

Convention; the Communications School; the Tailoring School; and other training sessions as the opportunity arises.

C. Significant Contribution to Family Living

A study of safety practices in the home and on the farm probably will be the most significant contribution to family living.

Safety was chosen as the Federation Program of Work for 1960 by the Executive Board members of the H. D. Club Committee.

The members of this committee chose this subject because studies in the State and County show that three-fourths (3/4) of all accidents recorded happen in the home. This has its effects on every phase of homemaking to the extent that the club members want to reduce this over-all number.

The training meeting with Miss Amelia Fuller has been held with a record attendance.

The leaders felt the importance of preparing the demonstration for the club program to such a degree a special workshop was requested. At this workshop, flannel graph, flip charts and posters were prepared to be used to present material to members more effectively.

The center also makes Health bulletins and data available to the agent for use in her work. The agent will use data from the health department to keep leaders alert to local and national health situations so their efforts could be more effective.

5. Relationship With Business

The Retail Merchants Association will cooperate in making their merchandise available for use in leader training meetings.

The Suffolk Gas Company will allow the agent to have meetings in their assembly room, which is centrally located. The Virginia Electric & Power Company home economist and rural engineer will cooperate in giving assistance to the 4-H Club Electric project.

Seven merchants in the City of Suffolk will continue to sponsor girls' 4-H projects for the 1960 year in merchandise prizes awarded as certificates.

6. Relationship With Mass Media

The agents will furnish ample information to reporters upon request at all times.

A report of the weekly schedule of H. D. Club meetings, all special H. D. activities, and monthly and special 4-H Club meetings and activities, will be carried in the local daily papers, the Suffolk News Herald, and the Norfolk papers.

The press will further cooperate with pictures and feature stories of special events.

7. Individuals and Families

Time will be scheduled to work with individuals and families upon request in various phases of homemaking activities.

B. Plans for Professional Improvement

The agents will use periodicals, magazines, such as Time, Readers Digest, Look, Agricultural and Homemaking magazines, The Extension Service News and bulletins and the daily newspapers as a source of information to keep abreast with present day conditions.

The agents will attend whenever possible- the Home Economics

Careers in home economics will continue to be an interest. Information on qualifications for college scholarships and entrance will be mimeographed and distributed among high school girls and 4-H Club members.

Contacts will be made at P. T. A. meetings to inform parents of the programs offered at V. P. I.

3. Elected and Appointed Officials

Elected representatives will be invited to attend all special H. D. and 4-H activities in the county. They are kept on the mailing list to receive Landscape Notes and bulletins that represent their interest. A copy of the H. D. Year Book will be sent to them along with a summary report of the work done by the agents.

An oral report will also be given at the January or February meeting of the Board of Supervisors.

4. Other Organizations

a. Rural Churches

Cooperation with other organizations includes rural Churches, who will make their Fellowship Halls available for H. D. and 4-H community club meetings.

b. County Schools

The County Superintendent of Schools and the five school Principals will continue to cooperate in the 4-H Club program by allowing, whenever practical, club meetings to be held in the schools during the school period.

c. Health Organizations

Home demonstration clubs will continue their contribution to support the work of the T. B. and Health Association; Cancer; Polio and Heart Drives. Many of the clubs will make contributions of money as well as food and clothing to the Patrick Henry Hospital. All the clubs will continue to prepare and wrap Christmas gifts for the Naval Hospital in Portsmouth, Virginia, in cooperation with the Red Cross program, and will make a generous donation in their annual drive.

The Tri-County Health Center will allow the club members to use their auditorium for training meetings.

will be helpful in assisting the leaders are:

- a. Setting up a standard of credits to be earned by clubs by leaders attending all meetings.
- b. Summarizing the leader training meeting and stating very definitely what is expected of the leader.
- c. Arrange a workshop meeting to prepare visual aids for subjects difficult to demonstrate.
- d. Develop two (2) or three (3) ideas and give more detail information about them, rather than so many ideas that cannot be developed.
- e. Have the materials mimeographed for members whenever possible.
- f. Give additional training to leaders when request demands it.

VI. SPECIAL CONSIDERATION

A. Plans for Maintaining and Strengthening Good Public Relations

1. State Extension Organization

Good public relations exist with the director, associate directors, assistant directors, state leaders, supervisors, specialists, county extension agents, office secretary, and etc., and will continue to exist because their positions are respected.

The agents know that these leaders will furnish them with up to date information and understanding that is necessary to carry on an extension program. These leaders are loyal to their profession and therefore influence loyalty.

To strengthen this public relations the people in the State organization must be kept informed as to the needs and problems of the people.

A copy of all the correspondence concerning organization and training meetings will be sent to the proper people.

The specialists and others will be assisted in every way possible.

2. Parent Institution

B. Strengthening Leadership

1. 4-H Club Leadership

Goal: (a) to increase number of adult leaders; (b) to increase quality of work done by adult leaders.

The leadership among adult leaders in Nansmond is weak. Although we have interested adults, at times they do not understand the role that it is possible for them to play in a growing 4-H organization.

It is the plan of the agents to do the following:

- a. Strengthen personal ties - become acquainted with as many parents as possible and inform them about 4-H Club work. Any adult showing abilities and interest will be approached further about giving of themselves and their time.
- b. 4-H leaders will be given more tasks to perform in regard to 4-H Club meetings. More project and award information will be made available to them in the form of a kit for their personal use.
- c. The agent has prepared a form letter and survey to parents of a school Senior 4-H Club, with no adult leaders. It is hoped that this letter will reveal possibilities for some adult leadership, if it is only to furnish transportation, or homes, for meetings. (It is felt that we should make this into a community club, if possible).
- d. Adult leader training - "Getting the Most Out of Your Sewing Machine" - the Singer Program for aiding the clothing construction program, is planned for February.

4-H slides on House Furnishings projects will feature storage, ideas in home furnishings, etc., and will be used in planning project work with members and leaders.

2. Adult Leadership - H. D.

The area which needs greatest emphasis in the H. D. Program is the club program or demonstration. All too often the subject matter leaders will read a paper, with lengthy details, to the club members.

The leaders will be required to make preparation for giving the monthly demonstration. Some practices that

agent's schedule.

V. LEADERSHIP

	<u>No. in 1959</u>	<u>Goal for 1960</u>
A. Plan for Leadership		
1. County Program Leaders		
a. County Agricultural Extension Service Board	0	0
b. Youth Council	0	0
c. Home Economics Council	0	0

	<u>No. in 1959</u>	<u>Goal for 1960</u>
2. Home Demonstration Club Leadership		
No. Organizational leaders	85	85
No. project leaders (Subj. matter)	170	190
No. Fed. Program of Work Chairmen	18	18
No. Program Development leaders	18	18
No. result demonstrators	0	0
No. training meetings by Specialists	8	8
No. training meetings by Dist. agents	1	1
No. training meetings by agents	4	4
No. training meetings by others	2	4
Attendance at all training meetings	375	390
No. meetings held without an agent	62	100
No. meetings leaders assisted	184	190
Demonstrations by leaders	162	190
Talks and discussions by leaders	412	500

	<u>No. in 1959</u>	<u>Goal for 1960</u>
3. 4-H Club Leadership		
No. club officers	45	45
No. adult project leaders	13	18
No. junior project leaders	10	12
No. result demonstrators	0	0
No. training meetings by specialists	1	1
No. training meetings by dist. agents	0	0
No. training meetings by agents	1	3
No. training meetings by members Club Dept.	0	0
No. training meetings by others	0	1
Total attendance at ldr. tr. meetings	43	50
No. 4-H leaders trained individually	7	12
No. club meetings held by leader without agent	7	10
No. additionll club meetings at which leaders assisted	23	50
No. demonstrations given by ad. leaders	0	10
No. demonstrations given by jr. leaders	14	17

calls, home visits, letters and phone calls.

- d. Through talks when called upon before civic organizations. Through participation in civic groups and special activities.

3. Elected Representatives

Provide them with reports of work of home demonstration clubs, copies of Year Books and invitations to H. D. and 4-H activities.

4. Commercial Interests

- a. By working with local merchants and getting their cooperation in supplying materials, furnishings and furniture for exhibits and training meetings.
- b. By explaining the extension program on all contacts.
- c. By prompt letters of appreciation to companies and Churches lending their facilities, such as meeting rooms, etc.
- d. Expressing appreciation of commercial company sponsorship of H. D. and 4-H Club work through personal contacts, letters, radio and press. Having 4-H Club recipients of prizes thank donors.
- e. By extending invitation to all special H. D. and 4-H activities and public meetings.
- f. Express appreciation to sponsor of H. D. Club Year Book.

5. Other Professional Workers

- a. Keep professional workers of other agencies informed of the work and accomplishments of the H. D. and 4-H Clubs through personal contacts.
- b. Supply them with new extension leaflets and bulletins.
- c. Extend them invitations to special meetings and activities of the H. D. and 4-H programs.
- d. Cooperate with them in any way possible to assist in making their programs successful.
- e. Attend their meetings when it can be worked into

- a. Agent can work with officers and leaders making suggestions for community charity work, etc.
 - b. Some recreation or social time must be given at meetings or afterward.
 - c. Ideas for programs and speakers can come from the leaders and officers, or any club member.
3. The agent must visit members in the homes and inform parents of what they are doing and what they should do, by becoming familiar with a family situation, the agent can better develop ideas of needs within the club membership.
 4. Training Adult Leaders

(See Sec. V. - Leadership - - for plans)

B, Plan for Informing Public About Extension Home Economics Program

1. Co-Workers

- a. By considering the Virginia Extension Program as one program needing the mutual understanding and cooperation of all personnel in the county.
- b. By cooperating and working with co-workers on problems of county-wide interest and on the 4-H Club program and Farm and Home Management work.
- c. By keeping co-workers informed of the work and progress of the home demonstration clubs and the girls' 4-H Clubs.
- d. Inviting co-workers to attend special activities and programs of H. D. Clubs and girls' 4-H Clubs.

2. General Public

- a. Continue using radio programs to acquaint people of the county work of H. D. and 4-H Clubs, special training meetings, special interest meetings, program of work and accomplishments.
- b. Use the local county paper and two Norfolk newspapers to publicize the work. Monthly programs and special events will be presented through the press.
- c. By working with the general public through office

	<u>No. in 1959</u>	<u>Goal for 1960</u>
<u>No. General Interest Committees</u>	1	2
<u>Membership</u>	68	70
<u>No. Youth Committees</u>	0	1
<u>Membership</u>	0	30
<u>No. Other Organizations</u>	0	0
<u>No. Farm & Home Dev. Families</u>	5	10
<u>No. Other Families reached</u>	767	800
<u>No. Different Families reached</u>	1129	2000

*Report all groups that met 3 or more times a year.

It is obvious to us in extension that we have not been able to hold the interest of older 4-H Club members. The membership of the community clubs in Nansemond County is made up of a group of intelligent and interested boys and girls, but in order to have an alert club that can carry out community projects, it is felt by the agent that we **should** make an extra effort to hold members longer, and increase the entire enrollment.

The whole 4-H Club picture in Nansemond could be improved by the publicity of more award winners, more group activities, such as community improvement projects, more interested and proud parents, stimulated interest reflects in junior 4-H Clubs, etc.

The lack of interest is probably a reflection of changing trends in our lives today:

1. Greater urbanization.
2. Larger consolidated schools with many school activities (sports, cheer leading and managing teams, etc.) are a large factor.
3. Growth of other outside clubs (these clubs are often sponsored by Church and civic groups).
4. Scientific advancement - machinery, T. V. etc.

Our problem acknowledged - let's face it.

1. The new projects being offered to Senior 4-H Club members must be promoted by the agent to arouse interest.
 - a. Programs must be offered at club meetings to acquaint members and leaders with new projects. Awards must be explained.
 - b. Much help and advice from agent must be given on these new projects as members and leaders are getting started.
2. Meetings must be made worthwhile and stimulating.

Club demonstrations and exhibits of project work will be held at May club meetings in schools or June meetings by communities.

6. Girls' County Contest

The girls' county contest will be either in late September or the first week in October, so the achievement program can be held earlier and more time spent in grooming girls for the District Contest.

7. Share-the-Fun Contest

The share-the-fun contest will be held early in the spring in order to choose a winner to go to State Short Course.

8. Achievement Day

The achievement program will be held early in the fall to recognize outstanding achievements.

9. 4-H Electric Congress

Members of the electric project workshop will be encouraged to complete and turn in records in order that delegates may attend the Electric Congress.

10. County-wide Dance

The Finance Committee of the County 4-H Council will sponsor a dance to finance scholarships to District Camp, State Short Course, and to pay club dues.

IV. SCOPE OF WORK

A.	No. in 1959	Goal for 1960
No. H. D. Clubs	17	17
Membership	376	378
No. H.D. Groups * (unorganized)	4	5
Membership	117	120
No. 4-H Clubs	9	9
Membership	125	140
No. YMW Clubs	0	0
Membership	0	0
No. Community Clubs	0	0
Membership	0	0
No. Home Econ. Committees	0	0
Membership	0	0

C. Other Activities

1. Sponsors for Girl's 4-H Club Projects

Suffolk merchants and business concerns will be asked to continue during 1960 the sponsorship of girls' projects in the amount of fifteen dollars (\$15.00) in merchandise related to the project.

This local sponsorship is to be used as an incentive for girls to do better project work and to publicize the work of the 4-H Club girls with local people.

2. Camps and Short Course

a. District 4-H Club Camp

Eligible club members will be encouraged to attend the 4-H Club Camp at Camp Farrar in August. Indications are that the number will be increased over 1959. Facilities will probably take care of all of those that want to attend.

b. State 4-H Club Short Course

The State 4-H Club Short Course will be attended by the number of delegates permitted under the State quota. A radio broadcast by attending members will be used to publicize the event, along with press releases.

c. 4-H Club Conservation Camp

Attendance will be based on county quota.

3. Rural Life Sunday

Rural Life Sunday observance will be planned by the 4-H County Council. Observance will include an appropriate service at a centrally located Church in the county.

4. Annual 4-H Club Picnic

The summer picnic will be held at Planters Club again, with activities of swimming, games and singing, planned by the county council. Lunch will be served by parents. This annual event serves as an excellent outing and get-together for members, parents, leaders, county officials, agents and visitors.

5. Girls' Club Demonstrations or Exhibits

Subject Matter or Special Emphasis Area - Food Preparation

Problem	Topics to be Included	No. Clubs, or Groups Involved
4-H Club members need opportunities to demonstrate; more instruction in food preparation skills.	<ol style="list-style-type: none"> 1. Table setting. 2. Good manners. 3. Weights and measures and terms used in cookery. 4. Meal planning. 	all 4-H members carrying foods and bread projects.

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
<ol style="list-style-type: none"> 1. To have 4-H members acquire more skills in foods preparation. 2. To encourage more 4-H members to give demonstrations. 	<ol style="list-style-type: none"> 1. Correct placing of china, and silver for family and buffet servings. 2. Table service - some simple etiquette. 3. How to measure. 4. Cookery terms enable club member to read recipes and become familiar with foods terms. 5. Some menu planning. 	<ol style="list-style-type: none"> 1. A cooking class at the Suffolk Gas Co., working with their demonstrator-for Junior club members. 2. A demonstration and buffet supper at the V.E.P.Co., working with their Home Service representative - for Senior club members. 3. A Foods Class for each Junior school group (at least 4) after school in the home of a 4-H member, or in a Church Kitchen as the situation permits.

NOTES ON RESULTS, ADJUSTMENT AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Electric Project

Problem	Topics to be Included	No. Clubs, or Groups Involved
4-H Club members do not have technical knowledge or "know-how", or material for completing the Electric project.	<ol style="list-style-type: none"> 1. Christmas lighting safety- indoors and out. 2. Cord repair; electrical terms; meter reading. 3. How to give an effective electric demonstration. 4. Lamp building; care of equipment. 	Boys and girls from each 4-H Club - - carrying the Electric Project (both units)

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To have 4-H Club members to learn more about electricity and it's practical uses in the home and on the farm.	<ol style="list-style-type: none"> 1. What types of wiring and lights to use outdoors at Christmas, and how to install them safely. 2. Value of good lighting in the home and on the farm, and how it should be arranged. 3. How to repair service cords and build a heavy duty service cord. Convert, or make a lamp. Make a motor. 4. How to care for home electric appliances. 	<p>Six monthly meetings will be conducted:</p> <p>Members will be:</p> <ol style="list-style-type: none"> 1. Shown slides, lighted charts, movies, lectures demonstrations, etc. 2. Assisted with giving their own demonstrations. 3. Assisted with work on electric equipment member is building or repairing.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Outdoor Cookery

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. How to complete a 4-H project involving a group of people.	1. Fuel - how to start an outdoor fire.	3 Senior 4-H Clubs
2. To hold the interest of older 4-H Club members.	2. Cook for the Crowd.	
	3. How to Cook in Aluminum Foil.	

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. Give the opportunity needed by 4-H members to complete the outdoor cookery project.	1. What foods are more appropriate for outdoor meals.	1. 4-H Club members and adult leaders will be expected to plan and carry out the project. The agent will advise. 2. The agent will expect the members to use the 4-H Outdoor Meal Project Manual and have one or more demonstrations (5 minutes) - - judging, if possible.
2. Give demonstrations.	2. How to cook outdoors better and more easily.	
3. Take part in recreational activities.	3. To practice leadership by planning and carrying out a group affair.	

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Career Exploration

Problem	Topics to be Included	No. Clubs or Groups Involved
1. County schools do not have any vocational guidance.	1. What, when, why of Career Exploration.	3 Senior Clubs
2. Rural youth are leaving farms for non-rural life and need help in planning for future.	2. Careers in general.	
	3. Careers in particular: a. Retailing b. V. P. I. offered	
	4. Self analysis	

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To have the senior club members investigate careers and make a decision toward a suitable career.	<ol style="list-style-type: none"> 1. What is career exploration? 2. Why should a young person investigate careers? 3. A number of different careers; how to make a self-analysis; where to find information about careers; career hazards. 4. Demands of a job and job duties. 	<p><u>Meeting I</u> - Discussion led by agent explaining Career Exploration and it's application to the group. Flannel Board, cards and a flip chart are to be used.</p> <p><u>Meeting II</u> - Vocational counseling by representative from Va. State Employment Service - to discuss helps offered by this service, laws concerning hours of work, etc. Aptitude tests, skills and knowledge for different careers, educational and training requirements.</p> <p><u>Meeting III</u> - Work Sheet - self analysis. Jr. leadership boy and girl will lead discussion. Agent will summarize.</p>

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Entomology

Problem	Topics to be Included	No. Clubs and/or Groups Involved
1. Boys and girls want help with 4-H Club projects of this type. 2. They realize how insects play a great part in our lives and do not understand enough about it. (group club instruction - ideal for school meetings)	1. Insects - both pests and beneficial.. what insects are a problem locally, and what should we do to prevent or rid ourselves of them? 2. Collecting and preserving insects.	5 Junior School Clubs

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. Acquaint the 4-H member with insect pests. 2. To teach the importance of beneficial insects. 3. Help member recognize importance of insects in relation to man and his continued existence. 4. To assist member in appreciation of values in rural life.	1. Biological make-up of insect. 2. Most common insect pests, habits and control. 3. Most beneficial insects-habits and control. 4. How to make a "killing jar"; insect display box; insect spreading board; a pinning block. 5. Devices and chemicals used in killing insects.	1. <u>Meeting I</u> - instructions by the agent, using charts to show diagrams of insects, and any other illustrative visual aid material. 2. <u>Meeting II</u> - demonstrations by club members.. 4 samples of items used for collecting and processing insects. Mounted insect collections will be exhibited when possible.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Safety

Problem	Topics to be Included	No. Clubs, or Groups Involved
The accident rate is extremely high on the farm and in the home.	Safety: 1. In the home 2. During recreation 3. On the farm 4. On the highway and street	5 Junior School Clubs

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. Rural youth should strive to reduce accidents by safe practices at work, at play, in the home and on the highway.	1. What is a hazard? 2. How can I remove this hazard? 3. How can I help people alert today and alive tomorrow by practicing safety measures?	1. Invite a local person to address 4-H Club meetings.. traffic, fire and firearms will be discussed. 2. Discuss the problems, stressing how accidents can be prevented. 3. Distribute check lists and educational materials. 4. Have club members give demonstrations on safety and prepare talks. 5. Show a movie-Safety, Our No.1 Crop. 6. Club scrapbook on safety clippings from newspapers and magazines on accidents that could have been prevented. 7. Make an exhibit for 4-H Week.
2. 4-H members should make an effort to teach others safe practices.		

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

August, 1954. The members plan to assist the extension personnel in any way they can in furthering 4-H Club work in the county. They will serve in an advisory capacity on recommendations for All Star membership.

5. Honor Club

There is no Honor Club in the county at present.

6. Project Planning Committee

Members of the county council (boys and girls) and the adult leaders will jointly plan the in-school program for the coming year. Since most of the community clubs carry different projects as a matter of choice than the school clubs, representatives from each of them will meet with their adult leaders and the agents to plan their program.

B. Project Work

Subject Matter and Special Emphasis areas as follows:

1. Safety
2. Entomology
3. Career Exploration
4. Outdoor Cookery
5. Electric Project
6. Food Preparation

1. County Youth Council

There is no Youth Council organized at present.

2. County Youth Committee

The agents are planning to organize a county youth committee. The members will be men and women in the county that have some knowledge of the problems of different ages, as well as members of the 4-H Council, All Star and Older Youth groups.

The purpose of this committee will be:

- a. To strengthen the 4-H program and try to find some solution to some of the undesirable conditions as they now exist.
- b. To find and use leaders and plan a training program for them that will provide understanding for the need of the youth.

3. County 4-H Club Council

The County 4-H Council, composed of all club officers and adult leaders of the eight (8) clubs, will hold two meetings during the year to set up standards for project work, eligibility requirements for camps, to plan county-wide picnic, achievement day, rural life Sunday, the talent program, and to receive officer training.

The Council will do the following:

- a. Sponsor projects to raise funds for work of council.
- b. Pay transportation expenses of members to State Short Course.
- c. Hold girls' annual 4-H County Contest.
- d. Hold annual achievement day program in October, county-wide picnic in July, talent program in the spring, and conduct an appropriate program for National 4-H Week.
- e. Assist in planning in-school projects for next year.

4. County All Star Chapter

The Nansemond County All Star Chapter was organized in

a chairman and eight committee members, who were elected by the members of the Farm and Home Management area. The committee will work with the agent in finding areas of need and interest in the community and in planning and carrying out the farm and home management work.

All of the 48 area families have been contacted and are familiar with the program. Five (5) families were added to this list, and five more families will probably be added during 1960.

General Objectives:

1. To promote better community relationship.
2. To encourage the family to work together as a unit.
3. To make available the latest information and practices pertaining to homemaking.
4. To develop a desire to become a more efficient homemaker.
5. To help the family to analyze resources, set up goals, and work toward these goals.

Procedure

1. Radio- weekly radio programs prepared by the agent will cover areas of interest to the homemakers.
2. Mailing list - each family will receive printed material of general interest and any available material upon request.
3. Meetings - as special situations of general interest arise, group meetings will be called by the area chairman.
4. Personal contact - the agent will continue to make home visits and give individual assistance to homemakers.
5. Specialist help - specialists will be asked to help with major individual problems and group meetings covering some areas.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

attend. There is need for this type of recreation for families.

3. Observance of National H. D. Week

A committee will be appointed at the spring H. D. Council meeting to plan for and make the necessary arrangements for this observance.

4. Achievement Program

The County Chairman will appoint a chairman and co-chairman of this committee to plan and carry out every detail of the program for a day set aside for their achievement day.

5. Community Houses

The agent intends to cooperate with H. D. Clubs and civic organizations in promoting the idea of community houses.

The Crittenden and the Box Elder H. D. Clubs use and help finance a community house for their meeting place. The Magnolia and White Marsh Road clubs are working with civic clubs to build a community house.

D. Urban Families

There are no plans for adopting and carrying out programs with urban families. However, requests for information will be handled as promptly as possible. About 6 urban homemakers are H. D. Club members, and this condition exists because they have moved their residence from the county and continued their membership.

The Wilroy, Eastover, Maude Wallace, Eva Minix, Crittenden, Palmyra, and the majority of Kings Fork and Magnolia H. D. club members are rural non-farm members or suburban. Surveys have proven that the needs, desires and wants of the homemakers, rural or otherwise, are about the same.

The club members in these clubs do influence the program by requesting topics and activities that tend to inspire, such as flower arrangement, and other topics that provide creativeness.

E. Farm and Home Management

The existing Farm and Home Management Committee consists of

C. Other Activities

1. Club Objectives

- a. Plan to reach more homemakers through H. D. Clubs.
- b. Each home demonstration club president encourage members to become eligible for the Reading Certificate by reading books from the Federation Library.
- c. Promote the application of high health standards in rural family living.
- d. Encourage each family member to practice safety rules in the home and on the farm.
- e. Continue use of the County Unified Budget Plan.

These objectives were selected by the Executive Board members at the fall Executive Board meeting.

Procedure

- a. More home visits or personal contacts will be made to leaders, committee chairmen and club presidents to help give them confidence in assuming their responsibilities.
 - b. Home visits will be made to inactive members to acquaint them with the assistance available through the extension program.
 - c. A Year Book will be compiled by a committee and given to each club member and friends of extension to help club members carry out the program and to acquaint the public with home demonstration work.
 - d. The Unified Budget Plan will be used again this year. Each club will work out it's annual budget for dues and charitable donations and send one check to the Council Treasurer in January. As each charity drive is held, the Treasurer will send one check as a contribution from the combined club treasury.
2. County H. D. Picnic

A Picnic Committee will be appointed at the spring H. D. Committee meeting to plan details for the picnic. About 300 homemakers, family and friends, will be expected to

Subject Matter or Special Emphasis Area - Refinishing Furniture

Problem	Topics to be Included	No. Clubs, or Groups Involved
<ol style="list-style-type: none"> 1. Knowing what furniture is worth the time and effort to restore it. 2. Lack of imagination in styling old furniture. (whether it would be more attractive higher or lower, what can be taken off, etc.) 	<ol style="list-style-type: none"> 1. Refinishing Furniture 	<p>Special Interest Meeting</p>

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
<ol style="list-style-type: none"> 1. To make unsightly pieces of furniture more attractive and usable. 2. To restore valuable pieces of furniture to it's natural beauty and usefulness. 	<ol style="list-style-type: none"> 1. To appreciate the natural color of hand rubbed wood. 2. Steps and procedure and methods of refinishing wood. 	<ol style="list-style-type: none"> 1. A demonstration will be given on one piece of furniture. 2. A question and answer period will be held. 3. Follow up with assistance as necessary.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - House Furnishings

Problem	Topics to be Included	No. Clubs, or Groups Involved
<ol style="list-style-type: none"> 1. Knowing how to apply the art principles, such as line, shape, color, texture, proportion and balance. 2. Know how to decorate the room according to it's function for efficient care and maintenance. 	<ol style="list-style-type: none"> 1. Planning Color Scheme in Using Draperies, Rugs and Pictures. 	17 clubs

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
<ol style="list-style-type: none"> 1. To have club members increase their appreciation of the use of color. 2. To make a wise selection in buying draperies, rugs and pictures as to use, care and maintenance. 	<ol style="list-style-type: none"> 1. The art principles and how to apply them in room decorating. 2. The selection of draperies, rugs and pictures. 3. How to do with what you have. 	<ol style="list-style-type: none"> 1. Train leaders to give demonstration at regular club meeting. 2. Prepare kits of samples of materials to see the influence of color on texture and design.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Food and Nutrition

Problem	Topics to be Included	No. Clubs, or Groups Involved
<ol style="list-style-type: none"> 1. To introduce variety in meal planning. 2. Organizing work habits in meal planning and preparation. 3. Budgeting the food dollar wisely. 	<ol style="list-style-type: none"> 1. How to Plan and Prepare Oven Meals. 2. Planning and Preparing Meals to Save Time and Energy. 	17 clubs

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
<ol style="list-style-type: none"> 1. Members are to increase the use of oven and other facilities for better and more nutritious meals. 2. Improve organization of work habits for better use of time and energy. 	<ol style="list-style-type: none"> 1. What foods are suitable for baking and how they may be used in planning meals to save time and energy. 	<ol style="list-style-type: none"> 1. Leaders will be trained to give demonstration at regular club meetings. 2. Lunches will be planned and served to the members - using the information received.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Clothing the Family

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. Learning to coordinate garments purchased with rest of wardrobe.	1. Making a Wardrobe Plan.	17 clubs
2. How to plan "go togethers" of	2. New Fabrics and Finishes.	
3. Selection/accessories for variety.		
4. Care and up-keep of new fabrics and finishes.		

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To have members plan the wardrobe for members of their family that contributes to health and satisfaction in being well dressed.	1. To learn how to plan garments that go together.	1. Train leaders to give demonstration at regular club meeting.
2. To be able to select materials that provide maximum durability with minimum care.	2. To know something about characteristics of materials.	2. Garments of man-made materials be brought to meeting for determining satisfactory or un-satisfactory garments.
	3. To buy garments for members of the family more wisely.	

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Art in Daily Living

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. Lack of appreciation for music.	1. Music appreciation	17 clubs
2. Lack of time to spend on studying music or reading.	2. Visiting and studying Historical Places in Virginia.	

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To develop music appreciation by studying at least 2 pieces of music.	1. To spend their leisure time in a more profitable way.	1. Train leaders to give demonstrations at club meeting.
2. To increase our knowledge of appreciation of our environment by visiting and studying Historical places in Va.	2. To reduce tension and to seek relief from mental strain.	2. Study records or slides of the story of a favored selection of music.
		3. Visit Historical homes near-by.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Home Management

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. Buying household cleaning agents as advertised, rather than using common sense.	1. Short Cuts in Housekeeping	17 clubs
2. The young homemaker with small children has difficulty in organizing work habits.		

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To have a clean, comfortable, well organized household.	1. How to organize work habits.	1. Train leaders to give demonstrations at regular club meetings.
2. To organize work routine for efficiency and conserve time and energy.	2. Know your appliances and how to operate them for efficiency.	2. Suggest club members (by clubs) visit super markets to study housekeeping equipment for sale. Study labels on cleaning agents.
	3. How to select cleaning agents on the market for jobs to be done.	3. Have members report on changes made in work habits.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Landscape Planning

<u>Problem</u>	<u>Topics to be Included</u>	<u>No. Clubs, or Groups Involved</u>
1. Constant moving of shrubs and flower beds from one place to another.	1. Making a Landscape Plan	(Special Interest Meeting)
2. The need for foundation planting to tie the house to outside area.		all members of 17 Clubs and public invited.
3. Screening unsightly areas.		

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS</u>
1. To give the house and yard an attractive appearance.	1. How to landscape the yard in relation to the house for pleasing effect.	1. A workshop type meeting will be held for members to receive actual assistance with individual problems.
2. To plan landscaping that is functional	2. Direct traffic where it should go. 3. How to plan landscaping to grow with the budget and activities of family.	

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Safety -
Federation Program of Work

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. More than 50% of accidents happen in the home.	1. The causes of accidents and how to correct them.	1. Fed. Program of Work Committee
2. Homemakers need to recognize safety hazards and correct them.	2. The danger of firearms... how to handle guns.	2. 17 H. D. Clubs
3. Educate members of the family to the significance of safety problems.	3. Poisoning in the home. 4. Danger signals in the kitchen.	

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
To develop better attitudes toward safety by all members of the family.	1. State & County safety conditions. 2. Laws governing firearms, traffic and bicycles. 3. To recognize safety hazards. 4. To prevent accidents.	1. Use a check list for safety consciousness among members. 2. Collect reports from safety leaders. 3. Feature exhibits on safety-National H. D. Week 4. Use the Achievement Program to give emphasis to the Safety program.

NOTES ON RESULTS, ADJUSTMENT AND ACCOMPLISHMENTS

Subject Matter or Special Emphasis Area - Officer Training

Problem	Topics to be Included	No. Clubs, or Groups Involved
1. Lack of confidence	1. Duties of president, vice-president, secretary and treasurer.	17 Clubs
2. Lack of knowledge of parliamentary procedure in conducting a meeting.	2. General rules for conducting meetings.	(Special Interest Meeting)
3. Lack of opportunity and experience to perform in front of a group.	3. How to avoid pitfalls at meetings.	

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM & MEASURING RESULTS
1. To conduct a meeting with confidence.	1. Parliamentary procedure.	1. Hold workshop type of meeting for officers with specialist assistance.
2. To be able to direct and guide people into activities.	2. Duties of the officers of their organization.	2. Use evaluation sheets to determine contribution made by officers or leaders.
	3. The importance of leadership and the place for it in the extension program.	3. Furnish officers with News Letter and publications to keep them informed.
		4. Work with leaders to give them information so that they may contribute.

NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS

be postponed.

The club vice-president, who is also Program Development leader, was added to this membership last year. This leader will be encouraged to serve for two years.

The County H. D. Committee has two meetings a year. The one in the spring will be a planned program and luncheon meeting. The one in the fall will be a business meeting, when committee appointments for various jobs will be made by the chairman. There will be committee reports and work sessions to make plans for determining the county objectives, and suggestions for the Year Book, etc.

This is an active committee that is greatly responsible for the place H. D. work holds in the community and for the attitude and activities of its' members.

B. Subject Matter and **Special** Emphasis Areas

References as follows:

1. Officer Training
2. Safety - Federation Program of Work
3. Landscape Planning
4. Home Management
5. Art in Daily Living
6. Clothing the Family
7. Food and Nutrition
8. House Furnishings
9. Refinishing Furniture

(5) Tailoring

Procedure

There is a list of county homemakers who wish to be enrolled in these classes. This list was made up by special request from the women. The information was passed on to neighbors and relatives. Because of lack of facilities, these classes will not be open to the public but will be by registration.

The classes will be held at the Community Centers or Church Fellowship Halls; and a sufficient number of days will be scheduled to complete that phase of the program.

b. Rural Arts Committee

A rural arts committee will be organized early in the year. The members of the committee will be selected by the agent. After background material has been studied and needs of the people determined, a short-time and long range program will be planned.

About three or four topics will be selected. A qualified person will be secured to teach techniques and skills to county people who wish to register for this subject.

The 4-H and H. D. Club membership rolls will be used to make contacts, as well as announcements through the newspapers and local radio.

4. Home Economics Committee

There is no county home economics committee at this time.

5. County Home Demonstration Club Committee

This committee is made up of each club president, vice-president, standing committee chairmen, such as Program of Work, Membership, Cook Book, Finance, and Publicity, and a County Chairman, first and second vice-president, secretary and treasurer.

The County Chairman, first and second vice-president, secretary and treasurer, make up a smaller governing body called the Executive Board. This board is subject to call meetings to act on any issue that should not

Superintendent of Public Welfare adequately care for county health needs, other than the number of tubercular patients, whose percentage is high, particularly among the negro race. The Public Health Doctor states there is need for more work on sanitation, such as privies and trash disposal.

The county people realize the need for more adequate facilities for county employees, as well as for their schools. The people are working in small groups viewing the situation and making plans to meet the needs of the schools.

A Courthouse and County Office Building has been constructed, providing office space for all county employees, except the county extension office, and the Welfare Department. The old Clerk's Office building, directly across the street from the new Courthouse-County Office building, has been remodeled and now houses the county extension offices in the east wing, and the Welfare Department in the west wing.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Agricultural Extension Service Board

There is no such organization functioning at this time.

2. Home Economics Council

There is no such organization at this time.

3. General Interest Committees

a. Special Interest Committee on Clothing

There are seven (7) members of a special interest committee on clothing. There was one meeting of this committee in 1958, and the action taken was planned by these members. Since that time, the program has grown and changed to meet the need as observed by the eighty four (84) homemakers attending the classes.

The classes offered county homemakers will be by request, and will include:

- (1) Making a Wardrobe Plan
- (2) Studying New Fabrics and Finishes
- (3) Simple Sewing Practices
- (4) Construction of a Basis Dress

1960 PLAN OF WORK

Ella H. Rice
Home Demonstration Agent

Billie T. Kelley
Asst. Home Demonstration Agent

I. COUNTY SITUATION

Nansemond County, located in the peanut producing area of Virginia, realizes it's chief source of income from peanuts and hogs.

Average annual gross farm income amounts to approximately \$8.5 million, however, unofficial estimates have dropped that figure for 1959 by about \$1 million, due to adverse conditions of nature and the high cost of commodities purchased versus lower prices for commodities sold.

Corn, while most of it is fed on the farm where it is produced, is also a vital factor in the agricultural economy.

This farm income is produced on 1306 farms, averaging 107.7 acres per farm, operated by a rural farm population of 28.8 percent. Of this number 870 are white farm operators. Much of the income of the county population of 25,238 is realized from off-farm employment and business engaged in by the 52.6 percent rural non-farm and 18.6 percent urban population.

This growing trend toward urban county population has resulted in thickly settled communities in the Bethelehem, Holland Road, Windsor Road, Turlington Road, White Marsh Road, Eastover and Kimberly areas adjacent to Suffolk City. Home demonstration clubs are organized in these developments.

376 white women, out of 2,620 twenty one years of age and over, are enrolled in home demonstration clubs in the county.

The general pattern of family living is about the same among rural farm and rural non-farm groups. The standard of living is fairly high, particularly good in regard to diets, labor saving equipment and clothing.

Participation in Church, school, and civic organizations and activities is very good among both rural farm and rural non-farm population. Much of the community social life centers around the Churches and six schools in the county.

The Tri-County Health Center, the Obici Hospital, plus the adequate number of resident doctors and dentists, and the

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