

ANNUAL NARRATIVE REPORT

COUNTY  
EXTENSION  
WORK

*Virginia Agricultural Extension Service*

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1963

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Involvement Of Local Leadership In Planning And Carrying Out The Extension Program.

An effective county extension program depends largely upon how well the local leaders are involved in the planning of the program and their assistance in carrying it out. Organizational, sponsor, program development, and project leaders served efficiently in assisting with the extension program in Nottoway County.

To determine the many problems and assistance needed by families in the county, pre-program planning meetings are held in each club (4-H & HD). This procedure gives each community an opportunity to participate, and the planning committee a broader concept of county needs. In the spring county-wide program planning meetings are held for HD'ers and 4-H'ers with leaders representing each club, helping to outline the years' program based on these stated needs.

In the 4-H program the Adult and Jr. 4-H Leaders work cooperatively together in carrying out this phase of work. Junior 4-H Leaders are associate members of the County 4-H Leaders' Association, which helps to insure a continuous leadership program for the county. The leaders association gives assistance on a county-wide bases which includes, financial aid to sponsor delegates to the Annual State 4-H Short Course and Wild Life Conference; sponsoring of annual county activities; and organizational and project leadership. County-wide activities the association sponsors or assist with includes: Rural Life Sunday Services, Four-H Week and Achievement Programs, Picnics, Rally Days, and Christmas Recreational Programs. Members also assist with Jr. Council Training and Planning Meetings.

Leaders usually volunteer to serve or are recommended by other leaders or members as being qualified to do certain jobs. Also, observations are made by the agent during meetings, programs, and visits and potential leaders are noted. Training Meetings are held for leaders to make sure recommended procedures are used in their teachings. These meetings are conducted by State Extension Specialists, the home agent, and other qualified leaders.

Based on one year's observation of general leadership, leaders in Nottoway County are doing a good job in assisting with the program. These leaders are helping to reach more people in the county - making them aware of the assistance available through the Virginia Agriculture Extension Service. Specifically, it is noted that more project leaders are needed, especially in the 4-H program. Additional project leaders would make more individual assistance available to members. More emphasis will be placed on the leadership program in 1964.

II.

Report On Frost Areas  
Follows

Nottoway County

Major Emphasis: Organizational Plan  
Project Area: Extension Home Economics  
Phase: Home Demonstration Club & HD Committee, Year: 1963

Nottoway County was without a local home agent for approximately one year. Beginning in January 1963, the agent and leaders worked to get extension information on improved and new homemaking practices to more people in the county. There were only five active HD Clubs in the county and an inactive county-wide committee.

Since only a small number of persons were being reached with the extension program due to one year inactivity, it was felt that more people could be reached and assisted through the organization of more HD or Adult groups and by activating the county-wide committee.

To carry out the county's objective, the agent met with all organized groups to meet active members; letters were sent to all former active groups to encourage reorganization; visits were made by the agent and leaders in the various communities to determine interest in the program; and discussions were held with key leaders during other meetings on organizational work. Progress on organizational work was reported to the District Agent during conference periods and suggestions were made in relationship to previous incompletd programs.

After evaluating this year's program, the number of active HD Clubs remained at five with an increased attendance of previous members. A few new members were enrolled. There is a total of 108 members participating in the HD program with each sharing information and giving assistance to others. The five active clubs participated in all county, district, and

state activities.

As an out-growth of this adult organizational program, three other adult groups were organized (Community and Public Affairs Phase) through which persons received further assistance as follows:

The County HD Club Committee was reorganized on Monday, April 8, 1963, to assist with county-wide planning for HD groups with representatives from each club serving on the committee. Members participated in the County Observance of HD Week, District HD Committee Meeting, and the Family and Community Institute on a State Level. Also, assisted with the planning of the 1964 extension program.

The Poplar Lawn Community Improvement Club was organized on February 19, 1963, at the Poplar Lawn Baptist Church. A program was formulated for the community and plans were put into action. On November 5, this group made its first step in the direction of assisting with the landscaping of Poplar Lawn Baptist Church grounds. Dr. W. L. Watson, Horticulturist of VSC in Petersburg, assisted members in drawing up a landscape plan for the church grounds. With the help of the men, boundaries were established and plans were drawn up to include foundation and entrance shrubbery, parking space, walk-ways, picnic area, and suggestive plantings to camouflage a well and a baptismal pool. Also, a grass seed mixture was recommended. Three other families received personal assistance from Dr. Watson.

The County Advisory Board was reorganized on June 6, 1963 to continue to serve as an over-all board - making suggestions toward and assisting with the county-wide HD and L-H program. This board participated in the State Agricultural Advisory Board Meeting in Nansemond County and the Family & Community Institute held at VSC in Petersburg, to gain new ideas for

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carrying out the county's program.

Organizational work completed this year has strengthen the county extension program.

Nottoway County

Major Emphasis: Organizational Plan  
Project Area: Four-H and Other Youth Programs  
Phase: Four-H Clubs and Leaders' Association, Year: 1963

Nottoway County 4-H Clubs were inactive for approximately one year due to the absence of a home agent. A few of the previous leaders were interested in working with the 4-H program and expressed an interest in reorganizing their 4-H groups again. They were also interested in encouraging other communities to organize to create a stronger program for the youth in the county.

Since there were many inactive 4-H clubs and un-organized communities in Nottoway County not participating in this youth program, one of the objectives for 1963 was to organize more 4-H clubs to reach more youth with the extension 4-H program.

To initiate this program, letters were sent to previous leaders encouraging reorganization; home visits were made by the agent and leaders; and discussions were held during HD meetings with members and other key leaders concerning the 4-H program and organizational work. Later organizational meetings were held as requested.

Several 4-H clubs became active during the early part of 1963, and assisted further with educating the public on 4-H club work and its many phases. The Busy Bee 4-H Club presented a solemn candle lighting ceremony entitled "4-H Stewards Of Light." The objectives were to re-emphasize the spiritual values of 4-H club work; to explain 4-H work to the public; to introduce 4-H members and leaders to the community; and interest more boys and girls in joining 4-H and more leaders in serving. The Mt. Zion-Snead

Spring 4-H Club presented a religious program too, with the same objectives.

As a result of the programs, three (3) adults volunteered to serve as 4-H leaders with one (1) pledging to organize a community 4-H Club in the town of Crewe,

As a result of previous efforts put forth during 1963, there are seven 4-H clubs with an enrollment of 250 to-date as compared to one club with twelve members beginning in January 1963. Of the total number of clubs, three (3) are school clubs and four (4) are community clubs. Also, the County 4-H Leaders' Association was organized on Tuesday, May 28, to continue assistance to the 4-H program on a county-wide bases.

The County 4-H Leaders' Association sponsored five (5) 4-H members and one (1) adult leader to the Annual State 4-H Short Course in June and sponsored two (2) 4-H members and one (1) adult leader to the Annual 4-H Wild Life and Conservation Conference in August - both held at Virginia State College in Petersburg, Virginia. Experiences gained by these delegates and leaders were shared with other county members during regular meetings and the Annual County-wide Achievement Program.

All 4-H Clubs participated in the Annual County-wide Achievement Program which was held at the Ingleside Elementary School in Burkeville, Virginia on Saturday, October 19, 1963. Each 4-H Club put up an educational exhibit depicting some phase of 4-H club work. Thus, further explaining the program to the public.

Nottoway County

Major Emphasis: Educational Plan  
Project Area: Extension Home Economics  
Phase: Food and Nutrition, Year: 1963

Most homemakers in Nottoway County spend time and energy planning and preparing meals daily for family members. It was noted that many were not including all of the basic food needs in their diets nor were they adding variety to their meals. With this situation in mind, it was determined by the previous HD committee that many of the homemakers could do a better job in meal planning with a knowledge of the basic food needs and skills in preparing foods to add variety to meals.

To improve skills in meal planning and food preparation for variety in meals, leader training meetings on the various food topics were conducted by the local home Agent; discussions were held and demonstrations were given in meetings by the agent and leaders; and emphasis was placed on actual practice by homemakers during meetings and while at home. Circular letters emphasizing foods and nutrition were sent to members and other interested persons to further encourage better food habits. One to two members in each HD club volunteered to serve as result demonstrators for short periods of time and reported on results they obtained from trying suggested food information.

Information prepared by the Agricultural Extension Service Specialist on State and Federal levels was used in conducting this foods project. Bulletins on Food For Fitness, Homemade Mixes, and Fish recipes were used. To supplement this list a Fish Cookery Booklet was compiled by the agent, using recipes tested by extension specialist and others from the Fisher-

ies Market Bulletin - "Join The Fish Parade" as recommended.

"Family Food Needs" was the topic of discussion during HD Meetings in March. Stress was placed on planning meals in advance in order to serve better meals, save time, save money, and be a more efficient shopper. Members reviewed meals they had eaten three days before and checked it by their "Food For Fitness" bulletin, which revealed deficiencies in certain daily food needs and poor eating habits. The menu check showed a large percentage of the members did not include enough green and yellow vegetables or fruits in their diet. Another deficiency was milk - many did not like it as a beverage. To encourage getting more milk into diets, especially children, recipes for using milk were given each member for future use.

Demonstrations on preparing fish and a variety of breads were held to teach ways of adding variety to meals. For breads, the Master Mix was used because of the many products homemakers could bake from the one mix. Supplementing the information on breads, fifteen Nottoway Club Leaders were invited by the Lunenburg HD Club Leaders to participate in a special interest meeting on "Look What Can Be Done With Bread," conducted by the Virginia Bakery Promotional Council, Inc. of Richmond. This meeting was held at the VEPCO Office in Crewe where members gained invaluable information on using breads in a variety of ways.

The food and nutrition phases of home demonstration club work proved to be helpful to homemakers in many ways. Informal surveys showed that all homemakers exposed to the foods and nutrition project became aware of the importance of planning meals in advance. They realized that planning helped them to save time, energy, money, and above all, gave them a better opportunity to check whether they were including the basic food needs daily.

Roll call responses on project accomplishments given during club meetings revealed the following: The majority of the homemakers made use of the recipes given them during the year and shared extra copies with neighbors and friends; the Homemade Mix Bulletin, with emphasis on the "Master Mix" recipes proved to be the favorite and most helpful to homemakers in saving time, energy, money, and served as a means of adding variety to meals; most of the demonstration recipes homemakers tried at home received favorable expressions from family members and showed signs of family members' willingness to accept or try new wholesome foods over previous refusals due to certain likes and dislikes.

Since working on the foods and nutrition program other needs were found and will be included in the 1964 program. Topics to be included in 1964 are Better Breakfasts, The Pack Lunch, Getting More Milk In The Diet, and Nutritious Snacks For Teenagers. Also, a special interest workshop on "Canning and Freezing Of Fruits and Vegetables" will be held in the spring.

Homemakers observations of family's general health and food habits will be explored further over a reasonable length of time, to show progress and further assistance needed in Food and Nutrition.

Nottoway County

Major Emphasis: Educational Plan  
Project Area: Extension Home Economics  
Phase: Consumer Education, Year: 1963

Homemakers in Nottoway County spend part of their time shopping for food and clothing and try to make use of sales when advertised. With the new fibers and hundreds of new products now available, this job becomes more and more complicated to the homemaker. Many of these homemakers lack consumer buying information that would aid them in shopping. The shopping job could be less complicated with a knowledge of protective measures listed on foods and clothing labels and assistance given in recognizing real values in sales to meet family needs.

Demonstrations, discussions, and studies of various food and clothing labels were methods used to teach homemakers how to read and understand food and clothing labels when shopping; how to plan and shop for food and clothing sales; and how to recognize protective measures listed on labels before making clothing purchases.

Circulars, bulletins, and leaflets prepared by Extension Food and Clothing Specialists and other recommended agencies were used to explain the various phases of consumer buying, and were distributed to members for future references. Information on foods included: Food Buying--Cost Per Serving and What Is A Good Buy, prepared by extension food specialist; Know Your Can Food and It's On The Label, prepared by the National Canners Association. Clothing information included: Read Your Fiber Labels and Planning to Buy Family Clothing, prepared by extension clothing specialist; Sure Care Symbols, put out by the National Retail Merchants Association.

Through these demonstrations many of the homemakers in Nettoway County realized the many mistakes they had made in shopping for food and clothing. They became more conscious of planning before shopping and can recognize bargains to suit their immediate family needs. They now understand that there are many sales all during the year and that they will have to determine which sale they should consider for their particular needs. During regular monthly meetings members continue to report on the use they are making of this consumer buying information, which aids them in making decisions. This is a continuous program for members due to the ever present need for information on new products and goods on the market.

Nottoway County

Other Topics Of Interest To Homemakers Covered In 1963:

Civil Defense Work - Home Nursing Course:

On March 26, a total of twenty-five home demonstration and 4-H club members enrolled in the Home Nursing Class, which was arranged, especially for HD and 4-H leaders, at Piedmont Sanitorium in Burkeville. Classes were held for 2 1/2 hours per night on Tuesdays and Thursdays for three weeks, to get in the required 15 hours, and was taught by Nurses Lee and Harmon of Piedmont Hospital.

Twenty-two members completed the three week course. Certificates were presented to the members by Mrs. Gravett, County Red Cross Representative, on Thursday, April 11, which makes them eligible to be called for service in case of emergencies. Facts about Fallout Protection as outlined in the Civil Defense Program was presented to this group by the Local Home Agent.

Clothing Accessories - Hat Making Clinics:

A Hat Making Clinic was held for HD members and other interested persons on Monday, May 13, in Nottoway. Twenty-three adults participated in this clinic which placed emphasis on straw hats for dressy occasions. This clinic served to provide homemakers a new hobby; provide a means of getting a well fitted hat made to match clothing wardrobe; and helped to teach good hat selection and trimming principles. Twenty-two hats were completed. Local Home Agents from Prince Edward, Lunenburg, and Charlotte Counties assisted with the clinic.

A second hat clinic was held July 16-17 in Burkeville for HD members and other interested persons not able to attend the first clinic. Eight more leaders completed hats during this clinic, which provides thirty-one (31) trained leaders in the county to assist other interested persons in acquiring skills and techniques in hat making.

Nottoway County

## County Extension Program, Year: 1963

The major portion of 1963 was devoted to re-organizing the extension program in Nottoway County. As a result of the re-organizational work, there were five (5) HD clubs with an enrollment of 108 and seven (7) 4-H clubs with an enrollment of 250 boys and girls participating in the extension program. Other extension organizations active during the year were the County Advisory Board, HD Committee, 4-H Leaders' Association, 4-H Jr. Council, and the Poplar Lawn Community Club. These organizations were active in all of their County, District, and State Meetings and other activities during 1963.

The 250 4-H'ers included 99 boys and 151 girls carrying a total of 285 different projects from seven project areas. Completions were fair due to the short period for work after getting organized. HD Clubs placed emphasis on two major areas during 1963 - Foods and Nutrition and Consumer Education (Buying). Beneficial information was derived from both areas. Foods and Nutrition assistance provided homemakers and members with much needed information and helped members to realize the need for further assistance in this area in 1964.

In carrying out the Years' planned program, volunteer leaders served very well in the various leadership roles. There is a great need for 4-H project leaders in the county in order to give more individual project assistance to the 4-H Members.

HD club members active in the extension program are of the older age group. More work should be done in reaching the younger homemakers in the county, especially those with children.

In 1964, re-organizational work will continue. Special efforts will be made

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to reach the young homemakers. Also, the recruiting and training of leaders will continue, with emphasis on leader training meetings.