

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

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1968

County

TABLE OF CONTENTS

COVER PAGE -----	Page 1
TITLE PAGE -----	2
TABLE OF CONTENTS -----	3
I. COUNTY SITUATION WHEN PROGRAM WAS PLANNED -----	4
II. COUNTY PROGRAM - ADULT -----	6
A. Organization -----	6
B. Subject Matter and Special Emphasis -----	7
C. Other Activities -----	18
D. Work with Urban Families -----	18
III. YOUTH PROGRAM -----	19
A. Organization -----	19
B. Project Work -----	20
C. Other Activities -----	21
IV. SCOPE OF WORK -----	23
V. LEADERSHIP -----	23
A. Growth -----	23
B. Leadership Activities of Outstanding 4-H Member ---	25
VI. FOR SPECIAL CONSIDERATION -----	25
A. Public Relations -----	25
B. Professional Improvement -----	26
VII. THE LOOK AHEAD -----	26

I. COUNTY SITUATION

Orange county is small, with a total area of 355 square miles and a population of 12,756. This figure is just one more than the 1950 Census. The number has varied very little, but the turnover is large due to the industrial work and farms changing ownership. About two-thirds of the population is white and one-third Negro.

Orange county, which lies in the fertile, rolling Piedmont area east of the Blue Ridge, follows the trend toward fewer farms. From 1,119 in 1950, the number dropped to 848 in the 1954 Census and to 656 in the 1959 Census. Of these approximately 583 are white and 73 Negro. Along with the decrease in farms has come growth in industrial development and the use of more land by rural non-farm families.

Each year more women are employed outside of the home. The largest employer of women is the American Silk Mill, in the town of Orange. Smaller numbers work in other industries and in stores and offices in Orange and Gordonsville.

In Orange county, as elsewhere, the employment of large numbers of women away from home has brought definite changes in family and social life. Many homemakers, particularly those in the lower age bracket, buy most of their food and clothing ready for use. Most of the women are interested in methods of homemaking that are quick in producing results. Many of the

women in both town and rural areas spend a great deal of their time transporting children as well as adults to numerous activities carried on outside of the home. Older women not employed often care for the children of younger members of the family who work away from home.

There are many organizations of all types in the county - more than 50. The churches rank first, and, of the other organizations, the Granges, Farm Bureau and Ruritan Clubs are the strongest.

The county has a well balanced agriculture with the main sources of income derived from dairying, beef cattle and poultry.

Orange, the county seat, and Gordonsville are the main trading centers. The county is situated within easy traveling distance of Richmond, Washington, Charlottesville and Fredericksburg, with all of their advantages of urban life. Two railroads and one busline traverse the county. Over 174 miles paved highways in the county help solve transportation problems. Three cooperatives and the Virginia Electric and Power Company make electricity available in all parts of the county. The county is well supplied with telephone service.

School population follows the general population trend. In 1957, there were 1417 white children in elementary schools, and by November of 1960, this number has increased only to 1442. In 1950, the secondary school population was 450, and in 1960, this number has increased to 702. Of the white school girls of 4-H Club age, 273 are 4-H Club members.

A Public Health Unit, located here, serves Orange and three adjoining counties.

The rural women with whom the agent works are definitely interested in improving their homes, churches and schools. Definite objectives for 1960 were: Home and Community Safety, Water Safety, Better Use of Home Equipment and Better Financial Management.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. Home Economics Council

A start was made in organizing a Home Economics Council in the fall of 1957 and continued in 1958 and 1959. However, interest in this was slight due to the general feeling that the Home Demonstration Clubs plan and carry out the Home Demonstration Program in the county.

Three areas of work selected in 1958 for a long time program have been continued:

- a. Beautification of Home Grounds, with special effort given to the development of grounds around new homes.
- b. Family Financial Planning, with emphasis placed on developing home business centers, and working with all members of the family on important business matters.
- c. Health and Safety

Important matters concerning this will be given later on in the report.

2. County Home Demonstration Committee

The County Home Demonstration Committee plans and executes programs for the homemakers clubs and cooperates with all other Home Demonstration projects. In addition to club programs, it plans and carries out special events.

At the Orange County School Fair this county committee cooperates with all other agencies.

The committee is composed of club presidents, executive officers, program chairmen and a few members at large.

B. Subject Matter and Special Emphasis Areas

1. Foods and Nutrition

a. Problems

Emphasis was given to several areas of Food and Nutrition because it was felt that diets of many families in the county were low in vitamin C. This was found true in nearby counties when a scientific study was done, and simple checks in Orange county bore this out.

Cost of living in Orange county was on the increase, the food budget areas increasing along with other family living cost. Each year more homemakers find employment outside of home in order to add to the family income that the standard of living could be maintained.

Another reason for placing major emphasis on Food Nutrition during the year was the growth of outdoor living and informal entertaining.

To assist families in solving their problems at least to some extent, three monthly demonstrations for H. D. Clubs were planned and another area of food production and preservation was emphasized in other ways. The three monthly demonstrations were:

1. Tomatoes on Your Table the Year Round
2. Planning Meals and Buying Food to Stretch the Food Dollar
3. Simple, Inexpensive Outdoor Cookery

Planning to produce adequate food, especially tomatoes, and preserving these foods was taken care of by a special interest meeting, distribution of bulletins and a few suggestions given through local paper.

The objectives set forth in this area were to help homemakers determine the amount of tomatoes to produce per person in the family to actually have them on the table every day, how these could be preserved for months when they could not be gotten fresh, and to include an adequate amount of vitamin C in meals for the family. When the demonstration was given, it centered on a variety of ways of using tomatoes.

Another objective of the Food and Nutrition Program was to help homemakers get the best buys in foods from the standpoint of good nutrition for the money spent for food.

Attractive, inexpensive and interesting ways of entertaining friends and neighbors with outdoor meals was the main objective in the June demonstration.

B. Methods Used

Three club demonstrations were scheduled for January, February and June. The Food and Nutrition Specialist met twice with the food leaders from the 10 clubs and trained them for the three demonstrations. In turn the leaders gave these demonstrations to the club members. The demonstration on tomatoes actually included many ways to use tomatoes - both canned and raw. Members attending the meeting were given recipes to take home with them.

To create a greater awareness and to more clearly emphasize ways of stretching our food dollar, the leaders were trained to use actual packages or quantities of foods - canned, frozen and fresh - to show the difference in cost of foods that furnish about the same food value. Visual aids as the Wheel of Good Eating, the chart showing the 4 basic groups of foods, and the food models attached to a suspended airplane were helpful to the leaders in giving these demonstrations.

Ways of entertaining informally with an outdoor meal was done by the leaders preparing and cooking a simple inexpensive meal on an outdoor fireplace, grill or a makeshift grill or fireplace. This information received at these meetings has been put to practice a number of times for 4-R Clubs, church groups and for vacation guests.

Planning to produce an adequate food supply, especially tomatoes, was done through the distribution of leaflets at club meetings and one special interest county-wide gardening meeting.

Also a chart was distributed at the meetings that showed which variety of fruits and vegetables were best for freezing. This same chart was printed in the local newspaper. In previous years, the Home Agent had worked through the Negro school supervisor with a group of Negro homemakers. A few bulletins and simple suggestions were passed to the Negro supervisor for help with her people.

Results:

Due to the fact that the county has been without an agent for approximately 7 months, it has been difficult to get results.

At the three demonstrations in each of the 10 clubs, there was approximate attendance of 300 to 350. Each person attending received the printed information being distributed. Some took printed information for other people. From observation and the rather small number of questionnaires received from members, there is an indication of a fair number adopting some of the recommendations demonstrated.

One hundred twenty-five planting guides and preservation bulletins were distributed.

2. Safety

In planning the 1960 Safety program, the Home Demonstration Club committees decided to further the promotion of safety in the home, on the farm and on the highway.

Each club was asked to have a special observance, such as a safety program or assistance to the blood bank. Safety surveys were made in some of the individual communities and homes.

Removing dangerous articles from homes was a point that was stressed through demonstrations, questionnaires, news articles and radio programs.

One whole month was devoted entirely to safety in working with the Home Demonstration Clubs, using every means of communications available.

45 families kept medical records

90 families removed safety hazards from the home

39 families made safety inventories

125 families used some means of improving safety in the home

The results of a program on safety are hard to evaluate.

Some of the improvements were as follows:

Better lighting on stairs

Steps repaired

Baby gates installed

Home wiring checked and repaired

Old electric cords repaired or replaced

Chimneys and fire places repaired

Exits established in case of fire

Old medicines discarded

Proper storage of medicines, insecticides, pesticides and cleaning materials

Stopped waxing stairs

Placed slip pads under rugs

Improved playgrounds for children

The agent distributed numerous bulletins and questionnaires concerning safety.

a. Orange County Safety Council

On August 16th the Home Agent and County Agent with seven lay people interested in safety attended a meeting of the Virginia Rural Safety Council in Culpeper. Eight counties in Northern Virginia were asked to attend this meeting as pilot counties to discuss the possibility of organizing active county safety councils in the state of Virginia.

As a result of the meeting in Culpeper, the Home and Farm Agent came back to the county and invited 12 representatives of organizations to attend a meeting in September to discuss the proper procedure to follow in organizing such a council in Orange county. As a result of this meeting, a letter was sent to representatives of all civic, fraternal, social organizations and schools announcing a meeting to determine whether such a council should be organized in Orange county, hoping to coordinate all present safety work and to instigate a fuller program. At this meeting, a temporary chairman was appointed, and, after much discussion, the representatives expressed a desire to further discuss this organization with the organizations they represented. The group met again and voted to organize active Orange County Safety Council. At this meeting a permanent chairman and secretary were elected. A resume of the work concerning safety in each organization was asked for by the chairman, and as a result of this, in January 1961 an active program will be formed with duties delegated to persons and

organizations in a position to do the best job. The press has and will cooperate in every way possible. At this time the Home Agent feels that we will accomplish some real results.

3. Clothing

Two major problems that were existing and of much concern to the women were in the field of pattern selection and alteration, and choosing ready-to-wear of becoming line and design - as well as size - that could be altered satisfactorily. The women voiced concern that many times clerks had over sold them on the fact that a garment could be altered to fit, and when this was done, they were not satisfied. This was one way they felt they had not spent money wisely.

Another problem in the clothing field was that many garments they constructed at home had a homemade look.

a. Objectives:

1. To help the women know the type of pattern to buy that would require less altering and would be becoming.
2. To help them in selecting ready mades, particularly to know what could be altered successfully and what could not.
3. To teach the women how to get a professional look in garments they made.

b. Methods:

The planning committee decided to conduct the clothing program through special interest meetings or workshops. The number of workshops to be determined by the number indicating an interest in participating. The Clothing Specialist trained

leaders in February on pattern alterations, and choosing ready mades and on clothing construction techniques to give a professional look. Two all day training meetings were held. Leaders from six communities participated in altering patterns and by learning several important construction techniques. These leaders in turn held workshop meetings in their communities in which approximately 50 women participated. Nearly all of the women attending the workshop meetings also altered a pattern to fit themselves and gained skill in several construction techniques.

There was an agent training meeting in July on "The Right Color and Style for the Individual." As a result of this, the Home Agent gave the demonstration in all of the organized clubs of the county in September. This was a timely demonstration as the women were thinking in terms of the fall wardrobe. A great deal of knowledge was gained concerning the individual, how to determine her coloring, and the styles best suited to her from the standpoint of size, age, skin and hair color, occasion and the well-rounded wardrobe.

c. Results;

As has been stated the leaders assisted approximately 50 women with the pattern altering and construction techniques. The club members have commented from time to time that this information was helpful to them. No questionnaire was sent to those attending asking what use they had made of the information.

4. Home Management

The rising cost of living for families and the price-cost squeeze for many families help to create a greater awareness on the part of homemakers for better buys and other ways of stretching income.

The revolution in the fabric world called for different but good methods in care of clothing, especially laundering.

The large numbers of homemakers working outside of the home also pointed up the need for time savers.

a. What Was Planned

Two monthly demonstrations to emphasize Short Cuts in Home Laundering and Techniques in Laundering Modern Fabrics were included in the program by the Planning Committee.

Also the Planning Committee felt it would be good to continue the work on Family Financial Planning and to have one or more special interest meetings on Property Insurance or Insurance for Home Owners. This would be a meeting carried out on a county-wide basis with assistance from the Insurance Companies.

b. Method

The Home Management Specialist visited the county and trained the Home Management leaders from the various clubs. The leaders attending the training meeting in turn gave the demonstration in their respective clubs. The specialist gave good training and without the guidance and help of a County Home Agent, the leaders put many points of interest across to the members. It would

have been followed through more thoroughly if the help of an agent had been possible.

Help was given on the use of some newer fabrics as an aid in cutting down on time. The demonstration included the laundering of some different fabrics to show which could be done more quickly and which did not need to be ironed. The use of the right kind of equipment and the arrangement was also noted in the demonstration.

The best type of supplies to use in modern day laundering was demonstrated. Two bulletins, one on laundry supplies and one on laundry methods, were distributed to the members attending the March and April meetings.

c. Results

Comments from members in recent months indicate that some members have adapted the practices demonstrated. A fair number of homemakers remarked that they got a good deal of help on buying and using laundry supplies. They felt they had cut down on the amount of money spent for laundry supplies by learning which ones could be used to the best advantage. Also to understand the high pressured advertising was helpful.

The special interest meeting on "Insurance for Your Home" was not held since the county was without an agent. Also little was done on helping the homemakers with their financial planning and record keeping which was started in 1959. Effort will be made in 1960 to carry through on these phases.

5. House Furnishings

Miss Jamison, the House Furnishings Specialist, held a leader training meeting on Arrangement of Furniture and the Use of Accessories. This meeting was held in a home where the furniture had been removed from the room, and after key remarks by the specialist on basic rules in arranging a room, the leaders placed the furniture and accessories and were delighted with the information received. The leaders and the agent worked with this in all of the organized clubs, and as a result of visiting this meeting 13 new members became new Home Demonstration Club members. These 13 women are young homemakers, and are of the group we are trying so desperately to reach. Three result demonstrations grew out of this. The Home Agent and the leaders have had many calls asking for further help and suggestions.

Results:

85 living rooms were rearranged for better living
22 homes improved the lighting
25 pieces of furniture were refinished
8 picture frames were remodeled
126 pictures were rehung
3 floors refinished
10 interiors painted
6 lamps at yard gate and steps installed
4 bathrooms remodelled
8 rooms papered

- 6 added closet space
- 7 redecorated kitchens
- 4 bought vacuum cleaners

6. Landscaping

Landscaping is a phase of the long-time program continued this year. Assistance has been requested for planning and planting grounds of some new homes.

- 2 yards planned
- 27 trees planted
- 75 shrubs planted
- 1 yard completely planned
- 1 yard clinic

C. Other Activities

The Agent and 3 other Orange county women whom she secured assisted in judging at the Greene County Fair.

1. The Agent secured judges to assist in the Fredericksburg Agricultural Fair.
2. The Agent with the Program Development Chairman attended the District Federation Meeting in Charlottesville in November.
3. The Orange County Safety Council has been reported previously in this report.

D. Procedure for Developing and Carrying out Program with Urban Families

Orange, which is the largest town in the county, has a population of around 3,000 counting new residential areas just beyond the town limits. The county is entirely a small town and rural county

but among the population are a number of families who have moved in from urban areas. Their needs are met almost entirely through individual help, and through efforts to enroll them in homemakers clubs, helping them to become an intergal part of the community.

Even though Orange county is technically classified as rural, each of the 3 small towns, Orange, Gordonsville and Barboursville has its own distinct needs. Efforts are constantly being made to adapt the program by making changes suggested by the women in each of these phases.

General publicity in the county paper and over the local radio serves to take information to these families.

Contacts through 4-H Clubs have also been a useful means of becoming acquainted with many families and serving them when requested.

III. YOUTH PROGRAM

A. Organization

1. County 4-H Council

The County 4-H Council is composed of 4-H Club officers, volunteer leaders, a few members at large and the Extension Agents. It plans county-wide activities and promotes publicity for 4-H Club work.

2. Honor Club

There is an organized Honor Club in Orange County and the objectives are the promotion of interest in 4-H Club membership among high school students and personal improvement in project work and record keeping.

B. Project Work
(This pertains to 4-H Clubs organized in September 1960 under new Agent.)

Each 4-H group in the elementary schools selected its own project by popular vote, since there was not enough time during the school period allotted for but one demonstration.

In high school, the members chose one over-all project with demonstrations to be conducted at 4-H Club meetings. The high school 4-H Club members having more experience continue many projects formerly taken with each girl choosing any project or projects that she likes. Individual assistance from Agent or leaders is given when requested or needed.

For summer project work, each member chooses any project she likes.

1. Clothing

- a. Unit III, "So You'd Like to Sew" was the project chosen by all of the girls in the Junior 4-H Club. Since machines are not available at school, the girls chose 4 articles to make at school that could be done by hand. Instructions and special help was given to any member who would like to work on some of the other articles.
- b. Twenty-five 4-H Club girls exhibited articles of clothing in the county fair.

2. Foods

- a. The most interested group of girls in food's work were the Junior 4-H girls who took a bread project under a Junior Leader. All of these girls exhibited samples in the

county school fair and in every instance won recognition.

b. Food Conservation

Many 4-H Club girls both Junior and Senior help with the family conservation program and do a great deal of canning and freezing. It was reported this year that they had the largest entry ever in the county fair.

3. Safety

In September 1960 all of the Senior 4-H Club boys and girls choose a joint project to be done at school in Safety. We hope to tie this in in a very active way with the County Safety Council, having representatives as regular members on the county board. It was the feeling of the group that since Orange county is trying to organize an active Safety Council that the 4-H Clubs would like to make a real effort to participate.

C. Other 4-H Activities

1. A combination Talent Show and Achievement Program was held in May in the auditorium of the Orange Elementary School. At this time recognition was given to 4-H Club members, sponsors and leaders of 4-H Club work. Two of the winners in the Talent Show were given a trip to the 4-H Club Camp.
2. An assembly program put on by 4-H members at the Orange County High School was one of the outstanding events of the year. This was a very effective piece of public relations and informed the faculty and students of 4-H Club work in the county. An outstanding 4-H Club leader was recognized

for many years of service to club work.

3. Sixteen girls and the Agent attended Holliday Lake Camp in July.
 4. A committee of 4-H girls and the Home Agent assisted in the Girls' Department of the Orange County School Fair on September 9th and 10th.
 5. The Extension Agents and a committee of Senior 4-H Club boys and girls planned, constructed and entered a float in the Orange County High School Homecoming in October.
 6. Many 4-H Club members--both Junior and Senior--entered excellent exhibits in the school fair.
- D. 4-H Club Activities Carried on by the Girls without a Home Agent under the Supervision of the Assistant County Agent.

For two-thirds of the school year, the 4-H Clubs were without a Home Agent due to the retirement of the former agent. These girls carried on projects in Safety and Electricity in their school program.

There were 120 completions in Safety and 45 completions in Electricity.

IV. Scope of Work

A.

	1956	1957	1958	1959	1960
No. H. D. Clubs	13	11	11	10	9 *
Membership	270	250	265	255	187
No. 4-H Clubs	8	9	8	10	7
Membership	265	279	245	264	273
No. Home Ec. Committees	1	1	1	1	1
No. Youth Committees	1	1	1	1	1
No. Farm & Home Dev. Families		7	7	7	0
No. Other Families Reached	1800	1800	1800	1900	1950
No. Different Families Reached	2100	2100	2100	2200	2250

* Note: 1959, there were 10 Home Demonstration Clubs reporting, with a membership of 255, but when I started to work as Home Agent in July of 1960, I found 9 active clubs, with a mailing list of 175. The club was not lost nor was the membership decreased after I began work. According to the office files, to a membership of 175, we have added 12 new members, thus making a total of 187.

B. The public is informed about Home Demonstration work through news articles, radio programs over our local station, and word of mouth information from club members and other interested persons.

V. LEADERSHIP

A. Growth of Leadership

1. Over-All Program Leaders	1958	1959	1960
a. County Agricultural Extension Service Board	—	—	—
b. Youth Council	—	—	—
c. Home Economics Council	<u>7</u>	<u>7</u>	<u>7</u>

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	13	11	11	10	10
No. project leaders (subject matter)	46	45	35	40	40
No. Federation Pro. of Work Chairmen	10	11	11	10	9
No. Pro. Dev. Leaders	13	11	11	10	9
No. result demonstrators	4	5	5	6	5
No. training meetings by specialists	4	4	2	4	7
No. training meetings by dist. agents	1	1	2	1	1
No. training meetings by agents	2	7	8	8	1
No. training meetings by others				1	1
Attendance at all training meetings	110	102	78	121	135
No. meetings held without an agent	31	23	29	44	49
No. meetings leaders assisted	25	13	30	15	17
Demonstrations by leaders	31	30	29	44	49
Talks and discussions by leaders	60	50	45	50	70

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. Club officers	40	40	40	50	40
No. adult project leaders	12	13	10	7	5
No. junior project leaders	2	2	2	2	2
No. training meetings by agent	3	1	4	3	0
Total attendance at ldr. tr. meetings	20	4	19	--	--
No. 4-H leaders trained individually	12	8	10	7	7
No. Club mtgs. held by ldr. w/out agent	21	12	25	15	7
No. demonstrations given by adult ldrs.	21	12	25	8	7
No. demonstrations given by junior ldrs.	4	6	9	20	15

B. Cynthia Estes, who has been reported in previous Annual Reports as an outstanding example of the part 4-H Club work can play in development of leadership, is still very active in this capacity. She is now a Sophomore at V.P.I. but still keeps her enthusiasms for Club work going and growing. Cynthia has been a 4-H Club member for 9 years and has had the backing of her family to the fullest degree in all of her endeavors. For the past three years, she has done outstanding work as a leader of a group of girls meeting in her home during the summer months.

She attended the All-Star Camp last summer.

Cynthia won a Leadership Achievement Award for submitting an outstanding record in state competition. She received for this a pen and pencil set. This record was sent to Chicago this fall to compete in the National Awards Program. So far we have not received the results.

We would like to still recognize the fact that Cynthia is excellent material for consideration as an International Farm Youth Exchangee.

VI. FOR SPECIAL CONSIDERATION

A. From observation during the short time that I have been working with the 4-H Club members, I have a feeling that we have two outstanding girls that will compete favorably in local, district and state levels. These girls are Sarah Penn Frazer and Alice Marshall King.

B. Public Relations

1. Frequent conferences are held with co-workers in County Extension office.

2. Requests from the general public are taken care of promptly and as efficiently as possible.
3. Conferences are held with electric representatives when necessary to discuss Home Demonstration work.
4. The local press is most cooperative when time permits.
5. Personal contacts are made with members of the school board, school administrators and school sponsors in an effort to promote mutual understanding of projects and problems.

C. Professional Improvement

The Agent has attended the one District meeting that has been held since beginning her duties. She is a member of both State and National Home Demonstration Associations.

VII. THE LOOK AHEAD

In the short time that I have served in the capacity as Home Agent in Orange county, I realize that the life of the homemaker still goes at a rapid pace. Even so, I realize the necessity of appealing to the young homemaker and helping whenever and where ever possible to use their time to the best advantage. We are constantly trying to adapt our information and demonstrations to serve current needs. At the same time, we are trying to keep in mind the older homemaker and club member with a great deal of thought given to her needs and desires. Specific requests are becoming more and more frequent.