


APRIL 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----------------------|--|---------------------------|-----------------|---------------------------------------|-----|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | SPRING BREAK | | | | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | Cooking Club 3:30-5 | | | Homeschool club 11:30 am @ Crittenden | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Communication Contest | Horse Club 3:30 pm @ Ext. Office | Afterschool Cloverbuds | 4-H Sewing Club | MS Club | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | |  | | | HS Club | |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| | | 4th Grade Classroom Clubs | 5th Grade Classroom Clubs | 4-H LEGO Club | | |

Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT

UK Martin-Gatton College of Agriculture, Food and Environment

Cooperative Extension Service
Lyon County
231 Main Street
Eddyville, KY 42038
(270) 388-2341



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 **5 spots left for girls** and **boy spots are full** for 4-H Camp! All camp payments and paperwork is due to the Lyon County Extension Office by **May 30th!!** Are you looking for a unique and useful Mother's Day gift? Sign up for the Mother's Day Flower Pot Class that will be May 7th right afterschool at the Extension Office. If you are in 8th-12th grade Teen Conference will be June 10-13. This conference 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:



4-H Capitol Trip



4-H Classroom Speech Winners

1st: Vaughn
2nd: Mary Bryant
3rd: Audrey and Rylynn



1st: Harbour
2nd: Cami
3rd: Kiecyn and Cole



Horse Judging Clinic



1st: Ava
2nd: Harper
3rd: Eli and Cohen



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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

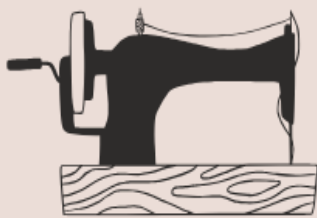
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Disabilities accommodated with prior notification.

Limited Space!
Please call
270-388-2341
to register!

4-H SEWING PROJECT



Deadline to
sign up is
April 11th!!

WHAT: A PROJECT FOR 4-HERS TO LEARN ABOUT THE SEWING MACHINE AND COMPLETE A 4-H SEWING PROJECT

| | | |
|--|---|---|
| <p>Unit I Sewing Project: 4th and 5th Graders</p> <p>Date and Time: TBD</p> <p>Unit 1 Sewing is for beginners wanting to learn more about sewing!</p> | <p>Unit II Sewing: Ms. Marilyn will schedule the meeting</p> <p>Unit 2 Sewing is for 4-Hers that have completed a Unit 1 sewing project and are ready for the next step!</p> | <p>Unit III Sewing: Ms. Marilyn will schedule the meeting</p> <p>Unit 3 Sewing is for 4-Hers that have completed the Unit 1 and 2 sewing projects and are ready for the next step!</p> |
|--|---|---|

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 participating!

WEDNESDAY, MAY 7TH
3RD-8TH GRADERS

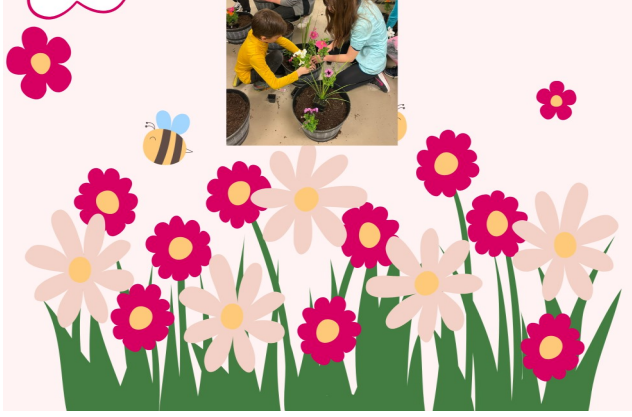
LYON COUNTY 4-H & LYON COUNTY MASTER GARDENER'S PRESENT

MOTHER'S DAY FLOWER POT CLASS

3:15-4:30

AT THE LYON COUNTY EXTENSION OFFICE
LAST DAY TO REGISTER APRIL 30

\$10



LEGO CLUB

Cooperative Extension Service

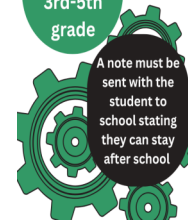
Have questions?
Call:
270-388-2341

This club is open to youth in 3rd-5th grade

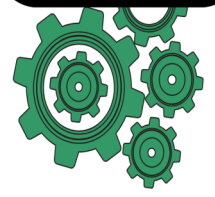
Next Club Meeting:
4.30.25

Time:
3:15-4:15

Place:
Elementary Library



A note must be sent with the student to school stating they can stay after school.



Cooperative Extension Service
MARTIN GASTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Strawberry Salsa

- | | | |
|--|--|--|
| 1 tablespoon olive oil | 2 cups, coarsely chopped fresh strawberries | 2 cups chopped cherry or grape tomatoes |
| 2 tablespoons white vinegar or white balsamic vinegar | 8 green onions, chopped | 1/2 cup chopped fresh cilantro |
| 1/2 teaspoon salt | | |

- Whisk olive oil, vinegar, and salt in large bowl.
 - Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
 - Cover and chill for 1 hour.
 - Serve with tortilla or pita chips.
- Yield:** 7 1/2 cup servings.
Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.
Source: www.fruitsandveggiematter.gov

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



4-H Summer Camp Reminders

May 9th:
Scholarship Applications Due

May 30th: All paperwork and payment due

June 6th @ 5 pm or June 7th @ 10 am: Camper Orientation

July 7th: Lice check from 10-12 at Lyon County Health Dept.

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

APRIL 14TH

LYON COUNTY 4-H COMMUNICATION CONTEST

@LYON CO EXTENSION OFFICE

SPEECHES & DEMOS

SPEECHES: 3-5 MINUTE SPEECH ON ANY TOPIC, COMPETE BY AGE
DEMO: PRESENT DEMONSTRATION REVOLVING AROUND VARIOUS CATEGORIES AND COMPETE BY AGE GROUPING

Contest will be from 5:00-7:00 pm, if you are wanting to participate call 270-388-2341 to register for a time slot.

Mary Beth Riley
Mary Beth Riley
County Extension Agent
4-H Youth Development



The best way to keep up with upcoming programs is to follow us on Facebook! Lyon County 4-H