

difficult to carry on a really effective 4-H program. The reason for the shortage seems to be a mixture of indifference, lack of time and unwillingness to devote time to 4-H Work.

The problem, of course, is to obtain more 4-H leaders. Just how this will be done is a still greater problem.

Plans to be tried are:

- (1) A more intensive recruitment program
- (2) More training for leaders
- (3) Continued explanation of the place of the leader in the 4-H program

B. Reading professional books and other publications

The agent plans to read professional books and other publications relating to her field of work.

C. Membership in Professional Organizations

The agent will continue her membership in the American Home Economics Association, the Virginia Home Economics Association, and the Home Agents' Association. She will continue to be as active in these organizations as possible.

D. Participation in programs and workshops planned by other organizations

The agent will participate in workshops and clinics whenever possible

E. Planned Educational Trips

The agent will try to take advantage of all educational trips that it is possible to arrange.

XI. Cooperative plans by Extension Agents toward a unified county Extension Program, or some phase of the program

1. Home Demonstration Agent will work with County Agent in developing the 4-H over-all program.
2. H. D. Agent and County Agent will work together in developing the 4-H Electric Projects and in the planning and presentation of a combined 4-H Achievement and "Share the Fun" program.
3. They will work together in developing and assisting with the community improvement program
4. They will work together on developing general policies for the county
5. The HD Agent and County Agent will work together in carrying out the Farm and Home Development phase of the program

XII. Greatest problem in carrying out the Extension Program in Stafford County

In past years the problem has been lack of leaders of all types. Considerable improvement has been noted in the number and quality of adult leaders. Until the number of such leaders increases it will be

and understand their problems. She will cooperate with them in their programs as far as possible.

C. Elected Representatives

A written quarterly report, at their suggestion, will be made to the Board of Supervisors. More frequent reports, or special reports will be made when such a procedure seems advisable, or when the agent is called on to do so.

D. Commercial Interests

Good relations with commercial interests will be maintained principally through personal contacts.

E. Other Professional Workers

The agent will continue to work with other professional workers in the county in the development of their programs. This will be handled principally through conferences.

IX. Plans for recording progress and evaluating programs

- A. All club members, both 4-H and Home Demonstration, will keep records of work done and progress made.
- B. The agent will keep records of progress.
- C. The agent will conduct surveys to measure progress and determine success of programs.
- D. The agent will analyze certain phases of work in an effort to determine future projects and procedures.

X. Plans for professional improvement

A. Organized study

1. Schools

No definite plans for attending schools with the exception of the Communications Training School to be held at VPI in January.

2. Short Courses

The agent will attend all Short Courses made available to her.

## VII. Plans for work with Other Agencies

### A. Health Department

The agent will cooperate with the County Health Department in every way possible to promote better health and health facilities in Stafford County. Plans include giving publicity to all clinics, making dressings for cancer patients (home demonstration club members do this), helping to plan special diets for those who need them, and making known the needs of the department in caring for indigent people in the county. The Health Department will assist the Home Demonstration Clubs in carrying out their Federation Program of Work.

### B. Parent-Teacher Association

The agent will cooperate with PTA groups in any way possible when called on.

### C. Red Cross

The agent and the home demonstration club members will continue with the Red Cross Program in whatever capacity possible.

### D. Cancer Chapter

Cooperation with the Cancer Chapter will include helping with the chapter's educational program, helping to get supplies such as dressings and bed gowns made, and in any other ways deemed advisable.

### E. Polio Foundation

The agent will help with the educational program planned by the county polio committee.

## VIII. Plans for developing good public relations in the county

### A. Co-workers

The agent will cooperate fully with co-workers in carrying on the Extension program in the county. She will do this by joint planning and joint effort in carrying out programs planned.

### B. General Public

The agent will take advantage of the opportunities afforded by the local newspaper and the radio station in establishment of good public relations. The agent will mingle with the people of the county on all occasions possible and make an effort to learn

Extension Specialists, or others.

2. Give individuals training to certain leaders.
3. Have some local people assist in training for certain phases of program. Example: Use services of local home economist for special interest activity.
4. Have leaders assume responsibility for conducting at least half of the club demonstrations.

	<u>No. in 1958</u>	<u>Goal 1959</u>
C. Overall Youth Leaders	0	2
D. 4-H Club		
Number 4-H Club Officers	39	40
Number adult project leaders	4	8
Number junior project leaders	10	20
Number result demonstrators	0	1
Number meetings at which leaders were trained by specialist	0	1
Number meetings at which leaders were trained by district agent	0	0
Number meetings at which leaders were trained by agent	0	1
Number meetings at which leaders were trained by personnel in 4-H Club Department	1	1
Number meetings at which leaders were trained by others	0	1
Attendance at leader training meetings	0	8
Number 4-H leaders trained individually	4	6
Number club meetings held by leaders without agent present	3	20
Number club meetings at which leaders assisted	38	45
Number demonstrations given by adult leaders	38	40
Number demonstrations given by junior leaders	18	30

Plans for training and using all types of 4-H leaders in carrying out the 1959 program:

1. Group training meetings conducted by agent and/or members of 4-H club department
2. Leaders trained individually
3. Have leaders assume responsibility for at least one third of project work.
4. Have leaders assist with 4-H camp.

V. Scope of Work

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	12	13
Membership	235	250
Number of 4-H Clubs	12	12
Membership	310	330
Number of young men and women's clubs	0	0
Membership	0	0
Number community improvement clubs	6	6
Membership	255	265
Number home economics committees	1	2
Number general interest committees	1	2
Number youth committees	0	1
Number other organizations	0	0
Number farm and home development families	1	2

VI. Plan for Leadership

	<u>No. in 1958</u>	<u>Goal 1959</u>
A. Over-all Program Leaders (Organization leaders for county extension service board)	0	3
B. Home Demonstration Club Leadership		
Number organizational leaders	12	14
Number project leaders (subject matter)	55	60
Number Federation Program of Work chairmen	13	14
Number Program Development leaders	12	13
No. Result Demonstrators	0	1
No. meetings at which leaders were trained by specialists	5	6
No. meetings at which leaders were trained by district agents	1	2
No. meetings at which leaders were trained by agent	5	6
Attendance at training meetings	71	100
Number club meetings held by leaders with- out agent present	72	75
Number club meetings in which leaders as- sisted	15	25
Total number demonstrations given by leaders	59	65
Number of talks or discussions by leaders	100	110

Plan for Training and Using all types of leaders:

1. Hold group training meetings conducted by agent and/or

- (2) To help members learn electrical terms and how to use them
- (3) To help members improve use of electricity in their homes.

b. Methods to be used

- (1) Member demonstrations
- (2) Charts, bulletins, other printed information
- (3) Member demonstrations
- (4) Tours

C. 4-H Activities

1. Camp

Encourage eligible members to attend Jamestown Camp. Assist in obtaining scholarships for certain members.

2. Achievement Day

a. Procedures for carrying out

The 4-H County Council will take the initiative. Council members will outline plans and programs, and help individual clubs to develop them. Agents will act as advisors in addition to members of the state 4-H club staff.

3. Contests

a. Procedures to be used

The agent plans to hold county contests in each project undertaken by the members. County winners will be encouraged to participate in district contests whenever possible.

4. Rural Life Sunday

The 4-H County Council will work out plans for observance of Rural Life Sunday. The cooperation of the churches in the county will be asked for.

5. Fairs

4-H members will be encouraged to participate in the local agricultural fair. This affords not only an opportunity to exhibit their work, but an opportunity to compare their work with that of others.

- (2) Distribution of illustrative materials, recipes
- (3) Member demonstrations
- (4) Exhibits, judging

#### 5. Meal Preparation

##### a. Objectives

- (1) To help members plan well-balanced family meals
- (2) To teach members the importance of an adequate diet
- (3) To help members acquire skills in food preparation

#### 6. Food Preservation

##### a. Objectives

- (1) To help members acquire skills needed in the project.
- (2) To help members plan for adequate family food supply.

##### b. Methods to be used

- (1) Method demonstrations
- (2) Extension bulletins
- (3) Member demonstrations
- (4) Exhibits, judging

#### 7. Farm and Home Electric, Unit I

##### a. Objectives

- (1) To emphasize importance of electricity to modern farm home
- (2) To give instruction in repair of service cords
- (3) To help members improve lighting in at least one room of the home.

##### b. Methods to be used

- (1) Method demonstrations
- (2) Training meetings
- (3) Member demonstrations
- (4) Charts, bulletins, other printed information
- (5) Home visits

#### 8. Farm and Home Electric, Unit II, Advanced

##### a. Objectives

- (1) To give instruction in efficient use of electricity

- (4) Talks and discussions
- (5) Illustrative materials
- (6) Member demonstrations

## 2. So You'd Like to Sew

### a. Objectives

- (1) To teach basic stitches, how to straighten material.
- (2) To guide girls in selection of good design and good color combinations.
- (3) To help girls make a simple article (towel, collar, blouse, etc.)

### b. Methods to be used

- (1) Method demonstrations
- (2) Member demonstrations
- (3) Sample of stitches
- (4) Leader Training
- (5) Printed instructions

## 3. Your Room, Pep It Up

### a. Objectives

- (1) To help girls improve their bedrooms
- (2) To help girls choose good accessories
- (3) To give help in choosing good color schemes

### b. Methods to be used

- (1) Home visits
- (2) Study of color schemes
- (3) Exhibits
- (4) Member demonstrations
- (5) Distribution of Extension Materials
- (6) Study of furniture arrangements

## 4. Food - Bread

### a. Objectives

- (1) To teach standards of good bread
- (2) To teach girls how to make correct measurement of ingredients
- (3) To teach techniques of bread making

### b. Methods to be used

- (1) Method demonstrations

- e. News letters
- f. Special events - fairs, achievement programs, etc.

### III. Farm and Home Development

Note: The family worked with in 1958 is at present living in an adjacent state where the mother is employed as a public school teacher. This family plans to return to the county for the summer months of 1959 in which case the agent will resume work with the members.

In the meantime, the agent will make a special effort to begin work with another family or families.

### IV. County Extension Program - Youth

#### A. Organization

##### 1. County 4-H Council

This council will take the initiative in planning the overall program and in planning for special events.

##### 2. All Stars

The All Star will serve as project leader where possible.

##### 3. Project Planning Committee

This committee helps to work out details to be included in the projects.

#### B. 4-H Project Work

##### 1. Looking Your Best

###### a. Objectives

- (1) To teach the importance of good grooming
- (2) To teach the girls to make some simple repairs
- (3) To help girls carry out their chosen projects

###### b. Methods to be used

- (1) Method demonstrations
- (2) Leader Training Meetings
- (3) Personal improvement charts

#### 5. Unorganized Communities

The agent will continue to work in unorganized communities in an effort to interest the people in the Extension Service program. New groups will be organized when possible. Procedures for carrying out this work include:

- a. Personal contacts
- b. Radio, Newspaper Articles
- c. Talks and discussions

#### 6. Judging by local leaders

Nine local leaders served as judges at fairs in nearby counties during 1958.

Seven women from the county attended the Judging School at Madison in 1958. These women along with those already trained will assist in judging at nearby fairs.

#### 7. Community Improvement Organizations

##### a. Procedures for carrying out

- (1) Assist the six organized community improvement groups with their program planning
- (2) Furnish information, technical and otherwise, relating to community improvement work.
- (3) Take part on their programs when needed
- (4) Help them to secure other professional assistance

##### b. Expected contribution to over-all program

- (1) Greater publicity for the Extension Program
- (2) Improved practices
- (3) Improved people
- (4) Cooperation with county Extension Agents in carrying out projects

Community Improvement groups in Stafford County are the medium through which a great deal of valuable work is introduced and accomplished. Projects carried by these groups include agricultural and homemaking activities, as well as those of a civic nature.

#### 8. Plans for telling the public about HD work

- a. Radio programs by agent and HD members
- b. Individual contacts
- c. Talks at group meetings
- d. Newspaper articles

5. Help to coordinate activities

D. Other Activities

1. County Objectives

a. Objectives

- (1) Support county 4-H club program
  - (a) Leaders for local clubs
  - (b) Individual H.D. Clubs award 4-H scholarships for camp.
  - (c) Contribute to Jamestown 4-H Camp.
- (2) Driver training for H.D. members
- (3) Make special effort to increase club membership and to reach non-H.D. families.

b. Procedure for carrying out these objectives

- (1) Personal contacts
- (2) Radio, Newspaper
- (3) Home Visits
- (4) Talks and Discussions

c. Contribution expected to the over-all program

- (1) Broader scope of activities
- (2) Better informed public
- (3) Better living and improved people

2. National Home Demonstration Week

a. Objectives

- (1) To publicize H.D. work
- (2) To increase the scope of the H.D. Program

b. Procedures to be used

- (1) Special programs
- (2) Radio, Newspaper Articles
- (3) Talks and discussions

c. Contribution expected to the over-all program

- (1) Recognition of work done
- (2) Encourage others to participate
- (3) Acquaint public with program

b. Methods to be used

- (1) Leader training
- (2) Method demonstrations
- (3) Illustrative materials
- (4) Specialist's help

c. Monthly topic

April - Family Recreation; Games and Hobbies

6. Health and Safety

This is the Federation Program of Work, however, the women wish to place special emphasis on the program during one month.

a. Objectives

- (1) To further develop and continue the program begun in 1954.
- (2) To conduct a program beneficial to all county people.

b. Methods to be used

- (1) Educational materials
- (2) Guest speakers
- (3) Work with clinics (School Dental Program, Mental Health)
- (4) Poster contest for school children. Subject to cover some phase of total program.
- (5) Radio, Press

c. Monthly topic

September - Special program in each H. D. Club, choice of topic to be determined by club members' interests.

C. Federation Program of Work - Health and Safety

Plans for aiding and securing aid for the clubs in carrying out their program:

1. Assist committee, composed of two county Federation Program of Work Co-chairmen and chairman from each home demonstration club, in planning the year's program.
2. Help to secure speakers for club programs.
3. Provide educational materials.
4. Take part on programs when needed.

c. Monthly Topics

January - Consumer Buying; Blankets, Household Linens  
February - Special Interest Activity; Making Braided Rugs  
Throughout the Year - Continue to emphasize Good Home Lighting

3. Landscaping

a. Objectives

- (1) To continue Landscaping program begun in 1956
- (2) To help women with specific problems
- (3) To work toward result demonstration

b. Methods to be used

- (1) Method demonstrations
- (2) Leader training
- (3) Specialist's help
- (4) Tours
- (5) Educational materials
- (6) Work with individuals
- (7) Landscape Institute
- (8) Radio, Press
- (9) Slides

c. Monthly topics

February - Soil Testing, Fertilization and Care of Home Grounds and Plants.  
March - Planning and Planting for a Long Blooming Season of Cut Flowers. Result Demonstration (date to be determined); Outdoor Living Area, carried over from 1958 program.  
Landscape Institute - Tentative plans for a Landscape Institute in 1959 are being considered. Dates to be determined.

4. Rural Arts

Any Rural Arts projects will be conducted on a request basis.

5. Recreation

a. Objectives

- (1) To give instruction in family and group recreation
- (2) To help with planning recreation

B. Home Demonstration Club Program - Subject Matter Fields

1. Foods and Nutrition

a. Objectives

1. To help with planning adequate menus
2. To give information on and help develop skills in preparation of specified items and/or meals.
3. To help survey needs and interests.

b. Methods to be used

1. Method demonstrations
2. Leader training
3. Specialist's help
4. Surveys
5. Special interest groups
6. Radio, Press

c. Monthly Topics

May - Planning and Preparing Ahead for Saturday and Sunday Night Suppers

June - Simple Inexpensive Refreshments for Groups

June - Special Interest Activity, county-wide: Making Ice Cream, Using Cheese in the Diet.

October - Pie and Pastry Making

October - Special Interest Activity, county-wide: Fruit Cake Clinic

November - Cutting and Curing Pork, OR, Inexpensive Pork Dishes

Note: The agent will continue to work throughout the year with any women who desire help on Weight Control.

2. Home Management

a. Objectives

- (1) To give information on Consumer Buying
- (2) To help women with problems in buying household linens.

b. Methods to be used

- (1) Method demonstrations
- (2) Educational Materials
- (3) Exhibits, displays
- (4) Specialist's help
- (5) Leaders' help

6. The county's ponds, reservoirs, and earth tanks total 135.
7. Recreational resources; fishing, camping, one picnic area

(Figures in items 4 and 5 are out of date. Estimated that they have more than doubled.)

## II. County Extension Program - Adult

### A. Overall Program

#### 1. County Agricultural Extension Service Board

There is no complete Board at this time.

#### 2. Home Economics Council

The county home demonstration officers and the home demonstration club officers comprise the council. This council will function in both administrative and advisory capacities. It will help with overall planning, with planning and carrying out all county programs.

#### 3. Home Economics Committees

##### a. Health and Safety Committee

This committee, composed of one representative from each home demonstration club and two co-chairmen for the county, will plan the year's activities based on interests and needs already ascertained through a survey. It will help carry out the activities planned.

##### b. Nutrition Committee

This committee of four members will attempt to study the nutrition situation in the county as regards calcium and vitamin C in the diet. Following the study the committee will formulate an educational program to be undertaken on a county-wide basis.

#### 4. County Home Demonstration Club Committee

This committee is composed of club officers and program development chairmen. It will help in planning details of the subject matter fields selected for the year. It will study needs and interests of the women and compile this information for use in developing future programs.

1959 PLAN OF WORK

Kathleen Goodloe  
Home Demonstration Agent

Stafford  
County

I. The County Situation Considered in Working Out the 1959 Plan of Work

An examination of the situation in Stafford County has revealed several facts of importance. The number of farms has decreased from 900 as shown by the 1950 census, to 712 as revealed by the 1955 census. On the other hand, the average size of farms has shown a slight increase, as has their value per acre. The fact remains, however, that other income of the families exceeds the value of agricultural products sold. County residents find employment at the American Viscose Corporation's plant, at the Quantico Marine Base, and at various other industrial establishments in and around Fredericksburg. The combined incomes are sufficient for their needs when careful planning is exercised. Many new homes are being built in the county indicating an increase in the total number of persons now living within the county limits. The population has now reached an estimated 13,000. The county remains largely rural non-farm in nature, with several areas which could be classed as suburban.

Stafford County covers an area of 271 square miles, or 173,440 acres. It has a water area of 6 square miles. Its population is 87 percent white and only about 28 percent are farmers.

The principal sources of farm income are:

1. Livestock and livestock products
2. Poultry and poultry products
3. Dairy products
4. Field crops; corn, wheat, soybeans, hay
5. Other; lumber, fishing

Facilities available include:

1. Telephone service
2. Electricity
3. Transportation; 2 major bus lines, local bus service
4. Piped running water in 452 homes
5. Home freezers in 265 farm homes