

# OCTOBER 2024

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

National 4-H Week →

Red Ribbon Week

High School  
Teen Retreat ↑

# Lyon County 4-H Newsletter

4-H YOUTH DEVELOPMENT



**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



I hope that everyone has had a great start to the school year! I am so excited to be back in your classroom to provide 4-H! If you are a returning 4-H member welcome back or if you are new to 4-H, get ready for a good time! **What is 4-H?** 4-H is a group of young people learning leadership, citizenship, and life skills. Last year, over 500 Lyon County youth and adults were a part of Lyon County 4-H. 4-H is the youth part of the Cooperative Extension Service, which is a part of the University of Kentucky College of Agriculture. In 4-H, youth learn through a variety of projects, events, and activities. Your student is automatically a part of in-school 4-H clubs, I will be coming into their classroom once a month to provide a traditional club meeting and an enrichment lesson over agriculture, leadership, natural resources, communication skills, or nutrition. **4-H Club Officers:** At the next classroom club meeting we will be having officer elections. The classroom will elect a president, vice-president, secretary, and reporter. Being a 4-H officer is both a privilege and a responsibility. Officers are expected to attend afterschool 4-H Officer Training to learn the skills needed to conduct club meetings. The officer training date will be in the next newsletter! As always if you have any questions about 4-H and how to get involved give me a call at 270-388-2341. I look forward to a great year!!

**The best way to keep up with all things 4-H is to follow us on Facebook!**

*Mary Beth Riley*

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



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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.



**Lyon County 4-H**

# Cooking Club

**Interest Meeting**  
**10/2/24**  
\*Parents and Guardians **MUST** attend this meeting\*  
**3:15-5:30**  
**Lyon County Extension Office**

**FOR GRADES 4TH-8TH**

New Recipes • Cooking Skills  
4-H Club Meeting • New Friends

Register by calling: 270-388-2341  
We will be discussing dates and completing paperwork!

### 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!**

## SAVE THE DATE

OCTOBER 25-27

# TEEN RETREAT

# THE

West KY  
4-H Camp

CONTACT YOUR 4-H AGENT FOR MORE INFORMATION!

## 4-H Sewing Club

Learn basic sewing skills and make fun projects!  
Ages: 9-18

**Dates:**  
October 17th  
November 18th  
December 19th  
January 16th  
February 13th  
March 20th  
April 17th

**Time:** 3:30-5:00pm

**Location:**  
Lyon County Extension Office

Call 270-388-2341 to register! **Must sign up to attend! You will be signing up for the year. Spots are limited**

## 4-H Week Coloring Contest

**Pick up coloring page at the Extension Office at 231 Main Street. Completed sheets are due by October 4th to the Extension Office. Winners will receive a prize!**

**Categories: K-1st, 2nd-3rd & 4th-5th**

## AFTERSCHOOL Cloverbud Club

OPEN TO KINDERGARTEN-3RD GRADE STUDENTS

More details will be coming home in backpacks this month!

### APPLE NACHOS

- 1/4 cup peanut butter
- 1/4 cup non-fat Greek Yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into 1/4 in. slice
- 2 green apples, cored and cut into 1/4 in. slice

1. In a blender, combine peanut butter, yogurt, milk and honey. Blend until smooth.
2. Place apples on a large plate and drizzle with peanut butter sauce.
3. Add toppings of choice if desired

Source: planeatmove.com



What has been going on this summer?

