

Plan of Work 1960

Amherst County

Youtha B. Bell - Local Home Agent

## County Situation

Amherst County was formed from Albermarle County in 1761 and named for Sir Jeffrey Amherst, the Major-General who was the hero of the battle of Ticonderoga. In 1950 its population was 20,332. It's county seat, also called Amherst, had a population of 1,038.

This County (land areas 467 sq. mi. 298,800 acres) lies in highest portion of the Piedmont Plateau, with the Blue Ridge Mountains as it's western boundary and the James River as it's southern. In the northern and western part are many high peaks: Highco Mountain, 2,800 feet, Tobacco Row Mountain, 3,350 feet, Bold Knob, 4,000 feet and Mount Pleasant, 4,098 feet. Temperature average 38.50° in January to 77.2° in July. Precipitation is about 39 inches annually.

Nearly two-thirds of Amherst's area is wooded, and it's entire western border falls in George Washington National Forest. It is one of Virginia's leading producers of pulp wood. Forest products accounted for over 6 percent of the County's cash farm income in 1949. Commercially valuable beds of titanium ores (rutile and ilmenite) and of aplite are found in the northern part along the Piney River, and there are occurrences of various other minerals.

The soil is generally dark red clay which is rich and productive. Especially fertile are the lands along the James River. Tobacco was once the leading cash crop and is still grown to some extent, but livestock (beef cattle, hogs, sheep) has become increasingly important. Dairying and fruit crops (apples, peaches) are other big sources of farm income.

There is comparatively little manufacturing in Amherst County. Several large fertilizer factories with headquarters in Lynchburg are located just across the James River in the County. Other establishments in Madison Heights and in Amherst produce lumber, veneer, and cement building blocks.

Sweet Briar College for women at Sweet Briar was established in 1901 by the bequest of an Amherst family and many of the home-makers are employed there to supplement the family's income. There exists an unusually close relationship between community and college, and the latter has played a leading role in promoting health, educational, and recreational programs.

Amherst County people are proud of a completely modern public health center recently built. General hospital facilities are available in the nearby city of Lynchburg. The Lynchburg State Colony near Madison Heights is a large institution for epileptic and feeble-minded patients which constitutes a small town in itself.

Recreational activities in Amherst County are in general sponsored by the schools, churches, 4-H Clubs, and civic and social organizations.

There are many natural opportunities for recreation. There is good hunting and good fishing throughout the county, including the George Washington National Forest. Picnicking can be enjoyed in four wayside parks - two in the western part and two near the town of Amherst. The famous Blue Ridge Parkway can be entered on Amherst's western border, and from that point the Shenandoah National Park is 75 miles away. Two recreational areas on the Parkway are even nearer,

one at Sherando Lake in Augusta County and one at the Peaks of Otter in Bedford County. The road along the James River (Route 501), which parallels Amherst's southern border, is considered one of the most scenic drives in Virginia and passes the beautiful Balcony Falls just beyond Amherst's most western corner, where the North River flows into the James River.

Lynchburg, just across the James River, is so near that many Amherst people can participate in the different types of recreation available there.

There are many beautiful estates in Amherst County. "Winston" was once the home of Patrick Henry's mother, and she is buried there. The Boxwood Gardens of Sweet Briar College are famous and represent one of the most extensive collections of English box in this country.

According to the latest census report, there are 1,157 farm families in the county of which 869 are listed as white and 288 are listed as non-white. In the 1950 census there were 1,337 farm families in Amherst County of which 1,001 were listed as white and 336 were listed as non-white. According to the 1950 census there are 158,648 acres in farms with the average size farm 118.7 acres. The total rural farm population is 6,815 for a percentage of 33.5 of the total population, 10,687 rural non-farm for a percentage of 52.67 of the total population and 2,830 urban for a percentage of 13.9 of the total population.

Value of all products sold, 1949 - \$1,552,861

Principal sources of farm income were:

Livestock and livestock products-----	\$554,235	(35.7%)
Field crops-----	\$320,287	(20.6%)
Fruits and Nuts-----	\$266,267	(17.1%)
Dairy products-----	\$196,055	(12.7%)

According to the 1955 census, the non-white youth population for Amherst County for ages 5 to 34 were as follows:

<u>AGE</u>	<u>FARM</u>	<u>NON-FARM</u>
5-9	269	426
10-14	296	358
15-19	283	331
20-24	254	297
25-29	165	252
30-34	<u>133</u>	<u>218</u>
Total	1400	1918

The information above was compiled from a publication on Amherst County distributed by the Division of Planning and Economics Development, the 1950 census and from a circular, "One Million Rural Youth in Virginia" as prepared by L-H and Y. M. W. Staff Members, V. P. I. Agricultural Extension, Blacksburg, Virginia

To arrive at the problems to be given consideration in 1960, surveys were made, and the general situation was studied with special emphasis on problems relating to the home and surroundings.

After a careful analysis of the facts and other information

brought out through surveys, discussions, home visits, home demonstrations and planning meetings and reviewing the Family Living outlook information, the major phases of work for 1960 were chosen. These include Foods and Nutrition, Clothing, Home Improvement and Health. The long time goals expressed by the planning committee are improving health conditions in the home, community and county, and home improvement.

## II. County Extension Program - Adult

### 1. County Agricultural Service Board

The County Agricultural Service Board will be used to help plan, promote, and evaluate all County Extension Activities, and will assist in the conduct of the Farm and Home Development Program. Through this board it is hoped that the Extension Program will expand to reach more people thus strengthening the program in the County. The Board will participate in the Community Improvement Program and contest sponsored by the State Advisory Board, and will also cooperate with other State Extension sponsored activities.

### 2. County Home Demonstration Club Committee

The County Home Demonstration Club Committee will be used specifically to promote and evaluate the home demonstration program, and will cooperate with County Extension organized groups to promote a better program. The Committee will also assist in getting a place for meetings, publicity, and contacting local business establishments to inform them of the Extension Program and request assistance when necessary.

3. General Interest Committees

1. Community Improvement Committee
2. Community Project Committee
3. Emergency Committee
4. Program Planning Committee
5. Health

1. Community Improvement Committee

This committee shall be composed of three representatives selected through the County Advisory Board and two 4-H members selected from the 4-H Junior Council. The duties of this committee shall be to help promote the Community Improvement work, assist in the scoring and tabulations of the final score to be recorded for the contest sponsored by the State Agricultural Advisory Board. The committee is also responsible for reporting recommendations for improvement and progress in the program to the County Advisory Board.

2. Community Project Committee

This committee shall be composed of three club members in each organized home demonstration club. The duties of the committee shall be to bring in recommendations to the club concerning needs in the community in which the club may select to improve. After the club has selected the project, the committee will be responsible for seeing that the project is carried out as planned with necessary cooperation and assistance from club members and the agent. This committee, along with club members, will select projects

in cooperation with the County Health Department and local agencies in which they will participate.

The committee is also responsible for bringing to the attention of the club names of community persons or families eligible to receive Christmas and Thanksgiving baskets.

### 3. Emergency Committee

This committee shall be composed of three members in each organized club. The duties of this committee shall be to bring to the attention of club members any disaster to families in the community which include fire, death, or sickness in the community including home demonstration club members so that individual club members or the club may respond to these emergencies with gifts, cards, flowers, or other means of expression as determined appropriate for the occasion with the approval of the club membership.

### 4. Program Planning Committee

This committee shall be composed of two club members and the program development leader in each organized club in the county. The duties of this committee shall be to help plan and carry out the proposed program. The committee also assists in planning and executing community and county-wide programs.

### 5. Health Committee

This committee shall be composed of two members from each organized club. Other members may be added to carry out a specific project. The duties of this committee shall be to help plan and carry out Health Projects for the year and cooperate with the

Tuberculosis Association by wrapping Christmas gifts for hospitalized tubercular patients and those who are being rehabilitated. The committee also cooperates with the Health Department and County Nurse in getting information to the public about mass X-rays, clinics, and other services available through the Health Department.

SUBJECT MATTER OR SPECIAL EMPHASIS AREA Foods and Nutrition

Problem	Topics To Be Included	No. of Clubs, Groups or Comms. Involved
<p>1. A number of homemakers are employed outside the home resulting in less time available to plan and prepare the family's meals and also serve the family nutritious meals.</p> <p>2. Families with outdoor cooking areas do not take advantage of the facilities because they do not know how to prepare foods to be cooked outdoors.</p>	<p>1. Oven meals.</p> <p>2. Frozen desserts</p> <p>3. Outdoor cookery</p>	<p>1. Eight</p>

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
<p>Have homemakers employed outside the home to serve quick and better meals to their families daily.</p> <p>Have family members to share together work and recreation by cooking some meals outdoors.</p>	<p>1. To prepare nutritious meals that can be cooked in the oven or in a short time.</p> <p>2. To prepare low caloric frozen desserts.</p> <p>3. To prepare various meals outside during warm weather so that all family members may share in the preparation.</p>	<p>1. Leader Training Meeting by Specialist.</p> <p>2. Method demonstration by Leaders and Agent.</p> <p>3. Mimeographed materials.</p> <p>4. Radio Broadcasts.</p> <p>5. One recreation meeting on outdoor cookery per club or county-wide at which time all family members may participate.</p> <p align="center"><u>Measuring Results</u></p> <p>Individual and group evaluation of information presented (answering roll call)</p> <p>2. Check sheets.</p> <p>3. Exhibits</p> <p>4. Leader and member participation.</p> <p>5. Observation</p> <p>6. Home visits</p> <p>7. Group discussions</p>	

Subject Matter or Special Emphasis Area Home Improvement

Problem	Topics To Be Included	No. of Clubs, Groups or Comm. Involved
<p>1. Homemakers do not know how to use the best advantage new electrical appliances or make simple repairs to electrical appliances.</p> <p>2. Homemakers are not too familiar with selection of paints and wall paper for the interior of home. Also arranging furniture correctly.</p>	<p>1. Care, use, and repair of small electrical appliances.</p> <p>2. Making lamp shades.</p> <p>3. Choosing and arrangement of accessories for the home.</p> <p>4. Selection of paint and wall paper for the interior of the home.</p>	<p>1. Eight</p>

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
<p>1. Have each homemaker make simple repairs to electrical appliances used by the homemaker when needed.</p> <p>2. Help homemakers to make better selection of paints and wall paper for the interior of the home.</p> <p>3. Help homemakers to choose, make, and arrange accessories for the home correctly.</p>	<p>1. To care, use, and make simple repairs to small electrical appliances.</p> <p>2. To make a lamp shade.</p> <p>3. To choose and arrange accessories for the home.</p> <p>4. To select paint and wall paper for the interior of the home.</p>	<p>1. Leader Training Meeting by Specialist.</p> <p>2. Method demonstration by leaders and agent.</p> <p>3. Tour of furniture store to note new accessories available.</p> <p>4. Radio talks and newspaper articles.</p> <p>5. Visual aids.</p> <p>6. Mimeographed materials.</p> <p style="text-align: center;"><u>Measuring Results</u></p> <p>1. Individual and group evaluation of information presented.</p> <p>2. Exhibit work completed at county Achievement program.</p> <p>3. Result demonstrations.</p> <p>4. Tours</p> <p>5. Observation</p>	

## Subject Matter or Special Emphasis Area Clothing

Problem	Topics To be Included	No. of Clubs, Groups or Com. Involved
Improving Clothing Construction Techniques, and using a pattern in clothing construction.	<ol style="list-style-type: none"> <li>1. Simple garment construction using a pattern.</li> <li>2. Finishes for garments (worked and bound button holes, hems, zippers and seam finishes)</li> </ol>	1. Eight

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
<ol style="list-style-type: none"> <li>1. To get homemakers to use a pattern in garment construction.</li> <li>2. To get homemakers to improve their skills on finishes for garments.</li> </ol>	<ol style="list-style-type: none"> <li>1. Cut by a pattern.</li> <li>2. Make bound and worked button holes.</li> <li>3. Put in hems and zippers and finish seams for garments.</li> </ol>	<ol style="list-style-type: none"> <li>1. Leader Training Meeting by Specialist.</li> <li>2. Method demonstration by Leaders with Agent assisting</li> <li>3. Home visits.</li> <li>4. Visual aids.</li> <li>5. Mimeographed materials.</li> </ol> <p style="text-align: center;"><u>Measuring Results</u></p> <ol style="list-style-type: none"> <li>1. Individual and group evaluation of information presented through surveys and verbally.</li> <li>2. Exhibiting garments at Achievement program at which time garments will be judged.</li> <li>3. Periodic follow-up of individual achievement by leaders and agent.</li> <li>4. Observation.</li> <li>5. Home visits.</li> </ol>	

Subject Matter or Special Emphasis Area      Slip Covers

Problem	TOPICS TO BE INCLUDED	No. of Clubs, Groups or Comm. Involved
<p>Low income prevent some homemakers from purchasing slip covers to protect and improve appearance of furnishings in the home.</p>	<p>1. Make a slip cover for chair or couch.</p>	<p>1. Five</p>

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
<p>Have homemakers who are interested and have the ability to sew to save money by making their own slip covers for the home.</p>	<ol style="list-style-type: none"> <li>1. To make a complete slip cover for a chair or couch.</li> <li>2. To purchase slip cover material.</li> </ol>	<ol style="list-style-type: none"> <li>1. One all day meeting with nearby local home agents with an adult leader assisting.</li> </ol> <p><u>Plans for Measuring Results.</u></p> <ol style="list-style-type: none"> <li>1. Check sheet to see number of homemakers who received the information are using same.</li> <li>2. Observations during home visits.</li> </ol>	

Subject Matter or Special Emphasis Area Home Nursing

Problem	Topics To be Included	No. of Clubs, Groups or Comm. Involved
Lack of practical knowledge and skills in caring for the sick at home.	1. Home care of the sick.	1. Four

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
Have interested homemakers learn simple home care of the sick.	How to care for the sick at home.	<p>Hold five 2 hour meetings on home care of the sick with certified adult instructors.</p> <p><u>Plans for Measuring Results</u></p> <ol style="list-style-type: none"> <li>1. Instructors will pass out evaluation sheets at the end of the class.</li> <li>2. Follow visits and check sheets will be sent participants to see if information presented was practical.</li> </ol>	

Subject Matter or Special Emphasis Area Tufted Bedspreads

Problem	Topics To Be Included	No. of Clubs, Groups or Comm. Involved
Homemakers would like to make better use of leisure time during winter months by using their hands constructively and creatively.	Making a tufted Bedspread	1. Five

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
Have interested homemakers make a tufted bedspread.	To make a tufted bedspread	<p>One special interest meeting with Specialist.</p> <p><u>Plans for Measuring Results</u></p> <ol style="list-style-type: none"> <li>1. Judge the finished product.</li> <li>2. Verbal evaluation by participants</li> </ol>	

Subject Matter or Special Emphasis area Aluminum Trays

Problem	Topics To Be Included	No. of Clubs, Groups or Comm. Involved
Homemakers would like to develop the art and skill of making something with their hands.	Making aluminum trays	1. Six

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES, ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
Have interested homemakers make an aluminum tray.	To make an aluminum tray.	<p>One special interest meeting with Local Home Agents and Assistance</p> <p><u>Plans for Measuring Results</u></p> <ol style="list-style-type: none"> <li>1. Observation of finished product and evaluation of project by members participating.</li> <li>2. Observing the use of the tray during home visits.</li> </ol>	

C. Other Activities

A. Mass Media

One weekly radio program will be given over Radio Station WBRG, Lynchburg, Virginia on Extension Activities, Accomplishments, research findings, homemaker items and other information of interest to farm, non-farm and urban families. Newspaper articles are written at intervals on Extension Activities and Accomplishments in the county.

B. National Home Demonstration Week

Objectives:

1. To bring to the public progress made by home demonstration members and publicize home demonstration work.
2. To create more interest in the Extension Program.
3. To gain information through member and agent participation in the District Home Demonstration Meeting held during National Home Demonstration Week.

Procedures:

1. Hold county-wide public meetings.
2. Discussion of activity in County Advisory Board and Home Demonstration Meetings.
3. Radio Program with club members participating on accomplishments of the club.
4. Circular letters.
5. Announcements at public meetings.
6. News articles before and after activity.

C. Community Projects

Objectives:

1. To teach advantages of working together for community improvement.
2. To help strengthen leader activities in the county.
3. To conduct at least one project in each community with a home demonstration club.

Procedures:

1. Discussion with community project committee and club members to determine projects.
2. Presenting projects by representatives of the home demonstration clubs when projects are completed.

D. Achievement Day and Tours

Objectives:

1. To show results of progress made on project work and other Extension Projects.
2. To encourage use of improved practices.
3. To increase interest in the Extension Program.

Procedures:

1. Hold county-wide achievement program or tour.
2. Discussion of activity in County Advisory Board and home demonstration meetings.
3. News articles and announcements at public meetings and on radio.
4. Meeting with home demonstration committee to plan program.

E. Community Improvement Program

Objectives:

1. To strengthen home demonstration work, 4-H work, Y. M. W. program and community clubs.
2. To teach better farm management and farming practices.
3. To improve family living and home surroundings.
4. To create a more informed and active community leadership.
5. To develop better communities by strengthening the economic, educational and social activities.

F. Work in Unorganized Communities

Objectives:

1. To acquaint the people with the services available through participation in the Extension Program.
2. To conduct result demonstrations in communities that home-makers are too far apart to work through organization.

Procedures:

1. Home visits with key leaders in each respective community to learn more about community and residents when possible.
2. Circular letters.
3. Distribution of bulletins when requested.
4. Sending invitations to interested persons to attend demonstrations and public meetings of interest to the general public.

G. Educational Tour to Williamsburg, Virginia and Peaks of Otter, Virginia.

An educational tour is planned for August to Williamsburg, Virginia for club members, their family and friends and to Peaks of

Otter for husbands of club members. The objective is to provide wholesome recreation and educational opportunities for county citizens.

D. Plans for Adapting and carrying out programs with urban families.

The Extension Program is planned by representatives of Farm, non-farm and urban families. Periodic evaluation of the program outlined for the year and adjustments to meet the needs and interest of urban families are taken into consideration. Regular monthly 4-H and Home Demonstration Club Meetings are held and other information of special interest to urban families is given through circular letters and the weekly radio program. Home visits are made periodically. Special interest activities are also planned for the urban groups.

E. Farm and Home Development (Farm and Home Management)

The farm and home development work is conducted with assistance from the county Advisory Board. One family participates in the program. If the agents work load is lightened through better leader participation, plans are being made to select two additional families, with the assistance of the County Advisory Board, to participate in the Farm and Home Development Program.

The family now participating set as their goal the construction of a home. Application for financial assistance has been filed through F. H. A. The family hopes to begin construction of the home as soon as the application has been approved. The objectives for the Farm and Home Development work:

1. To show the results and advantages of a family working together for better family living through the Extension Service.

2. To increase the effectiveness of the Extension Program in the County.

3. To show the public the results of Extension Teaching.

Procedures outlined to use in working with the families include special conferences with specialist, County Agent, and other agencies on various problems relating to the family's goal, home visits with the family to discuss current problems, and invitation to the family to attend Extension Meetings relating to their problems.

Progress and achievement will be recorded and recognition will be given through publicity in the newspaper, on radio, and a tour to see accomplishments when the project is completed.

### III. County Extension Program - Youth

#### A. Organization

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

The County Council is composed of officers of the 4-H Clubs in the county. The 4-H Council will set goals for members attendance at meetings, project completion, and evaluating club progress and standards. The Council assists in plans for observance of National 4-H Club Week, Rural Life Sunday, County-wide Picnic, and Achievement Day. The Council will also assist in selection of delegates to the State 4-H Short Course and Wild Life Conference.

##### 2. County 4-H Project Planning Committee

This committee is composed of representatives from each club in the county and adult leaders. The primary objective of this committee is to plan the county 4-H program, based on the needs and

interests of the 4-H'ers.

3. County 4-H Leader Association

The 4-H Leader Association is composed of Adult 4-H Leaders in the county. The duties of this association shall be to help plan, promote, evaluate and assist in the conduct of the overall 4-H program in the county.

4-H SUBJECT AREA

PROJECT	TOPICS TO BE INCLUDED	Number of Clubs, Groups Involved
Safety	<ol style="list-style-type: none"> <li>1. Members will make a safety survey of the following areas:                             <ol style="list-style-type: none"> <li>a. Home</li> <li>b. Building and surrounding areas</li> <li>c. Transportation</li> <li>d. Firearms</li> </ol> </li> <li>2. List 13 or more hazards found in this survey and make safety improvements.</li> <li>3. List safety improvements of hazards found in this survey</li> </ol>	1. Ten

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
To make members aware of causes of accidents and teach them to know and practice safety measures	<ol style="list-style-type: none"> <li>1. To find safety hazards in and around the home and improve hazards found.</li> <li>2. To know and practice safety precautions when using firearms.</li> <li>3. To know and practice traffic rules.</li> <li>4. To prepare and present a radio program on safety.</li> </ol>	<ol style="list-style-type: none"> <li>1. Leaders, members and agent give demonstrations during regular monthly meeting.</li> <li>2. Discussion on traffic safety by local state or city police.</li> <li>3. Prepare and present a Radio Broadcast on safety with leaders and members participating.</li> <li>4. Visual aids</li> <li>5. Truth or Consequence safety quiz</li> </ol>	

## 4-H SUBJECT AREA

PROJECT	TOPICS TO BE INCLUDED	NUMBER OF CLUBS, GROUPS INVOLVED
Gardening Unit I	<ol style="list-style-type: none"> <li>1. Classification of vegetables</li> <li>2. Listing vegetables your family likes.</li> <li>3. Vegetable gardening in Virginia.</li> <li>4. Plant and grow at least one leafy, one root, and one fruit vegetable.</li> </ol>	1. Four

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS.
To teach members how to grow vegetables and interest the members in home gardening.	<ol style="list-style-type: none"> <li>1. To grow vegetables and begin to seek out garden information to know.</li> <li>2. Classification of vegetables.</li> </ol>	<ol style="list-style-type: none"> <li>1. Method demonstrations by Adult leaders and local farm agent of Campbell County.</li> <li>2. Tour of Garden projects.</li> <li>3. Home Visits</li> <li>4. Extension Bulletins on Gardening.</li> <li>5. Distributing Garden Newsletters VPI</li> </ol>	

## 4-H SUBJECT AREA

PROJECT	TOPICS TO BE INCLUDED	NUMBER OF CLUBS, GROUPS, INVOLVED
Food Preservation	<ol style="list-style-type: none"> <li>1. Home canning of meat.</li> <li>2. Home canning of fruits and vegetables.</li> <li>3. Home freezing of meat and chicken.</li> <li>4. Home freezing of fruits and vegetables.</li> </ol>	1. Five

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
<p>To have beginners can or freeze 20 containers older or experienced members 30 containers.</p> <p>To have beginners help can or freeze at least 30 containers older or experienced members 50 containers</p>	<ol style="list-style-type: none"> <li>1. To learn to can or freeze meats, fruits and vegetables.</li> <li>2. To store canned products.</li> <li>3. To judge canned or frozen foods.</li> </ol>	<ol style="list-style-type: none"> <li>1. Method demonstrations by adult leaders and agent.</li> <li>2. Home visits.</li> <li>3. Summer community meetings with agent or leader.</li> <li>4. Extension bulletins on canning.</li> <li>5. Exhibiting products at county achievement program</li> </ol>	

OTHER ACTIVITIES

1. National 4-H Club Week Observance
2. Rural Life Sunday
3. Achievement Day Program
4. 4-H Short Course
5. 4-H Wild Life Conference
6. County-wide 4-H Picnic

1. National 4-H Club Week

Objectives:

1. To give members and leaders recognition for outstanding work.
2. To inform the public of the progress made in 4-H club work.
3. To develop better participation in project work.

Procedures:

1. Special programs at each club meeting inviting parents.
2. Popularity contest among 4-H clubs climaxing with a special county-wide program at the county high school.
3. 4-H leaders banquet.
4. Window display, if possible.
5. News articles.
6. Radio Program with 4-H club representatives.

2. Rural Life Sunday

Objectives:

1. To acquaint the public with the 4-H club program.
2. To encourage 4-H members to identify themselves with those institutions that stand for high ideals of the community, such as the church, the school, and other

social organizations that lead to the full all-around development of all those who participates.

3. To develop a deeper appreciation of the value of rural life.
4. To emphasize and recognize the spiritual value and character building qualities of 4-H club work.
5. To encourage members to cooperate and participate in community organizations.

Procedures:

1. Have a county-wide observance on the third Sunday in May in Amherst at Mount Olive Baptist Church.
  2. Meeting with the County Council and 4-H Leaders Association to plan program.
  3. News articles.
  4. Circular Letters
  5. Discussion at 4-H meetings and on radio program.
3. Achievement Day

Objectives:

1. To bring to the public progress made by 4-H members
2. To encourage completion of project work.
3. To give members an opportunity to give demonstrations in an effort to develop leadership.
4. To give members awards won from county and state contests.

Procedures:

1. Discussion in 4-H Council Meetings to plan program
2. Hold club achievement programs and a county-wide program, if possible.
3. Circular letters.
4. Discussion at 4-H Club Meetings.

5. Announcements on radio and news articles

4. 4-H Short Course

Objectives:

1. To reward 4-H members for good work.
2. To stimulate members to improve the quality of club work.
3. To provide an opportunity for members to associate with other club members on state basis.

Procedure:

1. The delegates will be selected on the basis of achievement and interest in the 4-H program.

5. Wild Life Conference

Objectives:

1. To teach 4-H members the importance and significance of conservation of natural resources.
2. To reward members for good work.
3. To stimulate members to appreciate nature.

Procedure:

1. Delegates will be selected on the basis of interest in the conservation of natural resources.

6. County-wide Picnic

1. To provide a recreational activity for club members, and stimulate interest in 4-H club work.

Procedure:

1. A county-wide picnic is scheduled for the first Sunday in June at Snowden Park, Bedford County, Virginia.

<u>SCOPE OF WORK</u>	<u>NO. in 1959</u>	<u>GOAL 1960</u>
<u>No. H. D. Clubs</u>	<u>8</u>	<u>9</u>
<u>Membership</u>	<u>118</u>	<u>130</u>
<u>No. H. D. Groups (Unorganized)</u>	<u>2</u>	<u>3</u>
<u>Membership</u>	<u>13</u>	<u>23</u>
<u>No. Community Clubs</u>	<u>2</u>	<u>3</u>
<u>Membership</u>	<u>36</u>	<u>51</u>
<u>No. Y W M Clubs</u>	<u>0</u>	<u>1</u>
<u>Membership</u>	<u>0</u>	<u>20</u>
<u>No. Home Ec Committees</u>	<u>0</u>	<u>1</u>
<u>Membership</u>	<u>0</u>	<u>8</u>
<u>No. General Interest Committees</u>	<u>4</u>	<u>4</u>
<u>Membership</u>	<u>13</u>	<u>13</u>
<u>No. Youth Committees</u>	<u>2</u>	<u>2</u>
<u>Membership</u>	<u>7</u>	<u>7</u>
<u>No. Other organizations</u>	<u>2</u>	<u>2</u>
<u>No. Farm and Home Dev. Families</u>	<u>1</u>	<u>2</u>
<u>No. Other Families reached</u>	<u>878</u>	<u>975</u>
<u>No. Different families reached</u>	<u>923</u>	<u>1025</u>

Areas needing greatest emphasis during the year in expanding the Extension Program are work with Y. M. W. Clubs and Home Economics Committees. Plans for reaching goals in these areas include organization of one Y M W Club and one Home Economics Council. Other plans are to get more young people interested in the Extension Program. This will be attempted by inviting more youth to the Annual Extension

Program planning meeting in hopes that they will include in the over-all program phases that will be of interest and need to them.

B. Plans For Informing Public about the Extension Home Economics Program

Plans for informing public about the Extension Home

Economics program include summaries on the weekly Extension Radio program, periodic newspaper articles, circular letters, community and county tours, educational tours to historic sites, telephone calls, Home Visists, office calls, home demonstration and special interest meetings, community club meetings, leader training meetings, National Home Demonstration Week Observances, Achievement Day Programs, attending monthly Health and Welfare Council Meeting, distributing community projects and christmas basket to disabled or needy persons, attending and reporting extension activities at County-wide ministers, deacons and layman's union meeting, attending monthly Tuberculosis and Red Cross Board of Director's Meeting, County P. T. A. Meetings, and information carried by club members to friends and neighbors on club activities and progress of home demonstration clubs.

Plans to work with unorganized clubs and communities include giving information on the weekly radio program, home visits, circular letters. Setting up result demonstrations and making tour of the same to note progress.

Families and individuals not participating in organized home demonstration clubs will be reached through radio, home visits, circular letters, and invitation to attend special interest or special extension activities. (Example: National Home Demonstration Observance,

Achievement Program, Educational Tours, etc.)

V. LEADERSHIP

A. Plan for Leadership	<u>No. in 1959</u>	<u>Goal 1960</u>
1. County Program Leader		
a. County Agricultural Extension Service Board	59	63
b. Youth Council	108	115
c. Home Demonstration Committee	28	32
2. Home Demonstration Leadership		
No. Organizational Leaders	8	10
No. Project Leaders (Subject Matter)	28	30
No. County Goal Chairmen	12	14
No. Program Development Leaders	8	9
No. Result Demonstrators	15	18
No. training meetings by Specialist	5	7
No. training meetings by Dist. Agents	3	4
No. training meetings by Agents	18	20
No. training meetings by others	2	2
Attendance at all training meetings	423	450
No. meetings held without an agent	45	51
No. meetings leaders assisted	93	96
Demonstrations by leaders	42	45
Talks and discussions by leaders	116	118
3. 4-H Club Leadership		
No. Club Officers	108	102
No. adult project leaders	12	22

	<u>No. in 1959</u>	<u>Goal 1960</u>
No. Junior Project Leaders	18	20
No. result demonstrators	15	16
No. training meetings by Specialist	0	2
No. training meetings by dist. agents	1	2
No. training meetings by agent	14	16
No. training meetings by members club Department	0	2
No. training meetings by others	2	2
Total attendance at leader training meetings	242	274
No. 4-H leaders trained individually	22	24
No. club meetings held by leaders without agent	51	55
No. additional club meetings at which leaders assisted	136	95
No. demonstrations given by adult leaders	65	45
No. demonstrations given by junior leaders	43	30

B. Strengthening Leadership

Areas which need greatest emphasis during the year for strengthening leadership are getting leaders to attend leader training meetings, getting leaders to give demonstrations at club meetings and holding meetings without the agent. Plans to strengthen leadership in these areas include scheduling leader training meetings at a convenient hour for homemakers employed outside the home. When leaders do attend training meetings and receive training for a specific demonstration they will in turn give demonstrations when scheduled. The latter, club leaders

holding meetings without the agent, occur in only a few clubs. It has been explained that the agent cannot attend each club meeting and expand the Extension program in the county. This information will continue to be explained until the desired results are obtained.

#### VI. FOR SPECIAL CONSIDERATION

A. Plans for maintaining and strengthening good public relations in the county with:

##### 1. State Extension Organization Itself

Relations within the State Extension Organization itself will be maintained by complying with requests for reports, cooperating with administrative staff to promote or perpetuate the Extension program, sending thank you notes when desirable, keeping Extension administrative staff informed of county extension activities, and maintaining good public relations during administrative conferences.

##### 2. Parent Institution

Relations with Parent Institution will be maintained by complying with requests for reports and etc., keeping administrative staff informed of county extension activities and maintaining good office decorum at all times.

##### 3. Elected Representatives (Board of Supervisors)

Plans to maintain good relations with the Board of Supervisors include keeping them informed of work planned and accomplishments made in the extension program by sending a copy of the annual narrative report and program calendar. Courtesy will be kept in mind when Supervisors are approached or conferences held. Further coopera-

tion will be given when requested.

4. Relationships with Organizations

Plans to maintain good relations with organizations include inviting the organization or representatives to participate in Extension activities of general interest, and cooperate with the various organizations in promoting their program when possible.

5. Relationships with Business

When Businesses give service or help promote the Extension program, proper recognition and thanks will be given the Business. Courtesy will be extended the various businesses at all times.

6. Relationships with Mass Media Personnell.

Relationships will be maintained with Mass Media Personnel by cooperating with personnel in getting newspaper articles in on time and appearing on radio at the time and date scheduled. Personnel will be informed of any change in schedule that may disrupt their program. Courtesy will be observed during conferences or when in contact with the personnel.

7. Relationship with other Agencies

Plans are to invite Vocational Home Economics and Agricultural Instructors to Extension Activities in the county and hold periodic meetings to exchange ideas and work together in solving problems related to better living.

Plans are made to continue membership in the Health and Welfare Council, Board of Directors for the Red Cross and Tuberculosis Association which meets monthly. Invitations are extended representatives of the Health Department to annual planning meetings to discuss

services available through the various agencies and cooperate in their program when requested.

Plans also include cooperation with the Tuberculosis Association in their gift wrapping contest for hospitalized tubercular patients and patients that are being rehabilitated at Christmas. Each home demonstration club will purchase a gift, decorate it with Tubercular seals, and the Tuberculosis Association will distribute them to the tubercular patients.

Cooperation will be given such organizations as P. T. A., church, school and civic organizations when requested and if the agents work load permits. Invitations are sent these organizations to attend general interest Extension Activities.

Periodic conferences are held with School Administrative Staff in reference to Extension Activities held in school buildings and common problems relating to raising the standard of living among the people in the county, are discussed. Cooperation is given in special fund raising and education projects for the schools when requested.

#### 8. Individuals and Families

Plans for maintaining good relationship with individuals and families include recognition of contribution or outstanding service made to the extension program, respecting their opinion on various subjects, visiting the home during hours when the homemaker has completed major chores, observing courtesy in the home to family members, during telephone conversations, office visits and conferences, complying with requests for information and assistance as prompt as possible, keeping

the individual and families abreast of the latest scientific research findings applicable to their situation, and keeping individuals and families informed of the Extension Program in the county.

B. Plans for Professional Improvement

Plans are made to attend Short Courses recommended by the Extension Administrative Staff, read professional books and other publications and exchange these publications with other co-workers through the agents group meetings. Other educational meetings that will broaden the agents perspective and in turn aid her in disseminating information to the people in a form that can be used will also be attended.

Plans are made to hold membership in the following organizations: Negro Organization Society of Virginia, the Virginia Farm and Home Agents Association, Health and Welfare Council, Board of Directors of the Local Tuberculosis and Red Cross Associations.

An educational tour is planned to Historic Williamsburg with the home demonstration clubs to see historic sites and the famous "Common Glory." Plans are made to attend the State Advisory Board meeting and the District Home Demonstration Committee Meeting to gain information and inspiration in carrying out a more effective program. A tour will be made to some place of interest during the Agent's Vacation in August.

C. Phase of County Program from observation that will make the most significant contribution to family living.

Raising the Health Standards among county citizens and better housing will in my opinion make the most significant contribution to

family living. Specific plan for following through in this area include encouraging homemakers and their families to have periodic health check-ups, encouraging families to take advantage of clinics and other services available through the Health Department, have county nurse to bring pertinent facts concerning health conditions as related to all people of the county to the attention of all citizens, encourage homemakers to serve better and balanced meals to their families, encourage home ownership which is believed to be the basis for poor housing, give recognition for outstanding home improvement, give assistance to homemakers when requested or advisable, and make community and county tours of home improvements and award small prizes as incentives.