



1961 PLAN OF WORK

Sara H. Winfield  
Home Demonstration Agent

Brunswick  
County

I. COUNTY SITUATION

Brunswick County is a rural area covering 579 square miles. It is located in the Southern Piedmont section of the state. There are three towns - Alberta, Brodnax and Lawrenceville. The latter, the county seat, is located in approximately the center of the county.

There are 976 farm families. There were 416 less farm families in 1959 than in 1954. This was due to a change in definition of a farm, people leaving farms for employment and a decrease in persons over 65 years of age operating farms.

There were 2855 families in the county according to the 1954 census. No recent figures are available.

The families engage in general farming. They grow tobacco, cotton, peamts, cucumbers, poultry, hogs and cattle as cash enterprises. Corn, hay, vegetables, broilers and small grain are grown mostly for home and farm consumption. Forestry products, such as pulp wood, veneer wood and

logs are other sources of farm income. Brunswick is Virginia's leading county in the production of pulp wood. The value of productive assets on farms increased 21 per cent because of rising land prices, increasing mechanization and higher investments in equipment. The net farm income decreased.

There are 2965 youth in the county between the ages of 10 and 19. Eight hundred eleven are non-farm youth. Of the total, 478 are enrolled in 13 4-H Clubs. There is one Negro high school. One consolidated elementary school was recently built which serves two districts. Progress is being made to consolidate the remaining elementary schools. Saint Paul's College, a private liberal arts college, is located in Lawrenceville.

There is one movie, one public library and a Bookmobile that serves all areas. Many areas of the county have telephone service, which aids in communication. All have power service. There is one recreation center and one playground. There are fifty-one Negro churches.

A health center is located near the county seat. There are five physicians; four dentists and one who works here two days a week; one local optometrist and one who works two days a week; four druggists and one veterinarian serving the people of the county.

Three railroads - Seaboard Air Line, Virginian and Atlantic and Danville - and three major highways - U. S. 1, U. S. 46 and U. S. 58 - pass through the county. Brunswick County is

located within 350 miles of many of the major eastern seaboard cities. There are two tobacco warehouses and one livestock market in Lawrenceville. Because of favorable climatic conditions and available resources, Brunswick County is well located for marketing.

The non-farm and part-time farmers receive their income from employment at factories, lumber mills, pulp wood, stores (furniture, equipment, supplies, etc.), construction work, railroad companies and public utilities. The heads of many households work outside the county. There are very few jobs off the farm for women.

Essential major adjustments in the total agricultural economy, arising from surplus production and other factors, present adjustment problems on individual farms which affect income possibilities. An increasing number of farmers have found it necessary, or desirable to supplement their income through off-farm employment.

These and other related factors emphasize the complexity of current day farming. The higher financial risks make it necessary that each individual farm family become increasingly efficient in understanding and applying technology and sound management to farming in order to compete successfully and stay in business.

Conspicuous difference in the mode of living for non-farm and farm people are disappearing. This is due to (1) better

transportation and communication facilities, (2) greater mixing of rural and urban people and (3) rising of educational level. As a result, families are having greater cash expenditures for services; and higher standards for housing, food, clothing and conveniences. At the same time, working hours are shorter and there is more time for leisure activities.

With a rapid increase in the number of both farm and non-farm women employed outside the home, the need arises for greater sharing of responsibilities in the home. Families also feel a need for (1) training in the more effective management of both time and resources, (2) better trained youth and (3) the importance of realizing physical, mental and spiritual values.

## II. COUNTY EXTENSION PROGRAM - ADULT

### A. Organization

#### 1. County Advisory Board

The County Advisory Board is the over-all planning organization. It is composed of sixty members who are farm men and women. They are representatives of twelve communities, Home Demonstration Committee, 4-H Club Council, Agronomy Committee and the Community Improvement Club. It sponsors the Farmers' Conference, appoints committees to aid in executing goals set up by the Board, and sends delegates to the State Advisory Board Meeting.

#### 2. Home Demonstration Club Committee

This committee is the governing body for the home

demonstration clubs. It is composed of representatives from the clubs. It makes plans for the county-wide club activities, and plans the program of work for the year.

B. SUBJECT MATTER AND SPECIAL EMPHASIS AREAS

FOODS

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
A need for information on some meal planning problems	<ol style="list-style-type: none"> <li>1. Chicken &amp; turkey dishes</li> <li>2. Eggs in any meal or any course</li> <li>3. Tomatoes for summer or winter dishes</li> <li>4. Using Herbs for flavor and interest</li> <li>5. Using more Cheese</li> </ol>	Clubs - 10

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS AND ACCOMPLISHMENTS</u>
<ol style="list-style-type: none"> <li>1. Prepare eggs, chicken, turkey, cheese and tomatoes in variety of ways.</li> <li>2. Use more of the above named foods every day.</li> <li>3. Add flavor and zest to foods by the use of herbs.</li> </ol>	<ol style="list-style-type: none"> <li>1. New ways to prepare and use chicken, turkey, eggs, cheese and tomatoes.</li> <li>2. Economize by using poultry, eggs and cheese as meat substitutes.</li> <li>3. Cultivate a taste for herbs and to use them.</li> </ol>	<ol style="list-style-type: none"> <li>1. Leader training</li> <li>2. Demonstrations</li> <li>3. Judging</li> <li>4. Meetings</li> <li>5. Surveys</li> <li>6. Reports</li> <li>7. Radio talks</li> <li>8. Newspapers</li> <li>9. Letters</li> </ol>	

HOME MANAGEMENT

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
1. A need for improving housekeeping.	1. Simplify your housework.	Clubs - 10
2. A need for information on buying and caring for electric equipment.	2. Cleaning household metals.	
	3. Cleaning windows, mirrors and picture glass.	
3. A need for keeping better records.	4. Buying and caring for small electric equipment.	
	5. Buying and caring for large electric equipment.	
	6. Record keeping.	

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
1. To simplify housework.	1. Ways to simplify housework	1. Train leaders	
2. To learn to buy and care for electric equipment.	2. How to clean household metals, windows, mirrors and picture glass.	2. Demonstrations	
3. To encourage people to keep records.	3. What to look for when buying electric equipment.	3. Meetings	
	4. How to care for electric equipment.	4. Visual aids	
	5. The importance of keeping records.	5. Surveys	
	6. How to keep records.	6. Reports	
		7. Radio talks	
		8. Newspaper	

HEALTH

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
To improve knowledge and skills used in home care of the sick	1. When sickness occurs	Clubs - 10
	2. The patient goes to bed	Groups - 4
	3. The clean and well groomed patient	
	4. Food and medicine ordered by the doctor.	
	5. Simple treatments ordered by the doctor.	
	6. Home nursing and civil defense	
	7. Emergency nursing and survival	

<u>GOALS</u>	<u>WHAT PEOPLE ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS</u>
1. To teach some correct methods used in caring for the sick.	1. Signs and symptoms of illness.	1. Demonstrations	
2. To develop skills to save energy when caring for sick.	2. How to put a patient to bed.	2. Lectures	
3. To teach the importance of following doctor's orders when caring for sick.	3. How to make and change bed.	3. Meetings	
	4. How to keep patient well groomed and comfortable.	4. Cooperating with local Red Cross Chapter	
	5. How to follow and record the doctor's orders.	5. Work with local morticians	
	6. How to give simple treatments to the ill and injured.	6. Newspapers	
	7. How to feed patient.	7. Radio programs by persons who took courses	

CLOTHING

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
To get people to read and use labels that tell how to care for garments	1. Care of clothing (new fabrics and finishes)	Clubs - 10

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT PROGRAM AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, AND ACCOMPLISHMENTS
1. To help people give better care to clothing.	<ol style="list-style-type: none"> <li>1. The importance of studying tags and keeping them.</li> <li>2. The importance of following directions on how to care for garments.</li> <li>3. How to care for new fabrics and finishes.</li> </ol>	<ol style="list-style-type: none"> <li>1. Meetings</li> <li>2. Demonstrations</li> <li>3. Exhibits</li> <li>4. Radio talks</li> </ol>	

### C. Other Activities

1. County Farmers' Conference will be held in February at which time speakers will discuss phases of work for the year. This is the media for reaching more people.
2. A tour of one district will be held. The public will be able to observe Extension at work.
3. Special Interest Group Meetings will be held to discuss and attempt to aid in alleviating some of the problems that arise as a result of the change in trends on the farm and in the home.
4. The Community Improvement work will be conducted in the Dolphin Community. Families will be scored on improvement twice yearly and progress will be recorded. This is to encourage all families in a community to improve their living conditions by working with Extension Service. This will be done through meetings, visits, demonstrations, and news letters.
5. Each club will participate in the National Home Demonstration Week through representation at the District Committee Meeting and programs in the county.
6. Achievement Program will be held in the fall.
7. At least three meetings will be held with two unorganized groups.

8. Work will be publicized through meetings, news articles, radio, and result demonstrations.

#### D. Farm and Home Development

Work is being conducted with two families. The agents started working with these families in 1955. In working with them we hope to improve their income, improve their homes and home grounds, improve record keeping and to help them use all of their resources to the best advantage.

The objectives will be reached by working with the families to help them analyze possible enterprises to increase income, assisting families in record keeping, aiding them in analyzing resources and making time and work schedules for members of families. One family is being helped with the construction of a new home and making plans for home grounds.

These families will be recognized at special meetings in their homes and on their farms. Progress reports will be made at county meetings.

### III. COUNTY EXTENSION PROGRAM - YOUTH

#### A. Organization

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

The Council is the over-all governing body for the 4-H Clubs. It is composed of officers from the thirteen clubs and the leaders, who serve ex-officio.

It plans county-wide activities , appoints committees to execute goals set up, and aids in selecting delegates for the state meetings.

2. Project Planning Committee

This body plans 4-H projects to be conducted during the year based on recommendations set up by individual clubs.

B. 4-H Project Work

(See following pages)

B. 4-H PROJECT WORK

4-H SUBJECT AREA

HEALTH

Project	Topics to be Included	Number of Clubs, Groups Involved
Family Health	<ol style="list-style-type: none"> <li>1. Health needs around farm and home</li> <li>2. Trash and garbage disposal</li> <li>3. Ridding the premises of rats and mice</li> <li>4. Washing dishes</li> <li>5. Handling the family milk supply</li> <li>6. Making a home medicine chest</li> <li>7. Equipping the home medicine chest</li> <li>8. Household pest control</li> <li>9. Family meal planning</li> </ol>	Clubs - 13

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
1. Help 4-H members learn and practice methods of health protection in and around the home.	<ol style="list-style-type: none"> <li>1. Value of good health.</li> <li>2. How to dispose of trash and garbage.</li> <li>3. How to control rats and mice and household pests.</li> <li>4. To wash dishes.</li> <li>5. To make and equip a medicine chest.</li> <li>6. To handle the family milk supply.</li> <li>7. To plan balanced family meals.</li> </ol>	<ol style="list-style-type: none"> <li>1. Demonstrations</li> <li>2. Meetings</li> <li>3. Exhibits</li> <li>4. Tours</li> <li>5. Visual-aids</li> <li>6. Train leaders</li> <li>7. Talks</li> <li>8. Discussions</li> <li>9. Records</li> <li>10. Visits</li> <li>11. Surveys</li> </ol>	

## 4-H SUBJECT AREA

## CLOTHING

<u>Project</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups Involved</u>
So You'd Like to Sew	1. Equipping a pin cushion 2. Making a wrist cushion 3. Making a head scarf 4. Making a gathered skirt 5. Making an apron 6. Making a stuffed toy	Clubs - 3

<u>GOALS</u>	<u>WHAT THE MEMBERS ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROJECT</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS</u>
1. To teach members to learn simple stitches and to make simple articles without depending on pattern.	1. Equip a sewing box. 2. Make wrist pin cushion. 3. Make head scarf. 4. Make gathered skirt. 5. Make an apron. 6. Make a stuffed toy.	1. Train leaders 2. Demonstrations 3. Visual-aids 4. Exhibits 5. Records 6. Meetings 7. Judging	

4-H SUBJECT AREA

CLOTHING

<u>Project</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups Involved</u>
Looking Your Best	<ol style="list-style-type: none"> <li>1. Rate yourself</li> <li>2. Care for your hands</li> <li>3. Care for your feet and shoes</li> <li>4. Care for your skin</li> <li>5. Care for your teeth and smile</li> <li>6. Improve your posture and voice</li> <li>7. Wash your sweaters</li> <li>8. Store your clothes seasonally</li> </ol>	

<u>GOALS</u>	<u>WHAT MEMBERS ARE TO LEARN</u>	<u>PLANS FOR CARRYING OUT PROJECT</u>	<u>NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS</u>
To teach boys and girls to care for themselves and their clothing	<ol style="list-style-type: none"> <li>1. How to care for self properly.</li> <li>2. The importance of being well groomed.</li> <li>3. What we mean by being well groomed.</li> <li>4. How to care for clothing properly.</li> </ol>	<ol style="list-style-type: none"> <li>1. Train leaders</li> <li>2. Demonstrations</li> <li>3. Talks</li> <li>4. Visual aids</li> <li>5. Discussions</li> <li>6. Records</li> <li>7. Meetings</li> </ol>	

## 4-H SUBJECT AREA

## FOODS

Project	Topics to be Included	Number of Clubs, Groups Involved
Food Preservation Canning	<ol style="list-style-type: none"> <li>1. Making a family food preservation plan.</li> <li>2. Canning tomatoes.</li> <li>3. Canning non-acid vegetables</li> <li>4. Canning fruits</li> </ol>	Clubs - 3
Freezing	<ol style="list-style-type: none"> <li>1. Making a family food preservation plan.</li> <li>2. Care of home freezer.</li> <li>3. Freezing fruits.</li> <li>4. Freezing vegetables.</li> </ol>	

GOALS	WHAT THE MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
1. To teach proper methods of food Preservation.	<ol style="list-style-type: none"> <li>1. To make a family food preservation plan.</li> <li>2. To can tomatoes.</li> <li>3. To can non-acid vegetables.</li> <li>4. To can fruits.</li> <li>5. To use and care for pressure cooker.</li> <li>6. Freeze fruits and vegetables.</li> </ol>	<ol style="list-style-type: none"> <li>1. Train leaders</li> <li>2. Demonstrations</li> <li>3. Visual-aids</li> <li>4. Exhibits</li> <li>5. Judging</li> <li>6. Records</li> <li>7. Meetings</li> </ol>	

C. Other Activities

1. National 4-H Club Week

Each club will observe National 4-H Club Week at which time they will rededicate themselves to club work.

2. Rural Life Sunday

Rural Life Sunday will be observed in May by clubs on a county-wide basis. It is to encourage club members to attend church and to take part in the services. It gives the public an opportunity to join the clubbers in worship. The Council will appoint committees for this activity.

3. Picnic

The Council will sponsor a county-wide picnic for 4-H Club members, leaders, parents and friends.

4. Wildlife Conference and State Short Course

Delegates will attend the Wildlife Conference and State Short Course at Virginia State College where they will be trained. They will return to the county and train others.

5. Achievement Day

Achievement Day will be held in October. It provides an opportunity to give recognition for outstanding accomplishments and leadership. It is

a time which club members may report to the public the progress that they have made during the year. Committees will be appointed by the Council to plan and carry out the program.

6. Contests

Clubs will participate in County and State Contests.

7. Educational Tours

All clubs are encouraged to visit a place of interest during the year. This will enable them to visit other areas and provide recreation.

## IV. SCOPE OF WORK

## A.

	No. in 1960	Goal for 1961
No. H. D. Clubs	10	11
Membership	164	175
No. H. D. Groups* (unorganized)		4
Membership		40
No. A-H Clubs	13	13
Membership	254	275
No. YMW Clubs		
Membership		
No. Community Clubs	1	1
Membership	23	23
No. Home Ec. Committees		1
Membership		15
No. General Interest Committees		
Membership		
No. Youth Committees		
Membership		
No. Other Organizations	3	3
No. Farm & Home Dev. Families	2	2
No. Other families reached	500	500
No. Different families reached	615	873

\*Report all groups that met three or more times a year.

## B. Plan for informing the public about Extension Home

## Economics Program.

1. Meetings
2. Radio
3. Newspaper articles
4. Tours
5. Letters
6. Exhibits
7. Result demonstrations

## V. Leadership

## A. Plan for Leadership

	No. in 1960	Goal for 1961
1. County program Leaders	<u>No. in 1960-Goal for 1961</u>	
a. County Agricultural Extension Service Board	58	60
b. Youth Council	65	65
c. Home Economics Council	60	65
2. Home Demonstration Leadership	<u>No. in 1960</u>	<u>Goal for 1961</u>
No. organizational leaders	20	22
No. project leaders (subject matter)	47	54
No. Federation program of work chairmen	10	11
No. program development leaders	10	11
No. result demonstrators		
No. training meetings by specialists	2	3
No. training meetings by Dist. Agts.		
No. training meetings by agents	17	20
No. training meetings by others		
Attendance at all training meetings	156	180
No. meetings held without an agent	47	55
No. meetings leaders assisted	63	72
Demonstrations by leaders	93	98
Talks and discussions by leaders	115	120
3. 4-H Club Leadership	<u>No. in 1960</u>	<u>Goal for 1961</u>
No. Club officers	90	90
No. adult project leaders	29	30
No. junior project leaders	43	45
No. result demonstrators		
No. training meetings by specialists		
No. training meetings by dist. agts.		
No. training meetings by agents	4	6
No. training mtgs. by members club dept.		
No. training meetings by others		
Attendance at leader training meetings	46	100
No. 4-H leaders trained individually		
No. club meetings held by ldr. without agent	27	48
No. additional club meetings at which leaders assisted	99	100
No. demonstrations given by adult leaders	80	90
No. demonstrations given by junior leaders	60	70

B. Strengthening Leadership

1. Areas needing greatest emphasis and plans for reaching goals.
  - a. Adult demonstration leaders
    - (1) more training
    - (2) more recognition to leaders
    - (3) seek those leaders who desire to serve
  - b. 4-H Project Leaders
    - (1) use more leaders wisely
    - (2) more and better trained leaders
    - (3) more recognition

VI. FOR SPECIAL CONSIDERATION

- A. Plan for maintaining and strengthening good public relations in the county with:
  1. Relations within the State Extension Organization  
Itself
    - a. Keep program and work in line with objectives of state program.
    - b. Cooperate with state supervisors and specialists.
    - c. Conduct self as representative of State.
    - d. Keep organization well informed about county program.
  2. Relations within the Parent Institution
    - a. Cooperate at all times with policies and program of institute.

- b. Encourage students to attend college.
  - c. Work with all departments or schools.
3. Relationships with Elected and Appointed Officials
- a. Keep officials informed of work.
  - b. Cooperate with officials (without entering into politics).
4. Relationships with Organizations
- a. Cooperate with organizations in planning and executing activities when called upon.
  - b. Inform organizations of Extension Program.
5. Relationships with Businesses
- a. Keep businesses informed about Extension Program.
  - b. Cooperate and work with businesses.
6. Relationships with Mass Media Personnel
- a. Keep personnel informed about program.
  - b. Cooperate with personnel.
7. Relationships with Other Agencies
- a. Keep agencies informed.
  - b. Plan activities with agencies.
  - c. Cooperate
  - d. Use representatives when possible to promote Extension Program.
8. Individuals and Families
- a. Inform about Extension Service - what it is, how it operates and what it does.

- b. Assist with problems.
  - c. Cooperate
  - d. Recognize services rendered or progress made by families and individuals.
- B. Plan for Professional Improvement
- 1. Read professional books, magazines and bulletins.
  - 2. Take advantage of all in-service training.
  - 3. Attend educational meetings, lectures, demonstrations, etc.
  - 4. Make at least one educational trip.
- C. Phase of the county program which will make most significant contribution to family living.
- 1. Food
    - a. Through the foods program we hope to decrease the amount spent for food, yet, give the family well balanced nutritious meals.
    - b. The homemaker will improve management practices through wise use of time, energy and money management.
  - 2. Plans for follow-up
    - a. Meetings where leaders can demonstrate information and methods learned to others.
    - b. Reports of activities and accomplishments of members.
    - c. Discussions by members on activities performed.