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1961 PLAN OF WORK

MISS M. FRANCES HATCHER, HOME DEMONSTRATION AGENT
APPOMATTOX COUNTY

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1961 PLAN OF WORK

I. COUNTY SITUATION, INCLUDING ECONOMIC AND SOCIAL CONDITIONS

Appomattox County is approximately 342 square miles in size and according to the preliminary 1959 Census of Agriculture, has 793 farms or 57.7 of the land area in farms. The farms average 159.8 acres in size with an average dollar value of \$12,574. in land and buildings. There are 778 farms in the county with 100 acres or less. The population figures show: rural farm, 5,146; rural non-farm, 4,002; of which 6.5% is white and 3.5% is non-white. The county seat is the Town of Appomattox which has a population of 1,081. Agriculture is the predominant way of life in Appomattox County. Cash crops include tobacco, dairying, livestock, poultry and other forage crops. In recent years the change has been from tobacco, especially of the fire-cured type, to other crops that produce cash income. The 1959 Census reports that other income in the county exceeds the value of farm products sold by the farm operators on 338 farms. Fifty-six dairy farms, and 147 other farms report the selling of milk and cream indicating the increasing income from these products. The median income of families in the county is \$1600. There are three garment factories in Appomattox County, two in the Town of Appomattox and one at Pamplin. While the outside employment of homemakers has meant more cash for home furnishings, equipment, clothing and foods, it has also created adjustment problems in family life and in the organizational patterns within home demonstration clubs. It is reported by leaders in the county that more younger homemakers should be reached in the extension program.

II. COUNTY EXTENSION PROGRAM - ADULT

A. ORGANIZATION

1. Home Economics Council

The Home Demonstration Committee is well organized and has gone forward with its plan of work.

At present time there is need to strengthen the Nutrition Committee and to work toward a strong committee on health, or to combine the two. In addition, a committee on clothing is set as a goal for this year. One unorganized group in clothing is functioning and two others will likely form. From these groups and from members of the organized groups, a Clothing Committee is possible.

The Home Economics Council be strengthened so that its function of correlating the work of the various committees and assisting the home demonstration agent in the carrying out of the County Extension home economics program, will go forward.

2. Home Economics Committees

a. Nutrition - This committee will be strengthened and possibly broadened to include health phases.

Goals include: (1) To have 60% of the families in the county where 4-H and home demonstration work reaches into the homes, gain a better understanding of Civil Defense and emergency foods.

(2) Emphasize the growing and use of more varieties of foods to provide Vitamin C, calcium and the use of dairy products.

B. SUBJECT MATTER AND SPECIAL INTEREST AREAS

The home demonstration program activities for the year will have a continued emphasis centered around family living. Each phase of the program is outlined separately on the following pages.

1. FOODS

| Problems-Needs | Topics to be Included | No. groups-committees involved |
|--|--|---|
| A. Time spent in food preparation | December-Buffer Meals-Ideas for easy and convenient serving. | 16 home demonstration clubs. |
| b. Management of meal preparation. | | Special Interest Committee, on Nutrition. |
| c. Interest and knowledge in care of families-food and sanitation in emergencies-civil defense. | February-Emergency Foods for Civil Defense. | County Home Demonstration Club Committee. |
| d. Use of foods grown to provide adequate food supply for the family. | May-Food preservation-newer methods and techniques. | 138 girls in 4-H Foods Projects: |
| e. Need to keep up with research in freezing. | June-Refreshments for Receptions-Weddings and Special Occasions. | Bread-32 |
| f. Review canning techniques and storage of foods. | July-Outdoor Cookery | Meal Preparation - 91 |
| g. Materials and methods for larger groups, weddings, etc. | September-Fruit Pies-ways and combinations. | Outdoor Meals - 6 |
| h. Special: Appomattox County 25th Anniversary-h.d. clubs. | | Canning - 5 |
| i. Outdoor cookery-relate to family "togetherness". | | Freezing-4 |
| j. Need to use interest in foods and new ways of combining available materials such as fruits to promote better food preparation techniques. | | |
| k. Needs include: (1) meal planning to include more than one day; (2) Emphasis on better use of convenience foods especially by the large number of homemakers who work; (3) emphasize good nutrition. | | |

| Goals | What People are to Learn | Plans for carrying out program and measuring results |
|---|---|---|
| a. Emphasize good nutrition. | a. Ideas for easy and convenient serving of buffet meals. | a. Training meetings by food specialists-2 training meetings. |
| b. Survey to find out what 4-6 most common problems in management in meal preparation are. | b. Basic nutrition information relate to needs of children and older adults. | b. Agent to train food leaders who do not attend training meeting or who need further help. |
| c. To gain a better understanding of Civil Defense and care of families regarding emergency foods and sanitation. | c. How to use step-shelves and other storage ideas to help with better use of time and energy management in food preparation. | c. Method demonstrations. |

(continued)

FOODS (continued)

Goals

What people are to learn

Plans for carrying out program
and measuring results

| | | |
|--|---|--|
| D. Forty homemakers to plan meals by week for one month or more. | d. Newer methods and procedures from research in canning, freezing, and storage of foods. | d. Mimeograph materials and recipes for homemakers. |
| e. Homemakers to learn and practice newer methods and techniques in canning and freezing. | e. How to plan, prepare and serve refreshments for special occasions. | e. News articles. |
| f. To learn what foods should be stored and prepared for emergencies. | f. The values of planning meals by the week. | f. Home demonstration club discussions. |
| g. To have an exhibit of emergency foods for a 7-day period. | g. New ways of using pastries and new combinations for fruit pies. | g. Survey |
| h. Invite 4-H girls in food preservation projects to participate in a community home demonstration club meeting on canning and freezing. | h. How to prepare outdoor meals emphasizing family cooperation for fun and emergencies. | h. Exhibit |
| | | i. Reports |
| | | j. Visual aids such as foods models for nutrition teaching, film strip and flannelgraph. |

2. CLOTHING

| Problems-Needs | Topics to be included | No. groups-committees involved |
|--|--|---|
| <p>a. More emphasis on understanding how to buy clothes.</p> <p>b. To analyzing more carefully the use of the clothing dollar.</p> <p>c. More clothing construction, particularly for young homemakers.</p> <p>d. Special interest groups for home-makers not in organized groups.</p> <p>e. Training clothing leaders more leaders for 4-H clothing projects.</p> | <p>January-Patching and Repairs-methods that will wear and look well.</p> <p>Note: Requests for help not included in program have included use of the sewing machine and construction methods.</p> | <p>County home demonstration club committee.</p> <p>16 home demonstration clubs.</p> <p>3 special interest groups.</p> <p>1 committee to be organized to determine future needs goals and procedures.</p> <p>73 4-H girls in projects: Clothing-Unit I - 16 Clothing-Unit II - 23 Clothing-Unit III - 34</p> |
| Goals | What people are to learn | Plans for carrying out program and measuring results |
| <p>a. To establish 3 special interest groups in clothing construction (unorganized groups).</p> <p>b. To work toward some plan for more adequate training in 4-H clothing program.</p> <p>c. To establish a special interest committee in clothing.</p> <p>d. Emphasize care of clothes for family members.</p> | <p>a. Methods of patching, darning, and clothing repair that wear and look well.</p> <p>b. Points in choosing the right sewing equipment and materials for a good job.</p> <p>c. Construction methods for those who wish in special interest groups.</p> <p>d. 4-H clothing project leaders to learn how to help girls in clothing projects.</p> | <p>Specialists train leaders-1 meeting</p> <p>Demonstrations-1 method 2 or more result.</p> <p>Special interest groups.</p> <p>4 radio programs-15 minutes each.</p> <p>1 exhibit-patching and repairs.</p> <p>Discussions in home visits and in organized groups.</p> <p>Home visits.</p> <p>Special interest construction-9 groups as requested for home-makers not in clubs.</p> <p>Train clothing project leaders in community 4-H clubs and work toward having help available for all girls carrying 4-H clothing projects.</p> |

3. HOUSE FURNISHINGS

| <u>Problems-Needs</u> | <u>Topics to be included</u> | <u>No. groups-committees involved</u> |
|---|---|--|
| a. Longtime requests for information concerning the making of furniture and identification of woods and methods of finishing. | March-How to Identify Woods and Finishes in Furniture | 16 home demonstration clubs. |
| b. Need to promote understanding of care of newer fibers in rugs and furnishings. | April-Restoring Accessories in the home. | 1 county-wide clinic on flower arrangement (special interest group) |
| c. Homemakers want to know more about using flowers in arrangements and the use of colors. | June-Flower Arrangement - clinic-countywide. | 27 4-H Room Improvement projects. Judging by committee from home improvement project leaders. |
| <u>Goals</u> | <u>What people are to learn</u> | <u>Plans for carrying out program and measuring results</u> |
| a. Help provide suitable materials for good demonstrations by project leaders. | a. How to use available materials in demonstrations. | Specialist to train leaders - 1 training meeting. |
| b. Homemakers to gain more skill in arranging flowers through clinic. | b. To identify 5 or more native woods used in furniture. | Agent to aid leaders to collect materials for demonstrations in clubs-woods for identification, etc. |
| c. To promote interest in and ability to restore accessories for use in home furnishings. | c. What objects may be refinished and how to refinish and use them in homes. | Workshop with sufficient pre-registration on restoring accessories. |
| | d. Basic principles of arranging flowers including several types of arrangements. | Result demonstrations. Method demonstrations. News stories. 4 radio talks. One or more exhibits. Home visits. Special interest meetings. |

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4. HOME MANAGEMENT

| <u>Problems-Needs</u> | <u>Topics to be included</u> | <u>No. groups-committees involved</u> |
|--|---|--|
| a. Better use of time and energy in management of the house. | October-Wise Use of Credit. | 16 home demonstration clubs. |
| b. Need to plan to care for family emergencies in schedules, etc. | November-Buying small equipment for kitchens and house care. | 1 Special Interest group-county wide. |
| c. How to buy equipment wisely. | Included in Federation program: Life Insurance | 22 4-H girls in Home management projects. |
| d. Better planning and management in meal preparation. | Use of the body in housework Storage in the kitchen | |
| <u>Goals</u> | <u>What people are to learn</u> | <u>Plans for Carrying out program and measuring results</u> |
| a. Six result demonstrations on keeping cost records for 3 months or for the year. | More facts about credit. Better understanding of how to buy and use insurance protection. | Result demonstrations. Method demonstrations. Visual aids such as slides and film strips. |
| b. 32 demonstrations in step-shelves and other cabinet storage arrangements. | How to arrange foods and dishes in kitchen cabinets to provide storage at nearest point of use and for more efficiency in house care. | Questionnaires. Survey-small kitchen equipment-use made of certain items. Home visits. News articles. Radio talks. |

5. CLUB CHOICE

| Problems-Needs | Topics to be included | No. groups-committees involved |
|--|---|---|
| Each year by custom, when the club program is planned, there are many topics which cannot be included. Therefore, the club choice gives the clubs an opportunity to include some special topic, demonstration or activity in their program. Vacation time-farm worktime-pressures on time and energy need to emphasize values. | Family recreation. Other topics, activities or demonstrations as selected by the clubs. Note: clubs are being requested to decide choice by June 1. | 16 home demonstration clubs |
| Goals | What people are to learn | Plans for carrying out program and measuring results |
| To promote family togetherness and fun. | New ideas for family activities in recreation. Information not specifically planned in program but requested by a particular club. | Emphasize family activities for fun. Materials-demonstration. Emphasis on enlisting other families not reached in program. 1 Community 4-H outdoor meals demonstration. 3 communities cooperating with 4-H tours to projects. |

6. FEDERATION PROGRAM OF WORK - FAMILY LIVING

Topics to be included:

- December - My Home
- January - Reading project- related to 1961 program of work.
- February - Equipment and foods for bomb shelters.
- March - Civil Defense follow-up. The Family and Life Insurance.
- April - Farm and Home Safety.
- May - Artificial respiration.
- June - Discussion - your health; demonstration - "Use of the body in housework - take it easy".
- July - Home care of the sick - exhibit aids in home care.
- August - Family recreation.
- September - Your dish storage (and other storage of foods, etc. in kitchen cabinets.
- October - Bomb shelters.
- November - Summary of Federation program for the year:
 - a. Reading achievements of homemakers.
 - b. Evaluate needs in Civil Defense program.

C. OTHER ACTIVITIES

1. Home Demonstration Community Projects

The plans begun last year to get pictures and stories of old houses in the county - houses of Civil War days - will be continued. This and any other plans which will aid in preparation for the Civil War Centennial in Appomattox County will be continued.

2. County Home Demonstration Club Objectives

1. To foster the highest ideals in home life - continuing the building of the home demonstration program around Family Living in 1961-62 as in the year before.
2. Gain a better understanding of Civil Defense and care of homes and families in emergencies.
3. Each member to have one improvement around the home and/or farm to make it more attractive in preparation for the Civil War Centennial.
4. Strive to have each club make a definite contribution to developing in their community better homes and community life.

5. Promote individual recognition activity.

3. National Home Demonstration Week

Plans for the county will be developed by the county home demonstration Committee at the Spring meeting. Each club through the leadership of its vice-president and program development leader will be urged to celebrate this week in some manner.

Attendance at the District III-Federation meeting in 1961 is promoted through the individual recognition activity.

4. Achievement Program

The Achievement program will be held the first days of November and will feature achievements in 1960-61.

The home demonstration committee will celebrate twenty-five years of home demonstration work in the county this year. Plans for this celebration in connection with the Achievement Day program or as a separate event will be worked out and presented at the Spring meeting of the Home Demonstration Committee.

5. Fairs

Emphasis will be placed upon individual exhibits at the Five County Fair.

6. Tours

The goal is to work toward one or more tours to see kitchen storage arrangements and result demonstrations in home improvement by adults or 4-H Room Improvement projects.

Requests for landscape demonstrations continue to be made, thus pointing to a need for result demonstrations and educational help in this phase of the program.

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7. Judging at Special Events

Home demonstration committee members will assist in the 4-H club programs in judging demonstrations and exhibits. To be included are room improvement projects, Share the Fun and Bread.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. ORGANIZATION

1. Youth Council - Work toward organizing a County Youth Council in 1961. Progress has already been made in getting interest committees started.
 2. County 4-H Advisers Group - Plans are under way to give increased emphasis to 4-H leader training, both to community 4-H club leaders and to project leaders.
 3. County 4-H Council - This group is composed of the officers of all 4-H Clubs. They aid in carrying on the club program and in planning subject matter projects, county and community events and in promoting 4-H Club work. The Council is responsible for assisting the Extension agents in the observance of National events, fairs, camps, elimination contests, tours and recreation.
 4. County All-Stars - Appomattox and Campbell All Stars form the All Star Chapter for this area. They usually hold two or three meetings per year in which all stars of both counties participate.
 5. Honor Club - Eligible 4-H Club members will be initiated into the Honor Club this year. These members assist in planning recreational activities and in observance of national events, fairs, and camps. They usually plan the main money-making projects for the 4-H Clubs.
- B. PROJECT WORK
1. In-School Project - 12 clubs, fifth through seventh grades are enrolled in the Wildlife project. Topics to be included are:

September - Organize, elect officers. Fill out enrollment card. Give mimeo outline of project. Pass out record books. Complete home project records and hand in at October meeting. Announcements and Fair plans. Special officer training meeting.

October - Business (select home projects). Recreation - songs - games. Turn in home project record books. Reports: Deer, Quail, Bobwhite. Demonstrations - Fire Arm Safety and Collecting winter feed for birds. Work on records.

November - Business. Recreation. Recognize fair winners. Reports: Large-mouth Bass, Wild Turkey. Film - "The Cottontail Rabbit."

December - Business. Recreation. Reports: The Black Crow, the Squirell. Demonstrations: Bird Feeders and Bird Houses. (Each club member make a bird house or feeder and bring to January meeting. Award 6 ribbons in each club - 1st, 2nd, 3rd.)

January - Business. Recreation. Judge bird feeders and houses. Game warden to do judging, vice president to identify each. Film - "Song Birds". Quiz on film. Game warden discuss game laws.

February - Share the Fun Program Elimination.

March - Business - find out number of members interested in bird seed patch. Recreation. Reports: Groundhog, Cardinal. Demonstrations: How to Control Groundhogs and How to Control Moles in Lawns.

April - Business. Recreation. Demonstrations: How to Seed a Feed Patch and Raising Earthworms for Bait. Slides - identification of song birds. Exhibit home projects.

May - Business. Recreation. Camp registration. Turn in Wildlife Record Books. Prize for best record book. Select next year's project. Wildlife Bee - questions and answers - two sides.

There is one club in the High School composed of 4-H members in the eighth through twelfth grades. The In-School Project is Automotive Care and Safety and topics to be included are as follows:

September - Club members - beginning of club year. Turn in '59-60 record books, select new projects, elect officers. Fair exhibits. Discuss the '60-61 project and hand out record books. Begin club scrapbook on newspaper accounts of highway accidents.

October - "Importance of the Automobile in Our Way of Life". Driver training program in Schools. Driver training teacher to lead discussion. 4-H Highway Safety Skit. Looking ahead to the next meeting.

November - "Traffic Code and Your Responsibility as a Driver" - discussion of Traffic Code Mr. Grover Smith. (Pass out driver's handbook.

"Questions and Answers on the Motor Vehicle Code" (state motor vehicle code for Virginia). This and the application for drivers licenses to be explained by the person who gives new drivers their written examination and driving test. Let's discuss (exercise in members manual, page 11). Might have a club member prepared to lead the discussion and draw illustrations on chalk board. Have each member make up a list of unsafe driving practices and bring to next meeting. Demonstrate hand and arm signals. Sketch the traffic signs, signals and markings found on highway. Skit - "is Driving a Right or a Privilege" - five members.

December - "Highway Safety". Progress report (explained in Leaders Manual page 14). List the unsafe driving practices on a chalk board. Discussion of realistic case studies furnished by state police. Ask someone from state police office to lead discussion. List and discuss pedestrian's rights and duties. Let's discuss (exercise in members' manual, page 15). Preliminary plans for next meeting (leaders' manual, page 15). List and discuss the speed limits. Demonstration - Walking on highway; riding in school bus; riding bicycle. Outside activity between December and January meeting - make a list of highway hazards of your community and be prepared to discuss at January meeting.

January - "Highway Hazard Hunt--A community Activity" Reports on hazard hunt. Invite the highway engineer to discuss highway hazards and how they are being corrected. Car costs and keeping car records.

February - "The Operators Manual" - discussion
"Automobile Insurance - discussed by an Insurance Agent

March - "The Engine in General - Simple Principles of Internal Combustion"
Films - "The ABC's of Internal Combustion", "And Then There were Four"

April - "What Makes a Car Run". Discussion led by a garage mechanic from Grinels Motor Company.

May - "Carkeeping". Hold meeting at Moses Motor Company. Demonstrations - Interior Care, Exterior Care, Servicing a Car. Turn in completed Project Record.

2. Community 4-H Clubs - A strong attempt is being made to firmly establish deep roots for the community clubs. A year-round plan of work has been made for each club - plans include the establishment of 3 or 4 new community 4-H clubs. One home demonstration club is sponsoring their community 4-H Club, acting as project leaders and aiding in as many ways as they can. The goal is to obtain further aid for club members through use of more project leaders.

3. 4-H Subject Matter Areas - 238 girls enrolled, January 15, 1961.

Note: All members are to be urged to enter individual exhibits in local club, county contest and area fairs. Junior 4-H members 12-13 years old are to be given opportunity to try for county ribbons in demonstrations in projects in which they are enrolled. Senior 4-H members are to try for county, district, and state participation in contests.

| Project | Topics to be included | No. clubs-groups |
|----------|---|-----------------------------|
| CLOTHING | Project requirements in grooming. | Unit I-16 girls, 8 clubs |
| | Seasonal care, regular repair and planning to look best. Making dresses, skirts, blouses. Remaking 1 garment. | Unit II-23 girls, 6 clubs |
| | Make 4-6 items in Learn to Sew project. | Unit III-34 girls, 13 clubs |
| | | Total - 73 |

| Goals | What members are to learn | Plans for carrying out |
|---|--|--|
| 75% project completions. 20 girls doing seasonal storage of clothes. | Importance of grooming. Care of clothes and how to improve skills. Learn daily and seasonal storage of clothes. Gain skills in sewing through completion of project requirements. | Enlist aid of home demonstration clothing project leaders to train girls. 1 training meeting by agent. Hold dress revue for senior girls. Home clothing demonstrations in county elimination contest. |

FOOD PROJECT

| Topics to be included | No. clubs-groups involved |
|---|--|
| Quick breads, yeast breads and breads for party fare. | Bread - 32 4-H's - 14 clubs. |
| Freezing for home use - newer techniques and methods. | Freezing - 4 girls - 3 clubs. |
| All items in project requirements in meals. | Meal Preparation - 91 4-H's - 17 clubs |
| Outdoor cookery for family recreation. | Outdoor Meals - 6 girls - 1 club |

| Goals | What members are to learn | Plans for carrying out |
|---|--|--|
| County bread judging contest-April. Each girl in judging demonstration. Correct use of equipment & materials. Adequate plan for own family. Stress meal preparation related to nutrition. Use of foods grown. | Develop more desirable food habits through better understanding of good preparation methods and nutrition. Gain skills in bread making. Understand qualities of good bread through scoring in judging contest. | 2 training meetings-bread. Home visits to train girls in freezing. Work out plan for as many of girls in food preparation as possible to see food demonstrations. Carry out planned activities in outdoor meals. |

FOODS PROJECT (continued)

| <u>Goals</u> | <u>Members learn</u> |
|--|--|
| Skills in preparation. | Assume responsibility for |
| Demonstrations by members and leaders. | a share of planning, preparing and serving family meals. Exhibit foods in fairs. |

HOME IMPROVEMENT PROJECT

| <u>Topics to be included</u> | <u>No. clubs-groups involved</u> |
|---|----------------------------------|
| Room arrangement; accessories; orderly care of rooms. Skills in selection of furnishings. Curtain-making and painting. Drawing a plan of a room. Flower arrangements-fresh and dried. | Your Room - 27 girls, 12 clubs. |

| <u>Goals</u> | <u>What members are to learn</u> | <u>Plans for carrying out</u> |
|--------------------------|--|---|
| 75% project completions. | Skills in improving rooms through use of color, fabrics, arrangements and paint. Learn to improve talents and arranging flowers. Learn more about selecting and buying furniture. Making curtains and drawing a floor plan. Joy of achievement in improving living area. | Home visits to aid families in understanding project and girls in drawing floor plans. Leaders assist with carrying out plans. Training meetings by specialist, agent and talented home demonstration members to aid each girl. |

HOME MANAGEMENT PROJECT

| <u>Topics to be included</u> | <u>No. clubs-groups involved</u> |
|--|-----------------------------------|
| House care-bedroom, living room, etc. | Housekeeping - 9 girls, 6 clubs. |
| Family washing, personal laundry. | Washing - 4 girls, 3 clubs. |
| Family ironing. Learning to care for various fibers. | Ironing - 18 girls, 8 clubs. |
| Use of money for personal activities. | Money Management - 1 girl, 1 club |

| <u>Goals</u> | <u>What members are to learn</u> | <u>Plans for carrying out</u> |
|--|---|---|
| Improve management in house care. | To give a demonstration. Better care of clothes, through approved methods of washing and ironing. How to iron and press clothes using less time and energy. | Home visits by agent, leaders and members. Exhibit project work in April club meeting. Enter demonstration in county contest. |
| Better care of fabrics & fibers. | Stain removal. | |
| Use of good methods in pressing and ironing. | | |

HOME GROUNDS BEAUTIFICATION PROJECT

| <u>Topics to be included</u> | <u>No. clubs-groups involved</u> |
|--|----------------------------------|
| Leaf collections. Planting shade trees bulbs, shrubs, annuals, perennials. | 31 girls, 6 clubs. |

HOME GROUNDS BEAUTIFICATION PROJECT (continued)

Topics to be included

- Pruning Shrubs. Lawnmower safety.
- Propagation. Foundation plantings.
- Cold frames, potting plants.
- Soil and fertilizer.
- Recreation areas.
- Control of grass and weeds.
- Improve home mailboxes.

| <u>Goals</u> | <u>What members are to learn</u> | <u>Plans for carrying out</u> |
|---|---|---|
| Emphasis in community 4-H clubs. | How to make leaf collections. | Planned monthly programs for agents, local leaders and members. |
| Demonstrations on topics listed by 4-H members and/or speakers. | Compost pile, soil sample and plants, trees, shrubs, seeds. | Recreation and fun to support work in improving home grounds. |
| 75% completion of activities & projects. | How to prune shrubs, pot plants and plant bulbs, annuals and perennials. More understanding of how to use equipment in yard care. Lawnmower safety. | Increased appreciation of surroundings and personal growth from participation in club activities. |

C. OTHER 4-H ACTIVITIES

1. Camps - Encourage active 4-H members to attend one of the 4-H Camps available during 1961. This is to be achieved through club discussions, reports from club members who attended in previous years, pictures, newspaper articles and radio programs. These camps include:
 - a. Holiday Lake District Camp - goal 40 girls, 2 junior and 1 adult leader attending.
 - b. State 4-H Short Course - 8 girls and 1 leader attending.
 - c. Older Youth 4-H Camp - 2 girls attending
 - d. Conservation Camp - 2 girls attending
2. National 4-H Achievement Week - goal - exhibits at school and in town. Special articles in county newspaper on club and individual achievements.
3. County Share the Fun and Public Speaking - goal - each club have its own talent show with first place winner competing in county contest.
4. District 4-H Contests - Encourage older girls to participate. To develop ability to perform before others and teach good winning and losing attitudes.

Goals - 10 girls entering district contests.

5. National 4-H Club Week - work with club members in preparing displays, exhibits and newspaper articles.
6. Rural Life Sunday - To emphasize our dependence upon God. Goal - special church service conducted by each of the Community 4-H Clubs.
7. State 4-H Electric Congress - to have one girl represent Appomattox County at this state meeting.
8. Honor Club - goals - to serve as an advisory committee on special older 4-H projects and activities, such as teen age hop, county exhibits at Five County Fair and Lynchburg Farm Show.
10. 4-H County Council - goal - to plan overall 4-H program for the county.
11. Fairs - goal - to encourage 4-H club girls to exhibit their projects and work at the Five County Fair and Lynchburg Farm Show. Clubs to make individual exhibits.
12. Achievement Awards Banquet - to be sponsored by one of the local banks.

IV. SCOPE OF WORK

A. GOALS

| | <u>No. 1960</u> | <u>Goal 1961</u> |
|---------------------------------|-----------------|------------------|
| No. h.d. clubs | 16 | 16 |
| Membership | 325 | 263 |
| No. h.d. groups (unorganized) | | 3 |
| Membership | | 32 |
| No. 4-H Clubs | 23 | 27 |
| Membership | 271 | 325 |
| No. Home Ec. Committees | 2 | 2 |
| Membership | | 14 |
| No. General Interest Committees | | 1 |
| Membership | | ? |
| No. Youth Committees | 1 | 1 |
| Membership | | ? |
| No. other families reached | 135 | 164 |
| No. different families reached | 365 | 463 |

The area needing greatest emphasis are the special and general interest committees.

B. INFORMING THE PUBLIC

1. News articles, Times Virginian, Appomattox Weekly Newspaper; the Lynchburg News, Lynchburg Daily Advance.
2. Weekly radio broadcasts, WFLO, Homemakers Program.
3. Exhibits.
4. Special meetings and achievement day programs.
5. Civic groups.
6. Professional workers.

C. PLANS FOR WORK WITH UNORGANIZED CLUBS AND COMMUNITIES

1. Home visits.
2. Lists of non-club members who may become club members.
3. Individual contacts by agent and club members.
4. Material to non-club members by agent or through club members.
5. All of above-mentioned media.

V. LEADERSHIP

A. PLAN FOR LEADERSHIP

| | <u>No. 1960</u> | <u>Goal 1961</u> |
|--|-----------------|------------------|
| 1. <u>County Program Leaders</u> | | |
| a. County Agricultural Extension Service Board | 1 | 4 |
| b. Youth Council | 136 | 6 |
| c. Home Economics Council | 34 | 36 |
| 2. <u>Home Demonstration Leadership</u> | | |
| No. organizational leaders | 48 | 49 |
| No. project leaders (subject matter) | 96 | 98 |
| No. Federation program of work chairmen | 17 | 17 |

| | 1960 | 1961 |
|--|------|------|
| No. program development leaders | 16 | 16 |
| No. result demonstrators | 10 | 37 |
| No. training meetings by specialists | 8 | 6 |
| No. training meetings by District Agents | | 1 |
| No. training meetings by agents | 6 | 7 |
| No. training meetings by others | | 1 |
| Attendance at all training meetings | 233 | 240 |
| No. meetings held without an agent | 107 | 72 |
| No. meetings leaders assisted | 32 | 80 |
| Demonstrations by leaders | 102 | 192 |
| Talks and discussions by leaders | 224 | 192 |
| <u>3. 4-H Club Leadership</u> | | |
| No. Club officers | 115 | 143 |
| No. adult project leaders | 15 | 31 |
| No. junior project leaders | 12 | 12 |
| No. result demonstrators | 2 | 4 |
| No. training meetings by specialists | 2 | 1 |
| No. training meetings by agents | 8 | 8 |
| No. training meetings, members Club Department | | 1 |
| No. training meetings by others | | 4 |
| Attendance at leader training meetings | 65 | ? |
| No. 4-H leaders trained individually | 30 | 35 |
| No. club meetings by leader without agent | 41 | 20 |
| No. club meetings leaders assisting | 90 | 70 |
| No. demonstrations by adult leaders | 18 | 35 |
| No. demonstrations by junior leaders | 30 | 48 |

B. STRENGTHENING LEADERSHIP

Securing and training individuals to assume responsibility for 4-H Community Clubs - especially securing leaders to organize clubs in unorganized communities. Goal - to get three clubs out of schools this year.

VI. FOR SPECIAL CONSIDERATION

A. PLAN FOR MAINTAINING AND STRENGTHENING GOOD PUBLIC RELATIONS IN THE COUNTY

1. State Extension Organization Itself

- a. Cooperate with programs and plans.
- b. Learn more of the sociological background of Virginia for use in carrying out suggested programs and activities.

2. Parent Institution

- a. Strive to become more familiar with the goals and objectives as set and cooperate with their programs.
- b. Acquaint high school girls of the many opportunities available at the institution.

3. Elected and Appointed Officials

- a. Report as occasion arises to members of the County Board of Supervisors concerning the County Extension program.
- b. Become acquainted with and render assistance to various public service organizations as opportunity arises.

4. Organizations

Give support to programs on Civil Defense, Red Cross, First Aid Classes and education concerning Nutrition and Health.

5. Businesses

- a. Cooperate with local grocery stores by letting them know when

certain foods are needed for demonstrations as requested.

- b. Cooperate with and make use of valuable assistance offered by the power suppliers.
- c. Work with local banks in maintaining the excellent cooperation and understanding of the Extension program.

6. Mass Media

- a. Continue WFLO Homemaker Program.
- b. Make use of newspapers for promoting events and reporting results.

7. Relationships with Other Agencies

Cooperate with, and keep them informed as to the County Extension Program as necessary.

8. Individuals

Strive to promote the friendly feeling that has always existed and to keep the cooperation and help in all programs. Keep them informed.

B. PROFESSIONAL IMPROVEMENT

It is my plan to attempt to:

1. Work toward completing Masters in Home Economics.
2. Take advantage of training offered agents, attend as possible, educational meetings, tours and clinics.
3. Attend National Home Agent's Association in Fall of 1961.
4. Re-instate membership in Epsilon Sigma Phi.
5. Continue memberships in professional groups - A.H.E.A. and Virginia Home Economics Associations (transfer from Georgia).
6. Subscribe to four or more professional type magazines, read these and other materials and strive to keep up on new materials and products available.

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C. PHASE OF COUNTY PROGRAM MAKING THE MOST SIGNIFICANT CONTRIBUTION TO FAMILY LIVING

1. 4-H

Parental understanding and cooperation is needed to undergird the total 4-H program. Most significant to family life can be the participation of 4-H'ers in completing projects undertaken and in the support for community 4-H Clubs. 4-H members are urged to plan their project work with the family.

2. Adult

Family Life is continued from last year, as the Federation Program of Work. Basic principles of loving, caring and sharing will be stressed throughout all home activities. Each family and organized group is urged to contribute something to better home and community life.