Business After 5!

Please join us to welcome our new 4-H Agent at our Business After 5 event on Thursday, November 10th hosted at the Thomas County Extension Office. Come learn more about the office and meet our newest team member!

4-H Officer Training

Officer Training will be Monday, October 24, 2022 at 6:00 PM in the 4-H Building. We will start off with pizza and conversation then break 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 24th.) The October 4-H Council meeting will follow.

2022 Program Development Committee Elections

Watch for the ballot being emailed later this month.

The Thomas County Extension Council is responsible for conducting the Extension Program in Thomas County. Each year we elect new members to the Program Development Committees. It is these committees that design the Extension program for Thomas County.

Each Program Development Committee (PDC) consists of six members who serve a two year term. New members from each PDC are elected each year. The entire Extension Council is comprised of 24 members with six members represented from each of the Agriculture, Family and Consumer Sciences, 4-H and Youth, and Community Vitality committees.

A ballot will be sent by email, but if more ballots are needed for members in your household, ballots will be available at the Extension office. After marking your ballot, please return it to the Extension Office by mail, by email, or by hand delivery. Ballots will not be accepted after 5:00 p.m. on Monday, October 31st, 2022.

The results of our election will be announced at our annual meeting on Thursday, November 3, 2022. At this meeting, the Council shall elect from its own members, nine people to serve on the Executive Board, which consists of a Chairman, Vice-Chairman, Secretary, Treasurer and five other members. The Executive Board has the responsibility for the entire Extension Program in Agriculture, Family and Consumer Sciences, 4-H and Youth and Community Vitality.

The problems and needs of people and their communities are in a constant state of change. Extension programs should reflect these changes. It is important, therefore, that the County Extension programs be given careful and continuous attention, so please take time to vote! All Thomas County citizens in your household, 18 years of age and older, are eligible to vote.
Avian Influenza (Bird Flu)

With the change of the seasons, birds will begin their fall migration soon. The U.S. Department of Agriculture (USDA) strives to let poultry producers know what the key symptoms are for this disease to keep everyone alert.

The Center for Disease Control and Prevention (CDC) and the USDA Animal and Plant Health Inspection Service (APHIS) define this disease as, Avian (bird) influenza (flu) and refers to a disease in birds caused by an infection with avian influenza Type A viruses.

Avian influenza A viruses have been isolated from more than 100 different species of wild birds around the world. These viruses occur naturally among wild aquatic birds worldwide and can infect domestic poultry and other bird and animal species. Wild aquatic birds include waterbirds (waterfowl) such as ducks, geese, swans, gulls, and terns, and shorebirds, such as storks, plovers, and sandpipers. Wild aquatic birds, especially dabbling ducks, are considered reservoirs (hosts) for avian influenza A viruses. Wild aquatic birds can be infected with avian influenza A viruses in their intestines and respiratory tract, but some species, such as ducks, may not get sick. However, avian influenza A viruses are very contagious among birds, and some of these viruses can sicken and even kill certain domesticated bird species, including chickens, ducks, and turkeys.

Infected birds can shed avian influenza A viruses in their saliva, nasal secretions, and feces. Susceptible birds become infected when they have contact with the virus as it is shed by infected birds. They also can become infected through contact with surfaces that are contaminated with virus from infected birds.

Low pathogenic avian influenza viruses cause either no signs of disease or mild disease in chickens/poultry (such as ruffled feathers and a drop in egg production). Most avian influenza A viruses are low pathogenic and cause few signs of disease in infected wild birds. In poultry, some low-pathogenic viruses can mutate into highly pathogenic avian influenza viruses. Highly pathogenic avian influenza viruses cause severe disease and high mortality in infected poultry.

Domesticated birds (chickens, turkeys, ducks, etc.) may become infected with avian influenza A viruses through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces that have been contaminated with the viruses.

Some symptoms of the highly pathogenic avian influenza in chickens include respiratory (gasing) and digestive (extreme diarrhea) signs followed by a quick death. Chickens may have swelling around the head, neck, and eyes. The heads and legs may also have purple discoloration.
**Family and Consumer Science News**

**All About Apples!**

Apples are in season and there are many ways to use or preserve them. Besides being a crunchy snack, they can be used in many recipes from breakfast to dinner.

Apple pie is a favorite dessert. So have you tried canning your own apple pie filling? One specific ingredient is a thickener called Clear Jel®. Be sure to buy the cook-type, not the instant thickener. Clear Jel® makes gel clear as opposed to using traditional corn starch which gets cloudy and separates. Clear Jel® holds up to the heating during the canning process and doesn’t break down. See instructions in Preserve it Fresh, Preserve it Safe: Apples.

Apples can be canned in many ways from plain apples to chutney and more. They can be dehydrated and frozen also. Find more ideas at [www.rrc.k-state.edu/preservation/recipes.html](http://www.rrc.k-state.edu/preservation/recipes.html).

**Preserving Unripe Tomatoes**

As fall approaches, those end of season unripe tomatoes are still usable. Be sure to pick them before a frost or freeze if canning them. Unripe, or green, tomatoes can be preserved just like ripe tomatoes. So when canning them they still require acidification. Here are some ideas to can green tomatoes.

- **Tomatillo Green Salsa**—may use green tomatoes instead of tomatillos
- **Pickled Green Tomato Relish**
- **Pickled Sweet Green Tomatoes**
- **Piccalilli**
- **Fall Garden Relish**
- **Rummage Relish**
- **Oscar Relish**
- **Green Tomato Pie Filling**
- **Spiced Green Tomatoes**

Don’t want to can them, or it is after a frost or freeze? Then freeze them for later use.

**Solving Bagged Salad Food Safety Problems**

Packaged salad greens are an easy way to include nutritious greens into many meals. But the biggest challenge is food safety has many foodborne illness outbreaks have occurred over the years. Between 1998 and 2019, 36 outbreaks have occurred linked to mostly romaine lettuce.

Researchers are working to unravel the causes of these outbreaks. A recent study conducted by the USDA Agricultural Research Service has found that *E. coli* survived in lettuce harvested in the fall 5.6 times more than the same varieties in late spring.

General bacterial population also varied by season, lettuce deterioration rate factors, and the survival of *E. coli* affect safety. Lettuce harvested in the fall had a greater rate of deterioration which can lead to better pathogen survival. There is a potential to use the microbiome on lettuce as a food safety indicator of microbial quality in bagged lettuce.

Research continues on this challenging fresh product. Consumer demands of easy to prepare foods continues. But this finding gives paths of research to learn more about intrinsic characteristics for pathogen survival.


**High Antioxidant Purple Tomatoes**

Tomatoes with purple skins have been available for a while. Now there is a new purple tomato with purple flesh and high in anthocyanins.

Dark blue or purple foods such as blueberries are considered superfoods. These new purple tomatoes can add another option plus add color to many meals.

This tomato was developed by Norfolk Plant Sciences. The USDA Animal and Plant Health Inspection Service states it can be safely grown and used in the United States.

Learn more at the [Big Purple Tomato](http://www.BigPurpleTomato.com) website.
New 4-H Year Begins in October

October is a month of change in many ways. Fall has begun, weather is cooling down, the leaves are changing, and 4-H is not immune to its influence. October also marks the beginning of the new 4-H year and the opening of member enrollment. Where can youth and parents start if they are interested in enrolling in 4-H and want to learn more about what 4-H has to offer? The following are some questions and answers that can help any prospective members or parents learn more about America’s largest youth development organization.

What is 4-H?
4-H is one of America’s oldest and largest youth development organizations. It is a volunteer-led, informal education program administered through local county extension offices, state land-grant universities and the USDA. It features nearly 6 million members, rural, suburban, and urban, throughout all 50 states and some foreign countries.

What does 4-H offer?
- Leadership opportunities for youth at the local and state level.
- Recognition for work and achievement through fairs, scholarships, awards, and more.
- Opportunity to participate in county, regional, state, and national events, including camps, educational programs, leadership positions, and conferences.
- Decision-making skills and opportunities through participation in club meetings, community service, and project work.

What makes 4-H different from other youth development organizations?
- Self-determination — Youth decide what projects they want to participate in, as well as how their clubs operate and support members and the community they live in. 4-H is the only youth development organization where members actually decide how it operates.
- Experiential learning — Members actively participate in their interest areas. Want to learn about insects? Start a bug collection in the entomology project. Like to work with your hands? Build a rocket in rocketry or a table in woodworking projects. Learn to bake your favorite pie in foods and nutrition project. Interested in something that isn’t an official project? No problem! Enter the Self-Determined project and come up with your own unique creation.
- Research-based support from local, state and national experts — 4-H is administered in Kansas through K-State Research and Extension, giving 4-H members, volunteers, and leaders access to the latest data in research and youth development.

Why 4-H?
A recent study of 4-H’ers across Kansas showed some positive results in areas of decision making, leadership, communication, and citizenship.
- 95% are comfortable making their own decisions
- 89% don’t succumb to peer pressure
- 96% reported they can make a difference through community service
- 95% reported an increased effort to allow everyone to have a voice.

Who wouldn’t want youths to be better leaders, citizens, communicators, and make better decisions? So I ask again, why not 4-H?

Joining 4-H
If you, or someone you know, is interested in joining 4-H, contact the Thomas County K-State Research and Extension office at 785-460-4582. You can also learn more about joining and the different clubs in Thomas County by going to our website. Feel free to contact Club Leaders to get a feel for how you might fit into that club. You can also Follow us on Facebook @Thomas County Extension/4-H.

Please note: 4-H Online Registration will be open for enrollment on October 1st. It has been updated to the 2.0 version. If you have any issues with re-enrollment please contact the office and we can assist you.
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 4-H Online 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.

***If you know someone who would be a great resource for our 4-H members to learn from, (friend, community member, etc.) please contact the office. We are always looking for new project leaders and volunteers.***

Club Attendance

For the 2022-2023 year, 4-H members wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2022 and July 2023. Members must attend meetings for the club they are enrolled in on 4-H Online. 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 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!
**48 Hours of 4-H**

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 set up a service project and join the **48 Hours of 4-H Service Challenge**, October 8-9, 2022. This year the Thomas County clubs will be teaming up to clean up and fix areas we use during fair. Register your projects [online] and then follow up with a report so Kansas 4-H will see all the great work that happened across the state.

**Dog Conference & Quiz Bowl**

The 2022 State 4-H Dog Conference and Quiz Bowl will be held at Rock Springs on October 22-23. The theme this year is “Pup Olympics” and includes educational sessions, speakers, and skill-a-thon. For more information, visit the [Dog Events](#) page. Registration is due October 1st.

**Dog Judge Training & Re-Certification**

The 2023 Kansas 4-H Dog Judges Training and Recertification will be held in Wichita on January 27-29, 2023. If you are a parent or someone who wants to help our 4-H youth with the Dog Project, please consider taking the training. New judges are always needed. Registration deadline is January 15th.

**Photography Shutterbugs Events**

- Shutterbugs at Big Creek—October 29th at the Ag. Research Center in Hays, KS
- Shutterbugs at Old Jefferson Town—November 5th in Oskaloosa, KS

**Achievement Banquet**

The Achievement Banquet will be held on November 18th in the 4-H building at 6:30 pm. This event will showcase the winners of the 2022 Fair and the achievements of 4-H members from this past year.

As in previous years, club members and their families will contribute to the meal. Stay tuned for more information on what your club will be asked to provide.

**KYLF**

Kansas Youth Leadership Forum will be held November 19-20 at Rock Springs. This event is for youth ages 14-18 before January 1, 2023. It will feature workshops, consulting groups, inspirational speakers, Youth Council Elections, and opportunities to learn and have fun. Registration is due October 24th and can be found [here](#).

**Project Leader Training**

A Kansas 4-H Volunteer Project Leader Training Series was held last fall. All sessions were recorded for future use. Topics include: Personal Development: Public Speaking; STEM: Rocketry; FCS: Textile Science; Animal Science: Livestock; Service Learning; Financial Literacy; and Ag & Natural Resources: Wildlife. You can find more information on the 4-H [website](#). You can find additional resources for various projects on the 4-H website or you can contact the Extension Office for assistance.
# October 2022 Calendar

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<td>48 Hours of 4-H</td>
<td>Meeting @ Henry Hall 7:30pm</td>
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**Abbreviations**

- **AH** = Abilene Hustlers
- **BPG** = Brewster Prairie Gem
- **Gem** = Gem 4-H
- **SS** = Shooting Sports
- **SV** = Solomon Valley

**Notes**

- Columbus Day
- KYLF reg. due
- KYLF reg. due
- SS = Shooting Sports
- AH = Abilene Hustlers
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.