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PLAN OF WORK

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DICKENSON COUNTY

1955

Billie R. Skeen  
Home Demonstration Agent

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Dickenson County, Virginia

I. The county situation considered in working out the 1955 program.

The financial situation of the county, as a whole, is at low ebb. Coal mining is the main income of the people and this has been on the down grade for the past few years. Hundreds of men have been replaced by machinery. The high cost of mining has caused coal prices to rise and many local companies have lost their orders due to the prices. Even tho Dickenson County has some of the largest coal operations in America, the industry will probably never return to its former huge employment and big payrolls as in past years, and the people will have to adjust to these changed conditions.

The mining families have been used to big incomes and the privileges of being covered by accident and hospitalization insurance. Unemployment of so many in the county affects all other types of business and living conditions. More families have returned to gardening and food preservation for subsistence. Even tho the financial situation continues to be a problem in the county, families have continued to improve living conditions with more conveniences, better furnishings, and television for entertainment.

The 1955 home demonstration club program was planned so as not to involve the spending of money, but to include subjects of interest to the homemaker to make her a better informed, better groomed, healthier and happier person.

II. The Adult program.

A. Subject matter fields.

1. Color in the Home - February

Objective - To recognize the value of color in creating a pleasant, restful, and easy-to-live in home atmosphere.

Method - Miss Ruth Jamison to give a leaders' training meeting on color in the home. Give club members leaflets on the subject. Display pictures showing selection of good color schemes. Feature a store window exhibit on color in the home.

2. Outdoor Living Areas - April.

Objective - Building of outdoor living areas as a method of holding families together for fun and recreation, and a place to entertain friends.

Method - Discuss the value of outdoor living areas to most families. Show pictures of various types of outdoor living areas. Give points on location, suitability and construction of these areas.

3. Foods -

a. Short Cuts in Food Preparation - July.

Objective - Plan meals and preparation in order to save time and energy, and provide proper nutrition for the family.

Method - Mrs. Thompson will train leaders on short cuts at a county-wide meeting. These leaders will then give demonstrations in each club. Leaflets on the subject will be given to the club members.

b. Know Your Meat Cuts - October.

Objective - To recognize the various meat cuts, the relation of price to cut, and standard preparation of various cuts.

Method - For remote clubs the use of meat charts showing cuts will probably be the practical method. For the clubs nearer the markets, visits will probably be made to see demonstrations in the actual cuts of meat.

4. Good Grooming and Manners - June.

Objective - Club members learn to discriminate as to correct dress for different occasions, along with fine points of good grooming; also proper procedure and speech for various circumstances and events - to give them confidence and poise.

Method - The agent plans to use posters portraying the points to be stressed, with a discussion on each point of good grooming and manners.

5. Business Facts (Wills, Deeds and Insurance) - September.

Objective - To make club members conscious of the importance of knowing many business facts and putting this knowledge into practical use.

Method - The agent to be trained by lawyers and insurance authorities on facts women should know about business. The agent in turn gives this information to the club members. The agent plans to work up simple leaflets on each of the various subjects - wills, deeds and insurance.

6. Laundry Methods - November.

Objective - To improve methods using latest research on laundry.

Method - Miss Alverson to conduct a leaders' training meeting for two leaders from each club, who will in turn give the demonstration to each club in the county.

7. Family Recreation - December

Objective - To improve family participation in recreation for pleasure and education.

Method - Christmas parties, family suppers, dinner parties, using games, music and contests suitable for all members of the family.

8. Crafts (Choice of) - January

a. Cornhusk door mats and table mats.

Objective - Produce a satisfactory product from cornhusks that will be usable.

Method - Agent to give a demonstration on braiding a door mat from corn husks, and the making of a table mat from corn husks.

b. Bedroom Slippers.

Objective - To make comfortable bedroom slippers from materials on hand such as scraps of felt, denim, wash cloths, etc.

Method - The agent plans to display examples of slippers and show methods used in making them.

B. Federation Goal - Health and Safety.

This is the second year on the Health and Safety goal. The home demonstration committee helped secure a county health department which was established July 1, 1954. Only a few of the objectives set up were accomplished in 1953. Now, with the health department a reality, the work on this goal has really begun.

- Objectives - 1. Stress needs of school children as indicated by school examinations and work with children and health authorities toward needed corrections.
2. Promote work on good health throughout the county.
  3. Study to understand the program of the Virginia Health Council on health and medical care.
  4. Each club have at least three educational reviews on health and safety during the year.
  5. Clinic for pre-school children.
  6. Encourage semi-annual check-up for adults.

Methods - Check on needs of school children through physical examination by teachers. Check sheet in 4-H program on health. Work with health department on programs, clinics, etc.

Red Cross to hold nursing class for 15 leaders, and each leader to hold a class in ~~community~~ her home community for all interested women.

Invite State Patrolmen to talk to clubs on highway safety. Movies on Health and Safety may be used.

The agent to give one demonstration on Health and Safety, and the Federation Goal Leader of each club to be responsible for one demonstration on Health and Safety.

C. Other Activities.

1. County-wide meeting on gardening and small fruits - February.

Two county-wide meetings are planned for men and women, boys and girls in two sections of the county.

Objective - To bring the county people up to date on the latest in gardening and small fruits; to encourage more gardening and planting of small fruits.

Method - Demonstration to be given by two specialists from the Extension Horticulture Department.

2. Two county wide meetings on pest and rodent control in two sections of the county - March.

These meetings open to all interested persons

Objective - An informed public on latest approved methods of pest and rodent control, in the home and on the farm.

Method - Demonstration to be given by two specialists from the Extension Entomology Department.

3. County-wide Meeting on Frozen Foods - March.

This demonstration to be given by Mrs. Thompson, and will be open to all interested persons.

4. Sewing Schools -

Objective - To instruct club members who wish to learn to sew or improve their methods of sewing.

Method - 24 leaders were trained in 1954 to conduct these sewing schools in each of the home demonstration clubs during February.

5. County Objectives.

- a. Each club have an active publicity chairman or reporter.
- b. Each club member be responsible for at least one new member.
- c. Each club pay \$6.00 county and \$3.00 state dues by January 1, 1954.
- d. Each club carry as a community project, "School Improvement," by cooperating with the P. T. A.
- e. Each club continue to stress the importance of giving accurate information for the farm census, in preparation for future census taking.
- f. Each club furnish a 4-H Club leader.
- g. Each club send leaders to the training meetings who will give four demonstrations during the year.
- h. Each club member be willing to assist the Home Agent, when needed, by giving demonstrations.
- i. Each club advocate a county-wide stock law.
- j. Each club have a representative attend all county-wide meetings.

Methods - Encourage each club to work on county objectives. Have a check sheet scoring the club on objectives and club meetings. Recognize outstanding club of the year.

6. Result Demonstrations.

Three result demonstrations are a carry over of 1954 program. It is planned that these demonstrations will be completed in 1955. A tour of these will be made by the public as a part of the Diamond Jubilee celebration in the county showing improvements made.

To date no new result demonstrations are being planned.

7. County Project - Diamond Jubilee Celebration.

Dickenson County will be 75 years of age on March 3, 1955. Starting with that date a series of pageants, programs, teas, tours, exhibits, and ~~parades~~<sup>parades</sup> will be conducted, climaxed by about ten days of concentrated effort in conjunction with the county fair the last of August and first of September, and ending with the Governors' Day and Breaks Park dedication program (jointly between Virginia and Kentucky) on Labor Day. The home demonstration clubs plan to take part in this celebration with exhibits during Home Demonstration Club Week, open house of the home agent with a tea, special demonstrations at the county fair, tour of improved homes, and a float for the official parade.

8. National Home Demonstration Club Week.

Exhibits of work done by HDC members are planned for Clintwood and Haysi; also broadcasts and news articles will feature National HDC Week.

9. Achievement Programs.

The home demonstration clubs' annual flower show has been the main feature for the past two years and it is again planned for July of 1955. A tour of improved homes may be included in the achievement program. Definite plans have not been worked out.

10. Work in unorganized communities.

Requests for two new home demonstration clubs are being considered for 1955 in unorganized communities.

People in unorganized communities are being invited to the five county-wide meetings scheduled on gardening and small fruits, pest and rodent control, and frozen foods.

The agent plans to schedule some special interest meetings in a few of the unorganized communities.

11. Judging by Local Leaders.

Local leaders trained in the 1954 program were used to judge in the county and school fairs, in the county-wide cake-baking contest, and in community fairs of adjoining counties. These trained leaders have been very helpful to the home agent and will continue to be used.

III. 4-H Club Work.

A. Project Work.

1. Health.

Objective - To help 4-H Club members recognize the need for good health habits.

November, 1954 - Agent explained project and distributed project instructions.

December, 1954 - Home medicine chest.

January, 1955 - Protect your eyes.

February, 1955 - Working conditions of your health department.

March, 1955 - Health needs around your farm and home.

April, 1955 - Correct conditions which breed flies.

May, 1955 - Collect records.

Method - Demonstrations will be given on each subject and printed leaflets distributed to club members.

2. Food and Nutrition.

a. Canning and Frozen Foods.

Objective - Club members to learn proper methods of preparation, sterilization, cooking time, and correct method to blanch and package products for freezing.

Method - Project leaders will help give demonstrations on all the above steps. Club members carrying the frozen foods project will be invited to attend the county-wide meeting on frozen foods. Bulletins on canning and freezing will be given to all club members carrying the food preservation projects.

3. Breadmaking and Food Preparation.

Objective - Club members to know good bread and the importance of accurate measurements in turning out a good product; how to prepare a variety of dishes so as to conserve vitamins and minerals.

Method - The agent, project leaders and junior leaders to give demonstrations. Bulletins and recipes to be given all members carrying the projects.

4. Laundry Projects.

Objectives - Club members to learn to sort clothes, the use of soaps and water softeners; also to wash, hang, iron and fold clothes properly.

Method - The agent and leaders give the demonstrations. The 1954 State winner will assist in training members, and especially the District winner for the State Short Course in 1955.

5. Home Improvement

Objective - Arrange rooms for easier care, cleaning, improving color schemes, flower arrangements, refinishing furniture and floors, etc.

Method - The agent, adult and junior leaders will train groups in the home improvement project.

6. Clothing - Make or Remake.

Objective - Learn to fit a pattern, cut and fit a dress, and complete a garment.

Method - The agent plus some home demonstration club leaders (previously trained) will give the demonstrations.

7. Home Ground Beautification.

Objective - Teach club members proper care of the lawn, how to make flower gardens, and how to prune and care for shrubbery.

Method - Individual help given club members carrying the projects

B. Other Activities - 4-H

1. Camp

It is again planned to hold the three-county camp for Wise, Buchanan and Dickenson counties at Camp Summers, West Virginia, the second week of July, 1955. Agents of the three counties will hold a planning meeting early in the spring to make detailed plans for the camp. Enrollment for camp will begin with the February club meetings.

2. Community Activities.

Each 4-H Club usually selects a school or community project for the year, determined by the needs of the school or community.

3. Share the Fun Program.

Each club plans to hold a Share the Fun program in March, and the winner from each will represent that club in the county Share the Fun program to be held in April. The county winner will represent Dickenson at the State Short Course in June.

4. Achievement Day.

The annual 4-H Club Achievement Day will be held in November and county medals will be awarded at that time.

5. Diamond Jubilee.

The 4-H clubs plan to take part in the county celebration with exhibits, parades and a float, and will assist and serve on various committees during the celebration.

IV. Young Men and Young Women's Work.

The home agent feels that a part of this group is being reached through the high school 4-H clubs, and others interested come into home demonstration work.

V. Farm & Home Development.

No definite plans have been worked out for Dickenson County, up to this time, but the home agent will fall in line with any plans that may come into the program.

VI. Scope of work:

A. Organizations:

|                                 | <u>No. in</u><br><u>1951</u> | <u>No. in</u><br><u>1952</u> | <u>No. in</u><br><u>1953</u> | <u>No. in</u><br><u>1954</u> | <u>Goal</u><br><u>1955</u> |
|---------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------|
| Number of home dem. clubs       | 15                           | 16                           | 13                           | 13                           | 15                         |
| Membership                      | 355                          | 676                          | 331                          | 345                          | 300                        |
| Number of 4-H clubs             | 21                           | 22                           | 22                           | 23                           | 27                         |
| Membership                      | 740                          | 853                          | 823                          | 871                          | 1000                       |
| No. young men & women's clubs   | 2                            | 1                            | 0                            | 0                            | 0                          |
| Membership                      | 163                          | 35                           | 0                            | 0                            | 0                          |
| No. community Improvement Clubs | 2                            | 2                            | 0                            | 0                            | 0                          |
| Membership                      |                              |                              | 0                            | 0                            | 0                          |
| No. other organizations         | 0                            | 0                            | 0                            | 0                            | 0                          |

VII. Describe Plan for using the following organizations to strengthen the Extension Program in 1955.

A. County Home Demonstration Committee.

The committee to attend a hundred percent the county-wide spring and fall planning meeting in order for each club to better understand the county program and for each club to have a voice in planning the year's program.

This committee will have charge of planning the clubs' participation in the Diamond Jubilee celebration, preparing the float, arranging for the Home Improvement tour, and county fair exhibits.

B. County Board of Agriculture.

The county board of agriculture assists the county agent in planning the county farm program, and to this plan is added the program planned by the home demonstration committee. Both groups work together on county goals and county-wide meetings such as garden, small fruits, pest and rodent control, which are scheduled for 1955.

C. County 4-H Council.

The county 4-H Council meets four times (or more) each year to carry on plans for 4-H Clubs in the county. The council will plan the Share the Fun program and Achievement Day as has been done in past years.

D. Dickenson County All-Stars.

Definite plans have been made to organize an All Star Chapter for Dickenson County in 1955.

E. County 4-H Project Planning Committee

The county project committee made up of older 4-H Club members, some leaders, and some home demonstration club members, will hold its annual planning meeting in June or July, 1955, to plan for 1955 fall project work, and summer 1956.

F. Other - Diamond Jubilee Committee.

The agent is an official member of this committee and has assisted with the pictorial history of the county that is to be published in conjunction with the celebration. This committee meets monthly and will probably meet more often as the time draws near for the series of celebrations.

VIII. Plan for Leadership.

|  | <u>No. in</u><br><u>1951</u> | <u>No. in</u><br><u>1952</u> | <u>No. in</u><br><u>1953</u> | <u>No. in</u><br><u>1954</u> | <u>Goal</u><br><u>1955</u> |
|--|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------|
| A. Home Demonstration.                                     |                              |                              |                              |                              |                            |
| No. Project Leaders (subject matter)                       | 35                           | 72                           | 78                           | 106                          | 106                        |
| No. federation goal chairmen                               | 13                           | 14                           | 14                           | 14                           | 14                         |
| No. program development leaders                            | 15                           | 16                           | 13                           | 13                           | 13                         |
| No. of result demonstrators                                | 0                            | 0                            | 0                            | 2                            | 2                          |
| No. meetings at which leaders were trained by specialist   | 4                            | 5                            | 6                            | 4                            | 6                          |
| No. meetings at which leaders were trained by dist. agents | 2                            | 2                            | 2                            | 2                            | 2                          |
| No. meetings at which leaders were trained by agent        | 2                            | 5                            | 4                            | 15                           | 15                         |
| Attendance at training meetings                            | 145                          | 239                          | 145                          | 199                          | 200                        |
| No. club meetings held by leaders without agent present    | 39                           | 141                          | 120                          | 79                           | 80                         |
| No. club meetings in which leaders assisted                | 20                           | 14                           | 24                           | 17                           | 20                         |
| Total number of demonstrations given by leaders            | 39                           | 141                          | 48                           | 73                           | 80                         |
| Total number of talks or discussions by leaders            | 20                           | 25                           | 30                           | 31                           | 40                         |

Describe plans for training and using all types of leaders in 1955 program.

1. The 1955 year book outlining order of business for club meetings will serve as a guide for training officers of clubs in presiding at club meetings. This is being supplemented with a folder outlining things to be done or discussed at each meeting by the club president.
2. Project leaders will be trained by specialists and agent on planned demonstrations during the year.
3. Federation goal leaders will be trained by agent, county health nurse and Red Cross nursing class. These leaders will be responsible for one month's demonstration and the Red Cross nursing class for each club.

B. 4-H Club

|   | <u>No. in</u><br><u>1951</u> | <u>No. in</u><br><u>1952</u> | <u>No. in</u><br><u>1953</u> | <u>No. in</u><br><u>1954</u> | <u>Goal</u><br><u>1955</u> |
|---|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------|
| No. 4-H Club Officers   | 110                          | 115                          | 110                          | 120                          | 140                        |
| No. adult project leaders   | 21                           | 27                           | 24                           | 41                           | 50                         |
| No. junior project leaders  |                              |                              |                              |                              |                            |
| No. result demonstrators  | 0                            | 0                            | 1                            | 1                            | 1                          |
| No. meetings at which leaders were trained by specialist                  | 0                            | 1                            | 2                            | 0                            | 3                          |
| No. meetings at which leaders were trained by dist. agent                 | 0                            | 0                            | 0                            | 0                            | 0                          |
| No. meetings at which leaders were trained by agent                       | 22                           | 26                           | 26                           | 32                           | 40                         |
| No. meetings at which leaders were trained by personnel in 4-H Department | 0                            | 0                            | 0                            | 1                            | 1                          |
| Attendance at leader training meetings                                    |                              | 187                          | 70                           | 530                          | 450                        |
| No. leaders (4-H) trained individually                                    | 20                           | 25                           | 24                           | 23                           | 37                         |
| No. club meetings held by leaders without agent being present             | 20                           | 34                           | 64                           | 95                           | 100                        |
| No. club meetings at which leader assisted                                | 30                           | 59                           | 63                           | 30                           | 50                         |
| No. demonstrations given by adult leaders                                 | 41                           | 59                           | 63                           | 45                           | 45                         |
| No. demonstrations given by junior leaders                                | 43                           | 39                           | 41                           | 35                           | 40                         |

Plan for training leaders and using them in 1955 program.

1. Organizational 4-H adult leaders were trained by Mr. Jack M. Tyree at a meeting on November 14, 1954. These leaders are being trained individually on program material and procedure by agent.
2. Adult project leaders will be trained at five meetings scheduled by specialists on subject matter and the remainder by the home agent. Some junior leaders will be trained at these same meetings. Some of the older junior leaders have already been trained and will train younger club members.

The officers of all 4-H clubs were trained in their duties at a meeting held on November 14, 1954.

IX. Plans for work with other agencies.

A. Appalachian Electric Power Company.

This company in cooperation with local appliance dealers sponsored a cake baking contest for home demonstration club members which was very helpful, educational and entertaining. They plan to hold a similar contest on pie baking in 1955.

The power company has been most generous in making its kitchen available for the use of home demonstration clubs, and 4-H club committee meetings.

B. Superintendent of Schools.

Has been most cooperative in giving the Extension agents the use of school buildings for county 4-H Club programs, providing visual aid equipment and providing the use of school bus and truck to carry 4-H Club members to summer camp.

C. The Department of Public Welfare.

No plans have been made on any project with the Welfare Department so far this year.

D. Dickenson County Health Department.

This department is new and has been busy getting set up and work outlined. It is planned for home demonstration club members to assist in clinic work. It is also planned that the health nurse will visit the home demonstration clubs to assist with their Federation Goal "Health."

E. High Schools.

The agent plans to continue assisting teachers in planning and designing costumes for plays and entertainments.

X. Plan for Developing Good Public Relations in the County.

A. Elected Representatives.

Keep our member of the House of Representatives informed on the home demonstration program; inform the public through publicity and exhibits. Keep the county board of supervisors and other county officials informed of the home demonstration program and what the clubs are doing by written reports and personal contacts of home agent and satisfied club members; also through publicity in local paper and by way of radio.

B. General Public.

Keep the Extension program before the public at all times through newspapers, radio, personal contacts and discussions of club members with neighbors and by exhibits. Give recipes and literature to non-club members.

C. Co-Workers.

A fine spirit of cooperation exists in the Dickenson County office. Conferences are held for general planning weekly. Each member of the staff carries his or her own responsibility, yet is ready to lend a helping hand to others when needed.

D. Commercial Interests.

E. Professional Workers.

Cooperation and work with these groups described in earlier section of this report

XI. Plan for recording progress and evaluating programs as planned for 1954.

The interest and enthusiasm of members is a measure of the program as to whether it is satisfactory or not. Attendance at club meetings, county planning meetings and leaders' training will show how the program is progressing in the county. Increased attendance at District and State Federation meetings shows growth in the county program.

Requests for two new home demonstration clubs shows an interest among non-club members and the spreading influence of those already organized.

The actual carrying out of some of the principles learned at demonstrations, and putting these into practice, is a means of measuring the program and its progress.

XII. Plans for Professional Improvement.

A. Organized Study.

1. Schools.

On January 24, the agent will complete a class in Colonial History of Virginia given by the University of Virginia Extension School of Wise County. She plans to take the next class offered on visual education, which she thinks will help in her work with visual aids for 4-H and home demonstration clubs. Through this class she will learn to operate all the newer types of machines as well as other aids. These two classes are being conducted at Clintwood.

The agent is also considering a class in Interior Decorating being offered at the Wise County Extension school one night a week. This course will be open to non-professional members who wish to attend. The agent plans to work up a group of home demonstration club members who wish to take the class.

2. Short Courses - No plans

B. Reading professional books and other publications.

Monthly publications -

What's New in Home Economics  
Forecast

Virginia Journal of Home Economics.

Other Publications -

Good Housekeeping  
American Home  
Better Homes & Gardens  
McCalls

Various other farm and home magazines.

C. Membership in professional organizations.

State Home Economics Association.  
Home Agents' Association.  
Epsilon Sigma Phi.

Other organizations.

Federation of Women's Clubs.  
Women's Society of Christian Service  
Parent-Teachers' Association  
Band Boosters.

D. Participation in programs, etc., planned by other organizations.  
Attend Red Cross Nurses training course.

E. Planned Educational trips.  
Smokey Mountain Craftsmen Fair.

XIII. Plans for cooperating with other Extension Agents in my county toward a unified county Extension program.

Continue to hold office conferences. Take turns traveling in each others car when attending joint meetings in county as well as agents' conferences. Hold joint meetings on subjects of interest to both men and women, such as gardening, small fruits, pest and rodent control.

- XIV. Problems the agent considers most difficult in carrying out the Extension program in Dickenson County, and plans for meeting each problem.

The money shortage continues to be the big problem. Many of the members seem so discouraged and take little interest in anything. Most of these groups have become accustomed to large incomes and it is difficult for them to adjust to smaller wages. The only plan for meeting this problem is to help the groups adjust to lower wages, plan for only dire needs; raise food, can and store supplies for home use.

The problem of small children coming with the mothers to club meetings still exists and will continue, as it would be impossible for many to come with no one to care for the small ones. If the children were not allowed to come, in a few cases, the club would be completely eliminated, and attendance would be cut to more than half in this county. Homes are small and there is no place for the children to be cared for in many homes.

One problem that has existed for a long time is that some club members ask for big projects that involve several days work, such as upholstery, slip covers, etc., yet they can not give enough time to complete the project. Therefore the agent does not schedule these big projects unless time and interest are assured. No big project involving the spending of money is scheduled for 1955.