.
- ✔ Don't return to your home until you are told you can safely do so.
- ✔ Follow safety guidance, including bringing in fresh water and other supplies.

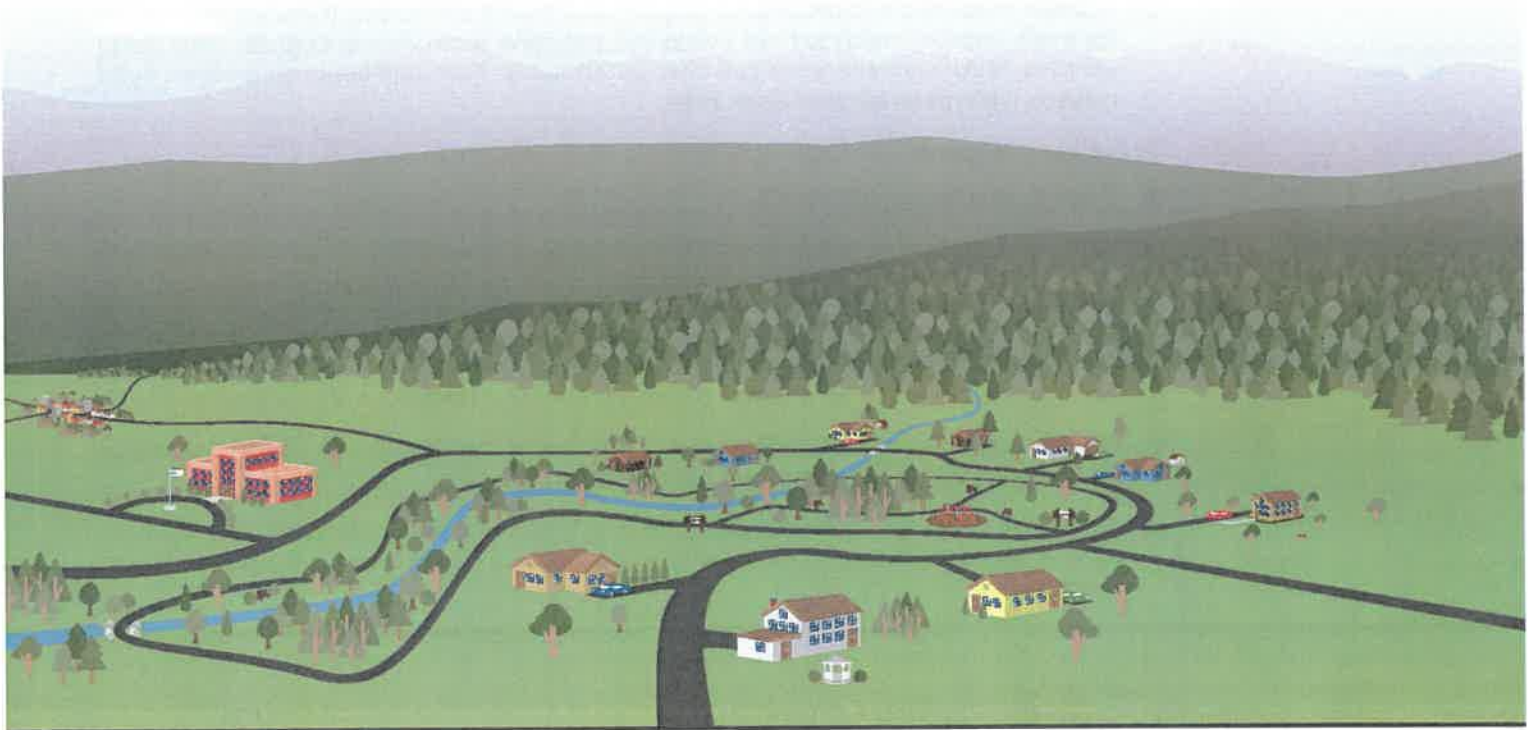




Photo: Jennifer J. Taylor, stock.adobe.com

Smoke from a wildfire blankets a neighborhood. Take steps to protect your indoor air when outside air is unhealthy to breathe.

Glenda Hyde

Wildfire smoke can damage your lungs, heart, eyes, nose, throat and immune system. Smoke can enter homes and contaminate indoor air. Protect yourself by staying indoors and taking steps to reduce indoor air pollution. Here are tips on how to protect the air in your home.

Why is smoke harmful?

Smoke from sources such as burning homes, commercial buildings, automobiles and gas stations contains harmful gases, chemicals and fine particles known as “particulate matter.” The risk increases when these substances merge with forest fire smoke.

Air-quality alerts, such as the Air Quality Index, focus on six main components: nitrogen dioxide, sulfur dioxide, ozone, carbon monoxide, lead and particulate matter.

In a wildfire, the major contributor to smoke is fine particulate matter. Of particular concern are the

smallest particles, known as PM_{2.5}. These particles are invisible to the eye. Because they are so small, they can travel deep into the lungs and be absorbed into the body.

Larger particles, called PM₁₀, are usually visible in the form of ash. When inhaled, small bits are trapped high in the lungs and typically can be coughed out. However, they can still cause irritation.

Glenda Hyde, Extension Family and Community Health faculty, Crook, Deschutes, Jefferson and Wheeler counties, and associate professor of practice, Oregon State University.



GROWING THE REGENERATIVE ECONOMY

Accelerating Appalachia

FOOD • FIBER • FORESTS

Through Accelerating Appalachia's USDA Climate Smart Commodities program, "Building Soil, Building Equity" (BSBE), agricultural funding opportunities are available for farmers. Farmers can earn up to \$1,000/acre for deploying simple common sense proven practices. In addition to funding opportunities, farmers will be provided with implementation training and marketing support at no cost to farmer cohorts. See the attached documents for more information.

Here is a little more about the program...

Accelerating Appalachia's project, Building Soil, Building Equity: Accelerating a Resilient Farming Movement in Appalachia and the rural southeastern U.S., aims to train and provide funding to 400+ farmers/producers to sequester significant carbon drawdown, retain water, improve soil health and food nutrition while rebuilding rural communities over a four to five-year period. The project spans thousands of acres of Central/Southern Appalachian and rural southeastern land, including Kentucky, North Carolina, Tennessee, South Carolina, West Virginia, Virginia, southern Ohio, and northern Georgia.

In equal measure, the project supports restoring biodiversity and helping new and existing small to medium-sized growers to stay on land and improve soil health, food health, and regional production to rebuild rural communities. This funding is part of the \$3.1 billion USDA Climate Smart Commodities grant in which Accelerating Appalachia received \$20 million. Farmers will be incentivized to adopt Climate-Smart Agriculture and Forestry (CSAF) practices through an \$18 million farmer fund for direct incentives, with increased incentives for BIPOC producers.



Early-Snyder Family Farm, Photo by Erica Chambers Photography



LETCHER COUNTY
EXTENSION

*Christmas Trees
for sale*

PICK OUT YOUR OWN CHRISTMAS TREE

Grown at your Letcher County Extension
Office

Pick out your own christmas tree we will cut
it for you.

\$10 a foot

Starting December 1st



GROW - YOUR-OWN

Christmas

TREE

Come join us and learn how to get started growing christmas trees

One lucky person will be drawn for a tree give away

DECEMBER 5 @ 12 NOON

Christmas Tree Farm

MANAGING
A POULTRY
FLOCK ON
PASTURE

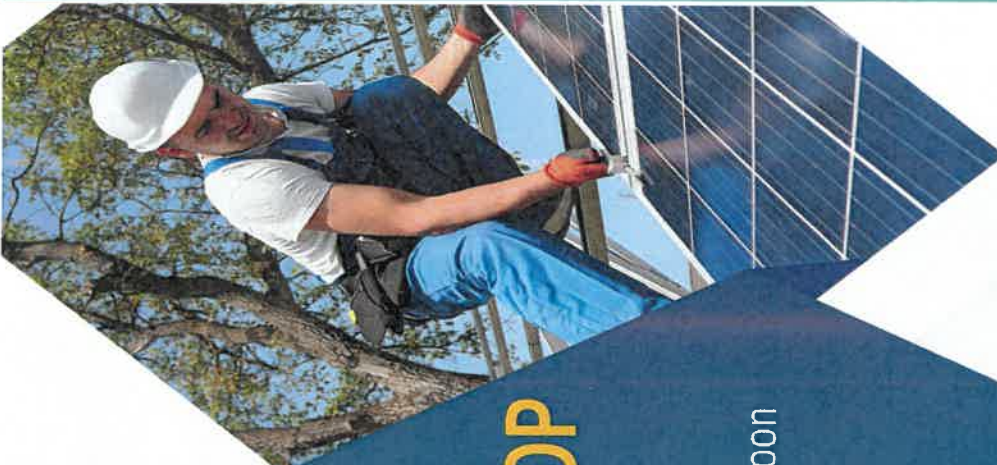
zoom

December 5 @ 3:00

<https://uky.zoom.us/webinar/re...>

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SOLAR WORKSHOP



December 12 @ 12 noon

Advantages of Solar Energy:

- ✔ Renewable & Sustainable
- ✔ Energy Independence
- ✔ Long-Term Savings

Register Now



606-633-2362



**Letcher County
Extension**

Winter Prep for Livestock

December 14 @ 12 noon
Letcher County Extension
Office



**Call 633-2362 to
register**



PESTICIDE TRAINING

DEC 7TH @ 12

NOON

LETCHER CO

EXTENSION OFFICE

CALL REGISTER
606-633-2362

CHICKEN

HEALTH

AND

WELLBEING

zoom

January 2 @ 3:00

[https://uky.zoom.us/webinar/re...
zh3wPWTcQf-fyFNOSQ1Q](https://uky.zoom.us/webinar/re...zh3wPWTcQf-fyFNOSQ1Q)



December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Turn compost Protect shrubs from harsh weather
3 Mulch hybrid roses Select cut Christmas tree with flexible needles	4 Overwinter spinach and Swiss chard	5 Mulch perennial herbs	6 Hanukkah Begins Begin harvest of high tunnel carrots and lettuce	7 Buy live Christmas tree	8	9
10 Turn compost	11	12 Harvest Brussels sprouts	13	14	15	16
17	18	19	20 Winter Begins	21	22	23
24	25 Plant live Christmas tree	26	27	28	29	30
31						



December/January Greenhouse Update

Brad Sexton

AG & Natural Resource Assistant

Now it's time to seal up any drafty air ways and for the most part scale back the thermostat on the exhaust fans in your greenhouses because the old cold drafty days are upon us. Anything you can do to keep the heat in your greenhouse during these cold days will help conserve energy bills and keep your plants healthy and thriving. If you have grow lights put them on timers of 12 to 16 hours a day to help save on the life of the light and if your just purchasing grow lights the LED lights are the most recommended and efficient. As we lose sunlight the grow lights are a must for fruit and flower production in the winter months.

We have some new varieties growing in the greenhouse that I wanted to showcase. The roses were fairly new and are thriving. The pink geranium is new and continues its bloom show. The nasturtium's are new as well, the cherry red and cream color varieties are showing no signs of slowing down. The mums are new and are always a fall favorite. We also have some new succulent varieties hen& chicks and aloe too. Then last but not least the candy cane pepper, yellow sweet pepper and ever sweet strawberry. If there is ever any questions or you want to come tour our greenhouse just give us a call. Want to take this time to wish everyone a very Merry Christmas and a Happy New Year. Check back next time to see what's growing in our greenhouse.





Crystal Smith
4-H Agent



LETCHER COUNTY 4-H

HOMESCHOOL



CLUB

When: December 19, 2023
Where: Letcher County Extension Office
Time: 1 pm- 2:30 pm

Get your Homeschool Student involved with 4-H!
4-H teaches life skills, leadership, education, and
friendship.

Please contact us at: 6066332362 to sign up or for any
questions you may have!



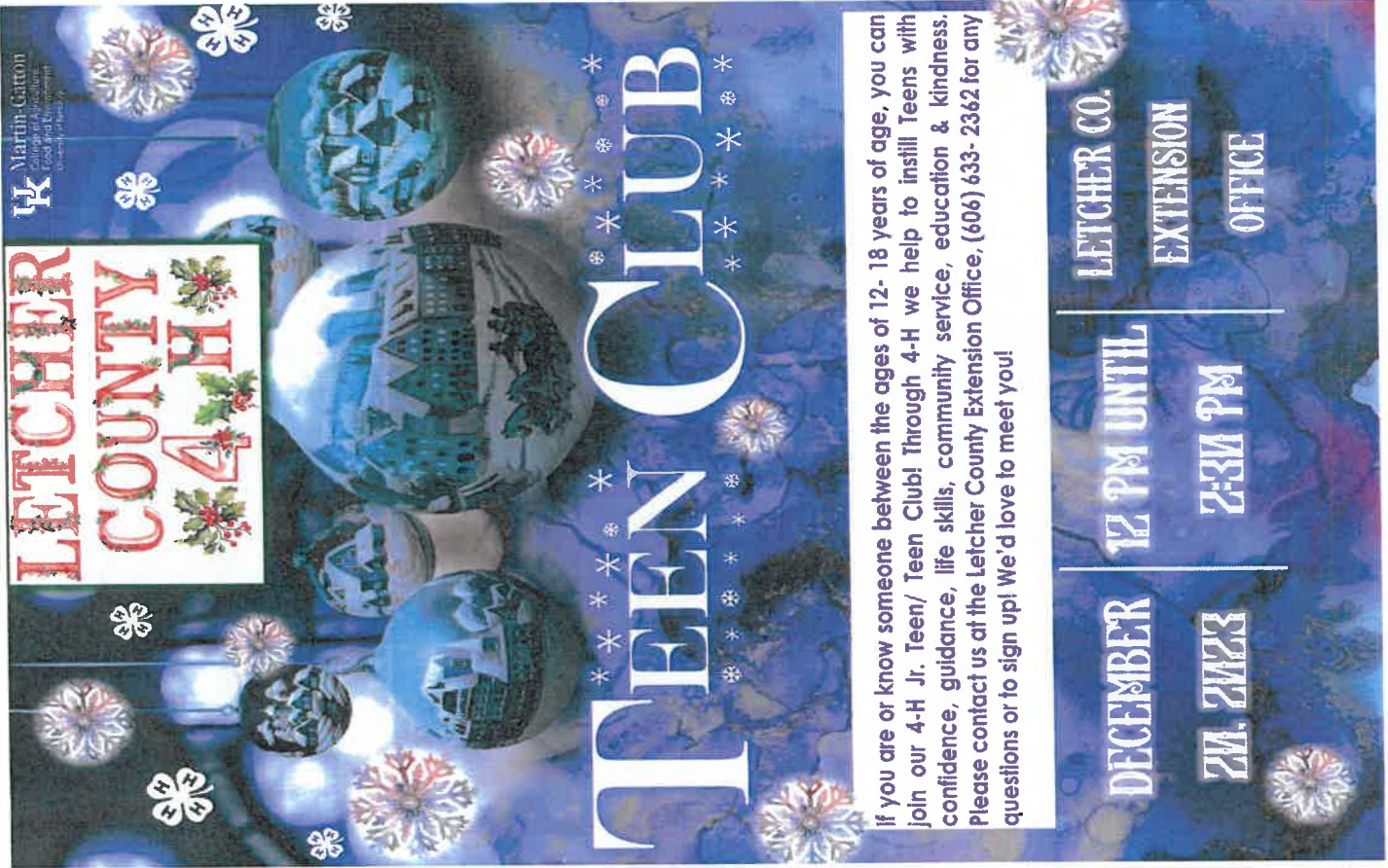
Cloverbuds

When: December 13, 2023

Where: Letcher County Extension Office

Time: 3:30 pm until 4:30 pm

Do you have or know a child that is from the ages 4- 8 years old? If so, we invite them to get to know 4-H with the Cloverbuds Club. Through 4-H we teach life skills, leadership, agriculture, arts, STEM and more importantly, kindness!
If you would like to sign up or know more about our Cloverbud Club, please contact us at: 606-633-2362

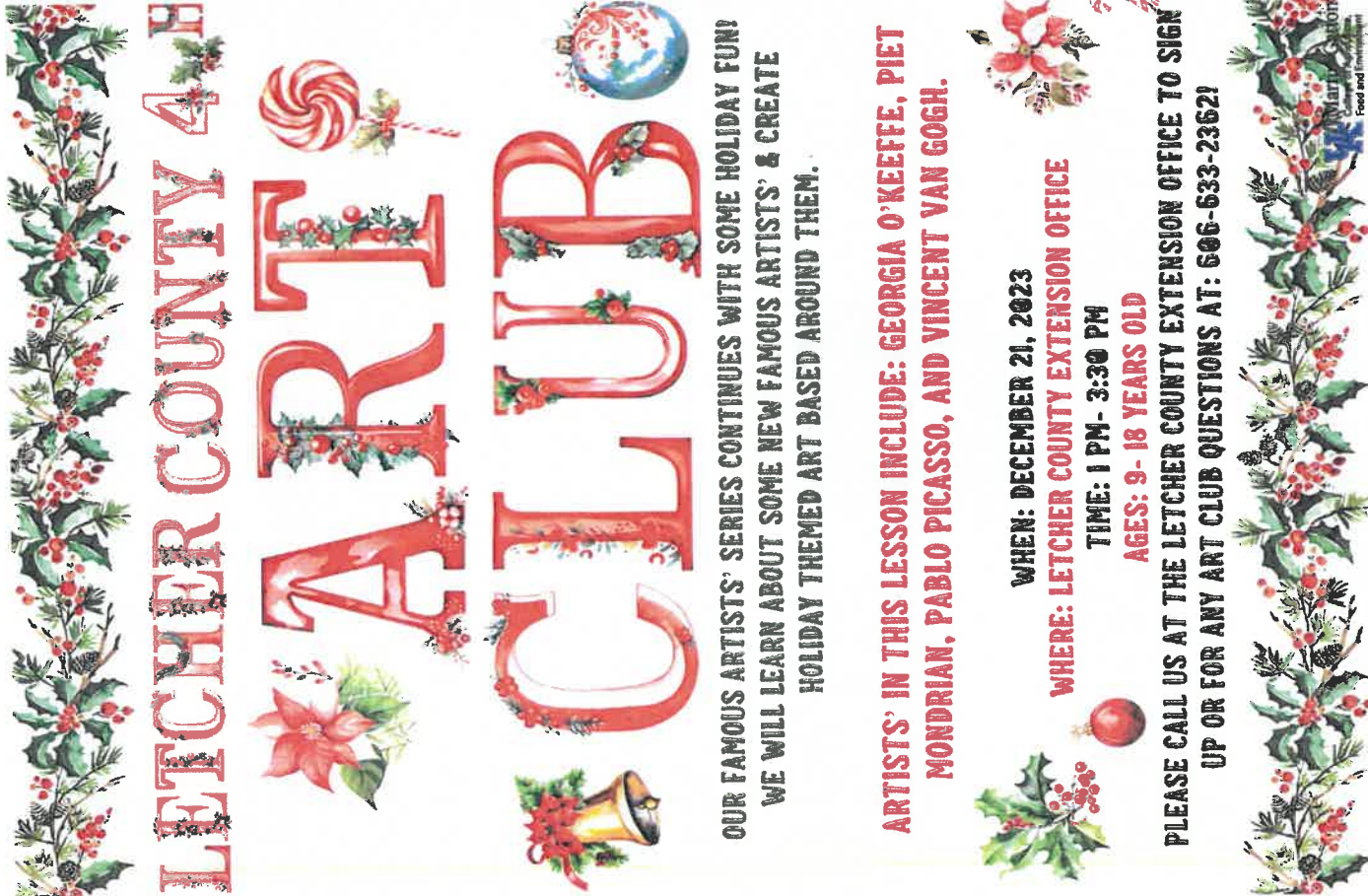



LEITCHER COUNTY 4-H

TEEN CLUB

If you are or know someone between the ages of 12- 18 years of age, you can join our 4-H Jr. Teen/ Teen Club! Through 4-H we help to instill Teens with confidence, guidance, life skills, community service, education & kindness. Please contact us at the Leitcher County Extension Office, (606) 633- 2362 for any questions or to sign up! We'd love to meet you!

DECEMBER	12 PM UNTIL	LEITCHER CO.
21, 2023	2:30 PM	EXTENSION OFFICE



LEITCHER COUNTY 4-H

ART CLUB

OUR FAMOUS ARTISTS' SERIES CONTINUES WITH SOME HOLIDAY FUN! WE WILL LEARN ABOUT SOME NEW FAMOUS ARTISTS' & CREATE HOLIDAY THEMED ART BASED AROUND THEM.

ARTISTS' IN THIS LESSON INCLUDE: GEORGIA O'KEEFE, PIET MONDRIAN, PABLO PICASSO, AND VINCENT VAN GOGH.

WHEN: DECEMBER 21, 2023
WHERE: LETCHER COUNTY EXTENSION OFFICE
TIME: 1 PM - 3:30 PM
AGES: 9- 18 YEARS OLD

PLEASE CALL US AT THE LETCHER COUNTY EXTENSION OFFICE TO SIGN UP OR FOR ANY ART CLUB QUESTIONS AT: 606-633-2362



Crystal Smith

4-H Agent



Cloverbuds

January 9, 2023

Time: 3:30 pm - 4:30 pm

At the Letcher County Extension Office

Do you have or know a child between the ages of 4-8 years old? If so, we invite them to get an early start with 4-H through our Cloverbuds Club! We teach Art, Leadership, Life Skills, Crafts, STEM, & fun!

Please contact us for any questions or to sign up at: (606) 633-2362



Letcher County 4-H

HOMESCHOOL CLUB

Skills Leadership Education Kindness Friendship

Letcher County Extension Office

January 16, 2024 • 1 pm - 2:30 pm

Contact: Letcher County Extension Office-4-H • Call: (606) 633- 2362

If you have or know someone with a child in Homeschool, you should introduce them to 4-H!

We teach Life Skills, Education, Kindness, and Leadership.



Crystal Smith

4-H Agent



When:

January 18, 2024

Where:

Letcher County Extension

Office

Time:

4 pm - 6 pm

Please call us to sign up or for any

questions at: 6066332362



Jr. Teen/Teen Club

Let a new year bring you a new start!
 With 4-H you gain an advantage in life.
 You learn life skills, community service,
 leadership, kindness, and friendship. Do
 you know a pre-teen or teen, ages 12-18
 years old, that has these skills to
 develop? Come join us for our January
 Club.

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

When: January 24, 2024

Where: Letcher County Extension

Office

Time: 3:30 pm - 5 pm



Crystal Smith
4-H Agent



COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

For More Information:

Contact your local County Extension Office

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

<https://4-h.ca.uky.edu/core-program-areas/kentucky-volunteer-forum>

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.



Crystal Smith
4-H Agent



Cooperative
Extension Service

YOUTH HEALTH BULLETIN



DECEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Letcher County
Extension Office
478 Extension Dr.
Whitesburg, KY 41858
606)633-2362

THIS MONTH'S TOPIC: STAY FIRE SAFE



When it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

Continued on the next page →

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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.

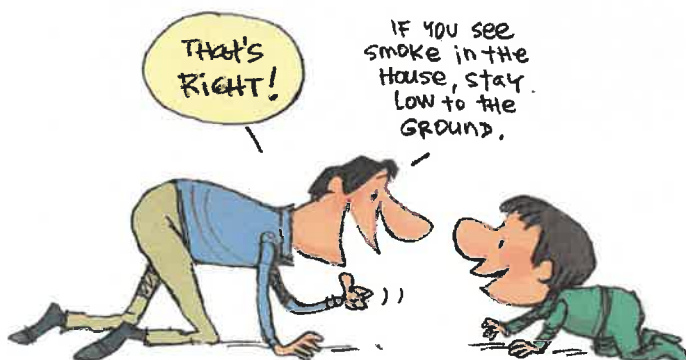
→ Continued from the previous page

people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, **STAY OUT**. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.



If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to **STOP, DROP** to the ground, cover your face with your hands, and **ROLL** to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

REFERENCE:

<https://kidshealth.org/en/kids/fire-safety.html>

ADULT HEALTH BULLETIN

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College of Agriculture,
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Cooperative Extension Service

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RETURN SERVICE REQUESTED



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Agriculture & Natural Resources



Nanette Banks
CEA for Family & Consumer
Sciences Education



Crystal Smith
4-H Youth Development