

1959 PLAN OF WORK

Joan V. Ricketts  
Home Demonstration Agent

Henry  
County

I. County Situation.

Henry County is in the Southern Piedmont section of the state, bordering on North Carolina. The county has 385 square miles, with a total population of 31,219 - with 26.5% rural farm people, 62.5% rural nonfarm, and 11% urban. There are 1374 farms with an average of 86.9 acres, with 85% part time farmers. The remaining 15% are those who make their living from the land with an average income of \$2,341. The principal agricultural products are bright tobacco, dairy, and beef cattle.

Being highly industrialized, it is the leading county in the state in the manufacture of furniture. One of du Pont's largest nylon plants is located in the county. Also, Fieldcrest Mills, specializing in the manufacture of towels and bedspreads, is located here. Because of Henry County's vast industry, 29.1% of the women have full time employment away from home.

Out of the twenty-one clubs, seven are in urban areas. Villa Heights, Rich Acres, Collinsville, and Drewry Mason communities have been developed since World War II and are only a distance of three to four miles from the City Limits of Martinsville. Rivermont is just on the edge of the city limits. Fieldale Club is in the second largest populated town in the county. Chatham Heights was in the county until 1946 when the City of Martinsville annexed six square

miles of the county.

The homes in the county are small, with 85% having four to six rooms. The immediate goal for the families in the county is working out the family budget so they can remodel their homes and add more rooms, including bathrooms. They also desire the addition of home furnishings, modern equipment and conveniences for the satisfaction and happiness of the family.

The agent has been in the county only a short period of time. Therefore, the early part of the year will be spent in learning the people and the county. Later, more definite progress can be achieved.

The position of Assistant Home Demonstration Agent is vacant at the present time. It is hoped that it will be filled in the near future. If so, she will assume the major portion of the 4-H Club work. Thereby freeing the home demonstration agent to do more work on the long-time Extension program.

II. County Extension Program - Adult

A. Over-all Program.

1. General Interest Committee - Ornamental Horticulture

This committge is composed of eight members representing the various geographic areas of the county.

Their annual objectives are:

a. Hold one or more planning meetings.

b. Hold three educational meetings and demonstrations in various parts of the county.

c. Get horticultural information to every interested

family in the county.

Procedures used in attaining these objectives will include:

- (1) A leader training meeting in February for home demonstration and garden club members.
- (2) An educational meeting in Bassett and Stanleytown in February for garden club members.
- (3) Two educational meetings in the form of field demonstrations and lectures to be held in the metropolitan Martinsville area for garden club members.
- (4) Supplying demonstration materials to local nurserymen and supply people.
- (5) Supplying assistance when requested by home demonstration and garden club members.
- (6) Keep bulletin racks well supplied with current information.
- (7) Keep public relations with these respective groups at their current high level.

The county agricultural agent and the specialists in this area from VPI will give the majority of assistance to this committee. The Home Demonstration Agent will help in every possible way.

2. County Home Economics Committee.

It is the desire of the Home Demonstration Agent to form a preliminary committee to discuss the county situation and needs. This will be done as soon as the agent feels that she is well enough informed to handle the

meeting. This committee will select the subject area for future committee work in either home economics or general interest areas. They will recommend possible people for membership of these committees.

B. Home Demonstration Club Program.

1. The Henry County Home Demonstration Advisory Board is composed of six officers - president, vice president, secretary, treasurer, publicity chairman, and Federation Program of Work Chairman - and the president and program development chairman of each of the twenty-one clubs. The group meets biannually to plan the program and to determine progress of the various clubs. Other meetings may be called by the president if necessary.

The president, vice president, secretary, and treasurer are biennial elective offices. The president appoints the Federation Program of Work Chairman and the Publicity Chairman.

A Yearbook Committee is appointed by the president. This group meets to organize all information to be included in the book. They secure financial backing for the publication.

The Advisory Board will consider sending a representative to the Institute of Rural Affairs. They will urge each club to be represented at all district and state federation meetings.

The expenses of all leader training meetings will be paid by the board.

A committee is appointed to be responsible for the planning of the annual luncheon and achievement program held each fall.

2. Project Work.

a. Foods and Nutrition.

The objectives of this field are:

- (1) to add variety in the meals and also to save money by using the low cost cuts of meat,
- (2) to make the nibbling habit contribute to the daily nutritive requirements of the person rather than adding only "hollow calories",
- (3) to raise the amount of protein and calcium in the daily diet by the addition of cottage cheese in its various uses,
- (4) to increase the homemaker's knowledge of the many desserts which can be made easily ahead of serving time and also have few calories and little sugar,
- (5) to raise the standards of the members concerning table manners and etiquette and thereby increase their self-confidence,
- (6) to assist those members who are involved in planning and organizing community meals.

The Associate Extension Food Specialist will train the leaders in December for the January demonstration, "Selecting and Cooking Low Cost Cuts of Meat", and the February demonstration "Scientific Nibbling". Extension bulletins will be given to the leaders for distribution to each club member. Commercial charts will be given to the

leaders for their use in presenting the demonstration.

In April, the Associate Extension Food Specialist will train the leaders for the May demonstration, "Use of Cottage Cheese", and the June demonstration, "Simple Desserts". Recipes will again be available for the members to use in their homes.

The agent will train the leaders for the November demonstration on "Table Setting and Etiquette".

Information on table setting will be mimeographed for the leaders. A set of basic rules on table etiquette will be available to distribute to each member.

Information will be assembled and distributed to those interested in preparing meals for large groups.

The main interest here lies among the rural members who serve community meals.

b. House Furnishings.

The objectives in this area are:

- (1) to develop understanding and skill in the selection and arrangement of accessories, in the wise use of new and old accessories, and in the purchase of the best quality and design for the money spent,
- (2) to provide the opportunity for a creative activity through the restoration of picture frames,
- (3) to offer instruction in the construction of draperies and curtains.

The House Furnishings Specialist will be in the county in May to train the leaders for the July demonstration, "Selection and Use of Household Accessories", and the September demonstration, "Restoring Old Picture Frames". Printed illustrative material will be supplied the leaders and members.

The meeting on the construction of draperies will be done as a special interest meeting sometime during the year. It will be a half-day meeting and the Extension bulletin "How to Make Draperies" will serve as a basis for the information.

c. Clothing.

The objectives in this area are:

- (1) to study what constitutes good posture and what causes poor posture,
- (2) to teach members how to select the size and type of foundation garment required, to recognize a good fit, and to know how to care for foundation garments,
- (3) make the members aware of the selection of accessories from the standpoint of what they do for an outfit and for the individual and the achieving of a unified look by combining accessories properly.

Bettie W. McClaskey, Assistant Clothing & House Furnishings Specialist, will train the leaders in February for the March and April demonstrations - "Posture and Selection of Foundation Garments" and "Use of Personal

Accessories". Extension publications will be distributed to the members.

d. Arts and Crafts.

The objective of the October demonstration, "Crafts for Children" is to provide information and instruction on crafts which a child might do alone or in a group.

The Rural Arts Specialist will train the leaders in March.

C. Federation Program of Work - Family Life

A county chairman and a chairman in each club have been appointed to carry out this work. Last year, a training meeting was given by George Blume, Assistant Extension Sociologist. At that time, a kit of materials was given each chairman. It is felt that they have not covered the materials during the meetings in the past, and since the same chairmen are serving this year no further training will be necessary.

The county objectives are:

1. Understanding elders and including them in "family life", assisting them with their hobbies.
2. Encourage mothers to provide pre-school children with playmates in order that they will be better adjusted when entering school.
3. Welcome and visit new comers in your community.
4. Work together as a family in civic, church, and home life to prevent juvenile delinquency. Sixty Henry County

youths faced trial in juvenile court in the past year.

The long-time Federation Program of Work is "Health and Safety". The following are the long-time goals of the county:

1. To acquire knowledge concerning existing health facilities and conditions in our county and community and to use and help improve them.
2. To study mental health.
3. Periodic physical check-ups, chest x-rays, cancer examination, better nutrition.
4. You have a responsibility for the safety of yourself, your family, and your community in the home and on the highway.

D. Other Activities.

1. National Home Demonstration Week.

Each club president will be responsible for planning a special program. The Henry County Home Demonstration Advisory Board President and the Home Demonstration Agent will contact the editors of the local daily and weekly newspapers to arrange for a feature story and pictures on home demonstration activities in the county, state, and nation. The agent will arrange a special program for her weekly radio program and also arrange to have the Sunday program come during National Home Demonstration Week in order to utilize that time also.

2. Achievement Program.

A committee is appointed by the county president to make all necessary plans and arrangements for a luncheon

and achievement program to be held in October.

3. Judging Done By Local Leaders.

Several local leaders attended the judging school held in Roanoke last May. These leaders will be used whenever the opportunity arises to assist in judging at near-by fairs, 4-H contests, and possibly other events.

4. Community Improvement Organizations.

Ten communities will continue to function and make additional improvements to their communities. A member of the Extension Staff usually attends the meeting and serves the group in an advisory capacity.

5. Informing the Public of Home Demonstration Work.

The home demonstration agent will publicize the work through local newspapers, radio broadcasts, community and county meetings, circular letters, bulletin distribution, and personal contacts. She will avail herself of every opportunity to speak before groups who are uninformed of the Extension's Scope of Work.

III. Farm and Home Development.

The Home Demonstration Agent has not had an opportunity to meet the three families which the former agent worked with during 1958. It is hoped that she may soon get to know them and continue offering assistance to these families.

IV. County Extension Program - Youth

A. Organization.

1. County 4-H Council.

This year, the staff intends trying a new system.

There will be a school council formed in each school. These officers will be members of the County 4-H Council. Since there are so many clubs in the county, a County Council of the officers from each club constitutes an unwieldy organization. The officers of the school council will be responsible for reporting the county meeting to the school council.

2. All Stars.

There are about sixteen All Stars residing in the county. Many are away at college part of the year however. Individually and as a group, they will be encouraged to assist with 4-H activities and to help promote 4-H Club work. This group usually holds two social meetings per year. The Extension Staff will encourage them to attend the All Star Conference and other activities of interest to the group.

3. Project Planning Committee.

There is no committee of this nature functioning in the county at the present time. It is felt that such a committee would be beneficial in determining progress made during the present school year and in determining suitable projects to be selected for 1959-60 school year. Details of composition and organization of the committee will be developed as the situation is seen more clearly by the Home Demonstration Agent.

B. Project Work.

The objectives of all project work are:

- a. to have a high per cent of projects completed.

- b. to have girls learn to keep records,
- c. to have girls learn to give demonstrations.

Plans for projects are not complete at this time however girls will be enrolled in other projects than those mentioned below.

1. Clothing.

Fourth and Fifth Grade Club members will be offered the "So You'd Like to Sew" projects. Instructions by the agents and trained club leaders will be given to the members in the regular monthly meetings in the construction of simple articles. The girls will be encouraged to continue their clothing project so that they might learn to make more of their own clothing.

The senior girls may carry the "Make or Remake Unit". Demonstrations will be given by the girls themselves, as well as the agents and the adult leaders in "Color and Design Instruction", "Pattern Selection", and "Construction Information".

2. Housekeeping.

The girls will be given instruction in improving housekeeping methods. They will learn to make simple articles that will be helpful in carrying out the project. Mimeographed sheets will be given to them from time to time and they will be encouraged to give demonstrations on what they have learned.

3. Home Improvement - My Room.

Discussions will be held at the monthly meetings concerning room arrangement, linen selection, and information will be given to them in the construction of simple articles that can be made for their rooms or homes.

4. Home Grounds.

It is hoped through carrying this project the girls will realize a greater pride in their homes. They will be given information on planting dates, pruning, landscaping, and how general improvements can be achieved.

5. Food Preservation.

Individual home visits will be made to the girls carrying this project. They will be encouraged to enter their canned goods and vegetables in the local fairs, and also to enter the Sears, Roebuck Contest.

6. Garden.

The agents will make individual visits to the girls' homes to check their gardens and to encourage them in their project work. They will be urged to enter the Sears, Roebuck Contest also.

C. 4-H Activities.

1. Camps.

The agents will encourage 4-H club members to attend the district camp at Holiday Lake. Several adult and junior leaders will assist with the program. The camp

program will provide opportunity for development of leadership, participation in recreational activities, enlargement of the individual's circle of friends, and living in close relationship with others than their immediate family.

As other camp programs are developed, the agents will inform the club members and participation will be encouraged.

2. Community Activities.

Club members will be encouraged to participate in community projects and to exhibit project work at community fairs.

3. Achievement Day.

The 1959 Achievement Day will be held during National 4-H Club Week. Awards of pins and medals for outstanding project work will highlight the day's activities. A committee will be appointed by the president of the County Council to plan the program.

4. County Contests.

Contests will be held in each field in which there is further opportunity for a winner to compete. Each girl enrolled in the projects concerned will be urged to enter the county contest. Records will be included in the judging.

5. Rural Life Sunday.

Plans are incomplete for the observance of Rural Life Sunday. Some recognition and observance will be held.

6. National 4-H Club Week.

Every effort will be made during this week to inform the general public of the opportunities and advantages offered by 4-H Club membership. Newspaper articles and radio broadcasts will facilitate this effort.

7. 4-H Short Course.

The agents will strive to have the county's quota of delegates in attendance.

D. Young Men and Women's Work.

The only organized YMW group in the county is the group of All Stars. Their organization was described above under Section IV, A, 2.

The young people of this age group are called upon to assist in setting up fair booths, to encourage younger 4-H members, and to serve as junior leaders.

Many young homemakers are members of the home demonstration club in their community. Some are very active in their club and serve as organizational and project leaders.

V. Scope of Work.

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	23*	22
Membership	507	450
Number of 4-H Clubs	38**	33
Membership	849	865

\* 21 as of December 1, 1958 with 438 members.

\*\* 33 as of December 1, 1958 with 861 members.

V. Scope of Work (Continued)

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of young men and women's clubs	1	1
Membership	16	16
Number community improvement clubs	10	10
Membership	368	368
Number home economics committees	0	1
Number general interest committees	1	1
Number youth committees	0	1
Number other organizations	0	0
Number farm and home development families	3	3
VI. Plan for Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
A. Over-all Program Leaders	0	0
B. Home Demonstration Club Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
Number organizational leaders	143	125
Number project leaders (subject matter)	227	225
No. Federation program of work chairmen	24	23
Number program development leaders	23	21
Number result demonstrators	25	0
Number meetings at which leaders were trained by specialists	4	5
Number meetings at which leaders were trained by district agents.	2	0
Number meetings at which leaders were trained by agent	2	1
Attendance at training meetings	294	225
No. club meetings held by leaders without agent present	130	140

VI. Plan for Leadership (Continued)	<u>No. in 1958</u>	<u>Goal 1959</u>
No. club meetings in which leaders assisted	27	0
Total number demonstrations given by leaders	193	180
No. talks or discussions by leaders	382	600

Organizational leaders will conduct monthly club meetings. They will be responsible for club activities and club representation at county-wide meetings.

Project leaders will give the monthly demonstration in the clubs. They will receive training and information at a county-wide meeting conducted by a specialist or the Home Demonstration Agent.

The Program Development Leaders will present background and outlook information to their club members. They will lead discussions and thereby determine the needs and interests of their club members for the 1960 program. Summaries will be made by them of their club members' accomplishments concerning the 1959 program.

D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H Club officers	190	130
Number adult project leaders	9	4
Number junior project leaders	18	0
Number result demonstrators	14	0
No. meetings at which leaders were trained by specialist	0	0
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	10	0

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. meetings at which leaders were trained by personnel in 4-H Dept.	0	0
No. meetings at which leaders were trained by others	0	0
Attendance at leader training meetings	21	0
No. 4-H leaders trained individually	4	4
No. club meetings at which leaders assisted	29	20
No. demonstrations given by adult leaders	31	0
No. demonstrations given by junior leaders	23	0

The few leaders who are active at the present time need little help. Their previous experience enables them to carry their part of the program very easily. It is the opinion of the Home Demonstration Agent that in the coming year her time will be better spent in some other phase of the program than in training the few 4-H leaders we do have.

E. Young Men and Young Women's Clubs	<u>No. in 1958</u>	<u>Goal 1959</u>
Number club officers	5	5
Number adult leaders or sponsors	1	1

No plans are in order for training and using YMW leaders.

VII. Work with Other Agencies.

1. Henry County School Board.

The agents cooperate in every way possible with the Superintendent, principals, and teachers. Conferences are held periodically with the Superintendent to discuss the 4-H program being carried on in the county schools.

2. Agricultural Agencies.

Excellent cooperative relations are established between the Extension Service and ASC, FHA, and SCS.

3. Health Agencies.

The agent will support these agencies in any way possible. The members of the home demonstration clubs contribute time and money to the various fund raising campaigns.

4. Newspaper and Radio.

The agent works with the Martinsville Bulletin (daily) and Henry County Journal (weekly) newspapers. Excellent coverage is given the various activities of the extension organizations.

The home demonstration agent will continue the weekly ten minute program on WMVA. The county staff alternates on a fifteen minute program over WHEE.

VIII. Plans for Developing Good Public Relations With:

A. Co-Workers.

Excellent working conditions exist among the county personnel. In joint planning meetings, the agent will offer ideas and suggestions and be tolerant to the suggestions of others.

B. General Public.

The agent will continue to make herself and her job known to the people at every possible opportunity. Participation in church and community activities by the agent will enable her to know the people and the people to

know her.

C. Elected Representatives.

In getting to know these people better, the agent will be able to inform them of her work and progress in the county. They will be invited to attend and participate in county events of the home demonstration and 4-H Clubs.

D. Commercial Interests.

The agent will make an effort to become acquainted with the managers of the local stores and explain the Extension Program to them.

E. Other Professional Workers.

The Home Demonstration Agent will try to inform the professional workers of any service she feels will benefit them. They will be sent a copy of each new Extension publication. Assistance will be given whenever requested.

IX. Plans for Evaluating Programs and Recording Progress.

A monthly report of activities will be prepared. Monthly summaries of agent, club, and leader activity will be kept on the individual families.

This Plan of Work will be checked periodically to ascertain progress according to schedule.

Accomplishment sheets will be completed by the home demonstration club members and club summaries compiled by the Program Development Leaders. Four-H records will be a means of evaluating the 4-H project work. Comparisons will be made with the state averages.

X. Professional Improvement.

A. Organized Study.

1. Schools

The agent has no plans to attend a school during 1959.

2. Short Courses.

a. Communications Training.

The agent will attend this course when offered in West Central District.

b. Extension Conference

B. Reading Professional Books and Publications.

Professional books are used as resource material. The publications of VPI and the USDA are read for information as well as other professional publications.

C. Membership in Professional Organizations.

The agent is a member of the VHDAA, NHDAA, AHEA, and VHEA.

D. Planned Educational Trips.

The agent would like to attend the VHEA Convention in Roanoke in April and the NHDAA Convention in New Orleans in October.

XI. Plans for Cooperating with Other Extension Agents Toward A Unified County Extension Program.

The agent will cooperate to the fullest extent with the county and assistant county agent toward working out a unified county extension program. The agent will attend meetings called by the county agent pertaining to agricultural problems.

XII. Most Difficult Problems in Carrying Out the Extension Program in Henry County and Plans for Meeting Each Problem.

The most difficult problem in carrying out the Extension program in Henry County is the county being highly industrialized and many women have full-time employment away from home. This situation causes our Home Demonstration Club membership not to grow as rapidly as the agent desires. To meet this situation twelve of the twenty-one clubs hold their meetings at night. The agent has no satisfactory solution to this problem.

Another problem affecting the program is that a large majority of the club membership is composed of young women who are having their families and find it difficult to attend the meetings. With their income not being sufficient to employ a baby sitter, the agent has urged them to bring the children to the meetings.