

4. Know of such workshops or program planned by other organizations but will participate if such programs are presented.
5. Plan to take an educational trip during vacation time.

XI. Plan to cooperate with other extension agents towards a unified county extension program.

XII. Agent's Most Difficult Problem in Carrying Out Extension Program.

1. Securing both adult and 4-H leaders who will serve, attend leader training meetings and hold meetings without agent.
This is true of both project and organizational leaders.
2. Transportation for women and 4-H members to meetings.
3. Plan to get assistance of county persons to assist in meeting these problems.

- (a) Plan to publize work of the home demonstration and 4-H clubs.
- (b) Continue to have banks to support 4-H clubs through donations to pay for pictures of 4-H'ers used in news column entitled " 4-H'er of the Year ".
- (c) Solicit support of other commercial interest in other projects throughout the county.

E. Other Professional Workers

Home Economics Teacher

- (a) Cooperate with the only home economics teacher in the county, by adjusting project work for 4-H girls taking home economics.
- (b) Give demonstrations to home economics classes when requested.

IX. Plan for Recording Progress and Evaluation Program as Planned..1959

- (a) Keep daily records of all work done.
- (b) Following closely plan of work and checking carefully progress made toward goals.
- (c) By using last year's report as a basis of evaluation progress of club work, especially that of leaders.
- (d) By searching results for usable material that will give a story of worth while accomplishments of groups and individuals.

X. Plans for Professional Improvement

A. Organized Study :

1. Plan to attend any meetings that will aid in professional improvement.
2. Reading and studying Journal of Home Economics, Forecast, Better Homes and Gardens, What's New in Home Economics and All Educational Material sent out from our Director and Health Department.
3. Member of National and State Home Agent's Association and National and State Home Economics Association.

Have leaders have summer meetings without agent present.

Give recognition to leaders at Achievement Program and throughout the year.. Have two leaders attend Leaders' conference.

VII. Plans for work with other agencies:

1. Health Dept.

Cooperate in promoting nutritional education in the county.

2. Welfare

Have H. D. Club help with deserving families in their community during the year, especially at Christmas time.

3. Cooperate in the county with such county wide drives and clinics as

T. B. , Red Cross, Cancer and Polio.

VIII. Plan of Work with other agencies in developing good public relations:

(a) Co-Workers

Plan to have conference with county workers discussing and planning work to be done.

(b) General Public

Plans to keep public informed of goals selected by the county home demonstration committee and 4-H committee and progress toward these goals. Also keep public informed through news, radio and personal contact of new developments of research findings.

(c) Elected Representatives :

The plans to cooperate with county officials in the coordination of all county programs for the betterment of the county and its people.

(d) Commercial Interests

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. meetings at which leaders were trained by specialists	2	3
No. meetings at which leaders were trained by district agent	3	2
No. meetings at which leaders were trained by agent	1	1
Attendance at training meetings	11	15
No. club meetings held by leaders without agent present	6	15
No. club meetings in which leaders assisted	5	5
Total number demonstrations given by leaders	19	15
No. talks or discussions by leaders	70	50
5. Over-all Youth leaders	13	
D. 4-H Club		
No. 4-H Club officers	45	45
No adult project leaders	12	12
No. Junior project leaders	1	3
No. result demonstrators	2	2
No meetings at which leaders were trained by specialist	-	-
No meetings at which leaders were trained by district agent	-	-
No meetings at which leaders were trained by agent	-	2
No meetings at which leaders were trained by personnel in 4-H dept.	-	-
No meetings at which leaders were trained by others	-	-
Attendance at leader training meetings.	-	12
No. 4-H leaders trained individually	12	12
No club meetings held by leaders without agent present	12	20
No club meetings at which leaders assisted	24	32
No. demonstrations given by adult leaders	31	32
No. demonstrations given by junior leaders	12	15

Plans for training and using leaders.

Organization leadership to be used to strengthen the home demonstration program by having better business meetings and collect records. The agent will keep officers informed. With needed material to strengthen the program, will show the leaders her appreciation of their work through home visits, radio and local paper.

Plan for training and using leaders.

Train leaders individually and in groups when possible to help with project work and organization.

Have 5 girls enter this contest.

8. Achievement Program.

- a. Have Honor Club plan and participate in the Achievement Program.
- b. Have each club make an educational exhibit.
- c. Give banner to most outstanding clubs.
- d. Recognize 4-H leaders.

9. County Picnic

Have a county wide picnic for all 4-H'ers with part of expenses paid by county council.

10. Conservation camp.

Have two boys and two girls and a 4-H leader attend conservation camp.

V. Scops of Work

A. Organization	No. in 1958	Goal 1959
No. of home demonstration clubs	6	7
Membership	175	175
No. of 4-H Clubs	9	9
Membership	129	120
Number of young men and women's clubs	0	0
Membership	0	0
No. of young men and women's clubs	0	0
Membership	0	0
No. community improvement clubs	0	0
Membership	0	0
No. home economics committees	2	2
No. general interest committee	0	0
No. youth committees	0	0
Number other organizations	0	0
No. farm and home development families	1	2

VI. Plan for Leadership

A. Over-all Program leaders	62	62
B. Home Dem. Club Leadership		
No. organizationa leaders	19	19
No. project leaders	43	43
No. Federation program of work chairmen	6	7
No. program development leaders	6	7
No. result demonstrators	15	15

B. Have five older girls enter the State Achievement Contests.

2. National 4-H Club Week.

Objectives of this activity will be to acquaint the parents and people in the county with work of 4-H clubs, through the county.

(a) Each club will make window exhibits, posters, etc. to celebrate .

Give publicity through radio and news of 4-H activities.

(b) Have 4-H'ers give radio program that week.

(c) Have 4-H supper planned, prepared and served by 4-H'ers mothers and leaders as means of replenishing county council treasury..

3. County Camp

Objectives:

(a) Agent, two local leaders and 35 girls attend camp.

(b) Have all members attending the camp to be members of good standing with record books up to date.

4. Short Course

(a) Have two girls attend.

(b) Have one girl recommended for All Star.

5. Rural Life Sunday

The purpose of Rural Life Sunday is to stress the importance of the Heart in developing the 4-H projects. Plans are to have a special county wide observance with 4-H'ers from all parts of the county participating.

6. Share the Fun Contest

Have a special meeting for about 40 4-H'ers to participate.

Have county winners over 14 enter the state contest and county winners under 14 have scholarships to camp.

7. Public Speaking Contest

1. Have one club with six girls.
2. Have each girl give a demonstration .
3. Have exhibit at achievement night program.
4. Have girls take part in county contest.

3. Foods:

The purpose of this project is to guide and teach the girls the basic facts and methods in planning, preparing and serving foods and to prepare girls to carry some of the family responsibility in the daily work. Foods work for 1959 is also for the purpose of forming better food habits in eating for Healths Sake and to reach more families in the county through this method.

Procedure

Meal planning and preparation and breads.

1. Reach 25 in 4-H Clubs in these projects.
2. Project conducted in summer months in neighborhood groups.
3. Have one adult and junior leader for each group.
4. Agent train all leaders in group or individually.
5. Have club members keep records.
6. Have club members enter contest offered in project and exhibit project achievement day.
7. Have club members give a demonstration in her club.

C. 4-H Activities:

1. County Contest

- A. Have a girl enter the county contest from each club and county winner to participate in district contest in all projects being carried.

Purpose of the safety project is to interest and teach the girls more about safety in the home.

Procedure:

1. Have one club with 19 girls enrolled in project.
2. Have members give demonstration or take part in club project.
3. Put up an exhibit showing a phase of home safety.
4. Keep record of work done.

3. House Furnishings

Your Room:

The purpose of this project is to interest the girls in promoting better family living by having a more attractive bedroom, by learning the techniques and doing the work themselves, to reach other families by work they have done, save some of the family income through labor saved and have pride in their personal accomplishments.

Procedure:

1. Have one group with 10 girls with leader.
2. Agent train leader to give demonstration.
3. Have each girl give a demonstration.
4. Have girls make exhibit at achievement program.
5. Give publicity to this project.

Your Furnishings

Purpose of this project is to help girls make their homes more attractive through learning to make color plans, select accessories and arrangement of furniture.

Procedure:

4. Have three meetings a year.

1. One meeting for initiation of new members.
2. One meeting for social.
3. One meeting for business, election, plan of work, etc.

4. Project Planning Committee

The agent, 4-H leaders, junior leaders and a few younger 4-H'ers from each 4-H club will meet in the early summer for the purpose of planning the 4-H projects for the coming year.

B. 4-H Project Work.

1. Clothing

Purpose of the clothing project is to interest and teach 4-H girls the first steps in sewing, how to construct simple garments. These projects are to promote in the girls a desire to assist in the family living by doing the jobs made possible through what they have learned in the project.

Procedure :

1. Have six clubs with 66 members enrolled in " So You'd Like to Sew and four girls enrolled in Make and Remake.
2. Have projects conducted in club meetings in the school during the school term.
3. Agent train leaders in groups or individually to give demonstrations.
4. Leaders will assist in giving demonstrations at meetings.
5. Have adult and junior leaders for summer group.
6. Have club members keep records.
7. Have club members enter club and county contest.
8. Home Agent make home visits to club members.

2. Safety

- c. Have a special 4-H Rural Life Sunday Service.

Procedure:

1. Have special leader training meeting for both adult and junior leaders to acquaint them with 4-H program, goals, philosophy, awards, etc. that are available.
 2. Agent contact leaders and 4-H members to attend camp and State Short Course. Get cooperation and help of 4-H'ers who attended past years in this project.
 3. Continue use of county score sheet in selecting outstanding club and present 4-H banner at fall county council meeting.
 4. Hold two council meetings in 1959.
 - a. Have fall meeting devoted to officers training workshop, selection of county goals for years.
 - b. Have spring meeting to make final plans for all summer and fall activities, recreation, training and final camp and short course arrangements.
 5. Select reporters in each club to send club news to county chairman.
3. Honor Club:

The purpose of the honor club is to recognize outstanding 4-H members and to develop enthusiasm and leadership among older 4-H members.

Honor Club Goals:

1. Help with officer training at fall county council.
2. Plan and participate in Achievement Program.
3. Develop leadership.
 - a. Each honor club member work with 2 or more younger 4-H members with project work and records.
 - b. Each honor club member work as a junior leader.

2. Assist families in making long time plans as needed by family and discuss advantages and disadvantages of each.
3. Give help as needed in improvements as they are being made by the family.

Methods :

1. Make home visits as needed for giving information and help.
2. Give to family mimeographed material and pamphlets that will aid in various projects.
3. Give publicity in newspaper and on radio.

IV. County Extension Program... Youth

A. Organization

1. County Youth Council:

Organize a youth committee composed of boy and girl representative from the Honor Club and County Council, 4-H leaders and a representative from All Stars.

The purpose of this committee will be to study the county situation, select the most urgent county problems and to establish goals for the coming year that will help to solve the problem.

2. County Council

The agent will strive to strengthen the 4-H council by :

- a. Maintain 4-H Road signs.
- b. Sponsor one boy and one girl as 4-H'er of the year.
- c. Have reporter send in an article and picture each month to Head, Heart, Hand and Health.
- d. Have one boy and one girl talk to Home Demonstrations clubs on progress of 4-H work and needs.

3. National Home Demonstration Week :

- a. The agent will give to the people of the county information on National, State and Local Home Demonstration work during National Home Demonstration Week. This will be done by radio, newspaper, etc.
- b. The agent will use outstanding women in radio programs and have personal stories in local papers.
- c. The home demonstration committee will have a goal of 25 women to attend district federation meeting.
- d. The county committee plans to have achievement program for the home demonstration clubs using this program as a means of reaching more families and exhibiting achievements of the members.

4. Work in Unorganized Communities:

An effort will be made to organize two more home demonstration groups in unorganized communities. Contact other families through news , radio, and give help when requested.

Publicity

A public campaign of various phases of home demonstration work is planned through special news articles each week.

III. Farm and Home Development :

Working with families requesting help in management in cooperation with the county agent.

Objective of farm and home development will be to improve family living through:

1. Assisting families in establishing goals and analyzing resources to aid them in reaching their goals.

the influence and help given by the extension program.

Procedure:

County Objectives:

1. Contact parents of 4-H club members to inform them of 4-H work and have youth chairman report on 4-H needs to Home Demonstration Clubs.
2. President and leader be responsible for four or more meetings without agent.
3. Each club hold two or more community recreation meetings with youth and family.
4. Work with high school in setting up a vocational guidance program.
 - a. Secure speakers in specific professional fields.
 - b. Make information available concerning scholarship.
5. Each club sponsor community project.
6. Each Home Demonstration Club member reach regularly one or more non-members during the year.
7. The Home Demonstration Clubs sponsor at the beginning of school an informal reception for school teachers and a tea for high school seniors in the spring.
8. Cooperate with county planning committee to bring industry into the county.
9. Have objectives read at each meeting and review club goals.
10. Sponsor a county Home Demonstration Club educational tour.

2. Community Projects:

The purpose of community projects is to create interest and cooperation among families to improve their community through special projects.

Each home demonstration club will select such a project.

Procedure :

1. Have leader training meeting by local people.
2. Have members bring flowers for arranging at club meetings.
3. Have demonstration by local people.
4. Give each member mimeographed material.

C. Crafts:

The purpose of this project is to promote better living through :

1. Learning how to do textile painting.
2. Teach members new ideas in Christmas decorations.

Procedure:

1. Have leader training meeting by local people.
2. Have leaders give demonstration to club members.
3. Give pamphlets to each club member.

D. Federation Program of Work.

The Federation Program of Work selected for the coming is

"Art in Daily Living. "

Objectives:

1. Encourage more members to read five books on reading list.
2. Have club members give book review at club meetings.
3. Encourage members to study paintings.

Procedure :

1. Give reading list to each club member.
2. Send material to club Federation Chairman.
3. Have Federation Chairman give talks at club meetings.

E. Other Activities :

1. County Objectives:

The purpose of the county objective is to extend to the most families

- (8) Committee will assist agent in arranging for county wide special interest group meetings.
- (9) The committee will be used by agent and district agent for advice and assistance in affairs that are needed by them.
- (10) The committee will sponsor the Home Demonstration Achievement Day.

2. Subject Matter

A. Foods.

The purpose of this project is to promote better family living through:

- (1) learning , selection and grading meats.
- (2) Learning how to prepare less expensive cuts of meats.
- (3) Planning menus for large groups.
- (4) Learning about special diets for the sick.
- (5) Learning unusual ways with everyday vegetables.

Procedure:

1. Have leader training meetings on three of the topics.
2. Have demonstrations given at club meetings by trained leaders and agent.
3. Give each club member mimeographed material and pamphlets.

B. Flower Arrangement

The purpose of this project is to promote better family living through:

1. Learning how to arrange cut flowers for the home.
2. Selecting flower containers for use in the home.
3. Learning more about arranging flowers for large areas.
4. Learning to make corsages for the home.

4-H and the schools to determine the most pressing need in this area.

2. Increase the awareness of the families of the effect of poor nutrition on family health in Rappahannock through:

- (a) publicity ... news, radio, personal contact
- (b) demonstration on well balanced diets.
- (c) garden campaign.
- (d) nutrition program in schools, 4-H and P. T. A.

B. Home Demonstration Club Program.

1. County Committee:

In 1959 the county committee will be used as a planning committee and be the steering influence in developing and carrying through the program. The committee is composed of the presidents and program development chairman of each home demonstration club.

The county committee will hold two meetings during the year (1959)

- (1) The spring meeting to study program plans for 1959 and review work of the 1959 to date and complete plans for 1958.
- (2) The committee will be responsible for program discussion meetings for 1960 planning.
- (3) Committee will send two delegates to State Federation meeting.
- (4) Write news articles and give publicity on radio.
- (5) Committee will assist in transportation of 30 club members to district federation meeting.
- (6) Committee will give a radio program during National Home Demonstration Week.
- (7) Committee will publish year book and be responsible for financing the same.

and general diets.

(d) Finding unusual ways with everyday vegetables.

3. Federation Program of Work - Art in Daily Living .

(a) Encourage more members to read and discuss books , including book reviews at some club meeting.

(b) Give club members opportunity to study paintings.

II. County Extension Program... Adult.

A. Over-all Program.

1. Home Economics Council:

This group is composed of the County Home Demonstration Committee and representatives of Special Home Economics Committee.

The purpose will be to select the county problems prior to the Home Demonstration Planning and decide on the general goals for the coming year.

2. County Home Economics Committee

One committee on Health and Nutrition was organized with a member from each district, county health nurse, minister and district agent and home agent serving.

The problem " Health and Nutrition " was selected as the number one problem because:

(1) A need existed for improving diets of families as indicated by Rappahannock dietary survey in 1952.

(2) Recognition of this problem by Home Demonstration Clubs in selecting federation goal... Health and Safety.

Goals selected by this committee:

1. Study the dietary survey made through Home Demonstration Clubs,

PLAN OF WORK

1. The County Situation Considered in Working Out 1959 Program.

Rappahannock is primarily an agricultural county. Most of the families are dependent on the farm for a livelihood. Livestock, apples and poultry are the chief sources of income. These are listed according to importance. The orchards furnish the income for both the low income bracket and the owners of a large income.

The majority of the families in Rappahannock are self supporting with average income.

Crop conditions affect not only the owner of the farms and orchards but determine the income of a large percentage of the tenants of the county. The family income has been greatly reduced because of the price cost squeeze affecting the rural population all over the county.

Because of the above conditions and the cost of living advancing year after year in planning the 1959 program, considerations were given mainly to three outstanding needs.

1. To contribute to better family living by improving the living conditions of the home by:
 - (a) Learning new holiday decorations for the home.
 - (b) Arranging cut flowers for the home and learning to select the proper containers.
 - (c) Learning how to do textile painting.
2. To improve the nutrition of the family by :
 - (a) Learning how to select and the grading of meats
 - (b) Learning more about preparation of less expensive cuts of meats.
 - (c) Preparing special diets for the sick , including soft, light and

1959 PLAN OF WORK

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