

New ways of reaching homemakers will be used through special interest groups and personal contacts.

The agent feels that visits to individual 4-H club members' homes, having an opportunity to know the parents, will greatly strengthen the 4-H program.

Regardless of the obstacles along the way, it is felt the program has created increased knowledge, changed attitudes, developed leadership, and promoted good community life.

Suggestions for improving the home economics Extension program in the year ahead are: organize more special interest committees, and use the ones already set up more; plan programs to reach more people, especially young homemakers; and continue working to develop leadership especially for 4-H project work.

VI. FOR SPECIAL CONSIDERATION

A. PUBLIC RELATIONS

The agent has tried to continually improve public relations through developing confidence and good will by keeping them informed of the high type of program sponsored by the Extension Service, but making them realize it is a program of, for, and by the people of the county.

The County Extension Service has prospered through the mutual cooperation of other professional agencies as County Health Department, Welfare Department, school administrative staff and teachers, the elected representatives, and commercial interest. The Extension Service is appreciative of this cooperation and realize that it has been able to reach more people and more effectively through this cooperation.

The county agents have worked closely together in planning and executing the County Extension Program.

B. PROFESSIONAL IMPROVEMENT

The agent tries to get the maximum benefit from programs at District and State Extension workers conferences, schools and workshops.

The agent reads professional publications, daily paper that has state-wide coverage, county weekly paper, Time Magazine, and several good monthly magazines. The agent also belongs to a book-of-the-month club, and purchases at least six books a year.

The agent is an active member of the Virginia and National Home Economics Associations and the State and National Home Demonstration Agent's Association and attends these meetings.

The agent attended the National Meeting of the Home Demonstration Agent's Association in Chicago. The programs were instructive and inspiring which made the agent feel she had been so busy piloting the "boat" she had not taken enough time to rechart the course.

VII. A LOOK AHEAD

The agent feels there is definite need for recharting the home economics courses.

So many home demonstration club members and key homemakers have obtained outside the home employment, clubs have been discouraged by losing these members. New club members have been obtained, but they do not reflect in the over-all picture.

2. HOME DEMONSTRATION CLUB LEADERSHIP

	1956	1957	1958	1959	1960
No. organizational leaders	52	51	70	69	65
No. project leaders (subject matter)	140	100	124	136	120
No. Federation program of work chairmen	14	13	14	14	12
No. program development leaders	13	13	12	12	11
No. result demonstrators			8	12	8
No. training meetings by specialists	8	5	4	6	8
No. training meetings by dist. agents	1	1	1	0	1
No. training meetings by agents	4	3	6	5	7
No. training meetings by others	0	0	0	0	2
Attendance at all training meetings	137	140	113	161	176
No. meetings held without an agent	67	59	60	63	51
No. meetings leaders assisted	4	21	8	10	6
Demonstrations by leaders	126	117	106	130	162
Talks and discussions by leaders	284	275	305	298	350

3. 4-H CLUB LEADERSHIP

	1956	1957	1958	1959	1960
No. Club Officers	104	95	95	97	97
No. adult project leaders	20	14	16	14	10
No. junior project leaders	32	8	12	6	6
No. result demonstrators	5	12	3	0	4
No. training meetings by specialists	0	0	0	1	0
No. training meetings by dist. agents	2	0	0	0	0
No. training meetings by agent	0	1	8	6	5
No. training meetings by others	2	0	0	0	1
Total attendance at ldr. tr. meetings	70	35	83	59	65
No. 4-H leaders trained individually	9	14	8	6	10
No. club meetings held by ldr. without agent	31	38	17	40	36
No. additional meetings at which leaders assisted	64	10	5	8	48
No. demonstrations given by adult ldrs.	127	42	56	40	60
No. demonstrations given by jr. ldrs.			26	18	25

B. OUTSTANDING CLUB LEADERSHIP

The Central Plains Club has shown outstanding leadership. The club has been represented at all leader training and other county-wide meetings. The club has given all demonstrations in their club, and one leader gave a demonstration in another club.

The club has conducted seven meetings without the agent. Two members of the club served as 4-H leaders and took the two day course "Getting the Most from Your Sewing Machine" conducted at the Singer Center in Charlottesville.

The club provided leadership and refreshments for the Cunningham District 4-H recreation programs.

4-H club members were pleased with the program and have requested that it be made an annual affair.

IV. SCOPE OF WORK

	1956	1957	1958	1959	1960
No. H.B. Clubs	13	12	13	13	11
Membership	309	313	280	287	250
No. H.B. Groups (unorganized)					1
Membership					10
No. 4-H Clubs	17	17	18	19	19
Membership	165	167	177	207	186
No. Home Ec. Committees				2	2
No. Youth Committees				1	1
No. Farm & Home Dev. Families (worked with)				20	10
No. Other Families Reached	70	55	105	100	65
No. Different Families Reached	475	480	541	500	450

B. EFFORTS TO INCREASE SCOPE OF WORK

In spite of special effort on the part of the agent, two clubs have disbanded, Palmyra and Branc. (The latter expects to reorganize). This was the result of some members going to work, others taking on additional responsibilities in other capacities, and lack of leadership.

One new club, Mountain View, has been organized in an area of the county not reached before by the home demonstration program. This was done through the leadership of a former member in another club community.

In some clubs there is considerable turn over in membership, but there has been a decided increase in young homemaker membership.

The two home economic special interest committees made up of non-club members have stimulated interest.

The Pass-It-Along Policy by club members and news and subject matter articles published in two papers serving the county have helped to reach families.

V. LEADERSHIP

A. GROWTH OF LEADERSHIP

1. Over-all Program Leaders

	1959	1960
a. County Agricultural Extension Service Board	-	-
b. Youth Council	3	8
c. Special Interest Committees	6	6

3. Miscellaneous Projects

Meal Planning and Preparation, Clothing - So You'd Like to Sew, and Make or Remake have been the major summer projects.

Instruction in projects was given by community leaders and agent.

Home demonstration clubs helped purchase a sewing machine for home agent's department.

It is felt that goals established for these projects were reached with majority of girls taking projects.

C. OTHER ACTIVITIES

1. Club Contest

Greater participation in contests was urged hoping to arouse interest and desire for greater achievement in club work. There was a few more participating but desired goal was not reached.

2. National A-H Week

A county-wide program was planned with an I.F.Y.E. as the feature part of the program, but the prolonged snows last March prevented carrying out plans.

3. Rural Life Sunday

Rural Life Sunday was observed in three communities under the supervision of adult and junior leaders.

4. Camps and Short Course

18 girls attended regular camps.
3 girls attended State Short Course.

The home demonstration clubs provided prizes for Public Speaking Contest and scholarships to regular camp and Short Course.

5. A-H Fire Council

The Point-of-Fork Community Club, under the leadership of Miss Mary Alice Ankers and Miss Louise Boggs, sponsored a county-wide Fire Council Program. Supper was prepared by the Point-of-Fork group. All-Stars assisted with program.

B. 4-H PROJECT WORK

1. Your Room - Pep-It-Up -- County-wide project

The project was selected by the County 4-H Council and planning group. It was carried in sixteen clubs.

The goals established were: club members to care for their rooms, make the most of his or her furnishings, discard unneeded articles, develop pride in attractive, comfortable, well kept room.

Agents gave demonstrations and instructions, trained members on giving demonstration in their respective group. Members brought articles made to club meetings.

The members learned: short cuts in caring for room, bed making, to put sections in dresser drawers, how to make a bulletin board and pencil holder, shoe rack, closet accessories and how to arrange flowers.

Club members and parents were enthusiastic about project.

2. Career Exploration

The High School 4-H Club Program Planning Committee selected this project for their main club project.

Older club members recognized the need to acquire knowledge on career selection. This program was set up to point out the need for higher education and help them avoid many hazards involved in selecting a career.

Programs were given at the monthly meetings. Local professional workers and school guidance councilors were very cooperative in assisting with the program.

Through the project members became aware of many careers available, their requirements, advantages and disadvantages, the importance of selecting a career suited to their abilities, capacities, knowledge, and skills.

It is felt that this project has helped satisfy a real need of our youth today.

D. FARM AND HOME DEVELOPMENT

The agent has worked with ten families on long-time goals, management, housing, clothing, and foods and nutrition.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. ORGANIZATION

1. County Council

The 4-H County Council is made up of club officers and key 4-H club members. It develops the county-wide 4-H project, sets up county objectives, and plans special programs and activities.

These meetings were also used to train officers for their respective jobs.

County Council meetings have strengthened 4-H club work because members are given the opportunity to plan as well as execute the 4-H program.

It has impressed parents who bring their children to the meetings seeing the youngsters in action.

2. 4-H Adult Advisory Committee

This Committee is made up of 4-H leaders, Director of Public Instruction in County Schools, members of Board of Supervisors, Chairman of County Home Demonstration Committee, businessmen, and All-Stars.

Goals set up by Committee were: interest older club members to continue in 4-H work, improve quality of work, larger percentage of completions, acquaint and involve parents in the programs, the 4-H program has to offer, and find out interest of club members that will motivate them to continue 4-H work.

It is felt that this Committee has done an effective job as enrollment on the high school level in greatly improved with the beginning of the 1960-61 session.

3. All Stars

There are too few All-Stars in the County. Girls have married and moved away, boys gone to other sections for employment and younger ones in college.

The ones in the County work as leaders in both 4-H and home demonstration work, also serve as councilors at camp and in an advisory capacity.

C. OTHER ACTIVITIES

1. Community House Projects

The Troy Home Demonstration Club has served dinners to the Ruritan Club to raise money to put running water in the kitchen. They also have a new sink and have helped pay off the indebtedness on the Community House. They now plan with the Community House Committee to put in toilets and eventually enlarge the building.

The Hybee Club has equipped and decorated one room of the Community House as their club room. They have also put in electric pump and running water in kitchen.

The Central Plains and Fairhope Clubs have worked throughout the year to improve the Community House, built last year, serving their section of the county.

2. Club Objectives

- a. Begin and end club meetings on time. There was decided improvement in this area.
- b. Allow an hour for demonstration or program. Time keepers kept the business sessions within the allotted time giving the leaders an hour for their part of the program.
- c. Continue working with 4-H Clubs. Home demonstration club members assisted as community project leaders, furnishing transportation to club meetings and County Councils, served on Adult Advisory Committee, clubs provided prizes for Public Speaking Contest, and scholarships for camp and Short Course.

There is a need for more project leaders to work with 4-H girls on the community level, especially in clothing construction.

3. Achievement Day

Achievement Day was held in the Wilmington Community Center.

The past county chairman were special guests.

A demonstration on Better Lighting in the Home was given by the power supplier home economist and slides were shown on wild flowers in Fluvanna County.

Lunch was served.

During the year club members learned: to identify wild flowers, where they grew and characteristics. They learned to appreciate wild flowers and the need to conserve those that are becoming extinct.

Much interest was expressed in the study and the clubs wanted to continue studying wild flowers, but put special emphasis on birds next year.

The agent is making a collection of slides on wild flowers in the county.

Slides were shown at the Achievement Day Program.

6. Outstanding Program

Food for Different Ages - Emphasizing Milk

The program was initiated by the County Nutrition Committee. The Committee felt there was inadequate milk consumption, too many school children were skipping breakfast, and homemakers did not avail themselves of nutritional data. Also, high school students spent money on candy and soft drinks rather than a good lunch.

The goals set up were: to have homemakers obtain, understand and use nutritional information and to promote better health and well being of all ages.

The program was set up so people would learn why certain nutritional elements are necessary for growth, maintenance, repair, energy and well being of individuals; what foods provide necessary elements; and selection and preparation of foods to obtain maximum benefits.

Special emphasis was put on milk consumption both, adult and children, through the committee members, home demonstration and 4-H leaders, teachers, lunch room supervisors, home demonstration and 4-H members.

Leaders were trained by a foods specialist and the agent.

Demonstrations given in preparing dishes using extra quantities of milk (supplementing with milk solids).

Recipes provided. Recent data on experiments conducted by the V.P.I. School of Home Economics was used.

Keen interest was shown in the program, and it is believed that desirable changes are taking place.

Goal was to develop new interest in growing and arranging flowers.

The leaders were trained by the home furnishings specialist. Garden Club members assisted on the club level.

Supplemental materials were given leaders and members. Some clubs had workshops giving the women a better opportunity to learn skills.

Exhibits were brought to club meetings.

As a result of these programs, the women learned how to condition and arrange flowers in appropriate containers. They also learned pleasing color combinations, line, proportion, and rhythm.

The women derived pleasure from their accomplishment and used flowers more in their home decorating.

5. Federation Program of Work - Art in Daily Living
Wild Flowers.

It was felt that too many people were unaware of the beauty of wild flowers. They did not know them and through carelessness many wild flowers were becoming extinct.

The Federation Program of Work Chairmen set up the following goals: develop a greater appreciation for wild flowers, develop new interest, create the desire and willingness to conserve wild flowers for future generations. The Federation Program of Work chairmen met with the Rural Arts Specialist and agent and worked out a month by month program.

A workbook was assembled by the agent under the supervision of the specialist for each chairman.

Slides were used to inaugurate the program.

Identification of wild flowers was learned through club members bringing specimens to meetings. Other programs included special readings, legends, poetry, etc.

Librarian on the Bookmobile was cooperative in making books on wild flowers available throughout the county.

Clubs also organized field trips to study seasonal wild flowers.

The goals were to have women select or make clothing and accessories to make them more attractive and use cosmetics in such a manner to give them a well groomed appearance and a feeling of well being.

These goals were accomplished by the women learning colors, lines, and styles most suitable for various figures and ages. They also learned how to select and use cosmetics, what cosmetics are best suited for individuals, how to apply, and when to use.

Leaders were trained by a clothing specialist, and given supplemental materials for club members and others.

Leaders studied magazine articles on good grooming, and received help from beauticians and cosmetic sales personnel.

The results of this program was evident in the improved appearance of the women, and a large percent indicated they found it helpful and money saving.

4. Rural Arts

a. Dried Flowers

Dried flowers had become more and more popular in home decorating, so the women wanted to learn what and how to dry them effectively.

The goal was to have the women develop a new interest or hobby and use dried flowers more and effectively in the home.

The leaders were trained by the home furnishing specialist.

The leaders assembled materials needed and gave the demonstrations in most of the clubs. The agent gave three demonstrations.

As a result of these programs, the women learned what flowers, grasses, and leaves dry best. They learned the techniques of drying, colors to use, etc.

b. Flower Arrangement

The women felt they would get greater pleasure from the flowers they grow if they knew more about the principles of flower arrangement and appropriate containers, and would also use them more effectively in home decorating.

The workshop was planned so that those wanting to do so would learn qualities needed in slip cover materials, learn skills for constructing slip covers that are attractive and durable.

The agent conducted the work having two meetings. At the first, the group was taught to measure for slip covers and discussed fabrics. The second was constructing a slip cover. Some decided it was too big a job for them. They would get someone to make theirs, but others felt it was a rewarding experience. 11 Slip covers were made.

3. Clothing

a. New Methods of Mending and Patching

Homemakers realized that mending, patching and darning had become a lost art and that the usefulness of clothing and household linens could be prolonged by skillful mending and patching.

The goal was to revive interest by having the homemakers learn the skills of patching and mending, acquire skills that would give satisfying results and extend the usefulness of clothing and linens. Money for replacement used for other needs. Also develop pride in accomplishment.

The leaders were trained by the clothing specialist and they not only gave the demonstrations in their clubs but to neighbors and friends not included in homemakers groups. The agent also gave demonstrations to individuals and special interest group. The women learned how to use effectively many mending aids on the market and acquired skill of doing a professional job.

It was the most talked about program of the year.

One man praised his wife in being able to make a professional patch on his suit which saved him \$9.00 and being without his suit for three weeks.

b. Good Grooming - Including Clothing and Cosmetics

The women felt that through acquiring better skills in grooming, they would not only present a more attractive person, but would require less money spent in clothing and cosmetics.

Leaders were trained by food and nutrition specialist who put special emphasis on the use of milk in the diet.

Demonstrations were given using increased amounts of milk solids. Recipes and data used that was developed by V.P.I. School of Home Economics. Mimeographed recipes were developed for homemakers. News articles were also used.

As a result of these programs, homemakers have realized that food needs for their family is their responsibility and they must see that they get these needs. They were delighted to know how to fortify baked and other foods with extra amounts of milk solids.

2. House Furnishings

a. Picture Selection and Framing, Arrangement and Hanging

It was felt that homes could be made more attractive and appreciation of good pictures created by giving the homemaker definite information on types of pictures appropriate for different rooms, appropriate frames, and how to group and hang pictures.

The objective was to add beauty and interest in the home.

Homemakers learned how pictures could be used effectively in their homes, learned skill of framing and hanging pictures effectively.

The leaders were trained by the home furnishing specialist. The leaders followed through by collecting pictures to supplement the demonstration. A commercial picture studio in Charlottesville cooperated by giving the agent a large collection of frame and mat samples. These were most helpful. The leaders gave excellent demonstrations.

The comments have been gratifying. Many homemakers, including leaders, said they went home and took their pictures down, rearranged and hung those they felt appropriate and attractive. The program had a general appeal.

b. Slip Covers

Homemakers were dissatisfied with slip covers they could afford to buy, yet they wanted slip covers to protect their furniture.

The program was carried out by the home demonstration clubs and the county nutrition committee hoping to create a desire for better planned meals thus adding interest and nutritional value. This to be brought about by the homemakers learning new ways of preparing food, make meals more attractive as well as nutritious using the 4 Essential Food Groups as a guide for meal planning.

The leaders were trained by the agent and supplied with supplemental materials for club members. Other homemakers were reached through the "pass it along" policy, circular letters and news articles.

Results of program were gratifying from reports and comments of homemakers.

c. Different Types of Salads

The homemakers felt they needed to know more about the use of different types of salads and how to prepare them. The program was planned that they might develop skills in preparing all types of salads, realize the importance of salads in the menu and use each appropriately.

Leaders were trained by the agent and supplied with mimeographed recipes for club members and others.

Program was well received and many requests were received for additional recipes.

d. Food for Different Ages

It was felt that homemakers did not have or were not using information on nutritional needs for different age levels.

The goal set up was to obtain, understand, and use nutritional information to promote better health and well being for all ages.

To accomplish this the homemaker and members of families would have to learn why certain nutritional elements are necessary for growth, maintenance, repair, and well being of individuals, also what foods provide these elements, and the selection and preparation of foods to obtain maximum benefits. It was also hoped both youth and adults would develop better food habits.

I. COUNTY SITUATION

Fluvanna is a small strictly rural county, 285 square miles with a population of 7,200, 62% being white.

The chief source of income is from the farm - limited industry - but more and more men and women are seeking off farm employment.

There are four elementary and one consolidated high school serving the white population.

There is a County Health Department and Bookmobile Service, but recreation facilities are limited. Telephone service is good and a large percent of homes have electric service.

II. COUNTY EXTENSION PROGRAM - ADULT

A. ORGANIZATION

The following County Committees were used in developing the county home economics programs - Food and Nutrition Committee, and Housing Committee. These committees made up of non-home demonstration club members studied the county situation, set up objectives and made recommendations for reaching goals.

The Home Demonstration Committee also played an important part in strengthening and expanding the Extension program. The Chairman of this committee served on various civic and health councils.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS

1. Food

a. Refreshments for Informal Entertaining

Homemakers wanted help in what and how to serve simply to fit into their busy schedules.

Leaders were trained and given recipes for simple refreshments. Recipes were used by hostess for Christmas Party and members given recipes.

Changes expected were the use of new recipes and methods of entertaining which resulted in the hostesses being more relaxed and enjoying entertaining.

b. Whetting Spring Appetites with New Dishes

Appetites lag with sameness. New methods of preparing foods needed especially in Spring.

HIGHLIGHT OF YEAR'S PROGRAM

1. 4-H COUNTY-WIDE PROJECT - YOUR ROOM, PEP-IT-UP

This program was presented in such a way the boys as well as girls were thoroughly "sold" on it.

The parents were pleased and cooperated with the project by buying furnishings needed, but had postponed getting.

At almost every club meeting some would report that their parents had bought a piece or pieces of furniture or furnishings for their room because they were taking care of the rooms. The comments of the parents were gratifying.

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2. FOOD FOR DIFFERENT AGES - Emphasizing Milk Consumption

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ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

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1960

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