

1961 Plan of Work

Pattie Orr Snodgrass

Scott  
County

I. County Situation

Scott County is located in Southwest Virginia bordered by Lee, Russell, and Wise Counties in Virginia and Sullivan County in Tennessee. It contains five hundred thirty-nine (539) square miles. There are two thousand five hundred nine (2,509) farms in the county. The 1960 census showed a big decrease in number of farm owners and operators in the county. Most of the farm income is from livestock and tobacco. Due to the number of small farms, steep land and need for industrial workers in Tennessee, many farmers are converting to part-time farming. Tennessee Eastman, in nearby Kingsport, Tennessee, furnishes employment for a large number of Scott County people. This extra income is helping to raise the standards of living and broaden family interests. At the same time, it creates problems in adjusting to shift work and the wise use of income.

Homes in the county range from very new and beautiful to primitive. All over the county one sees many new homes and much remodeling.

There are four (4) consolidated high schools in the county. Two (2) of these are new and modern and the other two (2) have new additions. There are four (4) new elementary schools and six (6) older ones that are surprisingly obsolete. Even the new schools are crowded. This makes it impossible to have L-H meetings during school hours in three (3) schools.

Health and medical care standards could be raised. The only hospital is in the adjoining Tennessee County.

Recreation facilities for young people are limited mostly to church and school affairs. They keep very busy with these. Transportation is always a problem.

Most of the marketing is done out of the county.

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II. County Extension Program - Adult

A. Organization

The Home Demonstration Club Committee is composed of county officers, club presidents, program development leaders and Federation Goal Chairmen. This committee meets twice each year to plan the year's program and check on the progress of the Home Demonstration Club Work. At present, the county has no Home Economics Council or special interest committees.

## ADULT WORK

B.

Subject Matter or Special Emphasis Area - Foods

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
Overweight is a problem with enough homemakers and their families to make information on dieting and exercise timely.	1. Eat Well to Live Longer (Good exercise for health)	9
An increasing number of homemakers have freezers. They need more information on the most economical use of the freezer, best methods for freezing both fresh and cooked foods and best foods to freeze.	2. Best Use of Freezers	9
Serving nutritious meals that require a small amount of preparation is a problem with many homemakers. Homemakers with small children and ones working away from home especially need this information.	3. Oven Meals - Complete	9

B. Subject Matter or Special Emphasis Area - Foods (Continued)

Goals	What People Are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results, Adjustments, and Accomplishments
<p>At least two persons in each Club undertake &amp; carry out a weight reduction program. The homemakers become more conscious of the effect of diet &amp; exercise on themselves &amp; their families.</p>	<ol style="list-style-type: none"> <li>1. What constitutes a well balanced diet.</li> <li>2. The importance of serving a well balanced diet to their families.</li> <li>3. The health dangers accompanying overweight.</li> <li>4. How to plan diets to meet special needs.</li> <li>5. The relationship between diet and exercise.</li> </ol>	<p>The Agent will give a demonstration on "Eat Well to Live Longer—Good Exercise for Health" to nine Clubs in January. Persons interested in losing weight will give their names to the Food Leaders of each Club. These leaders will be responsible for checking on the results of the program. The Agent will use a film on the Basic Four Food Groups as part of the demonstration. She will write newspaper articles during January on diet and exercise.</p>	
<p>The homemakers become more efficient in their use of the freezer and their ovens in preparing nutritious meals for their families.</p>	<ol style="list-style-type: none"> <li>6. What foods freeze best. How to process them for freezing.</li> <li>7. The most economical use of the freezer and range.</li> <li>8. Cooked foods suitable for freezing.</li> <li>9. Recipes for complete oven meals.</li> </ol>	<p>The Agent will give the demonstrations on "Best Use of Freezers" and "Oven Meals - Complete" to nine Clubs. The Food leaders will be responsible for reporting on results of these demonstrations. Emphasis will be placed on the wise use of freezer and oven as a means of saving electricity.</p>	

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Subject Matter - Clothing

<u>Problem</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>	
Homemakers need to know more about new fabrics and sewing techniques. Many would like to knit but do not know how.	1. New Fabrics - How to Sew and Launder	9	
	2. Putting in zippers, other sewing techniques	9	
	3. Knitting	9	
Announcements of demonstrations will be put in paper. Interested non-club members will be invited to attend.			
<u>Goals</u>	<u>What People Are to Learn</u>	<u>Plans for Carrying out Program and Measuring Results</u>	<u>Notes on Results, Adjustments, and Accomplishments</u>

5.

Homemakers learn to make and care for professional appearing garments from new materials. All interested persons learn to knit.	<ol style="list-style-type: none"> <li>1. Best way to cut and sew wash and wear fabrics.</li> <li>2. How to remove creases and grease spots from resin treated material.</li> <li>3. How to whiten yellowed synthetics.</li> <li>4. Newest and easiest way to put in a dress zipper in a plain and pleated skirt.</li> <li>5. The best way to make a belt, neckline and sleeve facings and collars.</li> <li>6. Basic knitting stitches.</li> <li>7. How to follow instructions to make a knitted garment.</li> </ol>	The Agent will give nine method demonstrations on New Fabrics and Sewing Techniques. The leaders will be responsible for checking results of program. Plans are incomplete for the knitting instruction. This will probably be handled as Special Interest Meetings in three different sections of the county.
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## Subject Matter - Home Management

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved	
The homemakers need help with time and money management. The number of part-time farmers with other jobs and wives working away from home make this need imperative. Electric and repair bills seem high in the county. Household help is very hard to find.	<ol style="list-style-type: none"> <li>1. Easy Methods in House Cleaning</li> <li>2. Ways of Saving Electricity</li> <li>3. Simple Household Repairs</li> </ol>	<p>9</p> <p>9</p> <p>9</p>	
Goals	What People Are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results, Adjustments, and Accomplishments
Homemakers learn to save on electric and repair bills. Homemakers become better managers of time and money.	<ol style="list-style-type: none"> <li>1. Time and labor saving methods in house cleaning, special attention to floors, walls, and upholstered furniture.</li> <li>2. Best and most economical use of home appliances both large and small.</li> <li>3. How to make small electrical repairs.</li> <li>4. How to change a washer, replace a fuse, repair a screen, tighten a door knob.</li> </ol>	<p>The Agent will give the demonstration on "Easy Methods in House Cleaning to nine Clubs. Leaders will be trained by specialist from the State Dept. to give demonstrations on "Ways of Saving Electricity" and "Household Repairs". Emphasis will be placed on time and money management all through the year. Saving on electricity will be brought out in the freezer and oven meal demonstrations. Home Management leaders will be responsible for checking results.</p>	

Subject Matter - Handicraft

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved	
<p>Several Club members have stools that need to be resealed. Others would like to learn this craft. Older Club members have need for hobbies and have shown an interest in leather work.</p>	<ol style="list-style-type: none"> <li>1. Reseating Stools</li> <li>2. Leather Work</li> </ol>	<p>To be determined later. The Clubs are given a choice of handicraft for the month of June, either Reseating Stools, Leather Work, or Knitting.</p>	
Goals	What People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results, Adjustments, and Accomplishments
<p>All interested persons learn: (1) to seat a stool (2) the basic principles of working with leather.</p>	<ol style="list-style-type: none"> <li>1. How to reseat a stool.</li> <li>2. The basics of working with leather so that interested persons can develop this handicraft as a hobby.</li> </ol>	<p>The Agent will hold leader training meetings for the leaders. The leaders will have charge of all-day meetings in their communities.</p>	

Subject Matter - Family Relations

Problem	Topics to be Included	Number of Clubs, Groups or Committees Involved
Family Life was chosen as this year's Federation Goal due to an increasing interest and need for more understanding and better relations between family members.	<ol style="list-style-type: none"> <li>1. Personal Self-Improvement as an aid to better living.</li> <li>2. Teaching manners to children as an aid to more harmonious family living.</li> <li>3. Understanding the Teen-ager.</li> <li>4. First aid in the Home (What to do for sudden illnesses and accidents.</li> </ol>	9

Goals	What People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results, Adjustments, and Accomplishments
Families realize the relation between physical and mental health and become healthier and happier individuals.	<ol style="list-style-type: none"> <li>1. How to better meet their everyday tensions and worries.</li> <li>2. How to understand children at different age levels—especially the Teen-ager.</li> <li>3. First aid in the Home—Treatment of home accidents and illnesses. Artificial respiration, treatment for cuts, shocks, poisoning, heart attacks until the doctor comes.</li> </ol>	<p>The leaders were trained to give a demonstration on "Your Mind Can Keep You Well" for the Dec. 1960 meeting. Each Club will devote ten minutes at each meeting to a discussion of some phase of Family Life. The leaders have been trained for a discussion in February on "Courtesy for Children". A film on Breast-Self-Examination will be shown in January.</p> <p>Leaders will be given kits being made up by the State Federation Goal Chairman. These will be used for the rest of the Club discussions. A County-wide meeting with a speaker on Teen-Agers will be held in the Fall or late Summer.</p>	Seven leaders gave this demonstration. The Agent gave the demonstration to two Clubs.

C. Other Activities

1. County Objectives:

1. Pay County Federation dues before February 1st, 1961.
2. Encourage the members to read five (5) books and receive Reading Certificstes.
3. Have reports of each monthly Club meeting sent to newspaper by reporter.
4. Each Club attempt to secure three (3) or more new members and to encourage former Club members to become active again.
5. Each Club member be responsible for taking information to one or more non-Club members.
6. Each Club have leader attend leader training meeting and present the demonstration.
7. Each Club be represented at Spring and Fall planning meetings of the Home Demonstration County Committee.
8. Encourage Club members to attend District Meeting and Institute of Rural Affairs.
9. Leaders be responsible for at least four (4) demonstrations.
10. Each Club be responsible for furnishing a 4-H Club leader wherever possible.
11. Invite and encourage 4-H Club members to give demonstrations at Home Demonstration Club meetings.
12. Support 4-H Club Program and 4-H Club Center.

2. Home Demonstration Club Community Projects:

The Clubs will decide upon their community projects. The Agent plans to ask them to help in raising money for the 4-H Club Center. The county objectives include furnishing a 4-H Club leader where it is needed.

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3. National Home Demonstration Club Week:

Plans will be made for this at the Spring County Home Demonstration Committee meeting. A greater effort will be made at this time to contact non-Club members through newspaper, radio and personal contacts.

4. Achievement Day:

This will be held in the Fall. Definite plans will be made at the Program Planning County Committee meeting.

5. County Fair:

A committee will be appointed to decide upon requirements for exhibits at the fair. In this way, we hope to make the exhibits more educational.

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

Due to the increasing number of farmers working in industry in Tennessee and farming part-time, the county is becoming urbanized. The same program is becoming applicable to the town and country people. The Agent has three (3) Home Demonstration Clubs that meet at night making it easier for the homemakers who work away from home to come. This year's program is planned to give help with problems pertinent to both urban and rural families.

E. Farm and Home Development

This is one part of the program that the Agent has not done very much about. There are three (3) families that she plans to work with intensively next year. She is gradually becoming more acquainted with them. Additional families will be added through working with 4-H and Home Demonstration Club members.

III. County Extension Program - Youth

A. Organisation:

1. 4-H County Council:

The County Council is composed of officers from the twenty (20) 4-H Clubs. The leaders serve as ex-officio members. The Council will hold three (3) meetings during the year. The Spring meeting will be held to make plans for the County Contest Day and Summer Camps.

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The Summer meeting will be a program planning meeting. The Fall meeting will serve as a training meeting for new officers. The County Council will make plans for all special events.

2. All Stars:

The county has a total of eleven (11) All Stars. Two (2) girls will be recommended for membership this year.

3. Honor Club:

The Honor Club initiated eleven (11) new members. This club will furnish leadership for all county events. It had one (1) meeting in December and will have at least two (2) more meetings during the year. The Honor Club members decided upon these goals for 1961:

1. Have one hundred per cent attendance at all meetings.
2. Have more meetings and activities during the year.
3. Arrange for the Honor Club to have radio and T.V. programs and exhibits in windows during 4-H Week.
4. Honor Club members work more cooperatively with Extension personnel in assisting Junior 4-H Club members with projects.
5. Have some means of increasing the Honor Club Fund.
6. Honor Club members have a community project.
7. Each member select and meet an individual goal.

B. A-H Project Work

## Subject Area - Clothing

<u>Project</u>	<u>Topics to be included</u>	<u>Number of Clubs, Groups Involved</u>
Clothing Unit I (Looking Your Best)	Equipping Sewing Box Rate Yourself Skin Care - Teeth and Your Smile Simple Clothing Repairs	2
Clothing Unit II (Make or Remake)	Making a Stuffed Toy Your Clothing Cost Records Selection of Pattern How to Cut and Mark Pattern Finishing a Garment - Collars, Facings and Hems How to Model Garment	4
Clothing Unit III (So You'd Like to Sew)	Equipping Your Sewing Box Pulling a Thread, Straightening Material, Hemming a Towel Using the Sewing Machine Making a Stuffed Toy Making an Apron Hemming a Handkerchief Making a Gathered Skirt or Apron Making Buttonholes and Sewing on Fasteners Cutting out a Simple Blouse	16

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Clothing (Continued)

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GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRY- ING OUT PROJECT	NOTES - RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
<p>Over a period of years, the members should become efficient seamstresses and should develop an understanding of grooming, wardrobe planning and management. Each girl should develop a feeling of achievement and pride in her work.</p>	<p>The Club members are to learn simple sewing techniques, wardrobe planning, a realization of the cost of clothing and savings brought about by home sewing. They should learn to care for their own clothing</p>	<p>The Agent will give the project demonstrations through May. A county dress revue divided into Junior and Senior groups will be held in the Spring. Club dress revues will be held to determine county entries. Clothing was chosen as the main Winter project since most of the meetings are in schools. Club members will bring to each meeting work that they are doing.</p>	

4-H Subject Area	Foods	Number of Clubs, Groups Involved
Project	Topics to be included	
Meal Preparation	How to Read Your Recipe	12
	Setting the Table Correctly	
	Planning a Menu	
	The better Breakfast	
	Your School Lunch	

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRY- ING OUT PROJECT	NOTES - RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
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Club members  
be able to  
serve a  
nutritious,  
attractive  
meal.

Club members learn the  
basic principles of cookery  
and food service.

This project will be carried on  
largely out of school. The Agent  
hopes to gradually get project  
leaders to help small groups of  
club members with this project  
and to give them instruction at  
their homes. Three (3) Home  
Demonstration Club members have  
said that they would be willing  
to help in this manner. The  
Agent plans to contact others.

4-H Subject Area	General Interest	Number of Clubs, Groups Involved
<u>Project</u>	<u>Topics to be included</u>	
Safety	Christmas Safety Safety in the Home Bicycle Safety Safety on the Highway Safety on the Farm	15

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRY- ING OUT PROJECT	NOTES - RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
Club members become more Safety-conscious and careful in their everyday life.	The Club members are to learn to recognize a safety hazard and means of correcting it. They should learn the rules of Safety to be practiced at home, on the farm and highway.	Club members will give a short talk or demonstration on some phase of Safety at each Club meeting. This will be part of the Club program planned by the Vice-President and a committee. Exhibits will be made during National 4-H Week on Safety. Safety was selected as a county-wide project for Junior Club members.	Two (2) Clubs have shown films on Bicycle Safety. Twenty (20) Clubs had talks or were given other information in Christmas Safety.

## 4- H Subject Area

## General Interest

Project	Topics to be included	Number of Clubs, Groups Involved
Automotive Care and Safety I	All topics in the Automotive Care and Safety Manual Number I "Car and the Highway"	1

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRY- ING OUT PROJECT	NOTES - RESULTS, ADJUSTMENTS, ACCOMPLISHMENTS
Establish a worthwhile project for the older boys and girls. By doing this, take the Extension program to many people not reached at present. Bring about an improvement in the attitudes and practices of the Teen-age Driver.	The basic principles of of maintenance, safety and operation of a car on the highway.	An Advisory Committee of county people connected with the automotive industry or especially interested in Youth to be set up. This group to plan the program and secure an organizational leader and speakers for each meeting. The Club will meet in Gate City and will be composed of boys and girls fourteen (14) years old or older from all over the county.	December 5th, Mr. Ed Hale from VPI assisted the Agents in organizing the Advisory Committee. The Committee has met twice since then. They have gotten an organizational leader.

C. Other Activities

1. Camp:

We will try to be represented at all Camps and Short Courses. We will work toward a larger attendance at the Junior and Senior 4-H Camp at the Southwest Virginia 4-H Center. The Agents will show slides of last year's Junior Camp to arouse interest in going to camp. A drive will be put on to raise Scott County's quota toward the southwest Center.

2. Achievement Day:

The 4-H Council and Honor Club will plan the Achievement Day Program. A parade will be held this year as part of the Achievement Program. New Honor Club members will be given recognition at this Program. Other awards will also be presented at this time. The 4-H Council is sponsoring a plaque inscribed to "The Club of the Year" to be presented each year at the Achievement Day Program.

3. Share-the-Fun Talent Show and Public Speaking Contest:

Public Speaking Contests will be held in the Clubs in January to select representatives from each Club for the County Contest. The Club Share-the-Fun Contests will be held in February. Plans will be made at the Spring Council Meeting for the County Contests.

4. Demonstration Contests:

Older 4-H Club members are already thinking about demonstrations for the contests that they will be eligible to enter. A county demonstration day will be held in the spring to select Club members to enter the district Contests. We hope to have girls entering in each project division.

5. Rural Life Sunday:

Plans for this will be worked out at a Spring 4-H Council Meeting.

6. National 4-H Club Week:

The Honor Club will assume responsibility for county-wide celebration of National 4-H Club Week. Each Club will plan some activity for this week, either posters, exhibits, special program or radio talk.

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IV. Scope of Work

A. Goals for 1961

	No. in 1960	Goal for 1961
No. H. D. Clubs	9	10
Membership	144	160
No. HD Groups (unorganized)	1	2
Membership	8	18
No. 4-H Clubs	19	21
Membership	822	900
No. YW Clubs		
Membership		
No. Community Clubs	2	2
Membership	120	120
No. Home Ec. Committees		
Membership		
No. General Interest Committees		
No. Youth Committees		1
Membership		12
No. Other Organizations		
No. Farm & Home Dev. Families	17	19
No. Other Families reached	260	265
No. Different families reached	798	800

During the next year, the Agent thinks that the establishment of some Home Economics Committees or General Interest Committees would increase the scope of work in the county. The county is so large that many people are not being reached by Home Demonstration Clubs. They need to be reached in other ways. The Agent wants to talk to the District Agent about this before making any definite plans.

B. A Plan for Informing the Public about the Extension Home Economics Program

Newspaper and radio publicity will be given to all meetings and special events. Club members will be reminded constantly to share their information with others. Educational exhibits will be set up during National 4-H Club Week and at the County Fair.

The new 4-H Automotive Club will contact many people not reached before through the Advisory Committee. The Agent will spend all time possible in making home visits in unorganized communities.

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V. Leadership

A. Plan for Leadership

2. Home Demonstration Leadership	No. in 1960	Goal for 1961
No. organizational leaders	56	62
No. project leaders (subject matter)	36	38
No. Federation program of work chairmen	10	10
No. program development leaders	9	10
No. result demonstrators	8	18
No. training meetings by specialists	1	2
No. training meetings by Dist. Acts.	2	2
No. training meetings by agents	5	4
No. training meetings by others	2	1
Attendance at all training meetings	66	68
No. meetings held without an agent	35	45
No. meetings leaders assisted	20	72
Demonstrations by leaders	35	43
Talks and discussions by leaders	96	90

3. 4-H Club Leadership	No. in 1960	Goal for 1961
No. Club officers	114	126
No. adult project leaders	12	13
No. junior project leaders	22	25
No. result demonstrators	21	18
No. training meetings by specialists		1
No. training meetings by dist. acts.		
No. training meetings by agents	2	2
No. training meetings by members club dept.	1	
No. training meetings by others		
Attendance at leader training meetings	13	28
No. 4-H leaders trained individually	13	13
No. club meetings held by ldr. without act.	9	13
No. additional club meetings at which leaders assisted	77	98
No. demonstrations given by adult leaders	9	13
No. demonstrations given by junior leaders	45	50

B. Strengthening Leadership

The 4-H Club leadership needs to be strengthened. At present Scott County has thirteen (13) leaders for twenty (20) 4-H Clubs. These leaders serve mostly as organizational leaders. The Home Demonstration Clubs included in their objectives for the year the furnishing of 4-H Club leaders where needed. The Agent plans to ask Club members

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to serve as project leaders to help small groups of Club members living near their homes. These leaders would not need to attend the regular Club meetings unless they wanted to.

The Agent plans to give each Home Demonstration Club Leader a definite job to do. The Clubs selected Food, Clothing, Home Management and Handicraft leaders in addition to the Program Development and Federation Goal Chairman. The leaders will be responsible for reporting the results of the program and any additional information desired to the agent and for giving at least four (4) demonstrations during the year.

VI. For Special Consideration

A. Plans for Maintaining and Strengthening Good Public Relations in the County with:

1. State Extension Organization:

The Agent will cooperate with the State Extension organization in every way possible. She will follow their suggestions where applicable and to the best of her ability. She will keep the ideals of the organization in mind and try to carry them out.

2. Relations within the Parent Institution:

The Agent will cooperate with the Parent Institution and will encourage worthy students to attend the Institution.

3. Elected and Appointed Officials:

The Agent will try to get to know the elected and appointed officials personally and keep them informed of the Extension Program.

4. Organizations:

The Agent will cooperate with other organizations in programs that work for the county good. She will furnish information and other assistance to them whenever possible.

5. Businesses:

The Agent will continue to become acquainted with the businesses in the county and to let them know about the Extension Program.

6. Mass Media:

The relationship with mass media personnel is good. The Agent will try to keep it this way by writing timely news articles and stories.

7. Other Agencies:

The relationship with other farm organizations is very good. The Agent will try to maintain this relationship. She will cooperate with other agencies in every way possible.

In cooperation with the Health Department and Cancer Program the Clubs are using a film on "Breast Self-Examination" during the month of January. The Agent is trying to become better acquainted with the Home Economics teachers in the county.

8. Individuals and Families:

The Agent plans to spend as much time as possible in making home visits and really getting to know the 4-H and Home Demonstration Club members and their families. A greater effort will be made through the newspapers and radio to let people know the information available in the Agent's office.

B. Plan for Professional Improvement:

The Agent has no plans for formal instruction other than that furnished by the State Department this year. She will attend all training meetings planned for the Agents and will take advantage of all instructions offered at Agents' conference, Institute of Rural Affairs, etc.

She will read professional books and magazines and will give each demonstration thought and study.

C. Phase of Program to Contribute Most to Family Living:

It is hard to decide at present just which phase of work will contribute the most to family living. The Home Demonstration Club program as planned with the emphasis on money and time saving home-making practices could contribute significantly to family living, especially if the country is headed toward a recession. The Family Life program, if carried out as planned, could also contribute greatly to family living.

These two (2) programs might be enlarged upon and continued another year to make them more effective.