

PLAN OF WORK - 1964

ARLINGTON COUNTY, VIRGINIA

Erna R. Pettibone

(Mrs.) Erna R. Pettibone
Home Demonstration Agent

Joyce E. Brown

Joyce E. Brown
Assistant Home Demonstration Agent

A MAJOR EMPHASIS - EDUCATIONAL PLAN
 Project Area - Extension Home Economics
 PHASE - Home Furnishings - 1964

The Situation:

Families desire attractive comfortable homes which will meet their specific needs. New materials and methods of construction are continually appearing on the market. A wide selection of merchandise is available in this area. Strong pressures to buy are put on the consumer because of the great competition for the consumer market.

The Specific Problem:

Information based on research is not readily available to the public. The consumer therefore relies on advertising and other sales promotional schemes which are often incomplete and misleading.

The Program Objective:

To teach homemakers how to evaluate furnishings in term of their needs. To teach homemakers to recognize good design, materials, construction, and how to arrange their furnishings for comfort, convenience and attractiveness.

TEACHING OBJECTIVES	source of subject matter	METHOD	WHEN	BY WHOM
To provide homemakers with knowledge of the principles of color, hue, value, intensity, color schemes.	Extension bulletins - color wheel J.C.Penney film strip "Color In Home Furnishings - Penn State correspondence course, Home Furnishings. Information on color study from Rural Arts Specialist. Magazine pictures.	Leader training followed by club demonstrations	Jan. Feb.	Agents Leaders
To develop the ability to create attractive homes by wise use of color and good design in home furnishings "Color and Design in Home Furnishings"	Extension bulletins MK 381-Color in Home Furnishings Samples of materials Pictures - Slides	Leader training followed by demonstrations	March May	Home Furnishings Specialist Leaders

Evaluation:

Color test - result demonstrations

<u>TEACHING OBJECTIVES</u>	<u>SOURCE OF SUBJECT MATTER</u>	<u>METHOD</u>	<u>WHEN</u>	<u>BY WHOM</u>
To provide homemakers with knowledge of materials and construction used in home furnishings so that they can evaluate and buy wisely.	Extension bulletins - Your Furniture Selection Series C 751,752,753.	Leader trg. followed by club demonstrations	March	Home Furnishings Specialist
To teach homemakers to reupholster their furniture.	Examples (illustrative pictures of construction, wood samples, slides. Extension bulletins	Agent trained by specialist in workshop followed by special interest workshop.	June October	"

Evaluation:

Questionnaire to homemakers who have made furniture purchases following lesson.

A MAJOR EMPHASIS AREA - EDUCATIONAL PLAN
 Project: Extension Home Economics
 PHASE: Foods and Nutrition

The Situation:

In Arlington the homemaker not only prepares meals for her family but she is also required to do a great deal of entertaining, formal and informal. This is often an official or business requirement as well as social.

In spite of the increasing amount of foods available there are people who do not have an adequate diet. Many do not choose the right foods in the right amounts to obtain the required nutrients in their daily diets. Many people do not use their food allowance to best advantage.

The Specific Problem:

Poor nutrition in the eating habits of many people. Lack of ability to plan and prepare foods for entertaining.

The Program Objective:

- a. To improve eating habits of families.
- b. To teach homemakers to plan meals to provide adequate nutrition and make wise use of money.
- c. To provide homemakers with the necessary knowledge for the successful planning, preparation and serving of foods for various types of entertaining.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Increase knowledge in food preparation for family and for entertaining	Foods & Nutrition Specialist Bulletins Foods From Your Freezer MF 260 Simple Refreshments & Snacks Dept. of Interior - Bureau of Fisheries bulletins	Ldr. trg. "Food for entertaining" How to plan & Prepare for parties and receptions. Sp. Int. county wide Sea Food Cookery demonstration	Feb. Present-Specialist D. Clubs in March March	Food & Nutrition ed to H. Leaders Home Economist - Interior Dept
To teach homemakers to serve daily nutritious meals for herfamily making wise use of currentfoods on the market.	Year Book of Agriculture Extension bulletins U.S.D.A. bulletins Campbells Soup Co.bulletins	6 weeks course for young homemakers with preschool age children	April * May	Agent

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHOD	WHEN	BY WHOM
To teach homemakers how to prepare out of doors meals for the family and entertaining.	Extension bulletins 4-H project bulletins Outdoor Cookery	Ldr. trg. followed by demonstrations in clubs	June July	Agent
To teach people to ascertain the difference between a food fad and fact based on scientific nutrition.	F.D.A. bulletins - Medical Association campaign against food quackery - Yearbook of agriculture - 2nd congress on food & medical quackery, Washington, D. C. 1963	Talks based on material obtained at mtg. of F.D.A & A.M.A.	Throughout the year.	Consumer Committee members who attended the congress
To help young people understand the importance of good nutrition and eating habits as an aid to health.	U.S.D.A. bulletins - V.P.I. bulletins. Yearbook of Agriculture - 4-H Project Book "Todays Girl"	Foods & Nutrition project	Throughout year	4-H ldrs. trained by agents.

Evaluation:

A questionnaire to the pilot group of young homemakers who participate in the course to ascertain how much was learned and how the course can be improved.

A MAJOR EMPHASIS - EDUCATIONAL PLAN
 Project Area - Extension Home Economics
 PHASE: Textiles and Clothing

The Situation:

Many Arlington residents construct their own clothing, but are continually seeking further knowledge to improve their skills. A great many women have fitting problems. Others will learn with instruction. New fabrics and finishes are appearing on the market in ready to wear garments as well as in yard goods. All homemakers purchase some ready made garments.

The Specific Problem:

Homemakers do not always know what to expect from and how to handle new fabrics and finishes. They lack an understanding of the labeling law. They need fabric help and guidance in selecting and adjusting patterns to fit. They need to be kept up to date on clothing construction methods. They need help in the selection of becoming clothing.

The Program Objective:

- a. To develop and improve sewing skills.
- b. To understand labels.
- c. To know fabric fibers and finishes
- d. To evaluate and choose ready made garments wisely.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To provide homemakers with knowledge of fabrics and finishes, their generic names, properties, use and care.	National Institute of Dry Cleaning - examples of care and problems.	Sp. Interest county wide series of lessons	Jan.	Dr. Lyle Natl. Inst. Dyeing
	V.P.I. Extension bulletins MO 85	Clothing care	Feb.	V.P.I. Textile clothing specialist
	MO 270 Cir.785	Fabrics & finishes use and care Fashion Fabrics Selection	March	Mrs. Frankie Welch-fashion coordinator
To help homemakers choose the current pattern in size and figure type & make simple pattern alterations.	Simplicity pattern kit - measuring-use of basic shells slides - alterations	workshops	March	Agents

<u>TEACHING OBJECTIVES</u>	<u>SOURCE OF SUBJECT MATTER</u>	<u>METHOD</u>	<u>WHEN</u>	<u>BY WHOM</u>
To develop further sewing skills for those who have only a basic knowledge of sewing construction.	Extension bulletins slides	Two cotton dress workshops will be held simultaneously . Each will include six lessons.	March & April	Asst. H.D. agent
To help experienced sewers with individual problems.	Extension bulletins slides	Small workshops will be set up where women and clothing leaders can help one another.	April May	Clothing leaders and agents
To teach women to make basic alterations on ready to wear garments		Ldr. trg. followed by club workshops	August September	Clothing specialist Leaders

Evaluation:

The Achievement Day program will be a fashion show of garments made and modeled by club members, including the beginners as well as experienced sewers. In the commentary emphasis will be given to the fabric used, problems involved and care, as well as sewing techniques.

A MAJOR EMPHASIS - EDUCATIONAL PLAN
 Project Area -- Home Economics
 PHASE: Home Management (Consumer Education) 1964

The Situation:

- a. There is an increasing concern and awareness on the part of the homemaker of her responsibilities as a consumer. New products appear on the market each day giving her the responsibility to choose wisely. She often relies on advertising or price as a guide. This may often be false or misleading.
- b. Many demands are made on the homemakers' time and energy in this busy urban community.

The Specific Problem:

Homemakers need to become better informed about consumer buying problems and develop better buying habits.

The Program Objective:

Help people acquire information that will help them develop the ability to analyze, to judge and to act with purpose.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To teach homemakers how to purchase cosmetics so that they are not influenced to buy by outside pressures.	Extension bulletins "Purchasing Cosmetics" examples of misleading packaging and labeling.	Ldr. trg. purchasing cosmetics to include advertising, labeling & packaging to be presented by ldrs.	Oct.	Home Mgmt. Spec. leaders
To teach homemakers how to recognize good quality furniture and furnishings and how to get the best buy for the money.	Extension bulletins, illustrations, examples, samples, slides, charts.	Ldr. training (discussed more fully under home furnishings.)	March	Home Furn. Spec.
To teach homemakers to become better informed in purchasing foods and clothing.	(discussed under foods and nutrition & textiles and clothing.)			
To help the homemaker understand the various government regulatory agencies functioning for the protection of the consumer.	Bulletins-Food and Drug Adm. Federal Trade Commission	Special Interest pan discussion arranged by the consumer comm.	May	Repres. of the agencies

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN
 Project Area - Home Economics
 PHASE: Reaching New Audiences - 1964

The Situation:

The Extension program in the county reaches a limited number of people. Many more could benefit by its educational facilities.

The Specific Problem:

How to reach new audiences without jeopardizing the educational program already being carried on in the organized groups.

The Program Objective:

To increase the effectiveness of the Extension program by reaching new audiences.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To provide educational subject matter to residents who do not have the time or desire to join organized groups.	Extension specialists	County wide educational programs to be held during the day & evening hours (Fabric Forum)	Jan.	Dr. Dorothy Lyle
	Dr. Dorothy Lyle, Natl. Institute of Drycleaning		Feb.	Extension Clothing Specialist
			March	Fashion Consultant & sewing teacher
	Landscape Short Course		March & April	Specialists V.P.I.
To stimulate and encourage the Home Demonstration clubs to sponsor new groups - especially for young homemakers.	H. D. leaders & members	Special recognition & prize given to clubs who organize new groups	December.	Mrs. Ball

ORGANIZATIZNAL OBJECTIVESSOURCE OF ASSISTANCEMETHODSWHENBY WHOM

To reach new audiences through committee work.

Management specialist
Consumer committee
Extension bulletins

Have committee
plan and conduct
county wide mtg.
of consumer int.

'May

Consumer
education
committee.

To increase the effectiveness of the extension program by working more closely with other organizations.

Home Eco. Dept. of school
Planning Commission
Garden clubs - Dept. of
Recreation & Parks
Safety Council
Welfare Department

Series of lessons
'Jan.
'Feb.

Co sponsor;
County Beautifi-
cation program
Co sponsor an
annual safety mtg.

'March

'March &

'April

'Nov.

To carry out the recommendations of newly formed public relations comm.

District agent - agent -comm.
members - committee- former
county chairmen.

Explore and
analyze needs of
county

'through-

'out

' year

Agents &
H.D.
club
members.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN
 Project Area - Extension Home Economics
 PHASE: Leadership Development - 1964

The Situation:

Many people are potential leaders but lack the self confidence to assume this role.

The Specific Problem:

Lack of self confidence and experience by many women to assume leadership responsibilities.

The Program Objective:

To encourage all H. D. club members to actively participate in some phase of the program, thereby gaining poise and confidence.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To encourage all club members to think of the H. D. club as their organization to which they have certain responsibilities.	U.S.D.A. Slides "What Makes an Organization Effective" Questionnaire - our organizational measurements.	Ldr. trg. followed by pre- Jan. sentation in clubs		Ldrs. who attended ldrship workshop in Blackstone
Encourage each club to send one representative to district ldrship training.	V.P.I. bulletins leadership	Trg. on communication & group dynamics.	April	V.P.I. Rural Sociologist and Extension Program ldr.
To provide ldrs. not only with subject matter information but also instruction in methods and procedures to be used in presenting the lesson.	Bulletins - illustrative materials - specialists	Ldr. trg.	at each trg. mtg.	Agents and specialists
To provide committee chairmen with background information & help so that they can carry out their duties with confidence.	Extension bulletins - agents-district agent - specialists.	trg. with comm. chrmen.		agents and specialists.

A MAJOR EMPHASIS- EDUCATIONAL PLAN
 PROJECT AREA: 4-H EXTENSION YOUTH PROGRAM
 PHASE: Public Relations and Education

The Situation:

Residents of Arlington County have a preconceived idea that 4-H is for youth of rural areas only. Scouting is widely recognized and encouraged, but people are amazed to learn that 4-H exists in the city. The people reached are interested to learn the nature of 4-H work in urban communities.

The Specific Problem:

People limit 4-H club work to rural populations only. There is a lack of public knowledge of 4-H club work done in Arlington County.

The Program Objective:

To inform the public of the nature of 4-H programs in urban communities such as Arlington County and attempt to gain county residents' recognition and support of 4-H.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
To inform the public about	1. State 4-H staff	1. Prepare visual aid and script materials to be used in a prepared program which can be given to PTA groups in the schools, local civic associations throughout the year.	Feb.	Asst. Agent
1. The philosophy of 4-H in youth development.				
2. 4-H's position in the Extension program.	2. Bulletins and 4-H publications related to subject			
3. Types of projects and programs being used by 4-H in urban areas.	Cir. 724 Cir. 677 Cir. 877 4-H in Arlington County - Pa 526			

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN
 PROJECT AREA - 4-H EXTENSION YOUTH PROGRAM
 PHASE: Creation of 4-H Adult Leaders Association, 1964

The Situation:

Although the 4-H program in Arlington County is very small and leader training is done on an individual club basis there is still a need for forming a 4-H leaders organization. Leaders would like an opportunity to meet with other club leaders to discuss common problems. Such an organization would be a good means for exchanging information, conducting training meetings, recognizing leaders for their volunteer work, and generally unifying the county 4-H program.

The Specific Problem:

Lack of a 4-H leaders organization to coordinate and unify the county 4-H program.

The Program Objective:

To coordinate the county 4-H program through an effective leaders organization.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM	P
1. To provide leaders information on county activities, 4-H projects and their requirements, as well as keeping records.	County 4-H leaders.	Call county wide meeting of 4-H leaders and form such an organization. Plan and coordinate 4-H activities for the coming year.			
2. To help leaders plan a well balanced year's program in advance.					
3. To serve as a means for new and old leaders to exchange club project ideas.					
4. To be a means for consulting with leaders for their opinions on county 4-H events.					
5. To serve as an aid to the agent when planning for leader recognition.					

A MAJOR EMPHASIS - EDUCATIONAL PLAN
 PROJECT AREA: 4-H EXTENSION YOUTH PROGRAM
 PHASE: Creation of Leader Training Program

The Situation:

When county residents do show an interest in having a 4-H club started in their area it is most difficult to obtain a volunteer leader for the club and consequently the new club never has much central organization. There is a need for an intensive leader training program to be developed. This would give potential volunteer leaders a feeling of confidence, a knowledge of the objectives and philosophy of 4-H club work, and suggestions for conducting stimulating and successful project work.

The Specific Problem:

Lack of an effective 4-H leader training program.

The Program Objective:

To create a leader training program which will develop confidence in potential 4-H leaders to accept club leadership.

EDUCATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. To give potential leaders self confidence to accept leadership responsibilities.	State 4-H staff State visual aids materials Cir. 724 Cir. 677 Cir. 877	1. Organize & develop extensive leader training program.	March Feb.	Asst. agent
2. To give new leaders of 4-H objectives and background philosophy.	PA 203 PA 526 Bulletin 238 Bulletin 270	2. Call meeting of active club leaders in county now.	March	Asst. Agent
3. To provide leaders with information on 4-H projects & county events and their requirements.	Slides of county activities	3. Present leader training program to leaders.	April	Asst. Agent
4. To help leaders think in terms of a yearly program and plan accordingly.		4. Ask leaders for their comments and criticisms so as to improve program.	April	Asst. Agent
		5. Keep program ready to use in training potential new 4-H leaders.		Asst. Agent