



## Floyd County 4-H Newsletter

Have you heard the great news? Summer is approaching fast, and you know what that means. It's time for 4-H camp. Floyd County youth will be attending the J.M. Feltner 4-H Camp in London Kentucky July 9 -12, 2024. Youth grades 4<sup>th</sup>- 8<sup>th</sup> and 3<sup>rd</sup> grade graduates may attend as campers.

Let me tell you a little bit about the 4-H camp Floyd County youth will be attending. The J.M. Feltner 4-H Camp covers 182 acres of scenic foothills near the Daniel Boone National Forest and Levi Jackson State Park. A one and one-half acre lake provides opportunities to fish, canoe and participate in pond studies and other environmental activities. The camp offers facilities for archery, riflery, horseshoes, volleyball, basketball, tennis, crafts, nature classes and a low and high ropes challenge courses.

Here are some of the other things our young people will get to participate in while at camp. They can catch everything from butterflies to fish; take nature hikes and learn to identify trees and different animals found along the way; learn to swim and use a canoe, create crafts; participate in challenge courses and relay games; sing songs and learn new dances; learn responsibility and develop leadership skills, make new friends and, of course, have fun.

The camp experience helps our youth to work toward the 4-H Youth Development mission to become self-directing, productive and contributing members of society. Youth develop inquiring minds, an eagerness to learn, and ability to apply science and technology. They learn practical skills, develop competencies and acquire knowledge in such areas as citizenship, communication, self-expression, leadership, personal standards and concern for community involvement. Campers also strengthen their abilities to make decisions, solve problems, manage their own lives and develop interpersonal relationships with adults and other youth.

All campers are well supervised by Agents, 4-H leaders, trained camp staff, adult volunteers and teen leaders, who will be attending camp all week. The cost is \$250.00 for the 1<sup>st</sup> 60 campers to sign up. This covers meals, lodging, transportation, swimming and much, much, more. Scholarships are also available. Please Contact Heather J. Coleman if you are interested.



*Heather J. Coleman*

Heather J. Coleman  
County Extension Agent for  
4-H Youth Development

### 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.  
Lexington, KY 40506



Floyd County Cooperative  
Extension Service

3490 KY Route 321

Prestonsburg, KY 41653

(606) 886-2668

floyd.ca.uky.edu

[www.facebook.com/4hfloydcoky](https://www.facebook.com/4hfloydcoky)



2023-2024 Jack Friar 4-H Teen Council Scholarship  
winners are:

Kevin Howard, Prestonsburg High School  
and  
Laken Shepherd, Prestonsburg High School




## JACK FRIAR MEMORIAL SCHOLORSHIP FUND

One of Jack's passions was 4-H camp. In honor of Jack the Floyd County 4-H Council has set up the Jack Friar Memorial Scholarship Fund. This fund will go towards helping the youth of Floyd County who can not afford to attend 4-H camp each summer. If you would like to sponsor a camper for the 2014 camping season the camp fee will be \$275.00. Any donation will be appreciated. You can make you checks payable to the **Jack Friar Memorial Scholarship Fund**. Mail your donations to Floyd County Extension Office Attention: Heather Coleman, 3490 KY Rt. 321 Prestonsburg, KY 41653.



UK Cooperative Extension Service

Empowering youth. 

*It starts with us*

UK University of Kentucky  
ca.uky.edu



## **FLOYD COUNTY 4-H 2024**

### **PROJECT WINNERS**

#### **Allen Elementary**

Carli Artrip, Kentucky 4-H Trends  
Peyton Shepherd, Knitting  
Peyton Shepherd, Arts and Crafts  
Isabella Burchett, Woodworking  
Alyson Braham, Arts and Crafts  
Mckinzey Schall, Arts and Crafts  
Lucas Ross, Geology  
Lauralee Slone, Home Environment  
Dallas lay, Home Environment  
Aspen Slone, Food  
Alyson Branham, Photography  
Alyson Branham, Photography  
Alyson Branham, Photography  
Hunter Fraley, Photography

#### **Betsy Layne Elementary**

Elizabeth Joseph, Horticulture  
Barbara Gilley, Woodworking  
Nicholas Williams, Woodworking  
Ava Robinette, Woodworking  
Caleb Osborne, Arts and Crafts  
Alayna Morris, Arts and Crafts  
Madison Yount, Arts and Crafts  
Madison Yount, Arts and Crafts  
Ava Morris, Photography  
Ava Morris, Photography



#### **Duff Allen Central Elementary**

Liam Burke, Food

#### **Floyd Central High School**

Ruthie Bays, Food

#### **James D. Adams Middle School**

Briella Brown, Sewing

#### **John M. Stumbo**

Olivia Keathley, Crochet  
Olivia Keathley, Arts and Crafts  
Augusta Rogers, Arts and Crafts  
Aaron Grim, Food  
Jasma Blankenship, Food  
Liliahnna Little, Food  
Marissa Blankenship, Photography  
Shawn Rogers, Arts and Crafts  
Connor Forsyth, Art

#### **May Valley Elementary**

Kasyn Barnette, Arts and Crafts  
Drew Akers, Arts and Crafts

#### **Prestonsburg High School**

Amelia Gilbert, Crochet  
Amelia Gilbert, Crochet

#### **The David School**

Austin Schmidt, Photography  
Cody Curtis, Photography

# Floyd Co. Extension Youth Ag Week

September 9-13, 2024

Free for 3<sup>rd</sup> grade students



**Youth will get to learn about Bees/Honey, various animals, Fruits and Vegetables, Food/Nutrition, Department of Ag Education Bus, and More**

*If your school would like to participate please contact  
Heather Coleman, 4-H Youth Development Agent*

 Cooperative Extension Service

 Martin-Gatton College of Agriculture, Food and Environment University of Kentucky.

*Save the Date*

ROBINSON CENTER MOUNTAIN AG WEEK  
**PUMPKIN DAYS**

HEADSTART/PRESCHOOL  
THURSDAY OCT 3, 2024

KINDERGARTEN/1ST GRADE  
FRIDAY OCT 4, 2024

PARENTS WELCOME ONSITE DAY OF EVENT

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

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



Disabilities accommodated with prior notification



# Get your child ready for 4-H camp with these nine exercises



Source: Joey Barnard, 4-H Camping Principal Specialist

Camp is an exciting opportunity for 4-Hers, but a group living environment with high independence can also be stressful. To ensure your child maximizes their potential for success at camp, we suggest preparing for the experience weeks in advance. These nine exercises will prepare your child manage their belongings, navigate the campgrounds and prepare physically, mentally and emotionally for the experience.

- 1) Pack with your child and practice packing their suitcase a few days before camp. Keep their belongings in their luggage/trunk. Packing clothes in zippered plastic bags with day labels can help your child stay organized at camp. They can then repack the dirty clothes in the empty bag.
- 2) Practice packing your child's backpack. During camp, counselors help campers pack and review the schedule. Your child should bring a towel, a zippered plastic bag for a wet swimsuit, sunscreen, water bottle, hat and sunglasses. Counselors advise campers to double-check their belongings before leaving an area.
- 3) Help your child pack their toiletries. A small backpack for dry items and a caddy or waterproof bag for wet items is best. Before camp, have your child use their caddy for bathing, brushing their teeth, getting ready for the day and going to bed.
- 4) Camp shower lines can be long. Help your child track shower time. Practice five-minute showers before camp. Assure modest children they can always shower in their swimsuit.
- 5) Campers must "pitch in" to keep the camp clean. To get into the routine, help your child sweep, make their bed, wipe the kitchen table after meals and make their bed.
- 6) Camp can be busy. Help your child track time and monitor their surroundings. While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. In the weeks before camp, take family walks to prepare your child for hiking.
- 7) There is a lot of walking at camp. Teach your camper to stay hydrated by drinking plenty of water. Divide your child's body weight by two to determine how many daily ounces of water they should drink. Find their camp water bottle and practice tracking their water intake in the weeks leading up to camp.
- 8) No one likes moldy clothes. Teach your child to use a clothesline and space items out to dry before packing them back in the zippered plastic bag.
- 9) Some campers find group living stressful. Discuss ways your child can find quiet time in a busy environment and how to recognize when they need a break. Your camper can ask their counselor for quiet time. Talk about managing emotions with your child. Give them a scenario and discuss what they should do if they encounter problems.

Work through these exercises with your child throughout the weeks leading up to camp. Remind your camper that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and we are committed to supporting your camper.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.*

---

## 4-H/EXTENSION DAY CAMPS & SUMMER PROGRAMS

Betsy Layne Elementary Day Camp	June 5 & June 6	1:00pm-4:00pm
John M. Stumbo Elementary Day Camp	June 5 & June 6	9:00am-12:00pm
Home School Day Camp	June 20 & June 21	1:00pm-3:00pm
4-H Camp	July 9-12	
Cooking Camp	July 23-25	10:00am-2:00
<b>STEM</b> Camp	July 30 & July 31	9:00am-12:00pm

If the camp location is at a school, please contact the FRYSC Director at that School to sign up.

For additional dates please follow us on Facebook for further announcements.

<https://www.facebook.com/4hfloydcoky/>

# Agriculture and Natural Resources

The Floyd County Cooperative Extension Agriculture and Natural Resource program provides education, training and technical assistance to individuals and businesses concerned with profitable agriculture. Our educational programs include information on food and fiber production, farm business management, marketing and processing agricultural products, natural resource management and home lawn and garden information. Extension is the major provider of research-based information and education for agricultural producers, agri-business, retailers, consumers, and homeowners. Special programs include beekeeping, master gardener program, pruning demonstrations, pesticide applicator trainings, and soil sampling. For more information contact Chad Allen, Extension Agent for Agriculture & Natural Resources [Chadwick.Allen@uky.edu](mailto:Chadwick.Allen@uky.edu)

## Family and Consumer Science

Strengthening the family through research-based education has long been a goal of the University of Kentucky Cooperative Extension Service Family and Consumer Sciences program. We have helped families invest in their future by helping them develop the competency to choose nutritious foods, manage resources, provide quality care for children and dependent elderly and become community leaders. Some of the activities offered by the Floyd County Family and Consumer Science Program are: Basic Life Skills, Financial Management, Health and Wellness Programs, Nutrition & Food preparation, and Parenting Classes. Looking for creative ideas and leadership opportunities? Join the Floyd County Extension Homemakers. For information contact Andrea Slone Extension Agent for Family and Consumer Science [andrea.johnson2@uky.edu](mailto:andrea.johnson2@uky.edu)

## Floyd Co. 4-H Wants You



The Floyd County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. The 4-H programs need our interests represented on county, district, and state councils. Also needed are people who communicate with local, state, and national legislators. Examples: Participating on the County 4-H Council; Mentioning concerns to our state representatives; Writing letters to legislators or you may like Volunteering directly with young people. We will fit you with what your interest lies in. The amount of time depends on your availability. Examples include: Leading 4-H Clubs; Teaching class at 4-H Camp or sponsoring a Community Club. If you would like more information on being a Council Member or Volunteer please contact: Heather J. Coleman, Floyd County 4-H Youth Development Agent. [hncoleman@uky.edu](mailto:hncoleman@uky.edu)

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.