

IV. GENERAL APPRAISAL OF PAST YEAR

Reviewing the Extension program for 1962 on the basis of contribution to better rural living, better homemaking, changes in skills, attitudes and improved practices, the program was effective and successful.

The home economics Extension program could be improved in Louisa by:

1. Providing office space large enough to accomodate leader training groups.
2. Devoting more time to follow-up work in projects by the agent.
3. More and better trained leaders.

Even though there is room for improvement, the agent feels that she has had good cooperation and participation in the total Extension program. In terms of the objectives set up at the beginning of the year, it is felt that both h-H and home demonstration clubs have done much to achieve their goals.

Members of the club have assisted with painting the interior, laying and sanding the floors, and washing windows.

The Jackson's home is a ranch - style brick, four (4) bedroom home. It has a full sized basement, living-dining room, kitchen, two baths, good closet space, patio and garage, and all modern conveniences. Upon the completion of the heating central system, the Jackson's home will be ready for occupancy.

In addition to the survey, several outstanding community projects were performed for families in the community. One of them involved the Jackson family, Mr. and Mrs. George Jackson. Mrs. Jackson is a native of the Oakland Community and an instructor in the Louisa County elementary school system. Mr. Jackson is employed in Washington, D. C. and commutes to and from Washington each weekend.

During the month of April, the Jackson's worked closely with the agent on plans for a new home. It was only after careful planning that the land was cleared for the home. In May the building began. During the month of June the first community workday was held. The house was now ready to be bricked. A total of eleven (11) brick masons from nearby communities and members of the Community Club gathered at the Jackson's home site. This took place on early Saturday morning. The brick layers gave their services and the members of the community club carried brick, mortar, and water. At the end of the day the house was completely bricked. The ladies in the community prepared a picnic lunch for the workers.

On October 24, Dr. W. L. Watson, horticulturist from Virginia State College, landscaped the lawn of the Jackson's home. The following Saturday the group again assembled at the Jackson's home. This time to clean the lawn and prepare it for planting. One member donated the use of his tractor and disk and at the end of the day, the lawn was in satisfactory condition for planting.

- 6 floors were covered
- 8 windows were screened
- 2 lawns were established
- 15 different vegetables were grown in the summer gardens
- 4 different vegetables were grown in winter gardens
- 1,087 quarts of food were canned
- 232 quarts of food were frozen
- 390 pounds of food were frozen
- 47 hogs were killed for the family food supply
- 198 hens were kept for home use
- 14 dairy cows were raised
- 11 pieces of electrical equipment were purchased including ranges, irons, washing machines, freezers, refrigerators, and mixers.
- 9 family members had thorough physical examinations
- 5 families kept a record of expenditure
- 11 families made budgets
- 17 family members had polio shots
- 21 dresses were constructed
- 11 skirts were constructed
- 29 pairs of underwear were made
- 21 aprons were constructed
- 17 garments were remodeled

Members of the Oakland Community are active in Church and Sunday School. They participate in Adult Classes, Parent-Teachers Association, Masonic Lodges, and King David Organizations.

III.

SUCCESS STORY

For the second consecutive year, Community Improvement work has been carried on in the Oakland Community of Louisa County. The purpose of the program is "To cooperate with the State Extension Service in the improving of agriculture and the level of living among farmers in Virginia"

There are about seventy-five (75) adults and one-hundred one (101) boys and girls in the Oakland Community. Thirty (30) people are active in Community Clubs, nineteen (19) in Home Demonstration Clubs and forty-five (45) in 4-H Clubs. Thirty-nine (39) of the forty-five (45) 4-H'ers completed projects in 1961 - 62.

From a recent survey in the Oakland Community, the following improvements were reported for the year:

- 1 home added awnings
- 3 homes were painted
- 28 pieces of shubbery were planted
- 1 room was added
- 1 walkway was added
- 1 home had electricity installed
- 9 rooms were painted
- 7 floors were painted
- 2 hot water heaters were purchased
- 5 pieces of farm equipment were purchased including tractors, disks, and plows.
- 2 outbuildings were erected
- 1 closet was built

F. Advanced Clothing Workshop

On February 5, 1962, a Sewing Workshop was organized in the Home Economics Department of the Archie G. Richardson High School. The class met for three (3) hours each first and third Monday evenings through the month of May.

The primary purpose of the workshop was to teach homemakers to construct woolen garments. The persons attending the class were active home demonstration club women who were especially interested in clothing construction. In regular club meetings, time, space, and the varied interest of other club members prevented these ladies from learning as much about clothing construction as they desired to learn.

The group had a total of ten meetings with an average attendance of thirty-five (35) persons at each meeting.

A total of forty-nine (49) garments were constructed at the workshop including suits, dresses, shirts, and coats. The garments were modeled at a county-wide fashion show in May.

Fifteen (15) first place blue ribbons were won at the Achievement Day program and five (5) 4-H'ers won cash awards at the Lynchburg Youth Exposition.

E. Home Nursing was a phase of work not included in the plan of work. Homemakers in Louisa County studied Home Nursing in H. D. Clubs for three(3) months. The phase of Home Nursing covered were:

- a. Causes and Symptoms of Illness
- b. Home Nursing in Special Conditions
- c. Home Nursing Procedures

As a result of studying home nursing, homemakers gained the skills and knowledge required to give simple nursing care to the sick and injured in the home. Homemakers also learned simple home nursing procedures. They included taking temperature, pulse, respiration, making beds etc.

Homemakers learned more about the nursing care of convalescing patients, aging and chronically ill patients and other persons who may need nursing care over a period of time.

Eight (8) home nursing leaders were trained and each gave demonstrations at regular club meetings.

- A. Phase: Clothing
- B. 4-H Club members lack skill in making simple repairs, sewing in hems and on buttons and making simple garments and articles.
- C. Teaching Objectives:
 - 1. To teach 4-H'ers the basic sewing equipment.
 - 2. To teach homemakers to make handkerchiefs and scarfs.
 - 3. To teach homemakers the parts of the machine and how to use it.
 - 4. To improve skills in repairing clothing.
 - 5. To teach 4-H'ers to make simple garments.
- D. A total of one-hundred eighty three (183) 4-H club girls were enrolled in the clothing project, "So You'd Like to Sew." These girls represented four 4-H clubs. 170 of the 183 girls enrolled successfully completed the project. As a result of the project, girls made 99 handkerchiefs and 71 scarfs. Members learned to make simple repairs in their clothing such as, sewing on buttons, sewing in hems, mending socks etc. It was observed that fewer girls used safety pins and more mended their own clothing.

Two girls participated in the District 4-H Contest. Both won first place at the District Contest and gave clothing demonstrations at the State 4-H Short Course. One girl won first place there.

In an effort to help family members maintain desirable weight, a special interest Weight Control Group was set up during the month of April. Mass Media, personal letters and individual contacts were used as a means of informing the public. Miss Janet Cameron, food and nutrition specialist met interested persons for a "Kick Off" meeting. The group was then formally organized. Eleven persons enrolled at the first meeting. A program for four months was arranged. The group met every two weeks for a total of eight meetings. Several resource persons were used at these meetings. They included the county nurse, physical education instructor, and home economics instructor from the local high school. At other meetings the group held informal discussions or demonstrations.

The final meeting of the group was held in August. According to their weight charts, the ladies lost a total of 94 pounds. Individually, the ladies lost weight ranging from 9 to 21 pounds.

A follow-up meeting of the group was held in November.

Results showed that none of the ladies had regained any weight. Five ladies now weigh their desired weight, the other five ladies are still losing weight.

Foods is continued in the program for 1963.

II. REPORT ON PROJECT AREAS

A. Phase: Foods

B. This phase was chosen because homemakers needed to know what foods are required for best health and the relationship between food and health. Homemakers needed to understand more about food needs for the overweight, underweight, teenager, and all members of the family.

C. Objectives

1. To teach homemakers the basic food needs
2. To provide homemakers with knowledge and skills in preparing nutritious snacks especially for teenagers.
3. To teach homemakers to establish a sound basic food pattern in children's eating habits.
4. To help two - job homemakers prepare quick, nutritious meals.
5. To help homemakers and their families maintain desirable weight.

D. Homemakers in Louisa spent about five months on this phase of work. Each homemaker was given a pamphlet on the Basic Four Foods. The agent gave a method demonstration using actual foods showing the basic food needs. Each homemaker was asked to bring foods to illustrate the basic food needs of an adult for a day. About three-fourths of the homemakers did this successfully.

D. Leadership in Louisa progressed during the year, both in the number of leaders and the improved practices of leaders already serving. Leaders conducted more meetings and gave more demonstrations than in previous years.

The County 4-H Council functioned for the first time and the County 4-H Leaders Association was improved.

As a result of more and better training, leaders were able to do a more effective job. In Louisa County we feel that the Extension Program can only be successful when well-trained leaders do an effective job.

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- c. To raise funds for the Advisory Board treasure. Net proceeds from the play amounted to \$247.95.

B. Other Contributions by Local Leaders:

1. September was "Leaders Month" for Home Nursing Leaders in Louisa County. Home Nursing leaders gave demonstrations in six (6) of the seven (7) home demonstration clubs in the county.
2. The 4-H Club Leaders Association sponsored, financed, and transported four 4-H'ers and a leader to the 4-H Short Course during the month of June.
3. Seven Home demonstration clubs met during the month of June and leaders conducted the demonstrations. The home agent was in summer school.

C. Leader - training

Three leader training meetings were held for 4-H project leaders and five (5) leader training meetings were held for home demonstration club project leaders.

Specialists conducted one leader training meeting.

The County 4-H Leaders' Association coordinated five (5) 4-H club picnics. Two-hundred nine (209) persons attended.

The 4-H County Council held periodical meetings to train 4-H'ers in parliamentary procedures and other phases of 4-H club work.

I. INVOLVEMENT OF LOCAL LEADERSHIP IN PLANNING AND CARRYING OUT THE EXTENSION PROGRAM

A. Work with Planning Committees - Organizational Leaders

1. The Home Demonstration Club Program Planning Committee

is composed of two members from each club. The function of this Committee is to assist in planning the home demonstration club program for the county. The total membership of this committee is seventeen (17). The Home Demonstration Club Committee met twice during the fiscal year. In July the group met to plan the year's program and in November to evaluate.

2. The Louisa County Advisory Board is composed of fifteen (15) members. The members are representatives of the home demonstration clubs, farmers, homemakers, professional workers and other interested persons. The Board met six (6) times during the year. As a result the following goals were reached:

1. Three (3) delegates attended the State Advisory Board Meeting
2. The Advisory Board sponsored the annual Picnic. More than sixty (60) persons attended
3. The County Advisory Board sponsored a Religious Pageant, "Bound for the Promised Land." Two-hundred one (201) persons attended this program. The purposes of the pageant were:
 - a. To strengthen local leadership
 - b. To provide wholesome entertainment

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ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Cloria F. Spencer

Extension Agent

Extension Agent

Assistant Agent

Assistant Agent

Assistant Agent



1962

Louisa

County