

1961

COUNTY EXTENSION PLAN OF WORK
GILES COUNTY

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I. COUNTY SITUATION

Giles County is situated in the Southwestern part of Virginia and borders the state of West Virginia. The county, with the land area of 365 square miles or 227,840 acres, lies in the Alleghany Mountains. The New River flows across the county and cuts through the mountains at Narrows. Elevations range from about 1,500 feet to 4,400 feet above sea level.

In the valleys temperatures average about 30 degrees in January and 74 degrees in July. Annual precipitation averages 38 inches. About one-half of the county is woodland, with nearly 50,000 acres in the Jefferson National Forest and about 37,000 acres of woodland in farms. Mineral resources include iron, manganese ores, sandstone, limestone, and shale. Fertile limestone soils along the streams produce good crops and pasture. There are 604 farms which average 171.8 acres in size and \$17,128 in value of land and buildings per farm. There are five colored farm families in Giles County.

Industry now carries eighty percent of the tax load. The county tax rate is \$3.40 per \$100 and the assessed value on real estate and personal property is about one-fourth of its true value.

Cattle and calves lead in value in farm products sold, followed by milk and cream, sheep and lambs, chickens and eggs, fruits and vegetables, and forestry products. Three-fourths of all farms now are part-time or residential, and two-thirds report more income from other sources than from sale of farm products.

At present there are two high schools, three combination grade-high schools, and one colored high school-grade school combination. Construction is under way on two consolidated high schools and plans are for their completion in September 1961. Because it is very unlikely that there will be 4-H Clubs in the new high school, community-type 4-H Clubs are being organized. This is a progressive step in 4-H Club work because it provides closer supervision of 4-H Club members through adult leaders. Thus, older boys and girls are staying in the Clubs.

Home Demonstration Club members are playing an outstanding role in this advancing movement.

The school lunchrooms are not patronized by the students as well as would be expected.

There is an electric power service throughout the county, and telephone service in all but one community. Even though this is true, quite a few HDC members do not have telephones.

Giles County has one hospital located in Pearisburg which is the county seat. People living in and near Newport still go to Radford or Christiansburg to the hospital. There is one Giles County Health Nurse and one Public Health Doctor that serves Giles, Montgomery, and Floyd Counties, and the City of Radford.

Recreation facilities in the county are limited. There are two public parks available - in Pearisburg and Narrows - that have facilities for swimming and tennis. Rich Creek, Bane, Glen Lyn, Staffordsville, Pembroke and Spruce Run are providing places for picnicing with out-of-door fireplaces. In the winter there is much publicity given to elk and deer

hunting but other than this, two movie theaters is the only recreation offered to the public.

Fresh fruits and vegetables are sold at highway fruit stands during the summer. Aside from several small grocery stores, farm products are sold in Pulaski County and areas surrounding Giles County. A large Kroger store and a Mick or Mack store in Pearisburg, and M & W Supermarket at Hoges Chapel furnish the county with a wide variety of groceries. Recently a meat market was opened in Pearisburg.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

The Home Demonstration Clubs have committees made up of county officers, standing committee members, presidents and program development leaders from each of the 15 HDC's. The function of this committee is to plan, promote, and evaluate the HDC program and activities in the county. This committee meets twice a year and more often if necessary. Three special Home Economics committees have been organized. These are Foods, Clothing, and Health. To date, the Health committee has been the most active, but it is believed that in the future all three committees will become more active. Also, plans have been made for a Home Management Committee but the committee members have not been selected.

B. Subject Matter and Special Emphasis Areas

Clothing

Problems

1. Homemakers not knowing how to buy a basic dress, how to buy clothing to suit their individual coloring and figure type, or how to buy clothing to wear to the various activities they attend.
2. A lack of knowledge as to the accessories to wear with various costumes and to various functions.
3. A lack of knowledge of correct clothing construction methods.
4. A failure to alter patterns before cutting out a garment.

- 5. Incorrect tailoring of suits and coats.
- 6. Homemakers not knowing how to properly mend torn clothing.

<u>Topics</u>	<u>No. of clubs</u>
1. Selecting Dress and Accessories	15
2. Better Dress	County Wide
3. Mending	15
4. Tailoring	County Wide

Goals

- 1. The correct buying of clothing accessories.
- 2. Homemakers giving more thought to buying clothing.
- 3. The altering of patterns before clothing is cut out.
- 4. The use of correct clothing-construction methods.
- 5. More mending of torn garments.

What People Are to Learn

- 1. To learn the individuals figure type, and how to buy or make a basic dress for this type.
- 2. To learn correct use of accessories.
- 3. To learn to alter, cut-out, and construct a cotton dress.
- 4. To learn correct tailoring methods.
- 5. To learn various types of mending.

Carrying Out Program

- 1. A questionnaire to find the abilities and desires of the homemakers.
- 2. A method demonstration by the home agent on selecting dress and accessories.

3. A method demonstration by the clothing leaders on mending.
4. Special interest classes in The Better Dress and Tailoring conducted by the home agent with the help of Extension Clothing Specialists.
5. A county-wide dress revue.
6. Newspaper articles will be written.

Measuring Results

1. By check sheets
2. By number attending special interest classes.
3. By observation.
4. By number participateing in dress revue.

The home agent will work with the clothing committee in promoting better clothing construction in Giles County.

Notes

Food and Nutrition

Problems

1. Overweight women in Giles County.
2. Homemakers not knowing how to use "left overs" in freezing complete meals for later use.
3. Not knowing variations of sandwich fillings, or how to pack a well-balanced lunch.
4. Homemakers not knowing the kinds of pies that can be prepared in advance, and failure to use shortcuts in pie making.
5. A careless setting of the table for family meals and special occasions. Also, a lack of knowledge of table etiquette.

Topics

No. Clubs

1. Etiquette	15
2. Weight-Reduction Class	Countywide
3. Freezing Complete Meals	15
4. Sandwich Fillings	15
5. Pies	15

Goals

What People Are to Learn

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| <ol style="list-style-type: none"> 1. Homemakers to have confidence that they know etiquette. 2. Overweight homemakers lose unnecessary weight. 3. Using leftover foods to freeze for "TV dinners". 4. Homemakers packing appetizing and well-balanced lunches. 5. Pies made and served while they are at their best. | <ol style="list-style-type: none"> 1. To learn to set the table correctly, confidence in knowing table etiquette, selecting china, silver, and glassware. 2. For overweight homemakers to learn ways of reducing. 3. To learn to plan and freeze complete meals, using leftovers when possible. To learn different sandwich fillings. 5. To learn to bake quick and appetizing pies. |
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Plans

1. The home agent will give method demonstrations on Etiquette, Freezing Complete Meals, and Pies.
2. The food leaders will give method demonstrations on Sandwich Fillings.
3. A series of special interest meetings on weight reduction will be conducted by the home agent with the help of food specialists.
4. Newspaper articles will be written by the home agent and HDC leaders.

The home agent plans to work with the foods committee in promoting the knowledge of better nutrition in Giles County.

Results of all demonstrations will be measured by check sheets and by observing interest and improvements as a result of the demonstrations.

The result of the weight reduction class will be measured by the weight lost by the members of the class, and if they do not gain after the class is over.

Notes

Home Management

Problems

1. Homemakers do not know good quality linens, nor when to take advantage of sales.
2. People not knowing how to select economical and suitable floor coverings for a new or remodeled house.
3. A lack of knowledge as to the correct care to give the various floor coverings.
4. Homemakers not using cut flowers in the home.
5. Improper use of containers in flower arrangements.
6. Women not collecting materials for dried flower arrangements at the correct season.

Topics

	<u>No. Clubs</u>
1. Buying Household Linens	15
2. Floor Coverings and Care	15
3. Preparation for dried flowers	countywide
4. Flower Arrangements	15

Goals

A knowledge on the part of the women as to poor, fair, and good quality linens.

2. More thought given to selecting and caring for floor coverings
3. A better understanding on the part of the people as to what makes an attractive flower arrangement; also, necessary preparation for dried arrangements.

What People Are to Learn

1. To learn to buy good quality linens.
2. To learn to know when an article on sale is a bargain.
3. To learn to select floor coverings for a new or remodeled house.
4. To learn to blend the floor coverings with the present house furnishings.
5. To learn to care for the various floor coverings (cleaning, re-conditioning, etc.)
6. To learn the correct container to use with various flowers.

- 7. To learn simple rules (balance, line, etc.) to use in arranging flowers.
- 8. To learn to use flowers as a home furnishing accessory.
- 9. To learn when to collect dried flower material, and to make attractive dried flower arrangements.

Plans

- 1. Mrs. Ocie J. O'Brien, Extension Home Management Specialist, will train the home management leaders on "Buying Household Linens". The leaders in turn will give a method demonstration on this topic to their individual home demonstration club.
- 2. The home agent will give a method demonstration on "Floor Coverings and Care".
- 3. Result demonstrations will be conducted.
- 4. Tours will be planned so that homemakers may actually view the various floor coverings.
- 5. Garden Club members that are also HDC members will give the demonstration on "Flower Arrangement". Mrs. P. E. Ahalt will assist with this phase of the HDC program.
- 6. Leaflets will be mailed in April on what flowers and plants to gather for drying and how to care for these until time of use.

It is hoped that a Home Management Committee will be selected that will become an active committee. The home agent will work with this committee is assisting the homemakers in better home management.

Measuring Results

- 1. By check sheets to see the number of women who took advantage of the "white sales".
- 2. By observation as to the improvements made in selecting floor coverings, and in flower arrangements.

Notes

Federation Program of Work - Home & Community Beautification

Problems

1. Unattractive communities in Giles County caused by roadside litter, uncut weeds, untrimmed shrubbery, and unkept public property such as cemeterys, etc.
2. Unattractive home grounds.
3. Unattractive and unsafe driveway entrances.

Topics

No. Clubs

- | | |
|--------------------------------------|----|
| 1. Home and Community Beautification | 15 |
|--------------------------------------|----|

Goals

What People Are to Learn

- | | |
|---|---|
| 1. Make home grounds more beautiful. | 1. To learn to improve home grounds, driveways, mail boxes, etc. |
| 2. Promote anti-litterbug campaign. | 2. To learn ways of improving roadsides, church lawns, and cemeteries in the community. |
| 3. Provide screen plantings for home and other needed places. | |
| 4. Promote a proper rubbish disposal center for rural homes. | |
| 5. Encourage planting of Dogwood and native shrubs. | |
| 6. Improve church property and rural cemeteries. | |
| 7. Encourage attendance at local and district flower shows. | |
| 8. Encourage improvement of mail boxes and farm signs. | |

Plans

1. A method demonstration will be given in April by the Federation Program of Work leaders on "Home and Community Beautification".
2. The club Federation Program of Work leaders will give a five-minute report at each club meeting.

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3. The county Federation Program of Work Chairman with the help of the home agent will conduct a leader training meeting for the club leaders.
4. Newspaper articles will be written.
5. The HDC's will work with the Garden Clubs in helping to make Giles County more attractive.

Measuring Results

Results will be measured by check sheets, observations, and comments.

Notes

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Other

Crafts

The Handicraft leaders will give a method demonstration in October on some craft. The kind of craft each club will do will be determined by the individual club.

The home agent will see that these leaders are properly trained for their demonstration.

Club Choice

In August the Home Demonstration Clubs have a club choice, and the majority of clubs plan some type of recreation for their club and families.

C. OTHER ACTIVITIES

1. National Home Demonstration Club Week will be observed in Giles County with a variety of activities. The county HDC Chairman will be acting chairman for these events. Special publicity will be given to home demonstration clubs through the local newspaper and radio. A special interest meeting with a social hour to follow will be a feature of the week. Various window displays will be on exhibit to tell the public about HDC work.
2. Achievement Day - This event will be held in November. An evaluation and summary of the year's work will be given. Reading Certificates, HDC pins, etc., will be awarded, and club scrapbooks exhibited. A speaker will be secured, and a social hour planned.
3. The club objectives are as follows:
 - a. Have a three-minute report on Federation Program of Work (Home and Community Beautification) at each club meeting.
 - b. Take part in home and community beautification by
 - (1) planting dogwood
 - (2) cleaning up vacant lots and intersections
 - c. Have a three-minute health report at each club meeting by an appointed health leader.
 - d. Have a short report on civil defense at each club meeting by an appointed civil defense leader.
 - e. Promote planned recreation for youth in various communities.

- f. Support 4-H Clubs with leaders and by giving scholarships to camp.
- g. Improve attendance of Home Demonstration Club members to all meetings--club, county, district and state.
- h. Support the Newport Fair.
- i. Cooperate with civic organizations on county library and encourage more and better reading by Home Demonstration Club members.
- j. Cooperate with bloodmobile.
- k. Encourage the use Salk vaccine.
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4. All clubs and communities will participate in the Newport Fair this year. Mrs. P. E. Ahalt plans to conduct a special interest meeting on flower arranging prior to the Fair.
- D. Adapting and carrying out programs with urban families is not a problem in Giles County as the majority of people in the county are rural non-farm families, and too, there are no cities within the county.
- E. The Farm and Home Development program in the county was very inactive in 1960. It is hoped it will become an active part of the Extension program in 1961, but no definite plans are made at this time.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

The county 4-H Club Council is composed of member-at-large, junior leaders, and all 4-H officers in the individual clubs. This Council meets twice a year and more often if necessary, to plan activities, elect officers, and to inform the people within the county of 4-H Club work.

Plans are being made for organizing 4-H Adult Leaders, so as to give the leaders an opportunity to share their suggestions and discuss problems that are of concern to them.

B. 4-H Project Work

Clothing

<u>Project</u>	<u>Topics to be discussed</u>	<u>No. involved</u>
Looking Your Best	Simple Repairs (mending)	Approx. 86

<u>Project</u>	<u>Topics included</u>	<u>No. involved</u>
Looking Your Best	pressing & pressing equipment Removing stains Care of skin and hair care Care of hands Importance of good posture Color and style in clothing	86
So You'd Like to Sew	Sewing Box Needle Case Pin cushion Apron Baby's Bib	91

Goals

1. To help girls to assemble a well equipped sewing box.
2. To help girls learn to sew
3. To have girls to properly and correctly care for their own clothing
4. To help girls make good grooming an everyday habit

What members are to learn

- To equip and use a sewing box
2. To learn to sew
3. To learn to correctly press one's own clothing.
4. To learn to remove soiled spots from clothing.
5. To develop good grooming habits.
6. To learn to select clothing according to style and color for ones self.

Plans

The home agent will give methods demonstration on each topic listed above. Club members will give demonstrations on the various topics listed.

Notes

Foods

<u>Project</u>	<u>Topic</u>	<u>No. involved</u>
Meal Preparation	"Basic 4" in meal planning Decorating cookies Setting table Table courtesy Menu planning Salads	114

Goals

1. To help girls plan, prepare and serve nutritional, economical, and attractive meals.
2. To have girls make inexpensive decorations for cookies, etc.
3. To serve and eat with poise.

What People Are to Learn

1. To set the table correctly.
- To learn to make and decorate cookies
3. To learn table courtesy
4. To plan and prepare well-balanced meals.
5. To learn to make and prepare salads.

Plans

The home agent will give method demonstrations on the above topics.
The 4-H girls will give demonstrations to their clubs.

Notes

C. Other Activities

The 4-H Clubs, particularly out-of-school Clubs, will actively participate in the Newport Fair.

National 4-H Club Week will be observed with many activities - Ham and Bacon Show, radio program, special club programs, and news articles will be written.

Share the Fun Contest will be held in each club with the winner competing in the County Share the Fun Contest for cash prizes.

Achievement Night will be held in the Fall to award county ribbons and medals to those completing projects.

Giles County will participate and be represented at out-of-county camps.

Boys and girls in 4-H will participate in the various district contests.

The out-of-school clubs will observe Rural Life Sunday at the churches in their communities.

IV. SCOPE OF WORK

	No. in 1960	no. in 1961
No. H.D. Clubs	15	15
Membership	249	286
No. H.D. Groups (unorganized)	-	-
Membership	-	-
No. 4-H Clubs	22	22
Membership	334	350
No. YMW Clubs	-	-
Membership	-	-
No. Community Clubs	2	2
Membership	59	59
No. Home Ec. Committees	3	4 *
Membership	12	17
No. General Interest Committees	-	-
Membership	-	-
No. Youth Committees	-	-
Membership	-	-
No. Other Organizations	-	-
No. Farm & Home Dev. Families	1	3
No. Other families reached	1113	1127
No. Different families reached	1729	1776

*These committees were organized in 1960. They need assistance in becoming more active so as to be of help in the Extension program, and to the county. The home agent plans to work with these groups to accomplish this.

- B. The home agent will make a continued effort to inform the public about the Extension Home Economics Program. This will be possible through news articles, possibly radio, special in-trest meetings, telephone, 4-H Club members, and answering re-quests of all who ask for information.

Home visits will be made to all those requesting the home agent's assistance. Bulletins, pamphlets, and leaflets will be distri-buted to those having a need for them.

The home agent's participation in county events and non-Extension functions will help to make known her work to others.

V. LEADERSHIP

A. Plan for Leadership

	No. in 1960	Goal for 1961
1. a. County Agricultural Extension Service Board	-	1
b. Youth Council	-	1
c. Home Economics Council	-	1

2. Home Demonstration Leadership

	No. in 1960	Goal for 1961
No. organizational leaders	73	75
No. project leaders (subject matter)	103	118
No. Federation program of work chairmen	16	16
No. program development leaders	16	15
No. result demonstrators	7	13
No. training meetings by specialists	3	3
No. training meetings by Dist. Agts.	2	2
No. training meetings by agents	6	9
No. training meetings by others	1	2
Attendance at all training meetings	195	211
No. meetings held without an agent	79	105
No. meetings leaders assisted	43	77
Demonstrations by leaders	91	121
Talks by leaders	483	537

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3. 4-H Club Leadership No. in 1960 Goal for 1961

No. Club officers	159	159
No. adult project leaders	9	10
No. junior project leaders	4	11
No. result demonstrators	-	-
No. training meetings by specialists	-	1
No. training meetings by dist. agts.	-	-
No. training meetings by agents	1	6
No. training meetings by members club dept.	-	1
No. training meetings by others	-	1
Attendance at leader training meetings	96	153
No. 4-H leaders trained individually	19	31
No. club meetings held by ldr. without agent	71	192
No. additional club meetings at which ldr. assis.	37	56
No. demonstrations given by adult leaders	13	43
No. demonstrations given by junior leaders	19	37

B. Strengthening Leadership

The areas of leadership needing the greatest attention is 4-H adult leaders. Many 4-H Clubs are being formed out-of-school with adult leaders. These leaders are very capable, but they need assistance and training if they are to do the work expected of them.

Home Demonstration Club organizational leaders need a training meeting too. The home agent plans such a meeting at the beginning of 1961.

VI. FOR SPECIAL CONSIDERATION

A. Good public relations will be maintained and strengthened by being well informed of the plans and activities of every phase of Extension. Thus, the home agent will be qualified to answer questions and to add to discussions about the Parent Institution, State Extension Organization, and also programs being carried out by elected and appointed officials. The home agent will give her assistance where requested to projects being conducted by officials and organizations.

The home agent will offer and give assistance to individuals, families, organizations, Businesses and others who ask for her assistance, or make known a desire for assistance she might be able to render.

B. The home agent plans professional improvement by reading professional magazines and papers; being a member of professional organizations; and participating when possible in all schools and training meetings.

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C. The phase of the county program which will make the greatest contribution to family living will be clothing. Those interested will learn how to buy, construct, care for, mend, and wear becoming clothing. This will be done through method demonstrations at regular Home Demonstration Club meetings, special interest meetings, and individual help.