



COOPERATIVE EXTENSION



DECEMBER 2022

# CHRISTIAN COUNTY 4-H

**Save the Date**

**West  
KY  
4-H Camp**

**4-H Camp**  
**July 4-7th, 2022**

**States' 4-H International Exchange Programs**  
**2023 OUTBOUND PROGRAMS**  
Costa Rica · Japan · South Korea

Are you curious about daily life, culture, and youth programs in other countries? Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

Travel Dates	
Japan 8-week:	June 14—August 10, 2023
Costa Rica:	June 21—July 20, 2023
Japan 4-week:	July 12—August 10, 2023
South Korea:	July 17—August 15, 2023

**Eligibility**

4-H youth ages 12 - 18 for Japan & South Korea and 15 - 18 for Costa Rica



## Community Reader Day

4-H Youth Development Agent, Mary Anne Garnett, read to students at Indian Hill Elementary for this year's community reader day.

## Important 4-H Dates

- December 5: Dog Club
- December 6: Horse Club
- December 7: PACHEK
- December 12: Cooking Club
- December 12: Crofton School Club
- December 13: Sewing Club
- December 15: Drone Club
- December 19: Dog Club
- December 20: Livestock Club

**Supporting Christian County 4-H is as easy as shopping at Kroger**

1. Visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)
2. Scroll down & click "Link Your Shopper's Card Here"
3. Sign-Into your online Kroger Account or create one
4. Find "Christian County 4-H Council" and click ENROLL

Christian County 4-H will earn rewards on qualifying purchases made using your Kroger Plus Card!

## 4-H Sewing

Ready to learn how to sew?  
Come join us and gain lots  
of new skills.




Where: Christian County Extension Office  
Time: 5:30 - 6:30 p.m.  
Ages: 9 - 18 year olds  
Dates: November 8  
December 13  
February 13  
March 14  
April 11  
May 9

To sign up, please call the Extension Office at 270-886-6328 or by scanning the QR Code below.





COOPERATIVE EXTENSION  
University of Kentucky  
College of Agriculture, Food and Environment

Join in the fun of learning about horse confirmation, caring, showing and safety of horses.  
Ages: 9-18 (as of January 1, 2022)  
Time: 6:30-7:30 p.m.  
Location: Christian County Ag Expo Center, Farm Credit Arena

Dates:

- October 4
- November 29
- December 6
- January 31
- February 7
- March 7
- April 4
- May 9
- June 13

Please do not bring horses to the first meeting.

## 2-Step Chicken

### Ingredients

- 1 Tablespoon Vegetable Oil
- 2 Boneless Chicken Breasts
- 1 10oz Can Cream of Chicken Soup
- 1/2 Cup Water

### Directions

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Recipe from: [www.myplate.gov](http://www.myplate.gov)



## Next Month

- January 2: Dog Club
  - January 4: PACHEK
  - January 9: Cooking Club
  - January 16: Dog Club
  - January 17: Livestock Club
  - January 18: Crofton School Club
  - January 19: Drone Club
  - January 31: Horse Club
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