

Club members and leaders will be worked with as much as possible. Project groups will be organized and club activities planned to benefit the 4-H members.

2. Junior 4-H Leaders

There is a need for the junior leaders to participate more actively in the 4-H program. The agent will work with these junior leaders and try to help them. They will be encouraged to work with project groups and to help the younger club members individually.

These activities will be publicized as much as possible.

VI. Special Consideration

A. Plans for maintaining and Strengthening good public relations

1. Public relations will be strengthened within the Extension organization itself. The agent will endeavor to accomplish the prescribed duties and keep the organization informed on the progress.
2. Good public relations will be maintained with the Parent Institution. The agent will endeavor to interest 4-H club members in attending the college.
3. Good relations will be maintained with elected and appointed officials by keeping them informed on Extension activities.
4. Good relationship will be maintained with other organizations by cooperation with their programs and informing them of the planned extension program.
5. Local business will be informed of the latest information in their fields.
6. Mass Media Personnel will be kept advised of all planned programs and furnished with news articles.
7. Other county agencies will be worked with in any way that arises and they will be informed of the extension activities.
8. Good relationship will be maintained with individuals and families by use of letters, personal visits and help in any way that might arise.

B. Professional Improvement

1. Attend planned extension meetings and schools.
2. Read professional books and other publications to keep informed on latest development.

C. Most contributions to family living

A well planned 4-H club program will contribute greatly to family living by helping to prepare boys and girls for a useful life.

V. Leadership

A. Plan for Leadership

1. County Program Leaders

	No. in 1959	Goal for 1960
a. County Agricultural Extension Service Board	-	-
b. Youth Council	-	-
c. Home Economics Council	-	-

2. Home Demonstration Leadership

	No. in 1959	Goal for 1960
No. Organizational leaders	44	52
No. project leaders (subject matter)	72	80
No. Federation program of work chairmen	11	13
No. program development leaders	10	12
No. result demonstrators	2	4
No. training meetings by specialists	5	5
No. training meetings by district agents	1	1
No. training meetings by agents	2	2
No. training meetings by others	2	2
Attendance at all training meetings	118	130
No. Meetings held without an agent	22	35
No. meetings leaders assisted	72	90
Demonstrations by leaders	34	50
Talks and discussions by leaders	96	115

3. 4-H Leadership

	No. in 1959	Goal for 1960
No. Club officers	167	150
No. adult project leaders	8	12
No. Junior project leaders	4	8
No. result demonstrators	1	1
No. training meetings held by specialists	1	-
No. training meetings held by district agents	1	-
No. training meetings by agents	-	2
No. training meetings by club members	-	-
No. training meetings by others	-	-
Total attendance atldr. tr. meetings	3	12
No. 4-H leaders trained individually	4	8
No. club meetings held byldr. without agent	16	20
No. additional club meetings at which leader assisted	23	35
No. demonstrations given by adult leaders	6	12
No. demonstrations given by Junior leaders	29	60

B. Strengthening Leadership

1. 4-H Leaders

There is a great need for 4-H leaders. The agent will strive to interest women in serving as leaders and then train them in their various needs.

IV. Scope of Work

A.	No. in 1959	Goal for 1960
No. H.D. Clubs	10	12
Membership	229	275
No. H.D. Groups ^W (unorganized)	-	-
Membership	-	-
No. 4-H Clubs	26	24
Membership	386	415
No. YMW Clubs	-	-
Membership	-	-
No. Community Clubs	3	4
Membership	33	45
No. Home Ec. Committees	1	2
Membership	3	6
No. General Interest Committees	-	-
Membership	-	-
No. Youth Committees	1	1
Membership	-	-
No. Other Organizations	2	3
No. Farm & Home Dev. Families	6	8
No. Other Families Reached	490	530
No. Different Families Reached	1125	1165

Emphasis is needed on Community 4-H Clubs and on 4-H Project Leaders. The Agent plans to interest adults in sponsoring and helping to organize Community 4-H Clubs. Also special emphasis will be put on an effort to secure more project leaders.

B. Plan for Informing Public

1. Put Home Demonstrations work before public by special news articles.
2. Stress Home Demonstration members passing on information and interesting non-members in joining.
3. Tell about Home Demonstration work whenever possible at other organizational meetings.
4. Write educational and informative news articles to tell people about Home Demonstration subject matter.

C. Other Activities

1. District Contest

Club members will be encouraged to enter the district demonstration and achievement contest. County contests will be held in the various projects wherever possible.

2. State Short Course

Outstanding club members will be given the opportunity to attend the short course. The most outstanding boy and girl will be given the J. B. Whitehead Scholarship which will pay all their expenses to Short Course.

3. Rural Life Sunday

Rural Life Sunday will be observed and club members given a chance to be recognized and to participate in programs.

4. National 4-H Club Week

Club week will be observed and 4-H club members' work recognized. Special emphasis will be given to show the importance of 4-H club work.

5. Achievement Day

If possible, a joint Achievement Day will be held with High School Home Economics and Voc. Agriculture groups as it was last year.

Awards will be presented to club members for outstanding 4-H project work.

6. Lynchburg Farm Show

Club members will be encouraged to enter exhibits at the Farm Show.

7. 4-H Camp

Club members completely finished with last years projects will be given an opportunity to attend 4-H camp at Holiday Lake.

8. Older Youth Camp

Older 4-H youths will be encouraged to attend this special camp. This will help these club members become better leaders when they return to the county.

9. Nelson County Day

Club members will be encouraged to attend the event and participate in activities. If possible a 4-H float will be entered in the parade

5.

Project	Topic to be Included	Number of Clubs or Groups Involved
1. Garden	1. Selection of varieties of vegetables. 2. Control of insects. 3. Fertilization of soil 4. Cultivation of vegetables.	1. Selected as individual projects.

Goals	Objectives	Methods	Results
1. Have every project member raising "well balanced" gardens. 2. Improve eating habits by raising vegetables necessary for good nutrition.	1. Assist in planning food needs of the family. 2. Aid in use of more different vegetables. 3. To obtain best garden produce possible from 4-H gardens.	1. Give individual assistance and guidance. 2. Supply project material and pertinent information. 3. Send monthly garden letters.	

4.

Project	Topics to be Included	Number of Clubs or Groups Involved
1. Home Management	1. Housekeeping 2. Washing 3. Ironing 4. Money Management	1. These projects will be selected as individual projects.

Goals	Objectives	Methods	Results
1. Help members realize the value of money. 2. Help project members simplify home management tasks.	1. Teach methods of simplified house-keeping. 2. Teach care of fabrics. 3. Teach club members how to wisely use their money.	1. Secure leaders and assist them in project instruction. 2. Provide material and information for leaders and project members. 3. Assist club members through home visits.	

3.

Project	Topics to be Included	Number of Clubs or Groups Involved
1. Home Improvement	1. Your Room 2. Your Furnishings 3. Your Home	Selected by Club members according to their needs.

Goals	Objectives	Methods	Results
1. Have each project member improve at least one room in the home.	1. Assist 4-H'ers in improving their rooms and homes.	1. Obtain project leaders and assist them in project instructions.	
2. Have members make at least one article for their rooms.	2. Teach members how to select and use good furnishings and accessories.	2. Provide material and information for leaders and club members.	
	3. Help project members learn to refinish furniture.	3. Assist club members through home visits.	

2.

<u>Project</u>	<u>Topics to be Included</u>	<u>Number Clubs, or Groups Involved</u>
1. Clothing	1. So You'd Like to Sew 2. Make or Remake your Clothing	These topics will be carried as individual projects. Selected by club members according to their interests.

<u>Goals</u>	<u>Objectives</u>	<u>Methods</u>	<u>Results</u>
1. Have club members become dress conscious and improve their personal appearance.	1. Simple sewing methods on construction of garments.	1. Obtain project leaders and assist them in project instruction.	
2. Teach club members how to wisely plan for and select good wardrobes.	2. Selection of material and pattern to suit individuals.	2. Provide material and information for leaders and club members.	
3. Have each club member enrolled make at least one garment for herself.	3. Planning for and selecting clothes for the wardrobe.	3. Assist club members through home visits.	
	4. Care of the clothing.		

1.

Project	Topic to be Included	Number of Clubs or Groups Involved
1. Food	<ol style="list-style-type: none">1. Bread2. Food Preservation3. Meal Preparation4. Outdoor Meals	All units of food projects will be carried as individual projects. Club members selecting units in which they are interested

Goals	Objectives	Methods	Results
<ol style="list-style-type: none">1. Improve health of 4-H members enrolled in these projects.2. Help members become aware of their responsibility in selecting and eating the proper foods.3. Improve preparation methods used by all club members.	<ol style="list-style-type: none">1. How to plan meals.2. Actual preparation of foods.3. How to make various types of bread.4. How to can foods.5. How to freeze foods.6. Ways of cooking foods out of doors.	<ol style="list-style-type: none">1. Secure and train project leaders to work with the club members.2. Agent work with project group.3. Assist members through home visits.4. Provide material and information to leaders and club members.	

III. County Extension Program - Youth

A. Organizations

1. County Youth Committee

This committee is composed of fifteen adults and older 4-H club members. These persons have the interest of the boys and girls at heart. From time to time they will be consulted about 4-H plans and asked to help with the 4-H program whenever possible.

2. County 4- H Council

The County Council is composed of the club officers of all the 4-H clubs in the County. These key 4-H club members will be called upon to help plan 4-H activities.

3. All Stars

The county has a joint All Star Chapter with Amherst County. This group is inactive at present but it is hoped that interest will be revived and that these All Stars will be able to inspire and encourage the 4-H Club members in their club work.

4. Honor Club

The 4-H Honor Club was organized in October. This group of outstanding club members will serve as junior leaders to help other club members in their projects. The Agent also plans to help this group hold demonstration contests, etc. in preparation for the district contest and awards competition.

B. 4-H Project Work

See following page.

C. Other Information

1. Institute Rural Affairs

Each club will be encouraged to send a delegate to the annual meeting.

2. Annual District Meeting

Encourage each club to be represented at the annual District meeting.

3. National Home Demonstration Week

Encourage each club to observe this week and to interest the homemakers in joining Home Demonstration Clubs.

4. Nelson County Day

Help with the plans for Nelson County Day and participate in the planned activities.

D. Urban Families

There are no strictly urban families in Nelson county. All families not living on farms have an opportunity to belong to Home Demonstration Clubs in their communities.

E. Farm and Home Management

Six different Farm and Home development families were worked with last year. Two of these have been dropped and at present only four families are being carried.

As homemakers request special assistance, these families will be added to the Farm and Home group if their requests are such that will require this type of service.

As the Agents time is limited, the Farm and Home development program objectives are to help the families with the specific problems they have and to stimulate their thinking along the ways necessary for them to set up their own goals.

A special report will be kept of all families and information added to this report as special objectives have worked on are accomplished.

6. Family Life - Federation Program of Work

Need	Topic to be Included	Number of Clubs, Groups or Committees Involved
1. Have family members become more aware of the place of home life in everyday living.	Love Faith Honor Loyalty Prayer Courage Modesty Unselfishness Consideration Hope Trustworthiness Dependability	12 Clubs will be given all these topics.

Goals	Objectives	Methods	Results
1. To produce greater respect, appreciation for the institution that creates, protects and completes each family member-marriage	1. Teach family members how to live more harmoniously together. 2. Help family members to appreciate each other more fully.	1. Devotions each month will be centered around one of the topics.	

5. Crafts

Need	Topics to be Included	Number Clubs, Groups or Committees Involved
1. Desire of new club members to learn a new handicraft. 2. Older club members desiring to do a specific craft.	1. Etching aluminum trays	2 Special groups

Goals	Objectives	Methods	Results
1. Have all interested persons make at least one tray. 2. Train these persons as future leaders for this craft demonstration.	1. Learn how to put design on tray. 2. Learn how to etch design on tray. 3. Teach homemakers how to clean tray.	1. Agent conduct special interest meetings in several sections of the county to teach this craft. 2. Show finished trays to help homemakers visualize finished products.	

4. Home Management

Need	Topics to be Included	Number of Clubs, Groups or Committees involved
1. To have families and property adequately covered by insurance.	1. Selection of Insurance policies.	12 Clubs

Goals	Objectives	Methods	Results
1. Reach all club members and help them to understand their insurance needs.	1. Learn how to select a good insurance policy.	1. Conduct Leader Training meetings with help of Home Management Specialist.	
2. Train leaders in each club to understand insurance so they can in turn help others in their community.	2. Help homemakers to determine if they are properly insured.	2. Agent and leaders present information to club members.	

3. Clothing

Need	Topics to be Included	Number of Clubs, Groups or Committees Involved
1. Good clothes out of style.	1. Restyling clothes	12 Clubs
2. Many homemakers unable to sew.	2. Beginning Sewing	1 Special Interest Group

Goals	Objectives	Methods	Results
1. Have homemakers reached restyle at least one garment.	1. Learn how to alter a garment to make it stylish.	1. Hold special leader training meetings with help of clothing specialists.	
2. Teach all interested club members simple clothing construction methods.	2. Teach homemakers simple construction methods so they can save money by making some of their own clothes.	2. Agent and leaders present information to club members. 3. Agent conduct classes and give clothing constructions. 4. Agent assist home - makers through personal contact.	

2. Home Furnishings

	Topics to be Included	Number of Clubs, Groups or Committees
1. To know how to select the correct frames for pictures.	1. Picture Framing.	12 Clubs
2. To obtain better understanding on coordinating home furnishings.	2. Harmonizing Furniture in the Home.	12 Clubs
3. To understand how to use accessories in home furnishings.	3. Accessories for the Home	12 Clubs

Goals	Objectives	Methods	Results
1. Have each homemaker reached select a good picture frame for her home.	1. Teach homemakers how to select correct picture frames.	1. Conduct leader training meetings with the help of the home furnishings specialist.	
2. Have each homemaker reached apply principle of coordination when selecting new furniture.	2. Teach homemakers how to select furnishings for the entire house so that each room is coordinated.	2. Leaders and agent to present demonstrations to club members.	
3. Have each homemaker reached redecorate at least one room in her home by selecting the proper accessories.	3. Help the homemakers select and use the proper accessories for their individual homes.	3. Assist homemakers through personal contact. 4. Use newspaper articles to reach more people. 5. Encourage club members to pass on information to other homemakers.	

1. Foods and Nutrition

Need	Topics to be Included	Number of Clubs, Committees or Groups
1. Keep up to date on latest information available	1. Latest information on freezing.	12 Clubs
2. Add interest to meal preparation.	2. Herb cookery.	12 Clubs
3. Assist homemakers in advance planning and preparation of foods.	3. Sunday dinner prepared on Saturday.	12 Clubs
4. Homemakers want to revive the art of candy making.	4. Holiday candies.	12 Clubs
5. Some homemakers and their families need to control their weight.	5. Weight Control	2 special groups

Goals	Objectives	Methods	Results
1. Reach homemakers who freeze foods and have each improve methods of freezing.	1. Give homemakers the most recent information on freezing.	1. Conduct leader training meetings with the help of nutrition specialists.	
2. Have all homemakers contacted to use more herbs in meal preparation.	2. Teach homemakers to use herbs in cooking.	2. Leaders and agent to present demonstrations to club members.	
3. Have all homemakers reached to simplify Sunday meals by advance preparation.	3. Teach homemakers to prepare Sunday and other special meals in advance.	3. Assist homemakers through personal contact.	
4. Have all homemakers contacted learn two new candies.	4. Help homemakers to learn how to make new and different homemade candies.	4. Use newspapers to reach more people.	
5. Overweight persons to reduce to a desirable weight.	5. Help overweight persons to reduce to desired weight.	5. Hold special meetings for overweight persons.	
	6. Teach meal planning to meet the needs of family members.	6. Encourage club members to pass on information to other homemakers.	

2. County Home Demonstration Club Committee

The County Home Demonstration Committee is composed of the Home Demonstration Club presidents, program development leaders and the County Committee officers.

This committee plans the club demonstrations. They meet later on during the year to evaluate the program and plan any necessary club activities.

B. Subject Matter and Special Emphasis Areas

See following page.

I. County Situation

Nelson County is a rural county with no large towns. The majority of all the shopping is done in Lynchburg, Charlottesville and Waynesboro.

Each of the four Magisterial Districts has a complete elementary school and one district has two additional smaller elementary schools in the far end of the county. There is a centrally located county consolidated high school. Vocational Home Economics and Agriculture are taught in the high school and these agencies cooperate with the Extension Service.

The highways in the county are in good condition, and all sections may be reached by automobile. All parts of the county have electricity and telephones available.

There are four industrial plants in the county where many of the residents are employed. Many others are employed in industrial plants in Lynchburg, Charlottesville, Scottsville and Waynesboro.

The chief income in agriculture is received from orchards, tobacco, beef cattle and general farming.

Because of the higher standard of living and the increasing cost of living, more homemakers are seeking employment outside the home. This has a noticeable effect on the Home Demonstration Club program and as the working women are interested in attending the meetings they cannot do so in the day time.

Statistics show a slow decline in the county population. This is due to the lack of employment available for the young men and women graduating from high school and college.

The program planned is to interest the club members and special meetings are also planned to reach the working women.

II. County Extension Program - Adult

A. Organization

1. County Home Economics Committee

Three homemakers are on this committee and after studying the county situation they have suggested that a weight control group be maintained. This is the only phase being stressed at the present time.

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NELSON COUNTY

PLAN OF WORK 1960

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