4-H RE-ENROLLMENT & NEW ENROLLMENT

New 4-H members as well as returning 4-H members may enroll/re-enroll online starting **Thursday, October 1, 2020.** ALL returning 4-H members need to be enrolled by **December 1st, 2020** in order to participate with 4-H in the 2021 Fair. At this time, please double-check all contact information for accuracy. Also, there is a $15 4-H program fee per child to enroll. The Extension Office highly recommends using a debit/credit card for payment to expedite the enrollment process. If you have questions regarding the fee, please call the Kansas State 4-H Office at (785) 532-5800. For other questions, please call the Extension office at (785) 460-4582.

4-H KAP Record Books, Officer Notebooks, Club Seal forms & Achievement Pin forms

Due in the Extension Office – **Thursday, October 1st!!!**

See Page 4 of this newsletter for more information.

Thank YOU!

The Thomas County Extension Office Staff and Executive Board would like to say Thank You to each and every individual and business that helped with the 2020 Thomas County Fair. Without sponsors, volunteers, Fair Board and the 4-H Families, we would not be able to have such a successful fair!!!

Seeking Candidates for Extension Program Development Committees

Interested in making Thomas County a better place to live, work and farm? Want to develop your personal leadership skills? We’re looking for you!

Candidates are needed annually for positions on the Thomas County Extension Council. Each year, multiple residents age 18 or older are elected to a 2-year term on one of the four Extension program development committees: agriculture, family and consumer sciences, community development, and 4-H youth. If interested, please contact the Extension office.
Sugar Cane Aphids Appearing

2020 has been a challenging year with everything going on in society but also with our weather. With the late freeze going into drastically hot temperatures the trees, fruit, vegetables and crops have had a heck of a time. The sugarcane aphid had made an appearance just east of Dorrance, KS. Since then we have seen more and more of them popping up getting closer to North West Kansas. At the end of August we had someone bring a maple soaked leaf into the office to see what may be happening. We turned the leaf over and found a small grouping of aphids known as a colony. The white sugarcane aphids are the pests that will cause issues to crops, trees and gardens. The yellow sugarcane aphids are not of high concern.

As of now the sugarcane aphids are present in most fields throughout southcentral and northcentral Kansas. The colonies are scattered and small at this time. It is still a good idea to be scouting and checking your fields and plants for these pests. You will be able to recognize them by the tops of leaves. The leaves will be covered in a shiny, sticky honeydew substance. The honeydew will attract a harmful fungus called black sooty mold. If you flip the leaf over you will more than likely find a small colony of aphids bunched together.

The tiny sugarcane aphid has been the most common of four aphids to damage Kansas sorghum in recent years. They are most seen in fields during late July into mid-August.

Learning When to Seed your Lawn

The tall fescue lawns that are thick and green tend to thin out during the summer months. You can thicken your lawn back up by overseeding it in September.

Ward Upham, a horticulture specialist at K-State, says the keys to successful lawn seeding is to use proper rates, even dispersal, good seed-to-soil contact and proper watering.

When spreading the seed calibrate the seeder or adjust the seeder to a low setting while making several passes to make sure the seed is being spread evenly.

Before seeding make sure to mow your grass and try to make it 1-1.5 inches tall after removing all of the clippings. Core aerators can also be used to seed grass. If you go with this method go over an area at least three times in different directions before spreading the seed.

When watering the newly-planted areas keep them damp but not flooded. The key is making sure the soil stays moist but not too wet. Try to keep as much foot traffic off of the area until it is ready to be mowed which is when the new grass is around 3-4 inches tall. Make sure to check in on your grass and water it when necessary to promote the healthiest growth.
**Home Canning Mistakes**

Many resources show home canning methods that are not safe. Here are a few:

- **Canning in the oven**—Canning jars may not withstand the thermal shock and can break. Also, oven heating filled jars of food is slow and can encourage potential bacteria growth.

- **Open kettle canning**—This is filling jars and closing them without further heat processing. This also includes inverting jars or setting the jars in the sun. Without water bath canning or pressure canning, spoilage will likely occur and food will be lost or people may become sick.

- **Electric multi-cookers** — While some electric multi-cookers have a “canning” button, no research is available to back up this function. Use these appliances for cooking only!

- **The jar sealed, it has to be safe!** — What happened prior to putting a lid on the jar is critical to canned food safety. Just because a jar seals does not guarantee safety.

Learn more about safely canning foods at [https://www.rrc.k-state.edu/preservation/index.html](https://www.rrc.k-state.edu/preservation/index.html)

**Pressure Canning Done Right**

During this pandemic, more gardens were planted and now they are producing some great crops! So when those tomatoes all ripen at the same time, what can you do? Preserve them!

Pressure canning is used to preserve vegetables and meat, including many tomato products. Vegetables and meat are low acid foods and require pressure canning to destroy *C. botulinum*, the pathogen that causes botulism.

It is critical to follow the directions in using pressure canners. Always read the instruction manual for your canner. Do a practice run with water in the canner to learn how to use it and how it works with your stove. Check your stove manufacturer to be sure canning is recommended. Some glass top stoves are not suitable for canners as they can crack under the weight of a heavy canner.

Learn more about safe pressure canning in the [How-to Guide to Pressure Canning](https://www.rrc.k-state.edu/preservation/index.html). It is also available in [Spanish](https://www.rrc.k-state.edu/preservation/index.html).

**What is a Dough Conditioner?**

When making yeast bread, sometimes the dough just needs a little boost. One method to do that is adding a dough conditioner or dough improver. These ingredients look like flour, but are not. They help improve gluten development to give higher volume and finer texture. Commercial bakeries use them because of the automated equipment which can be hard on bread dough. They are also added to frozen dough to withstand the damage ice crystals impart on gluten structure. Using dough conditioners can shorten mixing time and speed up fermentation.

Examples of dough conditioners include vital wheat gluten, amylase enzymes, ascorbic acid, and emulsifiers.

Source: *How Baking Works*, by Paula Figoni

**Tips to Prevent Jam from Separating**

Fruits such as strawberries and peaches make tasty jam, but sometimes the pulp separates from the jellied portion. Here are tips to help prevent separation.

- Always use ripe fruit.
- Crush the fruit into very small pieces.
- Cook the jam the recommended amount, do not undercook it.
- When the jam is removed from the heat, gently stir, off and on, for about 5 minutes and then fill jars. It will still be very hot.
- Process the jam in either a water bath canner or a steam canner. After processing, lift the jar rack, full of jars, above the water in the water bath canner and let them sit for 5 minutes before moving them to a cooling rack. After the processing time has been reached in a steam canner, take the lid of the canner partially off and let the jars sit for 5 minutes before cooling the jars on a rack.

Jars should seal fairly quickly after processing. If the jam starts to separate after the lids have sealed, gently turn the jars upside down. In an hour, gently turn them right-side up. Continue this process until it is evident that the jam will not separate.
New Officers will be elected at the September 28th 4-H Council meeting. Clubs should each have their council representatives chosen by this time. Members who would like to run for office need to attend this meeting and must be 11 years old or older this coming 4-H year. The meeting will be a joint meeting between the current council members and the future members.

Officer Training will be Monday, October 26, 2020 at 6:30 PM in the 4-H Building. We will start off with pizza and conversation then break up into groups for the training. Please RSVP to the Extension office with how many slices of pizza you would like ($2 for each slice – includes drink) by noon on the day of the training – October 26th. The October 4-H Council meeting will follow.

KAP Judging

Thomas County KAPs will be judged in mid-October. If you would like to be a volunteer judge, please let the office know. Parents can judge a project their child has not entered a KAP for. This can give valuable insight as to how other 4-H members work on their projects.

KAP’s, Officer Notebooks, Club Seal forms, Achievement Pins

KAPs (Kansas Award Portfolios) are the record forms to be used for the 2019-2020 4-H year. Each portfolio includes sections where the 4-H member can talk about the goals and experiences they had in their project over the past year. They can also include photographs. There are three age divisions- Junior (7-8 yr. olds), Intermediate (9-13 yr. olds), and Senior (14-18 yr. olds). A KAP should be filled out and turned in for each project the 4-Her would like to have judged. These forms are available at the Extension office, or online. Please, Do Not use the 2008 records—use only the newer KAP record book forms. The wrong form may disqualify the submission.

- The Historian, Reporter, Secretary, and Treasurers’ notebooks for each club should be turned in to be judged as well.

- 4-H members should also turn in their application forms for their annual achievement pins. These pins will be awarded at the Achievement Banquet, and the forms can be found in the office or online.

- Reminder to leaders that Club Seal and Club Project reports are also due to the office. We understand that Club Projects as well as items that were required for Club Seals in the past, may look different or may not have happened this year. However, we would like club leaders to turn in the Club Seal application with as much information as possible. We would like to highlight the work each club has done this year.

Mark your calendars!! All of the above information is due by 5pm, Thursday, October 1st!!!
Volunteers

It’s that time again and we need your help!! The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. Returning volunteers will need to re-enroll on 4HOnline and verify their information just like returning 4-H members. If you are a new volunteer, please contact the office so we can get the forms and instructions to you. Call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

Club Attendance

For the 2020-2021 year, 4-her’s wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2020 and July 2021. Members must attend meetings for the club they are enrolled in on 4HOnline. Business must be conducted at the meeting in order for the meeting to qualify for attendance. College students who enroll in 4-H for their final year must still attend 6 meetings either in person or by technology such as Skype or Zoom.

Club members and leaders can check their attendance record by going to the Thomas County Extension website. Click on “4-H Youth Development”, followed by “Record Keeping.” Club leaders or a designated club member should send attendance sign-in sheets to Joanna after each meeting to ensure timely record-keeping. Sign-in sheets can be dropped off at the office or emailed to joannajohnson@ksu.edu.

Schedules & Calendars

A new 4-H year begins October 1, and with that our 4-H community club leaders and project program leaders are developing their schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates and locations of your meetings and events. Our office has a Google calendar posted on our website for your convenience. If you have a meeting or event you would like us to add, or if you make changes to regularly scheduled meetings, please let us know. This will help us keep an updated calendar and will help ensure you get the dates you need for the 4-H Building without scheduling conflicts.

This is a reminder that we get use of the building without a fee through the Thomas County Fair Board, so we need to appreciate their gracious offer. There are times when that building is rented to the public and that revenue is used for maintenance expenses. This is also a good time to remind 4-H leaders that the building needs to be cleaned after each use, even if that means someone before you did a poor job of cleaning. Having our 4-H members clean the building after each use teaches responsible behavior. Leaving the building cleaner when we leave than when we arrive shows our appreciation and mature attitude.

A thank you note to the Fair Board for their support during the fair and for the use of the building would be a great way to show appreciation. The Extension staff wish you a great new 4-H year. Thank you!
4-H Tidbits

Shooting Sports Enrollment

4-H members who are enrolling in the various shooting sports disciplines must enroll via 4-H Online in a timely manner so they will receive full educational benefit of the sport. 4-Hers must be 8 years old before Jan. 1 of 2020 to participate in shooting sports. The deadline to enroll in the BB, Air Pistol, and Air Rifle projects is coming soon. Stay tuned for more information.

KYLF

Kansas Youth Leadership Forum will be held virtually on November 21-22. This event is for youth ages 14-18 before January 1, 2021. It will feature workshops, consulting groups, inspirational speakers, Youth Council Elections, and opportunities to learn and have fun. Early registration is due October 15th and regular admission due November 1st on the CVent Registration page.

Achievement Banquet

The Achievement Banquet will be held on November 19th in the 4-H building at 6:30pm. This event will showcase the winners of the 2020 Fair and the achievements of the 4-Hers this past year.

National 4-H Week

Every year, National 4-H Week sees millions of youth, parents, volunteers and alumni come together to celebrate the many positive youth development opportunities offered by 4-H. The theme for this year’s National 4-H Week, **Opportunity4All**, is a campaign that was created by National 4-H Council to rally support for Cooperative Extension’s 4-H program and identify solutions to eliminate the opportunity gap that affects 55 million kids across America.

With so many children struggling to reach their full potential, 4-H believes that young people, in partnership with adults, can play a key role in creating a more promising and equitable future for youth, families and communities across the country. In 4-H, we believe every child should have an equal opportunity to succeed. We believe every child should have the skills they need to make a difference in the world.

Join us this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project and join the **48 Hours of 4-H Service Challenge**, October 10-11, 2020. Register your projects and then follow up with a report so Kansas 4-H will see all the great work that happened across the state.

In addition to National 4-H Week and 48 Hours of 4-H, Kansas 4-H is also planning a **4-H Spirit Day** on Wednesday, October 7th. Plan to wear your 4-H shirt to promote this great organization!
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SS = Shooting Sports
AH = Abilene Hustlers
BPG = Brewster Prairie Gem
Gem = Gem 4-H
CC = Colby Comets
SV = Solomon Valley
Bookmark our website for quick reference to educational and informational resources as well as contact information for all of your questions:

http://www.thomas.k-state.edu

Check us out on Facebook & Twitter:

K-State Research and Extension Thomas County 4-H

K-State Research and Extension and Thomas County Extension are committed to making their services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Emily Bennigsdorf at 785-460-4582.