

ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

Virginia Agricultural Extension Service

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1958

Russell

COUNTY

County

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I. Highlights of the 1958 Program

The agent has worked with 322 homemakers in 14 home demonstration clubs and one colored group. She estimates that she contacted 600 non-club members through newspaper publicity, radio broadcasts, leaders and other methods used to influence improved practices in homemaking.

Altogether, she has helped 1397 families, 970 farm and 427 other families to improve home living in 1958. A total of 592 4-H girls were enrolled for 1235 4-H projects and completed requirements for 933 of these.

The agent has been assisted by 153 non-paid volunteer leaders for the adult program; 9 project, 10 organizational, 1 sponsor, and 7 junior leaders for the 4-H club program.

The agent made 371 farm and home visits, had 338 office calls, and had or made 711 telephone calls. Publicity was used in 3 daily and 2 weekly (one published only part of the year) newspapers regularly and 50 news articles were published. A total of 5020 bulletins, including mimeographed material, were distributed. The agent gave 40 radio broadcasts.

The agent held or participated in 125 meetings for the adult program with an attendance of 1528, and 240 for the 4-H program with an attendance of 5599. Leaders conducted 81 meetings for the adult program with an attendance of 1109 and 33 for the 4-H program with an attendance of 355.

The agent devoted 49.7 per cent of her time to the 4-H club program and 50.3 to the girls 4-H club program. Time was spent as follows:

	Per Cent
Extension Organization and Program Planning	30.9
In service training of agents	5.8
Planning and Management of Fairs Business4
Home and surroundings, furnishings and equipment...	19.6
Home management	5.7
Clothing	11.5
Foods and nutrition	9.4
Health4
Family Life, etc.4
Safety	2.6
Community Development and Public Affairs	5.3
Other	7.9

The women and girls recognized the Extension Service as a home economics educational service available, which is substantiated by requests for information and help. There are many sections of the county not being reached except by newspaper publicity and through the 4-H club program. There are many more people who need to be reached.

The agent notes that the women recognize more each year their responsibility in leadership of their organization. Too, they have been working toward long time objectives in their program through community projects and improved standards of farm and home living.

The home demonstration club women continue to maintain a stronger interest for foods and crafts for their monthly demonstration.

All 4-H clubs have met in schools, except one which was recently organized. There is an increasing number of problems for high school clubs, such as meeting at same time as other organizations, short periods thus difficult to give project instruction and other. Another weakness is that all clubs do not have adult leaders.

II. County Situation Considered in Flannin's 1958 Program

Russell County has a population of 26,878 people (1950 census) of which more than 95 per cent are white people. There are 390,120 acres of land with 82.2 per cent in farms. All farms are owned by white operators except eight. There are 3 towns in the county with a population of 1000 to 2000 population.

Farming produces the largest income for the people with coal mining ranking second. (According to the statistical information available to the home agent; however, this could have changed. During 1956, a new mine developed (a very large one), and construction began on a steam generating plant which is to be a three-year development with a 55 million dollar expenditure). In 1957, work began on a coal processing plant which is to be the largest in the world. During peak employment periods of this present year these have given employment to between 2 and 3 thousand industrial workers. A garment factory also opened near the county seat which employs some 200 women. (We have had a number of active home demonstration club members to accept employment outside the home). Thus, there has been quite an increase in the cash income in the county.

The agriculture is general, with the greatest revenue coming from beef cattle, tobacco, and sheep. The average size farm is 108 acres. There are many farms that range in size from two hundred to a thousand or more acres.

Many of the families working in industry own small farms, or have been forced to seek income other than farm because of insufficient income from the farm.

According to Economics Data Sheet, published by the Department of Conservation and Development (1954), the family median income in Russell County is \$1,347 (State 2,602) with 67.3 per cent (State 46.5%) of the families with an income of less than \$2000.

The greater percentage (approximately two-thirds) of the people the home agent works with would be classed as farm people.

The Program planned by the Home Demonstration Clubs was planned with emphasis on equipment and repair, food preparation, consumer buying, first aid, and home grounds beautification.

Long time goals expressed by these people are better communities and facilities (for their children and themselves), improved home conveniences and home surroundings, and increased incomes to help them meet these needs.

III. COUNTY EXTENSION PROGRAM -- ADULT

A. Organization

1. County Agricultural Service Board

This board has not been organized. It is planned that this board will be organized in 1959 or 1960.

2. Home Economics Council

This council has not been organized since special interest committees have not progressed far enough to warrant such an organization. It is planned that this council will be organized in 1959.

3. General Interest Committees

a. Farm and Home Lighting

A home lighting committee was organized in February with the goals to improve lighting inside the homes and to improve lighting and wiring of farm buildings and home surroundings. Attending the initial committee meeting was a woman representative from 8 of the 9 communities, and representatives from the two power companies serving the county. Background information was given of the need for better lighting. This committee set up the following plans:

- (1). A lighting school for dealers.
- (2). Community educational meetings for the people.

- (3). Demonstration homes for each of the 9 communities.
- (4). A school lighting program.

(This committee concentrated only on home lighting.

The following has been carried through so far.

- (1). Lighting school for dealers. This school was called and some 20 or more dealers had been invited by letter and personal contact. No dealers came and only one committee person.
- (2). Four community lighting schools were held in Dante, Castlewood, Homaker, and Lebanon with an attendance of 99 people. These meetings were held in conjunction with other meetings as PTA or HDC's.
- (3). No demonstration homes have been set-up with which the home agent has worked. However, there is an extensive housing development in the county. The power company and builders have worked cooperatively to have several of these built as Gold Medalion Homes. A 10-day open house was held of one of these homes. Initial plans were made for improving the lighting in one home economics cottage which will serve as a result demonstration.
- (4). School Lighting Program. The school lighting program is being carried out through the 4-H clubs. Thirteen 4-H clubs with an enrollment of 476 chose Rural Electrification as their school project. The plan for demonstrations has been built around improved lighting with the goal that every member carrying this project will set up a good study center for themselves. One 4-H club set up an exhibit at the county fair on "The Study Center". Educational material has been distributed, and radio talks have been given on lighting.

b. Running Water

The three extension agents attended a water systems meeting in August called by the Health Department. Thirteen were present, representing extension, vocational agriculture, the power company serving the county and health department. The county agent was elected chairman. Plans are in the making for further developing this committee and program. It was planned at the initial meeting of the community in the county to establish needs of the people. Then to solicit the cooperation of dealers in promoting this campaign. From this level to launch an educational program with all the above named organizations participating.

4. Home Economics Committees

- a. Nutrition and Better Buymanship of Food
(Committee - women representatives from eleven communities in the county.)

This committee was organized in 1956. The home agent followed through on objectives in general program (to be discussed under project work).

5. County Home Demonstration Committee

This committee is made up of the presidents of all home demonstration clubs, the County Program of Work Chairman, officers of the County Committee, and past presidents of the County Committee.

The committee met twice this year. The spring meeting was for the purpose of checking progress of the program and to make plans for special programs.

The fall meeting was with the purpose of planning the ensuing year's program. Both of these were followed through.

Executive meetings (officers) of the committee and special appointed committees met to execute planning of special projects and program.

Special activities sponsored by the County Committee were sponsoring of publishing of the yearbook, sale of fair advertisements, observation of National Home Demonstration Week, group hospitalization, Sale of Cookbooks, special church services on "Family Life", carrying through of the Federation Goal, and a better reading program.

B. Project Work

1. Home Management (3 regular monthly demonstrations to home demonstration clubs.

a. "Small Household Equipment" with the following objectives:

- (1). To show equipment which will be labor and time saving.
- (2). To show equipment which will give most help for money spent.
- (3). To teach women to evaluate good and poor buys in buying small household equipment.

The home management leaders conducted these demonstrations to their respective clubs except two which were given by the agent. The state home management specialist conducted the leader training

meeting. The leaders followed the general plan as the specialist in giving these demonstrations by showing several pieces of kitchen equipment. These were discussed from the standpoint of good buys for the money and of energy saving. In several clubs the women brought to the meetings equipment which they considered "white elephants". Discussion of these proved to be rather interesting, in that some found equipment useful that others found no use for. In most clubs one piece of electrical equipment was shown as illustration, and discussion followed of the things that should be considered in buying electrical equipment. Mimeographed material was distributed.

b. "Simple Repairs in the Home" with the following objectives:

- (1). To teach women how to make simple repairs, such as, electrical, plumbing, and with household equipment.
- (2). To help women save money by making repairs themselves.
- (3). To give confidence in making repairs.

Home management leaders conducted these demonstrations in all but one club which the agent met. The leaders had been trained by Mr. Wheary, state housing specialist. Eleven of the 14 clubs were represented at the training meeting by 15 leaders.

Repairs demonstrated were how to repair doors, how to replace a window pane, to sharpen scissors and knives, to repair a faucet, recommended method for storing repair items (nails, screws, etc.), use of a molly screw and others. Comments were favorable except that printed or mimeographed material was not available for distribution.

c. "Consumer Buying" (Money Management, Food, etc.)

- (1). To teach homemakers principles of money management.
- (2). To teach homemakers to compare materials and products purchased on basis of what they wish to receive for money spent.
- (3). To give some rules for buymanship well worth following.

The agent conducted these demonstrations. Discussion was given to the principles of effective money management, followed by the use of illustrative materials (posters). In so far as possible, the audience was given an opportunity to enter the discussion. To conclude the demonstration, illustrative posters were used showing suggested ways of saving on food buying. Some 90 Farm and Home record books were given those interested in keeping records of their home spending, and also the booklet Your Money! Where Does It Come From?

d. Other

Two kitchens are being improved and serving as result demonstrations.

Three Farm and Home account record books are being kept regularly.

Five Farm and Home development (some TVA) families have been visited two or more times this year to be given help.

A survey has been made in all clubs of repair and maintenance services in the county and the summary is ready for distribution.

2. Foods and Nutrition (2 regular monthly demonstrations)

a. "Low Calorie Meals" (Use of non-fat dry milk)

with the following objectives:

- (1). To teach the importance of weight control for health and appearance.
- (2). To show low calorie dishes which are palatable and nutritious which may be served.
- (3). To show uses of dry milk in food preparation.

The foods project leaders gave these demonstrations to their respective clubs. The state food specialist conducted the training meeting in March. Twenty-three leaders attended representing twelve clubs. The leaders outlined plans for meals from low calorie foods. Some leaders demonstrated preparation of a full meal and others prepared low calorie desserts. Mimeographed materials were distributed on Meals from Low Calorie Foods and Low Calorie Desserts.

The bulletin Take Off Foods Safely was distributed when requested.

b. "Preparing Food for the Freezer" with the following objectives:

- (1). Show principles of preparation of freezing to preserve flavor and quality.
- (2). To show uses of the freezer to simplify meal preparation.

The agent gave the demonstration to all clubs. First she discussed types of containers, foods that can be successfully preserved by freezing and varieties for freezing. Following a vegetable, fruit and meat were prepared for freezing. Some time was given to discussion of freezing baked and precooked foods. The agent prepared a sheet on "Freezing News You Can Use". Also USDA and mimeographed materials from VPI were distributed.

In follow-up the agent has found that many women have used suggestions from both of these demonstrations.

Recipes, nutrition information, suggestions for handling and preparing foods have been used for radio and newspaper publicity. We have attempted to highlight items of the week such as "National Dairy Month", etc. Recipe and nutrition bulletins have been distributed at regular organized groups and are kept available on bulletin racks all the time.

3. House Furnishings

One regular monthly demonstration to home demonstration clubs and special interest meetings on home lighting.

a. "New Fabrics in House Furnishings" with the following objectives:

- (1). Show fabrics and blends of materials on the market for home decorating.
- (2). To teach good buymanship of fabrics for house furnishings.

This demonstration was by the agent in all except in one club to which we asked the manager of a fabric store. A limited number of fabrics and blends of material used in home decorating that are available were shown. The swatches of materials shown were collected at an agents' training meeting on fabrics and from two local fabric stores. Some of the main points stressed were (1) cotton and rayon ~~is~~ a good blend to use for many purposes in house furnishings, (2) advantages and disadvantages of man-made fabrics, (3) meaning of the term "bonded", and (4) general rules for making drapes.

b. Home Lighting and Wiring
(Refer to III - 3 - A)

4. Health - One regular monthly demonstration

a. "First Aid" with the following objectives:

- (1). Teach women rules to follow in case of an emergency.
- (2). To teach first aid treatment for most common emergencies.

(3). To teach women to practice safety.

The health project leaders gave these demonstrations. They were trained by the county public health nurse. Emphasis was given first to prevention of accidents that would necessitate first aid; second, how to meet minor emergencies which most people encounter; third, general treatment in major emergencies (shock, heavy bleeding, and others); and fourth, showed how to set up a first aid kit and gave suggestions for. Twelve leaders were trained representing ten clubs. The agent trained leaders for two other clubs individually and met two clubs to give the demonstration. Printed materials secured from two insurance companies were distributed and a mimeographed list of those things which should go in a first aid kit.

The planned program included plans for first aid classes. Because of lack of a qualified instructor and conflict of other planned activities these classes have been postponed for the time being.

As a follow-up of the Federation Goal on Health of Four Years Ago three objectives were planned as follows:

- a. Continue quarterly payments for those enrolled for group hospitalization and enroll new members semi-annually. Each club where members are enrolled for hospitalization appoint a collection chairman. The club chairman make club collections and pay into county treasury. We now have 244 people enrolled,

representing 100 families.

b. Continue to give emphasis to health in the regular program. This was done through reports by community service chairman.

c. Continue to encourage periodic physical examinations. This was included in county objectives and was discussed at club meetings.

d. Four club members attended the district health forum sponsored by the district federation.

5. Clothing (One regular monthly demonstration.)

a. "Grooming of Hair" with objectives as follows:

(1). Teach rules for care of hair.

(2). Show styling of hair for becomingness.

Club leaders were in charge of these demonstrations.

A beautician was asked to visit clubs to give the demonstration. In their demonstration they covered care of hair, cutting, and in some clubs they either set or had previously set the hair of one of the members which they used as a model. In three clubs the beautician who had promised to do the demonstration did not come for the demonstration. Leaders went ahead with one group. One club that arrangements could not be made for, the agent met one group for a discussion on grooming of hair. The women, in clubs where a beautician came, commented that they

received help; however, over all the agent does not feel that this was a completely successful project.

6. Rural Arts

a. Handicraft - choice of one of three for January demonstration.

- (1). Finishing Wooden Boxes.
- (2). Making Table Mats.
- (3). Leatherwork.

b. Two or three special interest work meetings on each of:

- (1). Making Hooked Rugs.
- (2). Making Braided Rugs.

c. Objectives for above demonstrations:

- (1). To help women develop skill in crafts.
- (2). To help develop an appreciation of basic art principles.
- (3). To teach families to create their own recreation.

The home demonstration clubs had all day meetings in January with a choice of one of the three above listed demonstrations. Five clubs worked on leatherwork making billfolds, eight did net darning making a sample table mat, and one club worked on finishing of wooden boxes.

Many of the women continue to work on crafts they have learned to do in home demonstration work in past years,

as Swedish weaving, aluminum trays, chair bottoming, and basketry.

Four special interest meetings were held on making braided rugs with an attendance of 38. About 20 rugs were actually started at the meetings (2 - Honaker, 1 - Castlewood, and 1 - Lebanon.) One special meeting was held at Elk Garden on making hooked rugs with an attendance of nine and six rugs were started.

With each meeting the agent has attempted to emphasize the basic objectives we are working toward in our handicraft work. Some carry-over was noted from our Federation Program of Work from the year before on "Art in Daily Living."

7. Other

a. Family Recreation or Club Choice (the August meeting was given to choice). Objectives for these meetings were:

- (1). To teach the value and importance of recreation.
- (2). To encourage people to participate in recreational activities.

Leaders were in charge of the August meeting. Eleven clubs had club picnics as community recreation meeting. One club had its picnic at the new community recreation center (fireplace and picnic tables) they had set up as a community project. Another club held a lawn and new home tour prior to their picnic at one of the member's homes. Two clubs following a joint

picnic of the two groups, went on a tour to a well developed lawn. Six of the clubs had their families, including husbands and children. One club sponsored a community flower show which was an outstanding community affair. One club held an all day work meeting to make aluminum trays. Nine women from the county attended HD Day at the Arts & Crafts Festival in Abingdon in August.

b. Housing

(1). House plans

The agent has loaned the Extension House Plan Book to some five families for suggestions. However, to my knowledge none have used these plans. The agent has also given suggestions on improving housing (storage spaces and remodeling). The farm and home unit specialist assisted one day in visiting three homes in planning remodeling jobs or additions to the house. Some sixty or more improvements have been made in homes to which the agent has given help in one way or another.

Many new homes (agent would conservatively estimate 100) have been built in the county this year. One development plans for 100 homes, and some thirty-five or more have already been built. The extension agents have given little time to new housing work because of lack of time and training.

(2). Water Systems

Help has been given through radio broadcasts, educational material distributed, and home visits. The home agent has given help to some dozen families on running water systems.

c. Gardens

Timely information was given on garden through newspaper and radio publicity on planting of recommended varieties, soil conservation practices, control of pests and diseases, and more variety in planting in relation to health and economy. Also, printed materials were distributed at regular club meetings and available from bulletin racks at Extension office. Some home visits were made by the agent with the specific purpose of giving help on garden problems. Help was frequently given on these subjects when the agent was visiting in the homes.

d. Safety

Special publicity was given to safety during National Safety Week as well as throughout the year. - (Newspaper and radio). Safety in one way or another was brought to attention at home demonstration clubs.

(1 - 7). Procedures Used in Carrying Out Project Work

- a. Method demonstrations -- discussed above.
- b. Leader training meetings -- discussed above.
- c. Exhibits -- at club meetings and at the Russell County Fair.

d. Newspaper and radio publicity

Weekly newspaper column and special articles as well as weekly radio broadcasts. Publicity was given to program of meetings and usually a special subject matter topic.

e. Distribution of educational material.

f. Visual Aids -- Use of illustrative posters and other related to topic.

g. Result demonstrations -- Lawn improvement and home decorating.

h. Work meetings -- Crafts and rug making.

i. Recreational meetings -- Meetings held at developed community recreation areas.

j. Home visits -- For counsel on a particular problem.

7 k. Surveys -- Repair services.

l. Club discussions.

G. Community Projects

1. Federation Goal -- "Home and Community Beautification"

Two regular monthly demonstrations were given to the Federation Goal. They were "Community Beautification" and "Home Grounds". Objectives set up by the county committee were as follows:

a. For Clubs

(1). Have a program of work chairman develop this program to meet the needs of individual community.

(2). Develop a good publicity program.

(3). Aid in the establishment and maintaining of proper rubbish disposal centers.

- (4). Plan individual and community clean-up campaigns.
- (5). Encourage conservation of the state flower and other native ornamental flowers, shrubs, trees, and wildlife.

b. For individual club members

- (1). Clean up home grounds, make necessary repairs on buildings, walks, driveways and fences.
- (2). Plant for food, beauty, and pleasure.
- (3). Share your knowledge with non-members and encourage their participation.

The February demonstration on "Community Beautification" was given by the goal leader. The leaders led a discussion for community projects and all clubs were encouraged to choose a community project which was done by several clubs at this meeting. Following this, each club member checked a home grounds improvement list with the improvements they needed to make. They were encouraged to make as many of these improvements as possible during this present year. Then some time was given to discussion of lawn improvement, planning of home grounds and maintenance. The agent conducted the leader training meeting. Eight of the 14 clubs were represented. The agent trained the other leaders individually or in small groups.

The agent gave the May demonstration on "Home Grounds". First we reviewed progress of the club on their respective community project - if one. Scope of the subject covered in discussion and with the aid of illustrative materials was planning of home grounds, lawn improvement, planting and

transplanting of shrubs and trees, and pruning. Several bulletins were available for distribution.

Short discussions were conducted at club meetings by goal leaders on plans for a community project, conservation, home-grounds clean-up, rubbish disposal, progress report on the community project, and annual report of accomplishments.

All members reported some one or more improvements in their home surroundings and making some new planting.

The leaders and club members were given the laws regarding rubbish disposal areas. A great deal of rubbish is dumped on the roadsides throughout the county.

Community projects as a part of this goal that were planned and followed through were as follows:

- (1). Castleswood -- landscaping of new elementary school grounds. The state ornamental horticulturist came to help them plan. They have their draft plan and will make their plantings in the spring 1959.
- (2). Dickensonville -- Give efforts to church improvement since this is main community project now. The HD club sponsored one money-making activity and gave the proceeds to this.
- (3). Elk Garden -- Completion of community recreation center of outdoor fireplace, picnic tables, and landscaping of same (started 3 yr. ago).
- (4). Hensonville -- Church ground improvement.
- (5). Honaker -- Sponsored community clean-up joint with other community organizations in May. The club asked for and received help from Extension ornamental horticulturist to assist in planning for plantings of the school grounds.
- (6). Lebanon -- Planted three Dogwoods on school campus.
- (7). Lebanon, Homemakers -- Asked town council for help in better help in removal of trash and rubbish.

- (8). Mason's Store -- Asked for old school after it is vacated (which will be fall, 1958) to use as community center.
- (9). Now -- Built a community fireplace and tables as recreation center.
- (10). Parsonage -- Plans for improving school grounds when new school is completed.

The other four clubs did not plan or work on a community project because there is no decided community areas for members of these clubs.

All clubs were encouraged to sponsor one lawn improvement result demonstration. Five clubs did this.

Three clubs had lawn tours. The Achievement Day program was held at Elk Garden. Members of all clubs could see community project results.

Mr. A. G. Smith, Jr., worked with the county home agent one day in visiting schools for recommendations on landscaping. Those schools visited were Castlewood elementary, Copper Creek, and Bonaker. At each school, a committee from the home demonstration club was present to hear the recommendations and assist with the planning.

Procedures used in carrying out the program was leader training, method demonstrations, talks, discussions, result demonstrations, tours, educational material distributed, newspaper and radio publicity.

2. Outstanding Community Projects of H. D. Clubs and Cooperative Projects with Other Agencies.

a. Fair Ads

The H.D. clubs of the county, as a joint project, sold ads for the Russell County Fair Catalogue. The total ads sold amounted to \$1219, and the clubs' percentage was one-fourth of this amount. It was voted by the County H.D. Committee to give \$400 to the development of Southwest Virginia 4-H Center. \$200 of this had been earned from a similar project in 1957.

b. Russell County Fair

- (1). Cooperate with the County Agricultural Fair by assisting with domestic arts exhibits.
- (2). Encourage 4-H members to place exhibits of project work and educational booths.

As in past years, one of the biggest projects of the year for the County Extension Staff is to work with the County Agricultural Fair. This Fair is cooperatively sponsored by the Fair Association and the Lebanon Jaycees.

The agent worked with the domestic arts exhibits for the women, 4-H project exhibits, a 4-H concession stand, as well as the general program. Superintendents are appointed and committees to serve in each section. It was necessary for the home agent to give more time this year than past years in setting up the catalogue, and preliminary program because the farm agent was on military leave and we have a new secretary who was not familiar with routine. In the women's

section there were 223 canned food, 62 arts and crafts, and 114 flowers, 106 food, and 130 needle craft exhibits placed.

Eight women from Washington County, trained at judging training school, served as judges for the home economics exhibits and two women from Richlands served as judges for the flower exhibits.

b. SCS Barbecue

One of the home demonstration clubs served the annual SCS barbecue.

c. Southwest Virginia Agricultural Association

The agent attended the annual meeting of this association. The Don Gray's from this county gave a report on farming operation and the building of a new home. The agent assisted Mrs. Gray in planning her report. However, the agent had not given her any help in home planning or management.

D. Other Activities

1. County Home Demonstration Club Objectives (as planned by the County Committee) as follows:

- a. Ask for the employment of an assistant home agent. Refer VII-C.
- b. Make a survey of services in the county for repair and maintenance. Print for distribution.

The survey has been made, however, results have not been distributed to date.

- c. Invite non-club members to demonstrations in which they are interested.

This was done.

- d. Every member have an annual physical examination.

This was encouraged at club meetings. However, a check was not made to determine the exact number that did.

- e. Each club plan and complete one community project.

(Refer to III C - 1)

- f. Sponsor Anti-litterbug campaign.

Educational material was distributed at club meetings and the program was explained.

- g. Have H. D. Clubs discuss ways in which members may earn pin money.

This has not been done to date.

- h. Sponsor First Aid Classes

(Refer to III - 4)

- i. H.D. clubs promote program for Book Mobile.

Information was given in H.D. clubs. Club members assisted with sponsoring of bookmobile at the county fair to acquaint the people with this service.

2. Other County and Community Projects

a. Library Work

- (1). Encourage clubs to borrow and use traveling libraries from the state library. Four clubs used this service this year.

- (2). Encourage use of books from State Extension Office.

Information on this service was printed in the yearbook and club members were reminded of this service.

- (3). Award library certificates to those qualifying at the Achievement Day Program.
33 were awarded.

b. National Home Demonstration Week

- (1). Each club send delegates to district meeting. Thirty-three from Russell County attended. Mrs. Beauchamp, district president from this county, presided at this meeting.
- (2). Sponsor a special publicity program (radio, TV, and newspaper) during the month of May. One radio talk devoted to National HD Week and a summary of accomplishments of the program was given. Also, a special article in the county weekly newspaper was devoted to National HD Week.
- (3). Special drive during the month of May to enroll new members. Club members were encouraged through a circular letter about the district meeting and National HD Week to bring new members to the May club meeting. Fifteen new members have been added this year.
- (4). H.D. clubs sponsor clean-up campaigns. (Refer to III B 1-f).

c. Achievement Day

- (1). H.D. clubs sponsor an Achievement Day Program to show results of year's program. Ninety-five people attended the Annual Achievement Day Program held October 29, at the Elk Garden Methodist Church. Clubs and members were recognized for outstanding achievements. The Elk Garden Club received the certificate of merit for their outstanding accomplishments. Lebanon ranked second. All clubs were scored according to the score sheet set up in the yearbook. Recognition was made to 19 club members qualifying to receive H.D. pins and 33 library certificates were awarded. Recognition was made to those who received the most ribbons

at the fair. One member had received 26 and the next two high ranking 19 each.

Reports were given on general accomplishments, Federation Coal, Elk Garden community project, Southwest Virginia 4-H Center and the Federation Health Forum. The speakers for the program were Miss Amelia Fuller and Mr. C. D. Wheary, Extension Specialists, that spoke on "What's New in Equipment and Housing."

Following the meeting, refreshments were served and the group had the opportunity of seeing the community project of the outdoor fireplace.

d. Work in unorganized communities
Objectives

- (1). Visit farm families in unorganized communities. Most of the visiting done by the home agent was with the purpose of carrying out the organized program.
- (2). Meet groups in at least four unorganized communities for special demonstrations. Only one group was met (Dante) for this sort of meeting. The agent met with a group of colored women in Lebanon for some special work.

e. Judging by local leaders

Ten women were trained at the district judging training school held in May.

Ten leaders, trained for judging, judged at three fairs in adjoining counties.

f. Community Service

Each club has a community service chairman that reports special programs to respective clubs, such as library work, community drives, and other.

g. Sale of cook books

12 cook books were sold during the year. More could have been had the new ones been available.

h. The District Federation planning meeting for planning the district meeting was held in Russell County in March.

i. Four H.D. club members attend the State Federation Meeting and Institute of Rural Affairs.

IV. Farm & Home Development

The Extension Staff has done a limited amount of work from a Farm and Home Development approach. We consider the 19 TVA demonstration families and one additional family as farm and home development families. The home agent has worked with 11 of these families through H.D. clubs and L-H clubs, and has given individual help to 5 families.

A. Problems encountered most often:

	No. Families
1. Family Goals	3
2. Home Accounts	7
3. Financial Plans	4
4. Family Food Supply	2
5. Yard Improvement	3
6. Community Activities	8
7. Housing	7
8. Time and Energy Management	4

B. Subject Matter Areas and Assistance Given:

	Short-Term Goals	Long-Term Goals	Outlook Information	Buying	Information	Improved Methods & Practices	Demonstrations	Specialist Assistance
Food and Nutrition	8	8	6	6	8	3	2	
Vegetable Gardening	5	4	6	3	6			
Clothing	7	2	7		2		2	
Housing	8	8	8		8	8		
Home Management	7	7	7	7	7			
House Furnishings	10	10			10	6	2	
Yard Improvement	6	6			6	6	3	
L-H Club								

C. Progress Stories

The G's are a couple in their late thirties parents of a four year old daughter. They own a 430 acre river bottom farm. Their principal source of income is from beef cattle, hogs and crops. Mrs. G had business school training and Mr. G completed high school. He was reared on farm and she was reared in town.

The G's are active in the church and community organizations.

When Mr. and Mrs. G. took over the farm some 12 or more years ago there was a large indebtedness, and some mix-up of family business, all of which the agent is not familiar. Neither does the agent have full figures of assets and liabilities. In the years he had had the farm he has probably made as much improvement in the farm as has been made on any farm in the county for a length of time. He has utilized the supply of water for an irrigation system (first in the county), improved the land to make it profitable, rebuilt old machinery to make it useable and built necessary farm buildings.

When they first moved to the farm they moved in an old log house which had not been lived in for several years. Throughout the years Mrs. G has shared in the work of the farm. Some 4 or 5 years she worked out of the home (in post office) to subsidize the income. Their long-time goal was to build a new home which was completed this past year. Even though they planned to build a new home they added conveniences to the old home (of running water and bath) and endeavored to make it very attractive and liveable. Also, other conveniences,

as a freezer to conserve the family food supply, a vacuum cleaner as a labor and time saver, and other such conveniences had been added an income permitted. In building the new home they utilized raw materials from their own farm. Lumber was saved and cured, sand from the river and limestone for concrete work. All rooms in the house are in wood paneling - red and white oak, black walnut, and sycamore. To realize their goal of a new home at this time they borrowed money through F.H.A. Mrs. G. is a most capable home manager. Making her own clothing, serves well-balanced meals, and makes a most attractive home.

a. Family Goals (long time)

- (1). Pay all indebtedness on farm and new home
- (2). Help daughter to get an education.

b. Goals (short time)

- (1). Add more farm equipment for more efficiency.
- (2). Increase feed production.
- (3). Improve basement storage space.
- (4). Add new furniture.

The plan for goal accomplishment is through management, regular saving to meet the situation, and to make improvements on the farm and in the home periodically.

The action taken to achieve goals and objectives have been careful planning, regular saving for such, and following through on plans.

The agents have worked with this family in developing sound plans for improvement. Their interest in exploring what is sound practices, desire to achieve, and conscientious efforts have contributed to their success.

2. Other Families

An additional five families have kept some home records, however, not of all expenses. The home agent has worked with the women in H.D. clubs, and individually on special problems, such as, redecorating the home or a room, planning for additional space in housing, adding a new piece of furniture or equipment, lawn improvement, etc. This has not been a cooperative effort of farm and home agents, because of a turn-over in Extension personnel.

We hope to further develop their records in the coming year as a unit for farm and home planning.

V. COUNTY EXTENSION PROGRAM -- Youth

A. Organization

1 & 2. County Youth Council and Committee

There were no plans for developing the County Youth Council or Committee in 1958. The youth phase of the program was considered in planning the home demonstration program.

3. County 4-H Council

The County 4-H Council is made up of the officers of all 4-H clubs in the county, the 4-H All Stars, and leaders of all clubs. One Council Meeting was held this year (fall).

The fall council meeting was held in late October with an attendance of 41 representing 18 of the 26 clubs. Routing business was conducted, and an evaluation of accomplishments on objectives was made. Plans were made for the Achievement Day program to be held early in December, objectives set-up for the coming year, a report on contests and records, and the development of the Southwest Virginia 4-H Center was discussed. The council decided that each club member would be asked to be responsible for earning \$1 to contribute to this center. Council officers for the coming year were elected.

An officer training session was conducted at the end of the meeting. The group was divided into sections for presidents, vice-presidents, and secretaries. Training was conducted by older L-H members assisted by agents.

Two money making events were sponsored by the council. These were a concession booth at the fair and the "Share the Fun" Talent Show.

Other special activities sponsored by the Council were the Achievement Day, L-H Dress Revue, Baby Beef Show, County Contests, and fair exhibits.

4. All Stars

The All Stars that live in the county have served to assist with special L-H events and serve as L-H leaders.

5. Project Planning Committee

A committee of 5 made up of older L-H members and leaders met with the Extension agents in September to set-up the program of projects that the L-H clubs would work on for the winter months.

Projects set up for the clubs to choose between were Rural Electrification (all school year); Safety (for 3 months), and a home economics project (for remainder of the year). The clubs choose between these three. All clubs except 2 are organized as joint boys and girls clubs.

B. Project Work

All clubs worked on Home Grounds Beautification for the fall months. Project instruction met together for

business and project instruction meetings. Beginning with January, project instruction at club meetings was separate for boys and girls. Girls chose one of four projects (as a club) Make or Remake, So You'd Like to Sew, Your Room, or Looking Your Best for instruction the remainder of the year.

In the spring the girls chose the project or projects of their choice for summer work. Results tabulated show summaries for both winter and summer project work. Numbers given in report state number of projects rather than number of girls enrolled. Practically all girls were enrolled in two or more projects (winter and summer.)

B. 4-H Project Work

1. Clothing

a. Looking Your Best

Girls from 17 clubs were enrolled for 296 projects, with 240 completions. Of these 263 with 229 completions from 13 clubs carried this, as a school project.

1. Objectives planned and followed through at club meetings were as follows.

- (1). To help improve general appearance.
- (2). To make good grooming a habit.
- (3). To help look best by taking care of skin, hair, and hands; and by being neat and clean at all times.
- (4). To look best by wearing clean, well-pressed clothing and by keeping shoes shined and in good repair.
- (5). Remember that appearance is important and to make a good one.

To complete "Looking Your Best" project club members

were to complete six of a list of requirements. Also they were asked to make an exhibit of project work at the April or May meeting of at least 3 of the following: shoe shine kit, hand care kit, comb and brush, and/or repair kit. Blue, red, or white awards were given depending on merit of exhibit.

Topics covered in project demonstrations were care of shoes, care of hair, care of hands, care of skin, simple repairs, posture and voice. Those carrying this as a summer project were instructed to meet requirements on project guide sheet.

b. So You'd Like to Sew

Girls from 18 clubs were enrolled for 241 projects, with 170 completions. Of these, 218 with 144 completions from 11 clubs carried this as a school project.

1. Objectives planned and followed through at club meetings were as follows:

- a. To teach basic equipment needed for sewing by fitting a sewing box.
- b. Learn basic principles of cutting.
- c. Learn basic principles and skills of sewing by making a needle case or pin cushion, headscarf or towel, and laundry bag or apron.
- d. To teach appreciation of a job well done by exhibiting work completed.

To complete this project club members were required to complete and exhibit at least 4 articles as follows: a sewing box, a towel, head scarf or handkerchief, wrist pin cushion or needle case, and an apron or laundry bag.

Blue, red, or white awards were given depending on the merit of the exhibit. Those carrying this as a summer

project were instructed to make at least three articles.

c. Make or Remake

Girls from 17 clubs were enrolled for 139 projects with 90 completions; of these 43 with 18 completions from two clubs carried this as a school project. A total of 292 garments were made.

1. Objectives planned and followed through at club meetings were:

- a. Learn to plan a wardrobe on basis of clothing needs.
- b. Learn to fit a pattern.
- c. Learn to use a pattern.
- d. Each member learn basic rules for cutting a garment and cut at least one.
- e. Complete at least one fitted garment.
- f. Hold a Dress Revue for each club carrying this project.

Club Dress Revues were held at the club meetings.

For the fifth consecutive year the FHA and 4-H girls staged a Dress Revue as part of the School Day Program at the County Agricultural Fair. Twenty-five girls participated, seventeen of which were 4-H girls. Cash prizes were made, also all girls participating were placed in blue, red, or white sward group.

Summer project work was carried independently by the girls with the guidance of her mother or some neighbor or leader. No summer project group was organized.

2. Room Improvement

a. Your Room

96 girls from 16 clubs were enrolled for this project

project were instructed to make at least three articles.

c. Make or Remake

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2. Room Improvement

a. Your Room

96 girls from 16 clubs were enrolled for this project

with 75 completions. Members from 2 clubs with an enrollment of 47 and 32 completions carried this as a school project.

Objectives planned were:

- a. Each member learn what makes an attractive and convenient room; and make improvements toward such in the room they call "theirs."
- b. Each member make at least one article for her room.
- c. Each member care for her room at home.
- d. Plan for and work toward future improvements for the room.
- e. Make best use of existing furnishings.

Each girl carrying this project was required to make an inventory of her room, plan for improvements needed in her room and make at least 3 improvements. Those carrying this as a school project were required to exhibit the plan of her room as was and a plan as they would like for it to be showing color scheme and material, a sectional dresser drawer, and some article they had made that would improve their room such as a dresser scarf. Blue, red, and white awards were given depending on the merit of the exhibit. Those carrying this as a summer project were instructed to meet requirements in project manual.

b. Your Furnishings and Your Home

One member was enrolled and a record was not turned in. Five were enrolled for Your Home project with 3 completions. One girl did an interesting job of assisting with the decorating in her new home. Another club member

that has carried this project two years before continues to make improvements in her home.

3. Home Grounds Improvement and Beautification

All clubs (28) both boys and girls carried this project for October, November, and December. The enrollment of girls was 631 with 518 turning in check sheet showing they had made one or more improvements in home grounds. This project was not counted in the total project summary. This project was set up with objectives as follows:

1. Teach clubmembers to appreciate neat and attractive home grounds.
2. To teach conservation of soil through fertilization of lawns.
3. To improve mail boxes.

Project demonstrations were on fall care of lawns, conservation of soil, and mail box improvement. The agents felt this project might have been more effective had it been taken at a different season of the year.

Thirteen members carried this as a special summer project and seven turned in records showing completion.

4. Foods and Nutrition

All members carrying foods projects carried as special projects, and in most cases, received help mainly from their mothers, community club project leader, and in some cases a home demonstration club member serving as a summer project leader.

a. Meal Planning and Preparation

Girls from 22 clubs were enrolled for 141 projects with 113 turning in records showing completion. Members carrying this project followed instructions in manual.

b. Breadmaking

Forty girls from 11 clubs were enrolled in breadmaking and 25 turned in records showing completions.

c. Food Preservation

45 girls (20 canning and 13 freezing) from seven clubs were enrolled. 28 (17 canning and 11 freezing) reported completion.

d. Outdoor Meals

Two members were enrolled. No records were turned in.

5. Home Management

All members carrying home management projects carried as special projects, and in most cases received help mainly from their mothers, community club project leader, and in some cases a home demonstration club member serving as a summer project leader.

a. Housekeeping

Girls from 9 clubs were enrolled for 46 projects with 36 turning in records of completion.

b. Washing

21 members from 8 clubs were enrolled for this project with 18 completions.

c. Ironing

64 members from 14 clubs were enrolled for ironing with 50 completions.

d. Money Management

Two were enrolled with one turning in record completions.

6. Other Projects

The following shows a summary of other projects girls were enrolled for and numbers of completions.

<u>Project</u>	<u>Enrolled</u>	<u>Completion</u>
Garden	45	34
Poultry	6	6
Rural Electrification	5	4
Safety	6	6
Health	9	8
Leadership	2	1
Milk Products		
Unit I	6	4
Unit II	10	8
Small Fruits	1	1
Farm Flock Sheep	1	1
Fat Lamb	1	1
Baby Beef	3	3
Dairy Heifer	1	1

Members carrying Baby Beef projects participated in the County and Area Baby Beef Shows. They took top prizes in the County Show and placed in the Area Show.

Overall objectives for all 4-H work followed through in project instruction were:

1. To improve skill in carrying a project.
2. Learn to judge quality of a product.
3. Acquire an appreciation for a job well done.
4. Every club member learn to keep comprehension records which have meaning.

Methods used in carrying out project work:

1. Method demonstrations at regular club meetings

for project instruction. Insofar as possible, we had demonstrations by 4-H members at regular club meetings which were repeat demonstrations for their training.

2. Recall demonstrations as with a garden, room improvement, and other similar projects.
3. Work meetings as with sewing instruction.
4. Lectures in giving project instruction.
5. Publicity - Success stories of 4-H project work, plans for special programs, and regular 4-H schedule.
6. Circular Letters - Letters were sent club members to announce special meetings and events (Achievement Day and contests).
7. Home visits by agent, adult, and junior leaders.
8. Leader training of leaders to assist with project work and special events.
9. Exhibits - Members were required to make an exhibit of winter projects. Blue, red, and white awards were given on basis of quality of exhibit. A number of 4-H club members made exhibits of their project work at the County Agricultural Fair.
10. Contests - county, district, and state.

C. Other Activities

1. 4-H Club Camp

A junior and senior 4-H camp was held for the Southwest Virginia Counties. Forty-three boys and girls (25) from Russell County attended the senior camp at Camp Clyde Austin the week of June 9-14, along with 4-H members from nine other counties. Russell County members placing for camp honors were Bobby Reines, Big Chief; Ruby Campbell was named as the Heart H and Wayne Plaster as the Hand H. Ten

other club members of the delegates held camp tribal offices of lesser chief, scribe, cheerleaders as song leaders. Three girls from Russell County placed first in the Talent Show. The assistant county agent and two women adult leaders were in charge of the delegation.

The junior camp was held at V. I. Ranch camp the week of June 16-21 with 46 junior members (28 girls) including the junior leader attending. Club members receiving honors were Nancy Kiser, named as Big Chief and outstanding girl camper for the week, also, Glenda Bee Hale was named as one of the tribal chiefs. There were 144 club members from six counties that camped together. Mrs. Laura Aker served as adult leader, Nancy Barrett and Paul Adams, Jr. as junior leaders in charge of our county group. Mrs. R. O. Gillespie of Russell County served as camp nurse. The home agent accompanied the group.

The general camp program for both camps were classes in the morning, games and swimming in the afternoon, recreation and camp ceremonies for the evening program. Campers were divided into four tribes for all activities.

2. State Short Course

Fourteen club members from Russell County attended the annual 4-8 Short Course at V.F.I., June 23-28. Four girls from Russell County participated in state contests representing the Southwest District.

Other than contestants three other girls attended as delegates. Ruby Campbell and Brenda Barrett were taken in the State All Star organization. Miss Ann Campbell accompanied the group as adult leader.

3. County Contests

a. L-H Club Contests

Six girls submitted records the first of April for judging in State Achievement Contests. Records sent in were: 2 Leadership, 1 Achievement, 1 Garden, 1 Frozen Foods, and one Room Improvement. Two placed in blue award group, two in red and two in white. Brenda Barrett sending in Canteen records, was recipient of a scholarship to the State Short Course.

b. State Demonstration Contests

Four girls, representing the county and district, entered four state demonstration contests. Mary Jane Howard, in Frozen Foods, won a blue award. The other three contestants placed in the red award group. Contest girls were competing in were: Dairy Foods - Ruby Campbell, Canning - Peggy Wilson, and Poultry Consumption - Nancy Barrett.

In addition to the above, we had one boy enter state public speaking contest and a team in livestock judging.

c. County and District Contests for 1958 and 1959 1958 District Contests (held in April in Abingdon)

Brenda Barrett, a girl contestant competed in the district L-H Electric Demonstration Contest, giving

a demonstration on the "Home Study Center". She placed with a blue award. A girl (Elizabeth Lampkin of Castlewood) and a boy competed in the public speaking contest and placed with a white and blue award respectively.

Russell County had contestants to compete in both canning and freesing district demonstration contests which were held in August 1958, for 1959 state contests. The canning contestant (Peggy Wilson) received a blue award and is to represent the district in state contest. The freesing contestant received a red award.

Other home economics district demonstration contests are to be held in spring of 1959 and not the fall before as in previous years.

County Contests

A county public speaking contest was held in April with three girls and two boys taking part. A boy and girl were selected to participate in district contest.

The County Dress Revue was held at the Russell County Fair in September, 1958. The top placing contestant, Ruby Campbell, was named to represent the county in district contests in spring of 1959. If for any reason she cannot then the alternate, Brenda Barrett, will enter. Eighteen 4-8 girls modeled outfits they had made.

A county canning demonstration contest was held in July to determine the district contestant. Three girls entered. Only one contestant signed up for freesing contest.

4. Achievement Day

The annual 1957 Achievement Day Program was held the evening of April 17, 1958, at the Lebanon High School Auditorium. The highlight of the program was crowning of a L-N King and Queen. Bobby Raines of Belfast, and Nancy Berrett of Honaker, were named for this honor on basis of outstanding project and leadership work. The Lebanon Senior L-N Club was awarded a plaque in recognition of being the most outstanding senior club, and the Belfast club received the plaque for the junior club. Clubs were scored on the basis of project completion and participation in other L-N activities. The president of the council presided over the program. Ten club members gave reports on activities of the past year, such as camp, short course, livestock shows, fair and others. Slides taken at some of these activities were shown in conjunction with the reports. Medals were awarded those doing the most outstanding project work by the agents in charge of L-N work. Leaders were recognized. There were approximately 125 people that attended this program. The program was originally scheduled to be held in conjunction with the Baby Beef Show but had to be postponed because of a conflict with another activity at the school auditorium.

5. "Share the Fun" Talent Show

The L-N "Share the Fun" Talent Show was held in

Lebanon High School Auditorium, on March 21, with talent acts from 24 4-H clubs with 28 acts. Some 450 people attended the program with Emmett Buckles, Coop Store Manager, as Master of Ceremonies.

The show was divided for a junior and senior section. Three placings were made in each division, and cash awards made to these placings. First place for the Senior division went to the Lebanon Senior club for a skit "Little Nellie," and in the Junior division to the Copper Creek club for a "Calipeo Act". Admission of 25¢ and 50¢ was charged. The show was sponsored by the County 4-H Club Council. Prizes and other expenses were met from door receipts.

6. County Agricultural Fair (Refer to III,C,2-b)

The 4-H club girls placed 70 food and 67 clothing and miscellaneous exhibits at the County Fair.

The 4-H club and FFA educational booths were highlights of the exhibits. 4-H clubs placing educational exhibits were Lebanon clubs, Elk Garden, Cleveland Clubs, and Honaker Senior. These exhibits were on "Looking Your Best" (Grooming), 4-H Delight Club, a 4-H Study Center, and "Let's Learn by Doing".

4-H club members served to check in and out exhibits in their department and worked with the judges while they were scoring exhibits. 4-H and FFA Dress Revue was part

of the School Day Program. (Refer to V, B, 2-c). The County Council sponsored a concession stand from which they cleared \$110.

7. 4-H Club Objectives (as planned by the County Council).

- a. work for quality and not quantity of work.

The girls have more quantity in project work than quality, possibly because of large enrollment and lack of leadership for close follow-up.

- b. Every club have an active adult leader and a junior leader.

Seven clubs have project leaders and eleven clubs sponsor leaders (7 clubs have both project and sponsor leaders).

- c. Every club sponsor one recreational meeting where leaders and parents are present. Ten clubs sponsored recreational meetings. Several clubs had picnics, some evening recreational parties.

- d. Have 90 per cent completion of projects with records turned in.

To date, we have 75% per cent of project completion for girls. The agent anticipates that more records will be turned in.

- e. Encourage parents to participate in more 4-H club events

There were three held during the year that all parents might attend. Achievement Day, Share the

Fun Talent Show, and Baby Beef Shows. Also there were activities during the fair (Dress Revue and judging contest.)

f. Observe National 4-H Week and National 4-H Club Sunday

National 4-H Week was brought to the attention of all 4-H clubs at their regular meeting in March, as well as through newspaper publicity.

National 4-H Club Sunday was brought to the attention of the ministers of the county through a circular letter. They were asked to cooperate by giving one service to this in conjunction with Soil Stewardship Sunday.

g. Sponsor a County Baby Beef Show

(Refer to Agricultural Agents Report)

h. Each 4-H member make an exhibit of project work at county agricultural fair. Have at least 8 clubs put up an educational exhibit at the Fair. (Refer to V - C - 6).

i. Club members participate in out-of-county livestock shows, open for participation.

Three girls participated in Baby Beef Show, one in pig show, and one in lamb show.

j. Sponsor county-wide money-making activities for the County 4-H Council.

Two were sponsored. The "Share The Fun" Talent Show

and the concession stand at the Fair.

k. Have maximum participation in camps, Short Course, and Achievement Day.

Two boys and two girls attended Conservation Camp and one girl and one boy Resource Development Camp. District Camp, Short Course, and Achievement Day discussed V - C - 1, 2 and 4.

l. Have more participation in all contests.

(Refer to V-c-3).

m. Each club sponsor a community project.

This has not been emphasized and to agent's knowledge no club has sponsored a project that would be classed as a community project.

n. Each club have 100 per cent of officers attend the meetings of the County 4-H Council).

20 of the 28 clubs were represented at the fall (1958) Council Meeting with 43 in attendance. Only three clubs had all officers present.

8. 4-H All Star Recognition Barbecue

Seven parents and leaders, six All Stars, and Three Extension agents attended the Annual District All Star Recognition Program which was held as a barbecue this year. As part of the program those attending went on a tour to the Southwest Virginia 4-H Center development. An All Star, Mary Jane Howard, was elected as Scribe for the district.

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9. Southwest Virginia 4-H Center

The home agent, assistant farm agent, and All Star (boy), chairman of the county home demonstration committee and one boy leader attended the initial planning meeting (March) for development of Southwest Virginia 4-H Center. Mrs. Ed Gilmer, chairman of County Home Demonstration Committee was elected as one of the board for this organization.

A county meeting was held in September to explain the development and plan for fund raising to which community representatives and civic leaders were invited. W. A. Stuart, Jr. was elected as County Finance Chairman. Plans are underway for a dinner meeting to be held December 2, to organize plans for the county fund raising campaign. Two committee meetings have been held in preparation for this.

The quota for Russell County is \$8,653. The county home demonstration clubs have already contributed \$400 and the County 4-H Council \$150. Several 4-H clubs have club projects underway for raising this quota. The council set a goal of \$1 per club member.

D. Young Men and Women's Work

The Lebanon Homemakers Club, a club made up of young homemakers, between the ages of 20 and 35, are in their fifth year. They follow the same program as the home demonstration clubs. They hold their meetings at night,

since a number of the women work or have small children.

This group served the Soil Conservation Barbecue.

VI. SCOPE OF WORK

A.

	1954	1955	1956	1957	1958
No. H.B. Clubs or Groups	17	16	16	15	14
Membership	388	377	334	322	322
No. A-N Clubs	23	23	25	25	27
Membership	652	560	612	593	595
No. Home Ho. Committees	0	0	0	1	0
No. General Interest Committees	0	0	0	1	2
No. Youth Committees	0	0	0	1	1
No. Other Organizations	0	0	0	1	1
No. Farm & Home Dev. Families	0	0	0	8	19
No. Other Families Reached	480	475	490	460	480
No. Distress Families Reached	1285	1370	1285	1425	1397

B. Work Done to Increase Scope and Publicize H.B. Work

Newspaper articles are published weekly, with schedule for meetings and special activities in two weekly and three daily newspapers. Special publicity is given to special events and occasionally a special article on an outstanding individual family or a success story on some recommendations. Educational articles are also carried regularly in the weekly newspaper.

Much the same plan was used for weekly radio broadcasts. Occasionally A-N members took part in making the broadcast. Just recently the time the radio allowed for The Farm and Home Program was discontinued.

The agent met the County Board of Supervisors quarterly to report activities of the program.

The A-N club program is explained to the H.B. Clubs and several club members serve to assist with A-N activities and project work.

Circular letters have been sent to H.B. members and others with educational information and announcing special

meetings. The agent has attempted to maintain good public relations with personnel of other educational organizations, county officials, and employees of commercial organizations.

The agent has given help, mailed bulletins, and educational material to anyone requesting.

VII. LEADERSHIP

A. Contribution of Volunteer Leaders to the Program

1. Organizational

The local club presidents, vice-presidents, and secretaries of all clubs conducted their meeting in a creditable manner.

The club presidents have the responsibility of making arrangements for the club meetings. Most presidents plan and think through plans for the club before the meeting. They carry to their clubs necessary business from the county and state federation.

The club secretaries are lax on recording the minutes and having them available to read at the following meeting.

Training and help is given the club presidents at the county committee meetings, letters of instruction from the home agent's office, and order of business is listed in the yearbook.

Each of the 4-H clubs have a president, a vice-president, secretary, and song and game leaders. It is the responsibility of these officers to conduct their business meetings and plan their programs.

The song and game leaders are responsible for leading songs and games at their clubs. Some of the clubs have a reporter that has given the news of their club meeting of the school and weekly newspaper to be published.

2. Program Development

The vice-presidents of the H.B. clubs served as club program development leaders. The home agent mailed to these leaders an outline to follow in discussions of program development. These leaders had served a year before.

The plan suggested that they follow, and in general followed through was: April, to give outlook information and county statistical information; May, to review Federation Goals and get suggestions for the program for the coming year, (demonstrations and objectives) from club members; June, club select three or four suggestions for demonstrations, the Federation Goal, and objectives to be sent to the home agent's office for summary; July, from county summary, clubs select three demonstrations, objectives and Federation Goal which each club is most interested in. Again, they returned the check sheet to the home agent, which she summarized and used at the county planning meeting.

The summary proved helpful; however, all program development leaders did not carry through. It was

necessary for the home agent to give help in getting these suggestions from some clubs. Suggestions from all clubs were included on the final summary sheet.

3. Subject Matter

The project leaders (foods, home management, clothing, and health) were responsible for five demonstrations and the August recreational meetings. These leaders were trained at four county-wide training meetings by foods, home management and housing Extension specialists and the county public health nurse. Leaders from these clubs that were not able to attend were trained individually by the agent, or in some cases, the agent gave the demonstration to the club - pending the circumstances.

Leaders gave a total of 81 demonstrations. By leaders taking responsibility with part of the demonstrations, it gave the Extension personnel an opportunity to carry a larger program than would otherwise be possible.

Community service leaders gave information at certain designated meetings during the year. (Refer III, D - R - F.

4-H club adult project leaders and home demonstration club members served to give project instruction and encourage 4-H members in their immediate area with special project work. Some older 4-H girls volunteered to work as Junior leaders, and work with younger club

members. The assistance given by leaders contributed for a larger percentage of project completion by club members.

4. 4. Federation Program of Work Chairman

The Federation Program of Work Chairmen were responsible for the February demonstration on "Community Beautification". These leaders were also responsible for short discussions at five other club meetings during the year.

These leaders have contributed to improvement of the appearance of their communities.

B. Growth of Leadership

- | | <u>1957</u> | <u>1958</u> |
|--|-------------|-------------|
| 1. Overall Program Leaders | 0 | 0 |
| (Organizational leaders for County Extension Service Board.) | | |
| 2. Home Demonstration Club Leadership | | |

	<u>1954</u>	<u>1955</u>	<u>1956</u>	<u>1957</u>	<u>1958</u>
No. Organizational leaders	1	1	1	34	32
No. Project Leaders (sub. matter)	36	40	55	63	52
No. Fed. Prog. of Work Chr.	18	17	16	16	15
No. Program Development Leaders	17	16	16	15	12
No. Home Demonstrators	39	37	24	23	19
No. Trng. Mtgs. by Specialists	9	11	5	5	7
No. Trng. Mtgs. by Dist. Agents	1	1	2	1	1
No. Trng. Mtgs. by Agents	5	5	4	5	3
No. Trng. Mtgs. by Others	1	1	1	2	3
Attendance to all Trng. Mtgs.	105	158	167	204	154
No. Mtgs. held without Agent	78	98	89	102	88
No. Home Leaders Assisted	120	138	105	77	88
Demonstrations by Leaders	78	98	89	96	83
Talks & Discussions by Leaders	335	343	165	209	156

3. Overall Youth Leaders

(Org. Leaders for County Youth Council) 0 0

4. A-H Club Leadership

	1954	1955	1956	1957	1958
No. Club Officers	69	73	81	81	87
No. Adult Project Leaders	20	23	12	9	9
No. Junior Project Leaders	1	1	3	9	7
No. Demonstration Leaders	49	30	8	11	12
No. Trng. Mtgs. by Specialists	1	1	1	1	1
No. Trng. Mtgs. by Dist. Agents	1	1	1	1	1
No. Trng. Mtgs. by Agent	8	6	9	8	4
No. Trng. Mtgs. by Members Club Dept.	1	1	0	0	1
Total attendance atldr. Trng. Mtgs.	112	129	101	211	61
No. A-H Leaders Trained Individually	14	20	23	14	1
No. Club Mtgs. held byldr. w/out Award	49	36	33	42	33
No. Additional Club Mtgs. at which Leaders Assisted	47	42	54	48	53
No. Demonstrations given by Adultldr.	10	38	23	22	24
No. Demonstrations given by Juniorldr.	45	40	32	26	30

5. Young Men and Woman's Clubs

Sons in County

C. Activities and Accomplishments of an Outstanding Leader

Mrs. G. has served as chairman of the county home demonstration committee for the past two years, and has served most capably in this office. She presided over all meetings in a business like manner.

If a project is planned she follows through on a schedule which possibly largely accounts for the success of projects undertaken under her leadership. Projects that might be mentioned are:

1. Request the board of supervisors to employ an assistant home agent. This request was first made in 1957 with a delegation present. No promise was made by the board at that time. In spring of 1958, Mrs. G. returned alone to the board to make this request, realizing that the delegation had before appeared before this same group and the problems stated. At her request they have made the promise to adjust appropriations so the request may be made possible in July, 1959.

2. The home demonstration clubs accepted the job of sale of fair book advertisements as a money making project for the past two years. The sales for the past two years have exceeded those of the past several years. A large part of the proceeds from this project has been contributed to Southwest Virginia 4-H Center.
3. Mrs. G. was chosen to serve as one of the board of directors for the Southwest Virginia 4-H Center and thus far has served most capably. Her keen interest in this project was first stimulated when she visited the 4-H camp where her 4-H daughter was camping. From this she noted the need for such facilities. She has spoken on this project at county H.B. committee meetings, county council meetings and H.B. meetings. She is serving on the county finance committee for planning the fund drive.
4. Through the county H.B. committee she has urged all clubs to sponsor some community project.

In addition she is a good home demonstration club member, in attendance to club meetings, serving as a club project leader and practicing recommendations in her home.

Her personality and friendly manner contributes to her success whether working on a fund drive or greeting a guest in her home. Evidently she is above the average on time management because she always seems to have time to go sit on the creek bank with the children, to a church organization meeting, or whatever else comes along, without giving the on-looker the feeling she's too busy.

Not only is she known and respected by the home demonstration club members but also by the 4-Her's as well.

D. Activities and Accomplishments of an Outstanding Family

The G's are a couple in their early forties and parents of four children, daughters 15 and 12, and sons 10 and 5.

The father teaches vocational agriculture and the mother fills her place in the home and community.

The agent selected this family on basis of parents doing such a nice job with training of their children, practicing good farm and home management, and their interest in community affairs.

The three oldest children are active 4-H club members. The girls have each carried Baby Beef projects and taken top prizes, and this year all three are enrolled for Baby Beef projects. The oldest daughter is far more interested in her livestock projects than home economics projects but each year has completed project work.

The second daughter this year had one of the outstanding garden projects, exhibiting the prize winning vegetables at the Fair. The oldest girl served as president of her 4-H club. The son enrolled in the 4-H club this year.

Mrs. S is a fine understanding mother with her children and a wonderful homemaker in her home. The youngest child has a speech impediment. So that she might help him she took a class recently taught by University of Virginia Extension that dealt with speech deputy. She is now president of her home demonstration club and in the past years has served as a leader in various capacities. Also she was trained to judge foods exhibits at judging training school and has judged at two fairs this year. She is a member of the school PTA, and church organizations, and has held offices

in these organizations.

Mr. S. works cooperatively with the Extension Service in all projects where vocational agriculture and Extension service can work together. He frequently comes by to discuss problems and programs with the Extension Agents. He is certainly cooperative in all projects undertaken. For the past two years he has furnished his truck to carry baggage to 4-H camp.

The S's evaluate recommendations from vocational agriculture, Extension Service, farm and home magazines, the ASC, and SCS, and use those practical for their purposes. They are developing a number of things on the farm and in the home that are serving as fine result demonstrations.

E. Activities and Accomplishments of a Club

The Elk Garden Home Demonstration Club was selected to receive the county Certificate of Merit at the annual Achievement Day Program.

The club, as well as all other clubs, was scored on basis of enrollment (28 members), enrollment of new members (3), average attendance at club meetings, representation at leader training meetings and H. D. Committee Meetings, and conducting meetings; as well as, attendance at the District Meeting, Reading Certificates received (12), accomplishments on Federation and county objectives.

This year they completed their community project of an outdoor community recreation center on the church grounds. This has been a four year project of building a rather elaborate community fireplace, adding picnic tables with chair and seats, and landscaping to make attractive by landscaping.

They sponsored a Community Flower Show in August to which the public was invited.

This club contributes more to sponsoring 4-H club work than any other H.D. club in the county. One community leader has served as an active leader for the past 15 years, and the club always furnishes an assistant for her. This year the H.D. started a club scholarship to sponsor part expenses on one or more club members to 4-H camp.

All organizations of this community cooperate in all

projects undertaken. For the past two years the PTA, WSCS, HEC have sponsored a community auction as a money making project. The three then divided the proceeds.

They have sponsored a community library in the school and a traveling loan library from the state library.

This year this club was host club for the County Home Demonstration Achievement Program.

All officers of this club have worked very hard to make sure that this club met standards. The club has assisted in community drives, such as, Red Cross, etc.

F. Significant Achievement in Extension Work

4-H Girl Wins College Scholarship

Nancy Barrett was named as recipient of the Farm and Garden Scholarship with the Woman's National Farm and Garden Association, Inc., which allows \$400 per year, and the Kroger Scholarship for 1958-59 which allows \$200 for the present session.

She entered the school of home economics at the Woman's Division of V.P.I., Blacksburg, Virginia, the fall quarter (1958). She will study home economics to do home demonstration work.

Nancy was recommended for this scholarship by the Extension Service personnel on basis of leadership, accomplishments in 4-H club work in her 9 years of club work, scholastic rating and participation in school activities.

Nancy undoubtedly has innate determination for achievement.

Her determination for participation and success has continued throughout the years the agent has worked with her. Many incidents could be cited where she has put forth more effort than the average 4-H boy or girl to take part in the various events. Her father and mother have been very cooperative. Her father always seemed to manage to take time to transport Nancy for a county or district 4-H event, even though farm work was waiting to be taken care of. Her mother has been equally interested and cooperative. She has served as a community project and school club leader. They have not limited their efforts of furthering the 4-H program to their daughter, but have always thought of the other club members of their community and school. The Barretts are good farm people, taking their place in the community. They are active in church activities, members of PTA, and he is one of the supervisors of the local soil conservation district.

She has completed 61 projects in club work, mostly home economics or related projects. Her most significant achievements have been in rural electrification project; being named state winner in 1957 thus receiving an expense trip to the National Club Congress in Chicago.

In addition she submitted 4-H Poultry Achievement Records for state judging, and received an expense paid trip to the State Poultry Federation Meeting (1957). In 1956, she was county delegate to TVA Resource Development Camp.

Nancy did and does need financial assistance from ~~one~~ source or another to attain her goal of a college education.

This is cited as a significant achievement because she has brought before the club members and the public some of the honors that may be gained, as well as, being of great help to this girl and her family. Also, it has given the Extension personnel more confidence for encouraging and working with the club members.

VIII. Cooperative Work Done by Agent with Other Agencies or Groups

A. Health Department

1. Started work on water systems program. Personnel of health department and Extension Service are working together with other agencies to promote this program.
2. HHS conducted leader training meeting for home demonstration clubs on "First Aid".

B. Farmers Home Administration

1. Have invited FMA borrowers to educational meetings.
2. Have supplied office with bulletins.
3. Have supplied information to county supervisor when requested.

C. Public Schools

The agent has worked very closely with the schools in carrying out the 4-H club program. The Extension personnel has made every effort to maintain good public relations with school personnel. This year, as in past years, we contacted the superintendent of schools to discuss schedules and plans

for the 4-H clubs. Schedules for all 4-H clubs are arranged through the school principal. School facilities are used for county-wide meetings. School administrative personnel are invited to county wide and committee meetings to which it would be to the advantage of either organization.

D. ASC and SCS

Office space for these organizations and Extension are located in the same building. There is a good working relationship between personnel of these agencies and Extension personnel.

E. Russell County Soil Conservation Association (TVA Test Demonstrators) paid \$37.50 for printing of home demonstration club Yearbooks.

IX. Progress in Developing Good Public Relations in the C county with

A. Co-Workers

The Extension personnel worked together on developing and carrying out the 4-H club program, and the over-all County Extension Program. Office conferences are held whenever necessary to work out jointly the Extension Program.

B. General Public

We have attempted at all times to maintain a professional working relationship toward the general public, with the services and philosophy of the Extension Service in mind; and to reach more people with our services.

We have tried to be informed of programs of civic, church and school organizations; and whenever and wherever practical

joined with these organizations in drives and services to the community.

C. Elected Representatives

We have made it a point to acquaint ourselves with and maintain a good working relationship with elected representatives. Requested the legislative support of our state representative to house of delegates of Southwest Virginia 4-H Center.

The home agent met with the County Board of Supervisors quarterly to give a summary report of accomplishments of the program.

D. Commercial Interests

1. Banks have cooperated by giving money for 4-H clubs and printing of home demonstration Yearbooks.
2. Local merchants have given prizes for 4-H events.
3. The power company have been most cooperative to allow the Extension Service to use facilities for meetings, and have rendered professional services on many occasions.
4. Have attempted to maintain good public relations with all commercial interests by giving services to them, as well as, their being of service to the Extension Program.

E. Other Professional Workers

1. Have attempted to maintain good public relations by inviting representatives of these various organizations to participate in our program whenever appropriate. In turn, the agent has taken part in their programs whenever appropriate and possible.

2. Supplied bulletins to other professional workers.
3. Have asked cooperation of ministers in services and programs.

I. Professional Improvement

1. Maintained membership in state and national home agents association and home economics association. Attended meetings of AHEA and WHEA.
2. Read professional periodicals and farm magazines regularly.
3. Attended communications school.

II. Improvement of Office and Working Conditions

1. Reorganized the files and source material with aid of Extension district agent-at-large and secretary.
2. A new book case and filing cabinet were added to office equipment. Also, a new table and chairs for Extension combination storage and conference room.

XIII. The Look Ahead - for Strengthening Program

1. Organize a County Home Economics Council and County Youth Council.
2. Secure and train more 4-H club leaders to assist in carrying out the 4-H club program.
3. Do more Farm and Home Development work.
4. Organize more 4-H clubs out-of-school for older club members with adult leaders in charge. One out-of-school club has recently been organized and the agent notes more can be accomplished.
5. Adjust the 1959 adult home economics program to meet the

needs of women working outside the home. An increasing number of women are working in employment outside the home.

6. Give time to more overall Extension planning and organization thus develop and carry-out a program which more nearly meets the needs of the people.

7. Home economics Extension personnel give more time to work in unorganized communities which are not now being reached.

8. Work toward securing an assistant home agent so program may be more completely carried through.

1958 PLAN OF WORK

Mary Virginia Hildew
Home Demonstration Agent

Russell
County

I. County Situation Considered in Planning 1958 Program

Russell County has a population of 26,878 people (1950 Census) of which more than 95 percent are white people. There are 390,120 acres of land, with 82.2 percent in farms. There are three towns in the county, with a population of 1000 to 2000 each.

Farming produces the largest income for the people with coal mining ranking second. (According to the statistical information available to the home agent; however, this could have changed. During 1956, a new mine developed (a very large one), and construction began on a steam generating plant which is to be a 55 million dollar expenditure). In 1957, work began on a coal processing plant which is to be the largest in the world. A garment factory also opened near the county seat which employs some 200 women. (Four H. D. Presidents and several club members have started working here). Thus, there has been quite an increase in the cash income in the county.

The agriculture is general, with the greatest revenue coming from beef cattle, tobacco, and sheep. The average size farm is 108 acres. There are many farms that range in size from two hundred to a thousand or more acres.

Many of the families working in industry own small farms, or have been forced to seek income other than farm because of insufficient income from the farm.

According to Economics Data Sheet, published by the Department of Conservation and Development (1954), the family median income in Russell County is \$1,347 (State 2,602) with 67.3 percent (State 46.5%) of the families with an income of less than \$2000.

The greater percentage (approximately two-thirds) of the people the home agent works with would be classed as farm people.

The Program planned by the Home Demonstration Clubs was planned with emphasis on equipment and repair, food preparation, consumer buying, first aid and home grounds beautification. There are fourteen organized home demonstration clubs, with 320 women enrolled.

The 4-H club girls have chosen as their winter projects "Looking Your Best," "So You'd Like to Sew," "Make or Remake" and "Your Room" with "Home Grounds Beautification" as a short time project for all clubs.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Service Board

Following the development of special interest (home economics), youth and commodity committees, a County Agricultural Extension Service Board will be organized, with the purpose of correlating the various phases of the special interest, youth, and commodity committees. It is anticipated that this committee will be organized in 1959 or 1960.

2. Home Economics Council

Following the development of special interest home economics committees, a County Home Economics Council will be organized of representatives from these special interest committees and the County H.D.C. Committee. Tentative plans are to organize this Council late in 1958 or early 1959. This Council will function to:

- a. Correlate work of all home economics committees and Home Demonstration Committee.
- b. To serve in advisory capacity to county home agent.
- c. To correlate the work with plans and programs developed by Extension and other organizations related to home economics.
- d. To set goals and objectives, and serve as a clearing house for evaluation of progress.

3. General Interest Committees

a. Farm & Home Lighting

(1). One committee made up of the following:

- (a). A representative (either man or woman) from each of the communities (12 established for home economics extension planning) will be asked to the county planning meeting.
- (b). Representatives from the two power companies serving the county.
- (c). Representatives of commercial businesses promoting good lighting.
- (d). Home Economics and agricultural teachers in the County.

Sub Committees will be organized if necessary.

(2). Goals

- (a). To improve lighting inside the home.
- (b). To improve lighting and wiring of farm buildings and home surroundings.

(3). Methods

- (a). County Committee develop plan.
- (b). Special interest meetings (2 or 3).
- (c). Result demonstrations (1 or more).
- (d). Exhibits.
- (e). Method demonstrations.
- (f). Radio broadcasts.
- (g). Distribution of educational material.

b. Running Water

- (1). One committee made up of the same representatives as for Lighting if possible. If not, different representatives from businesses selling water equipment, with other representatives the same.

(2). Goals

- (a). Conduct an educational program on installation of running water in the homes and on the farms.
- (b). Encourage at least one hundred families to install running water in their homes and on farms.

(c). Methods

(Same as 3 - a - (3).)

4. County Home Economics Committees

a. Nutrition and Better Buymanship of Food

(1). Members

This committee is made up of a representative of each of the 12 communities (12 established for home economics community work) in the county. This committee has met once.

(2). Goals

- (a). To teach more homemakers the importance of serving balanced meals to their families.
- (b). To encourage more families to raise gardens that will provide a variety of vegetables, and to can or store vegetables for winter use.
- (3). To give information on better buymanship of foods.

(3). Methods

- (a). County Committee develop plan.
- (b). Special interest meetings.
- (c). Talks.
- (d). Exhibits.
- (e). Method demonstrations.
- (f). Radio
- (g). Distribution of educational material.

5. County Home Demonstration Club Committee

a. Members

This Committee is made up of the presidents of all home demonstration clubs, the county federation goal chairman, officers of the county committee, and the past presidents of the Committee.

b. Meetings

(1). Spring Meeting

This meeting will be held for the purpose of checking progress on programs planned, and to make plans for carrying out special programs.

(2). Fall Meeting

To plan the program for the ensuing year.

(3). Executive Meetings of Officers

If necessary, the officers of the County Committee and special appointed committees will meet between regular meetings to execute planning of special projects or programs.

c. Plans for attending the District Meeting, Observation of National H. D. Week, Yearbooks, Achievement Day, and other county programs will be executed through this Committee.

B. Project Work

1. Home Management (3 regular monthly demonstrations)

a. "Small Household Equipment" to be given by home management leaders, with the following objectives:

- (1). To show equipment which will be labor and time saving.
- (2). To show equipment which will give most help for money spent.
- (3). To teach women to evaluate good and poor buys in buying small household equipment.

b. "Simple Repairs in the Home" to be given by home management leaders and agent, with the following objectives:

- (1). To teach women how to make simple repairs, such as, electrical, plumbing, and with household equipment.
- (2). To help women save money by making repairs themselves.
- (3). To give confidence in making repairs.

c. Consumer Buying (Money Management, Foods, etc.) by agent, with the following objectives:

- (1) To teach homemakers principles of money management.
- (2). To teach homemakers to compare materials and products purchased on basis of what they wish to receive for money spent.
- (3). To give some rules for buymanship well worth following.

d. Procedures for Carrying Out Money Management Program

- (1). Method demonstrations by leaders and agent.
- (2). Leader training for two of above demonstrations.
- (3). Result demonstrations
 - (a). Kitchen improvement - 3.
 - (b). Keeping home accounts - 5.

- (4). Visits to Farm and Home Development Families
Visit each of the 18 TVA demonstrators' family
at least twice during the year.
- (5). Survey of services in the county for repair and
maintenance of homes and equipment. This survey to be
printed and made available for distribution.
- (6). Special discussion in all clubs on ways of earning
pen money by homemakers.
- (7). Exhibits.
- (8). Newspaper and radio publicity.
- (9). Distribution of educational material.
- (10). Visual aids.

2. Food & Nutrition - (2 regular monthly demonstrations).

- a. "Low Calorie Meals" (Uses of Dry Milk) to be given by foods
leaders and agent, with following objectives:

- (1). To teach the importance of weight control for
health and appearance.
- (2). To show low calorie dishes which are palatable and
nutritious which may be served.
- (3). To show uses of dry milk in food preparation.

- b. "Preparing Food for the Freezer" to be given by the agent.

- (1). Show principles of preparation of freezing to
preserve flavor and quality.
- (2). To show uses of the freezer to simplify meal
preparation.

- c. Procedures for Carrying Out

- (1). Method demonstrations (Foods leaders will give
part of demonstrations.
- (2). Leader training.
- (3). Exhibits.
- (4). Newspaper and radio publicity.
- (5). Distribution of educational material.
- (6). Visual aids.

3. House Furnishings - one regular demonstration and special interest meetings.

a. "New Fabrics in House Furnishings" to be given by agent,

with following objectives:

(1). Show fabrics and blends of materials on the market for home decorating.

(2). To teach good buymanship of fabrics for house furnishings.

b. Home Lighting and Wiring

Refer to II-3-(1)

c. Procedures

(1). Method demonstrations.

(2). Exhibits.

(3). Newspaper and radio publicity.

(4). Distribution of educational material.

(5). Visual aids.

4. Health

a. First Aid - one regular monthly demonstration and

sponsor first aid classes, with following objectives:

(1). Teach women rules to follow in case of an emergency.

(2). To teach first aid treatment for most common emergencies.

(3). To teach women to practice safety.

b. General

(1). Continue to give emphasis to health which was a past Federation Program of Work.

(2). Continue quarterly payments for those enrolled for the group hospitalization plan, and enroll new members semi-annually.

(3). Continue to encourage periodic physical examinations.

c. Procedures

- (1). Method demonstrations.
- (2). Special classes
- (3). Distribution of educational material.
- (4). Visual aids.

5. Clothing, one regular monthly demonstration

a. Grooming of Hair, with objectives as follows:

- (1). Teach rules for care of hair.
- (2). Show styling of hair for becomingness.

b. Procedures

- (1). Method demonstrations by agent and volunteer leaders (those trained).
- (2). Visual aids.

6. Rural Arts

a. Handicraft - one regular monthly demonstration for all clubs on choice of:

- (1). Finishing Wooden Boxes
- (2). Making Table Mats.
- (3). Leatherwork.

b/ Special interest meetings on

- (1). Making Hooked Rugs*
- (2). Making Braided Rugs

Two or more work meetings on each, depending on interest.

c. Objectives:

- (1). To help women develop skill in crafts.
- (2). To help develop an appreciation of basic art principles.
- (3). To teach families to create their own recreation.

7. Family Recreation or Club Choice

A regular monthly meeting for which leaders are responsible, ~~with objectives~~

a. Objectives

- (1). To teach the value and importance of recreation.
- (2). To encourage people to participate in recreational activities.

b. Procedures

- (1). Method demonstrations.
- (2). Work meetings.
- (3). Recreational meetings.
- (4). Exhibits.
- (5). Visual aids.

C. Federation Program of Work

1. Home and Community Beautification

a. Two monthly demonstrations "Community Beautification" and "Home Grounds" and short discussions at six meetings throughout the year.

b. Objectives (as set up by County Home Demonstration Committee)

(1). For clubs:

- (a). Have a program of work chairman develop this program to meet the needs of individual community.
- (b). Develop a good publicity program.
- (c). Aid in the establishment and maintaining of proper rubbish disposal centers.
- (d). Plan individual and community clean-up campaigns.
- (e). Encourage conservation of the state flower and other native ornamental flowers, shrubs, trees, and wildlife.

(2). For individual club members

(a). Clean up home grounds, make necessary repairs on buildings, walks, driveways and fences.

(b). Plant for food, beauty, and pleasure.

(c). Share your knowledge with non-members and encourage their participation.

c. Procedures for Carrying Out

(1). Leader training meeting conducted by agent.

(2). Talks or method demonstrations by leaders and agent.

(3). Discussions.

(4). Result demonstrations - one for each club.

(5). Tour to result demonstrations.

D. Other Activities

1. County Objectives (as planned by the County H.D. Committee).

a. Ask for the employment of an assistant home agent.

b. Make survey of services in county for repair and maintenance. Print for distribution.

c. Invite non-club members to demonstrations in which they are interested.

d. Every member have an annual physical check-up.

e. Each club plan and complete one community project.

f. Sponsor anti-litterbug campaign.

g. Have H.D. Clubs discuss ways in which members may earn pin money.

h. Sponsor First Aid classes.

i. H. D. Club promote the program for a bookmobile.

2. County or Community Projects

a. Library work

- (1). Encourage clubs to borrow and use traveling libraries from the State Library.
- (2). Encourage the use of books from State Extension Office.
- (3). Award library certificates annually at the Achievement Day.

b. Encourage clubs to sponsor community projects.

c. Encourage clubs to cooperate with Red Cross, Folio, and other Drives.

3. National Home Demonstration Week

- a. Each H.D. Club send delegates to district meeting.
- b. Special publicity program (radio, TV and newspaper) on local H. D. "ark.
- c. A special ~~drive~~ during the month of May to enroll new members.
- d. H. D. Clubs sponsor clean-up campaigns.

4. Achievement Day

- a. H. D. Clubs sponsor an Achievement Program to show results of program.

5. Work in Unorganized Communities

- a. Visit farm families in unorganized communities.
- b. Meet groups in at least four unorganized communities for special demonstrations.

6. Judging by Local Leaders

- a. Women trained for judging will judge at county fairs and community exhibits when requested.
- b. Judge 4-H community exhibits and county contests.

7. Special Programs

a. Cooperate with the county agricultural fair by assisting with domestic arts exhibits. Encourage 4-H girls to place exhibits of project work.

8. Community Service

a. Each H. D. Club will have a community service chairman that will give short reports of special programs to clubs, such as, library work, community drives, etc.

9. Plans to Publicize H. D. Work

a. Publicity of program will be carried regularly in one weekly and three daily papers which will include schedule of activities, special events, and timely educational information.

b. Weekly broadcasts over Richlands Radio Station to include schedule and timely information.

III. Farm & Home Development

A. Background

We have 18 TVA Test Demonstrators being worked with through the Agricultural Extension Agents, and one farm and home development family being worked with by both farm and home agents. The home agent has done very little work with the TVA demonstration families from a farm and home development approach to date.

B. Objectives

1. General

To work with each of the 19 families (homemakers) in helping them to develop efficient and satisfying farm and family living.

- (a). Identify and analyze major problems and opportunities.
- (b). Counsel with on course of action.
- (c). Provide educational information to help develop plan and put into action.
- (d). To increase income.
- (e). To adjust to meet changing conditions.

2. Methods

- (a). Home visits (Inventory, home records, etc.)
- (b). Group meetings (visual aids, talks, etc.)
- (c). Newspaper publicity.

IV. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County Youth Council

There are no plans for developing an over-all Youth Council in 1958. When the County Agricultural Extension Service Board is organized, one or more representatives of each the 4-H Council and 4-H leaders will be included as part of the Committee. The youth phase of the Extension Program will be considered in over-all county planning.

2. County Youth Committees

Same as above for Youth Council.

3. County 4-H Council

The County 4-H Council is made up of the officers of all 4-H clubs in the county, the 4-H All Stars, and the adult and junior 4-H leaders. Semi-annual meetings are held, one in the spring and the other in the fall.

The Council serves as a planning group for the over-all 4-H Program, to set up county objectives and seeing they are carried through, and for officer training.

The Council, or a sub-committee of the Council, will sponsor or assist in planning of special activities, such as: Achievement Day, 4-H Camp, 4-H Contests, 4-H Rally, Share-the-Fun Program, 4-H Fair Exhibits, and any other county-wide 4-H activities.

The following objectives were set up by the Council at the

fall meeting for 1958:

- a. Work for quality and not quantity of work.
 - b. Every club have an active adult leader and a junior leader, or sponsor.
 - c. Every club sponsor one recreational meeting where leaders and parents assist.
 - d. Have 90 percent completion of projects, with records turned in.
 - e. Encourage parents to participate in more 4- H events.
 - f. Observe National 4-H Club Week and 4-H Club Sunday.
 - g. Sponsor a County-Wide Baby Beef Show.
 - h. Each 4-H member make an exhibit of project work at county agricultural fair. Have at least 8 clubs place an educational exhibit at the fair.
 - i. Club members participate in our-of-county livestock shows open for participation.
 - j. Sponsor county-wide money making activities for the County 4-H Council.
 - k. Have maximum participation in District 4-H Camp, State Short Course, Achievement Day, Conservation Camp and Forestry Camp.
 - l. Have more participation in all 4-H contests.
 - m. Each club sponsor a community project.
 - n. Each club have 100 percent of officers attend the meetings of the County 4-H Council.
4. All Stars

The county All Stars will serve as an advisory group to the 4-H Council, and will assist with sponsoring all 4-H activities.

5. County 4-H Honor Club

Take initial steps for the organization of an Honor Club for outstanding 4-H members, with the purpose of assisting with project and organizational work of their 4-H clubs.

6. Project Planning Committee

The Planning Committee will be made up of some five or six older club members representing several 4-H clubs and some four or five adult leaders. This committee will choose projects and plan project instruction for the school year. Some three or four project plans will be made and clubs may have their choice. The County Planning Meeting will be held prior to September 1.

B. 4-H Project Work

Following are listed the projects chosen as winter projects, with number of members enrolled and objectives. Each club member may choose one or more summer projects, provided they complete winter projects.

1. "Looking Your Best" (13 clubs and 318 members). Instruction to be give at five regular meetings.

a. Objectives

- (1). To help improve general appearance.
- (2). To make good grooming a habit.
- (3). To help look best by taking care of skin, hair, and hands; and by being neat and clean at all times.
- (4). To look best by wearing clean, well-pressed clothing and by keeping shoes shines and in good repair.

~~(5). To help improve general appearance.~~

- (5). Remember that appearance is important and to make make a good one.

2. "So You Like to Sew" (11 clubs and 218 members).

a. Objectives

- (1). To teach basic equipment needed for sewing by fitting a sewing box.
- (2). Learn basic principles of cutting.
- (3). Learn basic principles and ~~with~~ skills of sewing by making a needle case or pin cushion, headscarf or towel, and laundry bag or apron.
- (d). To teach appreciation of a job well done by exhibiting work completed.

3. "Make or Remake" (2 clubs and 43 members).

a. Objectives

- (1). Learn to plan a wardrobe on basis of clothing needs.
- (2). Learn to fit a pattern.
- (3). Learn to use a pattern.
- (4). Each member learn basic rules for cutting a garment and cut at least one.
- (5). Complete at least one fitted garment.
- (6). Hold a Dress Revue for each club carrying this project.

4. "Your Room" (2 clubs and 52 members)

a. Objectives

- (1). Each member learn what makes an attractive and convenient room; and make improvements toward such in the room they call "theirs."
- (2). Each member make at least one article for her room.
- (3). Each member care for her room at home.
- (4). Plan for and work toward future improvements for the room.
- (5). Make best use of existing furnishings.

5. Home Grounds Improvement and Beautification
(28 clubs, 631 members)

a. Objectives

- (1). Teach club members to appreciate neat and attractive home grounds.
- (2). To teach conservation of soil through fertilization of lawns.
- (3). To improve mail boxes.

6. Special Projects

Members will be enrolled for special projects of food preparation and preservation, clothing, poultry, garden, farm and home electric, laundry, and related projects.

a. Objectives

- (1). Over all objectives are to improve skill in carrying a project, learn to judge quality, learn planning, and acquire an appreciation for the job well done.
- (2). Every club member turn in a completed project record book on each project at the end of club year.

7. Procedures in Carrying Out Above Projects:

- a. Method demonstrations.
- b. Result demonstrations.
- c. Work meetings.
- d. Lectures.
- e. Publicity.
- f. Circular letters.
- g. Home Visits.
- h. Use of adult and junior leaders.
- i. Exhibits.
- j. Contests.

G. 4-H Activities

1. 4-H Club Camp

- a. A junior 4-H camp to be held jointly with three other counties with 25 to 35 girls from Russell County attending.
- b. A senior 4-H camp held jointly with nine other counties from the district with 25 to 35 girls from Russell County attending.

An educational and recreations program for both these camps will be planned and followed through.

- c. Two girls will attend State Conservation Camp.

2. State Short Course

The quota of delegates and county contestants to enter state contests will attend.

3. 4- H Club Contests

- a. Four county contestants selected as district representative will participate in state contests.
- b. County home economics contests will be held in early summer, 1958. County winners will participate in district contests.
- c. Club contests will be held for three senior clubs.

4. Recreational and Money Making Programs.

- a. "Share the Fun" Talent Show will be presented as a money making event, sponsored by the County 4-H Council.
- b. 4-H Rally will be held in July or August as a joint money making and recreational event. Parents will be invited to attend.

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- c. The 4-H Council will sponsor a food concession stand at the county fair.
- d. Each club will sponsor at least one recreational meeting during the year, such as a picnic or other.

5. Achievement Day

The County 4-H Council will sponsor the 1957 Achievement Day Program. Parents will be invited, so as to get better understanding of the 4-H Program.

6. Rural Life Sunday

All 4-H Clubs will participate in a Rural Life Sunday observance, with the cooperation of local ministers.

7. Community Activities

All 4-H Clubs will be encouraged to sponsor at least one community project.

8. County Agricultural Fair

All club members will be urged to place at least one exhibit at the fair to be held in September; and six clubs to place an educational exhibit.

D. Young Woman's Work

One organized group for young homemakers will follow the home demonstration club program. Encourage one or more delegates from the club to attend YWM Camp at Virginia Beach.

V. SCOPE OF WORK

A. Organization	No. in <u>1957</u>	Goal <u>1958</u>
1. Number of home demonstrations clubs	14	17
2. Membership	321	400
3. Number of 4-H Clubs	25	28
4. Membership	593	631
5. Number of young men and women's clubs	0	
6. Membership		
7. Number community improvement clubs	0	1
8. Membership		50
9. Number home economics committees	1	1
10. Number general interest committees	1	2
11. Number youth committees	1	1
12. Number other organizations	1	1
13. Number farm and home development families	8	15

VII. PLAN FOR LEADERSHIP

A. Over-all Program Leaders	inactive	4
B. Home Demonstration Club Leadership		
1. Number organizational leaders	34	37
2. Number project leaders (subject matter)	63	74
3. No. Federation Program of Work chairman	16	18
4. No. program development leaders	15	17
5. Number result demonstrators	21	21

	No. in <u>1957</u>	Goal <u>1958</u>
6. Number meetings at which leaders were trained by specialists	5	3
7. Number meetings at which leaders were trained by district agent	1	1
8. Number meetings at which leaders were trained by agent	5	4
9. Attendance at training meetings	204	150
10. No. club meetings held by leaders without agent present	103	90
11. No. club meetings in which leaders assisted	77	70
12. Total number demonstrations given by leaders	94	90
13. Number talks or discussions by leaders	209	200

Plan for training and using all types of leaders in 1958 Program

1. Club Presidents

- a. At home demonstration committee meetings.
- b. Circular letters sent them.
- c. Preside at regular club meetings.
- d. Other responsibilities outlined in Yearbook.

2. Vice Presidents (Program Development Leaders)

- a. Serve as club program development leaders.
A spring training meeting will be held.
- b. Conduct discussions at April and May meetings relative to club program for the coming year.
- c. To record suggestions of members for program at June and July meetings.
- d. At attend fall planning meeting.

3. Project Leaders

Project leaders will be trained at leader training meetings and conferences for giving, or being responsible for the following demonstrations to their respective home demonstration clubs:

- a. Small Household Equipment
- b. Simple Repairs In The Home.
- c. Low Calorie Meals.
- d. Club Choice.
- e. Grooming of Hair.
- f. First Aids.

4. Federation Goal Leaders

Federation Goal Leaders will give the demonstration on "Community Beautification" to their respective clubs in February. They will be trained at a leader training meeting conducted by the agent.

5. Lawn Improvement

Fourteen home demonstration clubs will have lawn improvement leaders that will serve as result demonstrators.

- a. Reports will be made at regular H. D. meetings on progress.
- b. Clubs will meet at the homes of demonstrators to note progress.

C. Over All Youth Leaders

Organizational leaders for county youth council

<u>No. in 1957</u>	<u>Goal 1958</u>
0	0

D.	4-H Club	<u>No. in 1957</u>	<u>Goal 1958</u>
1.	Number 4-H Club officers	81	87
2.	Number adult project leaders	9	28
3.	Number junior project leaders	9	20
4.	Number result demonstrators	11	20
5.	No. meetings at which leaders were trained by specialist	0	2
6.	No. meetings at which leaders were trained by district agent	0	1
7.	No. meetings at which leaders were trained by agent	8	20
8.	No. meetings at which leaders were trained by personnel in 4-H Department	0	1
9.	No. meetings at which leaders were trained by others	2	
10.	Attendance at leader training meetings	241	200
11.	Number 4- H leaders trained individually	14	20
12.	No. club meetings held by leaders without agent present	42	100
13.	No. club meetings at which leaders assisted	48	100
14.	No. demonstrations given by adult leaders	28	60
15.	No. demonstrations given by junior leaders	26	80

Plans for Training and Using all Types of 4-H Leaders in 1958 Program

1. Adult Leaders

a. Project Leaders

- (1). Train at leader training meetings, small group meetings, and individual conferences for conducting demonstrations and 4-H club meetings.

(2). These leaders will be altogether responsible for conducting summer 4-H meetings, and will assist with school club meetings.

b. Sponsors

Use 4-H club sponsors for making arrangements for meetings , sponsoring special 4-H activities, and for sponsoring 4-H recreational and money making activities.

2. Junior Leaders

a. Junior 4-H leaders will be trained at regular training meetings, small group meetings and individual conferences.

b. Junior leaders will give and assist with demonstrations under the supervision of adult leaders or agent.

c. These leaders will assist and give guidance to younger 4-H members with project work and other 4-H activities.

E. Young Men and Young Women's Clubs

	<u>No. in 1957</u>	<u>Goal 1958</u>
1. Number club officers	0	
2. Number adult leaders or sponsors	0	

VII. Plans for Work with Other Agencies

A. Health Department

Work cooperatively with personnel of Health Department in promoting the health program to home demonstration and 4-H Clubs, and any program the Health Department requests help with.

B. Farmers Home Administration

1. Promote good public relations with personnel.
2. Supply with bulletins.
3. Invite borrowers to participate in Extension Program.

C. Public Schools

1. Maintain good public relations with all school personnel.
Endeavor to make an opportunity to explain the 4-H club program, and total Extension Program to county superintendent, school principals, and at county teachers' meetings.

D. Agricultural Stabilization & Conservation

1. Maintain good working relationships.
2. Furnish information upon request.

E. Soil Conservation Service (Clinch Valley Soil Conservation District)

1. Maintain good working relationships.
2. Request and furnish information when needed.

F. Russell County Soil Conservation Association (TVA Test Demonstrators)

1. Secure money for printing Home Demonstration Yearbooks.

VIII. Plan for Developing Good Public Relations in County With:

A. Co-Workers

Set up a plan and have regular office conferences for a more constructive Extension Program in the county.

Maintain good working relationships with co-workers.

B. General Public

1. Attempt at all times to maintain a good working relationship with all people. Keep informed with programs of PTA's, civic organizations, church organizations, and other.

2. Continue newspaper publicity weekly as well, as weekly radio broadcasts.

C. Elected Representatives

1. Acquaint myself with and maintain a good working relationship with members of the County Board of Supervisors, county officers, and county state delegates.

2. Keep informed of any pertinent informational issues which concern the public welfare of women.

3. Give a summary of annual report to members of County Board of Supervisors.

4. Meet with the County Board of Supervisors quarterly to give summary report of accomplishments.

D. Commercial Interests

1. Appalachian Electric Power Company

a. Cooperate with projects that will benefit the 4-H Clubs, H. D. Clubs, and any program for the people in general.

- b. Furnish the personnel with educational information.
 - c. Use facilities of the AEP Company.
2. Banks
- a. Maintain good public relations.
 - b. Request money for special projects.
3. Merchants
- a. Solicit support for sponsoring 4-H club contests.
 - b. Borrow demonstration materials from local stores and businesses.
 - c. Maintain good public relations.
- E. Other Professional Workers
1. Home Economics Teachers
- a. Furnish with bulletins, information, etc.
 - b. Invite to informational type meetings.
 - c. Maintain friendly relationships.
2. Ministers
- a. Encourage their cooperation in observance of Rural Life Sunday.
3. Other Agricultural Agencies
- a. Maintain good working relationships.

IX. Plans for Recording Progress and Evaluating Program for 1958:

1. Write and evaluate monthly and annual reports.
(Narrative and statistical).
2. Write up any special meeting immediately following, and think through how meeting might have been improved.
3. Check progress of the program with the county H. D. Chairman at intervals.
4. Check progress of the program with the district agent.
5. Report quarterly to the County Board of Supervisors.
6. Hold a county 4-H and H. D. Achievement Day, so clubs may report their programs.
7. Summarize 4-H records turned in to agent.
8. Report progress of the program to H. D. Committee at the Fall Planning Meeting.
9. Keep a daily record of work.
10. At end of meetings use reaction slips as a spot check.

X. Plans for Professional Improvement

A. Reading professional books and other publications.

1. Read at least five books related to profession and/or some phase of program planned for the year.
2. Read the following periodicals regularly:

HEEA, "What's New in Home Economics, Extension Service Review, National 4-H Club News, Farm Journal, Forecast, and other agricultural and home economics magazines as time will permit.

B. Maintain membership in the following organizations.

1. National and State Home Economics Association.
2. National and State Home Agent's Association.

- C. Participate in programs and workshops that will assist in carrying out the program.
- D. Participate in educational trips with home agents of the district.
- E. Attend NHDA Meeting.

XI. Cooperative Plans Made by Extension Agents in the County

- A. Developed the 4-H club program as a joint program.
- B. Have done initial planning toward the development of an Agricultural Extension Service Board.
- C. Have worked jointly in developing the over-all County Extension Program.
- D. Some work on the Farm and Home Development Program.

XII. Problems in Carrying Out the Extension Program.

- A. Lack of 4-H Club leadership (adult and junior). Secure additional active leaders (prefer two project and one organizational leader for each club.
- B. 4-H Meetings in schools. When possible take 4-H clubs out of schools. A goal to organize one out-of-school club each year.
- C. Lack of organized community clubs. Organize at least one this year.
- D. Office physical set-up. Improve organization of source material in office.
- E. Lack of regular office conferences of Extension personnel.
Try schedule a time for regular office conferences.
- F. A central meeting place for county special meetings and leader training meetings. Hope for the day when we will have a demonstration kitchen joint with a meeting room.