

1960 PLAN OF WORK

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Home Demonstration Agent

Russell
County

I. County Situation Considered in Planning 1960 Program

Russell County is a rural county with a population of 26,878 (1950 census) of which 95 per cent are white people. There are 390,120 acres of land, with approximately 80 per cent in farms. In the past four years there has been rapid industrial development (coal, electric power plant, and garment factory). The county has had an approximate 1/10th increase in population. There are three towns in the county, with a population of 1,000 to 3,000 each.

According to the 1950 census, farming produced the largest income for the people with coal mining ranking second (this could have changed).

In the past three years we have noted more women are working outside the home. With more people moving into the county and cash income greatly increased there has and is being a large number of new homes built or remodeled, as well as, new equipment and furnishings added.

The agriculture is general with the greatest revenue coming from beef cattle, tobacco, and sheep. Practically all farm families receive a cash income from tobacco. The average size farm is 108 acres; however, there are many that range in size from two hundred to a thousand or more acres.

Many of the families working in industry own small farms. Some accepted employment off-the-farm because the farm would not support the family while others in industry bought small farms as an investment.

The school facilities are good. The county is well covered for telephone and electric service. The county is served by a public health department, two small hospitals, and practicing physicians and dentists. Plans are underway to improve recreation and marketing which do not meet the demands of the people.

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

II. County Extension Program - Adult

A. Overall Program.

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 1960 or in 1961. The committee will be made up of representatives of agriculture special interest or commodity service organizations, home economics special interest and home demonstration clubs, youth committees, representatives of county governing board, and professional groups.

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 in late 1960.

3. General Interest Committees

a. Running Water Committee

(1). Committee made up of all vocational agricultural and home economics teachers, representatives of the health department, two power suppliers serving the county, three county agricultural and home economics extension agents, and representative dealers in the county selling running water equipment.

b. Housing

(1). Committee

Made up of a committee member from each of the ten communities in the county.

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 twelve communities (12 established for home economics community work) in the county. This committee has met once.

5. Home Demonstration Club Program

a. County Home Demonstration Club Committee

(1). 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.

(2). Meetings

a. 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.

b. Fall Meeting.

To plan the program for the ensuing year.

c. 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.

(3). 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. Subject Matter and Special Emphasis Areas

Adult Work

Subject Matter & Special Emphasis Area Home Management

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals
1. Families need to identify problems of management and analyze ways to meet.	I. Table Manners & Setting	I. 13 H.D. Clubs	I. a. To teach people the correct method of table setting and service. b. To teach people the appropriate service for special occasions and groups. c. To inspire people to practice table courtesy and pleasant atmosphere at the table daily.
2. New outside employment for homemakers emphasizes the need for management adjustments in the home.	II. Trends Homemakers Face for 1960	II. 13 H.D. Clubs	II. a. To show people population trends. b. To help people see trends in income, living costs, and consumer credit. c. To help people to note general trends (supply, demand, consumption) in food, clothing, house furnishings and equipment, housing & medical care.
3. Homemakers need to understand the technological, credit and other aids they may use in management.	III. Cleaning Floors & Upholstery	III. 13 H.D. Clubs	III. a. To show cleaning tools and supplies that will save work in cleaning. b. To show recommended energy saving motions. c. To show that proper care can extend the life and appearance of furnishings and floors.

What People are to Learn	Plans for Carrying Out	Notes on Results (agent's use)
<p>I.</p> <p>a. To set table and to serve correctly.</p> <p>b. To choose most appropriate service for occasion.</p> <p>c. To practice good table service and courtesy regularly.</p>	<p>I.</p> <p>a. Method demonstration by leaders and agents.</p> <p>b. Mass media-press</p> <p>c.</p>	
<p>II.</p> <p>a. To learn trends that affect their everyday living and inspire to apply to their everyday problems as will affect their management.</p>	<p>II.</p> <p>a. Method demonstrations</p> <p>b. Mass media-press</p> <p>c. Visual aids-posters, slides.</p> <p>d. Exhibits</p> <p>e. Distribution of educational material.</p>	
<p>III.</p> <p>a. To use tools and supplies that will simplify cleaning.</p> <p>b. To do away with wasted motions in cleaning.</p> <p>c. To save energy, time, and money by using proper cleaning methods and materials.</p>	<p>III.</p> <p>a. Method demonstrations - leaders and agent</p> <p>b. Mass media-press</p> <p>c. Educational material.</p> <p>d. Exhibits.</p>	

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals
4. Homemakers need to learn to weigh alternatives in home management in terms of possible results.	IV. Money Management (Food Preparation & Preservation)	IV. 13 H.D. Clubs	IV. a. To teach people calculate cost of home preparation food against store cost of pre-prepared foods - (consider time & energy). b. To save on living cost. c. To teach people to be good consumers.
5. Homemakers need to recognize that planning and management of family resources are important in carrying out the job as homemakers.	V. Work Simplification	V. 13 H.D. Clubs	V. a. To teach people to apply principles of work simplification to each job. b. To encourage women to make a study of how to improve each job. c. To teach people to budget their time. d. To teach people to practice physical comfort in work (clothes, posture, etc.).

What People are to Learn Plans for Carrying Out Notes on Results
(Agent's Use)

- IV.
a. To learn to evaluate food costs (home preparation and pre-prepared).
b. To cut cost on food budget.
c. To be better buyers of food.

- IV. a. Method Demonstration
b. Mass media-press
c. Educational material
d. Exhibits
e. Tours

- V.
a. Make a study of how to improve each job.
b. Budget time.
c. Apply principles of work simplification to each job.
d. Practice good posture and wearing proper clothes for doing a job.

- V. a. Method Demonstration
b. Mass media-press
c. Educational material
d. Exhibits
e. Visual aids -
posters & slides

Subject Matter or Special Emphasis Area Clothing

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals
1. Homemakers are interested in acquiring skill in clothing construction.	I. Sewing Techniques	I. 13 H.D. Clubs	I. a. To teach sewing techniques that will be common to all homemakers regardless of whether they make own clothing or not (hems and good detail work).
2. Financial Problems -- Making the Clothing Dollar go further.	II. The Better Dress School	II. 1 or 2 special interest groups (3 or 4 days).	II. a. To teach planning - on basis of needs and style trends. b. To teach selection of materials, pattern, and equipment for sewing. c. To teach basic principles of fitting and clothing construction. d. To have all who attend to complete a well-made garment.
3. To set standards in clothing construction.	III. Tailoring School	III. 1 Special Interest Group (4 or 5 day)	III. a. To teach planning on basis of needs and style trends. b. To teach selection of materials, pattern, and equipment for tailoring. c. To teach basic principles for fitting and clothing construction. d. To have all who attend to complete a well-made garment.
4. Selection of pattern and material.			

What People Are to Learn	Plans for Carrying Out	Notes on Results (Agent's Use)
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| <p>I.</p> <ul style="list-style-type: none">a. Sewing techniques that will be common to all homemakers.b. Sewing techniques needed to sew successfully on new fabrics.c. Standards for judging both ready-made and home-made garments. | | |
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| <p>II.</p> <ul style="list-style-type: none">a. To plan their wardrobe to fit needs.b. To select appropriate pattern and material for garment.c. To fit a garment and clothing construction techniques. | | |
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| <p>III.</p> <ul style="list-style-type: none">a. To plan their wardrobe to fit needs.b. Select appropriate pattern and material for a tailored garment.c. To fit a tailored garment and tailoring construction techniques. | | |
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| <p>I.</p> <ul style="list-style-type: none">a. Method demonstrationb. Mass media-pressc. Visual aidsd. Educational material | |
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| <p>II.</p> <ul style="list-style-type: none">a. Work meetingsb. Mass media-pressc. Visual aidsd. Tour - buyinge. Individual helpf. Educational materialsg. Dress Revueh. Exhibits | |
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| <p>III.</p> <ul style="list-style-type: none">a. Work meetingsb. Mass media-pressc. Visual aidsd. Tour - buyinge. Individual helpf. Educational materialsg. Modeling of garmentsh. Exhibits | |
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Subject Matter or Emphasis Area House Furnishings

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals
<p>1. Poor Selection of Furniture</p> <p>2. People lack knowledge of good basic construction of furniture.</p> <p>3. People lack knowledge of basic principles of beauty.</p>	<p>I. Selection and Arrangement of Furniture.</p>	<p>I. One special interest Group.</p>	<p>I.</p> <p>a. To encourage people to analyze their way of life and determine how furniture will be used.</p> <p>b. To teach an understanding of principles of beauty in choosing, making or using furnishings in the home.</p> <p>c. To encourage people to plan before buying.</p> <p>d. To show what is good construction in furniture.</p>
	<p>II. Picture Framing (Making Frames & Finishing)</p>	<p>II. 13 clubs</p>	<p>II.</p> <p>a. To teach people to harmonize frame with picture.</p> <p>b. To show simple frames that may be made.</p> <p>c. To teach finishes that may be used on new frames and old frames.</p>

What People are to Learn	Plans for Carrying Out	Notes on Results (Agent's Use)
<p>I.</p> <p>a. How to analyze needs in house furnishings.</p> <p>b. Art principles that will be useful in making decisions that fit in with the family activities.</p> <p>c. To buy wisely on basis of family budget.</p> <p>d. Good construction in furniture.</p>	<p>I.</p> <p>a. Method demonstration</p> <p>b. Publicity</p> <p>c. Tours</p> <p>d. Visual aids</p> <p>e. Educational Materials</p> <p>f. Exhibits</p> <p>g. Individual help</p>	
<p>II.</p> <p>a. To make simple picture frames.</p> <p>b. To harmonize picture and frame when selecting a frame.</p> <p>c. To finish a frame to harmonize with picture.</p>	<p>II.</p> <p>a. Method demonstration</p> <p>b. Work meetings</p> <p>c. Publicity</p> <p>d. Visual aids</p> <p>e. Educational Materials</p>	

Subject Matter or Emphasis Area - Foods

Problems	Topics to be Included	Number of Clubs or Groups Involved	Goals
1. Number of people that suffer from heart ailments.	I. Foods that Take Care of the Heart	I. 13 Clubs	I. a. To give people an understanding that choosing the necessary foods is an aid to health. b. To teach homemakers that giving their families the right foods is preventative to illness. c. To give general information on diets that are recommended to prevent heart illness.
2. People do not practice good food habits.			
3. Lack of educational program to meet need of those that need help most.	II. Nutrition and Better Buymanship of Food	II. Reach 300 families not enrolled in H.D. clubs.	II. a. To teach more homemakers the importance of serving balanced meals to their families. b. Encourage more families to raise gardens, to preserve or store food. c. Give information on better buymanship of food.

What are People to Learn Plans for Carrying Out Notes on Results

1. Foods to include in their daily diet for health.

2. Recommended foods and general meals plans for heart illness.

II.

1. To serve balanced meals.
2. Recommended varieties of vegetables, and disease and insect control for gardens.
3. To be better buyers of food.

I.

- a. Method demonstration
- b. Publicity
- c. Educational material
- d. Exhibits

II.

- a. Method and Result Demonstration
- b. Talks
- c. Exhibits
- d. Distribution of Educational Material

(Agent's Use)

Subject Matter or Emphasis Area - Crafts and Other

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals
I. a. Acquaint people with library services. b. Encouraging people to read.	I. Book Review (Dev. of Russell County Library)	I. 13 H.D. Clubs	I. a. To inform people of newly established public library services, and to make better use of available facilities. b. To give women an appreciation for reading.
II. a. Lack of interest in own personal development, attitude, and appearance.	II. Personal Development	II. 13 H.D. Clubs	II. a. To point out that own personal development (dress, attitude, personality, etc.) are necessary for physical and mental health. b. To help people to improve in personal development.
III. a. Lack of opportunity for people to fulfill some of their creative desires.	III. Crafts Work Meeting	III. 1 county-wide special interest meeting	III. a. To help women develop skill in crafts. b. To develop an appreciation of basic art principles. c. To teach families to create their own recreation.

What People are to Learn | Plans for Carrying Out | Notes on Results
(Agent's Use)

- I.
a. Available library services.
b. To read more.

- I.
1. Book review.
2. Discussion
3. Publicity
4. Award Library Certificates

- II.
a. To develop an interest in
own personal development.

- II.
1. Method demonstration
2. Publicity
3. Educational material

- III.
a. Improved skills in crafts
work.
b. An appreciation for art
principles.
c. To create their own
recreation.

- III. Method demonstrations
Leaders & Agent
(County Crafts Day)
Work Meeting)
b. Publicity
c. Exhibits

Subject Matter or Emphasis Area General & Housing

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs or Groups Involved</u>	<u>Goals</u>
I. Water Systems a. Approximately 65% of people have running water.	I. Running Water in the Home	I. a. The general public	I. a. Conduct an educational program on installation of running water in the home and on the farms. b. Encourage at least 50 families to install running water in their home and on their farms.
II. Housing a. Families plan for remodeling with lack of know-how b. Poor storage.	II. General Housing Problems	II. The General Public	II. a. Plan for more adequate and satisfactory housing in remodeling or where additions to houses are planned. b. Plan for more adequate storage.

What People are to Learn

Plans for Carrying Out

Notes on Results

(Agent's Use)

I.

- a. Recommended equipment to use.
- b. Proper procedure for installation.

I.

- a. Develop a county program that will fit needs on basis of county situation.
- b. News releases.
- c. Surveys.
- d. Integrate water systems program into general Extension program.
- e. Two community special interest meetings.
- f. Two or more result demonstrations.
- g. Exhibits.
- h. Distribution of Educational material.
- i. Individual help.

II.

- a. Planning to meet needs in housing.
- b. Best materials and plans to follow in remodeling.
- c. To make storage and housing more adequate.

II.

- a. Publicity
- b. Individual help
- c. Result demonstrations
- d. Distribution of educational material.

Subject Matter or Emphasis Area Safety

Problem	Topics to be Included	Number of Clubs or Groups Involved	Goals	What People Are To Learn	Plans for 'Carrying Out'	Notes on Results (Agents Use)
<p>1. Prevention of accidents</p> <p>2. Preparedness for accidents</p>	<p>Safety - Farm & Home (material Civil Defense)</p>	<p>13 H.D. Clubs</p>	<p>1. To encourage people to remove all safety hazards by removing on their farms and in their homes.</p> <p>2. To encourage people to always do things the safe way.</p> <p>3. To encourage people to be prepared for accidents by having basic equipment and knowledge to meet emergencies.</p>	<p>1. Most accidents may be prevented by removing hazards.</p> <p>2. Preparedness will save lives and money.</p>	<p>1. Method demonstration</p> <p>2. Publicity</p> <p>3. Exhibits</p> <p>4. Educational material</p>	

C. Other Activities

1. Home Demonstration Club Community Projects

- a. Encourage all clubs to sponsor a community project.
- b. Encourage clubs to cooperate with Red Cross, Polio, and other drives.

2. County Objectives (as planned by County H.D. Committee)

- a. Help with library. Have library chairman in each club publicize library.
- b. Put on an anti-litterbug campaign. Give special emphasis during the Fair.
- c. Each member secure one new club member during the year.
- d. Each club sponsor a community project either by themselves or in cooperation with other groups.
- e. Request No Dumping signs along roads. Request the county Board of Supervisors to aid in establishment of community dump centers.
- f. Recruit girls to major in home economics in college.

3. Southwest Virginia 4-H Center

- a. Encourage home demonstration clubs to complete pledge to this drive.
- b. Cooperate with educational program on development of Center.

4. 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. work.
- c. A special drive during the month of May to enroll new members.
- d. H.D. clubs sponsor clean-up campaigns.

5. Achievement Program

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

6. Work in Unorganized Communities

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

7. 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.

8. 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.

9. Community Service

- a. Each H.D. club will have a community service chairman that will give special programs to clubs, such as, library work, community drives, etc.

Farm and Home Development

No. Families Worked with 1959	Plan for no. families in 1960	Plan for Locating	Objectives for Promoting	Procedures for Working with Families	Plans for Recording Help
6	18	TVA demonstration families Individual families that request assistance with a special problem.	Help Individual families to - 1. Identify and analyze major problems and opportunities. 2. Counsel with on course of action. 3. Provide educational information to help develop plan and put into action. 4. To increase income. 5. To adjust to meet changing conditions.	1. Home visits (inventory, home records, etc.) 2. Group meetings (visual aids, talks, etc.) 3. Publicity. 4. Circular letters.	1. Records kept on individual families.

III. County Extension Program - Youth

A. Organization

1. 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 leaders. Semi-annual meetings will be held (spring and fall). The council serves as a planning group for the over-all 4-H Program, to set-up county objectives and to see that they are carried through, and for officer training.

2. 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.

3. County 4-H Honor Club

Organize an Honor Club for outstanding 4-H members, with the purpose of recognizing 4-H members who have done outstanding 4-H work, provide special training in leadership, and give members an opportunity to render greater service to the county club program.

4. 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.

4-H Subject Area

Special Projects

Project	Topics to be Included	No. Clubs or Groups	Goals	What Members are To Learn
Special Projects (Members may enroll for one or more additional projects).	Clothing Food Home Improvement Home Management Health Safety Garden Livestock or others	Members of 24 clubs	1. Over all goals are to improve skill in carrying a project, learn to judge quality, learn planning, and acquire an appreciation for a job well done. 2. Every club member turn in a completed project record book on each project at the end of the club year.	1. Improved skills in doing a project. 2. To judge quality of a product. 3. To learn to plan for a project. 4. To acquire an appreciation for a job well done. 5. To keep records.

Plans for Carrying Out Project

Notes on Results and Adjustments

Method Demonstrations
 Result Demonstrations
 Work Meetings
 Publicity
 Circular Letters
 Home Visits
 Adult & Junior Leaders
 Exhibits
 Contests

4-H Subject Area

Clothing

Project	Topics to be Included	No. Clubs or Groups Involved	Goals
Clothing			
I. So You'd Like to Sew	I. Equip a Sewing Box. Finishes - Needle Case or Pin Cushion. Hemming - Towel or head-scarf. Seams - Gathered skirt or laundry bag. Fastenings - Blouse or Collar.	8 clubs	I. a. To teach that certain equipment and good equipment is necessary to do a good job in sewing. b. To teach basic principles of cutting. c. To teach basic principles and skills of sewing. d. To teach an appreciation of a job well done.
Make or Remake			
Looking Your Best	II. Wardrobe Planning Body Measurements Determine Size & Type Choose Pattern Adjusting Pattern & Cutting Garment Fitting & Construction of Garment Finishing of Garment Modeling of Garment	II. 1 club	II. a. To teach that wardrobe planning is preliminary to meeting clothing needs. b. To teach how to determine pattern size. c. To teach how to use a pattern. d. To teach the basic skills of cutting, fitting, and finishing of a garment. e. To show members that appearance in garment is determined by the wearer.
	III. Rate Yourself Foods that Affect your Appearance Your Personality (smile, attitude, posture & voice) Pride in Appearance (care & repairs of clothes)	III. 3 clubs	III. a. To improve general appearance of club members. b. To encourage members to make good grooming a habit. c. To encourage members to develop good food habits. d. To encourage members to wear clean clothes in good repair. e. To teach members that they can improve their personality.

What Members are to Learn	Plans for Carrying Out	Notes on Results Adjustments, Accompl
I. a. Basic equipment needed for sewing (outfit sewing box) b. Principles of cutting c. Skill of handling sewing equipment - complete and exhibit 4 articles.	I. a. Method Demonstration b. Exhibits c. Recognition with awards.	
II. a. Wardrobe planning (choose correct material & pattern) b. To choose patterns of correct size. c. How to use a pattern and cut garment. d. Skills in fitting and finishing of a fitted garment. e. To make a good appearance in clothes.	II. a. Method Demonstration b. Dress Revue	
III. a. To improve grooming. b. To improve in care of clothing. c. To improve food habits. d. To improve their personality.	III. a. Method Demonstrations b. Talks c. Recognition with Awards	

House Furnishings

Project	Topics to be Included	No. Clubs Involved	Goals
Your Room	Inventory of Bedroom & Improvements Needed. Improvement of Storage Make an Article for Your Room The Study Center (Lighting) Floor Plan of Room Color & Accessories Arrangement of Furniture	4 clubs	<ol style="list-style-type: none"> 1. To teach members what makes an attractive and convenient room. 2. Every club member carrying this project will set up a well lighted study center. 3. Every club make at least one accessory for her room for convenience <i>and beauty</i> 4. Every club member make a plan of her room (floor plan, arrangement of furniture, <i>color & accessories & make toward future improvement</i>) 5. Every club member improve the storage facilities in her room.

What Members are to Learn	Plans for Carrying Out	Notes on Results, Adjustments, & Accomplishments
<ol style="list-style-type: none"> 1. Correct lighting for a study center. 2. To plan a good color scheme. 3. To arrange furniture according to basic principles. 4. To recognize beauty in home decorating, furnishings, and arrangement. 5. Make storage more adequate. 	<ol style="list-style-type: none"> 1. Method demonstration. 2. Exhibits. 3. Recognition with Awards. 	

4-H Subject Matter Area

Foods

Project	Topics to be Included	No. Clubs	Goals
Meal Planning & Preparation	Planning Meals Better Breakfasts Christmas Foods Preparing Vegetables The Packed Lunch Milk & Milk Dishes Salads for Pep	8 clubs	1. Help members learn the principles of meal planning. 2. To encourage members to eat and plan for a good breakfast. 3. To help members learn skills in preparing nutritious and appetizing foods.
What Members are to Learn	Plans for Carrying out Project	Notes on Results, Adjustments, & Accomplishments	
1. Plan Balanced Meals. 2. To plan and prepare breakfasts. 3. To learn skills in preparation of foods.	1. Method Demonstration 2. Talks 3. Publicity 4. Circular letters 5. Exhibits 6. Home Visits (leaders & agent) 7. Contests		

4-H Subject Area

Home Management

<u>Project</u>	<u>Topics to be Included</u>	<u>No. Clubs</u>	<u>Goals</u>
Money Management	Cents & Sense Where Does Your Money Come From and Where Does It Go Getting Your Money's Worth	3 clubs	1. To encourage members to manage money. 2. To show members where money comes from and how used. 3. To teach to evaluate what they are spending money for.

<u>What Members are to Learn</u>	<u>Plans for Carrying Out Project</u>	<u>Notes on Results, Adjustments, & Accomplishments</u>
1. To keep records of money spent. 2. To evaluate own spending. 3. To be better managers.	1. Method Demonstration 2. Talks 3. Keeping Records	

C. Other Activities

1. 4-H Club Camp

a. A junior 4-H camp to be held jointly with other counties with 35 or more girls from Russell County attending.

b. A senior 4-H camp held jointly with other counties from the district with 35 or more 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. County contestants selected as district representatives will participate in state contests.

b. County home economics contests will be held in late February or March. County winners will participate in district contest.

c. Club contests will be held for three senior clubs.

4. Southwest Virginia 4-H Center

a. All club members understand what the center is, why needed, and the members' part in development of this center.

5. 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.
- 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.

6. Achievement Day

The County 4-H Council will sponsor the 1960 Achievement Day Program. Parents will be invited, so as to get better understanding of the 4-H Program.

7. Rural Life Sunday

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

8. Community Activities

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

9. 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.

10. County 4-H Club Objectives

(The following objectives were planned by the County 4-H Club Council).

- a. Work for quality and not quantity of work.
- b. Every club have an active adult leader and junior leader or sponsor.
- c. Every club sponsor one recreational event where leaders and parents assist.
- d. Have ninety per cent completion of projects with records turned in.
- e. Observe National 4-H Club Week and 4-H Club Sunday.
- f. Sponsor a County Baby Beef Show.
- g. Raise as much money as possible for the 4-H Center.
- h. Each club member make an exhibit of project work at the County Agricultural Fair. Have at least ten clubs put up an educational exhibit.
- i. Club members participate in out-of-county livestock shows open for participation. (Baby Beef, Hog Shows, Lamb Shows)
- j. Sponsor county-wide money-making activities for the County 4-H Council.
- k. Have maximum participation at District 4-H Camp, State Short Course, Achievement Day, Conservation Camp, and Forestry Camp.
- l. Hold a "Share-the-Fun" Talent Show.
- m. Each club have 100 per cent of its officers attend county 4-H Council Meetings.
- n. Have more contest participation.

IV. Scope of Work

A.

	<u>No. in 1959</u>	<u>No. in 1960</u>
No. H.D. Clubs	14	17
Membership	292	350
No. H.D. Groups*(unorganized)	0	3
Membership	0	50
No. A-H Clubs	25	24
Membership	545	550
No. YW Clubs	0	1
Membership	0	20
No. Community Clubs	0	2
Membership	0	75
No. Home Ec. Committees	0	2
Membership	0	32
No. General Interest Committees	0	2
Membership	0	22
No. Youth Committees	2	3
Membership	115	115
No. Other Organizations	1	1
No. Farm & Home Dev. Families	19	18
No. Other families reached	510	600
No. Different families reached	1395	1500

Areas which need greatest emphasis:

H.D. Clubs (unorganized)
Community Clubs
Home Economic Committees
General Interest Committees

Plans for reaching goal in these areas:

1. Follow through on long-time extension plan.
2. Work in unorganized communities.
3. work with leaders.

B. Plan for Informing Public About the Extension Home Economics Program

Newspaper Publicity.
Home Visits.
Distribute Mimeographed material and bulletins.
Telephone.

2. Plan for Working with Unorganized Clubs, Communities, Families, and Individuals not in Organized Groups

- a. Home visits to individuals.
- b. Demonstrations to small groups requesting help in unorganized communities.

- c. Follow through with educational materials (bulletins).
- d. Mail a packet of materials to newly weds.
- e. Circulate a monthly or quarterly educational bulletin to be written up in home agent's office to women employed outside of the home. Mailing list will be made up of former home demonstration members and those the agent feels will benefit.

V. Plan for Leadership

	<u>No. in 1959</u>	<u>Goal for 1960</u>
1. County program Leaders		
a. County Agricultural Extension Service Board	0	5
b. Youth Council	<u>0</u>	<u>15</u>
c. Home Economics Council	<u>0</u>	<u>15</u>
2. Home Demonstration Leadership		
	<u>No. in 1959</u>	<u>Goal for 1960</u>
<u>No. organizational leaders</u>	38	44
<u>No. project leaders (subject matter)</u>	64	76
<u>No. Federation program of work chairmen</u>	15	18
<u>No. program development leaders</u>	14	17
<u>No. result demonstrators</u>	19	20
<u>No. training meetings by specialists</u>	2	3
<u>No. training meetings by dist. agents</u>	1	1
<u>No. training meetings by agents</u>	5	3
<u>No. training meetings by others</u>	0	1
<u>Attendance at all training meetings</u>	113	120
<u>No. meetings held without an agent</u>	112	115
<u>No. meetings leaders assisted</u>	122	120
<u>Demonstrations by leaders</u>	95	90
<u>Talks and discussions by leaders</u>	177	200

4-H Club Leadership

	No. in 1959	Goal for 1960
No. Club officers	84	82
No. adult project leaders	16	16
No. junior project leaders	12	15
No. result demonstrators	14	15
No. training meetings by specialists	0	1
No. training meetings by dist. agents	0	1
No. training meetings by agents	3	4
No. training meetings by members club dept.	0	0
No. training meetings by others	1	2
Total attendance at ldr. tr. meetings	79	110
No. 4-H leaders trained individually	10	30
No. club m sgs. held by ldr. w/out agent	31	40
No. additional club meetings at which leaders assisted	62	100
No. demonstrations given by adult leaders	27	30
No. demonstrations given by junior leaders	26	30

B. Areas which need the greatest emphasis during the year and plan for reaching goal:

1. Develop a county extension service board.
2. Train and follow through on training of program development leaders.
3. Work more closely with result demonstrators.
4. Secure and train 4-H club project and organizational leaders (individual and group training).
5. Train 4-H club junior leaders to help younger club members and to further the 4-H club program, (individual and group training).

3. 4-H Club Leadership

No. in 1959 Goal for 1960

<u>No. Club officers</u>	<u>84</u>	<u>82</u>
<u>No. adult project leaders</u>	<u>16</u>	<u>16</u>
<u>No. junior project leaders</u>	<u>12</u>	<u>15</u>
<u>No. result demonstrators</u>	<u>14</u>	<u>15</u>
<u>No. training meetings by specialists</u>	<u>0</u>	<u>1</u>
<u>No. training meetings by dist. agents</u>	<u>0</u>	<u>1</u>
<u>No. training meetings by agents</u>	<u>3</u>	<u>4</u>
<u>No. training meetings by members club dept.</u>	<u>0</u>	<u>0</u>
<u>No. training meetings by others</u>	<u>1</u>	<u>2</u>
<u>Total attendance at ldr. tr. meetings</u>	<u>79</u>	<u>110</u>
<u>No. 4-H leaders trained individually</u>	<u>10</u>	<u>30</u>
<u>No. club msgs. held by ldr. w/out agent</u>	<u>31</u>	<u>40</u>
<u>No. additional club meetings at which leaders assisted</u>	<u>62</u>	<u>100</u>
<u>No. demonstrations given by adult leaders</u>	<u>27</u>	<u>30</u>
<u>No. demonstrations given by junior leaders</u>	<u>26</u>	<u>30</u>

B. Areas which need the greatest emphasis during the year and plan for reaching goal:

1. Develop a county extension service board.
2. Train and follow through on training of program development leaders.
3. Work more closely with result demonstrators.
4. Secure and train 4-H club project and organizational leaders (individual and group training).
5. Train 4-H club junior leaders to help younger club members and to further the 4-H club program, (individual and group training).

VI.

A. Plans for Developing Good Public Relations in the County With the Following:

1. State Extension Organization

- a. Read and re-read the scope report and discuss in office conferences.
- b. Be informed of policies that apply to the state organization. Inform county office secretary.
- c. Attempt at all times to maintain a good working relationship with members of the state organization.
- d. Have regular office conferences of county extension staff.
- e. Inform members of county committees and leaders of progress of projects of which they are working with (newspaper publicity, and correspondence).

2. Relations within the parent institution.

- a. When appropriate and fitting bring to the attention of people that extension is an educational program of the state Land Grant institution.
- b. Keep the member of the state board of visitors in our county informed as to the program.
- c. Encourage boys and girls to enroll as students at VPI. Acquaint myself with students already enrolled and inform of program.

3. Relations with Elected and Appointed Officials

- a. Acquaint myself with and maintain a good working relationship with members of the County Board of Supervisors,

county offices, and county-state delegates.

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

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

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

4. Relations with Organizations

a. Work cooperatively with community commodity, civic, and service organization. team in dual educational support of common objectives.

b. Acquaint these organizations with available resources of the Land-Grant College.

c. Encourage ministers to cooperate in observance of Rural Life Sunday.

5. Relations with Businesses

a. Appalachian Electric Power Company

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

(2). Furnish the personnel with educational information.

(3). Use facilities of the AEP Company.

b. Banks

(1). Maintain good public relations.

(2). Request money for special projects.

c. Merchants

- (1). Solicit support for sponsoring 4-H club contests.
- (2). Borrow demonstration materials from local stores and businesses.
- (3). Maintain good public relations.

6. Relations with Mass Media Personnel

- a. Work cooperatively with local newspapers. Continue to prepare and submit publicity to be carried in two local weekly newspapers and three daily newspapers.
- b. Cooperate with available radio and TV stations (not located in county). Use facilities whenever practical.

7. Relations with Other Agencies

(includes Health Department, Public Schools, Agricultural Stabilization & Conservation, Soil Conservation Service, and Russell County Soil Conservation Association (TVA demonstrators.)

- a. Promote and maintain good public relations with personnel of these organizations.
- b. Supply bulletins to these agencies.
- c. 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.
- d. Invite borrowers of FHA to participate in Extension program.
- e. Endeavor to make an opportunity to explain the 4-H club program, and total Extension Program to county superintendent,

school principals, and at the county teachers' meeting.

f. Furnish information to these organizations when the opportunity is presented.

g. Secure money for printing home demonstration Yearbooks from TVA demonstrators.

8. Individuals and Families

a. Attempt at all times to maintain a good working relationship with all people.

b. Inform the public of program through newspaper publicity, achievement days, meetings, and individual contacts.

B. Plans for Professional Improvement

1. Reading professional books and other publications.

a. Read at least five books related to profession and/or some phase of program planned for the year.

b. Read the following periodicals regularly:

JHEA, "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.

2. Maintain membership in the following organizations.

a. National and State Home Economics Association.

b. National and State Home Agent's Association.

3. Participate in programs and workshops that will assist in carrying out the program.

4. Participate in educational trips with home agents of the district.
 5. Attend NHDA and VHEA meetings.
- C. Phase of Program to Make Most Significant Contribution to Family Living. Plan for following through.
1. Home Management
 - a. Demonstrations to home demonstration clubs.
 - b. County Home Economic Council planning.
 - c. General interest committee planning.
 - d. Work with unorganized groups.
 - e. Meetings with unorganized groups.
 - f. Exhibits at Fairs.
 - g. Special tours.
 - h. 4-H club project work.