

2. Improving the Water Systems
 - a. Plan meetings and have the Health and Sanitation Officials give discussions on the importance of securing water systems
 - b. Plan more programs emphasizing the need of water systems
 - c. Send out circulars and bulletins pertaining to the need of water systems

Special Consideration Cont'd

4. Relations with Organizations
 - a. Attend organizational meetings
 - b. Assist in planning the programs if needed
 - c. Give aid whenever needed
 5. Relationships with Business
 - a. Maintain good relationships
 - b. Cooperate with the various businesses
 - c. Invite the personnel to programs whenever needed
 - 6.
 6. Relationships with Mass Media Personnel
 - a. Become acquainted with Mass Media Personnel
 - b. Visitations
 - c. Give information on news articles
 7. Relationships with Other Organizations
 - a. Cooperate with the Health Council
 - b. Attend and visit various churches in the county
 - c. Attend civic affairs and organizations and give aid
 8. Individuals and Families
 - a. Respecting rights and privileges
 - b. Giving special aid if needed
 - c. Making visitations and learning individuals likes and dislikes
- B. Outline plan for professional improvement
1. Spend more time in office in reading materials
 2. Attending more professional meetings and joining professional organizations
 3. Attend school in the near future
 4. Watch Tv and listen to the radio on subjects and demonstrations relating to my work
- C. Phase of county program that will make the most significant contribution to family living
1. Community Improvement
 - a. Make the people aware of the need for community improvement
 - b. Organize community improvement clubs
 - c. Tour other counties who have well organized community improvement clubs

3. 4 H Club Leadership

	No. in 1959	Goal for 1960
No. Club officers	110	115
No. adult project leaders	13	18
No. junior project leaders	15	20
No. result demonstrators	1	2
No. training meetings by specialists	-	2
No. training meetings by dist. agents	-	2
No. training meetings by agents	3	5
No. training meetings by members club dept.	1	2
No. training meetings by others	2	3
Total attendance at ldr. tr. meetings	50	55
No. 4 H leaders trained individually	3	5
No. club mtgs. held by ldr. w/out agent	0	15
No. additional club meetings at which leaders assisted	52	55
No. demonstrations given by adult leaders	28	32
No. demonstrations given by junior leaders	0	15

B. Strengthening Leadership

Areas that need emphasis

1. More adult project leaders
2. More trained adult leaders
3. More trained 4 H junior leaders

Plans for reaching goals

1. Train more adult leaders
2. Plan to have leaders to take charge of more meetings
3. Have adult leaders to assist in more 4 H club meetings

VI. For special Consideration

A. Plans for maintaining and strengthening good public relations in the county with:

1. State Extension Organization Itself
 - a. Courteous to specialist and county co-workers
 - b. Answer information promptly and accurately
2. Parent Institution
 - a. Represent the things we stand for
 - b. Maintain respect for our superiors
 - c. Be able to accept criticisms
3. Relations with Elected and Appointed Officials
 - a. Learn and know members of the county board of supervisors
 - b. Inform the board of supervisors with the plan of work and programs
 - c. Cooperate with the officials whenever help is needed

Scopes of Work Cont'd

4. Have county tours and invite non interested families to come
- B. Plans for informing the Public about Extension Home Economics Program
1. Publishing news articles in the newspaper
 2. Visits to different organizations and explaining the functions of the program
 3. Contacting key people in unorganized communities and introduce the program to them
 4. Personal visits to various churches in the county
 5. Attend organizational meetings in order to learn the interest of the people in the unorganized areas in the county

V. Leadership

A. Plan for Leadership

1. County program Leaders	<u>No. in 1959</u>	<u>Goal for 1960</u>
a. County Agricultural Extension Service Board	60	70
b. Youth Council	13	18
c. Home Economics Council	32	38

2. Home Demonstration Leadership

	<u>No. in 1959</u>	<u>Goal for 1960</u>
No. organizational leaders	22	25
No. project leaders (subject matter)	52	50
No. demonstration program or work chairman	20	25
No. program development leaders	13	13
No. result demonstrators	21	4
No. training meetings by specialists	-	2
No. training meetings by agents	12	14
No. training meetings by others	1	3
Attendance at all training meetings	52	68
No. meetings held without an agent	10	15
No. meetings leaders assisted	44	55
No. Demonstrations by leaders	48	25
Talks and discussions by leaders	85	95

trophy cup and that recognition be given to outstanding club members.

5. A 4 H Bonfire will be given in June for the benefit of raising funds for 4 H Club activities.

IV. Scope of Work

A.

	<u>No. in 1959</u>	<u>Goal for 1960</u>
No. H. D. Clubs	7	8
Membership	100	125
No. H. D. Groups (unorganized)	0	1
Membership	0	22
No. 4 H Clubs	11	12
Membership	321	375
No. YMW Clubs	0	1
Membership	0	25
No. Community Clubs	1	2
Membership	50	75
No. Home Ec. Committees	1	2
Membership	35	60
No. General Interest Committees	0	1
Membership	0	30
No. Youth Committees	1	2
Membership	48	65
No. Other Organizations	1	3
No. Farm & Home Day Families	2	4
No. Other Families reached	118	150
No. Different families reached	225	250

Areas that need emphasis

1. Organize a Youth Club
2. Increase H D Club membership and organize more clubs
3. Establish means of reaching more farm families

Plans for reaching goals

1. Secure more leaders capable of making the program more extensive
2. Secure more youth in planning programs
- 3.3. Give programs so as to reach the basic needs of the people

A-H Subject Area

15

Project

Topics to be Included No. of Clubs, Groups Involved

Clothing

Making gathered skirts
 Making simple blouses
 Making simple aprons
 Making laundry bags

1

Goals

What Members Are To Learn

Plans For Carrying out Project

Notes on Results, Adjustments, Accomplishments

To teach club members to learn to make simple garments without the use of a pattern

Members are to learn how to use a needle and thimble

Members are to learn how to make different kinds of stitches

Members are to learn how to make simple patterns out of newspaper and how to measure and cut materials.

Discussions, method demonstrations, bulletins, leader training meetings and home visitations and record keeping of work done.

Subject Area

15

Topics to be Included No. of Clubs, Groups Involved

Making gathered skirts
 Making simple blouses
 Making simple aprons
 Making laundry bags

1

Goals

What Members Are To Learn

Plans For Carrying out Project

Notes on Results, Adjustments, Accomplishments

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Discussions, method demonstrations, bulletins, leader training meetings and home visitations and record keeping of work done.

A-H Subject Area

14

Project

Topics to be Included No. of Clubs, Groups Involved

Individual Health

Eating the right kind of foods
 Caring for the teeth
 Caring for the hair
 Getting sleep and rest
 Caring for hands, skin, protecting eyesight and hearing

7

Goals

What Members Are To Learn

Plans For Carrying out Project

Notes on Results, Adjustments, Accomplishments

To help 4 H club members to live up to their pledge and to teach them how to help keep healthy bodies.

Members are to learn:

1. To eat the right kinds of foods and to know a balance meal
2. To know the daily requirement of foods necessary for the growth of the human body
3. To learn some of the classes of foods and learn some of their uses in the body
4. To learn how to brush teeth properly and how to take care of them and to learn the importance of sleep and rest.
5. To learn to care for the hands, hair, skin, eyesight and hearing.

Method demonstrations, discussions, bulletins and circulars.

Assist members in keeping records, giving quizzes and making surveys.

4-H Subject Area

13

Project

Topics to be Included No. of Clubs, Groups Involved

<p>Meal Preparation</p>	<p>Cooking Eggs Different Ways Setting a Table at Home Correctly Preparing, Cooking and Serving Vegetables different ways Planning Dinner for the Family Cooking Meat loaf Stew or other Meat Making and serving Salads</p>	<p>2</p>
-------------------------	--	----------

Goals

What Members Are To Learn

Plans For Carrying out Project

Notes on Results, Adjustments, Accomplishment

To help 4 H members learn the principles of meal planning and preparation.

To help members to prepare nutritious meals and to make the meals attractive

To aid members in making wise selection of foods.

Members are to learn:

1. How to plan menus and meals correctly
2. How to set a table correctly
3. How to cook different meats properly
4. How to make and serve salads in different ways
5. How to cook eggs in different ways
6. How to make simple meat stews
7. How to cook vegetables different ways

Bulletins, method demonstrations, discussions leader training meetings and circular letters and home visits.

4-H Subject Area

12

Project

Topics to be Included No. of Clubs, Groups Involved

Entomology I

Learning Harmful Insects
 Learning how to Kill different Insects
 Studying Beneficiary Insects
 Studying ways of Securing and Collecting Insects

1

Goals

What Members Are To Learn

Plans for Carrying out Project

Notes on Results, Adjustments, Accomplishments

To help 4 H members recognize the insects in relation to man and his environments.

To help 4 H members realize and appreciate values in rural life in order to help produce well rounded industrious and public spirited citizens.

Members are to learn:

1. How to distinguish useful insects and harmful insects
2. How to mount insects
3. Learn atleast 5 chemicals used to kill insects
4. Learn the importance of beneficial insects and learn ways and means of protecting them
5. Learn the history and habits and prevention and control of the most common insect pest in the locality.

Home visits, method demonstrations, bulletins, tours and circular letters and training meetings.

A-H Subject Area

Project

Topics to be Included No. of Clubs, Groups Involved

Wildlife

Identifying different kinds of birds
Construction of bird feeders, houses and baths

1

Planting foods for birds

Protecting nests and feeders from bird enemies

Construction of box traps and sieve for different birds

Goals

What Members Are To Learn:

Plans For Carrying out Project

Notes on Results, Adjustments, Accomplishments

To teach members how to attract and protect wild birds.

Members are to learn atleast how to identify 10 different kinds of birds

How to draw sketches and give descriptions of birds

How to construct different bird feeders, houses and Baths for birds

How to protect nests and feeders from bird enemies

Know the kinds of bird enemies

How to construct bird traps and sieves for different birds

Bulletins, method demonstrations, home visits, discussions

- 2. Objectives for promoting Farm and Home Development Work
 - a. To help Farm families to be better managers and producers
 - b. To make farm families aware of the many ways in which Extension Service can be of help to them.
- 3. Procedures for working with the families
 - a. Making personal contact
 - b. Assistance in the Helpo of families to realize the need of changing old methods and techniques.
 - c. Contact other agencies that might be of assistance to the families.
- 4. Plans for recording help
 - a. Acquaint the family with the importance of keeping records.
 - b. Assistance in filing records properly.
 - c. Make constant checks in order to see if they are recorded correctly.

3. County Extension Program---Youth

A. Organization

County 4 H Council

The County 4 H Council is composed of 60 members. Two meetings were held for the purpose of planning a more extensive program for the coming year. The objectives are as follows:

- 1. To celebrate National 4 H Club Week Countywide.
- 2. That 4 H Rural Life Sunday be observed countywide on the third Sunday in May
- 3. That Achievement Day be celebrated county wide in November
- 4. That the most outstanding 4 H Club for 1960 be presented a

National Hd Week will be celebrated this year on a county-wide basis. Members have decided to make different garments that are to be worn on different occasions and display their garments in form of a fashion show. A Speaker will also be on the program along with a display of articles that Club members have made.

Achievement Day will also be celebrated on a county wide basis. Progress reports of different Clubs will be given. Also an honor Club will be Selected if need be. Skits, demonstrations, and discussions will also be given. The display of exhibits will be judged. Recognitions will be given to the most outstanding individuals in the HD Clubs

H D Clubs also plan to attend Farm and Home Week at Virginia State College.

- D. Plans for adopting and carrying out Programs for Urban families.
Nelson County does not have Urban families.

E. Farm and Home Developments

In 1959 only 2 families was worked with in Farm and Home Development. My goal for 1960 is to get at least two more families.

1

1. Plans for location additional families.
 - a. Making more home visits to farm families and give special assistance if need be.
 - b.
 - b. Send out special information on Farm and Home developments to farm families.
 - c. Send out questionnaires in order to find out the farm families who would want help in Farm and Home Development work.

2. That each Club will be responsible for raising funds for District Meetings and send as many delegates as possible.
3. Achievements Day will be celebrated County-wide which will include exhibits and skits which will serve as a means of achievements as well as introducing the public with H D Club Activities and how extension operates.
4. That a fashion show will be held along with a speaker will be given and presented in National H D Week.
5. That funds will be raised in order to help sponsor more educational turns for the coming year.
6. That the program of work for the coming year consist of monthly and special interest topics as follows:
 - a. Making Christmas Cards and wrappings.
 - b. Kitchen Storage Space.
 - c. Window Styling.
 - d. Selecting Paints for inside
 - e. One Dish Meals
 - f. Quickly Picnic foods
 - g. Restyling Hats
 - h. Basketry
 - i. Slip Cover Clinic
 - j. Remaking Old Garments

C. Other Activities

This year HD Clubs in Nelson County plan to send as many representatives as possible to the District Meeting. The Clubs are standing now to raise funds and seeking transportation for this activity.

Adult
Work

Subject Matter or Special Emphasis Area-⁷

Problem

Topics To Be Included

Number of Clubs
or Committees Involved

How to change the styles in old garments so that they can be used

Restyling Old Hats

7 Clubs

Remaking Old Garments

7 Clubs

Goals

What People
Are to Learn

Plans For Carrying out
Program & Measuring Results

Notes on Results
Adjustments and
Accomplishments

To teach members how to stretch the clothing dollar by learning to restyle old hats and old clothing

Members are to learn the correct ways in cleaning hats, Learn the correct ways in changing the form of the hat that will look best on them Learn to use the proper ornaments on different hats.

Plans: Specialist help, leader training meetings, discussions printed materials and method demonstrations.

Members are to learn how to make straight skirts out of gathered skirts, how to make skirts out of old pants and how to restyle old coats and dresses.

Measuring Results: Exhibits and progress reports on garments remade and restyled hats

Adult
Work

Subject Matter or Special Emphasis Area-

Problem

Topics To Be Included

Number of Clubs
or Committees Involved

How to make one dish meals out of left overs

One Dish Meals

7 Clubs

How to save time and energy in preparing quick picnic foods

Quick Picnic Foods

7 Clubs

Goals

What People
Are to Learn

Plans For Carrying out
Program & Measuring Results

Notes on Results
Adjustments and
Accomplishments

To teach more members how to save the food dollar by combining leftovers in one dish.

Members are to learn different ways in serving and preparing leftover foods

Methods: Specialist help, method demonstrations, written materials and leader training meetings.

To teach members how to save time and energy by preparing quick and simple picnic foods

Members are to learn how to prepare foods for a picnic that are easy to fix and easy to handle and serve.

Measuring Results: Surveys and observations

Methods: Method demonstrations, Specialist help, discussions and bulletins.

Measuring Results: Have different club picnics whereby members can actually put what they have learned into practice

Adult
Work

Subject Matter or Special Emphasis Area⁵

Problem

Topics To Be Included

Number of Clubs
or Committees Involved

Members want to know factors concerning the right uses of shades, glares or draw curtains.

Window Styling

7 Clubs

Members want to learn the different kinds of paints and uses, selection of proper colors of paints in the home.

Selecting Paints For Inside Job

7 Clubs

Goals

What People
Are to Learn

Plans For Carrying out
Program & Measuring Results

Notes on Results
Adjustments
Accomplishments

To assist club members in proper uses of shades, glares or draw curtains

How to select the proper shades, glares or draw curtains according to the needs in their homes.
How to use each selection in order to make the proper selection.

Plans for carrying out program
1. Uses of other professional groups
2. Leader Training meetings, bulletins and discussions

Measuring Results: Surveys and Observations

To get more members to realize the values of selecting paints

How to select the proper colors according to the uses and location of rooms

Learn the different kinds of paints and their uses

Methods: Written materials, bulletins, Specialist help and circulars

Measuring Results: Tours, questionnaires

Adult
Work

Subject Matter or Special Emphasis Area⁴

Problem	Topics To Be Included	Number of Clubs or Committees Involved
How to make Christmas Cards and Wrappings for club members own personal use	Making Christmas Cards and Wrappings	7 Clubs
How to improve present kitchen storage space and suggestions on how to construct kitchen storage space savers	Kitchen Storage Space	7 Clubs

Goals

What People Are to Learn

Plans For Carrying out Programs & Measuring Results

Notes on Results Adjustments and Accomplishments

To teach club members the methods and techniques in using different art materials	Members are to learn the proper methods and techniques in block printing, marbelizing designs. Members are also to learn to make their own stencils	Methods: Written materials method demonstrations and leader-training meetings.	
To assist club members in being more creative by using their own imagination	Members are also to learn how to make different wrappings and how to wrap gifts correctly.	Measuring Results: Observation and surveys	
To make club members that there is a need to change the present kitchen storage space	Members are to learn different kitchen aids in providing for storage space. Members are to learn the different shapes of kitchens and learn to arrange	Methods: Specialist help, written materials, demonstrations and circulars.	
To teach members different ways to improve kitchen storage space	different work centers in their kitchens properly.	Measuring Results: Kitchen tours and taking kitchen surveys	

and one High School. The High School employ 11 teachers. The elementary schools employ 22 teachers. There are 2 consolidated elementary schools; one has 5 rooms and 5 teachers the other has 8 rooms and 8 teachers. The rest of the schools have 1 and two rooms with teachers respectively.

2. County Extension Program

A.. Organization

County Advisory Board

Nelson County's Advisory Board is composed of Sixty members and held one meeting last year and plan to hold two meetings this year for the purpose of planning a much more extensive program for youth as well as adult activities. The County advisory board has not functioned to well but I hope this year will be more successful than last year..

The present objectives of the Advisory board are to send the designated number of delegates to the State Advisory board of meeting, give more cooperation to the Health Council, plan more recreational and wholesome activities for the youth, help support other organizations and agencies when needed, and to sponsor at least one County Wide tour for the coming year. It was also agreed upon that Massias Mill will continue to be the Live at Home Community untill desirable progress is made.

County Home Demonstration

B. Committee

The objectives of the County H D committee are as followed:

1. That National H D week will be observed County wide.

Transportation has been another hindrance as far as getting more members to attend the meetings. Some of the Club members don't own automobiles and those who automobiles cannot drive them with the exception of a few members.

Social conditions in the county is very poor except for programs that are given by organizational groups such as the P. T. A., Health Council, H D & 4-H Clubs and other organizations. There is one movie in the county. There are other places for recreations but they do not provide the type of activities that will produce wholesome recreation.

Moreover, there is two health centers in Nelson County. One center is located in the Lovington area and the other health center located in Rockfish Valley. However, Lovington is the largest and is supported by the county and state funds where as the Rockfish Valley health center is a Community Project . It serves as a head quarters for doctors. However, the Medical Aid has improved greatly according to the Medical situation from last year. At the present, there are five residents Physicians in the county and two public health nurses. Also the Health Center has been completed.

The educational level in the public schools system is progressing greatly. The construction of a new Negro High school is now being constructed. The consolidation of grammar schools in the county has been given great consideration, therefore the 4-H Clubs will be larger and more qualified leaders will be needed. At the present there are 9 public schools in the county

1. County Situation

The location of Nelson County is in the piedmont on the Northern slope of the Blue Ridge Mountain. The land area is 468 square miles and the population is 14,042. 27% is composed of Negroes which is 3,793. Also there are 221 Negro farm families in Nelson County.

Sources of Income

A. Seasonal-----A large portion of the income comes from fruit which include apples and peaches orchards. Of course the seasonal income affects Extension Work in Nelson County because the majority of the members work sometimes both day and night. Farming does not affect the Club attendance.

Other sources of income are railroad work, Cyanamide Plants, soap stone plants and Rock Quarry Mines.

Right now the County is facing an economic Crisis because the railroad work has slackened and therefore some of the men had to seek employment elsewhere and some are still not working.

Climatic conditions affect the program very much because a large percent of the people who are in H D Clubs live on unpaved roads and it is sometimes impossible for the members to attend their meetings. Whenever there is sleet or snow it is dangerous to travel because of the deep curves and mountains.

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PLAN OF WORK

For

1960

NELSON COUNTY

Name of Agent

C. J. Britton
