

1955

PLAN OF WORK

GRAYSON COUNTY

Morella Mullins
Home Demonstration Agent

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I. County Situation Considered in 1955 Program -

Grayson County is a "Hilltop County" with about ninety percent of the land steep or rolling. These pastures are utilized either by cattle or sheep. Dairying is the chief source of income with beef and sheep ranking second and third. With livestock as the main enterprise, the cropping system of the County is mainly the production of foods, pastures and forage crops for the livestock. Much interest is being shown in the desire for larger production on smaller acreage. About one-fourth of the farms produce some type of cash crop such as tobacco or potatoes. Poultry and fruit production are found on most farms but comprise the major enterprise on very few.

Most of the families have lived in their Communities for many years, thus knowing the background of his Community. Their interests are centered around the improvements of Community life.

II. Contributions of 1955 Program to Family Life -

The County Home Demonstration Committee in planning for 1955 in Grayson County includes demonstrations that will assist the farm home environmental surroundings and handicraft work. Through assistance in these phases of homemaking the farm wife may in turn help to extend the farm income to cover both cost and savings.

The 4-H club program will train rural children in public policies in addition to farm and homemaking practices. Each club will work on projects which the members themselves want to learn more about and carry on intensive study.

The goal of the County Extension program is the development of farm and homemaking practices that may assist rural people in attaining their goal for better living. The program of work in both home demonstration and 4-H clubs were planned so as to help toward the attainment of this goal. The home demonstration program, as planned will continue to develop homemaking practices as it has in previous years. The subjects to be developed through demonstrations include gardening, foods, clothing and health. Neighborhoods are not thickly settled and travel in the hills most difficult in winter months, thus creating through skills the use of hands, including rural arts.

III. 1955 Program as Planned

A. Adult

1. Clothing

The Home Demonstration Clubs in Grayson County selected a three months project work on making "The Better Dress". This subject as the work develops will create an interest in club work in women who have not before been reached by the Extension Program. Through this study the following objectives are hoped to be reached.

1. A better knowledge of the newer fabrics in the selection of clothing.
2. An understanding of lines and designs which are good for different body types.
3. To have sixty garments made as a direct result of the Better Dress project.
4. Each club woman learn to master at least one problem which she faces in clothing construction.

This will be done by each club participating in a three-month project on the Better Dress. The first month dealing with a problem which each woman faces in clothing is Selecting Cotton Fabrics. The second, will include style, line and design, body types, common problems in size, fit of pattern, alternations and laying pattern to be cut. The third month construction problems will be studied with major problems being demonstrated by club members working on garments which they are constructing. The plans for a County showing of dresses made and modeled by rural women should create much interest in good design in womens clothes as well as an interest in clothing construction.

2. Foods

Food production and preservation is an important factor which goes toward maintaining a balanced diet for all members of the family.

The following objectives are planned to be reached this year.

1. Good Vegetable gardens, with a variety of foods grown, giving a balanced between root, fruit and green vegetables.
2. Recommended procedures being practiced in home and family gardens.
3. Two-hundred gardens with at least one new vegetable being grown.
4. Each club member brought up to date on latest canning and freezing information.

5. Conduct demonstrations on Meat Cookery and Freezing prepared Foods.
6. Encourage families to follow recommended practices in preservation and freezing.

These objectives will be accomplished by one month home demonstration club programs on Gardening. Have garden leaders give reports in at least three club meetings during the year. Conduct one months demonstration on "Quick Meals" placing a basic seven wheel of good eating in every club members home. Two special interest meetings; one on meat cookery and one on Freezing prepared foods. Radio broadcasts, home visits, result demonstrations, personal contacts and news articles.

3. Health

Health will be brought out in the study of Home Nursing in the home, also one month devoted to this subject during the year.

Objectives

1. To acquaint each homemaker with knowledge necessary to take care of a sick person in the home.
2. One month each club will try to understand services available from Grayson County Health Department.
3. When community health problems arise, present the problems to the County Health Department and ask cooperation of the department to solve problems.

This program will be conducted by the Home Agent with the aid of the County Health Nurse and Doctor.

B. 4-H Club Program

1. Clothing

Study will be continued in two clothing projects. (1) Make and Remake (2) Looking Your Best

Objectives

1. Girls who have learned to sew will now practice the use of pattern in making fitted garments.
2. Learn to buy patterns by body measurements.
3. Learn to make simple alternations.
4. Master one problem in Clothing Construction.
5. Learn to want to look well groomed.

6. Become conscious of things which go to make a well groomed person.

This will be achieved through club meetings and project instructions both by Agents and Leaders.

2. Foods

Club members will be carrying two food projects (1) Meal Planning and (2) Food Preparation

Objectives:

1. Become familiar with basic seven wheel of good eating.
2. Learn to plan and make menus for a well balanced diet.
3. Learn to follow a recipe
4. Learn to measure accurately
5. Prepare one meal at a club meeting.

This will be achieved by regular club meetings and special instructions on project work.

The 4-H club girls will also be encouraged to form record keeping habits. Plans for 4-H club attendance at Camp; Short Courses and participation in contestal fair exhibits and other County-wide events broaden the view of rural Youth.

IV. Other Activities

A. Adult

1. Community Clubs

The Community Clubs in Grayson County serve as a way to reach all members of the Community. It gives a chance to work with all on problems of common interest. Through these clubs, people of the community learn to work together. Through these clubs the people of the Community will gain greater understanding of each other and how to cope with their problems and the problems of the Community as a whole.

Each club plans programs of work based on needs and interests of the Community. Each then sets to work to get it accomplished.

This is done through Community Club meetings; special interest meetings; Community Work days, personal contacts; newspaper and radio.

2. Federation Goal - Health and Safety
Aim - Every Grayson County Family a Healthy Family

Objectives:

1. Every club understand services available from Grayson County Health Department
2. Present Community Health problems to County Health Department and ask cooperation of Department to solve problems.
3. Support health clinics by voluntary service.
4. Urge all women to have a thorough physical check-up annually.
5. Each Home Demonstration Club member study her own home and surroundings and eliminate all safety hazards.
6. Be concerned about highway safety at all times.

Two months program will be given to this study, one on health and the other on Home Nursing. Three months will be devoted to vegetable gardening and foods. County nurse will aid in conducting these programs.

3. National Home Demonstration Week

Objectives:

To observe National Home Demonstration Week by attending District Federation of Home Demonstration Clubs with 20 delegates attending from Grayson County.

Each club observe this week with some special program or activity making a very special effort to contact neighbors and friends who are not club members and taking them information about club work.

To hold County Achievement Day in County during this week, also County women conduct radio broadcasts during this week.

B. 4-H Clubs

Objectives:

Encourage the attendance of all 4-H club members eligible to attend 4-H Camp in June.

Encourage members participation in Camp organizations and programs.

Urge more club members to attend State Short Course.

V. Scope of Work		No. in	No. in	No. in	No. in	Goal for
<u>Organization</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	
No. of H. D. Clubs	17	17	17	17	17	17
Membership	284	321	321	291	322	322
No. of 4-H clubs	8	8	10	8	8	8
Membership	142	149	200	181	210	210
No. Young men & women club	0	0	0	0	1	1
Membership	0	0	0	0	24	24
Community Improvement Club	9	6	7	7	4	4
<u>NO. FAMILIES REACHED THROUGH:</u>						
Home Demonstration Club	321	326	350	330	360	360
4-H clubs	140	140	160	132	210	210
Young Adult Clubs	0	0	0	0	25	25
Special Interest Groups	250	150	280	232	325	325
Result Demonstrations	4	6	6	5	8	8
Home Visits	564	564	378	600	518	560
Contact by club members	650	700	750	698	700	700
Other (newspaper;radio County)	1600	18,000	18,500	18,000	18,750	18,750
Estimate number of different families reached through above	2,185	2,219	2,200	2,198	2,600	2,600

VI. Plans for Strengthening the Extension Program for 1955

A. County Home Demonstration Committee

Objectives:

1. Have Committee plan two county meetings for purpose of program planning and evaluation.
2. Obtain representation from each community group at these meetings.
3. Have committee set up recommended club goals for County, Community and club improvement.
4. Have Committee make plans for both County representation and District Federation meetings.

B. Home Demonstration Clubs

1. Enlarge membership of each club.
2. Develop membership in further active leadership participation in each club.
3. Encourage clubs to carry out club goals recommended by County Committee.
4. Have clubs participate and send delegates to District Federation meetings.

VII. Plan for Leadership

A. Home Demonstration

	No. in 1951	No. in 1952	No. in 1953	No. in 1954	No. in 1955
No. Project leaders	62	68	75	66	75
No. federation goal Chairman	17	17	18	15	16
No. program development leaders	17	17	18	15	16
No. result demonstrator	6	6	6	4	6
No. meetings at which leaders were trained by Specialists	5	6	6	5	6
No. meetings which leaders were trained by District Agent	1	2	2	2	2
No. meetings which leaders were trained by Agent	8	2	2	5	5
Attendance at all training meetings	236	229	240	246	250
No. club meetings held by leaders without Agent present	65	54	60	49	58
Total number of demonstrations given by leaders	46	54	60	54	58
Total Number talks on discussions by leaders	68	85	80	72	78

The Organizational leaders shall be trained individually and as a group in parliamentary procedures and suggestions for club meetings shall be printed in the year book as a reminder.

Subject Matter Leaders

Objectives:

1. Enlarge the number of subject matter leaders in the County.
2. Encourage the leaders to attend the leader training meetings held in the County by Specialists and Agent
3. Encourage each leader to follow through by giving the demonstration to club members.
4. Use Home Demonstration subject matter leaders as guest demonstrators at 4-H club meetings.
5. Send out leader evaluation form to each leader in order that she might realize her importance as a leader.

B. 4-H Clubs

	No. in 1951	No. in 1952	No. in 1953	No. in 1954	No. in 1955
No. 4-H club officers	32	32	40	34	38
No. Adult project leaders	4	6	8	8	8
No. junior project leader	12	4	8	6	6
No. result demonstrators	0	0	0	2	1
No. meetings which leaders were trained by Specialist	0	1	0	1	1
No. meetings which leaders were trained by District Agent	0	0	0	0	0
No. meetings which leaders were trained by Agent	3	2	4	6	6
No. meetings which leaders were trained by personnel in 4-H Department	0	2	2	1	1
Attendance at leader training meetings	11	4	4	6	8
No. 4-H leaders trained individually	4	6	4	5	2
No. club meetings held by leaders without Agent present	19	27	30	32	34
No. demonstrations given by Adult leaders	16	15	20	22	24
No. demonstrations given by junior leaders	6	25	30	28	34

Objectives:

1. The organizational leaders will be given the background of 4-H club work as an organizational. Bulletins on club work, songs, suggestions for parliamentary will be given as part of leader training.
2. Project leaders are to be trained either by the Agent or by Specialist for project demonstrations. These leaders will be helped to evaluate their work once or twice during the year.

3. Junior leaders will be trained either with the Adult group or individually.

VIII.

The Greatest problem in Grayson County is training and getting participation of leaders in the clubs. Most of the clubs have leaders at the training meetings, while some few never have a leader attend the training meetings. It is not always possible to get to those leaders and train them individually. If the program in the County is to grow there must be active leaders in the Clubs.

Presidents and project leaders will be notified of each leader training meetings by letters, newspaper and radio. Leaders not present for leader training meetings will be urged to get together in groups for training in the Community.

IX. Work with Other Agencies

1. Health Department

The Grayson County Extension Service plans to cooperate with the health department in plans and drives which are put on in the County. Much of the joint work will be carried on through the Home Demonstration and Community Clubs in striving to make the Communities a better place in which to live.

2. Welfare Department

Work with the Welfare Department will be in helping them to better the underprivileged in the County through clothing drives and the layette program.

X. Plans for Developing Good Public Relations in the County

A. Elected Representatives

I plan to get to know all the County officials personally and something of the duties of each office. To cooperate with them in services for the betterment of the County.

B. General Public

The Extension Service will cooperate with the Civic Clubs and organizations in any program as projects which will aid in improving the rural living of the County. This will be done through discussion committees, help in drives and projects which these clubs and organizations sponsor.

C. Co-Workers

Weekly conferences will be held with the County Agent and plans will be made for working with 4-H clubs; Community clubs and other ways of being of service to rural people of the County.

D. Other Professional Workers

I plan to attend the regular meetings of the Professional Agricultural and Home workers in the County and help in any way to promote projects for County betterment.

XI. Plan for Recording Progress and Evaluating Programs As Planned for 1955

To write up each project as soon as completed. Keep records and results made and achieved on each project. Send each club member and individual check sheets to aid in evaluating the program of work. Keep a list of requests which come in as a result of certain programs.

XIII. Plans for Professional Improvement

A. Reading Professional Publications

I will keep up my subscription to professional magazines and will reach for new methods and ways of improving techniques. I will try to keep abreast on current happenings in the field of my profession.

B. Membership in Professional Organizations

I plan to retain my membership in State and National Organizations pertaining to the field of Home Economics. I will attend meetings if possible and serve on committees as appointed.