

1961 PLAN OF WORK

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Rockingham
County

I. COUNTY SITUATION

Rockingham County ranks third in size among all counties in the state, with a land area of 869 square miles. There are 521,600 acres with 299,538 or 57.4 percent of the total acreage in farm land, most of the remainder is in National Forest.

There are 2,937 farms in the county and 102 acres is the average farm size.

Although Rockingham is considered one of the leading agricultural counties in Virginia and the United States the higher percentage of the population is classified rural non-farm. This trend continues to increase.

The county practices a diversified system of farming with four major sources of agricultural income. The income from dairying has more than doubled during 1960. Since 1954 turkey production has jumped almost one-third. However, turkey broiler production increased less than ten per cent. Egg production shows a little more than a three-fold increase.

Processing and manufacturing plants of agricultural and other products also contribute to county income. At least three new industries have begun operation during 1960. Some of the industries would include poultry dressing, dairy processing, livestock dressing, fruit canning, flour and feed mills, fertilizer plant, lime plants, drug manufacturer, garment and textile mills, manufacturers of plastic and metal containers and others.

Rockingham County has four modern, well equipped consolidated high schools. There are two business schools in Harrisonburg, and three institutions of higher learning within a radius of ten miles of Harrisonburg.

Public utilities are furnished by Virginia Electric and Power Company and Shenandoah Valley Electric Co-op Inc. The greatest majority of the homes have electricity.

The county is fortunate to have excellent telephone service to all sections.

A strong religious influence is felt throughout the county, with twenty or more different church denominations prevailing.

II. COUNTY EXTENSION PROGRAM - ADULT.

A. ORGANIZATION

1. General Interest Committee

a. SAFETY

A committee will work with the agent to plan and conduct a county-wide program on Safety on the farm, in the home and with electricity.

b. CITIZENSHIP

A committee will work with the agent to plan a program that will inform people about the functions of the United Nations. They will also sponsor a program to learn more about other nations.

2. HOME ECONOMICS

1. COUNTY HOME DEMONSTRATION CLUB COMMITTEE

The County H. D. Club committee will be composed of a representative (club president) from each of the home demonstration clubs. This committee will serve as a planning and steering committee for the Home Demonstration Club Program. The committee meets twice a year, spring and fall.

Agent will work with County Committee chairman early in year to assist with appointment of leaders for year.

a. YEAR BOOK COMMITTEE

This committee is appointed by County H. D. Club chairman. This committee of three will outline and plan the year book and make arrangements with the printer. The chairman will be someone that has previously served on the committee.

b. H. D. PROGRAM CALENDAR COMMITTEE

The county Committee Vice president will be county program chairman and work with agent to plan training for club program chairmen. The program calendar committee will be a group of about eight of the club chairmen, who will meet after program suggestions from clubs have been summarized.

3. COUNTY AGRICULTURAL EXTENSION SERVICE BOARD

The County Extension Staff has discussed plans with District Agents regarding organization of a County Agricultural Extension Service Board. The Staff hopes to make this a dinner meeting inviting representatives from County Agricultural Council, County Home Economics Council, 4-H and older Youth organizations, representatives of County Governing Boards, Press, Radio, TV; business, civic and professional groups.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS:

(See attached sheets)

FOOD and NUTRITION:

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
How to help homemakers to plan interesting and nutritious meals	<ul style="list-style-type: none">• Making Cultured Milk Products• Variety in Meal Preparation• Frozen Salads & Vegetable Dishes• New Food Products• Weight Control• NEW FINDINGS IN FOOD	27 H. D. Clubs 27 H. D. Clubs 27 H. D. Clubs 27 H. D. Clubs 1 County-wide Group 27 H. D. Clubs

Goals	What People Are to Learn	Plans for Carrying out Program and Measuring Results:	Notes & Results Adjustments Accompl.
<ul style="list-style-type: none">• To get homemakers to realize the importance of calcium in the diet and the value of cultured milk products for providing calcium.• To get homemakers to prepare interesting palatable meals for their families without increased cost.• To have homemakers acquainted with New findings in food such as latest research on food additives etc.• To also get them to know what the New food products are.• To get homemakers to realize the importance of Weight Control and help all members of family to know and maintain proper weight.	<p>Making Cultured Milk Products</p> <ol style="list-style-type: none">1. How to make popcorn style Cottage cheese and cream cheese.2. How to care for milk and cheese.3. Difference between different styles of cottage cheese and methods required for making.4. Nutrient value of cultured milk products.5. Versatility of cultured milk products.	Each H.D. club will have one demonstration on each of the above topics, with the exception of "Weight Control". That will be a county wide special interest activity and the group will meet every two weeks for four months. Each club president will appoint a club member to serve as project leader to assist with this phase of the program. Agent will use food and nutrition notes on weekly radio program. Notes on vegetable gardening will be distributed each month at club meeting.	<p><u>"Making Cultured Milk Products"</u></p> <p>Extension Dairy Specialist will conduct leader training on making Cottage Cheese (popcorn style) and Cream cheese.</p>

Goals

- To be better managers of time in food preparation by using the freezer for prepared salads and vegetable dishes.
- To encourage families to have home gardens if they have appropriate space.

What People Are to Learn

VARIETY in MEAL PREPARATION

1. To learn way of adding variety to meals, using cultured milk products, herbs and other seasonings in meats and vegetables.

FROZEN SALADS & VEGETABLES SALADS

1. To learn different unusual nutritive and economical salads and vegetable dishes that can be prepared ahead of time and frozen
 2. How to save time and energy in meal preparation by using freezer for salad and vegetable dishes that can be prepared ahead of time.
 3. Methods for freezing prepared salad and vegetable
1. To become acquainted with new food products that are on the market or we can expect to find on the market in the near future.

NEW FINDING IN FOOD

Plans for Carrying out Program and Measuring Results:

Leaders will then conduct program for local clubs. (Bulletin) "How to Make Cheese" will be distributed to members.

VARIETY IN MEAL PREPARATION

The Extension Nutritionist will conduct leader training meeting and leaders will in turn give demonstration in club. Recipe sheets will be distributed to members.

FROZEN SALADS AND VEGETABLES DISHES

The Extension Nutritionist will conduct leader training and leaders will in turn give demonstration in club. Recipe sheets will be distributed to members

NEW FOOD PRODUCTS

Mrs. Mavis Gibbs, Homemaking Editor Southern Planter Magazine, will speak to the club leaders on new food products

Miss Mabel Todd, Director Nutrition Services, Va. State Health Department will inform leaders on new findings in food.

Notes & Results Adjustments Accompl.

Goals	What People are to Learn	Plans for Carrying out	Notes
	<u>New Finding in Food cent.</u>		
	1. Facts about some of the latest research in foods, including the food additives and preservatives as related to health.		

HOME MANAGEMENT

Problem	Topics to be Included	No. of Clubs, Groups or Committees Involved:
How to have better management of family business affairs	"Family Business in TODAY'S HOME" "Planning Your Family's Security"	27 H. D. Clubs 27 H. D. Clubs

Goals	What People are to Learn	Plans for Carrying out Program	Notes or Results
• To get homemakers to become more interested in family business procedure		Each club president will appoint a leader to assist the agents with presenting this phase of the program	
• To have homemakers better informed about family business and better prepared to take care of emergency situations.	1. Ideas for arrangement of business centers in the home. 2. A system for keeping records of valuable business or legal papers.	"FAMILY BUSINESS in TODAY'S HOME" Agents will conduct this program for all clubs the month of March. The Extension Home Management Specialist will work with agents and help them organize material and information to present.	

Goals	What People are to Learn	Plans for Carrying out Program	Notes and Results
. To get every family to have a plan for family Security	<ol style="list-style-type: none"> 1. Learn how insurance should fit into Social Security 2. Learn investments families can make that will help in educating their children 3. Long range plans for investments and financial protection. 	"PLANNING YOUR FAMILY'S SECURITY" The Extension Home Management Specialist will conduct training meeting for H. D. leaders who in turn will present program at their club meeting.	

CITIZENSHIP - WORLD UNDERSTANDING

Problem	Topics to be Included	No. of Clubs, Groups or Committees Involved:
How to be Better Informed citizens	"UNDERSTANDING the UNITED NATIONS" "LEARNING to LIVE WITH OTHER NATIONS"	27 Clubs H. D. 1 County-wide Group

Goal	What People are to Learn	Plans for Carrying out Program	Notes and Results
To become better informed citizens	<ol style="list-style-type: none"> 1. The Reason for organizing 2. An understanding of its organizations and functions. 	"UNDERSTANDING the U. N." Each club will have a citizenship chairman, appointed by the president. Extension Sociologist will conduct Leader training meeting for leaders on Understanding the functions of the U. N. Leaders will then relay same information to members. A tour to N. Y. City, including a trip to the U.N. building will be planned by County Committee.	

Goals	What People are to Learn	Plans for Carrying out Program	Notes and Results
To have a better understanding of the way other nations live.	1. To learn about the customs and home practices of people of other countries.	"UNDERSTANDING OTHER NATIONS" A special interest county wide meeting will be held. A committee, appointed by the County chairman, will outline program. The program might include foreign students from nearby colleges in Round-table discussion, as well as IFYE delegates visiting the U.S. and our own delegates that have been to other countries.	

FAMILY RELATIONS

Problem	Topics to be Included	No. of Clubs, Groups or Committees Involved:
How to help all members of the family have a better understanding and keener feeler for each other.	<ul style="list-style-type: none"> • "HOW CHILDREN MATURE and PERSONALITIES DEVELOP" • "UNDERSTANDING INDIVIDUAL AND FAMILY CONCERNS of the MIDDLE and LATER YEARS" 	<p>27 H. D. Clubs</p> <p>27 H. D. Clubs</p>

Goals	What People are to Learn	Plans for Carrying out Program	Notes and Results
To help mothers have a better understanding of the development of their children and what can be expected of the different ages. Also to make folks aware of some of the adjustments and problems anyone might encounter in middle and later years.	<ul style="list-style-type: none"> • Some of the natural reactions of different age groups • How emotions effect the maturity and personality of a child. 	<p>"HOW CHILDREN MATURE and PERSONALITIES DEVELOP"</p> <p>Each club will have a leader for this monthly program topic. The club leader will make plans for a capable person to speak to their club on the above topic. Agents will suggest the leader consider teachers, ministers, social workers or other professional workers in the community.</p>	

Goals	What People are to Learn	Plans for Carrying out Program	Notes and Results
	<ol style="list-style-type: none"> 1. How young people can plan ahead for later years. 2. To learn to understand needs of older members of family. 	<p>"UNDERSTANDING INDIVIDUAL AND FAMILY CONCERNS of the MIDDLE and LATER YEARS"</p> <p>The agents will conduct the program for each of the H. D. Clubs. The Extension Rural Housing Specialist will work with agents on trends in housing for older people. The Extension Home Management Specialist will also work with agents.</p>	

HOME GROUNDS:

Problem	Topics to be Included	No. of Clubs, Groups or Committees Involved
How to keep a nice looking Lawn, free of pests and bare spots	"LAWN CARE"	27 H. D. Clubs

Goal	What People are to Learn	Plans for Carrying out Program	Notes and Results
To help families plan and maintain lawns that will enhance the beauty of their home and surroundings	<ol style="list-style-type: none"> 1. To maintain and care for lawns. 2. Best methods of controlling insects, disease, pests and weeds. 3. Good fertilization practices and spots seeding of grass. 	<p>Each club will have a Home Grounds leader, appointed by the pres. each month leader will receive landscape notes, prepared by the Extension Horticulturist, which she will review with members. Extension Horticulturist will conduct leader training on "Lawn Care" and they in turn will present to club members. Agent will use home grounds notes on weekly radio program. Result demonstration on landscaping will be conducted.</p>	

SAFETY

Problem	Topics to be Included	No. Clubs, Groups or Committees Involved
How to make our Homes, Farms and Highways Safer	Home Safety; Farms Safety Highway Safety Safety with Electricity	27 H. D. Clubs 27 H. D. Clubs 27 H. D. Clubs 27 H. D. Clubs

Goal	What People are to Learn	Plans for Carrying out Program	Notes and Results
For all families to develop better attitudes toward Safety and become creatures of habit in regard to Safety	<ol style="list-style-type: none"> 1. Learn to recognize accident hazards in the home, on the farm and highway. 2. Eliminate all hazards possible 3. Learn to live safely with hazards that can't be eliminated. 4. To learn safety factors one should teach members of family about farm machinery. 5. To learn finer points of safety around farm buildings, including prevention of fires. 6. To learn water safety rules and practices for farms, as well as public places. 7. To learn ways we can make highways safer. 8. To learn bicycle safety and how to teach children. 9. To learn to live safely with electricity. 	<p>The Co. Chairman will appoint a safety chairman who will work with a committee to outline plan of work on safety. This committee will work with agents in training leaders. Each club president will appoint a safety chairman who will direct club program on safety. Program as outlined by Committee: Quarterly emphasis in H. D. clubs. December, January, February- <u>Home Safety</u>. <u>Farm Safety</u>: Mar. Machinery, April, Buildings & Surroundings May - Water Safety (Learn to swim; ponds, First aid Equipment) <u>Highway Safety</u>: June - Seat Belts July - Bicycles; Aug.- Speed Control <u>Electricity</u>: Sept. - Wiring (repair cord) October - Equipment - Nov. Better Lighting.</p> <p>A leader training meetin will be held for each quarterly emphasis with Co. Agri. Agent, health dept., Gov. Highway Safety Commission. Fire Chief etc., participating.</p>	

C. OTHER ACTIVITIES:

1. 1961 CLUB OBJECTIVES RECOMMENDED by:
COUNTY HOME DEMONSTRATION COMMITTEE

Give recognition to clubs on Achievement Day that complete ten of the following:

ALL CLUBS:

1. Every club represented at all county committee and Leader Training meetings.
 2. Club support
 - a. 4-H Club
 - b. Other youth work in community
 - c. Rockingham Public Library
 - d. Rockingham Memorial Hospital
 - e. Rockingham County Fair
 3. Sponsor County-City Ladies Lounge and be represented at annual County Lounge Committee meeting.
 4. Enroll two new members
 5. Share information with non-club members:
 6. Share information with others through
 - a. Special exhibit during National H. D. Week
 - b. Hints from regular program.
 7. Send at least one delegate to State Federation Meeting.
 8. Every member complete Health Identification Card and carry in purse.
 9. Pay Federation and County Dues.
 10. Every member read at least one book. Reading certificates awarded to all members reading 5 books or more from an approved list.
2. ROCKINGHAM COUNTY FAIR:

The Home Demonstration County Committee Chairman is a member of the Fair Association Board of Directors. The H. D. club members work to make the fair interesting and challenging for all ages. The chairman of the Homemakers Department has always been a H. D. Member. Each club has a fair chairman that encourages members to exhibit and help with the fair.

The home agent serves as an advisor and encourages the maintenance of high standards for exhibits and all phases of the fair.

The H. D. County Committee has a food booth, which is their only money making activity for the year. The County Committee Chairman and agent appoints a committee to make plans for the booth.

3. NATIONAL HOME DEMONSTRATION WEEK:

The agent encourages all clubs to make a special effort during National H. D. Week to inform the people in their communities about their program.

The county committee chairman will appoint a committee to plan special publicity for county committee. The agent will work with them and give assistance in any way possible.

4. COUNTY HOME DEMONSTRATION ACHIEVEMENT DAY:

An Achievement Day program will be held to summarize and review achievements of H. D. Clubs during 1961.

The County Chairman will appoint an Achievement Day Committee to plan and make arrangements for the day. Agent will encourage committee to meet earlier in the year than has been done in previous years.

5. COUNTY - CITY LADIES' LOUNGE:

The County Committee sponsors a ladies lounge, which is located in the basement of the Court House. The lounge consist of a kitchen, living room, bedroom and powder room. This has been a community service project for thirty-one years and in that time provided a great service to the county and city residents.

Each club has a lounge chairman who serves on the County Lounge Committee. The committee chairman, vice chairman, secretary and treasurer are elected by the County H. D. Committee. The lounge committee meets once a year and discusses maintenance and other things pertaining to running the lounge. Each club pays \$10.00 dues annually to the lounge treasurer. This is used for maintenance. The H. D. Committee contributes \$200.00 towards the hostess salary. The city of Harrisonburg appropriates \$1000.00 for hostess and Board of Supervisors provide space for lounge and pay electricity and water bill.

6. JUDGING:

Certain home demonstration club members have been most generous with the time they have given to judging at county fairs and contests. They have attended Extension training schools in judging and take their judging very seriously.

If agents receives requests for assistance with judging an effort will be made to obtain well qualified people.

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7. MOTHERS' MARCH ON POLIO:

Home Demonstrations clubs will sponsor March in County. This will be their one big health project for the year. As they solicit for money they will also leave pamphlet of information at each door.

8. LADIES AUXILIARY, ROCKINGHAM MEMORIAL HOSPITAL:

The County Committee will vote on whether or not they will assist with the Auxiliary "Fun Fair".

9. SPECIAL ACTIVITIES:
County Tour

Rockingham County Committee will plan a tour to New York City, visiting the United Nations and other points of interest. This will be planned as a part of the Citizenship program, to follow the monthly club program on "Learning to Know the United Nations".

The County Committee president will point a committee to outline plans for this tour.

D. PLANS FOR WORKING WITH URBAN FAMILIES:

Federal Housing Authority:

The Federal Housing Authority Director of the city of Harrisonburg has contacted the agent in regard to working with the families living in the housing development. Agent is very anxious to work with this group where she feels real help can be given. Plans will be worked out with the authority when they are ready for families to be contacted.

OTHER URBAN FAMILIES:

Agent has no elaborate plans for working with urban families. However many urban families are reached through the regular program. Some urban homemakers belong to clubs in the county. Contact with urban families is also made through county-wide meetings, radio, television and newspapers. Assistance is also given through office and telephone calls.

E. FARM AND HOME DEVELOPMENT:

The Agent hopes more work can be done in the Farm and Home Development phase of the Extension program in 1961. Agricultural and home Agent will have a conference early in the year to plan for this phase of the program.

III. YOUTH:

A. ORGANIZATION:

1. County 4-H Council:

The County 4-H Council will be composed of all club officers, of both junior and community clubs. Extension agents and adult leaders will serve as advisors.

The group will meet twice during the year; spring and fall.

An officers training school for new club officers will be held in conjunction with the fall meeting.

The Council will again operate the 4-H food booth during the week of the county fair. This is their only money making activity, and the proceeds are used to further the County Youth program.

Other County-wide activities sponsored by the Council will be: Public Speaking Contest and County Achievement Program.

The following committees, appointed by the Council president will function during the year.

- a. Food Booth Committee
- b. Achievement Committee
- c. Public Speaking Committee

These committees, consisting of club members, with adult leaders and Extension Agents serving as advisors, will be responsible for planning these county-wide activities for 1961.

2. County All Stars:

The County All-Star organization will be composed of all County All-Stars, with Extension Agents serving as advisors.

The annual business meeting will be held to review the qualifications of a number of club members, eligible for membership in the state chapter. One girl and one boy will be nominated.

Members will be encouraged to attend the mid-winter All-Star and IFYE Conference. Also the All-Star week end Camp, at Powells Fort Valley, if held again this year.

During the year All-Stars will be called upon to assist with contests, and other County-wide activities.

The following County Committees will function during the year: Food Booth, Achievement Program, Public Speaking and Share the Fun.

All of these committees will be composed of club members and adult leaders. Ext. Agent as advisors.

4-H SUBJECT AREA

<u>PROJECT</u>	<u>TOPIC TO BE INCLUDED</u>	<u>NO. OF CLUBS, GROUPS INVOLVED</u>
Safety	Highway Safety Falls; Lawn Mower Safety Seat Belts; Water Safety Poisons, Insecticides Household Safety; Bicycle and Pedestrian Safety and Fire Arm Safety Safety with Electricity	21

<u>GOALS</u>	<u>What the Members Are to Learn</u>	<u>Plans for Carrying out Project</u>	<u>Notes & Re sults.</u>
For every club member and his family to become aware of the importance of Safety in his home and on his farm and the need for removing hazards.	"That accidents Do Not Just Happen - They are caused. To learn the rules of Safety, and apply these to their home, community and County situations.	Since "Safety" is the county-wide project for the year, plans have been made to have a 20-30 minute program on a different phase of Safety at each club meeting. One of the Agents will attend every other club meeting, they or a guest speaker will present the program at this time. Adult and Jr. Leaders will present programs at club meeting not attended by agents. Several leader training meetings will be held during the year, on topics leaders are responsible for.	

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PROJECT	TOPICS TO BE INCLUDED	NO. OF CLUBS, GROUPS INVOLVED
Make or Remake	Choice of Fabric and Pattern Preparation of Fabric- Why - How Placing of Pattern on Fabric Transferring pattern marks to fabric Stay Stitching Construction of Dress - Unit System Collars, Facings and Sleeves Finishing (Hems, zippers and Belts)	9

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES & RESULTS
<p>Every girl have an attractive wardrobe, and yet keep within the family clothing budget.</p> <p>To learn basic principles in clothing construction.</p> <p>To have every girl exhibit at the County Fair.</p>	<p>To use their clothing money wisely in the selection of patterns, fabric and ready-to-wear, and through the use of up-to-date clothing construction methods, make garments to fit their needs.</p>	<p>Plans are for four or five work shops to be held over the county. Each work shop will consist of six lessons, 2 hrs. each. Clubs will be handled by groups rather than on an individual basis.</p> <p>Girls will not do any construction at these meetings, assignments will be given after each session and they will be expected to have these complete until next lesson.</p> <p>By handling this project in this manner the agents hope to enlist the aid of more of the adult leaders.</p>	

PROJECT	TOPICS TO BE INCLUDED	NO. OF CLUBS, GROUPS INVOLVED
House Keeping	Make a cleaning kit. Basket or Apron Save time and energy in setting table Care of common household metals Cleaning wood floors and Hard surfaced floor coverings Floor Covering Cleaning Furniture	?

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES & RESULTS
For every club member to learn the best ways to do everyday cleaning, and learn to use these methods in caring for their rooms or in helping to care for their homes.	Ways to save time and energy in doing everyday housecleaning chores, as well as weekly and seasonal.	Mrs. Ocie O'Brien, Ext. Home Management Specialist, will conduct a leader training meeting covering some of the above topics. As a follow up to this meeting. Adult leaders will conduct special project meetings for girls enrolled in this project, at which time the above topics will be presented, through talks, demonstrations, and "Learning by doing experiences". Adult leaders will be encouraged to enlist the aid of their Jr. Leaders.	

PROJECT	TOPICS TO BE INCLUDED	NO. OF CLUBS, GROUPS INCLUDED
So You'd Like to Sew	Beginners: Equip. a Sewing Box Make: Wrist pin cushion Needle case Towel (kitchen or guest) Headscarf <u>2nd Year Girls:</u> Construction of: Apron Stuffed toy Laundry bag Collar	

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES & RESULTS
To create in every girl an interest in sewing to encourage neatness and completeness in their work. To have every girl exhibit at least one article in the county fair and also participate in the county contest.	Basic principals of clothing construction which will help them when they sew more difficult things and have a longer period to work	Adult and Junior leaders will conduct special project meetings for girls enrolled in the project. Agents will assist, when possible.	

PROJECT	TOPICS TO BE INCLUDED	NO. OF CLUBS, GROUPS INVOLVED
Bread	Beginners: Demonstration on Correct Measurements Biscuits Corn bread or Batter bread Muffins, waffles, or griddle cakes Advanced: Yeast bread on rolls Make "Master Mix" Salley Lunn or other variety bread.	

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES & RESULTS
To have every girl enrolled learn how to make bread, in order that her family may enjoy a variety of baked products. Every girl give at least one demonstration. Attend the county-wide training meeting, by Mrs. Thompson Every girl have an exhibit in the county fair.	Better methods of bread making. To also learn to judge bread and to recognize causes of failure and to correct these.	Mrs. Mary Thompson, Assoc. Ext. Food and Nutrition Sp. will conduct a county-wide project meeting in July for all girls enrolled, and all adult and jr. leaders assisting with the project Adult and Jr. Leaders will also be encouraged to hold Special project meetings for girls, at which time they can actually make some of the above breads, under the supervision of leaders.	

PROJECT	TOPICS TO BE INCLUDED	NO. OF CLUBS, GROUPS INVOLVED
Food Preparation	Beginners: Set table correctly (table manners) Cook eggs three different ways Prepare, cook and serve 3 different vegetables Cook bacon, sausage or hamburger Deserts Salads Advanced: Cook and serve a milk dish Cook meat loaf, stew or other meat dish Salads Plan and prepare family dinner	

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES & RESULTS
For every girl enrolled to enjoy preparing a variety of foods for her family, which will be both attractive and nutritious.	Principals of meal planning, skills in preparing nutritious and attractive meals, best use of home produced products and wise selection in buying foods.	The agents hope to conduct at least one leader training meeting and possibly more. Leaders trained would then conduct special project meetings for girls in local clubs.	

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C. OTHER ACTIVITIES:

1. Contests:

Objectives:

A County demonstration contest day for both boys and girl will be held for the first time.

Club members over fourteen, as well as those under fourteen, will be encouraged to participate.

Those selected as County winners will be encouraged to participate in the district contests.

2. Achievement Program:

The achievement program committee will plan the type of program. Club members and adult leaders will be recognized for outstanding work during the year.

3. Rural Life Sunday:

To give 4-H club members an opportunity to co-operate with local ministers in planning a worship program that will inspire, as well as inform people in the community of the purpose of 4-H.

All clubs will be encouraged to observe Rural Life Sunday.

4. National 4-H Club Week:

All clubs will be encouraged to have a window exhibit, pertaining to some phase of their county-wide project, safety. Exhibits will be judged and prizes awarded to the top clubs.

It is hoped that through these exhibits the public will be better informed of the purpose and goals in 4-H.

5. 4-H Camps:

All clubs will be encouraged to send at least one member to district 4-H Camp.

Older club members will be encouraged to take advantage of conservation and other available camps.

Camping given club members an opportunity for special training not ordinarily included in the regular club program.

6. County Fair:

The 4-H clubs will be encouraged to co-operate with

other organizations in making a fair possible.

Members will be encouraged to make exhibit of their projects.

The Council will again operate the 4-H food booth. Each club will be given an opportunity to work in the booth during the week.

7. T. B. Bangle Sales:

The clubs will co-operate with the Rockingham County T. B. Association in conducting the T. B. Bangle sale in December.

IV. Scope of Work

A.

	<u>No. in 1960</u>	<u>Goal for 1960</u>
<u>No. H. D. Clubs</u>	27	30
<u>Membership</u>	1048	1060
<u>No. HD Groups* (unorganized)</u>		
<u>Membership</u>		
<u>No. 4-H Clubs</u>	22	22
<u>Membership</u>	483	500
<u>No. YHM Clubs</u>		
<u>Membership</u>		
<u>No. Community Clubs</u>		
<u>Membership</u>		
<u>No. Home Ec. Committees</u>		2
<u>Membership</u>		24
<u>No. General Interest Committees</u>		2
<u>Membership</u>		24
<u>No. Youth Committees</u>		
<u>Membership</u>		
<u>No. Other Organizations</u>		
<u>No. Farm & Home Dev. Families</u>		
<u>No. Other families reached</u>	5460	5500
<u>No. Different families reached</u>	5220	5270

Agent feels greatest need is to reach more young homemakers and other woman that are not able to attend regular monthly meetings.

Agent plans to organize home economics committees and get plans underway for projecting the adult home economics program to more people.

Agent would like to see organized groups in the Broadway and Tenth Legion area as well.

B. Outline plans for informing public:

Many young homemakers work during the day and agent feels the only way to reach them will be through night activities. Some probably would not be able to attend meeting regular

enough to join a club but could attend community meeting several times a year on topics pertinent to their problems. County-wide special interest meetings or institutes would be one way of reaching some of the young adult women.

Some of the organized clubs might work with agent in contacting adult women in their community that would like information on home economics that do not presently have contact with extension program.

H. D. Club members will be urged and encouraged to pass helpful home economics information on to non club members and let them know what assistance is available through their county Extension program.

Agent will continue to send monthly garden suggestions to Farmers Home Administration families and contact the local supervisor to offer assistance in family living to their families. If supervisor believes it feasible, agent will send F.H.A. families notices of special interest meetings which may be helpful and of interest to them.

Agent will continue to write column for "Rockingham Reporter" - a bi-monthly news letter published by the Rockingham Poultry Marketing Co-operative at Broadway.

Every effort will be made to strengthen radio and newspaper publicity. Agent feels more subject matter articles in local newspaper would inform many people that aren't reached through other means of communication.

V. LEADERSHIP:

A. Plan for Leadership

	<u>No. in 1959</u>	<u>Goal for 1960</u>
1. County program Leaders		
a. County Agricultural Extension Service Board	_____	24
b. Youth Council	_____	_____
c. Home Economics Council	_____	12
2. Home Demonstration Leadership	<u>No. in 1960</u>	<u>Goal for 1961</u>
No. organizational leaders	243	330
No. project leaders (subj. matter)	225	270
No. Federation program of work Chr.	27	30
No. program development leaders	27	30
No. result demonstrators	24	28
No. training meetings by specialists	5	7
No. training meetings by Dist. Agts.	0	2
No. training meetings by agents	9	12
No. training meetings by others	2	5
Attend. at all training meetings	330	380
No. meetings held without agent	134	63
No. meetings leaders assisted	14	27
Demonstrations by leaders	136	63
Talks and discussions by ldrs.	58	243

3. 4-H Club Leadership

	<u>No. in 1960</u>	<u>Goals for 1961</u>
No. Club officers	124	124
No. adult project leaders	31	35
No. junior project leaders	22	20
No. result demonstrators	1	5
No. training meetings by specialists	2	3
No. training meetings by Dist. Agents	-	-
No. training meetings by agents	-	6
No. training meetings by members club dept	-	-
No. training meetings by others	-	2
Attendance at ldr. tr. meetings	77	183
No. 4-H ldrs. trained individually	1	20
No. club meetings held by ldr. w/out art.	97	72
No. additional club meetings at which leaders assisted	128	72
No. demonstrations given by adult ldrs.	19	75
No. demonstrations given by junior ldrs.	11	25

B. Strengthening Leadership

Agent feels that emphasis needs to be given to better adult leader training for the 4-H program. Plans have been made to conduct such training in the Safety, breads and home management projects. Leaders will be asked to conduct more project instruction at regular community club meetings when agents do not attend.

VI. For Special Consideration:

A. Plans for maintaining and strengthening public relations:

1. Extension Organization Itself

Agent will try to be more specific with requests for specialists help and follow through on assistance given by them.

2. Parent Institution

Agent will try to use every possible opportunity for identifying Extension Service with W. P. I.

3. Elected and Appointed Officials

Agent will make an effort to know all elected and appointed officials in the County and keep them informed on progress of Extension activities.

4. Other Organizations:

Agent will fill requests for program assistance to other organizations whenever it can be done without neglecting regular Extension activities.

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B. Plan for Professional Improvement

Agents are active members of their professional associations and will try to review professional magazines and other related publications.

Agents will participate in Extension Agent training whenever possible.

C. Phase of County Program Which Agent Feels Will Make Most Significant Contribution to Family Living

Food and Nutrition

There are several phases of the food and nutrition program that agent feels will make a distinct contribution to better family living. The weight control group should give tremendous assistance to those folks seeking help with weight problems. Participation in this activity should greatly benefit those people with that health hazard.

News in research should be an important part of this program too, assisting the homemakers with the recognition of new food products on the market and what we should know regarding new food additive laws etc.

Home Management

The program on "Planning Family's Security" should offer great assistance to the families on Social Security, investment plans for educating children and long range plans for investments and financial protection.

Plans for following through in these areas are given under the Subject Matter section.