

1955 PLAN OF WORK

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SMYTH

County

I. County Situation Considered in Working Out 1955 Program

Smyth County is strictly an agricultural county, divided into three broad valleys by mountain ranges. There are 1895 farms averaging 95.5 acres per farm. The farm income for the county is estimated at \$3,600,000. Livestock is the largest single source of income, with crops ranking second and dairying third. Burley tobacco is the main cash crop.

Approximately 81% of farm families are home owners according to the 1950 census. This fact makes for an easier approach in working with farm families. The rural people work hard and have little time for recreation and social activities. Therefore, emphasis in carrying out the extension program will be placed on better health through better nutrition, housing, clothing and management in the home.

II. The Adult Program

A. Subject matter fields

- \*1. Foods- milk in the diet, salads, healthful desserts, and preparation of foods that will keep in the refrigerator or home freezer to save time in meal preparation.
  - a. Objectives for improving family living
    - (1) To plan better balanced meals
    - (2) To improve the health of the family.

b. Plans for Carrying Out Program

- (1) Leaders will give four foods demonstrations in each club
- (2) Specialist and agent will train food leaders in advance of demonstrations
- (3) Garden specialist will train garden leaders for monthly discussions at club meetings at county-wide meeting
- (4) Timely garden information will be mailed to leaders each month to supplement discussions at meetings
- (5) Poultry leader for each club will discuss poultry management each month
- (6) Leaders will receive monthly poultry letter from specialist to supplement talks
- (7) Club members and agent will pass on information to others through home visits, news articles, broadcasts and distribution of printed subject matter in the foods program
- (8) County-wide meeting on making cheese will be held by dairy products specialist in June (National Dairy Month)
- (9) Project leaders will check results of foods program at intervals during year and be responsible for club summary to the home agent for annual report.

2. Clothing- constructing the better cotton dress

a. Objectives for improving family living

- (1) To improve techniques in construction of the better cotton dress
- (2) To reduce the cost of the family clothing
- (3) To improve the homemakers' appearance.

b. Plans for Carrying Out Program

- (1) Specialist will train agent
- (2) Hold one demonstration in each club by agent on making the better cotton dress to include various types of patterns, sizes, style trends, points to look for in buying fabrics and ready made garments, and suggestions for care of the garment.
- (3) Hold one demonstration in each club by agent and selected leaders on pattern adjustment, cutting, and fitting of the garment.
- (4) Hold one meeting in each club on finishes for the garment to include hems, buttonholes, zippers, pockets, etc.
- (5) Climax the program with a county-wide cotton tea and achievement program during national home demonstration week.
- (6) Use radio, newspapers, and home visits to help other families with clothing problems.

3. Home Furnishings

a. Objectives for improving family living

- (1) To create more liveable and attractive homes through better arrangement of furniture, pictures, and accessories.
- (2) To develop good taste in selecting house furnishings.

b. Plans for carrying out program

- (1) Subject matter materials for agent from the house furnishings specialist.
- (2) Agent to give one demonstration at 14 May club meetings.
- (3) Have hostess of meeting to move all furniture in living room to center of room, take down pictures and accessories for rearrangement.
- (4) Continue to encourage families to restore old accessories and refinish furniture as demonstrated in 1954 program.
- (5) Use radio, newspaper and home visits to reach non club members.

4. Control of household pests

a. Objective for improving family living

- (1) To eradicate roaches, ants, and other pests in and around the home.

b. Plans for carrying out program

- (1) Have extension entomologist train leaders to give demonstrations.
- (2) Leaders to give demonstration in each club without agent.
- (3) Club members will ask neighbors to cooperate to rid homes in community of insects and pests.
- (4) Reports at monthly meetings on results obtained.
- (5) Use radio and news articles to spread information to others.
- (6) Each club member will strive to make at least three improvements in or around the home to control pests.

B. Federation Goal (Citizenship continued)

a. Objectives to improve people

- (1) To provide basic beliefs and sound knowledge for worthy citizens in the home, in the community, and in the world.

b. Plans for carrying out program

- (1) County goal chairman will provide subject matter material for each club goal chairman to use at monthly meetings.
- (2) Club goal chairman will give five minute report at each monthly meeting and one broadcast during the year.
- (3) Hold December meeting on citizenship in each club with emphasis on keeping the Christmas spirit.
- (4) Have district goal chairman to train all goal chairmen in January.
- (5) Encourage reading literature pertaining to citizenship and international understanding with adults and 4-H club members.
- (6) Study county government and officials
- (7) Secure information on I.F.Y.E. program.

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C. Other Activities

1. Result demonstrations (clothing, furniture arrangement, remodeling)

a. Objective for better family living

- (1) Put into effect efficient home practices to better the standards of living of the farm family and to influence, by example, other families in the community.

b. Plans for carrying out program

- (1) Home visits to plan with the homemaker and help with her personal needs.
- (2) Select 75 homemakers in clothing construction and have them model their dresses at county-wide achievement day.
- (3) Work with six families on planning more convenient kitchens.
- (4) Work with six families on planning the attractive living room.

2. Achievement Day

a. Objectives

- (1) To acquaint the public with the Extension program in the county.
- (2) To strengthen the county program
- (3) To give recognition to leaders

b. Plans for carrying out program

- (1) Hold achievement day program in May to celebrate National Home Demonstration Week. This will be a cotton tea to climax the clothing program on construction of the better cotton dress. Club members will model their garments.
- (2) Home agent will work with committee in planning program.
- (3) Give publicity to program through broadcasts and news articles.
- (4) Invite the public to attend.

3. Community Improvement Club

a. Objectives

- (1) To help families solve community problems through organized efforts
- (2) Develop a sound system of farming and homemaking
- (3) To furnish recreation for the farm family.

b. Plans for carrying out program

- (1) Hold monthly meetings
- (2) Secure help of other organizations for educational programs
- (3) Hold a community fair
- (4) Use young people on committee planning
- (5) Use radio and newspaper for publicity
- (6) Make home visits to plan home improvements
- (7) Have some planned recreation.

4. National Home Demonstration Week

a. Objectives

- (1) To create interest and gain new members in the program
- (2) To acquaint the public with the Extension program

b. Plans for carrying out program

- (1) Show exhibits of project work in local store windows
- (2) Hold County-wide achievement day program in May
- (3) Have every club represented at the District Federation meeting in Abingdon
- (4) Club members will make reports in local clubs of this meeting.
- (5) Make an effort to increase club membership by organizing a new club.

5. Work in Unorganized Communities

a. Objective

- (1) To create interest in home demonstration work and organize new clubs

b. Plans for carrying out program

- (1) Home visits by home agent and leaders to know the community people
- (2) Plan to give two or three demonstrations in community to interest homemakers in organizing a home demonstration club
- (3) Select small neighborhood group for the first demonstration
- (4) Select home demonstration club leaders to give a demonstration that they have given in their local club.

6. Judging by Local Leaders

a. Objective

- (1) To train lay people to judge at community fairs

b. Plans for carrying out program

- (1) Have home demonstration club leaders attend a training school for judging if possible.
- (2) Recommend trained personnel to community fair committees for judging.

III. 4-H Club Work

A. Project Work

1. Food Preparation and Meal Planning

a. Objectives

- (1) To improve the health of rural families
- (2) To teach girls the value of well planned meals

b. Plans for carrying out program

- (1) Agent to train adult leaders to assist with demonstrations
- (2) Have members participate in giving demonstrations
- (3) Use school cafeterias for monthly meetings
- (4) Plan and serve a luncheon to members' mothers
- (5) Keep record of dishes prepared
- (6) Train county winners for demonstration in district contest
- (7) Give recognition to outstanding members.

2. Clothing (Units I, II, & III)

a. Objectives

- (1) To develop good techniques in clothing construction
- (2) To teach good grooming and personality improvement.

b. Plans for carrying out program

- (1) Use home demonstration club members and mothers as project leaders. These leaders will have training in the adult clothing program
- (2) Make a plan for clothing needs and keep a clothing account
- (3) Use junior leaders to give demonstrations in Unit I
- (4) Hold a dress revue to select county winners
- (5) Work individually with winners in preparation for district contest
- (6) Secure cooperation of mothers in project
- (7) Give short demonstration at each monthly meeting on some phase of clothing construction and good grooming
- (8) Give recognition for outstanding work done.

3. Breads

a. Objective

- (1) To improve the family diet through better bread making

b. Plans for carrying out program

- (1) Meet in girls' homes for demonstrations
- (2) Girls to give demonstrations with assistance of agent and adult leaders
- (3) Keep records and select winner for district contest
- (4) Agent will train winner in preparation for contest through individual demonstrations and home visits
- (5) Let winner give her demonstration at local club meeting for practice
- (6) Members will keep record.

4. Home Improvement

a. Objectives

- (1) To teach good taste in selecting furnishings
- (2) To improve the girls' bedrooms

b. Plans for carrying out program

- (1) Interest older club girls in room improvement
- (2) Plan improvements through personal home visits
- (3) Secure cooperation of parents to help girls
- (4) Hold a tour with girls to observe improvements made
- (5) Select winner to participate in district contest
- (6) Keep record of work done.

5. Food Preservation

a. Objectives

- (1) To improve the family diet
- (2) To encourage girls to help mothers with the canning and freezing of foods

b. Plans for carrying out project

- (1) Each member make a canning budget for her family
- (2) Can at least 20 quarts of food alone and help with family food preservation
- (3) Give at least one demonstration to a neighboring family
- (4) Secure the cooperation of mothers
- (5) Make an exhibit and keep a record
- (6) Select winner for participation in district contest

6. Electricity

a. Objectives

- (1) To improve home lighting and care of electrical equipment
- (2) Learn the principles of electricity.

b. Plans for carrying out project

- (1) Secure help from local power company in giving monthly demonstrations
- (2) Select one group of older girls for this project to meet out of school
- (3) Have a tour to observe use of electricity in the home
- (4) Keep record of work done
- (5) Select a winner to attend the State Electric Congress
- (6) Give publicity through radio and newspaper.

B. Other Activities

1. 4-H Camp and State Short Course

a. Objective

- (1) To develop leadership and strengthen the county-wide program

b. Plans for carrying out program

- (1) Home demonstration clubs will make donation to county 4-H fund to pay adult leaders' expenses to camp.
- (2) Send at least 40 club members to 4-H camp.
- (3) Have each local club represented at camp.
- (4) Send county quota of girls to state 4-H Short Course
- (5) Have girls attending camp and Short Course give a broadcast.
- (6) Give recognition to members attending these events.

2. Achievement Day

a. Objectives

- (1) To acquaint public with 4-H work
- (2) To strengthen county program
- (3) Make awards to outstanding members and leaders for achievements.

b. Plans for carrying out program

- (1) Have a committee of leaders and older club members to plan program
- (2) Use members on program to tell of their achievements
- (3) Invite parents and public to attend

- (4) Have a guest speaker on the program
- (5) Make awards to members for outstanding achievements
- (6) Recognize adult leaders and All Stars
- (7) Give publicity to program through radio and newspaper.

3. Rural Life Sunday

a. Objective

- (1) To develop good citizenship through participation in local church services

b. Plans for carrying out program

- (1) Agent and adult leaders will assist members in preparing program
- (2) Members will sit as a group during service
- (3) Members will provide flowers for altar
- (4) Members will conduct a part of the church service.

4. 4-H Contents

a. Objectives

- (1) To stimulate better project work
- (2) To develop leadership

b. Plans for Carrying Out Program

- (1) Explanation of contest regulations at local club meetings
- (2) Select local club winners
- (3) Train county winners to participate in district contest
- (4) Give publicity to program through broadcasts and newspaper.

5. County-wide Picnic

a. Objectives

- (1) To furnish recreation for all club members
- (2) To give an opportunity for members and parents to become better acquainted

b. Plans for carrying out program

- (1) Hold picnic at Hungry Mother Park
- (2) Provide recreation for members
- (3) Serve picnic supper
- (4) Hold educational program following the meal consisting of short talks by members attending camp and Short Course
- (5) Secure cooperation of parents and adult leaders for transportation to park.

IV. Young Men and Young Women's Work

a. Objectives

- (1) To encourage young people to participate in community club and home demonstration club activities
- (2) To develop more useful citizens.

b. Plans for carrying out program

- (1) Have young people help with recreational programs, fairs and exhibits in community
- (2) Have young people serve on planning committees
- (3) Have young people conduct at least one program during year for community club.
- (4) Make home visits to help young homemakers with home problems.

## V. Farm and Home Development

## a. Objectives for better family living

- (1) Help farm families to determine a different course of action in relation to their major farm and home problems and opportunities which will produce the maximum in terms of economic returns and family satisfaction.

## b. Plans for Carrying Out Program

- (1) Contact County Board of Agriculture and County Board of Supervisors for explanation of program. Approval secured to adopt program.
- (2) Meet with professional agricultural workers, church and civic groups to explain program.
- (3) Families to be selected county-wide
- (4) Start with 30 families (include others as time permits).
- (5) Have 80% of families average; 10% in top bracket and 10% in low bracket
- (6) Make farm and home visits to assist families with their planning.

## VI. Scope of Work

A. Organization	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
Number of home dem. clubs	12	12	13	14	16
Membership	352	369	379	392	410
Number of 4-H clubs	11	11	10	11	12
Membership	203	206	179	208	230
No. Young men & women's clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Improvement Clubs	3	2	2	1	1
Membership	210	150	150	100	100
No. other organizations	0	0	0	0	0

VII. Plans for using the following organizations to strengthen the Extension Program for 1955

A. County Home Demonstration Committee

The committee planned the 1955 program of work at their fall planning meeting. Preceding the meeting, reports from local clubs were summarized and used as a basis for the county planning meeting.

The committee will hold their spring meeting to hear progress reports from the local clubs and make adjustments, if needed, to complete the year's program. The executive committee planned the 1955 yearbooks and secured a sponsor for the printing expenses.

The committee will sponsor a county-wide achievement day to climax the clothing project and to celebrate National Home Demonstration Week.

The committee will sponsor 4-H club work.

B. County 4-H Council

The committee holds two meetings a year. One in the fall to plan the county-wide activities of the 4-H program which include a picnic, achievement day and camp. At the spring meeting, progress reports are given by the local clubs on accomplishments and revisions are made to carry out program of work successfully.

C. County 4-H Project Planning Committee

This committee consists of adult project leaders and a few older girls from each local club. The committee is held in August. Each local club will bring their project suggestions. These are discussed, and the projects are selected for the coming year.

## VIII. Plan for Leadership

## A. Home Demonstration

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
No. Project Leaders (subject matter)	26	30	32	73	77
No. federation goal chairmen	12	12	13	15	17
No. program development leaders	6	8	10	14	16
No. of result demonstrators	15	20	24	39	79
No. meetings at which leaders were trained by specialist	5	4	2	3	3
No meetings at which leaders were trained by dist. agents	0	1	1	1	1
No. meetings at which leaders were trained by agent	13	7	7	10	12
Attendance at training meetings	142	127	141	183	190
No. club meetings held by leaders without agent present	64	60	53	58	65
No. club meetings in which leaders assisted	8	21	35	37	42
Total number of demonstrations given by leaders	84	90	72	95	107
Total number of talks or discussions by leaders	168	170	172	195	220

Plans for training and using all types of leaders in carrying out  
1955 adult program

1. Subject matter leaders will give four demonstrations in each local club in the absence of the agent and assist with others. Specialists and agent will train leaders at county-wide meetings.
2. Local garden leaders will attend county-wide training meeting to be held by the garden specialist. Subject matter material will be furnished leaders for discussions to be held at each monthly club meeting. These leaders will also serve as result demonstrators in their respective communities.
3. Local poultry leaders will be furnished reference material by the poultry specialists for talks at each monthly club meeting. This material will be supplemented by monthly poultry letters sent by agent to the leaders.
4. Federation goal leaders will attend county-wide training meeting on citizenship. This meeting will be conducted by the state and county goal chairmen. County chairman will furnish subject matter materials to leaders. Each goal chairman will be responsible for one radio broadcast during the year and a five minute talk on citizenship at each club meeting.
5. Program development leaders will collect needs and interests from their local clubs relative to planning the 1956 program of work at the fall county committee meeting.
6. Organizational leaders (club officers) will be responsible for carrying through the planned program in the local clubs and attend to all business matters of the clubs.

B. 4-H Club

	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	No. in <u>1954</u>	Goal <u>1955</u>
No. 4-H Club Officers	40	40	30	40	50
No. adult project leaders	14	15	13	17	21
No. junior project leaders	0	0	4	4	6
No. result demonstrators	2	5	5	7	10
No. meetings at which leaders were trained by specialist	1	0	0	0	0
No. meetings at which leaders were trained by dist. agent	0	0	0	0	0
No. meetings at which leaders were trained by agent	6	7	9	10	15
No. meetings at which leaders were trained by personnel in 4-H Department	0	0	0	0	0
Attendance at leader training meetings	70	44	75	80	90
No. 4-H leaders trained individually	14	12	5	12	14
No. club meetings held by leaders without agent present	20	30	29	49	55
No. club meetings at which leader assisted	49	16	32	15	25
No. demonstrations given by adult leaders	69	46	45	45	50
No. demonstrations given by junior leaders	24	15	8	10	10

Plans for training and using all types of 4-H leaders in carrying out the 1955 4-H program

1. Each 4-H club will have at least one adult project leader and a sponsor. Home demonstration members and mothers, if possible, will serve as leaders. One county-wide leader training meeting will be held by the agent. Other leader training will be given leaders individually in conducting and carrying out project work.
2. Organizational leaders will serve as sponsors to arrange for monthly meetings, help with club programs and county-wide activities such as camp, picnic, and achievement day.
3. All Stars will help sponsor county-wide events and serve as leaders, if possible.

IX. Plans for Work With Other Agencies

A. Health Department

1. Cooperate with local health department in conducting clinics by asking H.D. members to serve on committees when possible.

B. Red Cross and March of Dimes

1. Encourage club members to help with special drives in their communities.

C. Parent Teachers Association

1. Cooperate with P.T.A.'s in holding at least one meeting on citizenship.

D. Garden Club

1. Secure garden club members as judges at community improvement club's annual flower show.

X. Plans for developing good public relations in county

A. Elect representatives

1. Show friendly relations toward all county officials
2. Keep County Board of Supervisors informed of work done in their respective districts.
3. Contact board members for helpful suggestions in carrying out the program.

B. General Public

1. Be courteous to everyone and broadminded enough to understand their problems when called on for help.

C. Co-workers

1. Coordinate work for a unified farm and home program.

D. Commercial Interests

1. Have local stores sponsor home demonstration yearbooks and 4-H calendars.
2. Cooperate with local broadcasting station in making weekly broadcasts.
3. Cooperate with newspaper editor in publishing news articles.

E. Other Professional Workers

1. Keep home economics teachers informed of 4-H work to prevent overlapping of subject matter material.
2. Work closely with the local electric power home economist in promoting electricity in the home through organized work in 4-H Clubs.
3. Invite professional workers to attend special interest meetings and leader training meetings.
4. Work with Farmers' Home Administration supervisor to help his clients.

XI. Plan for recording progress and evaluating programs for 1955

1. Keep a daily record on meetings held, bulletins distributed, etc.
2. Record projects as they are completed.
3. Write narrative report for monthly report.
4. Use check sheet for individual club members' achievements. (Give this to members at beginning of year and ask their cooperation in reporting accomplishments to agent.)
5. Keep files up-to-date for future reference.
6. Keep record of meetings held by leaders.

XII. Plans for Professional Improvement

- A. Reading professional books and other publications
  - 1. Find some time each day to read current magazines and books to keep up with modern trends in home economics.
  - 2. Read daily newspaper.
- B. Membership in Professional Organizations
  - 1. Virginia Home Economics Association
  - 2. State and National Home Demonstration Agents' Association
  - 3. Epsilon Sigma Phi
- C. Participating in programs and workshops planned by other organizations
  - 1. Talks on programs
  - 2. Virginia Highland Arts Festival
  - 3. Tobacco Festival
  - 4. Fairs
  - 5. Farm Bureau Federation
  - 6. Southern States Cooperative.
- D. Planned educational trips
  - 1. Attend State Home Economics meeting
  - 2. Attend National Home Demonstration Agents Association (if possible).

XIII. Plans for cooperating with other extension agents toward a unified extension program

- 1. Work with farm agents in farm and home development phase of work
- 2. Work closely with assistant agent in 4-H program
- 3. Have office conferences often.

XIV. Most difficult problems in carrying out extension program in county

1. Lack of time
2. Transportation of farm women to meetings
3. Getting club members to cooperate in record keeping and turning in reports.

Plans for meeting these problems

1. Better office management
2. Secure home demonstration leaders to meet with unorganized groups in their respective communities where transportation is a problem
3. Give project leaders responsibility of collecting records of members and getting them to agent on time.