1960 Plan of Work

LOCAL L. H. Mayfield
Home Demonstration Agent

Bedford
County

County Situation:

Bedford County is situated on the highest elevations of the Piedmont Plateau. The James River the northern boundary, the Roanoke River the southern, and the Blue Ridge Mountains the Western. It is the fifth largest county in the state of Virginia.

Bedford is one of the leading agricultural counties in the state and ranks fifth among all counties in value of milk sold. More than 40 percent of the value of all farm products sold is supplied by milk. Cattle and calves rank second in importance and these account for about 27 percent of farm sales. Poultry supplies about 10 percent of farm products sold. Tobacco, both flue and fire-cured, is grown on many farms and supplies nearly 10 percent of cash income. Wheat, apples, tomatoes, and forest products are other sources of cash farm income.

Nearly one-half of the county is wooded. Farms had 147,000 acres of woodland and there were 15,000 acres in the Jefferson National Forest and 5,600 acres in the Blue Ridge Parkway. Forest products supplied nearly 5 percent of cash income in 1954.

The number of residential and part-time farms has been steadily increasing, and in 1954 nearly 54 percent of all farms were classified in these groups. Residential farms are those with less than $250 of farm products sold. Part-time farms include those with values of products sold of $250 - $1,199 and operators either reporting 100 days or more of off-farm work, or reporting other income exceeding value of farm products sold.

The county seat is in the town of Bedford which had a population of 4,061 in 1950. Also in 1959, the total population of the county, including the town, was 29,627. The total number of white farm operators according to the U. S. Agricultural Census in 1955, were 2,686.

The Negro population in Bedford County was 5,624 with the average family falling in the middle or lower income group. There are 373 Negro farm operators in the county. The main products they produce are beef, cream, milk, swine, tobacco and

wheat. All farmers do not depend entirely upon their farm products for their income, but seek outside employment to supplement their income.

Opporutnities are very limited as far as jobs are concern in the industrial centers. The main work the Negroes participate in are saw milling, paper milling, railroading, silk milling, and farming. A few are employed in the box plant.

The women help to supplement the family income by working outside the home. Some are employed in domestic work in Bedford Town, Big Island, Forest, Lynchburg, Holcomb Rock, Vinton, and Roanoke. A few are employed in the Bunker Hill Cannery in the County. Income from these jobs aid a great deal in improving living standards among the families and communities in the county.

The Negro school situation improved greatly in 1959. For the school year 1959-1960, there are three new consolidated elementary schools with cafeterias in use, which makes it possible for students to receive hot lunches with milk. This is important since so many leave home at such early hours in the mornings. All sixteen one, two and three-room elementary schools have been closed and students now attend the three new consolidated schools--Otter River,

Body Camp, and Counter Ridge. There is also one other elementary school in Bedford Town, which is Bridge Street. Susie Gibson High School, located in Bedford Town, serves the entire county high school students.

There are approximately thirty-five or more Negro churches in Bedford County. Most of them are Baptist Churches. Most of the families in Bedford County participate in church and church organizations and some of them in school organizations (leagues and P.T.A. groups). Some participate in extension organizations. Persons participating in extension organized groups express a desire to improve home and community conditions and are working together to accomplish this end.

In planning this year's program, needs and desires of various families were considered, in order to reach and help solve the many problems now confronting them.

COUNTY EXTENSION PROGRAM - ADULT

Organizations:

The County Advisory Board which is composed of men and women, including the home demonstration committee which represents the H D Clubs and also

other key persons in the county, plans to promote 4-H and H D work in the county and cooperate with the State Advisory Board on the community improvement program. This group also plans to continue its building fund for a community center and plans to sponsor representatives to the State Advisory Board meeting in Pittsylvania County in September, 1960. Other activities will include the following to help finance the years program: pay movie, candy selling, Sharon Singing group with Rev. E. R. Wilson as Pastor, and a Harvest Rally to culminate all activities with Rev. Haywood Robinson of Bedford as guest speaker. A free educational movie will be shown the board on phases of farm and home improvements.

County Home Demonstration Club Committee which is made up of representatives from each home demonstration club in the county (president, vice-president, program development leader, and secretary), working along with the Advisory Board plan to stress the following objectives this year:

1. To encourage better community relationship and participation on projects in the county.
2. To encourage sanitary practices in the homes and communities.

3. To stress "Better Nutrition For Better Health" in the county.
4. To assist with the community center project.
5. To assist with the 4-H Program.
6. To interest more people in the Extension program.

This group will also plan the program for the next year and sponsor county-wide programs emphasizing the extension program.

Subject Matter and Special Interest Areas
(Special Interest Activities Included)

Subject Matter or Special Emphasis Area Home Management

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved
Members do not have a system for filing important papers, bills, receipts, or H D material, which imposes a need for assistance.	Home Filing System	Seven

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
To get two members from each H D Club to set up a filing system as recommended to suit the individual family.	To learn to make an inexpensive file box. To learn to file material under the proper heading.	Leader training meeting Jan. 14, Miss Fuller, Specialist assisting. Demonstrations by agent and leaders on making file boxes. Bulletins and other visual aids. Exhibit file boxes completed.	

Subject Matter or Special Emphasis Area Clothing

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved
Since many homemakers are working away from home, there is a need for help on good gromming for comfort while working. Information on foundation garments is needed too, to assure them the maximum of confort.	1. Good Grooming While You Work 2. Buying Foundation Garments	Seven Seven

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
1. To get three members from each club to set up a good grooming schedule and follow it. 2. To get one homemaker from each club that especially needs a foundation garment to purchase and wear it regularly.	1. To learn to care for the hands, hair, face, teeth, and clothing daily. 2. To learn how to set up a good gromming schedule so that it will require a minimum of time and effort. 3. To learn what to look for in a foundation garment. 4. To learn how to select a foundation garment to suit the figure and the importance of wearing one.	Leader training meeting in Feb., Clothing Specialist assisting. Circulars and leaflets Demonstrations by agent and leaders. Show "Foundation Garment Exhbiit" by Sears Roebuck & Co. during monthly meetings. Observe members grooming habits during club meetings before and after demonstrations.	

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Subject Matter or Special Emphasis Area Clothing - continued

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
3. To change the attitudes of all H D members on wearing foundation garments.			

Subject Matter or Special Emphasis Area Foods

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved
There is a need for time and energy-saving recipes and assistance on cutting down on calories.	1. Pastry Mix 2. Low-Calorie Salads and Dressings	Seven Seven

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
To get three members from each club to serve as result demonstrators to prepare and use the pastry mix and report to club members their findings and also continue using the mix. To get half of the obese members to accept low-calories salads as a means of cutting down on calories as recommended by their doctor.	To learn how to make a good pastry mix to store for future use. To learn how to use the pastry mix to save time and energy. To learn how to include low-calorie salads in the diets for those counting calories. To learn how to make low-calorie salads and dressings.	Leader training meeting by agent on Pastry mix and low-calorie salads and dressings. Demonstrations by leaders in clubs. Judge products made Exhibit homemade products during achievement program. Supplement demonstrations with circulars and bulletins by specialists on recipes.	

Subject Matter or Special Emphasis Area House Furnishings

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved
Interior home improvements are being made by homemakers. A need for inexpensive house furnishings to improve home decorations.	1. Paints for Interior, Selection	Seven
	2. Chair Reupholstering-(Special Interest)	Seven
	3. Accessories-Making Pillows	Seven
	4. Mounting Pictures	Seven
	5. Rug Making, Braided-(Special Interest)	Seven
	6. Flower Arrangement	Seven

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
To get one member from each H D Club to make interior improvements on decorations. To get all H D members to try at least two flower arrangements in their home.	To learn how to select the proper paint for an interior paint job. To learn to reupholster a chair with springs through tying springs, padding, and covering chair. To learn to cut and make inexpensive and attractive pillows to add color to bedroom and living room scheme. To learn to select and mount pictures to suit interior decorations. To learn how to cut braid, and sew together a braided rug. To learn how to arrange flowers for the home.	Leader training meetings by specialist on "Chair Reupholstery" and "Rug Making." Leader training by agent an other topics. Demonstrations by agent and leaders in H D Clubs. Written material by Specialist. Result demonstration Exhibit of Work Observation on improvements by agent.	

Subject Matter or Special Emphasis Area Rural Art

Problem	Topics To Be Included	No. of Clubs, Groups or Com. Involved
A need for better exhibits at fairs and county achievement programs. A need for inexpensive Christmas gifts.	1. How To Make Educational Exhibits (special interest) 2. Textile Painting	Seven Seven

GOALS	WHAT PEOPLE ARE TO LEARN	PLANS FOR CARRYING OUT AND MEASURING RESULTS	NOTES ON RESULTS, ADJUSTMENTS, & ACCOMPLISHMENTS
To get each H D and 4-H Club to make one educational exhibit at the achievement program. To get ten members from each club to textile paint one article as a Christmas gift.	To learn how to make educational exhibits through improving lettering, color combination, and subject matter content of exhibits. To learn how to textile paint through cutting designs, stenciling design on fabric, and applying textile paint to the design. To learn how to mix colors.	Leader training meeting by specialist, Miss Perry. Demonstrations by leaders. Specialist Illustrative material. Judge articles made Exhibit articles made	

Other Activities:

County Home Demonstration Club Objectives. Same as listed under home demonstration committee.

National Home Demonstration Club Week

A county-wide program will be held in observance of National Home demonstration Club Week, with refreshments following to allow for fellowshiping. Leaders and members will participate on program. News articles will be written by agent and Club reporters to inform the public on H D work and the purpose of this special week. The program will be held at the Oakmulgee Baptist Church in Bedford, Virginia.

During this week four delegates will represent Bedford County at the Group I, District Meeting in Halifax County on the first Friday in May. All H D members and friends will be encouraged to attend.

Achievement Program.

A combined H D and 4-H Achievement program will be held in October, 1960, to give recognition to members, leaders, and clubs for their outstanding accomplishments in 1960. Awards will be given to best individual and club project work, most active clubs, and active leaders. As a means of displaying

individual and group work, an exhibit will be held and judged by agents and leaders from adjourning counties. Each club will be encouraged to give a skit on program on some phase of their club activities.

Community Improvement Club.

Forest will continue to serve as the demonstration community for the County Advisory Board's community improvement program. More members will be encouraged to join the Forest Community Club and other communities will be encouraged to organize.

Work will continue on farm and home improvements, church and cemetery improvements and assistance with a community center.

Work With Urban Families.

Work is being done with urban families in Bedford town on an organized bases and special assistance when called upon. There is an H D Club organized in town with a membership of twenty-six. The boys and girls of age are enrolled in 4-H Club work at the Bridge Street Elementary School. These clubs carry some of the same projects as other clubs in the county.

Farm and Home Development:

There is only one family now participating in the Farm and Home Development program, which is Mr. and Mrs. Thomas Carter of Route 1, Box 4, Forest Virginia. Plans are being made to enroll two more families for the year 1960. These families are now receiving some assistance on farm and home problems from the agent.

The following objectives to promote the work in farm and home development are:

a. To hold group meetings with specialist help to encourage more progress
b. To keep families informed on latest methods
c. To plan tours to homes participating
d. To encourage better homes, better clothing, and better food projects from families participating.
e. To add two other families to farm and home development.

Procedures:

Specialist help will be secured to give assistance to specific problem areas, individual and group assistance will be given families by agent on various problems. Other Local Farm and Home Agents will be used during special meetings as well as District and

State Agents. A tour will be held at the beginning of the fall to observe accomplishments by families participating. Recognition will be given these families during the achievement program on their accomplishments. To note these accomplishments a separate folder will be kept by the agent and families listing all plans and goals for the year. As members accomplish their goals, a write up will be made on each accomplishment.

COUNTY EXTENSION PROGRAM - YOUTH

Organizations:

County 4-H Junior Council, which is composed of all officers and leaders from each 4-H Club will meet twice this year--January and March. The January meeting will be held for the purpose of training all officers and leaders in their respective duties. The March meeting will be held to plan for other county-wide activities for 1960.

Project Planning Committee, which is composed of 4-H leaders and delegates from each 4-H club and representatives from the 4-H Leaders Association will meet in May to plan the county program for 1960-1961, and to select club projects for the year.

County 4-H Leaders Association will meet every 3rd Tuesday in each month to accomplish outlined plans for the year. The association adopted the following program for 1960:

1. Assist with projects and records
2. Sponsor Holiday Social for 4-H members on December 18, 1959 at the Susie Gibson High School in Bedford.
3. Present a Radio Broadcast over WBLT Radio Station in Bedford during National 4-H Club Week. Mrs. Beulah Payne, leader will be in charge of the program on 4-H activities.
4. Sponsor a 4-H King and Queen Rally, which will end in March during National 4-H Club Week. The funds from this activity will sponsor the boys and girls to the State Conference, Short Course and Wild Life and Conservation Conference.
5. [illegible] State Conference.
6. Sponsor a County-wide Rural Life [illegible] Program on May 22, 1960 at 3:00 p.m.
7. Subscribe to National 4-H Club News Magazine to keep informed on 4-H Cl[illegible]

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4. Sponsor a 4-H King and Queen Rally, which will end in March during National 4-H Club Week. The funds from this activity will sponsor the boys and girls to the State Conference, Short Course and Wild Life and Conservation Conference.
5. Serve as leaders to State Conference.
6. Sponsor a County-wide Rural Life Sunday Program on May 22, 1960 at 3:00 p.m.
7. Subscribe to National 4-H Club News Magazine to keep informed on 4-H Club Work.

4-H Subject Area

Project:	Topics to be Included:	No. of Clubs, Groups Involved
"So You'd Like To Sew"	1. Equip a Sewing Box	Seven
	2. Make a Wrist Pin Cushion	Seven
	3. Make a Baby's Bib	Seven
	4. Make a Laundry Bag	Seven
	5. Make an Apron	Seven
	6. Make a Sweater or Dress Collar	Seven

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISH.
To get all 4-H girls to equip a sewing box. To get over half of the girls to complete four of the articles and exhibit at achievement program.	To Learn to equip a sewing box. To learn how to make a wrist pin cushion by cutting, stitching, stuffing and attaching elastic. To learn how to make a baby bib by cutting by a chart, put on bias, and do a decorative stitch. To learn how to make a laundry bag by straightening fabric, cut by measurements, make french seams, make hem, and put in draw string. To learn how to make an apron by cutting, gathering fabric, put on band, make ties put in hem and make pocket.	Leader training meetings by agent and adult leaders. Demonstrations by agent and junior leaders in meetings. Written circulars by specialist. Exhibits Judge articles completed.	

4-H Subject Area

Project:	Topics to be Included:	No. of Clubs, Groups Involved
"So You'd Like To Sew" continued		

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISH.
	To learn how to make a sweater collar by cutting two pieces on a fold, baste and stitch on a curve, clip curves and put on bias.		

4-H Subject Area

Project:	Topics to be Included:	No. of Clubs, Groups Involved
"Safety"	1. Safety Rules For Using Christmas Decorations	Seven
	2. Safety Survey	Seven
	3. Safety "Do's and Don'ts"	Seven
	4. Traffic Rules	Seven

GOALS	WHAT MEMBERS ARE TO LEARN	PLANS FOR CARRYING OUT PROJECT	NOTES ON RESULTS, ADJUSTMENTS, ACCOMPLISH.
To get five boys from each club to give a demonstration on some phase of safety. To get 95% of 4-H members to complete a safety notebook. To get each 4-H club to make an educational exhibit on safety at the achievement program.	To learn how to use Christmas decorations safely. To learn how to take a safety survey. To learn safety "Dos and Don'ts" To learn traffic rules	Demonstrations Exhibits Safety Notebooks County Police Officer to discuss traffic rules Circular and Bulletin Information Judging of Notebooks	

Other Activities

State 4-H Short Course and Wildlife and Conservation Conference

Delegates 14 years old and older will represent Bedford County at these conferences. They will be selected on the bases of initiative, attendance to club meetings, project accomplishments and leadership ability. Each will be required to make a report in the county during Leaders meeting, and achievement program.

Achievement Program

A program (H D and 4-H combined) will be held in October, 1960, to give recognition to outstanding work done by 4-H members, leaders, and clubs as stated under adult work.

Rural Life Sunday

A county-wide program, sponsored by the 4-H Leaders Association, will be held on Sunday, May 22, 1960, at 3:00 p.m. to help emphasize the Heart phase of the 4-Hes. The program will consist of a guest speaker with leaders and 4-H members participating.

National 4-H Club Week

A special program will be held at the Otter River Elementary School on March 11, 1960, at 7:30 p.m. in observance of National 4-H Club Week. On this same program the culmination of the 4-H King and Queen Rally will take place, with the crowning of the"4-H King and Queen" for Bedford County. A special radio broadcast will be held during this week over WBLG Radio station with Mrs. Beulah Payne, Leader, in charge.

Scope of Work:

	No.in 1959	Goal for 1960
No. H D Clubs	7	9
Membership	115	150
No. H D Groups (unorganized)	0	1
Membership	0	10
No. 4-H Clubs	11	8
Membership	278	400
No. YMW	0	1
Membership	0	15
No. Community Clubs	1	2
Membership	25	50
No. Home Ec. Committees	0	1
Membership	0	10
No. General Interest Committees	0	1
Membership	0	10

Scope of Work:(continued)	No.in 1959	Goal for 1960
No. Youth Committees	0	1
Membership	0	15
No. Other Organizations	2	3
No. Farm and Home Dev.Families	1	3
No. Other Families reached	75	100
No. Different families reached	310	500

The areas that need greatest emphasis during 1960 are Community Club organization and Farm and Home Development Work. These two are listed obove areas not yet organized because with these two phases strengthen much can be seen in the way of progress according to extension teaching, which would stimulate the program and interest others in accomplishing along these lines.

Organization work will take place in other communities in the county and objectives selected by each group. Two other families will be added to the farm and home development program. Home visits will be made by the agent and leaders to accomplish this goal.

Publicizing The Extension Home Demonstration Program:

To publicize and stimulate interest in home demonstration Club work, home visits by agent and leaders will be made in unorganized communities to

explain the program and give assistance when needed. Invitations will be extended to non-members to visit with organized clubs to observe the program. Special Interest meetings will be sponsored so that others may participate. Circular letters of general interest sent, office and telephone calls made will enable this goal to be reached also.

Leadership:

County Program Leaders	No.in 1959	Goal for 1960
County Agricultural Extension Service Board	41	50
Youth Council	0	1
Home Economics Council	0	1

Home Demonstration Leadership	No.in 1959	Goal for 1960
No.Organizational leaders	8	10
No.project leaders(subject Matter)	49	60
No.Federation program of work Chairmen	8	10
No.Program development leaders	8	10
No.result demonstrators	4	5
No.training meetings by specialist	4	6
No.training meetings by dist.agent	1	2
No.training meetings by agent	8	2
No.training meetings by others	1	2
Attendance at all training meetings	121	150
No.meetings held without an agent	15	48
No.meetings leaders assisted	40	96
Demonstrations by leaders	44	56
Talks and discussions by leaders	94	94

4-H Club Leadership	No. in 1959	Goal for 1960
No. Club officers	100	72
No. Adult project leaders	12	32
No. junior project leaders	23	32
No. result demonstrators	1	8
No. training meetings by specialists	0	1
No. training meetings by dist. agents	0	1
No. training meetings by agents	21	6
No. training meetings by members club dept	0	1
No. training meetings by others	2	2
Total attendance at ldr. tr. meetings	436	416
No. 4-H leaders trained individually	23	72
No. club mtgs.held by ldr. w/out agent	16	48
No. additional club meetings at which leaders assisted	49	32
No. demonstrations given by adult leaders	11	14
No. demonstrations given by junior leaders	35	14

Strengthening Leadership:

Greatest emphasis is needed in areas of result demonstrators and 4-H project leaders. Persons serving as result demonstrators could aid a great

deal in proving the extension teachings. Work with and the securing of more 4-H project leaders could broaden the 4-H program and realize more completed project work.

Efforts will be put forth to secure willing persons or families to serve as result demonstrators in each area of emphasis during 1960. Closer assistance will be given each by the agent. Better record keeping will be encouraged to show results at end of the year. More 4-H project leaders will be solicited to assist members with project work. An invitation will be extended to non-leaders to visit the 4-H Leaders Association to observe what is being done on a county-wide bases.

Good Public Relations In The County, Maintaining and Strengthening:

State Extension Organization

To be cooperative as an extension agent to endeavor to make reports on time.

Parent Institute

To allways represent and maintain conduct that is befitting to the organization and schools we represent.

Elected and Appointed Officials

To get to know the county officials and provide the board of supervisors with information on monthly reports and annual statistical and narrative reports whenever called for.

Organizations In The County

To cooperate and assist other organizations when called upon. To invite them to participate on extension programs. This is a two-way approach to learn more about both organizations.

Business

To get to know the proprietors of the various businesses in the county. To invite them to extension programs and meetings.

Mass Media Personnel

To get to know the editors of the two local newspapers and radio personnel. To submit to them releases of up-to-date information as released from Blacksburg and USDA. To keep the public informed on local and state extension events through these facilities.

Other Agencies

To cooperate with other agencies and assist when asked. To cooperatevely work with vocational

agricultural and home economics teachers when called upon. To supply them with circulars, bulletins and other material that may be of help in their program of work.

Individuals and Families

To work cooperatively with the families and individuals in the county and try to establish the rapport that is so needed to do a good job of assisting people. To respect their rights and privileges as individuals. To provide them with necessary information that will aid them in making decisions.

Plans For Professional Improvement

The Agent plans to attend summer school during 1960, to take courses for credit in - 4-H Club Work and Program Development. Subscriptions to Home Economics magazine and participation in Annual Agents' Conference and Association will be continued. Specialist help will be secured for assistance on county program. The agent will also participate in two clothing training meetings to be held in January in Lynchburg for agents on "Getting The Most Out Of Your Sewing Machine" and "Tailoring".

1960 Most Signigicant Phase of Work

The phase of the county program which will make the most significant contribution to family living will be the carrying out of the county goal - "Better Nutrition For Better Health." Many of the school-age children and working husbands leave home early in the mornings without breakfast which results by noon into a sick individual not having the energy to do their work. This program goal can help homemakers to become aware of the importance of better meals with just a little planning on their part.
This program will be accomplished through emphasizing the following:

1. To stimulate families into realizing the importance of proper nutrition daily for better health through sending circular letters announcing daily requirements.
2. To provide usable information on foods and nutrition to families in the county.
3. To encourage home gardens for family use and to supply families with garden information

4. To hold demonstrations on food preparation of interest to families in the county.

5. To stress time and energy saving nutritional meals.

A report will be kept on all accomplishments and families assisted.