

SECTION III: COOPERATION WITH OTHER PUBLIC AGENCIES

(Read instructions before completing.)

	Days Devoted By	
	County Staff	State Staff
	A	B
FEDERAL AGENCIES		
67. Agricultural Research Service .....		
68. Agricultural Stabilization and Conservation Service .....		
69. Bureau of Indian Affairs .....		
70. Bureau of Land Management; Bureau of Reclamation .....		
71. Department of Commerce (Area Redevelopment) .....		
72. Economic Research Service .....		
73. Farm Credit Administration .....		
74. Farmer Cooperative Service .....		
75. Farmers Home Administration .....	1	
76. Fish and Wildlife Service .....		
77. Food and Drug Administration .....		
78. Forest Service .....		
79. Housing and Home Finance Agency .....		
80. Rural Electrification Administration .....		
81. Selective Service .....		
82. Social Security Administration; Internal Revenue Service .....		
83. Soil Conservation Service .....		
84. Area Authorities (TVA, etc.) .....		
85. USDA Defense Board .....		
STATE AGENCIES		
86. Civil Defense (at both state and county level) .....		
87. Health Department .....		
88. Highway Department .....		
89. Commissions on: Children and Youth; Juvenile Delinquency; Aging ..		
90. State Departments of Agriculture and Forestry .....		
91. State Department of Education (schools in general) .....		
92. State Employment Service .....		
93. Welfare Department .....		
94. State RAD Committee .....		
COUNTY AGENCIES		
95. Soil Conservation Districts .....		
96. Vocational Agricultural and Home Economics Departments .....	2	
97. County or area RAD Committees .....		

WORK WITH OTHER YOUTH

59. Number of youth (of 4-H Club age) worked with in addition to 4-H Club members ..... 51

4-H CLUB WORK

60. Number of 4-H Clubs ..... 18

61. Different 4-H Club members enrolled:

a. Boys .....	<u>296</u>
b. Girls .....	<u>315</u>
c. Total .....	<u>611</u>

63. Four-H Club members by years in club work:

a. 1st year .....	<u>134</u>
b. 2nd year .....	<u>216</u>
c. 3rd year .....	<u>118</u>
d. 4th year .....	<u>78</u>
e. 5th year .....	<u>34</u>
f. 6th year and over .....	<u>31</u>

62. Four-H Club members enrolled by place of residence:

a. Farm .....	<u>446</u>
b. Rural non-farm .....	<u>144</u>
c. Urban .....	<u>21</u>

64. Four-H Club members by age groups:

a. 12 years and under .....	<u>418</u>
b. 13-15 years inclusive ..	<u>145</u>
c. 16-20 years inclusive ..	<u>48</u>

65. Four-H enrollment in projects and activities: ✓

(A member may be enrolled in more than one project or activity under each of the following groupings and should be counted each time.)

- a. Agronomy (crops and soils) .....
- b. Horticulture (fruits, vegetables, landscaping) .....
- c. Entomology and plant pathology .....
- d. Conservation (soil, water, forest, wildlife) .....
- e. Poultry .....
- f. Dairy .....
- g. Beef .....
- h. Swine .....
- i. Other livestock .....
- j. Engineering (include electricity, tractor, automotive) .....
- k. Management on the farm .....
- l. Marketing and business .....
- m. Management in the home .....
- n. Clothing .....
- o. Food and nutrition .....
- p. Home improvement and furnishings .....
- q. Family life education .....
- r. Personal development (public speaking, grooming) .....
- s. Health .....
- t. Safety .....
- u. Recreation (include crafts) .....
- v. Community and public affairs .....
- w. Career exploration .....
- x. Total enrollment in projects and activities .....

66. Junior 4-H Club leaders:

a. Boys .....	<u>55</u>
b. Girls .....	<u>64</u>

54. Adult voluntary local leaders assisting in the conduct of county extension work.  
(Read instructions before completing.)

	Men A	Women B
a. In overall county-wide extension councils or committees, community improvement work and other work not covered below .....	14	70
b. In adult agricultural and related fields .....	—	—
c. In adult home economics and related fields .....	35	90
d. In work with young adults .....	5	23
e. In 4-H Club work: (Different leaders only)		
(1) Organizational leaders .....	9	27
(2) Project or subject-matter leaders .....	6	64
(3) Other adult leaders .....	4	12
f. Total DIFFERENT adult leaders .....	37	127

HOME ECONOMICS EXTENSION WORK

55. Organized clubs or other groups continuously carrying on adult home economics extension work:

a. Number of groups .....	<u>12</u>
b. Number of members .....	<u>338</u>

56. Special audience and specific interest groups:

a. Organized by extension and worked with in home economics extension work:	
(1) Number of such groups worked with .....	<u>4</u>
(2) Attendance at meetings held with these groups .....	<u>112</u>
b. Not organized by extension:	
(1) Number of such groups worked with .....	<u>3</u>
(2) Attendance at meetings held with these groups .....	<u>94</u>
(3) Number of leaders in non-extension organized groups trained by extension during the year .....	<u>12</u>

WORK WITH YOUNG ADULTS

Work designed to meet the continuing education needs of men and women, primarily out of school, unmarried, and in the age range of 18-25. Report all worked with of this age group regardless of whether they are also reported elsewhere.

57. Extension sponsored groups of young adults:

a. Number of groups worked with .....	<u>3</u>
b. Number in such groups .....	
Men:	<u>17</u>
Women:	<u>97</u>

58. Number worked with through young adult programs (jointly sponsored groups, non-extension groups, and individuals not in groups). Men:

Men:	<u>15</u>
Women:	<u>77</u>

SECTION II: PROGRAM EMPHASIS  
(See instructions for Section II.)

	Days Devoted By	
	County	State
	Staff	Staff
	A	B
11. Planning and management of the farm business .....		
12. Field crops, pasture, range (production and on-farm marketing) ..		
13. Soil management .....		
14. Horticulture (production and on-farm marketing) .....		
15. Forestry (production and on-farm marketing) .....		
16. Soil and water conservation, wildlife .....		
17. Plant pathology .....		
18. Entomology .....		
19. Agricultural chemicals (pesticides, additives, etc.) .....		
20. Dairy (production and on-farm marketing) .....		
21. Poultry (production and on-farm marketing) .....		
22. Livestock (production and on-farm marketing) .....		
23. Animal and poultry health .....		
24. Marketing and utilization .....		
25. Consumer education in use of agricultural products .....		
26. Agricultural engineering .....		
27. Dwellings and equipment .....		
28. Home grounds improvement .....		
29. Planning and management in the home .....		
30. Family economics .....	14	
31. Home furnishings .....	3	
32. Clothing selection and care .....	22	
33. Clothing construction .....	5	
34. Food preparation and selection .....	27	
35. Food preservation .....	20	
36. Nutrition .....	19	
37. Human relations, child development .....	13	
38. Health .....	4	
39. Safety .....	4	
40. Recreation .....	4	
41. Outlook .....	6	
42. Community development and resource adjustment .....	2	
43. Manpower development, employment information .....		
44. Public affairs .....		
45. Rural defense .....		
46. Leadership development .....		
47. Extension administration, organization .....	39	
48. Program planning .....	19	
49. Supervision of extension personnel .....	28	
50. Inservice training received .....	XXXXX	
51. Miscellaneous (cannot be charged to above items) .....	11	
52. Total days worked (items 11-51) .....	240	
Of total days reported in item 52, how many were devoted to:		✓
53. a. Adult work .....	123	
b. Young adult work (ages 18-25) .....	13	
c. 4-H Club work .....	101	
d. Work with other youth and youth serving groups (within 4-H age) .....	3	

SECTION I: SUMMARY OF SELECTED EXTENSION TEACHING ACTIVITIES

(See instructions in Section I for columns A-B-C-D-E-F.)

Teaching Activities	Work Done By --					
	Home Agents	Youth Agents	Agricultural Agents	County Total	State Staff	Grand Total
	A	B	C	D	E	F
1. Farm, home, firm and other out-of-office visits .....	178			178		178
2. Office calls .....	168			168		168
3. Telephone calls (received or made) .....	202			202		202
4. Newspaper articles or stories:						
a. Prepared and released directly to newspapers or magazines .....	28			28		28
b. Prepared by state office and released through county extension offices .....	44			44	XXXX	
5. Broadcasts made:						
a. Radio .....	6			6		6
b. Television .....	0			0		0
6. Publications distributed directly to the public .....	6251			6251		6251
7. Circular and commodity letters written .....	171			171		171
8. Training meetings held for local leaders:						
a. Adult work (1) Number .....	22			22		22
(2) Attendance .....	232			232		232
b. Youth work (1) Number .....	17			17		17
(2) Attendance .....	199			199		199
9. Other meetings at which agents or specialists presented educational information:						
a. Adult work (1) Number .....	92			92		92
(2) Attendance .....	1180			1180		1180
b. Youth work (1) Number .....	75			75		75
(2) Attendance .....	5020			5020		5020
10. Meetings held by local leaders:						
a. Adult work (1) Number .....	28			28		28
(2) Attendance .....	281			281		281
b. Youth Work (1) Number .....	27			27		27
(2) Attendance .....	590			590		590



## General Appraisal of Year's Work

In appraising this year's program in the light of changes taking place in the rural communities, the Extension Service has endeavored to serve the people. The program was designed by the leaders of the people coordinated by the Extension Agent and Specialists.

The program narrated herein, gives insight into problems which Extension has helped people solve for themselves. It has served to provide people the opportunities to improve their levels of living. The effort to train more local leaders this year in two workshops contributed to the continuity of leadership development and community improvement.

The Home Demonstration Program was designed to bring about a close working relationship of Extension with other agencies, which helped more than 338 families. 4-H Club members carried 611 home making projects reaching 211 families.

Young home makers were motivated to participation thru special interest in family finance, family planning and home management. Night meetings for this group increased due to more employment opportunities in industry.

The future of the home demonstration program will continue to be a challenge to the agent and leaders. This year's contribution to better rural living has increased the knowledge, skills and changed attitudes of youth and adults.

Leadership and personal contacts have been the key to the success of this program. Continuous efforts in this direction is necessary.

Ashton is a member of the Salem Baptist Church, he is a member of a local Masonic Lodge. The Ashton family works closely with the Agricultural Extension Service. Both Mr. and Mrs. Ashton are members of their county advisory board. Mrs. Ashton is a member of a local home demonstration club, and she serves as a 4-H Club leader. The Ashtons have two children, Jacquelyn, 14 and Brenda, 11.

Use of the latest farming methods and good management have turned the Ashton family farm into one of the most efficient and productive farms in eastern Virginia.

reducing labor costs with the aid of Atrazine. Corn is band sprayed at planting to control weed growth. The retarding effect of the chemical eliminates the necessity for multiple cultivations. Ashton does, however, give corn one cultivation as a preventative measure. Since additional cultivation is not needed, Ashton and his hired man can use the time formerly spent fighting weeds in taking care of the demanding operation.

Soybeans are also band sprayed at planting time, and a lot of cultivation is eliminated with this crop too. Ogden soybeans have given the best results under Ashton's farming program through the years. So he plants this variety exclusively. Most of Ashton's soybeans are planted in the small grain fields after the grains have been harvested, a system which gives him two cash crops per acre per year.

Ogden soybeans, Pocahontas corn seed, wheat and barley seeds are purchased through the SS Warsaw (Va.) Co-op. He believes that a farmer must use good seed to get a good crop. Ashton also uses SS fertilizers according to the needs of his crops; his crops are planned for maximum profit from optimum expenditures.

The Ashton farm is a combination of eight pieces of property with eight separate deeds, all a part of Sherland Farm. All were purchased at different times, but adjoin one another. Since he returned from a taxicab driving job in Washington, D. C., in 1950, Ashton has acquired 280 acres of land surrounding a broad creek.

Although the fishing is fine in Ashton's placid waters, he found time to wet his line only three times last year. He hasn't been able to fish much more often this year. Farming and varied community activities take most of his time.

Birds are fed SS Caged Layer Ration exclusively, and production had been at 7--72 per cent for the few weeks prior to the reporter's visit. Ashton uses high quality feed and rigid culling to keep production up and costs down. Feed costs Ashton about 16-17 cents per dozen eggs. Total expenditures, including pullet cost, depreciation, electricity and insurance, averages 24-25 cents per dozen, he says.

One fourth of the flock is replaced every 16 weeks with 20-week-old pullets. At present, four different strains are being kept by Ashton.

A sharp man with figures, Ashton has worked out many economy measures with his poultry operation. For example, he takes advantage of the savings in quantity buying by ordering his SS Caged Layer Ration delivered in 12-ton bulk loads. The feed is stored in a Unico bin near the largest laying house. In another economy move, he leaves the washing and grading of his eggs to the SS Egg Marketing Service. According to Ashton, "it would cost more to hire another man to wash and grade eggs than it costs for the marketing service." The cost of washing and grading equipment would also add to Ashton's overhead.

Since Ashton and his hired man also handle the production chores on 300 acres of small grain, corn and soybeans, labor charges to crop costs are economical here too.

Ashton owns 280 acres of land, part of it in timber, and rents another 120 acres of cropland to round out his grain production program. Most of his grain is stored in his own bins with a total capacity of 7,500 bushels. Storage facilities enable Ashton to hold his grain for good market prices.

In getting his grain to the storage bins, Ashton has no trouble in

Farm Family Work  
Interwoven With Extension

Jacob Ashton, winner of the Negro State Agriculture Advisory Board's Outstanding Farm Family award for 1963, has gained state-wide recognition as a wise and thrifty farmer--recognition he well deserves.

Ashton's attractive house, neat farm buildings and well-groomed fields testify to his farming ability and ambition. The Ashton farm, near Erica in Westmoreland County, Virginia, is a prime example of agricultural efficiency.

Eggs, grain and soybeans are produced in quantity on the patron's farm. In recent years, Ashton has expanded his poultry operation until it is "the most profitable thing on the place."

With the construction of his first controlled environment laying house in 1959, Ashton got into the egg production business in a big way. The new house held 4,800 birds. He further expanded his layer operation in 1963 by adding a 6,720-bird capacity controlled environment house.

All 11,520 layers are housed in double-deck, two-bird cages. Watering is automatic in both of Ashton's houses, and feeding is done from a motorized feed cart. Forced air ventilation with the thermostatic control keeps the hens comfortable even on the hottest days. This air system also keeps ammonia fumes to a minimum.

Eggs are gathered several times a day and placed in a spotless egg storage room. Egg collection frequency is increased in hot weather. Since the flock averages 67 percent production the year-round, Ashton and his hired man are kept pretty busy collecting hen fruit in the two windowless aluminum houses.

also held at Hague. All the children and families received polio shots.

Many of the household conveniences were provided by members working off the farm. Farm and home record books were provided each family and assistance with family planning was given on an individual basis.

#### 4-H District Contest

Six 4-H club members and one leader participated in the district 4-H contest held in King William County. District winners were: Alice Y. Crawley, first place in meal preparation; Margaret Smith, third in Bread making; Thelma Carey, first in junior dress revue; Edna Thompson, home improvement and Avis Henderson assisted by Margaret Campbell in a clothing demonstration.

County contest in each subject matter area was held. The top winners were asked to participate in the district contest.

## Community Improvement

Hague-Madbridge Community continued to progress in the community improvement contest for 1964. Having been selected one of the ten top communities in the state. This program was carried by sixty-four families.

The objectives were:

1. To improve home grounds and surroundings.
2. To improve housing.
3. To improve lighting systems with interest in lighting household tasks.
4. To improve family and community health.
5. To improve the level of living thru sound money management.

Family check sheets were distributed to sixty-four families by the agent and leaders. A planning meeting was held. Leaders were trained to serve as innovators of cooperative efforts to secure employment for men, women and youth.

This community's points for improvement for home, farm and community development were 736 which was six place. Families reported having canned 3660 quarts of food from fifty-six gardens. Fifty families worked in food processing plants during seasonal work. Each family raised one to three hogs for meat supply. Home grounds were maintained with one result demonstrator. One new house was built, two houses received major renovation, one house was covered with aluminum sidings and one added two rooms and back porch.

The Chest X-Ray Clinic was held in Hague community this year where fifty or more families received health services. The Polio Clinic was

## National 4-H Club Week Observance

During National 4-H Club Week, members, leaders and parents were called upon to rededicate themselves to 4-H. Parents were sent leaflet; "Opportunities in 4-H Today." Seventy-five prospective leaders were contacted. A special radio broadcast was made over W.N.N.T. by the agent and county bread project winner, Margaret Smith, Kinsale, to encourage participation and recruit leaders. A news article was sent local papers centered around "4-H Need for Project Leaders," and an announcement of 1963 county winners.

4-H members held an achievement program at the high school where awards and recognition to leaders and sponsors were made. Aside from gold medals awarded to county winners, each school library was donated a copy of "The 4-H Story", a book, as first volume on 4-H club reading shelf. These books were purchased from funds won thru 4-H club educational exhibit at the Northern Neck Fair during early fall. There were 124 older members and their sponsors present.

During this month 205 boys and 230 girls enrolled in fourteen clubs. Each received a 4-H club member button and necessary project instruction. Clubs received organizational materials to get their work started. The reorganization of school clubs with fourteen teacher-sponsors moved forward with an anticipation of three community clubs in the near future.

## Home Demonstration Achievement Program

Home demonstration club women held a Coffee Hour in the High School auditorium on Saturday, November 21. The women took a look at their county program, using self-evaluation and organizational evaluation sheets. The phase of community work intensity studied was their community center and how it is serving the people in the county. Fifteen local groups and organizations used the center during the year. The operational budget during 1964 was \$175.50. The progress report made by the building committee indicated that \$680.76 had been spent on repairs and improvements.

The Agent brought the group up-to-date on how the Home Economics Agents could help poverty families. Using the self-help suggestions illustrated by the leadership exhibited thru the center project. After the discussion the movie, "We Show the Way," was seen by the group. School children, 4-H clubs and adults contributed \$229.25 towards maintenance, and improvements needed at the center this year.

Leaders served coffee, doughnuts, and cake to those present. An electric clock was awarded Mrs. Mary J. Lane, Erica club leader for an outstanding job of solicitation.

## National Home Demonstration Week

County clubs observed National Home Demonstration Week locally. Each club member was asked to make home visits to non-members, to take samples of their work to inform them of the Extension Program. A mimeograph news letter was sent citizens reminding them of National Home Demonstration Week. A County-Wide program was not planned since the club women served as hostesses to the State Advisory Board award's program which entailed refreshments and an over-all cost of \$45.43, during the same month.

Nevertheless, seventeen county women attended the District Home Demonstration meeting, which was held in Charles City County. Four women participated in the panel discussing "Focus on Young Home Makers." Areas discussed by them were housing, family life, health and safety.

## Rural Art

The Rural Art Leaders numbered eighteen adults and eight juniors. Adult leaders were trained in drying flowers for winter bouquets. Seven leaders gave demonstrations on "Drying Flowers" to thirty-seven club members while the agent was in summer school.

The braided rug special interest group report having completed ten rugs six by nine. These rugs were started three years ago. Miss Catherine Perry, former Rural Arts Specialist, trained the agent and women.

Handicraft articles were made by ninety-seven 4-H club members. They included soft toys, yarn toys, Christmas decorations and textile painting on head scarves. These articles were displayed at the elementary school during National 4-H Club Week.

Home Management  
Flower Arrangement

The opportunity for creative expression with flowers was provided women thru special interest groups and club meetings. The objectives were: to help develop in women an aesthetic appreciation for nature, and (2) to teach an appreciation thru selection of types of containers for various suggestive arrangements.

In early February the agent showed the film strip, "The Story of Flowers," secured from Colorado Flower Growers Association. This film strip was used widely with youth as well as adult groups. It helped to motivate members to improve their talents in flower arrangement art. Club members brought to the meeting flowers from their gardens and flower containers, with which they practiced floral arrangements. The Agent gave a lecture-demonstration before the freedom of expression part of the meeting.

The Agent received her training in flower arrangement from Miss Katherine Wampler, Home Agent-at-Large. She demonstrated the designs for flowers, the care of cut flowers, type of containers and arrangements for various occasions. Circular 548 Design for Flowers, were given to 109 women.

4-H members assisted leaders in putting up a money management exhibit at the Northern Neck Fair. Their exhibit won a third place prize, nevertheless its impact encouraged forty-one youths to enroll in "Money Management Project." How well they will carry thru this project will appear in a future report.

## Community Health

4-H boys were enrolled in Community Health project. There were ninety-one members, eight junior leaders and twelve adult leaders. The objectives were: (1) to promote more favorable and sanitary living areas in the community, (2) to help with the health drives approved by the county health department, (3) and to practice health rules at public meetings such as lights, ventilation, reasonable hours and well balanced refreshments.

Members were shown health films on "Cancer of the Lungs," 4-H assisted in health drives by selling Christmas seals and gleaners for polio. Leaders working with children were asked to have chest x-rays and tuberculosis blood tests. Ninety leaders reported having co-operated with chest x-ray clinic.

Twenty-three project members in the different communities assisted with the clean-up campaign. Painting buildings and repairing steps for safety and health activities.

A community hospital bed was put into use by the health committee. This bed was housed at the community center. It has served two patients during the year.

## House Furnishings

Ninety-one families were assisted with interior decoration included color scheming, furniture arrangement and selection of household accessories. A Special Interest group was trained in slip cover making. One leader assisted ten families in Erica community with slip covers.

The House Furnishing project leader in Oak Grove community assisted her club members in refinishing five pieces of furniture during June and July without the assistance of the agent. This leader was trained by the agent in a previous clinic.

Two families were assisted with a long-time house furnishing plan. Both built new homes. The Agent assisted them in securing loans and selection of major household appliances and house furnishings.

4-H Club members carried Electric Project, Unit I. Good lighting was emphasized in and around the home for easier work. The objectives were to improve home lighting and gain knowledge about electricity. Leaders and agent gave demonstrations on mending and repairing electric extension cords, making electric lamps and shades. The correct location and height of lights for more efficient work was demonstrated in school and community clubs. The correct use of inexpensive pin-up lamps for dressing and studying in result demonstrations were carried out in eleven members homes.

4-H members also cared for small and large electrical appliances. Electrical demonstrations were presented members by the Rural Electrification home economist, with better lighting in the home using pamphlet "Lets See About Home Lighting," by Mrs. Virginia Casey, Home Economist.

resource people on cultural music gave a lecture-demonstration. Mrs. Robert T. Green, introduced a Christmas musical pageant which was broadcasted over W.N.N.T., the voices of the children were from Washington District School. She has also helped by having recordings played in the school cafeteria. Mrs. Green, was a 4-H club teacher-sponsor with special training in vocal music.

4-H club members studied bulletin "As Others See You," which included social courtesies, table manners, etiquette and dress for various occasions.

Special meetings were held thru-out the county discussing delinquency. The over-all family approach was used by the agent working with low income families. This method would have been more effective had a farm agent assisted, because in most Negro families the women work along with the men in providing for family living.

Community agencies assisted the agent in helping to reach more people in the schools, churches, fraternal, Farmers Home Administration, local banks and merchants.

## Agricultural Economics and Rural Sociology

The County Committee on Agricultural Economics and Rural Sociology had twenty-four adult leaders. They held two meetings with fifty leaders attending, in the interest of the center council. Several years ago, the community center was built thru the sponsorship of the home demonstration and other civic clubs. The people felt the need for such a center, therefore more leaders were called upon to support a wholesome recreational program.

A strong religious conflict with family values were noted in the county, towards approved recreation for youth and adults. This committee set about to help change the attitudes of certain leaders by providing more knowledge and training for participants carrying out the recreational activities.

The objectives were:

1. To train leaders in a self analysis survey of people in their communities.
2. To stimulate the interest of business men and women in cultural recreation thru citizenship approval.
3. To create an awareness of leaders and of citizenship responsibilities.
4. To help members develop a set of cultural and social values.
5. To develop in members an aesthetic appreciation for art and music.

Realization of these objectives will be a long-time goal, nevertheless a beginning was made this year. At the leadership workshops

Westmoreland - 1964

-18-

Home Grounds

tour on the beach and attended the flower show sponsored by the garden club. Mrs. Nannie B. Muse, adult leader assisted with home grounds project instruction.

## Home Grounds

The County Advisory Board thru its community improvement program encouraged communities to improve their home grounds. One leader was appointed in each community. The working objectives were:

1. To teach members to plan safe attractive homes and surroundings.
2. To teach members to improve their home grounds.
3. To encourage members to improve the exterior of their houses.

Monthly meetings were held with club groups. Check list on safety in Housing was used by 4-H and adult members. In the spring, plant exchange between members was held. Six result demonstrations were set up, two in each district. An educational tour was planned and families having improved their homes and grounds were given recognition.

The Rural Electrification Council installed farm yard lighting on three farms.

Method demonstration was given in selection of house paint, masonry and porch floor paint and type of brushes were given by William Jones, painter. The Community Center was used as demonstration. Paint was furnished by the Advisory Board. Pictures, slides and bulletin, "Design of Home Grounds," were used.

A tour was held following the State Awards Program for outstanding farm family.

Boys and girls in Colonial Beach community club made extra money during the year mowing yards, weeding flower beds and raking leaves. This group studied plant identification. They were taken on a garden

given method demonstrations in canning of fruits and vegetables.

They studied the Science Whys of food preservation in their nutrition project groups. Steps by step in the process was shown.

Freezing vegetables, fruits and meats were demonstrated by leaders. Several families worked together since twenty-five percent of the families reached had home freezers. During club discussion, selection of foods of good quality and safe methods of canning and freezing were emphasized.

Special interest group held four meetings on freezing devil crabs, fish, and sea foods.

People interested in curing pork, country style attended the meat curing demonstration given by Mr. E. F. Harrison, Local Farm Agent, Essex County at the Agricultural Science Fair.

A special interest group was taught, what to look for in selecting and buying foods for their families. Method demonstrations were given in preparing baked foods for the freezer; the use of convenient foods for Easy on the Cook Meals. The cost value of ready to serve food- partially cooked as compared to home grown foods was taught 211 families. Families were also assisted with planning meals and budgeting.

There were 135 girls and 76 boys enrolled in the food and nutrition project. They were given method demonstrations in bread making, egg cookery, milk dishes, salads, out-door meals and food preservation. Nutrition project groups conducted experiments with yeast plant, making of cottage cheese, freezing custards and salad dressings. Vegetable cookery and table setting was required of girls in order to complete their project.

Meal preparation demonstrations were given in club meetings by fifty-six girls. Alice Crawley won this county contest over seventy-six other contestants. She also won first place in the district 4-H contest. Ninety-one other members prepared Better Breakfast for themselves and the family.

4-H and home demonstration club leaders and members were trained in Special Cooking School on yeast bread making. The agent having received refresher training by Miss Jo Ann Barton, Assistant Food and Nutrition Specialist. Twenty-one women in special interest group prepared variations of yeast breads and "brown and serve" breads from their own kitchens.

Food preservation was done by 211 families. Boys and girls were

## Food and Nutrition

Situation: Since more home makers were employed outside the home, the eating patterns of families have changed. Home makers were interested in well fed families, at minimum effort and cost.

The nutrition committee suggested that each youth and adult enrolled in nutrition would keep a two-week dietary record. From these diet records an estimate of intake of nutrient could be made based upon suggested recommendations. The committee found that teen diets were lacking in adequate milk, fruits and vegetables.

Low cost diets with limited food selection were noted, more teenagers and young mothers needed information in meal planning. The majority of the families did not grow their own foods. Their meals were planned from super-market food-shelves and showcases instead of their pantry shelves and meat houses.

The objectives of the program were:

1. To guide families into a sound nutrition program.
2. To improve meal planning and preparation practices.
3. To teach members bread making.
4. To teach home makers to prepare partially and ready to serve foods.
5. To teach members table manners and food service.

Club discussions of food and nutrition outlook material were led by project leaders and agent. Leaders were given the results of milk survey and demonstrations in the preparation of milk dishes. There were eighteen adult and twenty-two junior leaders trained in bread making skills.

bulletins studied. Method demonstrations were given using charts and models showing lines and style trends in women's dresses. The film strip "The 90% of You," was shown and discussed, which had as its major theme, Buying Men's and Boy's Clothing, forty-eight young men reported that this lesson had been helpful.

in conducting workshops and in club meetings, thirty-two adult leaders and fifty-six youth meetings were held reaching 231 families.

The clothing committee investigated the school absentee problem in their communities and found children were in need of clothing. One group of women worked closely with the visiting teacher in renovation clothing for these children. A Clothing Bank was stored in the home of Mrs. Elizabeth Lucas, clothing leader for Erica, home demonstration club. Seven women assisted who were non-participants in the Extension program.

A hat making workshop was held for special interest group where eleven women learned to block straw hoods and buckram frames. Frames were covered with straw cloth fabric and straw cloth.

Restyling and cleaning hats were demonstrated in club meetings. Fifty-nine hats were restyled and cleaned.

Five 4-H club clothing project leaders were trained at the "Singer Sewing Center," in Fredericksburg in operating and use of sewing machine for better use. These five leaders assisted the agent in training thirty-two leaders. There were 167 girls and boys enrolled and 121 completed clothing project, making 151 pop-over blouses, skirts and felt scuffs.

Junior project members modeled their skirts and blouses at the county Achievement Program. Thelma Carey was selected county winner for dress revue. She also participated in the District 4-H club contest winning a first place in the junior division.

Discussion meetings were held with older youth groups on consumer buying of clothing. Buyers guide for foundation garments, buying coats and suits, selecting becoming hat styles and family clothing were

## Clothing

Adequate clothing continued to be a problem with the majority of the families reached by Extension. Increased cost of clothing prices and advances in research in textiles influenced more women and girls to expand their knowledge and technical skills in the construction and care of clothing.

Program objectives were to teach beginners to make simple garments or articles. (2) To teach women and girls techniques in operating the sewing machine and its attachments. (3) To teach more experienced members tailoring. (4) To teach home makers consumer buying practices in selection and care of family clothing. (5) To teach special interest group millinery techniques.

Methods used in reaching these objectives were: visual aids showing the unit method of sewing, demonstration using the muslin shell for altering pattern to fit the physical body more beautifully; workshops for beginners and special interest groups in construction techniques in "Getting the Most Out of Your Sewing Machine," and hat making. Bulletines, charts and leaflets were used and exhibitions were held. Lecture demonstrations were given by commercial home economist, training leaders in skills of operating the various types of sewing equipment on the market.

The Agent received inservice training at a clothing workshop conducted by Mrs. Lois Erdman, Assistant Clothing Specialist, where demonstration materials were prepared for use in club meetings and special interest groups. The training received by the agent was used

Council objectives were adapted by clubs and committees were appointed to carry out goals. Three school clubs and one community club wholeheartly assisted leaders with community center drive. The sum of \$175.45 was solicited by 4-H and other youth for the community center.

Members held Rural Life Sunday Programs in two communities during May and early June. Ten clubs participated in the county 4-H club contest and six members were taken to the District 4-H Contest. Older girls gave eleven demonstrations to junior club members at Achievement Day program.

During National 4-H club week, members, leaders and parents were called upon to rededicate themselves to 4-H. Seventy-five leaders were contacted and given the leaflet "Opportunities in 4-H Today." The Agent and Margaret Smith, county 4-H bread project winner, broadcasted over W.N.N.T. radio station, telling her success story and encouraging adults and parents to serve as volunteer leaders.

A county-wide achievement program was held at the high school where awards and recognition to leaders and sponsors were made. Aside from gold medals, each school having 4-H clubs received a copy of "The 4-H Story," for its library. These books were purchased with prize money won for Educational Exhibit held at the Northern Neck Fair.

The council planned activities which club members enjoyed. Recreation was its short coming, for school meetings time would not permit games or social period. Song leaders werved very well in keeping up the spirit of 4-H. Nevertheless the annual 4-H Christmas party was held in the community center sponsored by the county 4-H council.

## Strengthen County Council of 4-H Clubs

Situation:

The Agent worked with 18 clubs, all but one of these clubs met in schools. There were thirteen senior, four junior and one club with all ages. The council planned 4-H county activities, assisted in project selection and training of club officers. This council met twice during the year. Two county-wide training meetings were held to assist members with conducting meetings effectively.

The specific problem was how to train 4-H officers and juniors leaders in areas of modes of conduct, attitudes, everyday citizenship and ideals which will affect their personal, social and vocational efficiency.

Newly elected officers were trained in parliamentary and program planning procedures. Council goals were set:

1. Each club will represent in the county and district 4-H club contest.
2. Each club will participate in county fair and achievement day activities.
3. Each club will observe Rural Life Sunday and National 4-H Club Week.
4. Each club will support the County Community Center and Health Drives.
5. Each club will provide recreation for its members at the close of the meetings.

The Board encouraged the leaders to attend the two leadership workshops held for training and development. At the close of November, leaders met to evaluate the county program. Suggestive plans which may be used to further strengthen the Board and aid in the accomplishment of its objectives.

and to stimulate group members in taking constructive action which would meet the needs of more participants as well as non-participants.

Community Improvement check-sheets provided by the State Advisory Board were used in problem communities. Leader and home visits were made by the agent and other leaders. News articles and radio talks were centered around self-help procedures, social and technical problems. Special invitations and announcements were made of Extension activities.

After weeks of ground work, the Board sponsored an Agricultural Science Conference. All farm and non-farm families were given an opportunity to participate. In order to create interest, a pig, ham, and a box of groceries were given away as prizes. An educational exhibit and science demonstration was put up by the schools and \$25.00 in prizes were awarded the school having the best exhibition.

The educational phase of the conference was centered around the theme "The New Image in Agriculture." Professor Herbert M. Golden, Vocational Agriculture Instructor, Louisa County, was the guest speaker. A panel discussion led by Mrs. T. T. Hewlett, District Home Agent, on "Child Care and Family Problems," local leaders appeared on panel were: Mrs. Inez S. Johnson and Rev. W. E. Taylor.

A meat curing, country style, demonstration was given by Farm Agent B. F. Harrison, Essex County. He also assisted L. N. Wynn, Farm Agent, Richmond County, in judging the ham show.

This conference attracted 125 people. Approximately fifty people attended for the first time, from parts of the county where participation was very small and continues to be.

## EXTENSION HOME ECONOMICS

## Strengthening The County Advisory Board

The Situation

The problem of planning for community development and guiding the over-all adult program is the responsibility and duty of the county advisory board. This group was made up of nine men and twenty-seven women who were organizational leaders. The Board served as a clearing house for community service projects, state and local participation of Extension activities. Board members decided all financial matters for conducting Extension activities. The 1964 budget showed \$197.75 had been spent promoting adult and 4-H club activities.

This Board approved the plans of action set up by the various committees such as: Home Demonstration Committee, Special Interest Committees, 4-H and Youth Councils and Community Improvement Work. Through this board, which held quarterly meetings each Extension organization placed its request for workshops, tours, training leaders and assistance in evaluation of county programs. To strengthen the work of the county advisory board special emphasis was placed on broadening its scope of community services and develop better public relations with emphasis on leadership.

In early January the committee men reported on Outlook Information, Rural Areas Development, the Home Demonstration, 4-H Club project and over all plans of work. After approving plans the Board took a closer look at the lack of participation in extension program by subsistent farm operators and their wives. The problem of how to motivate families

they have many qualities, abilities and sound judgement that would make them ideal for leadership work, but very few of them can be away from home or can give enough time to volunteer work.

The problem of leadership is a project that all civic groups need to get together on, for no one group can do it alone.

assisted the agent and leaders in developing their club program calendar for home economics subject matter to be taught in community club meetings and to special interest groups. This program calendar was carried out by the specialist, trained leaders, agent and other home economist. There were seventy-two leaders trained in such subject matter areas as: clothing, food and nutrition, house furnishings, rural art, and home grounds improvement. Local leaders held twenty-eight meetings for adult work and twenty-seven for youth in the absence of the agent, reaching 281 different families.

County 4-H club planning committee involved forty-eight adult leaders and seventy-three junior leaders. This committee assisted 4-H council members in planning county activities, and their project calendar. Projects selected required the training of seventy adult leaders by the agent. Three 4-H leaders received organizational training while in attendance at the State 4-H Leaders Association meetings held at Virginia State College, Petersburg.

Community leaders continued their financial efforts for the development of wholesome recreational facilities at Templeman. They improved the community building at a cost of \$680.76 and contributed \$175.05 to the maintenance and operating expenses of the same.

A brief appraisal of leadership roles in the county as related to the Extension program indicated that more and better trained leaders are needed. It is hard to get enough leaders to participate actively in community service projects. Many leaders who have received training are doing an excellent job and have become a real asset to the program in their communities. In working closely with leaders I have found

agent, leaders, and committeemen in program development with special projects for youth and adults.

The working objectives were:

1. To promote and sponsor Extension work for the people in the county.
2. To plan local program to meet the needs of participants and non-participants.
3. To work with people on long-time home and community programs to meet their needs.
4. To help families with major problems such as housing, health, family life, community problems and recreation.
5. To diffuse subject matter information in foods and nutrition, clothing, house furnishings, management related to family health, welfare and community life.
6. To reach more farm, non-farm and urban families with home economics education. Correlating small project with larger problems.

Home Economics committee chairmen were selected at the program planning meeting. The home demonstration clubs selected other committee women to serve in local communities. There were four home economics committees: clothing, nutrition, home grounds improvement, agricultural economics and rural sociological committee. Sixty-eight leaders served 338 families in subject matter areas. These committee women planned programs and organized special interest groups. Two-hundred and eighty-two unorganized home makers were reached with information and given assistance with special problems by agent and leaders.

The County Home Demonstration Committee consisted of organizational and program development leaders from twelve clubs. This committee

group invited Dr. Donald R. Fessler, Extension Sociologist to assist in conducting a workshop. Thirty leaders from the various organizations attended the workshop held at A. T. Johnson High School. The theme was "Leadership Role in Community Development." The objectives were to help leaders develop an understanding of leadership functions and to train adults to serve youth and adult groups better within the county.

Small group discussion techniques were used. One group discussed, - Finding and Training Leaders, led by Professor Robert T. Green, and church leader Mr. H. I. Smith; Group II. discussed - Improvement of Meetings and Public Relations by Professors J. A. Tompkins and O. O. Smith. Group reports were reviewed and meeting was evaluated by Professor J. J. Roane.

A follow-up workshop was held six months later at the Community Center, Templeman. Twenty leaders met to study the progress being made in leadership development. The Agent prepared a map of the county showing heavily populated Negro communities. Leaders reported on the increased number of leaders and organizations within their communities placing colored pins on the map for each leader. The purpose was to find out where leaders were and to give an over-all picture of leadership strength.

Leadership training was given in setting-up organizational objectives for community service. Leaders also decided to broaden their objectives to include community development and youth services. The 1965 leadership workshop was planned to include junior leaders and specialist help.

The County Board functioned by giving direction and guidance to the

## NARRATIVE REPORT

Leadership

The County Extension program was planned and conducted by 124 women and thirty-seven men leaders. The growth and development of the home demonstration and 4-H club work was evident as the planning committee coordinated its efforts with other volunteer leaders to achieve goals set.

The County Advisory Board served as the over-all program development council. This Board was made up of chairmen and women of such county committees as: the home demonstration committee, county 4-H club, youth council, community improvement, public policy, human relation and community center council. Committee work provided leaders with opportunities for creative thinking and action in the service of various leadership roles.

Effort was made continuously to help leaders develop their abilities in the recruiting, training and serving themselves and others. The unique feature of extension this year was two leadership workshops. During these workshops fifty leaders were trained. Here community problems were discussed informally and frankly. Program goals were made clear.

Plans for the first workshop were made by a committee of nine leaders representing six communities. Each leader brought with her suggestive problems affecting leadership in her community organizations. Leaders also made a list of others serving in their communities.

Recognizing the growing need for better leadership practices the

# ANNUAL NARRATIVE REPORT

## COUNTY EXTENSION WORK

### *Virginia Agricultural Extension Service*

Sadie R. Eosne

---

**Extension Agent**

---

**Extension Agent**

---

**Assistant Agent**

---

**Assistant Agent**

---

**Assistant Agent**

---



**1964**

Westmoreland

---

**County**

PHASE: Community Improvement, - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
5. To develop in members and people an aesthetic appreciation for art and music.	19. Flower arrangement.	25. Flower Show	October	Specialist  Agent
	20. Design of Home Grounds.	26. Result Demonstrations.		
	21. Making Braided Rugs.	27. Exhibits.		
	22. Basketry.	28. Method Demonstrations.		
	23. Sewing.	29. Workshop for leaders.		
	24. Felt Craft.	30. Community Sing.		
	25. Folk-Music.	31. Shopping for Recordings.		
	26. Club songs.	32. Talent Show.		
	27. Listening to Recordings.			

EVALUATION:

Opinion polls of community people and leaders to determine the degree of attitude changes toward recreation.

Pre-testing of questionnaire to be used in survey.

Make public results of progress thru news articles and radio broadcast.

OTHER AREAS:

Rural Areas Development Committee Work

PHASE: Community Improvement, - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
2. To stimulate interest of business men and women in cultural recreation thru citizenship appeal.	5. Statistics on local juvenile delinquency. 6. Statistics on unemployment. 7. Mental Health Bulletins. 8. "Physical Fitness in Recreation."	7. Graphic Charts. Showing county delinquency. 8. Resource persons. 9. Discussions. 10. Circular letters. 11. News articles.	February	Agent  Commonwealth Attorney
3. To create an awareness of community leaders of citizenship responsibilities.	9. Local laws, affecting recreation. 10. Public policies, affecting recreation. 11. Farm and home safety. 12. Water safety.	12. Discussion groups. 13. Role playing. 14. Youth panels. 15. Lecture Demonstrations. 16. Resource person	February	Ministers and Church Leaders 4-H Members  State Trooper Traffic Office
4. To help members to develop a set of cultural and social values.	13. Bulletin: "As Others See You." 14. Social courtesies. 15. Good manners. 16. Public speaking. 17. Etiquette. 18. Clothing bulletins.	17. Discussion meetings. 18. Illustrations. 19. Method demonstrations. 20. Motion pictures. 21. Charts and pictures. 22. Film: "The 90% of You." 23. Youth Forum. 24. Dress Revue.	April       September	Leaders and Youth       Agent

A MAJOR EMPHASIS: COMMUNITY AND PUBLIC AFFAIRS

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Community Improvement, Fiscal Year: 1964

The Situation:

A County Community Center has been built thru the sponsorship of home demonstration and other civic clubs. The people felt the need for such a center to provide a recreational program for the youth and adults. More families would participate in activities held at the center if they were not influenced by certain segment of the county's population. With approximately \$23,000 invested, the people hesitate to move forward in the use of the center.

The Specific Problem:

A strong religious bias exist among community leaders towards a recreational program for the people of the county. This attitude may change if more knowledge and training is provided leaders in planning and carrying out an approved program by them.

The Program Objectives:

To help people improve their levels of living through planning, training and conducting a cultural recreational program.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
1. To train leaders to make a self analysis survey of their communities.	1. Interview techniques with questionnaire. 2. Films. 3. Resource persons. 4. Adult Physical Fitness.	1. Leader Training workshop. 2. Discussion meetings. 3. Committee work. 4. Method demonstrations 5. Farm and Home Visits. 6. Publicity.	January	Agent Miss Grace Walker N.R.A.  Specialist

PHASE: House and Surroundings, - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
2. To encourage members to paint the exterior of their homes.	5. Paints. 6. Color charts.	8. Selection of quality colors of paint. 9. Method Demonstration: "Correct brushing methods." 10. Special problems: Masonry walls, Porch floors and Steps.	July	
3. To teach members how to improve their home grounds.	7. Design of Home Grounds. Bulletin 217 8. Home Economics magazines. 9. Pictures and slides.	11. Develop plans-paper and pencil (drawings). 12. Visits to Result Demonstrators.	August	Agent and Leaders

EVALUATION:

Each member check accomplishments.  
Pictures of Before and After.  
Reaction sheets of members on tour.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: House and Surroundings, - Fiscal Year: 1964

The Situation:

The exterior of the house may be attractive or otherwise depending upon many things, aside from the family occupying it. The "new-look" in rural areas has come about due to an expanding population and the local economy. As urban dwellers move into rural communities they observe the condition of the houses and their surroundings as evidence of community progress. Each community wishes to attract the best people possible.

The Specific Problem:

How may the appearance of the local communities be improved thru adequate and attractive houses and surroundings. More families may profit from training in Good Looks and Wear in House Exterior.

The Program Objective:

To stimulate pride in the exterior of the home and its surroundings.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM	
1. To teach members to plan for safe, attractive homes and surroundings.	1. 4-H Safety Manual. Bulletin 190	1. Leader Training.	March	Agent and 4-H Sponsors	
	2. Good Looks and Wear in House Exterior. Leaflet MI -1	2. Safety in Housing. check list			
	3. Building Supply Booklets.	3. Discussion: Planting the Home Grounds.			
			4. Set-up Result Demonstrations.	March	
			5. Educational Tour.	June	Leader or Building Salesman
			6. Charts and Samples.		
			7. Farm and Home Visits.		

PHASE: Clothing, - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
5. To teach members and special interest group millinery techniques.	13. Extension Bulletins MG-261. 14. Selection of becoming neck'lines and hat styles.	16. Workshop-Special Interest Group. 17. Club Judging of hats. 18. Exhibits.	April  May	Agent and Leaders

EVALUATION:

4-H club members will participate in county, district and state contest.

Leaders and Juniors will assist with checking records and judges.

Club women will judge garments in club meetings and at the close of workshop. Home Demonstration week dress revue.

OTHER AREAS:

House Furnishings  
Home Grounds Improvement  
Rural Art  
Home and Family Health  
Electricity  
Junior Leadership

PHASE: Clothing - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
<p>3. To teach more experienced members tailoring the Bishop Way.</p>	<p>4. Fitting the dress. Slide                      5. Steps in making a simple blouse, skirt and dress.                      6. Pattern Guides.                      7. Slide film- Commercial Pattern Co.                      8. Charts, models and Flannel-graph</p>	<p>5. Cutting garments.                      6. Construction techniques.                      7. Finishes.                      8. Judging.                      9. Bulletin on Tailoring.                      10. Tailoring School.                      11. Slides.                      12. Charts and method demonstrations.</p>	<p>March                      March                        April</p>	<p>Members and Leaders                        Agent and Leaders</p>
<p>4. To teach home makers Consumer Buying of clothing.</p>	<p>9. Buyers Guide                      10. Professional charts                      11. Magazines.                      12. Buying Men's and Boy's clothing.</p>	<p>13. Pictures - Dress Revue                      14. Discussion - Buying coats and suits.                      15. Film strip - The 90 percent of You.                      16. Method Demonstrations                      17. Lines in dress and style trends.</p>	<p>May</p>	<p>Agent and Leaders</p>

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Clothing, Fiscal Year: 1964

The Situation:

The price squeeze on agriculture, unemployment and increased consumer clothing prices, club women and girls feel the need to continue expansion of this program throughout 1964. The extent of participation will reach more younger home makers and older girls. More young intelligent, talented women will benefit from the unit method of construction.

The Specific Problem:

The lack of adequate knowledge and technical skill needed for garment construction to give the professional look. The unit method of construction will provide many new learning experiences.

The Program Objectives:

To teach new experiences as well as to repeat old learnings. To teach skill and confidence in one's sewing abilities.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
1. To teach beginners to choose pattern size and pattern alterations.	1. Project leaflet No. 568 "So You'd Like to Sew." 2. "A Unit Method of Sewing." by Wold	1. Visual aids: charts, film strips. 2. Demonstration in taking accurate body measurements. 3. Pin-fit the pattern. 4. Alteration of bodice and skirt.	January	Agent and Leaders
2. To teach members cutting and marking in each unit-blouse then skirt.	3. Sewing manual - "Dress Making Made Easy." Bulletin 1964.			

PHASE: Food and Nutrition, - Continued

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
<p>2. To teach members bread making.</p> <p>3. To teach members table manners and food service.</p>	<p>6. Making Bread at Home. Circular 383</p> <p>7. Leaflet-Bread Uses and Measurements.</p> <p>8. Freezing Baked and Pre-cooked Food. ME-244</p> <p>9. As Others See You. Bulletin 173</p>	<p>7. Laboratory. (Community kitchen)</p> <p>8. Quick bread.</p> <p>9. Yeast bread.</p> <p>10. Demonstrations.</p> <p>11. Role Playing.</p> <p>12. Discussion: "Eating Away From Home."</p> <p>13. Questions and Answers.</p> <p>14. Visit to Cafeteria.</p> <p>15. Setting the Table-demonstrations.</p>	<p>April</p> <p>August</p>	<p>Agent and Leaders</p> <p>Leaders and Agent</p>
<p>4. To teach home makers how to prepare salads and desserts.</p>	<p>10. Leaflet: Convenience Foods for "Easy on the Cook Meals." MF-249 Basic Pie Mix. MF-366 Sweet Potato Recipes.</p> <p>11. Foods for Older Folks Leaflet 132</p> <p>12. Around the World Foods Circular 789</p> <p>13. Meals from Your Freezer-MF-214</p>	<p>16. Method Demonstrations.</p> <p>17. Discussion-Questions and Answers.</p> <p>18. Demonstrations: Making Salad Dressing. Making Pies</p>	<p>September</p> <p>October</p>	<p>Agent</p>

EVALUATION:

Club judging - and participate in District 4-H Contest and Exhibits at Local Fair.  
Use post-meeting reaction sheet.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Food and Nutrition, Fiscal Year: 1964

The Situation:

Since more home makers are employed outside the home, the eating patterns of families are changing. Home makers are interested in well fed families, but they want this with minimum effort and cost.

Low cost diets have limited selection, but can be achieved if more home makers were informed of meal planning and preparation methods. More teen-agers, young mothers and older people could gain help if they will participate fully in the training provided by Agent and Specialist.

The Specific Problem:

How to teach nutrition in relation to changing eating patterns. To study meal planning methods used in relation to the many new packaged foods. Why adequate diets from home grown foods will enlighten home makers on cost values, time and convenience.

The Program Objectives:

To guide leaders and 4-H members into a sound nutrition program for their families. To improve meal planning and preparation practices.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
1. To teach club members to help plan, prepare and serve nutritious meals.	1. Food for Teenagers. MF-289 2. Preparing Meals. Bulletin 208 3. Today's Girl Food and Nutrition. C-4360 4. "Food Sense" by American Institute of Baking. 5. Food Charts.	1. Lecture-demonstrations. 2. Method-demonstrations. 3. Visual aids: Charts - models 4. Film strip-Party Planning. 5. Leader Training in meal planning. 6. Discussions.	June    July	Agent and Leaders

PHASE: Strengthen County Council of 4-H Clubs, - Continued

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
2. To train officers to plan and conduct successful 4-H Club meetings.	5. Bulletin - 238 A Guide for 4-H Club Officers. 6. 4-H Song Book. 7. 4-H Book of Fun. 8. 4-H Achievement Leaflet.	5. Method Demonstrations. 6. Training for different officer groups to perform. 7. Plan for follow-up.	January	Leaders and Agent
3. To train members to understand and follow good business procedures in conducting the affairs of their 4-H club.	9. 4-H Leaders Handbook.	8. Recruiting Community Leaders. 9. Dramatization. 10. Role of committee members. 11. Officers duties. 12. Role of Junior Leaders.		Agent and 4-H Leaders

EVALUATION:

4-H members along with their adult sponsors and agent will evaluate the progress and determine their achievement progress in council and club program.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION PROGRAMS

PHASE: Strengthen County Council of 4-H Clubs, Fiscal Year: 1964

The Situation:

An active County Council is essential for progressive 4-H club work. The most urgent need for young intelligent and talented leaders in our community life, 4-H training program may contribute toward solving this problem.

Generally, adults are reluctant in accepting youth into leadership roles. Young people need adult leaders who command their confidence and respect and who have interest, vision and techniques of stimulating them to cooperate in attacking their own problems.

The Specific Problem:

To train 4-H officers and junior leaders in areas which youth develop modes of conduct, attitudes everyday citizenship and ideals which will affect their personal, social and vocational efficiency.

The Program Objectives:

To strengthen the County Council of 4-H Clubs and local club program.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. To train members in planning and conducting 4-H activities.	1. 4-H Leaders Handbook. 2. Leaflet 86- County Council of 4-H Clubs. 3. 4-H club ceremonies. 4. National 4-H News.	1. Leader Training. 2. Film strip - Discussion of Leader- ship Role. 3. Practice Program Planning. 4. Buzz Sessions.	September	Agent and Leaders

PHASE: County Advisory Board, - Continued

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
2. To encourage leaders to reach as many as possible with information or skills in county program.	8. Strategies of Leadership A. A. Liveright	8. Quarterly discussion meetings.	March	
	9. Written materials by specialist, Agriculture Economics and Rural Sociologist.	9. Practice training activities.	April	
3. To assist leaders in understanding what is expected of them in the county program.		10. Follow-up training in program evaluation.	May	District Agent and Agent
		11. Club program discussion meetings.	May	District Agent and Agent
	10. Progress reports.	12. County planning and evaluation meetings.	May	Agent
	11. Review financial plans.	13. Observe and study reports.	June	
	12. Evaluation of Extension work. Bulletin	14. Discussion of leadership roles.	October	Agent and Leaders
		15. Clarify objectives	October	Agent and Leaders
		16. Approve program calendar.	October	Agent and Leaders
	17. Analyze county situation in relation to Home Demonstration work.	October	Agent and Leaders	
	18. Review leadership style.	October	Agent and Leaders	
	19. Evaluate county Program.	October	Agent and Leaders	

EVALUATION:

The Agent and Leaders will use post-meeting reaction sheets. Home Demonstration Committee will serve as co-leaders and observe progress of group.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: County Advisory Board, Fiscal Year: 1964

The Situation:

The problem of planning for community development and guiding the over-all adult program are responsibilities and duties of the Advisory Board. This small group is the clearing house for community service projects, state and local participation of Extension Activities. Board members decide all financial matters necessary for conducting the Extension work.

The Specific Problem:

The problem of selecting appropriate learning situations in over-all program. To approve the plans of action set-up by various committees and councils. The selection and training leaders to assist with planning, carrying out and evaluating the program.

The Program Objectives:

To strengthen the County Advisory Board and its work in community service, public relations, and leadership development.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHOD	WHEN	BY WHOM
1. To stimulate group members into taking constructive action in Extension Home Economics program.	1. Film strips 2. Bulletins. 3. Plans of work. 4. Narrative Reports. 5. Committee Reports. 6. Outlook Charts. 7. Farm Index.	1. Recruiting and selection of leaders. 2. Problem solving. 3. Leader training meetings. 4. Leadership workshop. 5. Demonstrations. 6. Interviews. 7. Motion pictures.	January       January	Agent and Leaders       Specialist

COOPERATIVE EXTENSION SERVICE WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

U.S. DEPARTMENT OF AGRICULTURE &  
VIRGINIA POLYTECHNIC INSTITUTE  
COOPERATING

EXTENSION SERVICE  
LOCAL FARM AND HOME  
DEMONSTRATION WORK

PLAN OF WORK  
1964

COUNTY

Westmoreland

NAME \_\_\_\_\_

Local Farm Agent

NAME

Sadie R. Roane  
Local Home Agent

NAME \_\_\_\_\_

Asst. Local Farm or Home Agent