

utilize all available resources in solving problems. Ample time should be used to study situations, organize and plan more effective programs.

A continuous effort will be made to provide youth with more challenging opportunities to prepare for economic, social, and leadership responsibilities as adults.

C. Professional Improvement

Professional books and publications were read constantly through the year. Membership was maintained in professional organizations. Programs, conferences, and workshops planned by Extension and other organizations were participated in. Learning to grow beautiful roses and tulips served as a hobby during the year.

VII. The Look Ahead

The 1961 Home Economics Extension program has definitely contributed largely toward developing leadership and improving family living. Family cooperation in planning short and long time goals played an important part in accomplishments made. The organization of the 4-H Leaders' Association has already shown to be an asset to the over-all 4-H program. Four-H members received more challenging opportunities and definite leadership training by participating in judging finished products, and giving demonstrations in the county and District Elimination contests.

The new filing system provided speedy answers to the many requests that came in during the year. The addition of a new mimeograph machine in May enabled the office personnel to utilize time in producing more effective circular letters, leaflets, Year Books, and other mimeographed material.

In years ahead, the program should be attuned to the most conspicuous family needs with emphasis on using all available people in planning and conducting the Extension program. Families should be encouraged to

The Community Club has conducted three major projects since 1951 using money won in the Community Improvement Contest: (1) Purchased paint and painted all mail boxes in the community; (2) Bought and distributed vegetable garden seeds and conducted a garden tour; and (3) Purchased paint and painted the interior of Corinth Chapel Church dining hall.

There are 169 children in school; seven are now in college, and five have graduated from college since 1951.

Within this community are active home demonstration and 4-H Clubs.

B. Progress in Developing Good Public Relations

Development of good public relations was exhibited with county workers, general public, elected representatives, commercial interests and other professional workers through the following ways: by answering requests for information promptly and appearing on programs, Year Books were distributed, and the radio and press were used to keep the public informed. Invitations were extended to county-wide Extension activities and programs. The agent also served to acquaint other people with business organizations and their services. Some of these include: A member for five years on the Board of Directors of the Nansemond Credit Union, Inc.; a member of the Nansemond Cooperative Association, Inc.; and the Tidewater Fair Association, Inc. Other agencies the agent has cooperated with are Welfare Department, Health Department, general schools and vocational agriculture and home economics departments. Favorable cooperation has been extended by the above people and agencies.

VI. A. For Special Consideration

Community Improvement Work

In 1951, the Corinth Chapel Community was selected to compete in the State Improvement Contest in the areas of farms, homes, and family development. Each year this community is scored by a committee to determine the improvements made during the calendar year. Goals are set up by the people and regular meetings are held to work on topics of interest. Various methods of teaching are used to accomplish objectives. This community has been the recipient of eight of the top ten annual prizes in the State Community Improvement Contest since 1951. During the past ten years the following changes were noted:

	<u>1951</u>	<u>1961</u>
No. families	79	93
No. owners	40	56
No. tenants	39	37
New homes	1	19
Homes painted	9	25
Rooms added	0	9
Porches added	0	4
Lawns established or improved	2	25
Mail boxes painted	5	85
Running water	0	12
Bath installed	1	6
Added or improved storage	7	36
Rooms painted or covered	6	42
Major household appliances purchased	9	49
Telephones installed	0	10

Annually, approximately 6000 quarts of fruits, vegetables and meats are canned; and 900 quarts and 3600 pounds are frozen. Thirty-five families made budgets and 28 kept family records of expenditures and income. Forty-five families had physical examinations, 25 families carried hospitalization insurance, 60 families took chest X-rays, and 10 children took polio shots.

B. Development of Leadership Activities and Accomplishments of an Outstanding Club

The New Road Home Demonstration Club has been functioning for a period of twelve years. At its beginning, officers were not aware of their duties and had to be trained in parliamentary procedures. Through the years this club has participated in many community activities, such as helping to provide recreational facilities for the community center, sponsoring clean-up campaigns, and stimulating families to improve their rural mail boxes. In addition to their regular club program, they functioned in conducting Mt. Sinai Baptist Church cemetery improvement project this year. Committees were appointed in January to contact church officials to discuss plans for improvements. These plans were accepted and church officials commended the club for undertaking such a project. The following improvements were accomplished:

1. All cans and rubbish removed.
2. Straw burned.
3. Sunken graves filled in.
4. Bushes and grass cut
5. Weekly grass cutting through the summer months
6. Shrubbery selection and planting in the fall.

This cemetery was improved 75 percent and five new members joined the club as a result of this project.

2. Home Demonstration Club Leadership

	1957	1958	1959	1960	1961
No. organizational leaders	50	55	55	65	65
No. project leaders (subject matter)	35	38	45	47	48
No. Federation program of work chairmen	10	11	11	11	12
No. program development leaders	10	11	11	11	12
No. result demonstrators	20	25	30	21	29
No. training meetings by specialists	1	2	2	3	3
No. training meetings by dist. agents	0	0	1	1	0
No. training meetings by agents	4	5	9	6	6
No. training meetings by others	0	0	0	0	0
Attendance at all training meetings	68	48	150	66	116
No. meetings held without an agent	54	47	48	53	29
No. meetings leaders assisted	30	35	38	20	40
Demonstrations by leaders	48	54	45	48	52
Talks and discussions by leaders	70	75	60	65	68

3. 4-H Club Leadership

	1957	1958	1959	1960	1961
No. club officers	65	65	78	78	95
No. adult project leaders	16	32	35	35	38
No. Junior project leaders	16	45	28	26	30
No. result demonstrators	15	18	20	22	25
No. training meetings by specialists	0	1	0	0	0
No. training meetings by dist. agents	0	0	1	0	0
No. training meetings by agent	6	4	4	2	7
No. training meetings by members club dept.	0	1	0	0	0
No. training meetings by others	1	0	0	0	0
Total attendance at ldr. tr. meetings	54	44	60	60	184
No. 4-H leaders trained individually	27	30	28	26	30
No. club mtgs. held by lr. without agent	19	17	17	22	11
No. additional meetings at which leaders assisted	17	20	22	18	20
No. demonstrations given by adult ldrs.	18	20	25	22	25
No. demonstrations given by Junior ldrs.	10	15	20	27	35

B. What Was Done to Increase Scope of Work

Two additional home clubs were organized this year with 34 members. However, this figure does not show up because one old club ceased to function this year. A 4-H Leaders' Association was organized with 17 members. Schools are becoming consolidated and therefore the scope of work shows one less 4-H Club. Three hundred home demonstration Year Books were distributed to club members and other interested persons. Newspaper articles were published frequently. Leaders were trained to reach additional people. Circular letters and home visits were used to reach people not participating in an organized club.

V. Leadership

A. Growth of leadership

1. Over-all program leaders

	<u>1959</u>	<u>1960</u>	<u>1961</u>
a. County Agri. Extension Service Board	<u>45</u>	<u>45</u>	<u>34</u>
b. Youth Council	<u>78</u>	<u>78</u>	<u>95</u>
c. Home Economics Council	<u>55</u>	<u>65</u>	<u>65</u>

3. District 4-H Elimination Contest

Six county winners participated in the District Elimination Contests held in Emporia on June 14. Juphenia Knight and Electa Banks won first place in the junior team Meal Preparation Contest by making Tossed Salad and French Dressing. Peggie Gatling, Annie Peels, Elvira Stokes and Norris Eley won second place in the junior and senior teams Bread Demonstrations.

4. State 4-H Short Course

Seven 4-H girls, one adult woman leader, and the local home agent attended the State 4-H Short Course at Virginia State College, June 19-23. Club members made reports to their respective clubs.

5. State 4-H Wildlife Conference

Three older 4-H'ers and one adult leader attended the State 4-H Wildlife Conference at Virginia State College, August 1-3. Reports of this conference were made by representatives to their respective clubs.

IV. SCOPE OF WORK

	1957	1958	1959	1960	1961
No. H. D. Clubs	10	11	11	11	12
Membership	243	252	284	292	365
No. H. D. Groups (unorganized)	0	0	1	0	0
Membership	0	0	9	0	0
No. 4-H Clubs	12	12	13	13	12
Membership	405	414	422	502	464
No. YMW Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	1	1	1	1	1
Membership	45	45	45	45	45
No. Home Ec. Committees	0	0	0	0	0
No. General Interest Committees	1	1	1	1	1
No. Youth Committees	2	2	2	2	2
No. Farm & Home Dev. Families	6	9	9	9	9
No. Other Families Reached	455	995	1120	1785	1820
No. Different Families Reached	195	320	450	415	560
No. Other Organizations	0	0	0	0	1

They learned about a number of different careers, individual traits, steps toward building a successful career and where to find information about careers. Group discussions, literature distribution, and conferences were used in accomplishing goals.

C. Other Activities

1. National 4-H Club Week

Approximately 350 Nansemond County 4-H'ers, leaders and parents joined others throughout the nation in observance of National 4-H Club Week. On Friday, March 10 this week was celebrated at the Oakland Elementary School with a Talent Program. Participants were members from the twelve county 4-H Clubs. Talent included piano selections, poems, group singing, dances, solos, etc. Recognition was given to leaders and sponsors of 4-H Clubs, and emphasis was placed on encouraging members to keep better records. Thirteen 4-H members received County medals and leadership certificates for outstanding project accomplishments for 1960. The big attraction of the program was the crowning of the 4-H King and Queen for 1961. One hundred and seventeen (\$117) were realized from the contest to help finance delegates to the State 4-H Short Course.

2. Rural Life Sunday

Individual clubs celebrated Religious Emphasis Sunday in the twelve communities. Club members attended church and sat together, provided flowers, lifted offering, served in the choir and as ushers.

project with 125 completing. Flower plants, shoe racks, and waste paper baskets made by the members were brought to club meetings and put on display and members received training in judging finished products.

3. Bread

Twenty members enrolled in this project because they wanted to learn better methods of making various kinds of breads. Workshops were held in homes to teach members to make biscuits, corn bread, muffins, and waffles. Four members participated in the 4-H District Contest and won second place. How to give a demonstration and how to judge breads were also taught, and members had opportunities to participate.

4. Food Preservation

Fifteen older 4-H members enrolled in food preservation project to develop knowledge and skill in canning and freezing foods. How to make family food preservation plans, how to judge canned foods, and how to give demonstrations were also stressed. Filmstrips, demonstrations, lectures, home visits, and bulletins were used in teaching the above objectives. These girls assisted their families in providing sufficient food and also increased their knowledge and skills.

5. Career Exploration

The objectives of this project were to develop an awareness of various job opportunities, to teach members how to avoid certain career hazards, and to give members an insight toward a good vocational choice. Work books were distributed to 38 members who were enrolled.

program by portraying the meaning of the 4-H Club. Each member explained a 4-H Club project and member accomplishments. A sum of \$75.00 was realized by the association as a result of a drive conducted.

B. 4-H Project Work

1. Meal Preparation

The objectives of this project were to help 4-H members learn principles of meal planning and to develop skills in preparing nutritious and attractive foods. The members were to learn how to measure ingredients correctly, how to prepare simple dishes, and how to set the table correctly. Method demonstration meetings were held on table setting, preparing eggs, salads, cooking vegetables, bacon and sausage, and making simple desserts. Parents played an important part in assisting members with this project. Two members won first place at the District 4-H Elimination Contest. Two hundred of the 246 members enrolled completed this project.

2. Home Improvement

Members from six clubs selected Your Room - Pep it Up for their project. These members were to learn to make plans for improvements, how to make or restore simple accessories that were needed, and how to care for their bed rooms. Through demonstrations, discussions, home visits and literature distribution, club members were trained in taking an inventory of their room and planning improvements to be made. They also learned to make broom handle and floor shoe racks, waste paper basket, and how to make a bed hospital style. They learned to arrange furniture conveniently and how to care for a growing plant. One hundred forty five members were enrolled in this

III. COUNTY EXTENSION PROGRAM - YOUTH

1. County 4-H Club Council

The 4-H Junior Council is composed of 78 officers and leaders from the 12 organized county 4-H Clubs. Two meetings were held to train officers, and to plan 4-H programs and activities. This council aided in planning and conducting National 4-H Week celebration and Rural Life Sunday.

2. County 4-H Project Planning Committee

This committee is composed of 35 older 4-H girls and adult leaders representing each 4-H Club. This committee met once for the purposes of analyzing the county situation, needs and interests of club members, and to plan the 4-H homemaking projects. Factors considered in program planning were size of club, age of members, ~~age of members~~, meeting place, time allotted for instruction, number of adults willing to work with members, parent cooperation in providing necessary supplies and materials, and facilities with which to work. It also served in assisting younger members with project completion.

3. County 4-H Leaders' Association

A county 4-H Leaders' Association was organized this year with 17 active members. Four meetings were held to train leaders on the 4-H club program and to plan county-wide activities. It is felt that through this organization a stronger 4-H program will be conducted. A county-wide 4-H program was sponsored by this association. Eighteen 4-H club members participated on the

6. Family and Community Improvement Institute

The annual Family and Community Improvement Institute was held at Virginia State College, July 11-13 with four representatives from Nansemond attending. Valuable information was gained on several topics of interest. Mr. and Mrs. Isaac Demiel, Mrs. Hannah Hunt, and the local home agent attended this Institute.

7. State Advisory Board Meeting

Two representatives from the County Advisory Board (one man and one woman) and the local agents attended the State Advisory Board meeting in Surry County, September 6-7. A report of this activity was presented to the County Advisory Board by the delegates.

D. Procedure for Developing and Carrying Out Programs with Urban Families

Work with urban families has been conducted largely through other organizations, office calls, telephone calls, home visits, literature distribution and newspaper. Assistance was rendered on furniture arrangement, flower arrangement, selection of fabrics, planning color schemes, and low calorie meals.

E. Farm and Home Development

Again this year, there were nine families worked with using the farm and home development approach. Three full time and six part time farm families. Problems most often encountered were meal planning, furniture selection and arrangement, and kitchen storage. No family made outstanding progress during the year.

There were 30 participants on the program which consisted of the meaning of home demonstration work, solos, instrumental numbers, duets, trios, and a report of the District Home Demonstration Meeting. A special feature of the program was the modeling of 10 suits and coats made by participating members in a Tailoring Workshop conducted in March.

Fifty-four persons attended the District Home Demonstration meeting held in Sussex County on May 2; and one newspaper article was published during the week.

4. County Fair

The annual Tidewater Fair was held in Suffolk, October 3-7. The overall exhibit participation was fewer in number which could have come as a result of the Fair being a week earlier and the lateness of the Fair catalogue from the press. However, the home demonstration educational exhibits increased. We were proud to have 19 such booths that won \$330.00 in first, second, and third prizes. Eight home demonstration clubs from Nansemond won three first, two second, and three third prizes in the amount of \$135.00. These exhibits emphasized the following topics: (1) Do You Get Enough Milk? (2) Sweet Potatoes - Easy to Grow and Serve, (3) Eat and Grow Slim, (4) Dress for the Occasion, (5) Sew and Save, (6) Let's Make A Basket Using Reeds, (7) Does Your Church Look Like This or That, and (8) Where to Hang Pictures.

5. State Awards Program

Five representatives from Nansemond attended the State Awards Program held in Mecklenburg County at the home of Mr. and Mrs. McKensie Talley. A progress story was told by the family, and demonstrations were observed on the farm and in the home.

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result demonstrations, and create fellowship through recreation. The touring group of 85 persons observed the following result demonstrations:

1. Field crops and 3 acres of Ladino Clover pasture at the George W. Langston 136-acre farm.
 2. Bath installation and home ground beautification at the J. E. Sweatt home. The Sweatts conveniently made provisions for a complete bath at reasonable cost in their old home. Landscaping was also a point of interest with beautifully arranged shrubbery, shade trees, flowering border and a well kept lawn.
 3. Family Unit of Farm and Home - The Edward L. Jones 123-acre farm and six room house were observed. This family had recently remodeled the kitchen adding water under pressure. With two married sons living on adjoining property, Mr. Jones and one son work full time as carpenters while the other son operates the farm.
 4. Modern nine room ranch type home with all conveniences at the Obediah Waldens.
 5. Fellowship and Recreation at the home of Mr. and Mrs. Fletcher Walden with ice cream donated by the Walden family; and hot dogs and sodas donated by the County Advisory Board.
3. National Home Demonstration Week Celebration

Nansemond County homemakers celebrated National Home Demonstration Week with a Musical Tea on May 7 at Nansemond County Training School. There were approximately 300 persons present, representing 11 home demonstration clubs. There were approximately 75 non-club members in attendance.

8. Rural Civil Defense

Civil Defense was interjected in the home demonstration program because of requests made and in cooperation with the National Civil Defense Program in advancing educational programs to rural families. The objective was to teach families how to be prepared for radioactive fallout in case of an enemy attack. A filmstrip on "How to Stay Alive In A Fallout Area" was used as a basis for discussion. Emphasis was placed on providing supplies and equipment needed to stock a fallout shelter. Leaflets were mimeographed and distributed on food needs for two weeks and first aid supplies. Twelve meetings were conducted on this topic with approximately 275 persons in attendance.

C. Other Activities

1. County Farmers and Homemakers Conference

The Annual Farmers and Homemakers Conference was held on February 23 with approximately 50 persons in attendance. "Trends in Home Furnishings" were discussed by Mrs. Geneva J. Myster, associate professor, School of Home Economics, Virginia State College with emphasis on selection of home furnishings and blending colors. Samples of drapery materials, rugs, wall paper and pictures were used in illustrating points. "The Possibilities of Increasing Swine Production in Eastern Virginia" was discussed by S. E. Marshall, district agent. Several questions were raised in connection with his discussion.

2. County Tour

The Annual County Tour sponsored by the County Advisory Board was held on July 27 in Whaleyville, Little Fork and Holland Communities. The purposes of the tour were to further sell the Extension program, observe

in other phases of the Extension program and at the same time make useful articles. As a result of requests made, one similar workshop was held this year with 13 members participating. Ten baskets were completed and displayed at the Tidewater Fair. These baskets are being used for serving breads, displaying flowers and fruit arrangements, and for keeping small sewing equipment.

7. Clothing

To develop knowledge and skill in tailoring was the main objective in teaching this special interest topic. The people were to learn how to use patterns and other necessary sewing aids in constructing garments properly, develop sewing skills, learn steps in tailoring, and advantages and disadvantages of sewing.

On February 16 two tailoring classes were started with 18 homemakers participating. This meeting consisted of a discussion on designs in current styles suited to various figures, color trends and fabrics. Samples of fabrics, lining and interfacings were shown and discussed. Demonstrations were given on making small pressing equipment such as tailor's ham, pressing mit, clapper and sleeve board; also a list of needed supplies for the workshop was emphasized. Individual body measurements were taken to determine the correct bust measurement and type of pattern. Due to a large number of interested persons and an inadequate meeting place to accommodate the entire group, two different tailoring workshop were set up for twelve full days, six days for each group. With the assistance of trained adult leaders, both workshops were conducted during the month of March. Four members dropped out of class. Fourteen suits and coats were completed by participating members.

6. How to make placket for cushion.

7. How to make a continuous bias.

A boudoir chair was partially completed in the demonstration and Mrs. Ruth Rawls, owner of the chair, completed it at home. Fifteen slip covers have been made by members who received this training.

6. Rural Arts

Rural arts was interjected in the program to stimulate families to make other desirable changes. The people were to learn inexpensive and attractive ways of wrapping gifts, how to make useful products from native material and learn techniques in planning and displaying educational exhibits. Through method demonstrations, discussions and literature distribution the above objectives were conducted. Miss Catherine Peery, rural arts specialist, gave training to the agent on Gift Wrapping and Crafts from Native Materials. Wrapping Christmas gifts was taught using inexpensive wrapping paper and ribbon. To add a personal touch, evergreens, nuts, Santa's face or tiny pine cones were used. Requests were made for ways of decorating doors for the holiday season. Six different door decorations were demonstrated using magnolia leaves, pine needles, cones, holly, pixy and red plastic bows. Making wall hangings or pictures were also demonstrated using boards for background on which was mounted native materials such as pods, wheat, nuts, etc. This created a great deal of interest and members enjoyed making different designs for hangings. Approximately 250 homemakers were reached with the rural arts program.

A few years ago, fifteen members of a special interest group attended an all-day workshop on basketry making. The purposes of the workshop were to teach members how to make something with their hands, create an interest

attractive home grounds. Four additional families served as result demonstrators, and through observations a large number of families made some type of improvement. To create a desire on the part of many families to have beautiful home grounds is no longer a problem.

5. HOME Furnishings

Lack of knowledge in color harmony, selecting suitable interior paints and the need to provide slip covers for furniture protection were the major problems of the people. In order to develop a broader knowledge of interior decoration, the people were taught different types of paints for different wall surfaces and how to blend colors for attractiveness and beauty. Charts, slides, material samples, and discussions were used in teaching the above objectives. Approximately 300 homemakers received training in this area.

A special interest workshop was held in Suffolk on steps involved in making slip covers. Nineteen homemakers participated in this workshop with the assistance of Miss Katherine Habel, home furnishings specialist; and local home agent. The following items were discussed, demonstrated and conducted:

1. Fabric selection
2. How to measure the chair and estimate the yardage needed for the style to be covered.
3. Cutting sections for covers.
4. Fitting and pinning sections in place on chair and snipping curve seams.
5. Marking, notching seam lines and stitching the cover with use of welting.

Flash

and

FILE SEPARATOR

records and 145 families made short and long time goals. Two hundred twenty families received records books as a result of requests made. More families are record conscious and are beginning to keep some type of record.

3. Housing

Storage space in kitchens was often not used to best advantage. Space was wasted between fixed shelves, articles in drawers were all jumbled together, therefore difficult for homemakers to put their hand on the items they wanted. The objectives were to teach people to store articles and materials where they are first used or most often, also so they can be reached without stooping, stretching, or removing other items to get to them. They were to learn how to make better use of present storage space and how to provide for additional storage. Method demonstrations were given on providing home made shelves. These included dividing shelf space, step shelves, vertical file or partitions, spice rack, knife rack and lid rack, also dividing drawer space. Leaflets were distributed on kitchen storage space savers. Approximately 375 families made some change in kitchen storage either by rearranging or providing additional shelves or partitions.

4. Home Ground Beautification

For the past ten years many families have been remodeling or building new homes. Much interest has been shown by homemakers in beautifying outdoor surroundings as well as indoor. This year interest was centered around identifying flowers, shrubs and trees and where they fit into the family's landscape picture. Slides, film strips, bulletin distribution, and tours to result demonstrators were used in teaching families to develop more

also wanted to learn how to prepare new dishes. Goals set up were to teach families how to make better use of home freezers, increase knowledge on the use of raw salads, change attitudes in meal planning, preparation and consuming foods, and to aid families in becoming better nourished. The people were to learn methods of freezing different foods, various ways of making appealing salads, and how to plan and prepare low calorie nourishing meals. Slides and film strips were used to teach freezing foods in each club. A leader training meeting, illustrative lectures, literature distribution, and circular letters were used in teaching families to make raw fruit and vegetable salads and planning and preparing low calorie meals. The agent had been previously trained by Miss Janet Cameron, Food and Nutrition Specialist. As a result of this teaching, approximately 350 families increased their knowledge and changed their attitudes in becoming better nourished. Several overweight homemakers began eating low calorie meals and lost many pounds. More attractive salads are being included in the family meal.

2. Home Management

Record keeping was the topic of interest to home demonstration club members. They lacked knowledge in keeping satisfactory records and had a desire to plan long and short time goals. People were to learn the advantages and disadvantages of record keeping, different methods of keeping records, learn to plan long and short time goals, and develop favorable attitudes toward record keeping. Family members were encouraged to get together and set up goals for 1961 and for 1965. Lecture demonstrations were given on evaluating family wants and needs, methods of record keeping and setting up goals. Twelve families served as demonstrators in keeping

Community Improvement Institute, State Award Program, and the State Advisory Board Meeting. It served in planning and conducting the County Farmers and Homemakers Conference, County Tour, Tidewater Fair, and one fund raising activity.

2. General Interest Committee

The Home Demonstration Committee discussed the needs and interests of the county people a few years ago and appointed a Health Committee. This committee, at its beginning, was composed of five persons, indirectly connected with the Extension program, one from each of the county's magisterial districts. After several attempts to get this committee to function, it was realized that the appointed persons were not interested in analyzing and conducting the health needs and interests of the county people. This committee is in the process of being revised.

3. County Home Demonstration Club Committee

This committee is composed of 65 officers and key leaders from the organized 12 home demonstration clubs. Three meetings were held to plan and conduct the following programs and activities: The 1961 Monthly H.D. topics, county goals, celebration of National H. D. Week, and educational exhibits at the county Fair. Four representatives were sent to the District H. D. Meeting; and some demonstrational materials were purchased by this committee.

B. Subject Matter and Special Emphasis Area

1. Foods and Nutrition

Foods and Nutrition were included in the program because homemakers wanted to improve their existing conditions. There were many mal-nourished families, and at the same time too many overweight people. Club members

There are two Negro High Schools, and 16 small scattered elementary schools with approximately 5,273 students. However, one elementary school was consolidated this year and there are plans for more consolidation of elementary schools. Since 4-H Clubs are organized in the schools, clubs are becoming larger which increased the need for more well-trained leaders. Projects were selected to fit into limited school periods and facilities, which are Home Improvement, Food Preservation, Meal Preparation, and Career Exploration.

The adult program was also adapted to changing situations, desires, and needs of the people. Urban and rural families are becoming more closely knitted because of modern conveniences, communication, employment, and home locations. More rural homemakers are finding time for employment in industrial plants and factories to help supplement the family income. Therefore, several home demonstration clubs shifted from day to night meetings.

The 1961 Adult Program included Foods and Nutrition, Record Keeping, Kitchen Storage, Shrubbery Selection and Landscaping, Color Harmony, Clothing Construction, and Rural Arts.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Advisory Board

The County Advisory Board is composed of 34 key leaders from 13 different communities, and all county-wide Extension organizations.

Quarterly meetings were held to discuss needs and interests of local people, train leaders, plan county-wide programs and activities. This board was represented at the following state activities: Family and

factory, fertilizer plants, and a farm implement manufacturing plant also utilize local raw materials.

As the trade center for a prosperous agricultural area, Suffolk has developed excellent shopping facilities with modern stores, both chain and local, and sufficient parking.

Public utilities including electricity, natural gas, and telephones are adequately serving the present community. Excellent water is supplied by the many fresh water lakes through a modern filtration plant.

Suffolk and Nansemond County have five banks with assets totaling more than \$40,000,000. There are also two Building and Loan Associations.

The Suffolk News-Herald, an afternoon daily, and Radio Station WLFM provide excellent news coverage and advertising facilities, reaching the entire trade area.

Public Health and medical services are provided for by a modern city-county Health Center; 174 -bed Lousie Obici Memorial Hospital and School of Nursing constructed in 1951; and 45 physicians and dentists serving the city and county.

In Nansemond's northeast corner is the Belleville Industrial School, a home for Negro children and old people.

The many lakes and streams in the county are a veritable fisherman's paradise. The water abound with black bass, speckled perch, and other game fish. The great Dismal Swamp and forest land provide excellent grounds for hunting. Nearby beaches and lakes are excellent for swimming. There are public athletic fields for baseball, tennis, and playgrounds for children. In Holland Community there is a Recreational Center financed by Negro citizens. In other sections of the county the recreational activities, for the most part, are under the auspices of the schools, churches, and community organizations.

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COUNTY SITUATION AS IT AFFECTED THE PROGRAM PLANNED

Nansemond County is located in the southeastern and Tidewater Area of Virginia. The County Seat is Suffolk which became an independent city in 1910. The 1960 census indicates Nansemond's population at 30,970 and Suffolk 11,565. There are 16,490 Negroes with 319 farm operators. As in other areas, there have been population shifts in Nansemond County. A significant development has been that of new homes in areas located on the outskirts of Suffolk, making the county's non-farm population larger. These developments came about by substandard housing conditions in urban areas, the desire to have more space, and the abandoned small farm families seeking industrial employment.

This Tidewater County has a land area of 425 square miles which is level and adapted to general types of farming. The climate is mild and in the eastern section winter truck crops are grown.

The main sources of income are obtained from peanuts, soybeans, corn and livestock production. Nansemond's agriculture and manufacturing complement each other. Meat Packing houses specialize in ham and pork products. Many plants clean, shell, grade and package whole peanuts, or make salted nuts, peanut butter, candy, meal and oil. A large portion of the peanut crop is purchased by Planters Nut and Chocolate Company which is the city's largest industry, with about 1,800 employees. Suffolk's second largest industry, the Lipton Tea Company's processing and packaging plant on the outskirts of town, is a newcomer. The plant has been in operation for about two years and employs about 200 workers.

A large cannery puts out home-grown turnip greens and other salad greens. Cotton gins, lumber and woodworking plants, fish and oyster houses, a brick

program had favorable attitudes and made several Extension requests.

The success of this program can be attributed to assistance received from group participation, local leaders, parents, supervising agent, specialists, schools, health department, Board of Supervisors, and other cooperating agencies.

HIGHLIGHTS OF THE 1961 PROGRAM

The 1961 Extension program proved effective in strengthening family living in Nansemond County. It was designed to provide the maximum learning opportunities for people in changing their knowledge, skills, and attitudes in assuming leadership and citizenship responsibilities. A large number of people were involved in program planning which resulted in the Program of Work being based on their needs and interests. Splendid cooperation was received from the County Home Demonstration Planning Committee, Home Demonstration Club Council, County Advisory Board, 4-H Junior Council, the 4-H Project Planning Committee, and the 4-H Leaders' Association. Assistance was also received from District Supervisor, specialists, and representatives from other agencies.

The two most outstanding contributions made to better family living as a result of the Year's program were home improvements and tailoring garments. Both 4-H'ers and adults conducted some work on the home improvement program with emphasis on providing sufficient storage, both kitchen and closet. Significant achievements were also noted along the line in improving color schemes, installing water systems, and beautifying home grounds.

Tailoring suits and coats was done by conducting two different workshops with 14 members completing the class. The well tailored garments had a positive effect not only on the members who participated, but on many people throughout the county. These garments were modeled at a county-wide program during National Home Demonstration Week, and some were also exhibited at the Tidewater Fair and won blue ribbons. Many people not directly connected with the Extension

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ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

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1961

Nansemond

County