Officer Training will be Monday, October 28, 2019 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 28th.) The October 4-H Council meeting will follow.

2020 Program Development Committee Elections

Watch for the ballot being emailed Friday, October 18th.

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. Three 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 beginning October 18th. After marking your ballot, please return it to the Extension Office by mail or you may hand deliver the ballot. Ballots will not be accepted after 5:00 p.m. on Friday, November 1st, 2019.

The results of our election will be announced at our annual meeting on Thursday, November 7, 2019. 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.
Bidding Farewell to Thomas County Extension

It is with great sadness that I share that I have decided to leave Thomas County Extension to get back into the fields a little more. I have enjoyed my time with ALL of you, and I thank you all for making this such a wonderful experience and a fantastic workplace. I look forward to watching the Thomas County 4-H program continue to grow, and I wish everyone the best of luck as you begin the next 4-H year and start working towards the 2020 Thomas County Fair! :)

Fruit Planting Prep

If you are planning to develop or add to your fruit garden next year, now is a good time to begin preparing the planting site. Grass areas should be tilled so grass does not compete with the fruit plants for soil moisture and nutrients. Testing your soil at this time is advised. From the soil sample, you can determine what and how much fertilizer to add to correct nutrient deficiencies, if any. Organic materials such as compost, grass clippings, leaves, hay, straw, or dried manure can be tilled into the soil to help improve its condition—do not use grass clippings that have been treated with a crabgrass killer as tree growth may be affected. Lawns treated with crabgrass preventers are fine to use, but avoid those treated with crabgrass killers.

Time and weather conditions generally are more suitable in the fall than in the late winter and spring for preparing soils. If fruit plants can be set by early April, they will have developed a stronger root system to support plant growth than if they were planted later. Fruit tree planting can be done in the fall, but plants may need to be watered during the winter if the weather is warm and dry. Keeping on top of the watering will help the tree have a stronger root base in the spring.

Joke of the Month

What is a scarecrow's favorite hair style?

Cornrows
**Washing Poultry Not Worth the Risk**

The practice of washing or rinsing raw poultry can actually put you and others at a higher risk of foodborne illness. Quite simply, there’s no need to do this.

Participants in an observational study were observed in handling and preparation practices to see how bacteria moves from raw foods to other foods or surfaces. They were divided into a control group and a treatment group. Food safety messages were sent via email prior to observation sessions to learn how effective those messages were in preparing chicken.

Some reasons consumers feel rinsing raw poultry is necessary is to remove blood/slime, because a family member said to do so, or it washes off the germs or bacteria. Most do this under the faucet with water running without any other container. Because of this, water splashes onto other items or food causing cross contamination. Then, many improperly washed their hands by not using water or soap, or did not rub their hands with soap at least 20 seconds. They also were ineffective at cleaning and sanitizing equipment and countertops.

Bottom line. There is no need to wash poultry or meat prior to cooking. Cooking to safe temperatures is the best and safest defense against foodborne illness. All poultry should reach 165°F; ground meat should reach 160°F; and roasts, steak and chops should reach 145°F.

**Are Pumpkin Leaves Edible?**

Fall is almost here! And pumpkins are starting to dot landscapes and yards. Pumpkin flesh is typically what most people eat. But the young leaves are also edible. While plants are likely mature now, according to University of California-Davis, “You don’t have to wait for the pumpkin to mature before enjoying the plant. The leaves are edible and can be cooked like spinach. Choose young, tender leaves for that purpose. Of course, the seeds are edible, too. Enjoy them roasted and salted to increase the food value of your crop, particularly if you have limited space.”

For information roasting pumpkin seeds, see www.ksuhortnewsletter.org/newsletters/roasting-pumpkin-seeds

Have some fun with pumpkins! Learn how at https://web.extension.illinois.edu/pumpkins/fun.cfm

**Preserving Fall Tomatoes**

Fall is almost here and gardeners may still have tomatoes to harvest. But once a frost or freeze occurs, those tomatoes should not be used for canning.

When tomato vines die, the acid level changes resulting in less acidic tomatoes. Even if recommended canning methods are used, these tomatoes will still be unsafe. The tomatoes can still be eaten fresh or frozen for later use.

Green tomatoes can be canned as a relish, salsa, or as regular tomatoes. Learn more at www.ksre.ksu.edu/bookstore/pubs/MF1185.PDF.

**Sesame Allergy: A Growing Concern**

Sesame seeds range in color from white to black. This bread has white and black sesame seeds.

Those little seeds on top of hamburger buns look good, but to some people they are a health hazard. An estimated 1.5 million Americans have a sesame allergy. Should it be the ninth most common food allergy?

Sesame is found not only on top of buns but in many Asian dishes and in hummus made with tahini paste. Allergic symptoms include mild skin irritations and hives to anaphylactic reactions. Currently, the FDA does not require it on food labels. One state, Illinois, has made it a requirement. Other countries such as Canada, Europe, Australia, New Zealand and Japan require sesame allergen labeling. It may be in the near future for the U.S.

If you suspect you are allergic to sesame, take steps to find out for sure. See a board-certified allergist for diagnosis. Read food labels, all of them! Keep a food log to track what you eat. This is very helpful when seeing a doctor.
New 4-H Year Begins in October

October is a month of change in many ways. The 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 youths 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 programing, 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’ers, volunteers, and leaders access to the latest data in research and youth development.

Why 4-H?
A better question might be “Why not 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.
**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 12-13, 2019. Invite your friends, clubs, adult volunteers and 4-H Alums too!

**Dog Conference & Quiz Bowl**

The theme for this year’s event is “Rock Star 4-H Dogs” and will be held October 19-20 at Rock Springs 4-H Center. The conference will have educational sessions, presentations, s’mores, dog skill-a-thon, quiz bowl, and more. Registration can be completed through the CVent 4-H page and is due October 7th. For more information, visit the Dog Events page.

**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-Her’s 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. Please be watching for an additional email with more information. You must be enrolled on 4HOnline by the deadline in order to attend practices or participate in shoots, including the Fair shoot for 2020.

**Achievement Banquet**

The Achievement Banquet will be held on November 22nd in the 4-H building at 6:30pm. This event will showcase the winners of the 2019 Fair and the achievements of the 4-Hers this past year. Please note: the date has changed from the September newsletter due to unforeseen scheduling conflicts.

**Equine Extravaganza**

The 4-H Equine Extravaganza brings together novice and professional horsemen in a one-of-a-kind setting for cross learning from beginning to advanced techniques, skills and knowledge. This event will be held on Saturday, November 9th at Rock Springs and registration is due October 15th.

**Buckle Bonanza Horse Shows**

The objective of the Buckle Bonanza shows are to help 4-Her’s learn at each show what the judge is looking for and to improve during the off season for both pleasure and speed events. Dates and locations include: Garden City on Oct. 19th, Sublette on Nov. 9th, and Meade on Dec. 14th. More information can be found on the Meade County website.

**KYLFF**

Kansas Youth Leadership Forum will be held November 23-24 at Rock Springs 4-H Center. This event is for youth ages 14-18 before January 1, 2020. It will feature workshops, 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.
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. This year, new and returning volunteers need to complete the Volunteer Application/Renewal on 4HOnline. If you have questions, call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

4-H Building Schedule

A new 4-H year began October 1, and with that our 4-H community club leaders and project program leaders are developing their annual monthly schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates you plan to use the 4-H Building. We need to ensure that you get your dates 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!

Club Attendance

For the 2019-2020 year, 4-her’s wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2019 and July 2020. 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.

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.”

Thomas County Extension Calendar

The Thomas County Extension Office has created a Google calendar to list both Extension meetings and programs as well as 4-H meetings and events. This calendar is posted to our website for your convenience. If you have a meeting or event you would like us to add, please let us know. Also, if you make changes to regularly scheduled meetings, please contact the office with that information as well.
Kansas State Fair Results

KEIRA BANDY — Dog Show Events: Showmanship– Purple; Novice– Blue, Finalist; Agility I– Purple

LATASHA FELLHOELTER — Photography– Red; Foods– Blue

LEIGHA FELLHOELTER — Foods– Blue

LIBERTEE FELLHOELTER — Photography– Blue; Foods– White

LIZABETH FELLHOELTER — Fiber Arts: Crochet– Purple; Foods– Red

LUCILLE FELLHOELTER — Foods– Red

LYNDZEE FELLHOELTER — Photography– Blue; Foods– Red

ELIJAH GABEL — Photography– Blue; Entomology Collection– Blue; Fiber Arts: Macrame– Red; Foods– Participant; Food Preservation– Participant; Horticulture: Medium vegetable– Blue; Horticulture: Medium vegetable– Blue; Horticulture: Large vegetable– Blue; Horticulture: Large vegetable– Blue

ABIGAIL GARDNER — Fiber Arts: Crochet– Purple; Visual Arts– Participant

MALLORY JACKSON — 4-H Presentation– Purple; Horse Show Events: Showmanship– 8th; Trail– 2nd; Level II Horsemanship– 1st; Western Pleasure– 8th; Horsemanship– 2nd; Reining– 3rd; Ranch Horse Rail– 2nd; Ranch Horse Pattern– 1st; Ranch Horse Trail– 2nd; English Pleasure– 5th; English Equitation– 2nd & Intermediate All-Around Award

JAKOB KOOM — Entomology Collection– Blue; 4-H Presentation– Red; Visual Arts– Participant & Rock Springs Ranch Selection

COLBY KRISS-HOWLETT — Horse Show Events: Mares– 10th; Flag Race– 8th; Barrel Racing– Participant; Pole Bending– Participant; Rabbit Events: Senior Doe– Red; Showmanship– Blue

JAYSIE SCHOENFELD — Breeding Does Participant; Market Meat Goat Participant

JERA SCHOENFELD — Breeding Does Participant; Market Meat Goat Participant

WESTON SCHMIDT — Breeding Heifer Participant

ANNA STRAMEL — Photography– Blue & KS 4-H Foundation Selection

EMILIE STRAMEL — Photography– Blue & KS 4-H Foundation Selection; Clothing Construction– Blue

APRIL SWARTZ — Dog Show Events: Showmanship– Purple; Open A– White; Agility III– Purple; Rally Level III– Purple

BRITTANY SWARTZ — Dog Show Events: Showmanship– Purple, Finalist & Reserve Champion; Graduate Novice– Red; Agility II– Red

CAITLIN TINKHAM — Foods– Blue

COURTNEY TINKHAM — Photography– Blue; Foods– Red; Fashion Revue– Purple

ABIGAIL WETTER — Visual Arts– Participant

ALLISON ZIMMERMAN — Photography– Blue

MELISSA ZIMMERMAN — Foods– Red

MADISON ZIMMERMAN — Photography– Blue & KS 4-H Foundation Selection

Congratulations to all State Fair participants!
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**Abbreviations:**
- 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 Sheryl Carson at 785-460-4582.