

# Lyon County 4-H Newsletter

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

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

## 4-H YOUTH DEVELOPMENT



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



Students are receiving applications for 4-H Camp at their classroom club meeting this month. Camp information and paperwork is also available at the Lyon County Extension Office. 4-H Camp will be June 4-7 at the West KY 4-H Camp in Dawson Springs, KY. 4-H Camp is a time for your student to become independent, confident, and master new skills! Class lineup will include all the favorites like nature, swimming, canoeing, fishing, crafts, tie-dye, and high and low ropes challenge course and so much more! The



cost of camp this year will be **\$250!** If financial assistance is needed to cover the cost of camp there are scholarship applications available at the Lyon County Extension Office. Please do not hesitate to ask for a scholarship application! Please remember that space is very limited! The first youth that bring in their paperwork and money will have a spot for 2024 4-H summer camp. Scholarship applications are due to the office by **April 12th**. All camp paperwork and payment is due to the Lyon County Extension Office by **May 3rd!**



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



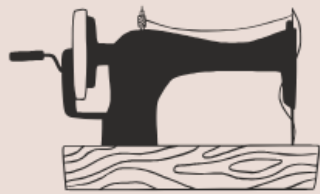
# MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					CAMP REGISTRATION OPENING	
3	4	5	6	7	8	9
		Middle School Capitol Trip	Middle School Reality Store	Horse Club 6 pm @ Ext. Office		4-H Country Ham Project
10	11	12	13	14	15	16
		3rd-5th Afterschool Art Club	K & 1st Afterschool Cloverbuds	Summit	MS Club & HS Club	
17	18	19	20	21	22	23
		Cooking Club 3:30-5 pm	5th Grade Classroom Clubs	4th Grade Classroom Clubs		
24	25	26	27	28	29	30
31						

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

## 4-H SEWING PROJECT



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

### Unit I Sewing Project:

4th and 5th Graders

Date and Time: To Be Determined

Unit 1 Sewing is for beginners wanting to learn more about sewing!

### Unit II Sewing:

Ms. Marilyn will schedule the meeting

Unit 2 Sewing is for 4-Hers that have completed a Unit 1 sewing project and are ready for the next step!

## 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 12th!** Applications received after April 12th 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 fund

LYON COUNTY 4-H

## MARCH COOKING CLASS



26  
MARCH

@LEE S JONES CONVENTION CENTER  
TIME: 3:30-5:00 PM

TO REGISTER:  
CALL 270-388-2341  
SPOTS ARE LIMITED

## Afterschool CRAFT & CULTURE CLUB

3RD-5TH GRADERS

TUE. MARCH 19

WHERE: MS. AMY'S ART ROOM

TIME: AFTERSCHOOL-4:15

\*STUDENTS HAVE TO BRING A NOTE TO SCHOOL TO STAY\*



## 4-H Photography Contest



"Winter"

Contest Divisions: Based on age on January 1, 2024

Cloverbuds: 5-8 years old

Juniors: 9-13 years old

Seniors: 14-18 years old

Email Entries to:  
mriley@uky.edu  
by March 1st!

### Categories:

Forest: Photograph of a large area dominated by trees

Water: Photograph of still or moving water

Plant Life: Photograph of plants

Natural Scene: Photography showing natural scene

Wildlife: Photograph showing unrestrained wildlife in natural habitat

APRIL 11TH

## 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.



## Strawberry Salsa

1 tablespoon olive oil

2 tablespoons white vinegar or white balsamic vinegar

½ teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped

2 cups chopped cherry or grape tomatoes

½ cup chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7 ½ 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.



## 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!**

Mary Beth Riley

Mary Beth Riley  
County Extension Agent  
4-H Youth Development

