



**BREAKING NEWS** 

University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
 4-H Youth Development

**KENTUCKY  
4-H TEEN  
CONFERENCE**

**JUNE 13 - 16 2023**

**#celebrateky4h**

**MIDDLE SCHOOL  
4-H & CHAMPIONS CLUB**

Be a leader in your school and community!

April 11th  
7:30 AM

Join us for breakfast and fun before school! In Mrs. Trimble's room!

Students must complete Google form!  
<https://forms.gle/y2btR8LujsoJUKZ7>

# 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 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 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:



**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!**



## Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ 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 until they are coated. **Pour** bread 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 hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**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 at your grocery store, farmers' market, or roadside stand.

## Follow Us on Social Media



Lyon County 4-H

Mary Beth Riley

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



Lyon County 4-H



Afterschool Craft Club



4-H Cooking Club



4-H Country Ham Project

**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



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# AFTER SCHOOL 4-H Craft Club

**When: April 11th**  
**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 fund

## Mother's Day Flower Pot Class

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

**\$10**

MAY 11, 2023  
3:30-4:30

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

LAST DAY TO REGISTER  
APRIL 28

3rd-5th graders





## COOKIE DECORATING CLASS!

April 25th

**Who: STUDENTS 3RD -5TH GRADE**  
**Time: 3:30-4:30 PM**  
**Where: OUR DAILY BREAD 101 NEWMAN DR., KY-93 EDDYVILLE**

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

**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!!

## 4-H DAY with the CARDINALS



Extension | 

University of Missouri

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>