

planned by other organizations in the county insofar as the programs are educational in nature and the county program permits.

XI. Cooperative Plans for a Unified County Extension Program

Conferences are held with other Extension workers in the county as needed to promote a unified Extension Program that meets the needs of the people. This program will be determined by the County Board of Agriculture and Home Economics.

XII. Problems Involved in Carrying Out Extension Program

There are no particular problems involved in carrying out a successful Extension Program in Goochland County beyond the problems of working with human nature. Progress is slow but checking over records of five years, one can be proud of the progress made. To the best of my ability, I will continue to meet each problem as it arises and keep the program moving forward.

THE END

ship, as will courtesy, cooperation and a pleasant and friendly manner.

IX. Plans for Recording Progress and Evaluating Programs as Planned for 1958

The monthly and annual reports shall serve as a record of the work done in the county during the year. With the plan of work and the monthly reports, an evaluation of the year's work will be made at the end of the year.

X. Plans for Professional Improvement

A. Organized Study

The agent plans to attend agent's training classes whenever held for this district.

B. Reading Professional Publications

Subscriptions to professional magazines are being continued. These magazines are read and used to improve demonstrations and supplement educational material available from V. P. I. My subject matter information will be improved by adopting new practices and new methods recommended both at home and in my demonstrations.

C. Membership in Professional Organizations

Active membership in the Virginia Home Demonstration Agent's Association, the National Home Demonstration Agent's Association, the Virginia Home Economics Association, the American Home Economics Association, and Epsilon Sigma Phi will be continued.

D. Participating in Programs and Workshops Planned by Other Organizations

I will participate in any programs, workshops, etc.

Junior and Adult project leaders will be trained by agent and specialists in preparing to give demonstrations relative to the 4-H Club projects. All older 4-H Club members will be encouraged to serve as Junior 4-H leaders in their neighborhoods during the summer months.

Junior 4-H club leaders will assist with planning the 4-H Club Camp program and in carrying out the Camp Program.

I. Plans for Work With Other Agencies

1. Health Department

The agent will cooperate and encourage county citizens to cooperate in putting over the county health program.

2. Ruritan

The agent will work with the Home Demonstration Clubs and other groups in planning and serving well-balanced and attractive meals to this group monthly.

3. Other Agencies

Educational information and publicity will be given to such drives as Red Cross, T. B., Cancer Control, and Infantile Paralysis Campaign at regular club meetings. Other cooperation will be given as needed. Cooperation will also be given the community cannery, the school cafeterias, and the electric power company as new lines are added in the county.

Plans for Developing Good Public Relations in the County

Good public relations, mutual respect and understanding now exists between the home agent and elected representatives, the general public, co-workers, the few existing commercial interests and other professional workers. A continued interest in the growth and welfare of the county will help to maintain this good relation-

these organizational and project leaders will become better trained and better able to take the leadership in all community activities.

C. 4-H Club	<u>No. in 1957</u>	<u>Goal 1958</u>
Number 4-H Club officers	77	78
Number adult project leaders	18	18
Number junior project leaders	12	12
Number result demonstrators	4	4
No. meetings at which leaders were trained by specialist	0	1
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	2	2
No. meetings at which leaders were trained by personnel in 4-H Dept.	2	3
No. meetings at which leaders were trained by others	1	1
Attendance at leader training meetings	117	170
No. 4-H leaders trained individually	25	6
No. club meetings held by leaders without agent present	29	36
No. club meetings at which leaders assisted	64	65
No. demonstrations given by adult leaders	29	30
No. demonstrations given by junior leaders	38	40

Plans for Training and Developing All 4-H Leaders in Carrying Out 1958 Program

All 4-H Club organizational leaders will be given training in conducting 4-H Club meetings. Sponsors for each of the clubs will assist them in planning for each meeting.

B. Home Demonstration Club Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
Number program development leaders	10	10
Number result demonstrators	13	15
Number meetings at which leaders were trained by specialists	4	4
Number meetings at which leaders were trained by district agents	1	1
Number meetings at which leaders were trained by agent	3	4
Attendance at training meetings	139	160
No. club meetings held by leaders without agent present	44	50
No. club meetings in which leaders assisted	36	36
Total number demonstrations given by leaders	73	75
No. talks or discussions by leaders	81	63

Plans for Training and Developing Leaders in 1958 Program

Three meetings will be held for the purpose of training organizational and program development leaders. These leaders will assist in carrying out the 1958 program and in planning for the 1959 program. These training meetings will be conducted by the agent.

The subject matter leaders will be trained by the agent and the specialists and will be responsible for six or more demonstrations in their club. Those leaders needing additional training in preparing their demonstrations will be given individual help. Refer to subject matter fields for training to be given to leaders.

Through leadership in their own clubs and communities,

District Contest and in the County Achievement Day Program.

Each club member will be encouraged to participate in Rural Life Sunday. Each minister in the county will be informed of the program and asked to cooperate by recognizing 4-H Club members in his church.

The club members will plan and carry out a 4-H Club Rally Day. This is excellent training for the members and at the same time, gives them a real boost when they see that so many members, parents, leaders, and friends are really interested in 4-H Club work. The program will end with a watermelon feast.

V. Scope of Work

A. Organization	<u>No. in 1957</u>	<u>Goal 1958</u>
Number of home demonstration clubs	9	9
Membership	250	250
Number of 4-H Clubs	11	11
Membership	323	328
Number home economics committees	2	2
Number general interest committees	1	1
Number youth committees	0	1
Number farm and home development families	4	4

I. Plan for Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
A. Over-all Program Leaders (Organization leaders for county extension service board)	6	6
B. Home Demonstration Club Leadership	<u>No. in 1957</u>	<u>Goal 1958</u>
Number organizational leaders	65	60
Number project leaders (subject matter)	63	72
No. Federation program of work chairmen	10	10

3. Clothing

Clothing projects appeal to nearly every 4-H Club girl and will be one of the most popular summer projects. The 4-H Club leaders will conduct clothing projects in their communities to help these girls. The leaders will be trained by the agent.

4. Foods

Food preparation is a project which the girls like to take during the summer months. Where leaders are available, the girls will take this project, setting it up to meet their particular needs and interests. The agent will train the leaders for giving the demonstrations.

5. House Furnishings

Those 4-H Club Members particularly interested in house furnishings will carry this as an individual project. The objectives of this project are to develop a love of orderliness and a love for simplicity in home furnishings, and at the same time, to give the members an opportunity for developing and expressing their individuality.

C. 4-H Activities

4-H Club members will participate in carrying on the Annual County Fair through the making of exhibits and assisting with the 4-H Club Food Booth.

All 4-H Club members who have their work up-to-date will be encouraged to attend Jamestown 4-H Club Camp. Six boys and girls will be encouraged to attend State Short Course.

Contests will be held in each club to determine the county winner in each program. The winners will participate in the

work in the county will be strengthened.

2. All Stars

The Goochland All Star Chapter was organized in 1956 and has been very active in supporting the 4-H Club program. The members of this group will serve as 4-H leaders, assist with 4-H Programs such as 4-H Club Sunday, 4-H Achievement Day, 4-H Camp and 4-H Short Course. They will recommend an outstanding 4-H Member for the State All Stars and will sponsor the 4-H Honor Club. They will work with the agent to make the 4-H Program the strongest group of young people in the county.

3. Honor Club

The 4-H Honor Club was organized in the fall of 1957. The purpose of this organization is to strengthen the Senior 4-H Club and the 4-H Club work in the county.

B. 4-H Project Work

1. 4-H Electric

The 4-H Electric Project is planned to give the 4-H Club Members an opportunity to learn about electricity and its practical uses on the farm and in the home. Each 4-H Club Member will be encouraged to improve the light used for studying and will have the opportunity to make a lamp that meets the specifications for studying. The agents will work in cooperation with the power company representatives in training the leaders and giving the demonstrations.

2. 4-H Safety

The 4-H Safety Project will give the 4-H'ers an opportunity to remove safety hazards in and around their homes and farms. The agents will conduct the demonstrations, and members will report on the hazards they have found and reported or removed.

activities through the local weekly newspaper and through a newsletter from the home agent's office to the home demonstration club members.

III. Farm and Home Development

Four families are now receiving help through the farm and home development phase of the Extension Program. This work will be continued through the combined efforts of the Farm and Home Agents, through personal contacts and home visits. Special emphasis will be given to helping the homemaker with keeping records. One family is being helped with the addition of a kitchen to their home, replacing the present kitchen which is beyond repair. Further help will be given this family in selecting finishes for floors, cabinets, wall, etc. and in making curtains for windows. Other help will include improving other rooms in the home. An effort will be made to add four families, who will be recommended by the County Extension Board of Agriculture and Home Economics.

IV. County Extension Program - Youth

A. 4-H Organizations

1. County 4-H Council

The County 4-H Council will hold two regular meetings during the year. This council also functions as a project planning committee. The council will make plans for carrying out the 4-H Club programs, training the officers, participating in Rural Life Sunday, National 4-H Club Week, 4-H Club Camp, County Fair, and attendance at Atlantic Rural Exposition. As a result of these activities, the 4-H Club

these objectives are obvious and should result in a stronger home demonstration club program in the county.

Result demonstrations in home improvement, landscaping, and kitchen improvement will be used to further improvement in these fields. The building of new homes requires continued demonstrations in landscaping and a continued interest in house furnishings.

National Home Demonstration Week will be observed by the clubs during the month of May. Each club will be encouraged to invite nonmembers to club programs all during the year and to reach as many people as possible with the information gained at club meetings.

The committee will also sponsor their Annual Achievement Day Program to which friends of members are invited. This program serves a very definite need in the county as it is through the agent's report at this program that the men in the county get to know what the Home Demonstration Club Members have accomplished.

Eight leaders, who have been trained in judging, will serve in neighboring counties in exchange for the same service from leaders in those counties.

The Home Demonstration Club members and leaders will serve as superintendents of the various departments at the Goochland-Powhatan-Louisa County Fair. They will encourage all county people to support this fair and the Atlantic Rural Exposition. These leaders make the fair not only possible but successful.

Publicity will be given to the home demonstration club

C. Federation Program of Work

Health and Safety is the program of work for 1958. The points to be stressed are as follows:

1. Continue the support of Driver Education Programs.
2. Actively support programs on safety for the home, highway and water.
3. Continue the study of factors for maintaining good mental health.
4. Continue to encourage physical check-up.

The Agent will work with the county program of work chairman and her club chairman to secure information for a leader training meeting and help her to conduct the leader training meeting. Each club chairman will be responsible for the program in her club.

D. Other Activities

Club objectives recommended by the Home Demonstration Club Committee are as follows:

1. Conduct an officers training school for all Home Demonstration officers.
2. Encourage the exchange of leaders with other clubs.
3. Encourage the exchange of programs with other clubs.
4. Encourage each club to add five books from the Approved Reading List to club library.
5. Continue to provide leadership for 4-H Club programs.
6. Continue to improve publicity given Home Demonstration Club Program and activities.

The contributions to be made and the results expected of

and through club meetings, radio and the county newspaper, approximately 500 homemakers will be given information that will help them to become wiser consumers.

C. Home Management

Two monthly meetings will emphasize management phase of home-making, the use of the homemakers' time and using the homemakers' credit or income. One leader training meeting will be conducted by the home management specialist to train club leaders. Those leaders needing additional training will be trained by the agent. Through this program it is planned that 135 women will be helped with using their time so that they are more efficient homemakers. Time savers in meal planning will come from the food workshops. Time and energy savers in housekeeping and in doing the family laundry will also be brought out. At least 135 women should make a definite improvement in the use of their time and energy.

The agent will use the radio and newspaper to get this information to other homemakers in the county. Each club member will reach two or three other women, so as a result of this program, approximately 500 people should be influenced.

D. Gardening

Garden leaders will encourage growing of good year-round gardens, for better health and for food preservation. The results of this program should be in more and better gardens with insects and diseases under control. The long-time goal is for better health through improved dietary habits.

As a result of this program, the club members should have a better understanding of the foods of other lands and something of the customs of the people. They should be able to plan for family recreation and outdoor cooking. Every freezer owner should be better able to use her freezer to save not only food but also time and energy in meal preparation.

B. Clothing

Clothing will receive emphasis at two regular club meetings and in three workshops. One leader training meeting will be conducted with the assistance of the clothing specialist. This meeting will cover care of new fabrics and finishes and seasonal care and storage of family clothing. The agent will conduct three clothing workshops in October, two on simple clothing construction, and one on use of sewing machine attachments.

Through the regular club meetings, the program should reach 150 homemakers. These women should learn how to take better care of the family clothing and to make wiser selection when buying fabrics and ready-mades. The proper storage of the family's out-of-season clothing should help to stretch the clothing dollar. Wiser buying and better storage should help the families to be better dressed for less money.

Simple clothing construction is planned to reach the young homemaker to construct children's clothing and simple wash dresses. The purpose of this workshop is to stretch the clothing dollar and to help the homemaker to develop certain skills in using her sewing machine. Use of the sewing machine attachments is planned to help the homemaker to save time in clothing construction.

Through the clothing workshops, 30 homemakers should be reached

"Learning To Prepare Family Meals for Freezing" should make it easier for the homemaker to utilize her home freezer, especially during that time when she has so much empty space, and as a time saver in meal preparation.

Cooking out-of-doors for family fun is set up especially to give the family an opportunity to work together as well as play together. 4-H club members will have the opportunity to work with this program.

"Appealing to the appetite with hot-weather meals" is planned to give the homemaker helps that will make it easier for her to prepare and serve meals particularly suitable for hot weather and lagging appetites.

Three workshops will be conducted by the agent on breads and pastry. Each workshop will hold three all-day meetings, the second on quick breads and variations using homemade mixes, the first on pies and variations, using homemade pie and pastry mix, and the third on yeast breads and variations. There is such demand that it may be necessary to hold a fourth meeting on cakes and icings. This will be determined by the demand after the groups are organized. This series of three workshops should reach 36 women who will be able to pass on their learnings to others in the community.

The county newspaper and the radio will be used to give publicity to these programs. Through the demonstrations at club meetings, the three workshops, and publicity, approximately 600 homemakers should be reached. By working with the 328 4-H Club members in the county, an additional 100 or more homes will be reached.

one on the use of sewing machine attachments. These workshops are planned to reach the homemakers with young children with the idea of construction of clothing for the children.

5. County Home Demonstration Club Committee

The Home Demonstration Committee is used to set up the home economics phase of the county Extension program. Each club has a program development leader who helps with planning the program in the club and this committee then determines the program for the county. This committee will hold two meetings during the year.

B. Project Work

A. Foods

Major emphasis will be placed on foods in 1958 with five monthly meetings and three workshops. The agent will give the demonstration "Building Health Through Better Meal Planning" in all of the clubs. The food specialist from V. P. I. will conduct one leader training meeting for the food leaders on "Learning to Prepare Family Meals for Freezing" and "Foods of Other Lands." The agent will conduct one leader training meeting on "Cooking Out-of-Doors for Family Fun" and "Appealing to the Appetite with Hot-Weather Meals." The agent should reach approximately 135 homemakers and help each one to plan meals that will meet the dietary needs of children, teenagers, adults, or older people. The County Health Nurse will also work with the clubs to bring them up-to-date nutritional information.

"Foods of Other Lands" is included in the program to give the people a better understanding of our world neighbors and to add variety to the family meals.

3. General Interest Committees

Three general interest committees were set up to meet the needs and interests of the people. Members, goals and methods used to carry out the goals are determined by the committee. The agent works with the committee in setting up goals and will assist in carrying out the goals set in every way possible.

The general interest committee is on Farm and Home Lighting. The first county-wide meeting will be on "Farm and Home Lighting for Health and Safety." This meeting will be held in January and will attempt to reach every family in the county.

4. County Home Economics Committees

The two committees needed to carry out goals of the home economics committees for 1958 was determined by the Home Economics Council. Each committee set its goals and determined the methods to use to reach the goals. The agent advised with the committees and will assist in carrying out the goals by working with the special interest groups on food and clothing.

The Home Economics Council set up two Home Economics Committees for 1958. The Foods Committee has set up three workshops on bread and pastry to reach the needs of the younger homemakers. Three groups will work in the three districts in the county. These workshops are set up to reach approximately 35 people.

The Home Economics Clothing Committee has set up three clothing workshops, two on simple clothing construction and

homemaker away from home most of the time is general, it cannot be considered unusual. It changes the pattern of living to such an extent that in many families there is little home life and family unity.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

This committee is composed of two men and two women leaders from each of the three magisterial districts in the county.

This committee will strengthen the Extension program in 1958 by:

- a. setting long-time goals for the county Extension program.
- b. setting up committees to carry out these goals.
- c. giving publicity to work being done through the county Extension program.

2. Home Economics Council

This committee is made up of two women leaders from each of the three magisterial districts in the county.

This committee will work with representatives of the Home Demonstration Committee to determine:

- a. the special interest needs of the women in the county.
- b. set up the goals to meet these needs.
- c. determine the goals to be met in 1958.
- d. determine the committees and committee members needed to carry out these goals.

1958 PLAN OF WORK FOR GOOCHLAND COUNTY

I. County Situation Considered in Working Out the 1958 Program

Goochland County, Virginia, is a small rural county of 287 square miles, and a total population of 8,934 according to the 1950 census. Of the 1,985 families in the county, 50% are Negro. There are approximately 554 white farm families and 338 white rural non-farm families in the county. There are 741 farms in the county according to the 1954 census of agriculture, 462 having an acreage of less than 100 acres. 486 farms are white operated. More than half of the farmers reported off-the-farm employment, and income exceeding the value of agricultural products sold. The main sources of farm income rank in the following order: livestock and livestock products; dairy products; poultry and poultry products; field crops; forest products; vegetables and fruits.

There is no industry in the county. Off-the-farm income is from employment at the State's penal institutions, located in this county and in the adjoining county; from sawmill operations; the railroad; and a large stone quarry. Most of the young homemakers able to work are either employed in this and neighboring counties or commute to Richmond for part or full-time employment, as do a considerable number of the part-time farmers. Nearly everyone able to get away from home for the day is employed or seeking part-time employment to supplement the family income.

This situation affects membership in Home Demonstration Clubs, and leadership of 4-H and Home Demonstration Clubs. It creates what should be an abnormal social condition but since the trend of a

PLANS FOR PROFESSIONAL IMPROVEMENT -

- B. Reading Professional Publications.....17
- C. Membership in Professional Organizations.....17
- D. Participating in Programs and Workshops Planned by Other
Organizations.....17

COOPERATIVE PLANS FOR A UNIFIED COUNTY EXTENSION PROGRAM.....18

PROBLEMS INVOLVED IN CARRYING OUT EXTENSION PROGRAM.....18

TABLE OF CONTENTS

COUNTY SITUATION CONSIDERED IN WORKING OUT THE 1958 PROGRAM.....	1
COUNTY EXTENSION PROGRAM - ADULT	
A. Organization:	
1. County Agricultural Extension Service Board.....	2
2. Home Economics Council.....	2
3. General Interest Committees.....	3
4. County Home Economics Committees.....	3
5. County Home Demonstration Club Committee.....	4
B. Project Work:	
A. Foods.....	4
B. Clothing.....	6
C. Home Management.....	7
D. Gardening.....	7
C. Federation Program of Work.....	8
D. Other Activities.....	8
FARM AND HOME DEVELOPMENT.....	10
COUNTY EXTENSION PROGRAM -YOUTH	
A. 4-H Organizations:	
1. County 4-H Council.....	10
2. All Stars.....	11
3. Honor Club.....	11
B. 4-H Project Work:	
1. 4-H Electric.....	11
2. 4-H Safety.....	11
3. Clothing.....	12
4. Foods.....	12
5. House Furnishings.....	12
C. 4-H Activities.....	12
SCOPE OF WORK -	
A. Organization.....	13
PLAN FOR LEADERSHIP -	
A. Over-all Program Leaders.....	13
B. Home Demonstration Club Leadership.....	13
Plans for Training and Developing Leaders in 1958 Program....	14
C. 4-H Club.....	15
Plans for Training and Developing All 4-H Leaders in	
Carrying Out 1958 Program.....	15
PLANS FOR WORK WITH OTHER AGENCIES -	
1. Health Department.....	16
2. Ruritan.....	16
3. Other Agencies.....	16
PLANS FOR DEVELOPING GOOD PUBLIC RELATIONS IN THE COUNTY.....	16
PLANS FOR RECORDING PROGRESS AND EVALUATING PROGRAMS AS PLANNED	
FOR 1958.....	17
PLANS FOR PROFESSIONAL IMPROVEMENT -	
A. Organized Study.....	17

1958 PLAN OF WORK
FOR
GOOCHLAND COUNTY

EVA F. FOSTER
HOME DEMONSTRATION AGENT