



University of Kentucky

🥞 4-H Youth Developmen

# KENTUCKY 4-H TEEN CONFERENCE

JUNE 13-16 2023

#celebrateky4h





### Blueberry French Toast Bake

4 cup whole wheat flour cup all-purpose flour 1½ cups skim milk tablespoon sugar 4 teaspoon salt

Generously grease a 13x9x2-inch

baking dish. Beat flours, milk, sugar,

vanilla, salt, eggs and egg whites in a

large mixing bowl with a hand mixer until smooth. Stir in bread cubes

mixture into baking dish. Top evenly

with cream cheese, blueberries and

almonds. Cover and refrigerate for

at least 1 hour, but no longer than 24

until they are coated. Pour bread

1 loaf (12 ounces) French bread cut into 1 inch cubes cheese, cut into 1/2 inch cubes

> hours. Heat oven to 400 degrees F. Uncover and bake 20-25 minutes or until golden brown. Sprinkle with honey, if desired.

1 cup fresh blueberries

1/2 cup chopped

Honey, if desired

almonds

Yield: 8, 1 cup servings

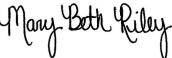
Nutritional Analysis: 420 calories 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.

Buying Kentucky Proud is easy. Look for the label it your grocery store, farmers' market, or roadside stand.

# Follow Us on Social Media



Lyon County 4-H



Mary Beth Riley County Extension Agent 4-H Youth Development 270-388-2341



Lyon County 4-H

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## Lyon County 4-H Newsletter

### 4-H YOUTH DEVELOPMENT



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

**Cooperative Extension Service** Lyon County

231 Main Street Eddyville, KY 42038 (270) 388-2341 Fax: (270) 388-4627

Office Hours: 8:00 AM—4:30 PM, Monday—Friday

#### Hello 4-Hers!!

Summer will be here in no time and I can hardly believe it! There are a lot • of great opportunities coming up this summer for you to get involved with. The first big event is 4-H Summer Camp. There are only girl spots open for 4-H camp!! All camp payments and paperwork is due to the Lyon \*County Extension Office by May 5th!! Are you looking for a unique and useful Mother's Day gift? Sign up for the Mother's Day Flower Pot Class I that will be May 11th, right afterschool at the Extension Office. If you are in 8th-12th grade Teen Conference will be June 13-16. This conference I is a great way to get a taste of campus life, more details to come. This summer there will be an opportunity to join in some cool programs. Be on • the lookout in the next newsletter for dates and times! Here is what has been happening this month with Lyon County 4-H:





Afterschool Craft Club

4-H Country Ham Project

LEXINGTON, KY 40546



For all classes with a registration fee. YOU must come by the Extension Office and register along with payment during office hours, Monday-Friday, 8-4:30 PM. You must be registered one week in advance of any class so our instructors have time to prepare. For classes or project clubs with no fee, you may register by phone at 270-388-2341 during our office hours.

4-H projects open to youth ages 9-18, unless otherwise noted.

Remember, if you sign up for a class and don't show up you are keeping someone else from participating!

#### **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.

4-H Cooking Club







When: April IIth
Time: 3:15-4:15
Where: Ms. Amy's Art Room
Who: 3rd-5th Graders
FREE!!

Permission slips have to be sent for students to stay after school!





### 4-H CAMP SCHOLARSHIP INFORMATION

4-H Camp scholarships are available for students to attend camp! The scholarships will be based upon need. Scholarship applications are available at the Lyon County Extension Office and are due back April 7th! Applications received after April 7th will not be considered! Campers that receive a scholarship will still have to pay a \$50 deposit to hold a spot for 4-H camp.

Thank you to the individuals, businesses, and organizations that donate to the scholarship fur

### Mother's Day Flower Pot Class

LYON COUNTY 4-H AND LYON COUNTY MASTER GARDENER'S PRESENTS



Join us at the
Lyon County
Extension
Office to make
a beautiful gift
for Mother's
Day.

MAY 11, 2023 3:30-4:30

> LAST DAY TO REGISTER APRIL 28

Class fee:
DONATION
ONLY AND ALL
DONATIONS
WILL GO TO
NONNIE'S
PLACE!



STUDENTS 3RD -5TH GRADE

Time:

3:30-4:30 PM

Where:

OUR DAILY BREAD

101 NEWMAN DR., KY-93

EDDYVILLE

SPOTS ARE LIMITED!

CALL 270-388-2341 TO REGISTER!

# 4-H Summer Camp Reminders

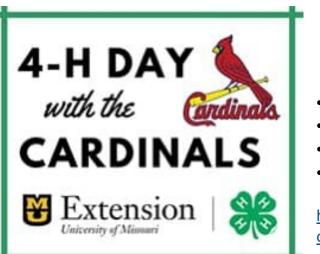
April 7th: Scholarship Applications Due

May 5th: All paperwork and payment due

May 12th @ 6 pm or May 13th @10 am: Camper Orientation

June 5th: Lice check from 10-12 at Lyon County Health Dept.

All paperwork and payment is due to the Lyon County Extension Office!!



Hosted by Missouri 4-H!
St. Louis Cardinals vs. LA Dodgers
Saturday, May 20th @ 6:15 pm

- Tickets \$30/piece
- Includes Cardinals/4-H Shirt
- Transportation is on your own
- Order by MARCH 31st!

Register online at:

https://extension.missouri.edu/events/4-h-day-with-the-cardinals-2023