

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Alice V. Ankers

Name

Co.Home Demonstration

Title

Agent

Assistant Agent

Assistant Agent

Assistant Agent



1959

Essex

County

TABLE OF CONTENTS

	<u>Page</u>
Cover	
Title Page	
Table of Contents	
Two most outstanding contributions made to family living as a result of this year's program	
I. County situation as it affected the program planned	1
II. County Extension Program - Adult	
A. Organization	
1. County Agricultural Extension Service Board	2
2. Home Economics Council	2
3. General Interest Committees	2
4. Home Economics Committees	2
5. County Home Demonstration Club Committee	3
B. Subject Matter and Special Emphasis Areas	
1. County Program	
a. Foods and Nutrition	3
b. Clothing	5
c. House Furnishings	7
d. Rural Arts	9
e. Housing	10
f. Home Management	11
2. Subject matter Story	12
C. Other Activities	
1. Federation Program of Work	13
2. Other Federation Activities	14
3. County Home Demonstration Activities	15
D. Urban Work	19
E. Farm and Home Development	
1. Story of farm and home development work in county	19
2. Story of the progress of one family thus far resulting from the use of the farm and home development approach	21

TABLE OF CONTENTS CONTINUED

	<u>Page</u>
III. County Extension Program - Youth	
A. Organization	
1. County Youth Committee	26
2. County 4-H Council	26
3. Project Planning Committee	26
4. IFYE Committees	26
B. 4-H Project Work	
1. Clothing	27
2. Foods	27
3. Horticulture	28
4. Home Management	28
5. Home Improvement	28
6. Other	
C. Other Activities	
1. Camp and State Short Course	29
2. Rural Life Sunday	30
3. Achievement Day	31
4. Fair	31
5. Contests	31
6. County Goals	34
7. Plaque	35
8. Yearbook	36
9. County Picnic	36
10. Share-The-Fun	36
11. IFYE	37
IV. Scope of Work	
A. Chart	37
B. Things done to increase scope of work and to inform the public about home demonstration work	37
V. Leadership	
A. Growth of Leadership	
1. Overall program leaders	38
2. Home Demonstration Club Leadership	39
3. 4-H Club Leadership	39
B. Story of development of leadership activities and accomplishments of an outstanding leader and Extension's part in this development	40

TALBE OF CONTENTS CONTINUED

	<u>Page</u>
VI. For Special Consideration	42
A. One Significant Achievement of Extension Work	42
B. Progress in developing good public relations in the county with	
1. County workers	44
2. General public	44
3. Elected representatives	45
4. Commercial interests	45
5. Other professional workers	45
C. Agent's professional improvement	45
VII. The Look Ahead	46

Two most outstanding contributions made to family living as a result of this year's program:

The increase in international understanding and of the factors conducive to mental health acquired by people of the county are two outstanding contributions made to family living by this year's program.

I. County Situation as it affected the program planned:

A. Size of County - 250 square miles

B. Topography - rolling, flat; some marshland near and on
Rappahannock River and creeks leading to river.

C. Population Trends - total population has tended to decrease slightly; population 6,530; 54.9% rural non-farm; 45.1% rural farm, no urban.

Tappahannock is the county seat and only town and has population of 1011; it is gradually increasing in size; population is 53.9% white; 46.1% negro; the percentage of negro population has tended to decrease slowly.

D. Types of Agriculture - general, livestock and crop farming.

E. Industry - forestry, seafood, and vegetable canning.

F. Facilities available which affect programs planned:

Schools - one white high school (has vocational home economics and agricultural departments); three white grade schools.

Telephone Service - Dial telephone service in most areas of county. Trend toward an increasing number of telephones.

Electric Service - Electric service covers all areas of the county, although a few individuals do not have it.

Health and Medical Care - County Health Department; four doctors (three white - one negro); three dentists; one full-time and one part-time optometrist.

There is a movement under way to build a small hospital.

Recreation - Considerable recreation is carried on through the churches and the schools; during the summer months, there is much recreation in connection with the river. There is a movie theatre, a bowling alley, and sometimes auto races.

Marketing - There is a regular livestock market and calves are marketed at special sales elsewhere; special pig sales; grain is shipped by one local firm by boat to Baltimore; some farmers haul their own to Richmond and other points.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board - None
2. Home Economics Council - Composed of chairman and secretary of Extension Food and Nutrition Committee; chairman, secretary, and Program Development chairman of County Home Demonstration Club Committee.
3. General Interest Committees
 - a. Lighting - composed of four women and four men, with Extension workers and power company representatives as advisors.
4. Home Economics Committees
 - a. Extension Food and Nutrition - Composed of five women; one man, with three professional workers as advisors. Has chairman and secretary.

5. County Home Demonstration Club Committee - composed of Club presidents and members-at-large. Club program development chairmen are expected to attend the program planning meeting. Has chairman, vice-chairman, secretary, treasurer, and committees.

B. Subject Matter and Special Emphasis Areas

1. County Program

a. Foods and Nutrition

(1) Needs

Essex County people needed a better balanced diet, more variety, new ideas for meals, better use of time for meal preparation; and to preserve more foods for future use.

(2) What was attempted:

Foods and nutrition work attempted to teach homemakers how to have a better balanced diet for themselves and their families; how to have more variety; new ideas for meals; how to make better use of their time in meal preparation; and how to preserve more foods for future use. They were expected to put these things to practice in their meal planning, preparation and food preservation.

(3) How carried on -

A nutrition demonstration was given at the December 1958 Achievement Day, called Are You Cheating Yourself?

Demonstrations were given at club meetings on Quick Meals, Batter Breakfasts, One-Dish Meals, Suggestions for Entertaining at Home (October 1936), Foreign Foods (one club) and Packed Lunches (one club).

Special interest meetings were held on Use of the Freezer and Freezing Fruits, Vegetables, Meats, Baked and Pre-cooked Foods, and Making Jams, Jellies, preserves and Pickle.

Leaders were selected by Home Demonstration Clubs for the demonstration on Quick Meals, One-Dish Meals, and Suggestions for Entertaining at Home. They were trained for the first demonstration named by a power company home economist, for the second by the agent (following help by the specialist), and for the third by a specialist.

Leaders gave six demonstrations on Quick Meals, seven demonstrations on One-Dish Meals, and seven demonstrations for Suggestions for Entertaining at Home. Leaders gave the demonstrations on Foreign Foods and Packed Lunches to the two clubs which had them. These were based on material given them by the agent and from other sources. A dairy council representative gave the nutrition demonstration Are You Cheating Yourself? at Achievement Day; a power company representative gave the special interest demonstration on Use of the Freezer

and Freezing Fruits, Vegetables, Meats, Baked and Pre-cooked Foods, and a specialist gave the special interest demonstration on Making Jams, Jellies, Preserves and Pickle, which was held in the power company kitchen.

The agent received help from the specialist on Better Breakfasts.

(4) Results

32% of homemakers answering a questionnaire received help from the nutrition demonstration, Are you Cheating Yourself? 71% received help from the Quick Meals demonstration; 50% from Better Breakfasts; 38% from Suggestions for Entertaining at Home; 44% from Use of the Freezer and Freezing Fruits, Vegetables, Meats, Baked and Pre-cooked Foods; and 24% from Making Jams, Jellies, Preserves and Pickle. One-Dish Meals was too late in the year to be included in the questionnaire, and Foreign Foods, and Packed Lunches, being given only at one club each, were not included in the questionnaire.

b. Clothing

(1) Needs

Essex County women needed to spend clothing money better, and to learn more about construction and restyling.

(2) What was attempted

Clothing work attempted to teach homemakers how to spend clothing money wisely, and how to make and restyle certain items of clothing. They were expected to apply this information in their clothing buying and construction or remodeling.

(3) How carried on -

Demonstrations were given at club meetings on: Spending Clothing Money Wisely (series of two demonstrations), Making Pocketbooks, Making Children's Clothing from Adult's (one club), and Decorating Children's Clothes (one club). A special interest meeting was held on Restyling Hats.

Leaders gave one demonstration on Spending Clothing Money Wisely, the demonstration on Making Children's Clothing from Adult's, and Decorating Children's Clothes, and assisted with two demonstrations on Making Pocketbooks. They were selected by the home demonstration clubs, and trained or given material for the demonstration by the agent. A specialist gave the demonstration on Restyling Hats. The specialist sent the agent material on Spending Clothing Money Wisely.

(4) Results

75% of homemakers answering a questionnaire

received help from the demonstration on Spending Clothing Money Wisely. 29% received help from the demonstration on Making Pocketbooks, Restyling Hats was too late in the year to be included in the questionnaire, and Making Children's Clothing from Adult's, and Decorating Children's Clothes, being given only at one club each, were not included in the questionnaire.

c. House Furnishings

(1) Needs

Essex County people needed to improve home lighting, to bring out the full beauty of their old furniture, and to make their homes as attractive as possible at minimum expense.

(2) What was attempted

House Furnishings work attempted to teach Essex County people the principles of good home lighting, to improve their furniture, and to make their homes as attractive as possible. They were expected to apply this information in their homes.

(3) How Carried On -

An open-house home lighting demonstration was held, sponsored by Extension Lighting Committee and

the power company serving the home. Demonstrations were held at Home Demonstration Clubs on Flower Arrangement, and Care of Houseplants (one club). A special interest meeting was held on Refinishing Furniture.

A number of volunteers from throughout the county helped in explaining the various lighting recipes to guests at the open-house home lighting demonstrations. They were trained by the agent and representatives from the two power suppliers serving the area.

Leaders were selected by home demonstration clubs and gave six demonstrations on Flower Arrangement, and the demonstration on Care of Houseplants. Leaders were trained by a well-known local man who does it as a hobby. The leader for Care of Houseplants used material given her by the agent and from other sources. The demonstration in Refinishing Furniture was given by a specialist.

(4) Results

County people are expressing interest in improving their lighting and several families are taking some steps in that direction, but no family, other than the demonstration family, has done a major job of

improving home lighting so far. The effects of this demonstration are expected to carry over into next year with more results.

80% of homemakers answering a questionnaire received help from the demonstration on Flower Arrangement. Since Care of Houseplants was given at only one club, it was not included in the Questionnaire. Refinishing Furniture was too late in the year to be included in the questionnaire.

d. Rural Arts

(1) Needs

Essex County people needed to develop a greater appreciation of nature, and to make better use of leisure time.

(2) What was attempted

Rural Arts work attempted to teach homemakers a greater appreciation of birds, and to teach homemakers and their families interesting ways of using leisure time. They were expected to apply this information in their daily lives.

(3) How carried on -

Demonstrations were given at club meetings on Appreciation of Birds, Recreation, Leisure Time Activities (November 1958) and Chair Caning (one

club).

Leaders were selected by Home Demonstration Clubs and gave one demonstration on Appreciation of Birds, three demonstrations on Recreation, eight demonstrations on Leisure Time Activities, and the demonstration on Chair Caning.

The demonstrations on Appreciation of Birds, Recreation, and Chair Caning were given by people with considerable training in these fields. The specialist trained leaders for the demonstration on Leisure Time Activities. The specialist gave the agent training on Appreciation of Birds.

(4) Results

56% of homemakers answering a questionnaire received help from the demonstration on Appreciation of Birds. 24% received help from Recreation; and 38% from Leisure Time Activities. Since Chair Caning was given only at one club, it was not included in the questionnaire.

e. Housing

(1) Needs

Essex County people needed to use storage space more efficiently, and to remodel some homes.

(2) What was attempted

Housing work attempted to teach homemakers how to use kitchen storage space more efficiently, and some families how to remodel their homes in order to meet the needs and wishes of the family.

(3) How carried on

A special interest meeting was held on Space Savers for Kitchen Storage, by the agent following training by the specialist, and a House Remodeling Clinic was held in which the specialist met individually with two homemakers to help them with the family's house remodeling plans.

(4) Results

18% of homemakers answering a questionnaire received help from the demonstration on Space Savers for Kitchen Storage. Work is in progress on remodeling the two homes for which plans were made.

f. Home Management

(1) Needs

Essex County home makers needed to use their time and energy more efficiently in doing their house work.

(2) What was attempted

Home management work attempted to teach home-

makers to use their time and energy more efficiently in doing housework.

(3) How carried on

Demonstrations were given at Home Demonstration Clubs on Simplifying Housework. The agent was trained by the specialist for this demonstration.

(4) This demonstration was too late in the year for results to show in this report.

2. Subject Matter Story - Clothing the Family Well and Economically

Essex County homemakers spent clothing money for themselves and their families without sufficient planning and frequently had too many clothes of questionable quality and suitability to the individual and the occasion. During the past five years, the Home Demonstration Club program has shown a recognition of this problem and action to help solve it. During that time, there have been demonstrations at Home Demonstration Clubs and in special interest meetings on: Selecting a Becoming Outfit, An Economical Wardrobe for Different Occasions, Spending Clothing Money Wisely, (including buying, the clothing dollar; today's fibers, fabrics, and finishes); and textile labeling). Fitting in Making and Altering Garments, Remodeling Clothes, Restyling Hats, Adjusting a Sewing Machine, Beginner's Sewing, Making the Better Dress, Hints on Clothing Construction, and Making Pocketbooks.

37.5% of homemakers answering questionnaires reported receiving help with their clothing problems from these demonstrations.

C. Other Activities

1. Federation Program of Work - Health, developed around Mental Health.

- a. County chairman and chairmen in each club. They set up the following outline and gave information suggested on it to clubs each month:

January - Mental Health - (Introduction)

February - Mental Health of Ageing

March - Services offered in mental health through the the County Health Department and local hospital program.

April - How to Keep the Man in Your Life Alive

May - The Tensions in a Woman's Life

June - Mental Health of Children

July - "The Least of These" (retarded children)

September - Mental Health in Times of Disaster

October - Community's Responsibilities for Returnees

November - Review of Daybreak

b. Projects

Clubs also did projects to help people in mental institutions. Several clubs sent gifts of toys, books and

clothing to the Lynchburg Training School and Hospital. One club made slippers and sent to Eastern State Hospital, and several plan to send gifts of cookies and candy before Christmas. One club "adopted" a patient with no relatives to send small gifts and remembrances to.

- c. 76% of the homemakers answering a questionnaire said they received help from the program on Mental Health.

2. Other Federation Activities

a. National Home Demonstration Week

- (1) As a special observance of National Home Demonstration Week, the county Home Demonstration Clubs gave a party for the 4-H District contestants, and County Share-The-Fun winners. The program was put on by the 4-H members, at the request of the County Home Demonstration Club Committee, and refreshments were served by the county Home Demonstration Clubs.
- (2) Members made a special effort to get non-club members to attend the May meetings. Newspaper and radio publicity were also used.

b. District Meeting

- (1) 27 Home Demonstration Club members, representing eight clubs, attended the District Meeting.

- (2) Mrs. T.J.Chinault, an Essex County Home Demonstration Club member, is Chairman of District XI.
- (3) Mrs. A.C.Turner, County Chairman, gave the county report.
- (4) Pennies for Friendship - \$4.72
- (5) Essex was responsible for corsages for the meeting.

c. State Meeting - Five women attended.Mrs.T.J.Chinault, as District Chairman, attended two Executive Board Meetings.

d. Area Meetings - County representatives attended as requested.

3. County Home Demonstration Activities

a. Achievement Days

(1) 1958

- (a) Held in December 1958
- (b) Covered Dish Luncheon, followed by program
- (c) Speaker - Mrs. Lena E.Bowman, Director of the Dairy Council of the Shenandoah-Rappahaunock.
Gave a demonstration on , Are You Cheating Yourself?
- (d) County report given by a group of club and county Home Demonstration Club officers, illustrated by slides.
- (e) Contribution to Sheltering Arms Hospital - 97 jars of canned food, 5 pounds of sugar and a large bag of

potatoes.

(2) 1959

- (a) Held end of September 1959
- (b) 140 present
- (c) Speaker - Wayne Ellis, Essex County's IFYE delegate, who had just returned from Venezuela.
- (d) County report given by secretary of County Home Demonstration Club Committee, illustrated by slides.
- (e) Covered dish dinner, followed by program
- (f) Numerous invited guests, representing groups who had made it possible to send an IFYE delegate from the county.
- (g) Contribution to Sheltering Arms Hospital - 45 jars of canned food, 5 pounds of sugar, and a large bag of potatoes.

b. Talk by IFYE Exchangee

- (1) Home Demonstration women arranged for a meeting of all Home Demonstration and 4-H members and their families and friends to hear a talk and see slides by Maj Katarina Ahlgard, IFYE from Sweden, who lived in the county seven weeks.
- (2) About 60 attended, on a sweltering hot day.
- (3) The talk was followed by a tea in Miss Ahlgard's honor, given by the County Home Demonstration Club Committee.

c. County Objectives

- (1) Long Time Objective - To increase Home Demonstration Work
 - (a) 1959 Objectives on this:
 - (1) Each club increase enrollment by 20%. Each member get a new member.
 - (2) For each club to increase attendance to 75% of enrollment.
 - (3) Study ways and means of reaching more people in each community and each club make an attempt to sponsor another club or committee.
- (2) Long Time Objective - To continue to help Sheltering Arms Hospital:
 - (a) 1959 Objective on this:
 - (1) Each Home Demonstration Club member can two jars for Sheltering Arms Hospital.
- (3) Long Time Objective - To Help 4-H Club Work
 - (a) 1959 objectives on this:
 - (1) Each home demonstration club furnish at least one 4-H Club leader.
- (4) Each club invite the county chairman and other county officers to at least one meeting each year.

d. Goals for a Standard Club

Standard Clubs will be given outstanding recognition at Achievement Day. A club must complete ten goals to be a standard club.

- (1) Start meetings on time.
- (2) 3/4 members present at all club meetings.
- (3) At least one representative at each county-wide meeting.
- (4) Increase enrollment by 20%.
- (5) Assist in organizing a new club
- (6) Leaders conduct at least six demonstrations during the year.
- (7) Club officers conduct all meetings according to good parliamentary procedure for home demonstration clubs.
- (8) Have an active Program Development Chairman.
- (9) Have an active Federation Program of Work Chairman.
- (10) Have Federation Dues paid by February 15th.
- (11) Report sent agent on meetings held by leaders.
- (12) Observe National Home Demonstration Club Week.
- (13) Have at least two representatives at District Meeting.

e. Fair

- (1) Two Home Demonstration members and the agent worked at the Northern Neck Fair. The agent was in charge of the adult and youth departments of the Fair. Eight club women made 53 exhibits and received 20 awards.

f. Yearbook - The Yearbook was mimeographed. Howertons-Upright Club was responsible for planning it.

g. Fund Raising

- (1) For County Home Demonstration Club Committee - Served two Ruritan Dinners.
- (2) For Clubs - Some had luncheons

h. Community Activities

- (1) Lloyds-Loretto Club and the Episcopal Sunday School cooperated in a community Halloween Party.
- (2) Three clubs had community picnics.

D. Urban Work - There is no place in the county large enough to be considered urban.

E. Farm and Home Development

1. Story of farm and home development work in the county
 - a. No. of families worked with - 8
 - b. Problems most often encountered
 - (1) Amount of money and money management

- (2) Remodeling house
- (3) Clothing Construction
- (4) Poor food habits, especially in children
- (5) Child training and discipline
- (6) Time Management
- (7) Improving and adding to house furnishings inexpensively
- (8) Yard Improvement
- (9) Building House
- (10) Kitchen Arrangement

c. Types of assistance rendered

	Family Goals	Analysing Resources	Farm & Home Plan	Outlook	Buying Information	Improved methods & practices	Demonstrations
Foods & Nutrition	x	x	x	x	x	x	
Vegetable Gardening	x	x	x			x	
Clothing	x	x	x	x	x	x	
Housing	x	x	x			x	
Home Management	x	x	x			x	
House Furnishings	x	x	x	x	x	x	
Yard Improvement	x	x	x			x	
4-H Club						x	
Child Training	x	x				x	

2. Story of the progress of one family thus far resulting from the use of the farm and home development approach
 - a. Situational statement at the beginning of family participation

The family consists of four members - husband, 39 at beginning of family participation; wife, 36 son, 9; and daughter, 5. The husband's health was not too good. Both husband and wife are high school graduates. Both had been active in community affairs for a number of years. The community is a rural community, with a lot of community spirit, centered around the church and graded school.

The family kept the farm records necessary for income tax purposes. The husband had a small life insurance policy on himself and automobile insurance. Savings were practically nil. The family was paying for the farm and still owed some on farm machinery. Assets were his equity in the farm and the current year's crops.

The farm was primarily a small grain farm, with a few beef cattle and hogs. Production was average for the county, with income a little above average.

The house was large enough but needed some repairs and some furnishings needed to be replaced or improved.

The family had fairly well-balanced meals, and they produced and conserved much of their own food. Family clothing was perhaps not as well-made as it could be.

b. Family goals and objectives

Long time goals listed by the homemaker were: educating the children, remodeling and improving the home, replacing or improving some of the furnishings, and improving the family clothing. Short time goals included: improving the basement and living room and its furnishings, and the kitchen chairs, and learning to sew for the daughter.

c. Plan for goal accomplishment

The homemaker planned to make some of the improvements which involved the smaller amounts of money first; then make the living room improvements as soon as money was available, (if possible, after the fall crops were sold that year); and make the basement improvements as soon after this as money was available.

d. Chronological story of action taken on the plan to achieve the goals and objectives:

- (1) Learned to use sewing machine and attachments
(borrowed her brother's portable machine for this.)
- (2) Learned to select pattern, cut, and make a simple dress.
- (3) Son joined 4-H Club.
- (4) Learned more about freezing prepared products.
- (5) Learned more about nutrition and posted in the kitchen Basic Seven Chart and used it as basis of her meal planning.
- (6) Reupholstered kitchen chairs.
- (7) Made a simple dress alone.
- (8) Bought second-hand sewing machine.
- (9) Homemaker planned living room as she would like to have it.
- (10) Husband and wife painted walls and woodwork in living room.
- (11) Bought new rug for living room.
- (12) Sanded and refinished floor around living room rug.
- (13) Purchased new sofa, one chair, and draperies for living room.
- (14) Learned more about buymanship of clothing and fabrics.
- (15) Made plaid dress.
- (16) Altered husband's coat.
- (17) Had concrete work done on basement preparatory to making den there.

- (18) Makes most dresses for her daughter and herself.
Does a good job, even on difficult materials and patterns.
- (19) Reupholstered one old living room chair.
- (20) Daughter joined 4-R Club.

e. Summary of family achievements

- (1) Learned to sew well, bought a sewing machine. Makes much of her's and her daughter's clothing. Was interested in learning to sew in order to save money on daughter's school clothes, but finds that, in addition to this, she enjoys sewing very much.
- (2) Improvements in living room walls, floor, furniture, draperies have made it very attractive and comfortable.
- (3) Family meals are even better nutritionally than previously.
- (4) New upholstery on kitchen chairs have made them and the kitchen more attractive and the chairs useful for a much longer period of time.
- (5) Family is more attractively dressed.
- (6) Started improvements in basement.

f. Significant factors which made for success or failure

Family is succeeding in achieving goals, but at a slower rate than at first, due to the husband's health and consequent tighter finances. Since the home agent started working with the homemaker by the farm and home development approach, the husband has had a major operation, a serious heart attack, and another major illness. His heart damage is such that the doctors say he will never be able to do manual labor again. He has found a job off the farm and rented the land to a relative. The family's attitude under adversity is wonderful and they are cheerful and optimistic, and continuing to work toward goals slowly, as finances permit.

III. County Extension Program - Youth

A. Organization

1. County Youth Committee on developing local leadership and educating the public as to the youth program - composed of six women, one girl, six men, with Extension workers as advisors.
2. County 4-H Council - composed of officers of all 4-H Clubs in the county (33 members). Has president, vice-president, secretary-treasurer, reporter, song leader, and committees.
3. Project Planning Committee - composed of representative club members, leaders and agents.
4. IFYE Committees
 - a. IFYE committee on sending IFYE delegate from Essex County to Venezuela - composed of representatives from County Extension organizations, and county and town civic organizations, with Extension agents as advisors.
 - b. IFYE Committee on being host county to IFYE exchanges from Sweden - composed of all members of the two host families and Extension Agents.

B. 4-H Project Work

1. Clothing

- a. How selected - By members, leaders, and agents.
- b. What was planned or attempted - So You'd Like to Sew was school project at Tappahannock 4th., 5th., 6th. and 7th. grade clubs, and Looking Your Best at Tappahannock Senior Club.
- c. Methods used - Method demonstrations and illustrated lectures by leaders and agent.
- d. Results obtained - 55 enrolled in So You'd Like to Sew, 44 completed; 12 enrolled in Looking Your Best, 8 completed; one enrolled in Make or Remake and completed. Members made 326 articles and 7 garments.

2. Foods

- a. How selected - By members, leaders, and agent.
- b. What was planned or attempted - Meal Preparation was school project at Lloyds and Center Cross Clubs. Bread was group project for one summer neighborhood group.
- c. Methods used - Method demonstrations by leaders, members, and agent.

- d. Results obtained - 65 enrolled in Meal Preparation, 52 completed; 4 enrolled in Bread, 3 completed. Members made 7526 dishes and prepared 2146 meals.

3. Horticulture

- a. How selected - By members
- b. What was planned or attempted - For members to do project individually at home.
- c. Methods used - Mothers served as leaders for individual girls. Agent helped mothers.
- d. Results obtained - 14 enrolled in Beautification of home grounds, 10 completed; 10 enrolled in Vegetable Garden 1, 4 completed.

4. Home Management

- a. How selected - by members
- b. What was planned or attempted - For members to do project individually at home.
- c. Methods used - Mothers served as leaders for individual girls. Agent helped mothers.
- d. Results obtained - 3 enrolled in Housekeeping, 3 completed. One enrolled in Money Management and completed. Seven enrolled in Ironing and seven completed.

5. Home Furnishings

- a. How selected - by members

- b. What was planned or attempted - For members to do projects individually at home.
- c. Methods used - Mothers to serve as leaders for individual girls. Agent helped mothers.
- d. Results obtained - 19 enrolled in Your Room, two completed (a number of these members did not turn in record books because they are continuing the project into next year); one enrolled in Your Furnishings and completed.

C. Other Activities

1. Camp and State Short Course

Fifteen members (10 girls, 5 boys,) one woman adult leader, and two agents (1 woman, 1 man), attended Jamestown 4-H Club Camp for one week.

One Essex boy served as tribal leader for his tribe, and Essex members not only participated in the usual camp activities, but volunteered for many extra activities.

Camp scholarships were given for those needing them by the Essex County Farm Bureau.

One girl, 1 boy, and two agents (one woman and one man) attended State 4-H Short Course. The girl participated in the State Bread Demonstration Contest and the boy in the State Livestock Judging Contest.

The boy was received into the Virginia Chapter of 4-H All-Stars.

Camp and Short Course gave those members attending a broadening experience in living, working and playing for a week with other young people of their own ages, without their parents. They had experiences in standing on their own feet, away from the family, looking after their persons and possessions, helping plan and participating in camp activities and programs, and visiting historical spots in the vicinity of camp.

2. Rural Life Sunday - Three observances - all at 11:00 A.M. services. Center Cross - Globe Landing Baptist Church. Loyds - Upper Essex Baptist Church. Tappahannock - Beale Memorial Baptist Church. Leaders from the clubs planned the program. Members participated in the services. The minister, in each case, spoke especially to the 4-H members. Approximately 450 people attended the services.

Rural Life Sunday observances emphasized to 4-H members the importance of the heart M, the value of worship and spiritual growth, and the importance of religion and church affiliation in their lives. It helped emphasize to the people of the communities the character building qualities of 4-H work.

3. Achievement Day - Record attendance of 84.

Tappahannock 6th. grade 4-H Club won the plaque for the outstanding 4-H Club in the county. Three leaders received recognition and 45 members received awards.

Achievement Day gave recognition to clubs, members, and leaders who had done outstanding work and drew attention to their accomplishments before their co-workers, parents, and the general public.

4. Fair - Essex County 4-H Clubs placed third in club

educational exhibits at the Northern Neck Fair. Four club members made 9 exhibits in youth home economics classes and received 7 awards.

The Fair gave members the opportunity to compare the quality of their work with that of others, to learn how to improve their work, and to receive recognition for work well done.

5. Contests

a. State - Jane Mistr - red award in Bread demonstration.

Just prior to the state bread demonstration contest, Jane, her mother, a 4-H leader, and the agent were guests of a baking company, so that they might observe the commercial preparation of bread.

b. District

- (1) Jane Mistr - blue ribbon and cash award - Senior Bread Demonstration.
- (2) Linda Owens - blue ribbon and cash award - Junior Laundry Demonstration
- (3) Janet Straight - blue ribbon - Junior Food Preparation Demonstration
- (4) Ann Bussells - red ribbon - Senior Dress Revue
- (5) Nancy Andrews - red ribbon - Junior Home Grounds Beautification Achievement
- (6) Mary Ann Dunn - red ribbon - Junior Food Preparation Achievement
- (7) Peggy Akers - red ribbon - Junior Public Speaking
- (8) Ann Lee Hite - red ribbon - Junior Poultry Consumption Demonstration
- (9) Marion Hodges - white ribbon - Junior Dairy Foods Achievement
- (10) Jo Ellen McDowell - white ribbon - Junior Room Improvement Achievement
- (11) Robert Clay - red ribbon - Junior Dairy Foods Demonstration

c. County

- (1) Nancy Andrews, Paulette Spindle, and Nettie Hayes
County Medals - Beautification of Home Grounds.
- (2) Jean Boughton - County Medal - Breed Demonstration
- (3) Faye Carroll Emery, Dorothy Helen Brooks, Suzanne
Burton, Barbara Evans, County Medals - Clothing
- (4) Robert Clay - County Medal - Dairy Foods Demonstration
- (5) Ann Bussells, Carolyn Hodges, County Medals - Dress Revue
- (6) Janet Straight - Ann Lee Hite, Marion Hodges, Judy
Carol Shipp - County Medals - Food Preparation.
- (7) Margaret Ann Fogg - Linda Minor, Patsy Kay Burch,
County Medals - Garden
- (8) Jo Ellen McDowell, Anne McDowell, Patsy McDowell,
Linda Bush - County Medals - Home Improvement
- (9) Linda Owens, Charlotte Davis, County Medals - Laundry
- (10) June Tignor, Camlyn Bareford, County Medals - Room
Improvement
- (11) Mrs. Bland Motley, County Certificate - Alumni
Recognition.
- (12) Mrs. A.C. Turner, Mrs. Alfred Hodges - silver clover
pins and certificates for five years' service as leaders.

- d. Contests and awards help hold members' interest and tenure,
increase quantity and quality of work, encourage completion
of work, develop poise and self-confidence in members, give

recognition of well done work, give club members a chance to compete, give recognition of work well done, and help develop leadership.

6. County Goals

- a. Have county observance of National 4-H events.
- b. Encourage more members to participate in project contests.
- c. Have at least two boys and two girls attend State 4-H Short Course. Council to pay expenses for an adult leader to attend.
- d. Each club participate actively in Jamestown 4-H Club Camp
- e. Have at least one copy of NATIONAL 4-H CLUB NEWS for each club and each club leader.
- f. Have an average of 80% of members completing projects.
Have an average of 80% of projects completed.
- g. Have each member have a place for 4-H materials, news clippings, etc.
- h. Have a 4-H Yearbook
- i. Each club well represented at County Council meetings.
- j. Fifty percent of 4-H members attend County Achievement Program and each club participate in the Share-The-Fun Contest.

Goals served as a challenge to clubs and members to participate better and more fully in 4-H activities.

7. Plaque - A handsome walnut and copper plaque is awarded each year to the most outstanding club. The name of the club and year are engraved on it. The club may keep it and display it until time for it to be awarded the next year.
- a. Points to be considered in awarding the plaque to the outstanding club:

	<u>Possible Points</u>
No. members in proportion to those eligible	10
Average no. projects conducted by members	10
Percentage of projects completed	10
Percentage of members completing	10
Attendance at all camps and Short Course	10
Attendance at all county-wide events	10
Attendance at all club meetings	5
4-H Club Sunday observance	5
Project contests entered	10
National 4-H Club Week observance	5
News articles	10
Any special club activities	<u>5</u>
Total	100

- b. The plaque serves as an incentive to members and club to do more outstanding work.

8. Yearbook - The yearbook was planned by a committee of members and the agents, and mimeographed. It helped bring to the members' attention certain basic facts about 4-H work, county goals, plaque points, county and club officers and leaders, club meeting dates, and special 4-H events.
9. County Picnic - This was the day before school started in the fall and fifty people were present. The members played games, had a swim period, and a picnic supper. Following the picnic, the members had a short meeting with reports on the State Short Course and Camp given by members who attended and a short talk by Maj Ahlsgard, Swedish IFYE exchangee.

This served as fun and inspiration for 4-H members just before the clubs re-organized for the fall.
10. Share-The-Fun - This program was held as part of Achievement Day and there were 17 entries. Carolyn Hodges placed first in the senior contest with a piano solo, and Ellen Douglas Lewis and Faige French first in the junior contest with a dance. Several contestants later performed at a party given by the County Home Demonstration Club Committee for 4-H

members and at two cooperative meetings.

The Share-the-Fun program provided an opportunity for club members to develop talent, to develop an appreciation of talent, to develop leadership and confidence, and to have wholesome recreation.

11. IFYE - See VI A.

IV. Scope of Work

A. Chart

	1955	1956	1957	1958	1959
No. H. D. Clubs	9	6	8	8	8
Membership	156	151	139	140	135
No. H. D. Groups (unorganized)	None				
Membership	None				
No. 4-H Clubs	5	5	6	6	8
Membership	99	90	109	123	112
No. YW Clubs	None				
Membership	None				
No. Community Clubs	None				
Membership	None				
No. Home Ec. Committees	0	2	1	1	1
No. General Interest Committees	0	0	0	1	1
No. Youth Committees	0	1	1	1	1
No. other organizations	0	1	1	1	1
No. Farm and Home Development Families	2	3	3	6	8
No. other families reached	350	375	375	375	375
No. different families reached	600	600	600	600	600

B. Things done to increase scope of work and to inform the public about home demonstration work.

1. Special efforts were made to organize Home Demonstration Clubs in two new communities. One decided not to organize; the other held two meetings but has not made a definite decision as to whether or not to organize.

These extra contacts have helped make these women more familiar with the Extension Service and its purpose.

2. The programs of the Extension Food and Nutrition Committee and Extension Lighting Committee were aimed primarily at reaching those not reached through Home Demonstration and 4-H Clubs.
3. Both Home Demonstration and 4-H Clubs attempted to increase membership by contacting other people.
4. 478 home visits, 332 office calls, 1017 telephone calls, 116 news articles, 18 radio and one TV broadcast, and 2914 bulletins were used to further the Extension Program. The agent writes a regular weekly news column. 53% of the women answering a questionnaire read the column and 56% heard the agent's radio talks.

V. Leadership

A. Growth of Leadership

1. Overall program leaders

	<u>1957</u>	<u>1958</u>	<u>1959</u>
a. County Agricultural Ext. Service Board	0	0	0
b. Youth Council	0	0	0
c. Home Economics Council	5	5	5

2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. Organizational leaders	24	24	24	24	24
No. project leaders (subject matter)	33	39	32	27	30
No. Fed. Program of Work chairmen	8	8	8	8	8
No. Program Development Leaders	8	8	8	8	8
No. result demonstrators	0	0	2	2	0
No. training mtgs. by specialists	2	3	5	6	1
No. training mtgs. by dist. agents	0	0	0	0	1
No. training mtgs. by agents	15	11	6	6	5
No. training mtgs. by others	0	0	1	1	2
Attendance at all training mtgs.	161	117	100	80	74
No. mtgs. held without agent	41	42	37	33	44
No. mtgs. leaders assisted	0	0	0	1	2
Demonstrations by leaders	36	40	35	34	38
Talks & discussions by leaders	250	250	336	326	352

3. 4-H Club Leadership

	1955	1956	1957	1958	1959
No. club officers	28	29	33	33	33
No. adult project leaders	10	11	7	13	12
No. junior project leaders	0	8	6	0	1
No. result demonstrators					None
No. training mtgs. by specialists					None
No. training mtgs. by district agents					None
No. training mtgs. by agent	7	10	14	7	1
No. trng. mtgs. by members club dept.	0	1	0	0	0
No. trng. mtgs. by others	0	1	0	0	0
Total attendance at Ldr. trn. mtgs.	80	114	154	66	22
No. 4-H leaders trained individually	2	3	3	3	12
No. club mtgs. held without agent	12	62	44	42	16
No. additional mtgs. at which leaders asst.	21	2	5	31	46
No. demonstrations given by adult leaders	51	36	44	90	46
No. demonstrations given by junior leaders	9	12	6	0	6

- B. Story of development of leadership activities and accomplishments of an outstanding leader and Extension's part in this development

This leader is an outstanding Home Demonstration and 4-H leader. Her first experience with Extension was when she was a 4-H member in Brunswick County for four years. At that time she served as president of her club for two years.

She became interested in Home Demonstration work soon after she moved here, about thirteen years ago. She is now serving as County Home Demonstration Club Committee chairman. She did an outstanding job for two years as County Federation Program of Work chairman in Art in Daily Living. The years she was chairman, the programs were based on the appreciation of music and art. She showed a special interest in both of these fields, and spent a great deal of time and effort studying and preparing material on them for use in the county program.

This leader served as club Federation Program of Work chairman for three years on the Art in Daily Living program, and did an outstanding job. In addition to the two years on music and art, she also served as chairman a year when the program was based on literature and nature study.

She did a good job one year as club Program Development Leader and has served a number of times as Home Demonstration Club project leader and always does a good job.

She has been a 4-H leader for six years, and is probably the county's most outstanding leader. She is especially active in coordinating activities of the five 4-H Clubs in her community, and feels a great responsibility toward the entire county 4-H program.

This leader is active in district and state 4-H activities. She has been especially helpful in helping supervise children at district 4-H contests. She has served as a camp leader four years and a Short Course leader one year. She attended the first two State 4-H leader conferences. She has received county and state 4-H Alumni Recognition Awards.

She is very dependable and works hard on activities she undertakes. She uses initiative and originality.

This leader's home, furnishings, surroundings, the meals served, and family clothing all reflect Extension influence. She has made a marked gain in poise and self-confidence, as she has become more active in Extension activities. Prior to her Home Demonstration and 4-H leadership, she had not been active in the community and county, but now has become very active in community and county activities.

VI. For Special Consideration

A. One Significant Achievement of Extension Work

Throughout the years since Virginia's first participation in the International Farm Youth Exchange Program (1949), there has been some interest in Essex County in the program and its purpose of promoting understanding among the people of many nations. From time to time, 4-H and Home Demonstration Clubs have made small contributions toward the program, and members have been interested in the reports of delegates to other countries from this area. In 1955, Elisabeth Aebi, IFYE exchangee from Switzerland, lived in Essex County nine days. This created additional interest in the program, but there were many in the county who were not aware of the program, and many others who did not understand the program.

In September 1958, the Extension agents in the county conferred and agreed that Wayne Ellis, an Essex County former 4-H Club member, who was then a junior at VPI, would be an excellent IFYE delegate, if he were interested. They contacted Wayne and found that he was very much interested, so the agents recommended him to the State 4-H Club Department, and he filled out the necessary application. Some months later, the agents

were notified that Wayne's recommendation had been passed by the state committee. The agents signed the necessary agreement obligating the county to raising the funds necessary from the local level and saying that the county would be host to two IFYE exchangees for period of three to six weeks each. In early February, Wayne and the agents were notified that he had been accepted as an IFYE delegate.

District XI of the Virginia Federation of Home Demonstration Clubs, paid a little over two-thirds of the locality's financial obligation toward sending an IFYE delegate. The Extension Agents in the county called a meeting of representatives of county Extension organizations, and county and town civic organizations, regarding the program and the rest of the funds. Each took the program back to his or her organization, and the remainder of the funds were raised by contributions from these. One important thing this method did was to increase interest and understanding of the program in the county.

Wayne was on his IFYE assignment in Venezuela from April to September. Throughout this period, he sent reports back to the county which were given wide publicity and helped increase interest.

In the meantime, the agents made a list of prospective host families for IFYE exchangees and contacted them individually.

Because so many counties wanted IFYE exchangees, Essex had only one, instead of two, as originally planned.

Maj Katarina Ahlgard, IFYE Exchangee from Sweden, spent seven weeks in the county, with two host families. Maj attended many community and county events, gave a number of illustrated talks, and became acquainted with many of the county people.

Wayne returned to the county the latter part of September and since his return has made a number of illustrated talks. Others are scheduled between now and January when he returns to WPI.

Newspaper and radio publicity have been used throughout the year regarding the IFYE program, and one TV program was used also.

All IFYE activities in the county have helped increase understanding of the people of other lands, especially Venezuela and Sweden, and helped increase interest and understanding of the IFYE program.

- B. Progress in developing good public relations in the county with
1. County workers - conferences regarding joint phases of the program; consideration
 2. General public - news columns, radio programs,

home visits, bulletins, friendliness.

3. Elected representatives - regular reports to Board of Supervisors, home visits, invitations to important events, publicity. The Board gave the home agent a new office in the county office building in April. It has a number of advantages over the old office.
4. Commercial interests - cooperation but not partiality.
5. Other professional workers - cooperation good, friendliness, invitations to important events.

C. Agent's professional improvement

1. Member of Virginia and National Home Demonstration Agent's Association. Attended District, State and National meetings. Completed term in August as state recording secretary. Started then as district recruitment chairman, and district initiation chairman.
2. Member of Virginia and American Home Economics Association.
3. Member of Alpha-Gamma Chapter of Epsilon Sigma Phi and attended meeting.
4. Attended State Agents' Conference, District Staff Meetings, and Communications School.

5. Attended Home Furnishings Workshop at High Point, N.C. and Textile Workshop at V.P.I. Received an A and three credits on Textile Workshop.
6. Read professional publications, including Journal of Home Economics, What's New in Home Economics, Forecast for Home Economists, farm magazines, and popular magazines pertaining to the home and homemaking.

VII. The Look Ahead

Appraisal of 1959 program and suggestions for improving the home economics Extension program in the county in the year ahead

The program contributed to better homemaking, better rural living and improved people, both adult and youth, in a number of ways: the foods work through better nutrition, and improved methods of food preparation, selection, preparation and preservation; the clothing work through better selection and construction and having better clothing less expensively; the house furnishings, housing, and landscaping work through more attractive, comfortable, and convenient homes; the home management work through better management; the rural arts work through a greater appreciation of nature and a sense of satisfaction from creative work, and the health work through a greater understanding of the factors making for good mental health.

Participation in other activities and the work of volunteers gave a broader viewpoint, greater ability to cooperate and increased ability and self-confidence in the individuals who participated.

The following things would improve the program in the year ahead: more leaders who will take more responsibility, a stronger senior 4-H program, more 4-H neighborhood project groups, more special interest home economics committees, and increased Home demonstration clubs and membership.