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Wickerson

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Clothing, Year - 1963

The Situation:

Most homemakers either sew very well or not at all. Many cannot alter hems or mend. Those who sew have little opportunity to learn advanced techniques.

The Specific Problem:

Homemakers lack knowledge of basic sewing techniques. Advanced sewers do not always use their machines to best advantage.
Many lack skill in recognizing and correcting fitting problems.
Selection of materials limited.

Program Objectives:

To improve sewing and fitting skills.
To create a desire in women to use their full time in this creative way.
Provide information leading to better buymanship of sewing materials.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Provide information leading to better buying and care practices of new fabrics and finishes	Extension Bulletins MC-64 MC-65 National Cotton Council	Demonstration using fabric kits from both VPI and the National Cotton Council	January	Agent
Provide information leading to recognition and correction of personal fitting problems This will be directed to the wearer of both home sewn and ready made garments	Extension Leaflet 137 Professional Magazines	Demonstration and discussion of examples of poor fitting brought in by club members	February	Agent
Provide clothing knowledge and develop skills in both advanced and beginning sewers	Agent Training	Series of workshops: 1. a. Use of machine b. Pattern alteration c. Cutting d. Basic Construction e. Basic finishing techniques	March and April	Agent

UNITED STATES DEPARTMENT OF LABOR
BUREAU OF LABOR RELATIONS

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
2. a. Training in use of machine attachments b. Series of demonstrations in advanced finishing techniques	2. a. Training in use of machine attachments b. Series of demonstrations in advanced finishing techniques	2. a. Training in use of machine attachments b. Series of demonstrations in advanced finishing techniques		
Fashion Review	Fashion Review	Fashion Review		

Evaluation:

1. Member questionnaire to see how many women:
 - a. learned to use a machine
 - b. made one or more garments
 - c. learned advanced finishing techniques.
2. Continued interest in clothing demonstrations or workshops.

DATE	PLACE	SUBJECT MATTER	METHODS	EVALUATION
1944	General	Instructional material and handouts for the members of the Council	Instructional material and handouts for the members of the Council	Provide information leading to recognition and promotion of general finishing programs to be directed to the members of the Council and the members of the Council
1944	General	Instructional material and handouts for the members of the Council	Instructional material and handouts for the members of the Council	Provide information leading to recognition and promotion of general finishing programs to be directed to the members of the Council and the members of the Council
1944	General	1. a. Use of machine b. Pattern alteration c. Sewing d. Basic construction e. Basic finishing	1. a. Use of machine b. Pattern alteration c. Sewing d. Basic construction e. Basic finishing	Provide finishing materials and develop skills in both advanced and beginning sewers

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Food and Nutrition, Year - 1963

The Situation:

A large percent of Dickenson County families raise very productive gardens. Local markets carry a limited variety of foods. Women in this area like to cook or be otherwise occupied with handling of foods.

The Specific Problem:

Homemakers tend to be static in their menu planning; many families are familiar with only the most common vegetables and meats. They want to learn to serve a variety of foods attractively and to introduce new dishes to their families.

Program Objective:

Teach basic nutrition as related to the vegetables and fish in the program.

Provide information leading to skill in handling and preparing vegetables and seafoods.

Provide women with materials to encourage their continued interest in these topics.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	TEACHING METHODS	WHEN	BY WHOM
Provide basic nutrition information leading to better buying and handling practices	Extension bulletins: MF - 159 MF - 363	Leader training meetings	June	Leaders
Provide recipes and experience leading to opportunities to introduce a variety of dishes in the menu	H. J. HEINZ COMPANY FILMSTRIP - "Song of the Salad." U. S. Fish and Wildlife Service Bulletins: Circ. 20 Circ. 29	Leader Training meeting	November	Leaders
Create an interest in preparing and serving new dishes	Test kitchen series Nos. 1-12 U. S. D. A. Bulletin No. 21 Professional Magazines	Leader Training meeting	July	Leaders

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: Development of Project Leaders, year - 1963

The Situation:

Nearly all 4-H leaders in Dickenson County are teachers who act as sponsors. They work with the same "in school" group each year; and, since most of them are teachers, they have little time to assist with project work.

The Specific Problem:

All clubs, except two, meet in school. Parents are always welcome, but never especially invited to assist with meetings. Schools are not community centered, so transportation is another problem.

The Program Objective:

Parent sponsored, and taught, summer project groups.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Parents to learn more about and understand their role in 4-H	State 4-H Staff 4-H Leaders' Handbook	Home visits Circular letter	May June	Agents and Junior Leaders
Parents to become aware of 4-H facts, figures and trends	4-H Program planning guide County 4-H Yearbook	Home visits Circular letter	May June	Agents
Parents to actively identify themselves with 4-H work	Project record books Ex: <u>Outdoor Cookery</u> <u>Light Horse and Pony</u>	Training meeting	June	Agents
Give opportunities for recognition and pride	4-H County Council	Camp leaders County field days Natural Bridge Leaders' Conf.	As events occur	

Evaluation:

Extension agents' awareness of improved interest and greater identification with entire 4-H program.
Observed improvement in methods used in guiding members, and increased project completion.
More participation in county-wide events.
Expressed desire by parents to help with program planning.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

PHASE: Establishment of County Clothing and Nutrition Committees, year - 1963

The Situation:

Families incomes are at a relatively low level now; but there are increasing opportunities for women to obtain employment outside the home. Starting March 1, approximately 22%-26% of this county's population will be doing their grocery shopping with food stamps.

The Specific Problem:

The lack of a committee of sincere, informed and interested people to take the lead in identifying the major nutrition and clothing problems in this county and to plan for their solution.

The Program Objective:

To organize and maintain the above named groups for the purpose of making a complete analysis of the county situation and determining problems and possible solutions.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To take the leadership in: the organization, orientation, function and maintenance of a county clothing and county nutrition committee.	District agents, representatives of county agencies and other Home Economics Departments	Group conference on county statistics, trends and outlook	January	H.D. Agent and members by invitation
	Home Demonstration Agent Pertinent data from Outlook pamphlets, 1960 county census, etc.	Draw up a list of county problems and long time objectives for solving these	March or April	Committee
	V. F. I. Specialists Home Demonstration Agent	Plan for workshops, classes, or some source of continuing information on their committee topic.	August or Sept.	Committee

Evaluation:

Use "Criteria for Program Development" as guide in evaluating the process followed.

Use questionnaire with members to determine their knowledge of their subjects and their interest in the committee and its purposes.

Observe cooperation and coordination of committee to county program and the results of their efforts.

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

WANDA GOLDEN

Extension Agent 1- 1-63 - 11-15-63

LARIE SUE HORNE 11-16-63 -12-31-63

Extension Agent

THOMAS E. DIMWIDDIE

Assistant Agent 4-1-63 - 12-31-63

Assistant Agent

Assistant Agent



1963

DICKENSON

County

I. INVOLVEMENT OF LOCAL LEADERSHIP IN PLANNING AND CARRYING OUT THE EXTENSION PROGRAM

A. Planning Committees

1. County Extension Service Board

The Dickenson County Extension Service Board is not staffed according to recommended Virginia plan because of the lack of special interest committees and commodity groups. Progress is being made in re-staffing and re-organizing the board according to the Virginia plan.

2. County Home Demonstration Committee

This is a very active and well organized group. In addition to the two regular meetings each year, this group met to plan the annual Home Demonstration Achievement program.

a. Officer Training - This is accomplished at one session of the spring and fall planning meeting, or at a special called session. Organizational leaders have become static in this county and, since they have usually assumed the position at some other time, they manage to keep the clubs strong.

b. Federation Program of Work Chairmen - These have received more concentrated training than usual during 1963. In addition to subject matter training (see results in section on Agricultural Production Management and Natural Resource Development), the agent gave concentrated help on how to organize club projects; material was distributed which listed bulletins, books and films to be used as program

aids; names and addresses of resource persons in forestry, the state historical society, district and area highway officials, etc., as needed to carry out various club projects; sources and estimated prices of materials (shrubbery, house and street signs, etc.) for community clean-up programs.

B. Contributions Made by Local Leaders

1. Adult

- a. Home Demonstration Achievement Day - The County Home Demonstration Committee was responsible for planning and carrying out the annual home demonstration achievement day. Club leaders organized either an exhibit or a display to represent their club on this day. Thirty-six members received membership pins based on the following criteria:
- (1) Attend 8 regular club meetings during the year.
 - (2) Attend either the District Federation meeting or the Institute of Rural Affairs.
 - (3) Attend the County Achievement Program, if possible, to receive the pin.
 - (4) Turn in a list to the club secretary of ten improvements made during the year.
 - (5) Serve as an officer or leader of your club.
 - (6) Memorize the Homemakers' Creed.

Forty-three good reading certificates were presented; clubs competed for an outstanding plaque (won by the McClure Home Demonstration Club). Points are given for participation in and contribution to the community and county extension programs.

- b. Medical Self Help - This program originated with the Dickenson County Health Department and was most active during 1962. However, during the first two months of 1963, certain Home Demonstration Club volunteer leaders continued to teach this 12 weeks course to anyone who wished to attend. Approximately 76 more people were reached, many of them for the first time.
- c. Dress-up-Dickenson - Various members of the county home demonstration clubs participated in the drive by the Chamber of Commerce to "Dress up Dickenson." Four or five of these women actually worked on the planning committee in this community. Nearly every club member assisted with distributing home clean-up check sheets (part of this campaign).
- d. Community Service - All organized groups are anxious to do things for community service. Some groups sponsor 4-H camping scholarships; fruit and flower baskets for shut-ins; games, gifts and magazines to patients at the Southwestern State Hospital at Marion, Virginia; assistance with the Christmas program of the county Welfare Department; as well as some contributions under specific subject matter headings (see Home and Community Beautification).

2. Youth

This county has several adults who have been of invaluable help to the 4-H camping program (attending camp and teaching

classes); to the Southwest Virginia 4-H Center, Inc., serving formerly as director and now as a member of the Memorials Committee.

Certain All Stars in the county have offered to assist with demonstrations, county-wide activities, and otherwise to help with the county program.

Senior 4-H Club members have assumed leadership roles; served as junior leaders at camp; planned and carried out the Share-the-Fun program; built and entered a float in the Christmas parade. These leaders were unusually active during National 4-H Club week by means of radio programs, news articles, and exhibits. One All Star (Fred Herndon) has exhibited many leadership qualities such as junior leader at 4-H Camp, President of Leadership Camp at Virginia Beach, participation in State Short Course at V P I and in the Resource Conference at Fontana.

C. Leader Training

1. Adult - H. D. C.

Home Demonstration subject mater leaders respond to food, home and community beautification and rural arts training. Follow-up is good in these areas. Subjects such as home management, clothing and house furnishings have been much harder to "put across" to leaders.

Transportation is uncommonly difficult in this area. Most women participate in two or more community organizations and

often do not have the time nor the interest to attend training meetings.

2. 4-H

Leaders are almost wholly of the organizational type, teachers in the schools in which clubs are organized. Tenure of adult leaders is very good. The county extension staff has been able to rely on them to help with parliamentary training and assembling the monthly club program.

Leader training sessions are being held for the County Extension program. Since transportation seems to be a difficulty in getting leaders together ^{for} group training, this is being done on an individual basis. It is hoped that, as interest mounts, leaders can be trained on a large scale.

D. Leadership Appraisal

There is a certain native characteristic which resists formal procedure. 4-H Clubs show a quality of trained leadership which is as obviously lacking in the adult groups.

For some reason, most home demonstration women will work on, but not be responsible for, a project; they will attend, but hesitate to lead (even when their background and training make them an ideal choice). There is an overwhelming opinion that the Extension agent, as paid personnel, is responsible for both teaching and guiding the activities of each group.

Problems of transportation, interest and access to materials

present many problems also.

The young people show a much greater willingness to accept and receive training in leadership roles. Agents have worked mostly on a club basis with this.

Since most of the organizational leaders are teachers, they have been very helpful in training their own club officers. However, the agents have frequently visited them the latter part of each month to help them with officer training and monthly 4-H programs. The caliber of 4-H programs is good. 4-H Adult leaders have continued as leaders over the years. There is a definite increase in the number of leaders since the number of clubs has increased. The agents have been fortunate in securing nine new project leaders in project areas suited to the interest of the members. Leaders and potential leaders have volunteered to help with the 4-H program, and from this interest definite leaders are coming to the front.

II. REPORT ON PROJECT AREAS

A. Agricultural Production, Management and Natural Resources

1. Phase: Tobacco Production

A tobacco committee was formed consisting of four tobacco farmers, soil conservationist and a Ve- Ag teacher. At its meeting, this committee discussed the Burley situation and made definite plans to improve it.

a. The Situation:

370 growers produced 115.28 acres of Burley averaging about 2100 lbs. per acre. The main problem consistently found is the production of good early plants.

b. Objectives:

Have all tobacco growers carry out recommended tobacco production practices to secure more money from this specialized crop.

c. Progress:

The committee set forth definite areas of production to stress.

- (1) Tour to Greenville, Tennessee, Tobacco Experiment Station by tobacco committee.
- (2) A tobacco panel made up of the committee in the form of questions and answers, authenticated by the Experiment Station, was conducted to 38 leading tobacco growers of the county.
- (3) The committee recommended that the County Agent, through all available means of communication, stress the importance of good plant bed management. This was accomplished. The committee highly recommends that at least 4 supervised plant bed demonstrations (using new plastic covers) be conducted to find a way to be sure of early plants.

- (4) County Farm Tour - 81 interested people visited 3 good fields of tobacco and many questions were asked on how this tobacco was produced.
- (5) Responding to the tobacco committee's request, sorting and grading demonstrations were successfully conducted for 197 tobacco growers (men, women, 4-H and FFA members). Results were gratifying to the committee and to the county agent.
- (6) The committee stressed the production of tobacco by young people who live on farms with small allotments, since 106 growers with small allotments (.20 to .30 A.) did not grow tobacco this year. The committee urges that the youth on these farms grow tobacco to supplement the family income.

2. Phase: Forestry - Woodland Management

This committee is now two years old. Two of the members are cooperators in the woodland management demonstration program. The third member of the committee does custom woodland improvement work and is well qualified to serve on the committee from this angle. Also, the fire warden and the Virginia State Forester serve as resource people. The V P I Extension Forester has played an important part in this phase, and will continue to do so. In its meetings the committee has discussed the forestry situation in Dickenson County; has made definite plans as to improvement of the situation and will continue to do so.

a. Situation:

Approximately 87% of the land area in the county is in forests, and more land is being taken out of production and reverting to forests. Dickenson County

can easily and truthfully be called the Yellow Poplar Capitol of Virginia. The 1957 forest survey showed over 400 million board feet of saw timber in the county at that time. There are now three market outlets for forestry products in the county, namely; mining timbers, lumber and pulpwood.

b. Objectives:

The committee would like to have all woodland owners carry out recommended forestry management practices as set forth by V P I and the Virginia Forest Service, using ASCS recommended practices if needed, to attract new wood using industry to the county.

c. Progress:

(1) Woodland Management Demonstration Areas

There has been considerable activity by the owners in connection with 3 woodland management demonstrations in the county. In one of these areas a mines spoil was set to locusts which are doing well. In another area the owner has done a lot of work in making improvements, destroying undesirable species and releasing desirable species according to markings made by the foresters from Extension Service and the Virginia Division of Forestry. In the other area, 81 interested people toured a stand of poplar that had been released

for maximum growth. An outstanding discussion of forestry was presented by the Virginia Forester working in this county.

(2) 4-H Forestry

A few Forestry Appreciation Projects were completed and plans are being made to interest more club members in taking advantage of the many forestry projects offered. 4-H Club members transplanted a total of 5000 white pine seedlings in the county.

2. Phase: Strawberry Production in Dickenson County

A committee appointed by the County Chamber of Commerce was set up, which included Vocational Agricultural teachers, Home Economics teachers, the Home Demonstration Agent, two local farm supply dealers, two experienced growers, and the County Agent (designated as Chairman). The committee formulated a plan of operation to work slowly toward production of more small fruits, especially strawberries. In the two meetings held by the committee, the situation and objectives were discussed and a plan of operation made.

a. Situation:

The soil, topography and climate of this area are suitable for strawberries. This area compares favorably with other large strawberry growing areas of the country. However, the county is located

within 500 miles of two-thirds of the population of the United States. An abundance of labor is available. Yet local demand for strawberries is not being met according to the best sources of information available. There are 132 grocery stores, 27 restaurants in the county, and many people who preserve strawberries. Because of the human requirements in picking strawberries, it is felt by the committee that people of this area can compete effectively with those of other areas.

b. Objectives:

To promote the production of strawberries as a means of raising the economic level of the people of the county. A two-fold objective exists:

- (1) To supply local demands.
- (2) To supply other nearby outlets.

c. Progress:

- (1) A committee of public spirited citizens was appointed which met as a committee.
- (2) VPI Specialists conducted a meeting with the committee and a few prominent growers.
- (3) Each agricultural teacher, home economics teacher, and 4-H Club was contacted and asked to emphasize the production and preserving of strawberries.

- (4) A series of articles were written on strawberry production.
- (5)
- (5) Two radio programs were made in the promotion
- (6) A meeting is planned to be held early in 1964 for the benefit of established growers and a few new growers.

3. Phase: Establishment of New Orchards and Renovating Old Ones

Several of the major apple growers in this county continue active participation in the area fruit growers association which meets monthly in Wise County. As a result of the activity of these few growers, other interested people have set new orchards and have requested to join the area fruit growers association.

a. Situation:

Certain areas in the county are adapted to and suitable for the production of apples and other tree fruits, and certain farmers are becoming interested in this type of agriculture. Many small producers of apples have received information on how to produce more desirable quality fruit with special reference to spray program.

b. Objectives:

To promote the production of more and better quality tree fruits to supply local demand and nearby markets.

c. Progress:

Ten new tree fruit growers have been added to the fruit growers' mailing list for timely information. They are encouraged at all times to join the association. One large grower has established a large storage facility and a roadside market as a result of increased production of apples.

B. Marketing and Utilization of Agricultural Products

1. Phase: Horticulture - Small Fruits

a. Situation:

There is a very limited amount of land in the county suitable for the utilization of many crops; however, the type of land has proven to be excellent for small fruits.

Additional sources of income for families is badly needed, and it is felt that many subsistence families can profit by producing and marketing small fruits.

b. Objectives:

To analyze the local market situation with efforts to determine if the local market could consume additional small fruits and, if so, how much. Also, to determine what methods of handling, assembling and distributing would most satisfactorily facilitate

the expansion of local markets.

c. Progress:

Interest is on the increase with regard to commercial production of small fruits in the county. Approximately 78 growers produce from 0.2 to 1 acre of strawberries. Results from several 1 acre plots are known, and these return approximately \$2500.00 per acre, per year, to the growers. Several new pilot plantings have been made this spring and others of somewhat larger nature are in the planning stage for next year. A small fruits meeting is planned with specialists for the coming year.

2. Phase: Animal Industry

a. Situation:

Land area for pasture and forage crops is at a minimum in the county; however, the producers of beef cattle, sheep and swine are doing a good job.

b. Objectives:

Encourage all producers to increase production to better supply the local demand.

c. Progress:

(1) Lambs and Wool

Practically all of the sheep growers marketed this year's wool and lamb crops through an organized wool pool or lamb sale, and took advantage of the A. S. C. S. wool incentive payments.

(2) Beef

More and more of the county growers are finishing their cattle and selling them to local markets.

(3) Swine

The present swine growers are selling their feeder pigs locally and at present more pigs are needed to meet the demand.

C. Extension Home Economics

1. Phase: Home and Community Beautification

a. Situation:

Dickenson County was once almost totally dependent on lumber and mining operations. The resulting scarring of the land and its natural beauty is very evident. With the work of the Chamber of Commerce, the opening of the Breaks Park and the proposed recreation area at the John W. Flannagan Dam and reservoir, it has become necessary to think in terms of tourism. County residents must be made aware of conservation and home beautification practices.

b. Objectives:

- (1) Each club beautify at least one community center, preferably with plant material.
- (2) Each club member work toward establishment of a picnic area in her own or neighboring community.
- (3) Each club member beautify mail box or establish house sign.

- (4) Each club make a cash contribution for plant material to be used at Court House.

c. Progress:

- (1) Special Interest Meeting - Dr. Paul Smeal, Assistant V P I Horticulturist, presented a special interest meeting on "Winter Care for Ornamentals."
- (2) Dress Up Dickenson - Agent and club members participated in this Chamber of Commerce project. Home Beautification check sheets were distributed and some women served on their community clean-up committee.
- (3) Clintwood Area Garden Club - This agent assisted with the organization of this group of both men and women who are interested in home and community beautification.

This agent has on occasion provided bulletins for general distribution; arranged for Dr. A. S. Beecher to give a program on landscaping; and also provided a film on flower arranging for another program.

The group sponsored a sale of pink dogwoods and were instrumental in setting out many along the main streets of Clintwood.

- (4) Federation Program of Work - The home demonstration women have devoted two complete meetings to this topic during 1963. Due to the nature of the work involved, several clubs have held club workdays. Projects under way, or completed, at this time include:
 - (a) 10 or 12 members developing an outdoor living area.
 - (b) General community clean up.
 - (c) Flower bed of spring bulbs in the traffic island at Haysi.
 - (d) Building a cinder block fireplace for public use at The Pines Picnic Area near Nera.
 - (e) Buying street signs for placement in Clintwood.

- (f) Obtaining and placing signs to mark community boundaries.
 - (g) Planting and maintenance of petunia bed in front of County Court House.
 - (h) Establishing house signs in McClure Community.
- (5) 4-H - The Clintwood Senior 4-H Club chose to plant, as a community service, dogwoods around the Clintwood school. This group also placed a 4-H road sign at the Wise County line.

2. Phase: Clothing

a. Situation:

There is general interest in learning sewing skills, particularly at the beginners level. Members lack basic knowledge of fitting techniques, selection and care of new fabrics and basic clothing skills.

b. Objectives:

- (1) To teach criteria of a good fit in home sewn and ready made clothing.
- (2) To teach members to recognize and know how to correct their fitting problems.
- (3) For homemakers to become aware of the variety of fabrics available.
- (4) To teach the meaning of generic names and the value of understanding fabric tags.
- (5) To conduct both beginners and advanced sewing workshops.
- (6) To convey the importance of the selection of good line and design; and create a desire to learn good sewing techniques.

c. Progress:

(1) Adults

The agent demonstrated the variety of fabrics available; the meaning and significance of generic names and their relation to various trade names. Another agent demonstration, "Does it Fit," acquainted each member with the nine fitting points.

The clothing workshops were not held due to extreme cold weather and the inability to get machines at any other time.

Members have shown continuing interest by requesting that the workshops be held in 1964.

(2) Other Work Within this Project Area

Three beginners' clothing workshops were concluded just at the first of the year. 18 women attended eight weekly workshops. All completed a garment. Machines were loaned by the Singer Sewing Center at Bristol.

3. Phase: Foods and Nutrition

a. Situation:

Women are naturally interested in foods. Most families have their own fruits and vegetables from the garden, but the variety is not great enough. Diets in this area tend to be based on pork products, dried beans, potatoes, poultry, and a limited variety

of green vegetables.

b. Objectives:

- (1) To increase the variety of salads in the diet.
- (2) To teach the making and economy of salad dressing.
- (3) To increase the variety of ways of preparing everyday vegetables.
- (4) Handling and selection of fruits and vegetables.
- (5) To introduce a variety of seafoods into the diet.
- (6) Teach proper handling and cooking of fish products.
- (7) Encourage the adoption of new foods for a more interesting diet and better nutrition.

c. Progress:

- (1) Adult - All home demonstration clubs had programs on Salads and Salad Dressings, Vegetable Cookery and Seafoods. The Appalachian Power Company Home Service Representative also presented a special program on Freezing Prepared Foods.

In all cases, leaders were trained to give the demonstrations. Eighty percent of the women report that they make constant use of at least one recipe under each topic. The agent feels that this indicates a trend to try new foods in the family meal planning.

- (2) 4-H - 14 members (girls) satisfactorily completed food projects. No county 4-H'ers entered district contests in this area.
- (3) Food Stamp Plan - Dickenson County was declared a pilot county by the U. S. D. A. for this program administered by the County Welfare Department.

The object is to provide better balanced diets for low income families. These people previously received surplus commodities.

The agent has worked with Mr. Leon Saunders, Project Manager, and home economics representatives from Lee, Scott and Wise counties to try to outline

an educational plan. All representatives (home agents, teachers and commercial home economists) decided that one plan was net useable by all.

The agent conferred with and observed Miss Anne Jones, Nutritionist with the State Health Department. With this information, an educational program was started for the feed stamp recipients in this county.

The agent held a 20 minute program each morning that stamps were distributed. Topics covered were the Basic Four and Wise Shopping, and the response was very good. The audience both answered and asked questions. Handout materials, developed in the county office, were distributed.

The home agent has also worked with the public health nurse in preparing her talk on food quality and cleanliness for recipients of the food stamps.

4. Phase: Home Furnishings

a. Situation:

Certain individuals have requested help with kitchen planning, color coordination, and wood finishes.

b. Objectives:

- (1) To carry on two result demonstrations.
- (2) Teach finishing techniques for members who wanted to work on stools, wooden bowls and palm leaf planters.

c. Progress:

- (1) Kitchen Remodeling - Early this year the remodeling of the kitchen of Mrs. Wesley Edwards was completed. With the Agent's help, she drew up detailed and complete plans for complete renovation of this room. All new cabinets and appliances were installed; new colors in fabrics and floor coverings were selected and lighting modified to provide better working conditions.
- (2) Color Selection - The M. M. Clingenpeel family requested this agent's help in selecting new colors for walls and floors.
- (3) Color Coordination - The agent presented a program on color coordination to the Clintwood Junior Woman's Club. Slides and bulletins were used with the demonstration.

5. Phase: Work of an Emergency Nature

Early this spring the county was subjected to much damage from flood waters. The Home Demonstration Agent made home visits to victims and distributed U. S. D. A. bulletins on treatment of flooded buildings and equipment. She advised home owners specifically on the care of flood-damaged carpeting and upholstered furniture.

Literature was made available to the local radio station for spot broadcasts; and this office cooperated in general by referring flood victims to the various agencies for specific relief.

D. 4-H and Other Youth Programs

1. Phase: 4-H County Leader Organization

a. Situation:

Most 4-H Leaders in Dickenson County are leaders at in-school clubs, organizational in nature; however, many of these leaders are invaluable for they assist with the officer training and 4-H Club programs. This gives the agents more time to help with the club projects. However, the agents are constantly counseling with these leaders for better 4-H leader participation.

b. Objectives:

As a result of increased enrollment by clubs, and new clubs, more active leaders are to be trained to form a county 4-H Leaders' organization to more effectively train all leaders to "Make the Best Better."

c. Progress:

Agents worked individually with club leaders to make for better 4-H programs and to keep the leaders up-to-date in 4-H. The Virginia 4-H Club Leaders Hand Book has been helpful to these leaders. Home visits to the leaders by agents proved helpful in programs conducted. 4-H leaders assumed much responsibility for the club's Share-the-Fun program elimination contests, and made it possible for the winners of each club to attend the county contest.

Many interested people of particular specialities, in both agriculture and home economics, have volunteered to assist in project meetings and proposed project instructions to come. Certain adult leaders have attended 4-H Camps, entered into the program, and assumed teaching responsibilities.

2. Phase: County-wide 4-H Electric Program

499 club members enrolled in the 4-H Electric Project which was carried throughout the year. The agents received help from representatives of the local power supplier to conduct a two-day 4-H Electric Jamboree dealing with special interest subject matter. 103 4-H members attended this two-day event at which they received practical instructions along with electrical fun. Also a motercade of club members, friends, parents and officers of the law took a safe tour to the Carbo Electric Plant in Russell County. A guided tour through the plant was helpful to all to get an insight on how coal is used (and will be used more in the future) to generate electricity. A picnic followed, and all who attended are hoping that another jamboree will be held next summer.

The two outstanding county electric members (a girl and a boy) were rewarded with a trip to the 4-H Electric Congress in Richmond. Also, a committee of boys and girls planned and constructed a 4-H Electric Exhibit which was put up at the Electric Congress by the delegates from the county. A

red award was received. Four County 4-H Electric Medals were awarded.

3. Phase: 4-H Share-the-Fun Program

Club members and leaders of respective clubs held a club Share-the-Fun contest. A winner was selected from each club to participate in the county-wide Share-the-Fun contest. A junior and senior county-wide contest was held. Winners in both the junior and senior groups were rewarded with scholarships and cash prizes to 4-H camp and the district contest held at V F I during the State Short Course. Three local sponsors provided the prizes in this program and the proceeds from the audience was put in the County 4-H Council Fund.

The senior county winning group placed first in the district and state contests and have been invited to participate in other functions throughout the state. This has meant much to the county program.

4. Phase: 4-H Light Horse and Pony Program

While attending some sick ponies in one large community, the agent was impressed with the great interest shown in ponies by both boys and girls. He also noted that no 4-H Club work had been offered in this area. At the request of parents, the agent formed a 4-H Pony Club. An adult committee was appointed to secure the names of

boys and girls who owned ponies, and to prepare a riding arena so as to keep the youngsters off the highway.

The County Chamber of Commerce endorsed the program and is sponsoring it wholeheartedly. After considerable planning, formal organization took place in September. 47 boys and girls organized as a club in an area where no 4-H Club work had been conducted for some 15 years. They named their club The Cumberland Trail Riders and they meet once a month at the VFW Club House in Clintwood.

Accomplishments to date are:

- a. An organized 4-H Club in action with projects other than Light Horse and Pony taken.
- b. A riding arena where the agent gives demonstrations on safety, bridling, saddling, grooming, mounting and dismounting, and properly sitting in the saddle.
- c. Riding techniques and formation riding were practiced; barrel, tunnel and egg racing contests held to inject fun into the program.
- d. Two trail rides were planned and carried out in which parents and friends of 4-H took part, one friend of the program driving a covered wagon as a part of one of these trail rides.
- c. The club decided on a uniform, a part of which is the official 4-H Club jacket, to be worn or used at club meetings, on trail rides and for other club activities.

The highlight of the club's year was that they practiced for the Christmas parade, entered and won the grand prize.

This program is on the increase in numbers and, from all reports, other areas in the county want to organize similar clubs.

5. Phase: 4-H Activities Outside the County

a. Senior 4-H Camp:

9 county senior 4-H members attended this event at Southwest Virginia 4-H Center. The theme of the camp was Young Citizens in Action, and enthusiasm, cooperation and competition by all attending ran high -- a wonderful camp and not too large.

b. State Short Course - VPI:

8 county 4-H Club members attended the 4-H Short Course and participated in Entomology, Public Speaking and Share-the-Fun contests. Dickenson County's Share-the-Fun group took top honors in the district and state contests.

c. Junior 4-H Camp:

46 county 4-H Club members attended Junior 4-H Camp at the Southwest Virginia 4-H Center near Abingdon, Virginia, with one county Junior Leader attending and acting as leader at camp.

d. 4-H Leadership Camp: Fred Herndon, an active Senior 4-H Member of the county attended as President of the

Leadership Camp at Virginia Beach.

III. GENERAL APPRAISAL

Most of the year the County Extension Office was fully staffed (both home agent and county agent), but let it be known that the county agent was appointed and began work in the county as of April 1, 1963; the home demonstration agent resigned as of November 15 and a new home agent began work at that time; therefore, the new agents have been, and are, working hard to get to know the people of the county, to gain their confidence and to sell them on the idea of coming forward with their problems and taking active parts as leaders in helping to carry out the program based on their needs.

A. Public Relations:

A practice is being followed that good public relations with all agricultural, and other, agencies is very important. To date the County Agent is actively engaged as a member of the ASCS Committee, works with the Young Farmers and FFA organizations, is Secretary of the Lanesome Pine Soil Conservation District Board of Supervisors, works with the County Fire Warden, and is planning a Forestry Program with the Virginia Division of Forestry.

Some examples of cooperation are:

1. A farm tour, 81 attending with all agencies represented and taking part in the program.
2. Working with the Young Farmers organization.

3. Cooperative tobacco grading and sorting demonstrations were conducted with all agricultural agencies taking part; results, 197 farmers attended.
4. A Soil Stewardship Service was sponsored jointly by 4-H, FFA, FHA, Boy Scouts, Methodist Youth Fellowship and Baptist Training Union, and members of all agricultural agencies attended. This activity was initiated by the County Agents' Office and the Soil Conservation District.

B. Animal Health

A result of one of the major livestock problems in the county has been to give the agent an opportunity to meet many people.

The problem being no local veterinarian, and it has been customary in the past for the county agent to give assistance to sick animals wherever they may be, at any time -- day or night. The agent has encouraged the people to fee their animals better, and taught them how to administer veterinarian medicines.

A committee of public spirited people, representing all phases of the animal industry in the county, has been appointed; and it is hoped that, as a result of the committee's findings, a local veterinarian may be secured from the graduating classes of 1964.

C. 4-H and Youth Work

The agents are incorporating more 4-H activities into the 4-H program to back up projects. This seems to stimulate

interest and initiative for more active junior and adult leadership and club member participation. To mention a few:

1. The 4-H Electric Jamboree
2. Automotive Care and Safety meetings at garages.
3. Two Rural Life Sunday Programs.
4. County-wide Share-the-Fun Program.
5. 4-H Radio programs.
6. Increased 4-H reporter news articles.
7. Trail rides.

Let it be noted that 8 new 4-H Clubs have been organized for the 1963-64 Club year, with good leaders, and the enrollment has practically doubled.

The agents feel that the County Extension Office can greatly assist the proud people of this area to help themselves, and the general outlook for the coming year is encouraging.

SECTION I: SUMMARY OF SELECTED EXTENSION TEACHING ACTIVITIES

(See instructions in Section I for columns A-B-C-D-E-F.)

Teaching Activities	Work Done By --					
	Home Agents	Youth Agents	Agricultural Agents	County Total	State Staff	Grand Total
	A	B	C	D	E	F
1. Farm, home, firm and other out-of-office visits	261		502	763		763 ✓
2. Office calls	188		318	506		506 ✓
3. Telephone calls (received or made)	378		377	755		755 ✓
4. Newspaper articles or stories:						
a. Prepared and released directly to newspapers or magazines	30		50	80		80
b. Prepared by state office and released through county extension offices	0		69	69		XXXXX
5. Broadcasts made:						
a. Radio	1		11	12		12
b. Television	0		0	0		0
6. Publications distributed directly to the public	5430		2562	7992		7992
7. Circular and commodity letters written	25		40	65		65
8. Training meetings held for local leaders:						
a. Adult work (1) Number	6		1	7		7
(2) Attendance	73		11	84		84
b. Youth work (1) Number	9		20	29		29
(2) Attendance	22		132	154		154
9. Other meetings at which agents or specialists presented educational information:						
a. Adult work (1) Number	73		25	98		98
(2) Attendance	2149		522	2671		2671
b. Youth work (1) Number	103		107	210		210
(2) Attendance	2550		3239	5789		5789
10. Meetings held by local leaders:						
a. Adult work (1) Number	16		0	16		16
(2) Attendance	217		0	217		217
b. Youth Work (1) Number	3		3	6		6
(2) Attendance	112		62	174		174

SECTION II: PROGRAM EMPHASIS
 (See instructions for Section II.)

	Days Devoted By	
	County Staff	State Staff
	A	B
11. Planning and management of the farm business	21	
12. Field crops, pasture, range (production and on-farm marketing)..	15	
13. Soil management	7	
14. Horticulture (production and on-farm marketing)	6	
15. Forestry (production and on-farm marketing)	10	
16. Soil and water conservation, wildlife	10	
17. Plant pathology	3	
18. Entomology	5	
19. Agricultural chemicals (pesticides, additives, etc.)	7	
20. Dairy (production and on-farm marketing)	0	
21. Poultry (production and on-farm marketing)	4	
22. Livestock (production and on-farm marketing)	11	
23. Animal and poultry health	35	
24. Marketing and utilization	7	
25. Consumer education in use of agricultural products	1	
26. Agricultural engineering	1	
27. Dwellings and equipment	18	
28. Home grounds improvement	28	
29. Planning and management in the home	6	
30. Family economics	7	
31. Home furnishings	4	
32. Clothing selection and care	12	
33. Clothing construction	1	
34. Food preparation and selection	11	
35. Food preservation	3	
36. Nutrition	16	
37. Human relations, child development	20	
38. Health	6	
39. Safety	30	
40. Recreation	5	
41. Outlook	11	
42. Community development and resource adjustment	11	
43. Manpower development, employment information	0	
44. Public affairs	12	
45. Rural defense	3	
46. Leadership development	15	
47. Extension administration, organization	26	
48. Program planning	25	
49. Supervision of extension personnel	XXXXX	
50. Inservice training received	7	
51. Miscellaneous (cannot be charged to above items)	12	
52. Total days worked (items 11-51)	432 ✓	
Of total days reported in item 52, how many were devoted to:		
53. a. Adult work	247 ✓	
b. Young adult work (ages 18-25)	1 ✓	
c. 4-H Club work	184 ✓	
d. Work with other youth and youth serving groups (within 4-H age)	0	

54. Adult voluntary local leaders assisting in the conduct of county extension work.
(Read instructions before completing.)

	Men A	Women B
a. In overall county-wide extension councils or committees, community improvement work and other work not covered below	28	56
b. In adult agricultural and related fields	15	0
c. In adult home economics and related fields	0	48
d. In work with young adults	2	0
e. In 4-H Club work: (Different leaders only)		
(1) Organizational leaders	13	9
(2) Project or subject-matter leaders	11	1
(3) Other adult leaders	1	2
f. Total DIFFERENT adult leaders	58	116

HOME ECONOMICS EXTENSION WORK

55. Organized clubs or other groups continuously carrying on adult home economics extension work:

a. Number of groups	<u>7</u>
b. Number of members	<u>125</u>

56. Special audience and specific interest groups:

a. Organized by extension and worked with in home economics extension work:	
(1) Number of such groups worked with	<u>12</u>
(2) Attendance at meetings held with these groups	<u>442</u>
b. Not organized by extension:	
(1) Number of such groups worked with	<u>4</u>
(2) Attendance at meetings held with these groups	<u>151</u>
(3) Number of leaders in non-extension organized groups trained by extension during the year	<u>0</u>

WORK WITH YOUNG ADULTS

Work designed to meet the continuing education needs of men and women, primarily out of school, unmarried, and in the age range of 18-25. Report all worked with of this age group regardless of whether they are also reported elsewhere.

57. Extension sponsored groups of young adults:

a. Number of groups worked with	<u>0</u>
b. Number in such groups	Men: <u>0</u>
	Women: <u>0</u>

58. Number worked with through young adult programs (jointly sponsored groups, non-extension groups, and individuals not in groups):

Men:	<u>0</u>
Women:	<u>0</u>

WORK WITH OTHER YOUTH

59. Number of youth (of 4-H Club age) worked with in addition to 4-H Club members 0

4-H CLUB WORK

60. Number of 4-H Clubs 15

61. Different 4-H Club members enrolled:

a. Boys	<u>227</u>	63. Four-H Club members by years in club work:	
b. Girls	<u>340</u>	a. 1st year	<u>254</u>
c. Total	<u>567</u> ✓	b. 2nd year	<u>142</u>
		c. 3rd year	<u>103</u>
		d. 4th year	<u>42</u>
		e. 5th year	<u>9</u>
		f. 6th year and over	<u>17</u>

62. Four-H Club members enrolled by place of residence:

a. Farm	<u>30</u>	64. Four-H Club members by age groups:	
b. Rural non-farm	<u>430</u>	a. 12 years and under	<u>408</u>
c. Urban	<u>107</u> ✓	b. 13-15 years inclusive ..	<u>135</u>
		c. 16-20 years inclusive ..	<u>24</u> ✓

65. Four-H enrollment in projects and activities:

(A member may be enrolled in more than one project or activity under each of the following groupings and should be counted each time.)

a. Agronomy (crops and soils)	<u>0</u>
b. Horticulture (fruits, vegetables, landscaping)	<u>151</u>
c. Entomology and plant pathology	<u>33</u>
d. Conservation (soil, water, forest, wildlife)	<u>36</u>
e. Poultry	<u>11</u>
f. Dairy	<u>6</u>
g. Beef	<u>0</u>
h. Swine	<u>14</u>
i. Other livestock	<u>28</u>
j. Engineering (include electricity, tractor, automotive)	<u>499</u>
k. Management on the farm	<u>0</u>
l. Marketing and business	<u>0</u>
m. Management in the home	<u>7</u>
n. Clothing	<u>95</u>
o. Food and nutrition	<u>123</u>
p. Home improvement and furnishings	<u>11</u>
q. Family life education	<u>0</u>
r. Personal development (public speaking, grooming)	<u>1</u>
s. Health	<u>0</u>
t. Safety	<u>1</u>
u. Recreation (include crafts)	<u>0</u>
v. Community and public affairs	<u>23</u>
w. Career exploration	<u>25</u>
x. Total enrollment in projects and activities	<u>1064</u> ✓

66. Junior 4-H Club leaders:

a. Boys	<u>5</u>
b. Girls	<u>5</u>

SECTION III: COOPERATION WITH OTHER PUBLIC AGENCIES

(Read instructions before completing.)

	Days Devoted By	
	County Staff	State Staff
	A	B
FEDERAL AGENCIES		
67. Agricultural Research Service	0	
68. Agricultural Stabilization and Conservation Service	8	
69. Bureau of Indian Affairs	0	
70. Bureau of Land Management; Bureau of Reclamation	0	
71. Department of Commerce (Area Redevelopment)	0	
72. Economic Research Service	1	
73. Farm Credit Administration	0	
74. Farmer Cooperative Service	0	
75. Farmers Home Administration	4	
76. Fish and Wildlife Service	0	
77. Food and Drug Administration	0	
78. Forest Service	1	
79. Housing and Home Finance Agency	0	
80. Rural Electrification Administration	3	
81. Selective Service	0	
82. Social Security Administration; Internal Revenue Service	0	
83. Soil Conservation Service	2	
84. Area Authorities (TVA, etc.)	0	
85. USDA Defense Board	0	
STATE AGENCIES		
86. Civil Defense (at both state and county level)	1	
87. Health Department	1	
88. Highway Department	7	
89. Commissions on: Children and Youth; Juvenile Delinquency; Aging .	1	
90. State Departments of Agriculture and Forestry	4	
91. State Department of Education (schools in general)	6	
92. State Employment Service	0	
93. Welfare Department	20	
94. State RAD Committee	0	
COUNTY AGENCIES		
95. Soil Conservation Districts	11	
96. Vocational Agricultural and Home Economics Departments	9	
97. County or area RAD Committees	4	