

4. Have special interest groups when requests arise.
5. Have 4-H groups meet for work sessions when necessary.

The activities of this year's work has made some aware of what is being done. The program has been varied to suit the groups of different interests.

- c. Solicited support of other commercial interest in other projects throughout the county.

C. Other Professional Workers

Home Economics Teacher

- a. Cooperated with the only home economics teacher in the county, by adjusting project work for 4-H girls taking home economics.
- b. Gave information to home economics classes when requested.

Health Department

- a. Worked with Health Department in planning and conducting weight control group.

D. Professional Improvement

1. Attended all training meetings possible to obtain new and latest information.
2. Read magazines and material which would have ideas for the program and information the ladies would be reading.
3. Belong to Professional Organizations.. National and State Home Agents Association and the National and State Home Economics Association.
4. Attended summer school at V. P. I. Housing Workshop.

§.

VII. This year has seen more progress. There are several things which might improve the program during 1961. Some of these are:

1. More publicity by news articles.
2. More home visits to areas with no clubs.
3. Visit old members to help increase interest in the group.

Three girls and one boy from Massachusetts came to the county to spend a week in July. 4-H members enjoyed a picnic in order to have more county youth meet the visitors.

Next year Rappahannock 4-H members will be exchange delegates and go to the homes of 4-H'ers in Massachusetts.

This program had the approval of many in the county, both 4-H parents and supporters of 4-H. This story will not be complete until we have had an exchange but it is believed to be an excellent way to give youth an opportunity to see how other live. So far, it has been a success.

B. a. Co-Workers

Had conference with county workers discussing and planning work to be done.

b. General Public

Tried to keep public informed of goals selected by the county home demonstration committees and 4-H committee and progressed toward these goals. Tried to keep public informed through news, radio and personal contact of new developments of research findings. Participated in community activities when possible. Attended church in most communities during the year.

c. Elected Representatives

Cooperated with County officials in the coordination of all county programs for the betterment of the county and its people.

d. Commerical Interests

a. Publicized work of the home demonstration and 4-H clubs.

b. Continued to have bank to support 4-H clubs through donations to pay for Honor Club Banquet.

is attending college.

Both of Judy's parents work away from home. This has given Judy more responsibility in the home in both caring for the house and preparing the family meals.

Judy is a junior in high school and she plans to attend college. She would like to teach English or history.

At the present time Judy is working in the afternoons at her mother's beauty shop and she does housework for a neighbor weekly. She has been saving toward her education, since there will be a sister in college at the same time.

Judy has spent much of her time working and encouraging younger 4-H members. This summer she attended camp as a Junior Leader and was elected Scribe for the camp.

Judy has taken responsibility in county organizations. Her ability as a leader has come from her 4-H and church work.

4-H has given her confidence in speaking before a group. She has learned to accept failure and works to improve the mistakes. Her desire for higher education has been encouraged through 4-H project work and association with members from other counties.

The growth of leadership Judy has shown during the past years is only one example of how young people can be helped through 4-H .

VI. a. One program which proved successful this year to the County 4-H program was the exchange of 4-H members from Massachusetts .

Early in the year Senior 4-H members and parents were invited to learn about the Interstate Exchange Program. Five families were interested in having 4-H members in their homes.

a. County Agricultural Extension Service Board	0	0	0
b. Youth Council	0	8	8
c. Home Economics Council	62	65	65

2. Home Demonstration Club Leadership.

	1957	1958	1959	1960	1961
No. organizational leaders	26	19	10	10	14
No. project leaders (subject matter)	47	43	42	45	37
No. Federation Program of work Chr.	7	6	6	5	5
No. program devlopment leaders	7	6	6	5	5
No. result demonstrators					
No. training meetings by specialists	0	2	6	4	4
No. training meetings by Dist. Agt.	1	3	0	0	0
No. training meetings by agents	8	1		1	1
No. training meetings by others					
Atten. at all training meetings	37	11	50	36	34
No. meetings held without an agt.	36	6	12	21	18
No. meetings leaders assisted	24	5	15	22	26
Talks and Discussions by leaders	153	70	30	32	28
Dem. by leaders	25	19	27	25	23

3. 4-H leadership

No. Club Officers	45	45	45	45	45
No. adult project leaders	12	12	12	14	15
No. Junior project leaders	13	1	7	10	12
No. result demonstrators					
No. training meetings by dist. Agent					
No. training meetings by Specialist					
No. training meetings by agent				1	2
No. training meetings by members Club Dept.					
No. training meetings by others					
Total attendance at ldr. tr. meetings				2	6
No. 4-H leaders trained individually	12	12	19	9	11
No. club mtgs. held by ldr. without agt	64	12	14	9	23
No. addit. mtgs. leaders assisted					
No. dem. given by adult laders	35	24	25	36	34
No. dem. given by tr. leaders	47	12	15	17	24

B. One of the best examples of leadership growth can be seen in a 4-H members, Judy Lillard.

Judy is the daughter of Mr. and Mrs. Carson Lillard, Flint Hill. She is seventeen and has been a 4-H member eight years. She is a member of a family with four children living at home. This winter an older sister

11. Fair

Six 4-H girls exhibited at the Warren County Fair winning ribbons on nearly all the exhibits. Eight entered exhibits in the Culpeper Farm and Home Show.

IV. Scope of Work

	1957	1958	1959	1960	1961
No. H. D. Clubs	8	6	6	4	4
Membership	242	175	150	125	125
No. H. D. Groups (unorganized)					
Membership					
No. 4-H Clubs	9	9	9	9	9
Membership	113	129	95	121	131
No. YMW Clubs					
Membership					
No. Community Clubs					
Membership					
No. Home Ec. Committees	1	1	1	1	1
No. General Interest Comm.			1	1	1
No. Youth Committees			1	1	1
No. other Organizations					
No. Farm & Home Dev. Families					
No. Other Families Reached					
No. Different Families Reached	800	700	725	782	825

B. Publicity was given to the Club program by news articles and radio programs when possible.

Also information was given by these means to families not participating in organized clubs.

Information and assistance was also given to individuals upon request.

Through home visits some were reached and learned about the program in the county.

People were invited to attend Achievement Program.

V. Leadership

A. Growth of leadership

1. Over-all program leaders.

	1959	1960	1961

7. Public Speaking Contest

Have five girls enter this contest.

Results

No one entered the district contest.

8. Achievement Program

- (a) Have Honor Club plan and participate in the Achievement Program.
- (b) Have each club make an educational exhibit.
- (c) Give banner to most outstanding clubs.
- (d) Recognize 4-H leaders.

Results

The 1961 Achievement Program was held this year with a large attendance. The program was entirely made up of local 4-H members. It was decided not to have exhibits this year. The banner went to the Forest Grove Club.

9. County Picnic

Have a county wide picnic for all 4-H'ers with part of the expenses to be paid by County Council.

Results

Picnic was held in Luray with 85 members, leaders and parents attending. Drinks were furnished by the County Council.

10. Conservation Camp

Have two boys and two girls and a 4-H leader attend conservation camp.

Results

No one was able to attend camp this year.

Eight members attended camp with agent and junior leader.

Big scribe was from this county.

4. Short Course

- a. Have two girls attend
- b. Have one girl recommended for All Star.

Results

Two girls attended Short Course. We didn't have an All Star this year.

5. Rural Life Sunday

The purpose of Rural Life Sunday is to stress the importance of the Heart in developing the 4-H projects. Plans are to have a special county wide observance with 4-H'ers from all parts of the county participating.

Results

Rural Life Service was held Sunday Morning in Sperryville with 4-H'ers from seven of the nine clubs taking part on the program.

A large number attended also.

6. Share the Fun Contest.

Have a special meeting for about 40 4-H'ers to participate.

Have county winners over 14 enter the state contest and county winners under 14 have scholarships to camp.

Results

About 100 attended the Share The Fun Contest. Twenty-eight members entered this year. One Junior winner attended camp. The Senior winner entered State Contest and won a Blue award.

Have six girls to enter the County Contest.

Results

Four girls entered the District Contest this year. One girl entered State Achievement contest and won a blue and white award. One was District winner but was not able to attend state contest. One was alternate to state contest. One girls entered Electric Demonstration Contest and won a blue ribbon and was alternate to state contest.

2. National 4-H Club Week

Objectives of this activity will be to acquaint the parents and people of the county with work of 4-H clubs, throughout the county.

(a) Each club will make window exhibits, posters, etc. to celebrate .

Give publicity through radio and news articles of 4-H activities.

(b) Have 4-H'ers give radio program that week.

(c) Have 4-H supper planned, prepared and served by 4-H members, mothers and leaders as a means of replenishing county council treasury.

Results

4-H supper was held again this year. Newspaper gave good publicity for the program. 4-H'ers took part on the radio program.

Posters were put in schools about National 4-H Club Week.

3. County Camp

Objectives

(a) Agent, two local leaders and 17 girls attend camp.

(b) Have all members attending the camp to be members of good standing with record books up to date.

Results

3. Results

1. Fifteen members completed the project and one attended Electric Congress.
 2. Two county awards were presented at Achievement night.
 3. Each member gave demonstrations and talks at club meetings.
 4. Home Economist from Power Company talked to the girls on proper lighting.
 5. Two girls entered county contest.
One entered District Contest and was awarded a Blue Ribbon and was an alternate to the State contest.
2. Meal Preparation was selected by two clubs with 50 members enrolled.

Goals

Have members begin planning and preparing meals for the family.

Methods

Have members to give demonstrations at club meetings.

Have agent to give demonstrations and instructions at meetings.

Results

Members completed the project and enjoyed studying Meal Preparation.

Most of the members were able to prepare parts of a meal and some the complete meal.

c. Other Activities

1. County Contest

- a. Have a girl enter the county contest from each club and county winner to participate in district contest in all projects being carried.
- b. Have girls to enter the State Achievement Contest.

Have each member complete at least one garment.

Study: body measurements, styles and figures, selection of patterns, selection of fabrics, steps in constructing a garment and planning a wardrobe.

2. Methods

Agent worked with girls by giving individual help. Have leaders to assist.

Have interested group work on Saturday in order to give more individual assistance.

3. Results

Three workdays were held, helping girls with construction.

Eight girls completed the project.

No one entered Style Dress Revue but several observed District contest and hope to compete another year.

2. Electric Project was selected by two Senior Clubs and one Junior Club.

1. Goals

Have members learn about electricity and care of home appliances by studying : repairing cords, care of appliances, proper lighting for study, reading, T. V. and general lighting. Replacement of fuses, reading meters and planning electricity in the home.

2. Methods

1. Have members give at least two talks or demonstrations during the year.
2. Agent to give demonstrations and assistance when needed.
3. Winner in project to attend Electric Congress in Richmond.

Information was given members to assist them at home with project.

3. Results

Most of the members made at least six articles.

Exhibits were made in May of the work done.

Three exhibited articles at the local fairs.

- a. Looking Your Best project was selected by one club with 21 members enrolled. They chose it because of interest in learning more about grooming. This was a senior club.

1. Goals

Have members improve personal appearance by studying :

Care of skin, care of hair, care of hands, table manners, care of feet, storing clothes seasonally, making quick repairs, care of clothes and teenage diet.

2. Methods :

- a. Agents and leaders gave demonstration to club members.

- b. Each club member was encouraged to give at least one demonstration or talk.

Club contests were held in May.

Results

The majority of the members gave demonstrations at club meetings.

Many excellent demonstrations were given at club contests.

Two awards will be presented to outstanding members in this project last year.

Most of the girls completed their projects.

It is felt this was a successful project.

1. Goals

3. Develop leadership :

- a. Each Honor Club member work with 2 or more younger 4-H members with project work and records.
- b. Each honor club member work as a junior leader.

4. Have three meetings a year.

1. One meeting for initiation of new members.
2. One meeting for social.
3. One meeting for business, election, plan of work, etc.

Results

1. Three meetings were held during the year and 4 new members were taken in. They selected as their project setting up a county 4-H Fund for awards and prizes.

Two meetings were held.. one business and one was a banquet sponsored by the banks and County Farm Bureau.
Honor club members served as Junior leaders.

B. 4-H Project Work

1. Clothing

a. So You'd Like to Sew

Sixty-eight girls enrolled in four clubs in this project.
For many of them this was their first experience with sewing.

1. Goals

Have each member make four articles and one exhibit of article.
Have each member have a well equipped sewing box.
Have as many as possible begin using sewing machine.

2. Methods.

Agents and leaders gave demonstrations at club meetings.
Members began work at meeting.

1. Agent contacted leaders and 4-H members to attend camp and the State Short Course. Get cooperation and help of 4-H'ers who attended past years in this project.
2. Continue the use of score sheet in selecting outstanding club and present banner at fall county council meeting.
3. Held two Council meetings in 1961.
 - a. Had fall meeting devoted to officers training workshop, selection of county goals for year.
 - b. Had spring meeting to make final plans for all summer and fall activities, recreation, training and final camp and short course arrangements.
4. Select reporters in each club to send club news to county chairman.

Results

Two 4-H road signs were purchased. Old signs were kept in good condition. One new sign was put up on Fauquier County line.

During National 4-H Week a boy and a girl were selected as 4-H'ers of the year.

A number of articles have been in the Head, Heart, Hands and Health.

Two county meetings were held with excellent attendance of the fall meeting. About 75 4-H'ers attended from all the clubs.

3. Honor Club

The purpose of the Honor Club is to recognize outstanding 4-H members and to develop enthusiasm and leadership among older 4-H'ers.

Honor Club Goals

1. Help with officer training at fall county council meeting.
2. Plan and participate Achievement Program.

4. One Achievement Program was held during the year.

III. County Extension Program .. Youth

A. Organization

1. County Youth Council

Organize a youth committee composed of boy and girl representative from the Honor Club and County Council, 4-H leaders and a representative from All Stars.

The purpose of this committee is to study the county situation, select the most urgent county problems and to establish goals for the coming year that will help to solve the problems.

Results

The council was set up to discuss problems of the county. This was made up of 4-H members and leaders.

2. County Council

The county will strive to strengthen the 4-H Council by :

- a. Maintain 4-H Road signs.
- b. Sponsor one boy and one girl as 4-H'er of the year.
- c. Had reporter send in an article and picture each month to Head, Heart, Hand and Health.
- d. Had one boy and one girl talk to Home Demonstration clubs on progress of 4-H work and needs.
- e. Have a special Rural Life Sunday Service.
- f. Had a 4-H supper .
- g. Had 85% project completion.

Procedure

Results

1. 4-H parents were contacted and needs of the 4-H program were discussed with the Home Demonstration Club members.
2. Presidents and leaders conducted four meetings without agent in the clubs.
3. One club had community recreation meeting.
4. Work with Home Economics Department at high school in helping girls in selecting careers.
5. Each club sponsored a community project.
6. Club members reached non-members during the year.
7. Tea was sponsored for Senior Class and teachers in the spring.
8. Trip to New York was held in May with 25 people attending.

D. Community Project

The purpose of community projects is to create interest and cooperation among families to improve their community through special projects.

Each club contributed to the County Dental Clinic.

Clubs assisted with landscaping at the high school.

The Clubs also planned a community project.

3. National Home Demonstration Week.

- a. The agent gave to the people of the county information on National, State and Local Home Demonstration work during National Home Demonstration week. This was done by radio, newspaper, etc.
- b. The home demonstration committee had 15 women to attend the district federation meeting.
- c. A tea was given to high school seniors and teachers during National Home Demonstration Week.

Publicity was given by radio and newspaper .

5. Civil Defense

Because of our location the need to know more about Civil Defense is very important. Information was given to members throughout the year on Civil Defense. A monthly program was presented on background and the Civil Defense program.

Information was given on planning home shelters and planning the family food supply.

Other Activities

1. County Objectives

The purpose of the county objectives are to extend^{to} the most families the information and help given by the Extension program.

Procedure :

County Objectives

1. Contact parents of 4-H Club members to inform them of 4-H work.
2. Presidents and leaders were responsible for four or more meetings without agent.
3. Clubs held community recreation meetings with youth and family.
4. Worked with high school in setting up a vocational guidance program .
5. Each club sponsored community project.
6. Each Home Demonstration Club member reached regularly one or more non members during the year.
7. The Home Demonstration Clubs sponsored a tea for high school seniors in the spring.
8. Sponsored a county Home Demonstration educational tour to New York.

Eleven nice suits and coats were completed.

Publicity was given these programs by radio and newspaper.

The agent did the monthly demonstration and was in charge of the workshop.

3. Rural Arts

Generally, the women enjoy rural arts more than many other topics and they want some in the program each year. Three topics were included: " Net Darning," " Table Decorations" and " Lamp Shades ". There is a need for better lighting and information was given on proper shades, bulbs, etc. while the members made shades. Two clubs worked on the lamp shades and eight shades were made.

Three clubs had demonstrations on table decorations. Included in this was also information on table settings. A film strip and illustrative material was used in presenting this demonstration.

Only one Club was interested in doing the Net Darning. Two articles were made. However, some indicated an interest in doing some during the winter.

4. Home Management

Two topics were included in this area. The members needed to know more about types of insurance and also in writing wills and understanding the value of each.

The topic, " Protection Through Insurance, " was presented to the four clubs by representatives from various insurance companies.

The topic, " You and Your Property," was presented by the Commonwealth Attorney to two clubs and by a lawyer to the third club.

Both of these topics were of much interest to the members and many questions were asked.

these reasons they selected for monthly programs these topics:
" Simple Refreshments", Foreign Cookery," Decorating Cakes for
Family Parties", and"Outdoor Cookery".

A Weight Control program was held as a special interest due for the
need of such a program in the county.

Three of the topics selected for monthly demonstrations were given by
trained leaders. They hoped to encourage members to try more of the
new foods at home. Recipes were given members at the meetings. About
half of the members reported having tried recipes and skills learned
at these meetings. The topics (four) were given by the agent.

The Weight Control program proved to be one of the most successful
part of the year's program. Thirteen women joined the group and lost a
total of 130 pounds over the four months. Ten received certificates for
having lost at least ten pounds.

This program was held with the cooperation of the County Health Nurse
and eleven of the members were not reached at Home Demonstration Clubs.
Publicity was given these programs by radio and newspaper.

2. Clothing

There had been no clothing included in the program for five years. Due to
the many changes in fabrics and methods there was a need to assist home-
makers with up to date methods.

" Know Your New Clothing Fabrics " was included as a monthly topic in all
four clubs. Members learned what to look for and expect from new fabrics.
A tailoring workshop was held in the spring with eleven persons taking
part. Most of these were not Home Demonstration members and had not been
reached before with the program. This was a most successful meeting.

2. County Home Economics Committee

One committee on Health and Nutrition was organized with a member from each district, county health nurse, minister, district agent and home agent serving. The problem " Health and Nutrition " was selected as the number one problem.

3. Home Demonstration Club County Committee

In 1961 the county committee was used as a planning committee and the steering influence in developing and carrying through the program. The committee is composed of the presidents and program development chairman of each home demonstration club.

- (1) The committee was responsible for program discussion meetings for 1962 planning.
- (2) The spring meeting was to study program plans for 1962 and review work of the 1961 to date and complete plans for 1961.
- (3) Committee sent one delegate to State Federation meeting.
- (4) Committee assisted in transportation of 13 club members to district federation meeting.
- (5) Committee published year book and was responsible for financing same.
- (6) Committee assisted agent in arranging for county wide special interest group meetings.
- (7) The committee was used by agent and district agent for advice and assistance in affairs that were needed by them.
- (8) The committee sponsored the Home Demonstration Achievement Day.

B. Subject Matter

Food and Nutrition

Due to the location of the county it is often difficult for women to obtain items for entertaining. The women enjoy trying new dishes. For

ANNUAL NARRATIVE REPORT

I. The County Situation Considered in Working out 1961 Program

Rappahannock is primarily an agricultural county. Most of the families are dependent on the farm for a livelihood. Livestock, apples and poultry are the chief sources of income. These are listed according to importance. The orchards furnish income for both the low income bracket and the owners of a larger income.

The majority of the families in Rappahannock are self supporting with average income.

Crop conditions affect not only the owner of the farms and orchards but determine the income of a large percentage of the tenants of the county.

The family income has been greatly reduced because of the price cost squeeze affecting the rural population all over the county.

There is one high school in the county and three elementary schools.

There is no public transportation except for a week end bus from Washington, D. C. The county is served by two electric companies and by two telephone companies. Calling the county office for nearly half of the county is long distance.

These factors influence the Extension Program in the county.

II. County Extension Program, Adult

A. Organization

1. Home Economics Council

This group is composed of the County Home Demonstration Committee and representatives of Special Home Economics Committee.

The purpose will be to select the county problems prior to the Home Demonstration Planning meeting and decide on the general goal for the coming year.

COUNTY SITUATION

The two most outstanding contributions made to family living as a result of the program have been in Weight Control and understanding business affairs of the family. The women had an opportunity to study nutrition and meal planning for the family along with the weight control program.

Not only those attending meetings received information on weight but also those reading news articles.

The program on Wills and Deeds and Insurance provided information on these topics to the homemakers.

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ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

Virginia Agricultural Extension Service

Anna Ruth Barnette

Name

Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1961

Rappahannock

County