

EFNEP IS FIVE-YEARS-OLD

Extension's Expanded Food and Nutrition Education Program (EFNEP) marked its fifth birthday during "on-Campus" days this spring.

Nearly 300 EFNEP nutrition aides were in Raleigh for the speeches, testimonials, awards, tours and workshops.

A highlight of the conference was the recognition of Mrs. Billie Hamilton, Wake County, as the top aide in the State. She is credited with helping 38 families escape from the welfare rolls.

Other top aides recognized were Mrs. Ruth Shamberger, Moore; Mrs. Doris Jean Roberts, Madison, and Mrs. Ada Nicks, Caswell.

Testimonials by Mrs. Hamilton and two other aides: Mrs. Otelia Jinks, Durham; and Mrs. Catherine Lambert, Cherokee Reservation, offered insight into the work of the aides.

Mrs. Jinks, once ministered to by field nutritionists, picked up enough knowledge about proper diet to become a nutrition aide herself. "I discovered you can go through a lifetime of cooking and never think about nutrition," she said.

"One of the greatest problems I face is a heavy heart," Mrs. Hamilton said, as she told of the pathetic situations her families face.

"It's futile," she noted, "to talk to a mother about nutrition when she's concerned about a runaway child or drunken husband."

(MORE)

"I didn't know the needs of my own people until I became involved in this program," added Mrs. Lambert, a Cherokee mother of four. "The Cherokee Indian is a proud race, and it's hard to change the eating habits they have fallen into," she observed.

The five-year score for EFNEP shows that the program has reached 27,000 homemakers and 45,000 youth in 97 counties.

Some 6,000 volunteers are now assisting the 300 aides in carrying out the program.

The consumption of milk, fruits and vegetables, the foods most lacking in the diets of the poor, has been doubled in many cases.

NEW AUDIENCE

At least two counties have deaf homemakers as members of their Extension Homemakers Clubs.

Burke County has a club for deaf homemakers and in Forsyth County, deaf homemakers are part of a regular community club. A sign language interpreter attends club meetings and communicates the extension agent's or leader's information to the deaf homemakers.

An additional 20 extension workers attended a training school on how to work with the deaf and several more clubs may be organized or may welcome deaf women to their meetings.

The agent workshop was designed to help agents: (1) increase their understanding of the problems of deaf persons in a "hearing" world, (2) develop positive attitudes toward deaf persons and learn educational approaches that would help them communicate with each other, and (3) increase understanding of resources available to help the deaf help themselves.

It is estimated that there are 32,241 deaf persons in North Carolina and 209,554 persons who have significantly impaired hearing.

MOBILE HOME "LIVE-IN"

A mobile-home "live-in" project, conducted cooperatively by the North Carolina Agricultural Extension Service and the North Carolina Manufactured Housing Institute, has proved that a "live-in" can be worthwhile in the demonstration of the advantages and disadvantages of mobile-home living.

The project also showed that mobile homes, both new and used, can be a way to decrease the number of substandard houses in North Carolina. But mobile homes are a relatively new type of housing and people do not readily accept this idea of better living.

Education toward acceptance of the concept of mobile housing is needed. Guidelines for such education seems to follow the cliches: "Try it, you'll like it," or "Don't knock it, unless you've tried it."

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HOMEMAKER AWARDS

Members of North Carolina Extension Homemakers Clubs walked off with top national honors for their efforts in international relations.

The award was presented during the National Extension Homemakers Council's annual meeting in August.

The homemakers received the national honor for their annual tour for foreign students at three university branches and for their support of a foster child, Janet Aquirre of Ecuador.

Iredell County homemakers received an additional national recognition for having the best county project in international relations.

North Carolina homemakers also received honors for one part of their public information program, and Mrs. Paul Fletcher, Kinston, was elected secretary of the National Council.

Mrs. Juanita Hudson, Benson, is also on the National Board, serving as Cultural Arts chairman.

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MINI-LESSONS

Homemakers interested in sewing with a "professional" touch and selecting clothing with an eye towards the aesthetic, had a chance to attend mini-workshops conducted by extension clothing specialists, North Carolina State University.

Offered on a county or multi-county level, the sessions covered three or four different topics. The fare was offered a la carte, so agents responsible for scheduling the specialist interest session could select items they felt women in their area were particularly interested in.

Sessions were offered on a half- or full-day basis.

If county agents and clothing leaders wished, they could prepare educational exhibits showing "how-to-do" other sewing techniques not covered in the mini-lesson.

Each session had over 100 women in attendance.

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MARRIAGE ENRICHMENT

Experience has shown that serious group discussions among couples, whose marriages are already doing well, may prevent serious problems in the future.

So extension human development specialists developed a collection of "Marriage Enrichment" materials that could be used to stimulate such discussion sessions.

Benefits from the group sessions were: 1) the improvement of communication between the married partners, 2) making marriage more interesting or enriching, 3) prevention of difficulties that grow out of "drab," "unexciting" marriages, 4) helping married couples to continue growing with each other.

EXPANDING FAMILIES

The Expanding Family -- those that have children in the age bracket between preschool and teenagers -- received special attention from home economics agents and specialists this year.

Specialists prepared materials that would be of interest to such families and agent training on the use of this information was done on a district basis.

Among the more provocative materials was a series of lessons for children ages 6-8 and the parents of these children.

Lessons covered such topics as family relationships, helping the child develop more independence, safety and sex education.

SEAFOOD PROJECT

Extension Homemakers in Carteret County, with their kitchen know-how, are teaming up with food science specialists, with their laboratory know-how, to solve practical problems in the processing, preparing and cooking of seafoods.

The cooperative venture, begun in April, 1973, continues on a one-day-a-month basis at the Seafood Science Laboratory in Morehead City.

One of the first work sessions was devoted to decreasing the amount of waste in fileting fish.

Another challenge: developing a method that will help sports fishermen get their catch from the boat or surf to their home without losing quality.

The women have also compiled a 101-page publication that contains educational and nutritional information and recipes. More than 7,000 copies have been sold.

Although the project is on-going, there are already positive evidences of the impact of the homemaker-scientist endeavor.

Homemakers are reporting improved family diets by (1) serving a larger variety of seafoods, (2) preparing and serving seafood in more innovative ways, and (3) using more seafood, since it is readily available, to provide good low-cost protein.

The homemakers, who have already experimented with shell fish, shrimp and small fish, also hope to find some new uses for shrimp heads and for clam, scallop and oyster shells.

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EDUCATION CENTER

In 1967, members of the North Carolina Extension Homemakers Association gave \$100,000 to North Carolina State University as "seed money" for a Center for Continuing Education. That center is now under construction.

One classroom in the center will be dedicated to the Homemakers, allowing them to place memorabilia of their work and leaders in "their" room.

The association has also agreed to provide \$6,000 to buy a concert grand piano for the center.

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CLOTHING CAMP

North Carolina's first 4-H clothing camp was held at Camp Caroway, Asheboro, May 10-12.

Approximately 115 4-H girls from all seven districts attended the event, along with several adult clothing leaders.

Representatives from industry and business taught classes on Wardrobe Planning and Accessory Trends, Time-saving Sewing Techniques and Skin Care and Make-up.

The State Dress Revue winner was selected at the three-day event and 30 more participants were chosen to model at the State Dress Revue during 4-H Congress in July.