

1959 PLAN OF WORK

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Home Demonstration Agent

Bath
County

I. COUNTY SITUATION

Bath County is a mountain county with five hundred-and-forty square miles of land. Farm land is found in the narrow valleys between the ridges and in an occasional more-or-less level area in the mountains. Approximately three-fourths of the area is rough mountain land too rugged for agricultural use. Two-thirds of the forested area in the county is in the George Washington National Forest. The county lies on the Virginia-West Virginia State line and is about seventy-five miles north of Roanoke. Bath County is famous throughout the country as a resort and vacation center.

The population of Bath County was 6,296 in the 1950 census report. Eighty-nine and five-tenths percent of these people are white. The rural farm population is only thirty-four and four-tenths percent of the total. The remainder is rural non-farm. Bath county contains no urban population.

The age distribution in this county is as follows: thirty-nine percent of the population under twenty years of age, thirteen percent between twenty and thirty years old, and forty-eight percent over thirty years of age. The educational level

of these people is very low with the median school years completed 7.4 for men and 7.9 for women. In the entire county, there are only one hundred and forty college graduates.

The median income of families in 1950 was \$1,731. Fifty-eight percent of the families had an income of less than two thousand dollars. Only seven percent had an income exceeding six thousand dollars.

Seventy-five percent of the male population over fourteen years of age is employed. Of these employed males, twenty-seven percent are employed in agriculture and twenty-three percent in hotels. Twelve percent of the men work in some manufacturing industry outside the county.

Twenty-seven percent of the female population over fourteen years of age is employed. Thirty-five percent of the employed women are connected in some manner with the several hotels in the county. Twelve percent work as domestic servants and educational services employ another twelve percent of the women.

Resort hotels, tourist places, and summer camps for boys and girls employ about twelve hundred persons. The major portion of this employment is provided by the Virginia Hot Springs Company. About ten thousand hunting and fishing licenses are issued annually bringing a total of over fifteen thousand dollars directly into the County Treasury. Tourists, hunters, and vacationers spend much money in the county annually.

While the population of Bath County has been steadily decreasing, the number of farms and farmers has been following the trend. However, the average size of the farms has increased. Most of the farms are too small to produce substantial income. There is little desirable undeveloped farm land in the county. About seventy-five percent of the farm income is from livestock and livestock products.

According to the 1950 census, there are fifteen hundred and forty-three households in Bath County with an average of three and eight-tenths persons in each. There are thirteen hundred-and eighty families. The county has eighteen hundred-and fifty dwelling units with a median of five and three-tenths rooms each. Only one-third of these homes have a private bath and toilet, hot running water, and a house in good condition. About two-thirds are occupied by the owners. Nearly all dwellings have electric lights but only about twenty percent have a central heating system. About half of the dwellings have piped running water with only three fourths of these having both hot and cold running water. About eighty-five percent have either a coal or wood range for cooking and only fifty per cent have a kitchen sink.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Over-all Program

1. General Interest Committee

a. The Better Lighting Committee

This committee is composed of six women of various age groups, communities, social, and economic levels. The County Health Nurse and Assistant Manager of the Electric Co-operative serve in an advisory capacity.

The objectives of this committee have been planned by them. Both the committee and the Home Demonstration Agent want to stimulate the interest of the county people in the importance of proper lighting and increase use of the correct lighting methods.

The procedure used to accomplish these objectives will be as follows:

1. In January and February demonstrations on this topic in the Home Demonstration Clubs.
2. A number of newspaper articles printed during this time.
3. A display in local store window on Better lighting.
4. Some of the Community 4-H clubs carry the Electric project.
5. Use and distribute bulletins on this subject.

b. Recreation Committee

This committee had its start in one club but has now branched out to include others in the area needing more recreational facilities for their children. The committee is now

composed of five women from the east side of the county.

The objectives of this committee are to provide more recreational facilities for the children in this area. A recreation center is the main goal of the committee.

Procedure:

1. To earn money and build a recreation center
2. To provide supervised recreation
2. County Home Economics Committee
 - a. Nutrition Committee

This committee will have five members. In an advisory capacity will be the two Home Economics Teachers, the County Health Nurse, and the Public Welfare Worker.

The objectives of this committee will be to improve the health and nutrition of the families in the county. To work towards decreasing the calcium deficiency noted in a milk survey in 1958. Also to educate new freezer owners in its proper use and to help others on better use of their freezers.

Procedure:

1. Give out bulletins on topics to be emphasized
2. Newspaper articles throughout year
3. The Home Demonstration Agent will work with the Home Economics teachers in the two highschools in the county so she will know how well topics are covered, and offer to help them in carrying out these phases of their program.
4. In school 4-H clubs and with other members

taking the project "Meal Preparation" stress good nutrition.

B. Home Demonstration Club Program

The County Home Demonstration Club Committee

officers are the Chairman, Vice-chairman, Secretary-Treasurer, Federation Program of Work Chairman, and Publicity Chairman.

Completing the committee are the presidents and Program Development Chairman from each club in the county. The Chairman, Vice-chairman and Secretary-Treasurer are elected for two year terms. The Chairman appoints the Federation Program of Work Chairman and the Publicity Chairman. This group meets biannually to plan the program and to determine the progress of the various clubs. The business of the committee is handled at both meetings.

A Yearbook Committee is appointed by the Chairman.

This group meets to organize all information to be included. They secure financial backing for the publication.

It is the hope of the Home Demonstration Agent that this committee will draw up some By-Laws and Policies to help coordinate the activities of the clubs in the county.

This committee will be working on the Seventh

District Meeting of the Virginia Federation of Home Demonstration Clubs which will be held on May the 7th, at Valley High School in this County. Committees will be formed to work on this meeting. Several meetings will be held before and after special Mid-Winter Planning Meeting on March 11th.

Subject-Matter Fields in this program:

1. House Furnishings

Objectives:

To help families make wise use of color in their homes.

To develop understanding and skill in the selection and arrangement of furnishings. Also wise use of furnishings of different periods in your home.

To gain knowledge of wise selection and placement of wall decoration.

Procedure:

The Extension House Furnishings Specialist will come to the county in May. Training will be given for the June demonstration "Planning The Color Scheme For the Home", the July demonstration "Furniture Arrangement", and the November demonstration "Pictures and Other Wall Decorations."

2. Foods and Nutrition

Objectives:

To encourage the homemaker to prepare quick meals from her freezer.

To show homemakers the importance of more milk and milk products in order to increase the calcium intake each day.

Procedure:

Training will be given by the Extension Food and Nutrition Specialists for the April demonstration "Freezing

Precooked and Prepared Foods" and for the September demonstration "Using More Milk and Milk Products."

Leaflets and bulletins from VPI will be given to the members on these topics.

Classes in food preparation and preservation at the fair will be open for all county women to enter individual exhibits.

3. Better Lighting

Objectives:

Introduce members of the Home Demonstration Clubs to the topic of better lighting and make them aware of its importance.

Increase members knowledge of good bulbs and lamps.

Procedure:

The agent will conduct all the meetings in January on the general topic "Better Lighting." Flannel graph material giving an overall view will be used. Many bulbs will be shown and compared.

The Home Demonstration agent will train leaders from the clubs to give the February demonstration on "Choosing and Using Lamps." Better Lighting Recipe Cards will be used and also booklets on the subject. Example of good and poor lamps will be shown. Lamp making kits will be constructed during the February meeting and will bring a good lamp into many homes.

As stated earlier in this report the general interest committee on Better Lighting will be going into the topic in more detail.

4. Clothing

Objectives:

To increase the individual knowledge of the women in the county on the use, care, and adjustment of the sewing machine.

To offer detailed instruction in basic sewing skills.

To have interested women learn the skill of cleaning, blocking, and styling hats.

Procedure:

The agent will give the demonstration at each club during the month of March on the "Know Your Sewing Machine." Singer Sewing Machine Company has agreed to cooperate with the agent on this topic. The bulletin "Sewing Machines Cleaning and Adjusting" will also be used.

During the months of April and May two sewing schools will be held. The Home Demonstration Agent will conduct a number of meetings in the two general areas of the county after an introductory meeting for both groups.

The Extension Clothing Specialist will hold a one day special interest meeting on "Restoring Hats," in July.

Classes in clothing construction at the Bath

4-H Farm Fair are open for women to enter their garments.

5. Home Improvement

The objective is to improve existing housing facilities with the least expenditure of money.

Procedure:

The Extension House Improvement Specialist will train the leaders on "Possibilities of Improving Old Housing", the October demonstration. The main emphasis will be placed upon the use of wasted space and improvement of storage space.

6. Home and Community Beautification

The objective in this area is to have each club beautify some area of their community.

Procedure:

The County Program of Work Chairman will hold a training meeting for all the club Program of Work Chairmen in March. The Program of Work Chairman in each club will be responsible for the activities which will be done by their club at the May meeting.

7. Rural Arts

The objective of this unit is to provide special assistance for women desiring knowledge of recaning chairs in order to improve the beauty of the type of furniture in their community.

Procedure:

The Extension Rural Arts Specialist will conduct this as a special interest meeting.

8. Result Demonstrations

The objective is to show the before and after of some recommended Extension Practices.

Procedure:

It is hoped that several result demonstrations can be held in different parts of the county. These demonstrations will show the before and after and costs to the women in a tour.

C. Federation Program of Work

The Home Demonstration Agent and the County Federation Chairman plan to hold a meeting in March for all club Federation Chairmen. At this time plans will be developed for the county-wide beautification project. Also each club project will be discussed. The Yearbook of the Virginia Federation of Home Demonstration Clubs will be used for ideas in this work. At that time the Home Demonstration agent will be able to ascertain if any specialist assistance is needed.

D. Other Activities

The County Home Demonstration Club Committee adopted the following county objectives:

1. The club should study and promote 4-H work.

Appoint a 4-H Leader to assist with the school 4-H program.

2. Each club and program development leader make an effort to have representation at all training meetings and county meetings.

3. Continue to support the Health Agencies and Dental Clinic.

4. All members of clubs are requested to exhibit at the Bath County 4-H Farm Fair.

5. Organized clubs should be responsible for holding meetings without the agent.

6. Make an effort to have each club represented at State and District Federation meetings.

In January or February each club will plan their objectives for the year.

A County Achievement Day will be planned for either the last part of October or the first part of November. At this time they will be able to think back over the year and realize how good or bad their club program has been. It should also inspire them to do better work the next year and to be better Home Demonstration members. A program will be provided, which will be of interest to all. It is hoped that Home Demonstration pins can be given out at this time to the women earning them.

A few county wide tours to points of interest in the state will be planned for the women in the county.

These should help widen the interests of the club women.

The observance of National Home Demonstration week will be held concurrent to the Spring District VII Home Demonstration Club Meeting in Bath County on May the 7th.

The Home Demonstration Agent will make an effort to have newspaper articles and a display in a local store window in further observance of the week.

The Home Demonstration Agent will make an effort to establish at least one Home Demonstration Club in an unorganized community.

When ever the opportunity arrises local leaders will be asked to assist in judging at nearby fairs, 4-H contests and other events.

The new Home Demonstration agent plans to have many informal contacts with the people in the county as she gets to know them, and will try to make all aware of Home Demonstration work. Newspaper articles and exhibits or displays will also tell the public about Home Demonstration work.

III. Farm and Home Development

At this time, three Farm and Home Development families are being assisted by Home Demonstration work. It is the objective of the present agent to get to know these families and to be of better assistance to them.

The Home Demonstration agent will work with the Home Management Specialist in January, so that she will more fully

understand this program.

The Home Demonstration Agent will strive to double the number of families assisted by this type of program. Plans for this work will be developed in cooperation with the County Agent.

Bath County has vast geographical areas which are not served by organized Extension activities. Therefore the Farm and Home Development approach is our only means of reaching these people.

IV. County Extension Program - Youth

A. Organization

1. The County 4-H Council has not been organized in the past year. The Home Demonstration agent hopes that the council will become an active group. Plans are being made for a meeting with this group early in the year. County officers will be elected at this meeting. Through the council meetings the 4-H club officers will receive training in their respective positions.

2. The Project Planning Committee has not been active in Bath County for several years. The plans are to hold a committee meeting in the spring to evaluate the progress of the clubs in relation to projects. Recommendations will be made at this time for projects to be carried next year. Details of composition and organization of this committee will be developed as the situation is seen more clearly by the Home Demonstration Agent.

3. A County 4-H Leaders Association was formed on December 1, 1958. It is hoped that this group will strengthen the 4-H clubs in the county. The leaders will elect officers at its next meeting in February. They will meet several times throughout the year and programs of interest to them will be planned.

B. 4-H Project Work

The objectives of all project work are:

- a. To gain skill and knowledge from the projects.
- b. To have the girls learn to keep records.
- c. To have a high percent of projects completed.
- d. To have the girls learn to give a demonstration.

1. Foods

a. Meal Preparation

The objectives of this project are to help the 4-H club members learn the principles of meal planning, skills in preparing nutritious and attractive foods, best use of the home-produced foods, and wise selection in buying foods.

Procedure:

This project will be carried by the girls in the school 4-H clubs. The six steps necessary for the completion of the food project will be the basis for each month's meeting. Opportunity will be given whenever possible for judging of products and giving of demonstrations.

There will be classes at the fair for the exhibiting of foods prepared by members. County metals will be awarded for

the girls who complete the best project.

2. Make or Remake

The objectives of this project are:

- a. To select good design for her figure
- b. To learn to buy patterns, fabrics, and ready to wear clothing
- c. To make fabrics into garments to fit her needs
- d. To use clothing money wisely

Procedure:

This project will be taken by girls interested in it and will be an individual project. Instruction will be offered to those needing help. Sewing leaders throughout the county, who were trained by the Educational Supervisor of the Singer Sewing Machine Company in September 1958 in the unit "Getting the Most out of Your Sewing Machine", will be used. All members will keep a record on the work they do for this project.

There will be classes at the fair for clothing exhibits by the members. County metals will be awarded for girls doing outstanding work in this project.

3. Looking Your Best

Objectives:

- a. To teach the boys and girls to care for themselves and their clothing
- b. To improve their posture, voice, and walk.

Procedure:

This project will be taken by all boys and girls in the 4th grade school 4-H clubs. At the club meetings the different topics in this project will be covered. Records of work done will be kept by the members. It is hoped that some demonstrations will be given by the members.

4. Electric Project

Objectives:

- a. To learn more about electricity
- b. To learn its practical uses in the home and on the farm.

Procedure:

This project will be taken by some of the community 4-H club boys and girls. Records will be kept by them of the work they do. Demonstrations will be given by the members.

5. The Bread Project

Objectives:

- a. To learn to make bread
- b. To learn better methods of making bread

Procedure:

It is hoped that some of the girls in the school 4-H clubs will also complete the bread project.

6. There will certainly be some girls enrolled in the following individual projects:

- a. The Home Improvement Units
- b. The Home Management Units

- c. Food Preservation
 - d. Outdoor Meals
 - e. Make or Re-make your Clothing
 - f. Home Grounds Beautification
 - g. The Health Units
 - h. Leadership
 - i. Safety
- C. 4-H Activities
- 1. Camp

Approximately sixty 4-H club members from Bath County will attend a one week camp at Holiday Lake. This is a joint camp with several other counties in this area. Several adult and junior leaders from Bath County will participate in the program. The camp program will provide an opportunity for development of leadership, participation in recreational activities, enlarging the individual's circle of friends, and living in close relationship with other than their immediate family.

If the West Central District sponsors a Senior Camp again in 1959, the Bath County quota will be easily met.

State 4-H Conservation Camp will also find the designated number of girls participating from Bath County.

2. Achievement Day will be held in October. At that time all awards will be given out for the year. A varried program will be planned.

- 3. 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.

4. Rural Life Sunday

An effort will be made to observe Rural Life Sunday on a county wide basis. Good attendance of all 4-H club members will be encouraged.

5. 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.

6. State 4-H Short Course

The agent will strive to fill the counties quota of delegates with outstanding club members.

D. Young Men and Young Women's Work

Due to a lack of people in this age group in Bath County no separate organization is included in the county extension program. A large percent of the young homemakers belong to Home Demonstration Clubs. Several are very active in their club and serve as organization and project leaders. Some of the young homemakers serve as 4-H club leaders.

V. Scope of Work

A. Organisation	<u>No. in 1958</u>	<u>Goal 1959</u>
Number of home demonstration clubs	10	11
Membership	201	240
Number of 4-H Clubs	22	24
Membership	247	300
Number of young men and women's clubs	0	0
Membership	0	0
Number community improvement clubs	0	0
Membership	0	0
Number home economics committees	1	1
Number general interest committees	1	2
Number youth committees	0	1
Number other organizations	0	0
Number farm and home development families	3	6
VII. Plan for Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
A. Over-all Program Leaders (Organization leaders for county Extension Service Board)	0	0
B. Home Demonstration Club Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
Number organizational leaders	47	50
Number project leaders (subject matter)	56	60
No. Federation program of work chairmen	10	12
Number program development leaders	8	10
Number result demonstrators	0	3
Number meetings at which leaders were trained by specialists	2	3

	<u>No. in 1958</u>	<u>Goal 1959</u>
Number meetings at which leaders were trained by district agents	0	0
Number meetings at which leaders were trained by agent	3	4
Attendance at training meetings	85	85
No. club meetings held by leaders without agent present	40	40
No. club meetings in which leaders assisted	0	0
Total number demonstrations given by leaders	88	75
No. talks or discussions by leaders	352	350

My plan for training the leaders for the Home Demonstration clubs will be through a county wide meeting held the month before they are due to give their demonstration.

The Home Demonstration club officers will have a training meeting on their duties and on parliamentary procedure in February.

C. Over-all Youth Leaders	<u>No. in 1958</u>	<u>Goal 1959</u>
Organization leaders for county youth council	0	0
D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H club officers	91	144
Number adult project leaders	30	33
Number junior project leaders	3	3
Number result demonstrators	0	0
No. meetings at which leaders were trained by specialist	0	0

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	0	2
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	0	30
No. 4-H leaders trained individually	5	5
No. club meetings held by leaders without agent present	10	10
No. club meetings at which leaders assisted	30	All
No. demonstrations given by adult leaders	10	10
No. demonstrations given by junior leaders	5	5

The 4-H leaders will receive training through their 4-H leader association meetings. During the club year they should take over more and more of the leadership in their clubs.

VII. Work With Other Agencies

1. Schools

The Home Demonstration Agent will have contacts with all the schools because of her work with the school 4-H clubs. She will work directly with many of the teachers and meet and talk with all the others. The Home Demonstration Agent will work closely with the Home Economics teachers and assistance will be

given whenever needed. The latest bulletins will be given these teachers and any other type of materials requested.

2. Health Agencies

The agent will support these agencies in any way possible.

3. Farmers Home Administration

The agent will support this agency in any way possible.

VIII. Developing Good Public Relations in the County With:

A. Co-workers

The Home Demonstration Agent and County Agent will make plans for the 4-H program together. The calendar of scheduled events will be given to both the County Agent and secretary to inform them of present day and future activities.

B. General Public

The general public will be informed of the Extension program through the newspaper articles put in by the agent and the County Publicity Chairman. The Bath County Fair will inform a great many people of the work done both in 4-H clubs and Home Demonstration Clubs. The agents personal contacts with people in the county will help to keep all informed.

C. Elected Representatives

As the new Home Demonstration Agent works in this county she hopes to get to know the elected representatives better. She will try to keep them informed of her activities. They will be

invited to attend and participate in county events of the Home Demonstration and 4-H clubs.

D. Commercial Interests

The two commercial interests that the Home Demonstration Agent will be getting help from on the Extension Program will be the Virginia Hot Springs Company and the B-A-R-C Electric Co-operative.

E. Other Professional and Evaluating Programs

The Home Demonstration Agent will try to inform the professional workers of the county of any service that she feels may benefit their work. Assistance will be given whenever requested.

IX. Recording Progress and Evaluating Programs

Record of work done during the month will be kept throughout the month and reported in a monthly report by the agent.

The Plan of Work will be kept in the agents notebook to follow throughout the year.

In December each club president will report what their Home Demonstration club has done during the club year and turn it in to the agent for checking and scoring.

X. Professional Improvement

A. Organized study

The agent will attend Communications School and also a tailoring class in February. She will also attend other study meetings or classes throughout the year.

B. Reading

Professional books will be used as resource material. The publications of V.F.I. And U.S.D.A. will be read as well as professional magazines. The agent will try to read at least five books during the year to qualify for a reading certificate.

C. Membership in Professional Organizations

The new Home Demonstration Agent will join all the professional organizations available to Home Economics graduates in Virginia.

XI. Cooperative Plans of Extension Agents

The agents in Bath County are working together to improve the 4-H program. Conferences on all phases of the program have been held and will be held during the year. Project work is going to be stressed this year. Also work with demonstrations will be done for both the boys and girls.

The County Agent has offered to help with the Home Demonstration program at any time needed.

XII. Problems in carrying out the Extension Program in Bath County

A great deal of work has to be done to improve the 4-H work in this county. It is hoped that the interest in 4-H throughout the county will be greater, not only by the members but the adults too. This coming year more 4-H leaders and improved leadership will be worked on through the 4-H Leaders Association.

Another problem which needs to be met is the organization of Home Demonstration Clubs in the unorganized

communities. The agent will go into these communities and see if they want a club. There are also two home demonstration clubs in the county that need to be built up and their interest increased. Special attention will be given these clubs in the hope that they will find themselves again.