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Cooperative Extension Work in Aroostook County, Maine, Annual Report, December 1, 1963-November 30, 1964

Aroostook County Extension Association

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COOPERATIVE EXTENSION WORK IN AROOSTOOK COUNTY, MAINE

ANNUAL REPORT

of the
TOTAL EXTENSION AGENTS AND
AREA POTATO SPECIALISTS STAFF

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December 1, 1963 to November 30, 1964

University of Maine
U.S. Department of Agriculture
and the
Aroostook County Extension Association
Cooperating

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Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>For potato growers to adopt practices to control verticillium wilt and scab.</p>	<p>9,000 lbs. of Semesan Bel S sold in the state. Estimated 7500 lbs. used. Approximately 80 growers treated 10,000 acres. Seed piece rot from treating caused growers to stop using it. No serious damage done to yields where directions followed.</p> <p>Top burning very prevalent this fall. Less planting of Kennebecs on second year potato soil.</p> <p>Verticillium Wilt found on about 10% of fields at harvest time. Very little scab found. Scurf quite prevalent.</p>	<p>Bulletins on Verticillium Wilt and Scab were distributed, TV programs were used, and meetings held in areas where diseases had been quite prevalent. A sprayer was developed to attach to planter for seed treating and studies made on its effectiveness. Results - fair control. Area Specialists sent circular letters to growers.</p> <p>Work done by Area Potato Specialists, Mosher and Shaw.</p>
<p>For potato growers to adopt practices to improve solids content of potatoes.</p>	<p>Rotation studies established on one farm in Aroostook County.</p> <p>The only measure of results was at harvest time. A survey indicated that approximately 65% had tops completely dead at harvest time. The remainder were mostly dead but had some green stalks. Data from processors not available at this writing. In general solids are good and much better than a year ago.</p>	<p>A bulletin on GROWING POTATOES FOR EARLY MARKET was distributed. This was aimed at improving solids of "early" potatoes for market or processing. Special emphasis was placed on soil testing, in Aroostook.</p> <p>Work done by Area Potato Specialists and Mosher.</p>
<p>To get practices adopted by growers and handlers that will reduce overall cost of production and handling.</p>	<p>A total of seven (7) potato farmers are on the Electronic Farm Accounting system (ELFAC) in Aroostook County.</p>	<p>A special offer was made to a few selected potato growers whereby ELFAC was offered for one year with no charge.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>For potato growers to adopt practices to improve solids content of potatoes.</p>	<p>It is now apparent that several new accounts will be added during January 1965 as appointments with these people have already been set.</p> <p>ELFAC has not been readily adopted in Aroostook County due to several reasons i.e., lack of financial funds, misunderstanding of the purpose of ELFAC, and the use of lawyers and accountants to do tax and income-expense bookkeeping.</p> <p>A total of 199 potato farmers purchased Extension farm account books this past year. This number does not necessarily mean that these farmers plus those on ELFAC are the only ones using some type of accounting system. Many growers are using commercial systems and many use a check book with the stubs as a record of income and expenses.</p> <p>Project with potato processors. To determine factors that effect maturity, specific gravity and total solids. Field data sheets prepared by the Extension Service involving all practices from planting to harvesting are being kept by processors on potatoes they raise or have purchased on contract. The processors co-operating are:</p> <ul style="list-style-type: none"> Potato Service Inc. Taterstate Birds Eye Foods A & P Vahlsing Inc. Snow Flake Canning Co. 	<p>Twenty-two growers took advantage of this and made records available.</p> <p>Results of this study were summarized and costs figures used at meetings and in publicity to encourage growers to reduce costs. It also created interest in account keeping by Growers.</p> <p>Staff involved - Clark, Robinson, Mosher, and Area Potato Specialists.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To get growers to adopt practices that will lower production costs.</p>	<p>Cooperated with Dr. Eliot Epstein of ARS in minimum tillage experiment at Thaxter Ryder's farm in Presque Isle.</p> <p>Observed and gathered information from growers who are practicing some phase of minimum tillage. Have pictures and information from growers who have adopted practices to reduce costs such as 4-row equipment, bulk handling of seed, fertilizer and potatoes, harvesting with harvesters and minimum tillage. This will be used this coming winter to promote lower costs. Information on effect of lime on increased yields from Amos Fletcher of Caribou publicized.</p>	<p>Information gathered from manufacturers on equipment available for bulk handling of fertilizer and seed potatoes. This information given to growers on request and promoted by TV and usual means.</p> <p>Information from ELFAC used effectively.</p> <p>No measure of results available.</p> <p>Staff involved - Area Potato Specialists, Mosher, Kittridge, Shaw and Robinson.</p>
<p>To improve potato storages</p>	<p>Seventeen new storages with capacity for 822,000 hundred weight of potatoes were constructed. In addition, 110 storages were remodeled or repaired. Ten forced-ventilation systems were installed along with 22 circulation systems. Twenty-seven storages installed adequate insulation. Automatic heating required for conditioning potatoes for processing were installed in 8 storages. Of the 17 new storages, 10 used bin loaders, 3 installed pallet boxes, 2 are using a fluming system. Three large centralized storages each used by several growers were built.</p>	<p>The results of this program were improved considerably by the allotment of three ARA loans for the centralized storages. A favorable price situation during the previous year resulted in considerable repair, remodeling, and some new construction.</p> <p>Two storage workshops held in the central Aroostook area were well attended. The problem solving approach and the question and answer session both proved useful in this workshop.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To improve potato storages (cont.)	Four new potato storages and packing facilities were built in the Central Aroostook area. Intensive work on handling done in two of these. Grading and packing lines were developed. The larger of the two has a capacity of six 50,000 lb. carloads per 8 hour day. The line is supplied with pallet boxes. Both dry and washed potatoes may be packed as well as round and long white varieties.	The majority of the work in the area was done on the basis of individual consultation. This still proves to be the most effective means towards improving potato storage. Work with Agricultural Engineering Consultants help reduce some of the individual attention particularly on the large installations. Work done by Kittridge, Shaw and Area Potato Specialists.
To improve post-storage potato handling by shippers	Incentive potato freight rates for 1963-64 shipping season prompted work on loading patterns and shipping tests for heavier cars of potatoes. This was done in cooperation with the Research Center and the Bangor and Aroostook Railroad. A report has been written and will be published.	A bulletin on HOW OUR COMPETITION DOES IT was written and distributed which created much interest. TV shows also stimulated requests from growers and shippers Work done mostly by Shaw with Area Potato Specialists assisting.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To improve post-storage potato handling by shippers (cont.)	The agricultural engineer has worked closely with potato handling equipment builders in Aroostook. He has helped with design and building of equipment for bulk fertilizer and seed handling, a vertical potato elevator and has assisted in helping builders reduce their costs of building equipment.	
To prepare guidelines for organization of centralized packing sheds.	Guidelines for organization of centralized packing have been tentatively formulated and are in the process of revision for publication.	Three large centralized storage and packing sheds, with 220,000 barrell capacity, were constructed this year. Work done by W. Robinson, Mosher, J. Robinson and Roberts.
To promote sugar beet production in Aroostook County.	A planter unit was designed to attach to a potato planter which would save growers money in planting equipment. A few growers in northern Aroostook were taken to St. Hilaire, Quebec to tour a sugar refinery. Meetings were held in all communities last winter to acquaint growers with production problems and methods. Part of these meetings were in co-operation with Great Western Sugar Company. Samples were taken from commercial fields to determine yields and beet count.	No evaluation Made. Work done by - Shaw, Mosher, and Area Potato Specialists.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
Improvement of dairy cattle housing and materials handling systems. To increase understanding of total systems concept.	Four new barns built in Aroostook this past year. Five dairymen have re-modeled. Two dairymen advised relative to new systems. Plans drawn for one hay diet. Five meetings held on housing and handling. one dairyman contemplating building new.	Meetings effective to stimulate interest and help develop plans. Use of New England dairy housing slides stimulated considerable interest. Systems planning meeting very effective. Meetings with chief Maine Dairy Inspector very effective.. Individual farm work very effective.
To supply dairymen with the latest information on dairy farm management.	A monthly Dairy Newsletter prepared and sent to eighty (80) dairymen.	Work done by Warner, Corbett, and Cook. Corbett, Ness, Clark, Warner, and Holyoke.
To locate and disseminate information on dairy herds with feed costs below \$2.00 per Cwt. of milk.	A survey was conducted on Six farms. Summary not completed at this time.	Work done by Corbett.
Increase per acre yields and quality of all forage crops.	Interest has gained in forage programs especially in the use of corn and alfalfa. Dairymen are asking for more information and assistance.	A meeting on forage fertilization and forage crop varieties did much to promote interest. Work done by Cook and Holyoke.
To establish alfalfa on more dairy farms in the county.	One alfalfa demonstration in Central Aroostook to show the comparative performance of alfalfa showed an increase yield of 6 tons per acre on four tons of lime vs. 2 tons lime. There was no difference in yield for Narragansett alfalfa. Average yield was 3.5 tons per acre for both varieties.	Work done by Holyoke.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
Improvement of cow quality through breeding	Dairymen have become more aware of their responsibility to select the sires used in their herds. They also realize the importance of raising heifers from their better cows. A few dairymen advised in sire selection. Approximately 100 dairymen are carrying on an improved breeding program through the use of A. I. sires.	Talks given at three unit meetings did much to start dairymen thinking more about their breeding program. A barn meeting in a breeders herd was also helpful. Association now in good financial standing. Members find records useful.
Encourage dairymen to keep and use production records.	<p>In the Island Falls Association there are 19 herds with 753 cows on DHIA and 4 herds with 143 cows on Owner-Sampler. Average number of cows per herd has remained constant the past year but milk production has increased 793# per cow and butterfat increased 25#. Feed cost increased by \$5, but income over feed cost increased \$24. Feed Cost per hundred weight of milk decreased from \$2.26 to \$2.13. The percent of herds with 500# of fat or more increased from 10% to 22.2%.</p> <p>In the Houlton Association there are five herds with 104 cows on Owner-Sampler. Seventeen (17) Central Aroostook herds are keeping production records. Three herds dispersed and three new herds entered the program. The association showed a yearly increase per cow of 500 pounds of milk and 21 pounds of fat as compared to the previous year. Assistance rendered directors in improving the financial status of the association.</p>	Work done by Ness, Corbett, and Cook.
		A part time tester prohibits the expansion of the Houlton Association.
		Work done by Cook, Corbett and Ness.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
Feed manufacturers and dealers to reduce feed price.	A major feed manufacturer and dealer in Aroostook County made available a locally mixed concentrate and complete feed which resulted in savings of \$5 a ton for poultrymen. A commercially mixed complete feed was later obtained by this dealer at a price comparable to local manufactured feed. This commercial feed has now replaced the local manufacturing. Currently, this commercial feed is available at \$6.60 a ton less than previously used commercial feed.	The commodity service letter, individual calls on feed dealer, and successful farm mills in the county, encouraged dealers to explore methods of reducing feed price. Work done by Reed and Whelden.
Egg producers to improve lighting practices.	Three egg producers reared pullets on a light reducing program and two reduced light intensity.	The commodity service letter, "Timely Topics" was the only method used to encourage the adoption of improved lighting practices. Mass media needs follow up. Work done by Whelden
Egg producers to improve flock environment.	Four egg producers insulated and two installed fans resulting in improved environment.	The commodity service letter, "Timely Topics" was the only method used to encourage improved ventilation. Mass media needs follow up. Work done by Whelden.
To improve Christmas Tree management and marketing.	Improved efficiency of production and marketing with some operators.	Bulletins and mimeographed materials effective to answer requests. Newspaper, radio, and TV releases

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
To improve Christmas Tree management and marketing. (cont.)	Improved syrup production practices with one Aroostook operator.	used effectively to disseminate information. Work done by Bissell and Sweetser.
To improve maple syrup production practices.	Wool marketed through Maine Pool with pick-up points at Houlton and Presque Isle on June 15 & 16.	Dissemination of reference materials effective to answer requests. Individual council effective. Work done by Bissell and Sweetser.
To assist with needs to market wool and lamb.	Increased volume of lamb dressed and marketed through local channels resulting in increased returns to growers.	Meeting in Houlton on May 12th effective to disseminate information on preparing lambs for market. Periodic mailing of "Livestock Logic" to all producers. Letters and mass media releases effective to get information to sheep growers. Work done by Goater and Sweetser.
To understand ways of reducing sheep production costs.	Some sheep growers making improvements in their flocks breeding and management practices. The overall sheep population of the county is currently decreasing with only a few key growers increasing their flock numbers.	A meeting for all county flock owners at Houlton on May 12th was not as well attended as desired. This meeting effective in explaining sheep management and the Maine Ram Test Program to those attending. Periodic mailing of "Livestock Logic" effective in reaching sheep growers. Individual farm calls and replies to information requests effective. Work done by Goater and Sweetser.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>To understand ways of reducing beef production costs and stimulate interest in Aroostook beef feeding.</p>	<p>Beef production very limited in the county, but there are potentials that we are attempting to stimulate. One new beef feeding operation underway now at Ashland with 200 head and plans for 1000 plus head within the next year.</p>	<p>Periodic mailing of "Livestock Logic" effective in reaching beef growers.</p> <p>Mass media releases on county beef potential creating limited interest the year.</p> <p>Personal calls effective in helping key growers.</p> <p>Work done by Goater and Sweetser.</p>
<p>To have home gardeners informed of effective and safe pest control, cultural and management practices. To stimulate interest in and benefit from well planned home gardens.</p>	<p>Many good home gardeners in the county with a need to have gardening activity expanded in low income families.</p> <p>A series of community gardening meetings scheduled for April 1965.</p>	<p>Many requests for information on garden management, insect control, disease control, Ect. indicates interest in gardening.</p> <p>Responses to timely information releases by mass media methods indicates the good effectiveness of activities in the home gardening area.</p> <p>Work done by Sweetser.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To increase women's understanding of selecting Quality Clothing for the economic and social needs of their families.</p>	<p>Women report that They read hang tags more carefully and with greater understanding. They examine fabric construction and fit as a way of determining quality clothing. They are more satisfied with their purchases.</p> <p>6 community meetings held by agent. 62 attendance.</p>	<p>Pamphlet "Quality at the Clothing Market effective as basis for discussion.</p> <p>Rating of several blouses of various qualities and price ranges by the group was an effective method of judging quality.</p> <p>Work done by Ross.</p>
<p>To increase ability of homemaker to select cold weather apparel which will meet the needs of the family for protection, comfort, appearance and durability.</p>	<p>Women report that they have a better understanding of value in relation to fabric, workmanship, design, care, price, and appearance.</p> <p>One woman whose husband owns a store reported that she was present when he bought his winter clothing. Salesman said, "I have learned much today about what I am selling.</p> <p>47 leaders trained 27 community meetings 283 attended</p>	<p>Discussion by group members of subject matter in pamphlet 1 was effective.</p> <p>Workshop at which women selected appropriate clothing for selected family members from clothing exhibit and mail-order catalogues was a good learning experience.</p> <p>Exhibit of representative types of winter apparel was helpful.</p> <p>Work done by Oak, M. Plissey and Ross.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To increase ability to select footwear and to improve footcare practices of the county women and their families.</p>	<p>Women report a better understanding of proper shoe fit and need to have children's shoes fitted properly.</p> <p>Women report better footcare practices for themselves and family resulting in greater foot comfort.</p> <p>64 leaders trained 49 community meetings 622 attendance</p>	<p>Pamphlet was an effective basis for discussion.</p> <p>J. C. Penny's film Footcare was an effective means of teaching proper fit.</p> <p>Exhibit of shoes by local store was effective as a way of showing quality and shoe types. Book <u>Walk and Be Happy</u> was good background material for leaders.</p> <p>Work done by Oak, M. Plissey and Ross.</p>
<p>To increase proficiency in clothing construction among home sewers.</p>	<p>No. Aroostook Interest group Unit 1 or 2 1 series-attendance 28 2 series-attendance 9 Leader lead Unit 1 and 2.</p> <p>So. Aroostook Interest Group Unit 3 1 series-attendance 6</p> <p>Central Aroostook Interest group Units 1-2, 3 4 series-attendance 60 Interest group Unit 5 1 series-attendance 12 Leader Training Unit 5 1 series-11 leaders 11 leaders taught 85</p> <p>All women learned good construction methods</p>	<p>Each woman learned to make a garment by constructing one.</p> <p>Leaders taught others to make a garment.</p> <p>Work done by Oak, M. Plissey and Ross.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To increase homemakers understanding of new fabrics and findings and to develop their ability to apply this knowledge to the selection and proper use of these products in ready to wear and hand-made garments.</p>	<p>Women report more understanding of how to sew and use new fabrics,</p> <p>They report a better understanding of use of interfacings, linings, and fabrics to each other,</p> <p>15 leaders trained in Central Aroostook. 12 group meetings 220 attended 10 attended workshop.</p>	<p>Discussion of problems in using new materials proved helpful.</p> <p>Pamphlets distributed to women are useful reference materials.</p> <p>Women learned by sewing with materials at meetings.</p> <p>Work done by Oak and Ross.</p>
<p>To increase proficiency in tailoring techniques for home sewers.</p>	<p>Women report that they are able to make better looking tailored garments.</p> <p>2 day workshop-So. Aroostook 1 day workshop-Central Aroostook 32 attended</p>	<p>Samples, charts, film strip, and partially constructed garments all effective teaching tools.</p> <p>Workshop at which various techniques were demonstrated by agent then carried out by women proved a very effective tool.</p> <p>Mimeographed sheets are most useful material.</p> <p>Work done by Oak and Ross.</p>
<p>To increase ability of homemakers to construct lined and unlined draperies.</p>	<p>Women are making more draperies and making them better and more easily.</p> <p>11 leaders trained 10 group meetings 132 attended</p>	<p>Demonstration of the construction process for lined and unlined drapery was an effective method of teaching each woman to make a sample drapery.</p> <p>Instruction sheet prepared by agents good reference material.</p> <p>Work done by M. Flissey, Ross and Oak.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
To help women be more attractive through better grooming practices.	Women report they take more care of their appearance. 2 group meetings 43 attended	Discussion and demonstration of proper skin care and makeup were effective methods for teaching. Work done by Oak.
To show women well-constructed garments-using styles, patterns and fabrics. Particularly suited to cottens.	Women saw cotten used effectively for many types of garments. 2 area meetings 474 attended	Style show was effective method of presentation. Work done by Oak.
To assist homemakers to select appropriate colors and lines in clothing for themselves and family.	Women reported a better understanding of how color and line in relation to selecting clothing for themselves. 2 group meetings 30 attended	Films were effective as a basis of discussion of principles of color and line. Work done by Ross.
To increase ability of Men and Women to select Men's wear appropriate to their needs.	Men and women who attended learned much about trend's in mens wear, fit, comfort, workmanship, and what makes good quality. 4 area meetings 38 attended	Area meeting with guest speaker poorly attended. Circular provided good reference material. Exhibit of men's wear provided basis for discussion between guest speaker and those attending. Work done by Ross and Oak.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To stimulate a feeling of responsibility in all family members toward practices which create traffic safety.</p>	<p>20 Family Life and Safety Leaders received training. 176 people attended 12 leaders taught meetings. Leaders reported that families were assuming better safety measures within the home and community as a result of leader teaching.</p>	<p>The pamphlets prepared by Fannie Brazier, State Family Life leader, on The Family's Responsibility to Traffic Safety, was effectively used as a basis for leader discussion.</p>
<p>To help homemakers in Aroostook to have an insight into human relationships as they operate within the family.</p>	<p>103 homemakers from four communities presented Mr. Groves questions on problems within their families which were answered in a manner that the women understood and were helped.</p>	<p>Mrs. Gladys Groves, Family Life Specialist, effectively answered the many questions asked her in a kindly, sympathetic and understanding manner.</p>
<p>To encourage parents to form and accept more realistic goals and expectations for themselves and their children.</p>	<p>Several radio talks were given on this project which brought favorable comments.</p>	<p>Work done by Groves and Oak.</p>
<p>To encourage parents to form and accept more realistic goals and expectations for themselves and their children.</p>	<p>The six meeting series were taught by 20 leaders.</p>	<p>The agent advised leaders about organizing groups as to subject matter and method. The tape recordings and films helped to stimulate group thinking and discussions.</p>
<p>To encourage parents to form and accept more realistic goals and expectations for themselves and their children.</p>	<p>One community meeting was held for 15 mothers.</p>	<p>Work done by M. Plissey and Oak.</p>
<p>To encourage parents to form and accept more realistic goals and expectations for themselves and their children.</p>	<p>Reports have come into agents that children are being studied as to how they grow physically, emotionally, and socially.</p>	<p>Work done by M. Plissey and Oak.</p>
<p>To motivate people to see their needs in their own communities in Family Life Education to the point where they <u>want</u> something done and <u>want</u> to help do it.</p>	<p>4 area meetings were held in Fort Kent, Madawaska, Presque Isle, and Caribou attended by community, programs were set up in three communities with a possibility of 3 more working out some type of program.</p>	<p>Dr. Philip Rice, Family Life Specialist stimulated the peoples thinking at four area meetings.</p>
<p>To motivate people to see their needs in their own communities in Family Life Education to the point where they <u>want</u> something done and <u>want</u> to help do it.</p>	<p>Problems of teenages and young married couples in the starting point.</p>	<p>The cooperation of the clergy, school officials, Family Life Services of Aroostook and individuals indicated a need for this type of program.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To help small families in Aroostook to develop better Nutrition habits.	10 group meetings held 207 in attendance 31 leaders trained November Meetings-no reported results.	TV and radio has also helped to make this program have an important in Aroostook. Work done by Rice, Oak, M. Plissey, and Sweetser. Pamphlet prepared by Mrs. Alola Morrison, trainer, proved an effective basis for discussion. Agent prepared and demonstrated a meal for two in a muffin tin. This stimulated preparation of such a meal using recipes also prepared by agent.
To help homemakers in the low income and young homemaker group to gain knowledge in nutritional needs and practices. (F. E. S. Nutrition Series for Young Homemakers.)	Not all results are in as two more meetings are to be held. Group attendance has varied from 8-23 due to other activities within the towns. Participants report greater awareness of nutritional needs and practices. Aid to Dependent children workers and the Public Health Nurse reported their clientele gained a greater understanding of nutritional requirements and foods best answering these needs.	Work done by Ross and Oak. Meetings held: 1. Eat to Live Better. 2. Children Grow Right with Right Foods (Good Breakfasts) 3. Meal Planning Made Easy 4. Food and Dental Health 5. Food Selection and Buying 6. The Pregnancy Diet The Teenage Diet 7. Principles of Food Preparation 8. Food Facts and Fads Highly professional materials from F. E. S. help participants realize the importance they have. Outside speakers seemed to increase interest and give variety to meetings. Films related to subjects and also added variety and stimulated interest.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To help low income families improve standards through the use of Federally donated foods and to gain knowledge in nutritional needs and practices.	7 demonstrations held by agent with 80 in attendance. Public Health nurse reported preparation of federally donated foods not usually prepared. Increased use of dry milk in cooking. Better results in using federally donated flour for bread making. Increased use of rolled wheat, corn meal and meat products.	Additional materials from U.S.D.A., Maine Extension and F. E. S. gave participants more information. Should series be arranged for another area. Methods for arrangements and public notification could be more effective. Work done by M. Plissey. Demonstrations using Federally Donated Foods increased more use of and satisfactory results in dishes prepared. Recipe booklet prepared and distributed by agent gave participants take home information as a guide in the preparation of meals using Federally Donated Foods. Demonstrations built around the Daily Food Plan proved helpful to participants in planning more nutritional meals.
To increase interest in the art of Bread making and the use of dry milk in bread making.	Area meeting-attendance 50. More people making bread and making it with dry milk. Many requests for pamphlet from people not attending. Many people expressed an interest in making bread who had never tried making it and with good results in end product.	Work done by M. Plissey, Oak and Ross. Area-Interest Meeting Demonstration of mixing and molding dough into various shapes taught how dough should look and feel and thus stimulated people to try methods. Group participants had a chance to try each method demonstrated to further gain self confidence in the art.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To provide information on both normal nutrition and fad diets so that these people have the tools that will enable them to made wise decisions.</p>	<p>60 leaders trained 22 group meetings held with 260 in attendance.</p> <p>Greater understanding of diet aids on the market in relation to proper dieting means.</p> <p>Some participants on fad diets at the time related a more sensible plan for dieting was tried with more effective results.</p> <p>Members reported many foods facts they believed in were proven fads in this meeting.</p>	<p>Used overhead mirror to allow greater viewing by large audience-very effective.</p> <p>Pamphlet prepared by agent proved helpful when participant returned home.</p> <p>Work done by M. Plissey.</p> <p>Exhibit of diet aids and a discussion of each helped the participant to see that money could be wasted and a more reliable means could be used.</p> <p>Specialist bulletin on "Food Facts and Fads" and "What is a Quack?" by the Ohio Home Economics Association further pointed out reliable nutrition facts as fads.</p> <p>Films: "Nutrition Sense and Nonsense" "The Medicine Man"</p> <p>Posters-effective Questionnaire-on Food Facts and Fads proved a reliable means for nutrition facts.</p> <p>Work done by Ross, Oak, And M. Plissey.</p>
<p>To help people become more aware of using products grown in the local area and to help them understand how they may be used and how they fit into the nutritional pattern.</p>	<p>47 leaders trained 33 groups meetings with 452 in attendance.</p> <p>Greater awareness of Maine's produce. Several members reported sharing recipes with friends and relatives in other states. Greater interest in different ways to prepare Maine's foods.</p>	<p>Demonstrations by Specialist, Agent of dishes using Maine products stimulated interest in home preparation. Bulletin provided by Specialist helped to increase use of Maine foods.</p> <p>Work done by West, Ross, Oak and M. Plissey.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To increase people's awareness of stocking a Fallout Shelter in first aid and food articles.</p>	<p>During the summer Maine foods were prepared by these means to guests.</p> <p>Large request for bulletins outside usual extension clientele.</p> <p>12 leaders trained 11 group meetings held with 160 in attendance.</p> <p>Leaders reported a great interest in subject.</p> <p>Greater awareness of all in shelter necessities as far as first aid materials, and foods are concerned.</p>	<p>Demonstration by Specialist Agent and Nurse stimulated some interest in home preparation of a first aid kit, recreation kit, and stocking food supplies for a home fallout shelter.</p> <p>Filmstrips provided by Civil Defense provided additional reliable information in the use of some of the materials in the first aid kit.</p> <p>Instruction sheet prepared by the specialist gave specific instructions.</p>
<p>To provide basic nutrition information for leaders in the county. To help people understand the relationship of nutrition and health.</p>	<p>37 leaders trained by county foods leader 29 group meetings held with 427 in attendance.</p> <p>Members reported this meeting proved to be a good basic nutrition refresher.</p> <p>Many expressed a renewed interest in a nutrition series, because they found from this meeting a few of their own food nutrient beliefs were false.</p>	<p>Work done by West, Oak and M. Plissey.</p> <p>Leaders enjoyed task but felt considerably lacking when asked questions beyond her realm of training. The National Meat Board Nutrient Chart proved to be a colorful aid in presenting material.</p> <p>The specialist prepared bulletin also provided material for at home study.</p> <p>Table service slides provided an additional variety.</p> <p>Work done by Ross, Oak, and M. Plissey.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>To offer interested people accurate nutrition information. To help people become more aware of poor eating habits and the possible results. To offer group therapy method of controlling weight.</p>	<p>2 Interest groups for the 12 meeting series had 36 in attendance.</p> <p>Each participant lost weight in varying amounts during the 12 meeting series. Greater understanding of basic nutrition in relation to weight control.</p>	<p>Basic nutrition practices, needs, and information including physical exercises, posture, calorie counts, nutrient values for each of the basic four food groups brought about greater understanding of nutrition in relation to good health. Films further supported material presented.</p>
<p>To help exercise proper nutritional practices among women in attendance at child Health Conferences.</p>	<p>Improved eating habits of participants and families of participants.</p> <p>12 monthly meetings in Mars Hill With an average of 6-8 mothers.</p> <p>Sherman Stacyville Oakfield 1-2 during Hodgdon year seeing Monticello an average Bridgewater of 10 mothers Wytovitlock per visit.</p> <p>Washburn-3 with 18 mothers in attendance.</p> <p>Easton-3 with 15 mothers</p> <p>Public Health Nurses report increased use of some foods-especially dry milk.</p>	<p>Work done by Ross and Oak.</p> <p>Individual nutrition instruction some based on individual problems of family members, as obesity, deficiencies ect. have led to more direct approval and a greater chance for application than with a group meeting. Various pamphlets on foods and nutrients give the homemaker a chance to read further on he individual family needs.</p>
	<p>Participants report greater understanding of nutritional practices.</p>	<p>Work done by Ross and Oak.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and staff Involved
<p>To show homemakers how the home freezer can be used effectively and economically as a storehouse for everyday meals.</p>	<p>20 leaders were trained representing 11 communities. These leaders taught 156 women freezing methods.</p>	<p>By means of demonstration the agent showed how to prepare foods for the freezer. This method was effective in that many have reported preparing foods for the freezer so that they get the most in quality, flavor and nutrition value.</p> <p>Work done by Oak.</p>
<p>To increase the homemakers knowledge of the different kinds of processed meat-comparing costs and nutrition values.</p>	<p>15 leaders from 11 groups were trained on Processed Meats. These leaders held eleven meetings attended by 128 homemakers. Many homemakers understood the importance of good protein in the diet and how they can get it at the price they wish to pay.</p>	<p>The demonstration and visuals used for buying and studying quality in bacon, cold cuts, sausages and hams was effective in creating interest. Also when this protein requirements for different family members was compared with the cost per serving the leaders and individuals were aware of how the meals they are serving meet nutritional needs.</p> <p>Work done by Oak.</p>
<p>To assist homemakers in making improvements in Home Furnishings within their incomes and way of living.</p>	<p>340 homemakers in Aroostook County were reached at 12 area meetings. The number of improvements are undetermined although some reported planning color schemes for their homes when redecoration would be done again.</p>	<p>Thought provoking questions effectively brought about discussion. The exhibits of various color combinations were effective in that homemakers were shown how to combine colors to build color schemes.</p> <p>Do-it-yourself planning was carried out by good shopping techniques.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>To help people better understand the life insurance they now have and if purchasing to buy the kind that fits their needs.</p>	<p>Area meeting in Fort Kent attendance 3. Two others canceled for lack of interest.</p>	<p>The film on "Pleasant Living" correlated the teaching by effectively portraying an attractive home with well planned color schemes. This method of presenting the Home Furnishing project stimulated interest in making home improvements at low cost and by home makers doing a great deal themselves.</p> <p>Work done by Oak, Ross and M. Plissey.</p>
<p>To help people understand the Social Security Law how to get credits and benefits derived.</p>	<p>65 people attended three area meetings and learned about Social Security credits and benefits.</p>	<p>Area meetings for this particular subject were not effective.</p> <p>Work done by Ross and M. Plissey.</p> <p>Mr. Otis Harrison, district director Social Security answered many questions in the discussion which followed his talk and film. This meeting was effective because many people found out how many quarters they needed to work to get benefits and if earnings have been reported accurately.</p>
<p>To understand Property Insurance by comparing various kinds and their values in different situations.</p>	<p>13 community meetings were held by the agent with an attendance of 160 women and a few men.</p>	<p>Work done by Oak.</p> <p>Illustrative material used was effective in getting group participation.</p> <p>Subject matter prepared by the agent from the bulletin "What you Should Know About Casualty Insurance" caused considerable interest and many questions were asked.</p>
	<p>Women became aware of the need to re-view property insurance. Some have reported a better understanding of policies and ability to talk more intelligently with their husbands about policies. They have also reported that changes have been made in insurance in order to obtain better coverage.</p>	<p>Work done by Ross</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To help people understand the problems involved in settling estates, advantages of making a will, understanding of property settlements if no will is made.</p>	<p>Wives are concerned because husbands do not have wills and want to know how to get husbands to prepare a will.</p> <p>People were made more aware of how property is distributed without a will and the need to have one if property is to be distributed according to owner's desire.</p> <p>Meetings were held during Oct and Nov 1964 so more results will be report in 1965 report.</p>	<p>The agent presented subject matter material based on the bulletin "The Time is Now" which caused much interest and discussion. The women showed interest by asking many questions.</p> <p>Work done by Ross.</p>
<p>To help homemakers study the principals of work simplification and wise use of family resources to reach family goals.</p>	<p>21 leaders were trained at two training classes.</p> <p>13 community meetings were taught by leaders at which 149 women attended.</p> <p>The women reported changes in ways of working and also that they re-arranged storage areas to facilitate work.</p>	<p>The check sheet on "How Am I Managing?" stimulated a lively discussion on work habits.</p> <p>Group participation in case studies helped the women to think through and solve problems other than their own.</p> <p>The demonstrations on making house-work easier or difficult caused the women to recognize the fact that there may be a better way of doing many of the usual jobs.</p> <p>Work done by M. Plissey, Oak and Ross.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To help homemakers analyze and plan adequate kitchens which will meet the needs of their families.	1 new kitchen has been completed and 1 new kitchen is underway. 4 kitchens are in the process of being remodeled.	When the agent plans with the homemakers in their kitchens or with both the homemaker and her husband the new or remodeled kitchen gets started and completed. Work done by Ross, Oak and M. Plissey.
To help homemakers refinish furniture using proper finish for wood, and period of furniture style.	21 women completed one or more pieces of furniture. 12 other pieces started and will be completed later. One woman refinished an entire dining room set and another did a 4 piece bedroom set.	Four interest groups with the agent demonstrating each step in refinishing was very effective in that the refinishing process was understood and carried out. Work done by Oak and Ross.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To get acquainted with and maintain 4-H programs, in Southern Aroostook. To determine needs for 1965.</p>	<p>Leaders are in a friendly and cooperative state. Need for leader training and recruiting of new leaders is now being met.</p>	<p>The program has been effective as far as its limited size would allow. Work done by Annis.</p>
<p>To revitalize the 4-H program in Central Aroostook, because of lack of a permanent agent during the past several months.</p>	<p>Renewed enthusiasm on part of leaders. Four new clubs have organized for 1965. increased envelopment is occurring in most of the going clubs. Need to replace leaders of 2 very active clubs and Leaders Association concern and assistance makes the outlook hopeful.</p>	<p>Personal enthusiasm of agent and indications of concern by agent in contract with leaders seems best and most effective approach. Agent attends as many club meetings as possible, plans with clubs, gives subject matter for meetings on as wide a variety of subjects as clubs indicate a need for. Work done by Dennis and House.</p>
<p>Increase activities to hold older members and get more new older members into club work.</p>	<p>Rifle Club is organizing with much interest from older youth. Forestry, automotive and electric clubs are in planning stages with hopeful outlook of interesting older boys.</p>	<p>Introduction of Gun Safety Project to each leader, radio program bi-weekly, work with local business men in stirring up feeling about problems of older youth being channeled into constructive programs. Urging on leaders of submission of standard report form for state and national recognition. Work done by Dennis.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To sustain interest of younger members in Club Program.	Setting up quarterly awards program within area for more immediate encouragement and recognition of progress. Many members are taking reading, speech, and crafts projects to hold constant interest until seasonal projects, i.e., gardening, potatoes, wildflowers, entomology, ect. can be started.	Direct work with leaders and club members indicated good effectiveness. Work done by Dennis.
To expand youth programs outside of 4-H club.	Programs for young peoples groups are being set up in Methodist Church in Limestone, Luthern Church in Caribou, and United Parish in Fort Fairfield.	Pastors are most interested and cooperative. Many different methods will be used in carrying out these programs. Work done by Dennis.
To re-evaluate Beef Program	Cooperation of local banks has been secured for assisting in financing livestock for 4-H Club Members.	Direct business approach has been effective with members. This is new and cannot be evaluated as to results yet. Work done by Dennis

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To provide countywide organizational and educational leadership in the development and activities of a Rural Area Development Program, that will lead to overall county economic growth of natural and human resources.</p>	<p>Compilation and distribution of a progress report on Aroostook County's O.E.D.P. (3/1/64) Organization and several meetings of a countywide R.A.D. Executive Committee (12 members) One organizational meeting for all members (executive committee and sub committees) on 6/24/64 (21 attended). Organization of seven county R.A.D. subcommittees (56 members) as follows: Agriculture Forest Products Highways Parks, Recreation and Tourism Small Business Vocational Education Water, Conservation and Wildlife</p> <p>Two RAD subcommittees in the areas of Highways and Forest Products active and working. At least ten projects within the county are in the planning stage. Several projects are completed or underway. ARA and Accelerated Public Works funds have been of considerable assistance.</p>	<p>Attendance at countywide RAD sessions leaves much to be desired. Travel distance to countywide committee meetings is a limiting factor. County area approaches will be expected in 1965. The RAD organization has selected some very good leadership from their own executive body to "spear head" subcommittee activities and will correct apparent weakness themselves as they develop.</p> <p>Having this organization develop their own thinking in committees and organize themselves for action seems slow, but gradual, sound progress is underway. Guidance of committees to the many available resource people, for facts, must be expanded. Moral of the leadership of the county RAD organization is generally very high and the future of this county RAD movement looks very promising.</p> <p>Work done by Sweetser, Holt, Bennett and Montrille.</p>
<p>To locate, contract and assist all privately operated campgrounds within the county.</p>	<p>Located, contracted and discussed campground operation with four such private areas in Aroostook completed a "Campground Inventory and Study Survey" on each area. Left a supply of "Camper Evaluation Sheets" for each area to use with their patrons. These sheets for completion and mailing to Univ. Of Maine for analysis. Each private area operator to get a later summary. (This work done in conjunction a State-wide project.)</p>	<p>Willingness of operators to cooperate have their areas evaluated and receive assistance indicates this project very effective. Added request for <u>recommendations</u> on planning for improvements, ect. indicate good effectiveness.</p> <p>Work done by Montrille and Sweetser.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To have people informed of the Civil Defense organization and aware of practical measures of protection.	Several meetings with the county U.S.D.A. Civil Defense Board. Dissemination of Civil Defense educational materials by mail and at several meetings. Meeting on Civil Defense.	Civil Defense seems to be an area of activity that is real difficult to get people interested in. Well prepared displays and visual aids increase effectiveness. Work done by Crouse, Pallein, Oak And Sweetser.
To assist communities and other groups with development of desired recreational facilities.	Provided development ideas and facility plans as requested.	Several requests indicates good interest and effectiveness in this area. Work done by Sweetser.
To have the people in Aroostook County have a better understanding of the need and value of formal and continuing Education.	500 sets of fact sheets were distributed to various organizations and individuals as results of replies and requests. Five TV shots of 5 minutes was given by each agent on WAGM "Opinion" which helped to stimulate interest in the Educational series.	This program has been of some help in informing and interesting people but the impact has not been as great as many people effected hoped for. The 6 fact sheets and the TV program on Education which were the basis of the self-administered local discussion groups on Education were favorably accepted: Flyers were sent out through various organizations(churches, schools, ect.) explaining the series with a chance to clip a slip requesting information. This proved unsuccessful in terms of numbers.
To acquaint citizens of the importance of forest products to Aroostook county. To stress the importance of forest resource conservation.	Attended to two-day training session for background information. Plans underway to disseminate considerable information on Aroostook's forest products industry in 1965.	Not enough work done on this yet to evaluate effectiveness. Work done by total County Extension Agent Staff.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To provide the basic knowledge of horse management aimed at improved riding, fitting, showing and other horse skills.</p>	<p>A series of five "Light Horse Management Schools" attracted a total attendance of 421 horse enthusiasts. Interest in light horses, horse clubs and other riding horse activities are steadily growing in the county.</p>	<p>The "Light Horse Management Schools" were very effective in attracting participants of all ages (youth and adult) and were attended by horse lovers from all sections of the county, plus some people from New Brunswick. Horse enthusiasts reached effectively through periodic mailing of "Light Horse News". Requests for horse information and helps indicate that this program is very effective.</p>
<p>To help people in Central Aroostook to improve their home grounds with a good landscape plan which gives consideration to the families use and is fitting to the grounds.</p>	<p>A list of county horse enthusiasts was developed from registrations at these horse schools.</p> <p>Many requests for horse management information and help received at and following Horse Schools.</p> <p>Future plans indicate 10-day short course on "How to Shoe Horses" and 1-day clinics for adults and youth "The Elements of Equitation."</p>	<p>Work done by Poulton, Goater and Sweetser.</p>
<p>One local market opened up an outlet of recommended shrubs and evergreens found the demand was so great that he had to rush reorders.</p>	<p>41 men and women enrolled and completed the series of 4 workshops. One community meeting was held with 35 in attendance. 10 people were individually assisted in planning their grounds by special conferences with Mr. Eastman.</p>	<p>At the series of four workshops Charles Eastman Extension Agent, Lurin County effectively explained ways of improving home grounds and the easiest way to accomplish this with the least expense and effort. The many visuals-charts-slides and movie helped to convey ideas. TV and radio programs and newspaper articles helped to create interest and promote the program. Monthly "Lurf Clippings" forwarded to Workshop participants have kept them informed regarding fertilizer and lawn care. The many calls for individual help also indicated the peoples interest and the effectiveness</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To help guide and administer an effective offering of continuing Education Division courses, to meet Aroostook County citizens educational needs.</p>	<p>3 degree credit courses currently underway at Houlton. 2 degree credit courses currently underway at Madawaska. 17 degree credit courses currently underway at Presque Isle approximately 200 students enrolled in these degree credit courses mentioned above. About 40 of these 200 students taking courses for graduate degree credits. The majority of these students are in the teaching professions.</p> <p>There is considerable interest in NCM (non-degree) business course offerings. NCM offerings are now underway in Madawaska, Fort Kent, and Presque Isle. Results of NCM offerings this past year are: at Madawaska 4 courses with 75 enrolled. At Fort Kent 3 courses with 44 enrolled. At Presque Isle 4 courses with 60 enrolled. Plans are underway to have CED courses offered in more locations in Aroostook County and to increase the number and fields of course offerings in present community CED locations. The education officer at Loring A.F.B. has submitted a request to organize a CED program for service personnel needs. This is now being studied.</p>	<p>Requests and comments from many county citizens have been fulfilled by CED course offerings, indicating this is a very effective procedure. An increased availability of qualified instructors would assist in making this CED course program even more effective. The fine cooperation of local Chambers of Commerce and other organizations indicate the good effectiveness of this program. Enthusiastic comments from students and instructors indicate good effectiveness.</p> <p>Work done by Blake, Hackett, M. Plissey, Oak and Sweetser.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved
<p>To inform and promote University of Maine programs and services from local Extension Service Offices.</p>	<p>A file of University information on programs and services maintained at all 3 Aroostook Office locations. Extension Agent and Area Specialist staff informed Of University program and services.</p> <p>Many requests for University information fulfilled.</p> <p>University curriculum information discussed with and displayed before various county groups during the year.</p>	<p>Requests to county offices by many Aroostook citizens indicates the good effectiveness of this program.</p> <p>Aroostook County also has a good enrollment of students at the University and many more citizens depending on other University services indicating good effectiveness.</p> <p>Work done by Pullen, and the total Extension Agent and Area Specialist Staff.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To improve understanding of the roles of all Extension Agents working in the County and other members associated with on the state staff level.</p>	<p>Preparation by each member of the county staff of a position description of his or her area of responsibility. Meeting of total agent staff in the county to discuss each agents position description with total staff involved. Meetings with field program coordinator to develop position descriptions.</p>	<p>The understanding, preparation and final agreement on position descriptions has aided in developing a unified effort to plan and execute a total county Extension program with closer cooperation by all agents involved.</p> <p>Work done by total county Extension Agent staff and Holt.</p>
<p>To have county Extension Agent staff work effectively together and coordinate their efforts.</p>	<p>Period county staff conferences to explain each others planned activities before the whole county staff.</p>	<p>This is an effective means to keep each other informed of agent activities and gain the aid and support of other staff members on many projects.</p> <p>Work done by Sweetser with entire county staff participating.</p>
<p>To adopt improved office management practices.</p>	<p>Reorganization of some office files and elimination of much older, no longer used materials. Offices generally more neat, orderly and businesslike. Changes to more economical sources of supplies. Improved secretarial procedures.</p>	<p>Efforts in this area reflect improvements in office operations.</p> <p>Work done by Miller, Sweetser, Chapman and Plissey primarily.</p>
<p>To keep county Extension Assn. income and expenses in balance.</p>	<p>Preparation of yearly budget and accounting of expenses. Setting-up and advising each member of the county staff of suggested amount budgeted for expenses. Coordination of budget needs with Extension Assn. Executive Committee.</p>	<p>Information on budget of yearly expenses well received by all.</p> <p>Work done by Sweetser and Miller. All county based Extension Agents and Area Specialists involved.</p>
<p>To maintain, stimulate and inform an active county Extension Association Executive</p>	<p>Encourage frequent business sessions and keep this committee up-to-date on Extension activities.</p>	<p>Increased interest and support of Extension activities indicate good effectiveness.</p> <p>Work done by Bates, Holt, and Extension Agent and Area Specialist Staff.</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To help develop the young farmers of Central Aroostook in their understanding of agricultural problems and to encourage leadership and participation in public affairs.	Advice and assistance with monthly meeting programs. Their organization membership has now increased to a total of 75 members.	This procedure has resulted in increased interest of this young farmers organization in county agricultural and other problems. Work done by Robinson, Roberts, and Sweetser.

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
<p>To provide an Educational Program in Family Living for the TV audience in Aroostook County.</p>	<p>52 TV Programs have been presented on the "Aroostook Homemaker Show" each Wednesday. The following programs were presented:</p> <p>Clothing: Footwear and Footcare Fibers, Fabrics and Finishes Quality at the Clothing Market Care of Clothing Packing your Travel Wardrobe Cold Weather Apparel How to Fold a Sheet</p> <p>Family Life: Family Life Education Choosing Childrens Books Child Craft</p> <p>Food and Nutrition: Candy Making Understanding Nutrition Baking Powder Biscits Using Dry Milk Using Maine Foods Cookie Mixes Jellyroll and Sponge Cake Rolled Wheat and Cheese Home Freezing Slick Tricks in Picnics Backyard Barbeque Salads Cream Puffs Pickles and Relishes Freezer Meals Low Cost Foods Children's Diet Meals for Small Families Roasting Meat Better Breakfasts Using Maine Apples Food Standards Thanksgiving Leftovers Milk and Eggs Co-Together</p>	<p>Requests for pamphlets, bulletins, and leaflets indicate a large audience. According to a survey done by WAGM-TV it was found that 7,400 people were watching TV in Aroostook County at 11 A.M. and 5,7000 were viewing WAGM-TV.</p> <p>Work done by Oak, Ross, and M Plissey</p>

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
	<p>Home Management: Managing your Dollars and Cents Choosing Accessories for the Home Values in Living and Work Simplification Money Management and Consumer Credit Your Life Insurance Program Design in the Home</p>	
	<p>Miscellaneous Christmas Wreaths Christmas Candies Christmas Cards Film IFYE-International Farm Youth Exchange Home Ground Improvement Film Film Film Christmas Cards Six films when agents were at U.F.M for Conferences.</p>	

Objectives	Results (or Progress)	Effectiveness of Methods and Staff Involved.
To create interest and understanding of people in other countries-Nigeria	Women gained a greater understanding of how people of Nigeria live, eat and dress. 45 leaders trained 45 group meetings 582 attended	Slides-posters-books-were effective as a way of showing people, homes, and lands. Dolls dressed in native costume was an effective interest item. Nigerian dinner served at training class was an effective method for teaching foods of Nigeria. Work done by Oak and Ross.
To increase the use of local library by school age children and pre-schoolers.	2 lists were compiled this year by agent and local librarian. Some 1200 copies of each were distributed through the school department in the Fort Kent school Union.	Excellent way to distribute lists. Exceptional cooperation with school department and local library.
To increase the quality of reading done by pre-schoolers (read to age) and school age children.	5 lists from last year were re-run and copies are in continued use either as replacement for lost copies or when new people come to town-varying numbers of each set distributed this year. Librarian reports use of lists by school children under guidance from school Teachers. Increase circulation of books over last year.	Poor communications with area Book Mobile-children have lists- lists sent to book mobile-books not stocked as requested. Project to be continued with use of old and new lists. Other towns not involved in this school union need to be involved. Work done by Plissey.
To inform people within the county regarding events and important subject matter areas.	49 radio talks have been given by the Family Living Agent in Central Aroostook. News items have been released nearly every week.	Requests for pamphlets, bulletins and attendance at meetings indicate that both radio and newspapers are effective means of reaching people. Work done by Oak, Sweetser, Ross, Plissey, Dennis and Annis.

Aroostook County

A. Program Area Career Exploration

<u>Objectives</u>	<u>Results (or progress).</u>	<u>Effectiveness of Methods and Staff Involved</u>
To help youth explore as many career opportunities as possible and to continue needed education	At least 2500 career booklets have been used in St. John Valley schools, with at least 800 utilized on a planned and guided basis within the school curriculum.	Personal calls were made on guidance directors and all principals of high schools and junior high classes, explaining the potential use of the new booklets as the core of work of a 4-H club, or as part of the schools' orientation classes. Work done by June Pike

Program Area "Teen Summer Satisfactions" (employment and other gainful occupation)

Objectives	Results	Effectiveness of Methods and Staff Involved
<p>To help teens to utilize a jobless summer; how to spend it in planned ways for personal gain or profit, in or out of the world of work.</p>	<p>Seven teens in the area advised agent that they secured jobs in the State of Maine through agent's weekly column of information in <u>St. John Valley Times</u>.</p>	<p>From January, 1964 through June, 1964, the Agent's weekly column in the <u>St. John Valley Times</u> was devoted to teen summer occupation and employment. Actual verified summer job openings in various Maine summer industries were also listed with brief job descriptions and employers' names and addresses.</p>
<p>To provide actual, verified listings of summer jobs within the State of Maine for which inexperienced and experienced teens might successfully apply; to provide information regarding how and why to do so.</p>	<p>Madawaska High School guidance director and principal erected a giant bulletin board in the main hall, which featured the agent's weekly column series in summer employment, from January to May 1964.</p>	<p>"When to", "how to" and "why" were incorporated into all the columns' information.</p>
	<p>There were numerous favorable adult comments on the timeliness <i>timeliness</i> and adequacy of the column series. Madawaska Chamber of Commerce president reported a sharp increase in early applications for summer employment.</p>	<p>The following are some of the topics which were covered by the column: The time is now: where to write for information, where to look for summer business listings; how to write that letter of application: what to avoid, what to include; the factual resume about you: why necessary, how to, what to include; where to find additional job opening listings in Maine; what an employer expects of you; that fatal interview; 25 ways that a jobless summer can be spent gainfully. 9 ways to make your own summer job. How hobbies can be your big asset. Volunteer work in your community: why, how. Learning to work with children under professional guidance. Become a "big brother" tutor: why, how, for whom.</p>
	<p>The director of a world-wide summer placement directory wrote the agent, suggesting that some material be written for them at the rate of 2 to 3 cents per word.</p>	

High school summer school for you:
Why, where, when; Self-help to
improve study habits: why, where,
how. How to improve your reading
speed: 4 weeks. A summer
reading program: why, how,
planning, results to be expected.
What it takes to get in the Peace
Corps. Vocabulary building:
where to get study materials, why.
Prepare for armed forces tests:
where to get study materials, why.
Prepare for college entrance tests:
where to get study materials, why.
Prepare for Civil Service tests:
where to get study materials, why.
Prepare for scholarship examination
where to get study materials, why.

Work done by June Pike

Program Area "Experiences In Art"

Objectives	Results	Effectiveness of Methods and Staff Involved
<p>To enable school children, youth and adults of the St. John Valley to have experiences with arts of several kinds and forms; to contribute to the esthetic awareness and social growth of the young through new experience, not available in the area; to broaden the public image of 4-H.</p>	<p>School officials, principals, teachers, club leaders and many youth have stated clearly, by written and oral means, their appreciation, interest and approval of this program; they express a hope for continuation.</p> <p>Two new local 4-H club leaders volunteered without being solicited for 4-H clubwork after attending some programs.</p> <p>Many voluntary, out-of-school children's letters have requested programs of artists as well as regular 4-H project materials.</p>	<p>A series of eight visual-auditory-verbal programs presenting art forms was planned in November 1963. These included performing arts, graphic arts, fine arts, literary arts, photographic arts and illustrative arts. A few were presented at the Fort Kent Library, some at joint adult night school classes in Madawaska, most at high schools, junior high, and upper grades. A few were given to 3rd and 4th grade children. About six were given to large groups in art, speech, or literature classes at Fort Kent State Teachers College, or presented in the evening for the student body.</p> <p>Exhibits of original and valuable graphic art done in a variety of media were used in conjunction with art films. The films illustrated method, or history of the medium, or biography of the ^{artist} arts, or relationships in color, form, concept and subject--or several of these in combination. For example, one film combined the most mature poetic concepts of Walt Whitman with the many color woodcuts (which illustrated the concepts expressed in the poetry) by a foremost American artist. With</p>

With this film an exhibit of actual color woodcuts was displayed, plus some of his illustrations of childrens books. The film, in addition to being an esthetic experience in which color, music, poetry are integrals, also requires a re-examination of our own values and our own role in America's future.

In all cases, mimeographed, take-home and/or discussion sheets (see appendix) were prepared for adult and student audiences or for high school classroom teacher follow-up. For grade school pupils, study questions and/or reference book and study-research questions (the answers to which would provide background for greater enjoyment and understanding) were prepared and distributed prior to film and/or art presentation.

Six art exhibits in varied media comprised of 16 to 20 original paintings each, were hung in every school in the valley (except Van Buren town schools and Eagle Lake) for pupils to "live with" for at least two days at a time. Teachers were asked by their supervisors to try to stimulate interest and to correlate with curriculum work wherever possible. This was done easily with subjects such as language arts, historical Maine, American history, other social sciences, economics, Maine industry conservation of natural resources,

bird study, vocational shop work
and children's Friday afternoon
"activity " period in which
creative art is attempted in
some schools.

Work done by June Pike.

Program Area Junior Leadership

Objectives	Results	Effectiveness of Methods and Staff Involved
To interest older youth in Extension programs.	A countywide junior leader club was formed, named by members "County 4-H Youth Council", composed of 33 members.	Very careful planning and preparation were done by the agent before all meetings. This was and agent-led teen group of 15-19 year old members.
To help youth to acquire attitudes, abilities and understandings that enable them to work well with others.	They planned, organized and carried out by committees all phases of the following successful county events, with the guidance and assistance of Agent: County 4-H Dress Revue, Aroostook County Candidate for Broiler Festival	All teen purposes, goals, "ground rules", methods and plans of action were suggested, discussed and determined by the group.
To help youth to develop a broader concept of leadership as total, functional citizenship.	Queen, Belfast, Mothers' and Daughters' Menstruation Meeting, Benefit Record Hop, Madawaska High Mother-Daughter Banquet with speeches by all on leadership and values in 4-H, volunteer assistance	See appendix for publicity, etc.
To help youth to learn how to determine and secure the needed local and area people and resources to carry out the group purpose or goal.	to agent during Northern Maine, from preparation to cleanup, town teen summer employment clearing houses for odd jobs and babysitting (not so successful).	Work done by June Pike.
To help youth to volunteer personal assistance in areas of 4-H clubwork where they can make a genuine contribution and experience the satisfactions thereof.		

Program Area International Understanding

Objectives	Results	Effectiveness of Methods and Staff Involved
<p>To acquire new attitudes, and understandings of the world we live in through new contacts, group and individual, with people, customs and cultures of other countries.</p>	<p>Interest, club programs and letter-writing activities have been slowly generating among 4-H clubs during the past few years.</p> <p>Enthusiastic interest is always apparent following any International program presented by agent.</p> <p>One club has carried on a very meaningful exchange program with children in Australia.</p>	<p>Clubs are repeatedly urged to undertake some form of study or exchange activity with foreign countries of their choice.</p> <p>International visitors and IFYE delegates, whenever available, are presented to large groups of school children which include 4-H members. Example, Diana Norman, IFYE delegate to Finland, gave an oral presentation wearing Finnish National dress, using colored slides and Finnish handicrafts as visuals for six schools and 4-H groups in the St. John Valley totalling 1541 youngsters. School officials requested pupil orientation of Finland to be done by classroom teachers a week ahead of Miss Norman's appearances. School supervisors were present to introduce the agent and speak of the value of the international 4-H program. The agent in turn introduced Miss Norman.</p>

Work done by June Pike

Program Area T.V. Science

Objectives	Results	Effectiveness of Methods and Staff Involved
<p>To involve greater numbers of school children and youth in 4-H club projects, programs, materials and opportunities. To augment and supplement the school science program.</p>	<p>Approximately 2,450 school children of the St. John Valley presumably watched the T.V. programs and took home the T.V. science publication. About 600 earned 4-H certificates of completion and were presented with them, near the end of the school year.</p>	<p>To enroll school children, short talks were given in 4th through 8th grade Valley schools, under the auspices of school superintendents and principals. Samples of the manual, member-button and enrollment card were displayed. Teachers were given a brief mimeographed outline of the content of each T.V. Program, in order that they might correlate with classroom work when possible.</p>
	<p>All St. John Valley science fairs (attended by agent, who took photos) clearly reflected the use of 4-H and other Extension publications on T.V. Science, animals, plants, weather stations, soils, crops, wildlife, sugar beets, potato production, electricity, poultry science.</p>	<p>Supplementary programs, incorporating audio and visual materials, were prepared and presented by agent in schools where enrollment was high.</p>
	<p>There were dozens of excellent classroom displays of completed T.V. Science articles; the well-made musical instruments actually worked!</p>	<p>Because of short supply, an additional 1200 T.V. Science manuals were mimeographed and distributed along with the 1400 offset-printed copies received from the Supply Office.</p>

Work done by June Pike

Program Area 4-H Foods and Nutrition

Obejctives	Results	Effectiveness in Methods and Staff Involved
<p>To help children and teens to know and practice the importance of safety and cleanliness in preparing and serving food; to understand and use the principles of food preparation and to learn how nutrition affects health, physical fitness, appearance and ability to learn.</p>	<p>The quality of members' foods and menus is only fair to poor; exhibits consistently receive white or red ribbons.</p> <p>Foods enrollment, along with other home economics projects, has been decreasing. Teens spend less interest and time on foods than eleven and twelve year old members.</p> <p>Leaders who are willing to teach foods and nutrition are becoming fewer due ^{to} space, cleanup and time problems involved with teaching groups in the family kitchen.</p> <p>Mothers often substitute methods, even recipes, and in many cases do not feel it important that a child should learn "to cook" before she is forced to learn, by marriage, as mother did.</p>	<p>No special methods or meetings have been used this year, but standards are carefully explained, re-explained, mimeographed and placed in leaders' and members' hands.</p> <p>Work done by June Pike</p>

Objectives	Results	Effectiveness of Methods And Staff Involved
<p>To encourage young people to acquire the knowledge, satisfactions and skills of appropriate and suitable dress in relation to self and society.</p> <p>To help young girls to learn to use and care for the sewing machine and other sewing tools.</p> <p>To help young girls to select patterns and materials which are compatible as well as suitable to the age and sewing experience of the learner.</p>	<p>The quality of members' clothing articles is not adequate; it is seldom that the minimum requirements per project are exceeded. Interest is high only as County Dress Revue nears, then shows a sharp decline. Leaders report that articles are seldom finished on schedule. Teen girls insist that they haven't time to sew during the school year, even when they wish to do so. Interest seems proportionate to county meeting-training events, such as Simplicity Wardrobe program, teen fashion shows, appearance workshops.</p>	<p>No special methods or meetings have been used this year. All helpful, free, attractive printed commercial materials have been distributed to help supplement 4-H mimeographed manuals.</p> <p>Work done by June Pike</p>

Program Area Conservation of Natural Resources, Plant and animal Sciences

Objectives	Results	Effectiveness of Methods And Staff Involved
<p>To help larger numbers of children and youth to become familiar with our natural resources, their vital importance in our daily lives and to practice conservation.</p>	<p>4-H interest was sustained throughout the school year in all schools who had conservation programs.</p>	<p>Intensive use was made of instructional films of the life aspects of animals, plants, forests, soils, water.</p>
<p>To help children to understand the interrelationships and interdependence of one natural resource with another, and to help young people to realize the natural sciences are as vital as the technical sciences.</p>	<p>All Frenchville schools have requested a continuing program, with similar and related subjects, such as entomology, home grounds, gardening.</p>	<p>Mimeographed sheets were provided of the following types: Addresses of sources of free conservation and natural science materials and films; how to make Audubon-type songbird callers; bird feeders, bird houses, bird refuges, nature paths; resource lists, supply house addresses and conservation quizzes.</p>
<p>To help teachers and 4-H leaders to plan, develop and make available on-going 4-H experiences and activities with plants, animals, soils, forests, water, anti-litter.</p>	<p>School supervisors and principals are eager to have new 4-H materials, programs, activities.</p>	<p>An art exhibit of the silk-screened birds of Charles Harper was used to present a bird conservation and art program, with emphasis on the "whys" of extinct and near-extinct Northern American birds. To help make the artist's birds come alive, bird calls to match the represented birds were tape-recorded from records (the Roger Tory Peterson collection) and played for the young people following each bird story and print.</p>
	<p>An extremely noticeable increase occurred in requests for publications, including our office-mimeographed sheets as well as Extension and USDA publications.</p>	
	<p>Superintendents of schools and supervisors lavishly endorsed all 4-H programs orally and by new letter.</p>	
	<p>All Valley science fairs reflected the use and study of 4-H and other Extension publications on plants, animals, weather, soils, crops, wildlife, forestry, entomology, electricity.</p>	
	<p>One school department alone has distributed over 6000 county and state Extension publications in schools.</p>	<p>Work done by June Pike</p>

Program Area Arts and Crafts

Objective	Results	Effectiveness of Methods And Staff Involved
<p>To help greater numbers of youngsters to appreciate craftsmanship and to experience satisfaction in developing manual skills, hobby skills and understandings related to the world of handicrafts, artisans and arts.</p>	<p>Experimentation in, and production of simple crafts in wide variety has been an excellent sustainer of the interest of younger members. Their work is constantly on display in libraries and store windows; it has created much interest and new awareness that 4-H clubwork offers recreational, creative and esthetic opportunities.</p> <p>All leaders are asking for crafts manuals and workshops. Requests for more arts, exhibits, crafts programs and materials have been received from everywhere, including school superintendents and principals</p>	<p>A handicraft listing was included in the Northern Maine Fair premium list for the first time. Pre-cut craft kits such as paint-by-number were banned.</p> <p>Poster contests, window-display contests and art contests were held in the schools. Written standards for these were distributed</p> <p>All Valley school children from 4th grade through junior high were given at least one forty-minute audio and visual program presentation of the original works of an artist, correlated with other aspects of 4-H work when possible, followed with mimeographed directions for articles to be made, sources of free, related materials, booklists by reading level on one or more aspects of the presentation given.</p> <p>Five additional art exhibits of original art works produced in at least six different media (such as guache, oil, tempera, silk-screen, photography, woodcut, etc.) were hung in all Valley schools except Van Buren.</p> <p>Work done by June Pike</p>

Program Area Other Youth Groups and Organizations

Objectives	Results	Effectiveness of Methods and Staff Involved
To become better known as youth representative of an agency which has need to cooperate with other organizations for youth	Requests for assistance of many types, including materials and programs, have been made by a wide variety of organizations dealing with or composed of youth, as follows: High school groups: Future Business Leaders of America, Future Beauticians Club, Future Nurses Club, Future Teachers Club, Camera Club, Teachers College Groups: Newman Club, Student Education Association, Speech and Art Departments Other Groups: Civil Air Patrol, Retarded Childrens' Assocoation, Business and Professional Women's Club, Fort Kent Rotary, Soldier Pond Schoolteachers, Jaycees fo Madawaska.	No special methods employed; however, much time and effort were often spent in complying with requests. Work done by June Pike