

Trash Sculpture Contest

Nov 15

Win \$\$

Create * Reuse * Recycle

Students in grades Kindergarten to 12th that are Lyon County residents can enter the Lyon County Trash Sculpture contest. Students have your sculpture to the Elementary School library before 8:15 on November 15th! Take recycled items and make something great!

4-H T-SHIRT ORDER

GREEN SHIRT \$15
BLUE SHIRT \$15

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

DUE DEC 1ST

Name: _____
Phone Number: _____

Circle One: **Green Shirt** **Blue Shirt**

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

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
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 4-7, 2024; 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 13th by 4:00 pm. On November 13th all orders and money are due by 4:00 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. **as must be picked up at the Lyon County Extension Office from 9 AM to 5 PM on Monday, November 27th.**

Mary Beth Riley

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



SAVE THE DATE

2024 4-H Summer Camp

JUNE 4 — 7

West KY 4-H Camp

Complaint Procedure Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the Area Extension Director or supervisor. To file a complaint of discrimination, contact **Tim West**, UK College of Agriculture, Food and Environment, 859-257-3879, **Dr. Sonja Feist-Price** or **Terry Allen**, [UK Office of Institutional Equity and Equal Opportunity](#), 859-257-8927, or the **USDA, Director Office of Civil Rights**, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410, 866-632-9992.

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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



Disabilities accommodated with prior notification.



AFTER SCHOOL 4-H Craft Club

When: November 21
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!



Reminder!

November Cloverbud Club will be November 14th!!
ONLY FOR 2nd and 3rd grade students!

October Recp



**2023
Coloring
Contest**

Craft Club



**Cloverbud
Club**



SPONSORED BY LYON 4-H TEEN CLUB AND LYON CO PTO

can food drive

NOV 13-17

ALL DONATIONS GO TO THE HOPE FOOD PANTRY IN LYON CO



DONATIONS WILL BE ACCEPTED FROM EACH LYON COUNTY SCHOOL: ELEMENTARY, MIDDLE, AND HIGH SCHOOL!

THE GRADE IN EACH WITH SCHOOL WILL WIN A PIZZA PARTY!

WE ACCEPT DONATIONS OF NON-PERISHABLE FOOD. WE RECOMMEND SAUCES, SOUPS, BEANS, HONEY, PASTA, FLOUR, LONG LIFE MILK AND NOODLES.

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



Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions, finely minced, divided
2 heads broccoli, (3-4 cups florets)	¼ teaspoon salt	½ cup reduced-fat sour cream
2 tablespoons olive oil	½ teaspoon pepper	¼ cup bacon bits (optional)
¼ cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	
½ cup melted butter		

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.

NEEDLEWORK CLUB INTEREST

ARE YOU INTERESTED IN LEARNING ABOUT NEEDLEWORK SUCH AS CROSS-STITCH, CROCHET, EMBROIDERY?

PLEASE CALL OUR OFFICE AT 270-388-2341 TO SIGN UP FOR AN UPCOMING CLUB MEETING