

Trash Sculpture Contest

Dec 12th Win Money!

Create * Reuse * Recycle

Students in grades Kindergarten to 12th that are Lyon County residents can enter the Lyon County Trash Sculpture contest. Student have your sculpture to the Elementary School library before 8:30 am on December 12th!

4-H T-SHIRT ORDER



SHORT SLEEVE SHIRT \$16

BASEBALL T-SHIRT \$20

Order Form and Payment can be mailed to:
Lyon County Extension Office
PO Box 36
Eddyville, KY 42038
Checks made payable to:
Lyon County 4-H Council

DUE
DEC 2ND

Name: _____

Phone Number: _____

Circle One: Short Sleeve Long Sleeve Both

Size: YS YM YL YXL S M L XL 2XL 3XL

'23 4-H

SUMMER CAMP

JUNE 6-9

SAVE THE DATE

Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT

UK 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



Officer elections are in full swing! I am so proud of everyone that gave a speech, made a poster, and campaigned for elections! The holiday season is here and that means 4-H Poinsettia fundraiser. This is an annual fundraiser that Lyon County 4-H presents to help raise money for various 4-H programs such as camp, leadership trips and other programs. Your student received a poinsettia fundraising packet, please contact our office at 270-388-2341 if you have any questions! 4-H Camp will be here before we know it!! Please save the date for June 6-9, 2023; camp is open for ages 9-14 or students going into the 4th grade. More information will be release in February.

Poinsettia Fundraiser Information

There will be 3 different sizes available; 6.5" for \$10, 8" for \$15, and 10" for \$20. There is a variety of colors available, please refer to the order form. **Deadline to order is November 14th by 4:00 pm. On November 14th all orders and money are due by 4:30 pm to the Lyon County Extension Office.** Money should be collected

when the order is placed. Cash and checks are accepted. Please make check payable to Lyon County 4-H. All poinsettias must be picked up at the Lyon County Extension Office from 9 AM to 5PM on Monday, November 28th.

Mary Beth Riley

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



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

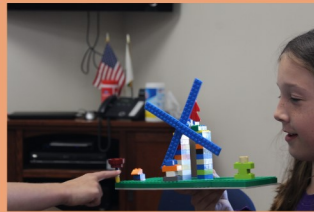
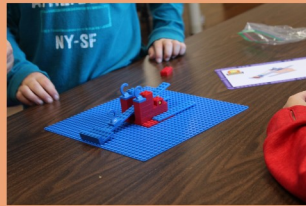
4-H LEGO CLUB

OCTOBER CLUB MEETING

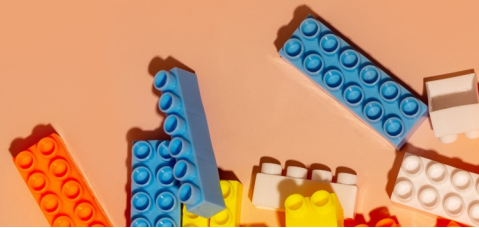


LEGO Club Officers: President-Jaxon Wynn, VP-Carter Wynn, Secretary-Connor Grant and Chloe Wynn, Reporter-Audrey Kaufiman

Members created catapults and windmills!



NEXT CLUB MEETING IS
NOVEMBER 17TH
3:30-4:30
@ THE EXTENSION OFFICE



AFTER SCHOOL 4-H Craft Club

When: Nov. 15
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!



WINTER WEATHER POLICY
If Lyon County Schools are closed there will be no 4-H programs that day. If you have any questions give our office a call at 270-388-2341.

How do I Sign Up for Clubs and Upcoming Projects?

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



4-H COOKING

OCTOBER MEETING



Members created pumpkin pizza pockets



NEXT COOKING MEETING



WHEN: NOVEMBER 22
WHERE: LYON CO. CON. CENTER AT LEE S JONES
TIME: 3:30-5:00 (ELEMENTARY)
5:00-6:30 (MIDDLE)

CALL 270-388-2341 TO REGISTER

Pumpkin Apple Muffins

- | | | |
|---------------------------------|----------------------------|--|
| 1 1/4 cups all-purpose flour | 1/2 teaspoon ground ginger | 1 1/2 cups fresh pureed pumpkin |
| 1 1/4 cups whole-wheat flour | 1/2 teaspoon ground nutmeg | 1/2 cup canola oil |
| 1 1/4 teaspoons baking soda | 1 1/4 cups honey | 2 cups Granny Smith apples, finely chopped |
| 1/2 teaspoon salt | 2 large eggs | |
| 1 1/2 teaspoons ground cinnamon | | |

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

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Lyon County 4-H



Lyon County 4-H