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1.

1961 Plan of Work

Anita P. Love
Home Demonstration Agent

Bath
County

I. County Situation

Bath County is located in the Alleghany Highlands in the West Central part of Virginia along the West Virginia Border. The topography is rough and mountainous. Elevation range is from 1150 feet on the Cowpasture to 4400 feet at the highest peak of the Warm Springs Mountain. Other mountains in the county parallel this mountain but most of this rough terrain is in the George Washington National Forest.

The population of Bath County has been gradually decreasing since 1930 when there were 8,137 listed in the census of that year. It is estimated that there are 5,900 people in the county at the present time with about one hundred leaving each year. If this decrease continues and there is no reason to believe that it will not, our population by 1975 will be 4000. This trend is shown in the reduction of farms as follows: 700 in 1940, 500 in 1950, 433 in 1955, and 314 in 1960.

Our population is also getting older.

Bath County has 345,600 acres, but only 84,572 acres

are owned by the farmers. The U. S. Forest Service owns and controls 160,000 acres located in the George Washington National Forest. The State of Virginia owns approximately 25,000 acres. Five thousand acres of this land is in the Douthat State Park, which is operated as a public park and located in the southeastern part of the county. Twenty thousand acres is in the recently acquired Gathright Tract, which is operated for public hunting. The Virginia Hot Springs Company owns 18,000 acres which is operated as a farm, golf courses, airport, ski run, woods, riding trails and other facilities maintained for the famous Homestead Spa.

The average family income was \$1731 for farm and commercial in 1955. There are many farmers who have off-farm employment. There were 23.4% of the women fourteen years and over working in 1950.

The Homestead Hotel and Cascades Inn are operated by the Virginia Hot Springs Company, Incorporated, locally referred to as the Company. This Company is the county's largest employer, and the future of Bath, good or bad, is directly or indirectly dependent on the Company.

The Cowpasture River in the eastern part of the county and the Jackson River in the western part of the county, are dotted with many commercially operated summer camps for both boys and girls.

There is little employment opportunity for young people.

Many high school graduates would like to stay in the county to work, but are unable to do this because of lack of employment and low wages.

The median school years completed is 7.4 for men and 7.9 for women. There is a high school at Millboro and one near Warm Springs. There has been a great deal of discussion in the past few years about consolidation since neither school has 200 pupils in the high school grades. Valley High School opened in the fall of 1956, is located near the center of the population of the county. It was thought at one time that there might be some chance of its being consolidated, but such violent opposition arose at Millboro and the eastern side of the mountain that nothing has ever been done. There is now consideration of a new or remodeled building at Millboro to replace the older structure. Grade schools are located at Ashwood, Mitchelltown, Warm Springs, Mountain Grove and Millboro. Negro elementary schools are located in Thomastown and Millboro, while the negro high school students are transported to Covington.

There are two main highways, U. S. 220 running from north to south and Virginia 39 crossing from east to west. Virginia 42 comes into the eastern part of the county and goes down the Cowpasture River to the intersection of Route 60 in Alleghany County. The C. & O. Railway has a main-line stop at Millboro, which is a village of 200 people,

located on the extreme eastern edge near the Rockbridge line. The C. & O. also maintains passenger, pullman and freight from Clifton Forge - Covington to Hot Springs, mainly to service the Homestead Hotel.

The Warm Springs Mountain not only is a transportation barrier, but it also forms a social and political line between the people of the two sections. This barrier is more than imaginary during winter when snow and fog prevents full communication among all county people. This mountain division, which may be physical in nature, has kept its place even to our present day. The natural water-drained roads run up and down the valleys. This is not conducive to traveling from east to west.

There are no commercial bus routes except limousine service from Hot Springs to Covington and Clifton Forge Railway station, and a once-a-day service on route 42 from Clifton Forge to Staunton.

Bath County is served by five different public telephone systems and one private system operated by the U. S. Forest Service. The Virginia Hot Springs Company serves the village of Hot Springs, the Hotel, the County Seat village of Warm Springs, and others from near the Highland County line to within three miles of the Alleghany line. The Clifton Forge exchange serves the lower Cowpasture River, while the Craigsville exchange of the C. & F. System serves Millboro and the upper Cowpasture. The Deerfield exchange

of the C. & P. serves the farming area in the Cloverdale Community, which borders Augusta County. The Covington exchange serves the lower end of the Warm Springs Valley. The U. S. Forest Service has one line that runs from their Warm Springs District office to the Mountain Grove Forester and Fire Towers. This can be used only in an emergency and is not always available. This poor communications system does as much as any one thing to draw the people in opposite directions.

The County people also listen to six radio stations and receive about as many TV channels.

About ten thousand hunting and fishing licenses are issued annually bringing a total of over fifteen thousand dollars directly into the County Treasury. This is one way farmers get supplemental income. Some operate hunt clubs while others take hunters into their homes for room and board during hunting season.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Agricultural Extension Service Board

This organization is composed of twenty members who meet to study the county situation. They try to sell long time planning to the county people.

2. Home Economics Committees

a. Health and Nutrition

This committee has fifteen members and three sub-divisions - Health - Nutrition and Civil Defense. It is hoped that Civil Defense will be made a General Interest Committee in 1961.

B. Lighting and Home Improvement

This committee is composed of six members and it is hoped that in 1961 it will become a Home Improvement Committee. This committee will emphasize the need for good home lighting as well as other improvements.

3. General Interest Committees

a. Recreation

This committee is composed of five members who are trying to help develop recreational facilities for the young people in Bath County.

4. Home Demonstration Committee

This committee is composed of Home Demonstration presidents and program development leaders who meet twice yearly to plan the program and to determine progress of the program. This group has the following officers: President, Vice President, Secretary, Treasurer, Federation Program of Work Chairman and Publicity Chairman.

B. Subject Matter

FOODS

Situational Statement: Homemakers want to learn how to be more intelligent in food shopping. They want to know how to get bargains in foods. Homemakers want to develop good eating habits in their children.

About 65% of the homemakers in Bath County have home freezers. They want to make the freezer pay for itself. They are interested in knowing the best methods and materials to use in freezing foods.

Homemakers want new recipes and ideas for molded salads.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Lack of knowledge in wise food shopping, use of the freezer, developing good eating habits in children.	To help these homemakers develop knowledge in: <ol style="list-style-type: none"> 1. Being intelligent in the Super Market. 2. Learning best methods and materials to use in freezing. 3. Learn to make freezer pay for itself. 4. Importance of good nutrition. 5. Developing good eating habits in children. 	<ol style="list-style-type: none"> 1. Agent and trained leaders will give demonstrations. 2. Agent will do radio programs of these subjects. 3. Bulletins will be distributed. 	Wise Food Shopping Developing Good Eating Habits in Children Molded Salads and Desserts Wise Use of the Freezer	

CLOTHING

Situational Statement: There are so many new synthetic fabrics and fibers on the market that homemakers do not know how to care for them. Because of the various finishes and blends of these fabrics, new laundering procedures will have to be put into practice. Club members will have to learn characteristics of these synthetic fabrics in order to spend the clothing dollar more wisely.

Homemakers want to learn more about storing clothing seasonally and how to moth-proof this Stored Clothing.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Method</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Homemakers lack knowledge in caring for and buying the synthetic fabrics.	To help these homemakers develop their knowledge in: 1. Laundry procedures for wash and wear fabrics. 2. Wise use of the clothing dollar. 3. Seasonal care of clothing. 4. Reading and understanding labels.	1. Demonstrations by club leaders who have been trained by Specialists. 2. Radio programs will be broadcast on these subjects. 3. Bulletins will be distributed to club members.	Care of Fabrics and Finishes Seasonal Care of Clothes Wise Use of the Clothing Dollar	

HOME MANAGEMENT

Situational Statement: Homemakers are confronted more with legal problems, but do not know enough about them to act wisely in many cases.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Homemakers lack knowledge in dealing with legal problems.	To help homemakers develop knowledge in: 1. Writing wills and deeds. 2. Services of lawyers.	1. Leaders and agent will be trained to head discussions on wills and deeds. 2. Lawyers will attend club meetings to tell of their services etc.	Wills, Deeds, Services of Lawyers	

HOUSE FURNISHINGS

Situational Statement: Homemakers have pieces of furniture and other accessories that could be used to good advantage if they were refinished.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Homemakers lack knowledge in refinishing furniture and restoring accessories.	To teach homemakers: 1. Method of refinishing furniture and restoring accessories. 2. To develop an appreciation for good design in accessories and furniture. 3. How to use accessories to make the house more attractive.	1. Demonstrations will be given by agent and leaders. 2. Bulletins will be distributed. 3. Club members will tour homes to see furniture and accessories that have been refinished.	Refinishing Furniture and Restoring Accessories	

RURAL ARTS

Situational Statement: Club members want to make something at the club meeting with their hands. They feel like basket making will be a useful art.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Club members want to make something at club meeting to take home.	To teach club members: 1. Skill in basket making.	Leaders will be trained to give demonstrations on Basketry.	Basket Making	

C. Other Activities

1. County Home Demonstration Club Objectives

The County Home Demonstration Committee selected the following objectives for 1961:

- a. The members will support 4-H work.
- b. Each club be responsible for having leaders at all training meetings and other county and district meetings.
- c. All members participate in the 4-H Farm Fair.
- d. Each member publicize Home Demonstration work.
- e. Each club pay State Federation and County dues.

2. National Home Demonstration Week

To observe National Home Demonstration week, a radio program will be broadcast by club members. Club members will attend the District Federation Meeting.

3. Achievement Program

An achievement program will be held in the fall. Each club will put up an exhibit showing some phase of the year's program.

4. Fairs

The annual 4-H Farm Fair will be held. Each club will enter an educational exhibit. Club members will enter individual exhibits.

5. Judging

Qualified Home Demonstration members will assist with judging fairs, 4-H contests and other events when the opportunity presents itself.

D. Urban Families

Bath County does not have any urban families.

E. Farm and Home Development

The agent will visit the Farm and Home Development Families and give assistance where needed.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County 4-H Leaders Association

Plans will be made to organize the 4-H adult and junior leaders. This group will plan 4-H activities for the county. They will assist with project work in the clubs.

B. 4-H Project Work

LOOKING YOUR BEST

Situational Statement: Girls and boys are interested in being well groomed at all times. It gives them self-confidence and poise when they take part in various programs and activities.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Club members need to know more about grooming.	To teach club members: 1. To care for themselves and their clothing. 2. To develop good posture. 3. To develop good cleanliness habits. 4. To save money by caring for clothes.	Agent will give demonstrations and lead discussions in grooming.	Rate Yourself	Care for Your Hair
		Club members will give demonstrations.	Care for Your Hands	
		Bulletins will be distributed.	Your Skin - Its Care	Your teeth and Smile
			Your Posture	Care for Your Feet and Shoes
			Quick Repairs	Emergency Kit
				Hang Up Clothes

MEAL PREPARATION

Situational Statement: It is an achievement and a challenge for a club member to plan and prepare a meal. They should learn to prepare nutritious and attractive meals.

Bath is a rural county and about all families have gardens, so club members should learn to use and prepare home produced foods.

<u>Specific Problem</u>	<u>Teaching Objectives</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Club members lack knowledge and skill in Meal Preparation.	To teach club members: 1. To plan and serve meals. 2. To prepare a well-balanced packed lunch. 3. To practice good kitchen rules. 4. To practice good table manners. 5. To set table correctly. 6. To use home produced foods.	Agent and L-H members will give demonstrations. Bulletins will be distributed.	Meal Planning A Five Star Lunch Table Setting Table Courtesy Kitchen Rules	

AUTOMOTIVE UNIT I

Situational Statement: Transportation is one of the big problems in Bath County. Since there is no public transportation people have to depend on cars. Because of this it is important that boys and girls are taught the importance of good attitudes in driving as well as the mechanics of driving.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Club members lack knowledge of how an automobile should be handled on the road, and cost involved in operating one.	To teach club members: 1. How to understand importance of the automobile to our way of life. 2. Importance of highway safety and proper attitudes of highway courtesy. 3. To perform elementary car maintenance operations.	1. Club members will study project manual and complete work sheets. 2. Club members will apply care and safety knowledge on automobile at home. 3. Demonstrations will be given. 4. Movies will be shown.	Importance of the Automobile in our way of life Highway Safety Owners Manual The Engine in General What makes a car run Carkeeping Car Costs	

CAREER EXPLORATION

Situational Statement: There is little employment opportunity for young people. Many of the high school graduates would like to stay in Bath County to work, but are unable to do this because of lack of employment and low wages. The median school years completed for men is 7.4 and 7.9 for women. This indicates a need for more study in career opportunities.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Club members lack knowledge in the opportunities offered in various careers.	To teach club members: 1. To become more aware of career opportunities in occupational fields. 2. How to obtain resource materials to use in studying occupation requirements, compensations and outlooks. 3. To realize the advantages and limitations of planning for a career.	1. Club members will complete Career Exploration workbook assignments. 2. Films on different careers will be shown. 3. Club members will participate in tours.	Learning About Myself Exploring different jobs Education and Training Requirements Sources of Information About Occupations	

MAKE OR REMAKE

Situational Statement: Club members are interested in having neat and pretty clothes. They have to plan for the best use of clothes on hand and those to be added.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Lack of knowledge in sewing skills and selection of the correct clothing styles.	To teach club members: 1. To choose becoming ready-to-wear and home-made clothing. 2. To remake garments on hand. 3. To make new garments. 4. To use clothing money wisely.	1. Agent, adult and junior leaders will give demonstrations. 2. Club members will make a plan of what they have on hand and what they need. 3. Club members will make or remake a garment.	How to Choose and Use a Pattern How to Choose Fabric best for you Basic Sewing Methods How to do Various Finishes on Garments	

No. Shares _____

Nº 372

SHARE IN AMELIA'S 4-H
INTERNATIONAL FARM YOUTH EXCHANGE

This certifies that _____ *has invested*

in the support of a **PERSONAL AMBASSADOR**, for 2-way understanding:

- (1) From our Community Abroad
- (2) From Abroad to our Community

on this the _____ day of _____, 196_____

Signed _____
Salesman

GAIL LUSH OUR IFYE CANDIDATE

QUALIFICATIONS

1. 4-H All Star, National 4-H Congress (1960)
2. Youth Leader in church, school and 4-H
3. Scholastic honors in high school and college
4. Experienced in public speaking
5. Skilled in home economics
6. Winner of DAR award for character and citizenship.



YOUR ROOM! PEP IT UP

Situational Statement: It is the desire of almost every girl to have an attractive room of her own. The many things done in this project can be an incentive for the family to improve the whole house. Since the median income of Bath County families was \$1,731, this project will help members to make the best use of furnishings on hand, learn how to make simple accessories that are needed, and to take care of their homes in general.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Girls lack knowledge in simple house furnishings.	To teach club members: 1. To make best use of furnishings on hand. 2. Principles of color and furniture arrangement. 3. To make or restore simple accessories that are needed. 4. To improve a room by caring for it. 5. To care for a growing plant.	1. Club members will collect pictures of room they would like. 2. Club members will make or improve simple articles for the room. 3. Rearrange furniture in room. 4. Club members will care for a growing plant. 5. Members and agent will give demonstrations. 6. Tour will be conducted of the room	Pep Up Your Room With Accessories Short cuts in the Care of the Room Arranging Your Bedroom Furniture House plants Pep Up Your Room	

HOUSEKEEPING

Situational Statement: Girls are all interested in living in clean and attractive homes. They want to learn the quickest and easiest ways to do everyday housecleaning.

<u>Specific Problem</u>	<u>Teaching Objective</u>	<u>Methods</u>	<u>Topics to be Included</u>	<u>Evaluation</u>
Lack of knowledge of good housekeeping procedures.	To teach club members to: 1. Save time and energy in general housekeeping. 2. Learn the quickest and easiest way to do everyday housecleaning.	1. Demonstrations will be given by members and agent. 2. Members will do daily and weekly housekeeping jobs. 3. Bulletins will be distributed. 4. Each member will assemble supplies for a cleaning basket.	How to Wash Dishes Correct Way to Make a Bed How to clean and Care for Furniture How to Clean Windows and Mirrors	

C. Other Activities

1. Camp

Club members will attend a one week camp at Holiday Lake. The camp program will provide an opportunity for development in leadership, recreation and making friends with club members from other counties.

2. Achievement Day

An Achievement Day will be held in the fall. Medals and other awards will be given at this time. Club members will be given an opportunity to participate in the program.

3. Rural Life Sunday

Plans are being made to observe Rural Life Sunday with Alleghany County.

4. National 4-H Week

4-H members will be encouraged to put up exhibits in their classroom to observe National 4-H Week. A radio program will be broadcast in observance of this week.

5. State 4-H Short Course

Eligible and outstanding 4-H members will attend 4-H Short Course.

6. 4-H Fair

The annual 4-H Farm Fair will be held in August. Each club and individual members will be

encouraged to enter exhibits.

7. Contests

Club members will be encouraged to enter County Contests. Winners will enter district and state contests.

IV. SCOPE OF WORK

A. Chart

	<u>No. in 1960</u>	<u>Goal for 1961</u>
<u>No. H. D. Clubs</u>	12	14
<u>Membership</u>	207	225
<u>No. H. D. Groups* (unorganized)</u>	0	2
<u>Membership</u>	0	20
<u>No. A-H clubs</u>	22	24
<u>Membership</u>	260	275
<u>No. YMW Clubs</u>	1	1
<u>Membership</u>	42	36
<u>No. Community Clubs</u>	0	0
<u>Membership</u>	0	0
<u>No. Home Ec. Committees</u>	1	2
<u>Membership</u>	3	11
<u>No. General Interest Committees</u>	3	2
<u>Membership</u>	15	12
<u>No. Youth Committees</u>	0	1
<u>Membership</u>	0	8
<u>No. Other Organizations</u>	0	0
<u>No. Farm & Home Dev. Families</u>	3	3
<u>No. Other families reached</u>	160	165
<u>No. Different families reached</u>	285	290

B. Informing the Public

The general public will be informed of the Extension Program through radio programs and newspaper articles.

The agent will make visits to key people in unorganized communities to inform them of the Extension Program.

The Bath County Fair will serve as a means to inform

a lot of the people about work done in 4-H clubs and Home Demonstration clubs.

V. LEADERSHIP

A. Plan for Leadership

1. County program Leaders	<u>No. in 1960</u>	<u>Goal for 1961</u>
a. County Agricultural Extension Board	_____ 1	_____ 1
b. Youth Council	_____ 0	_____ 1
c. Home Economics Council	_____ 0	_____ 1
2. Home Demonstration Leadership		

	<u>No. in 1960</u>	<u>Goal for 1961</u>
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<u>No. organizational leaders</u>	50	60
<u>No. project leaders (subject matter)</u>	80	96
<u>No. Federation program of work chairmen</u>	12	14
<u>No. program development leaders</u>	12	14
<u>No. result demonstrators</u>	3	5
<u>No. training meetings by specialists</u>	3	5
<u>No. training meetings by Dist. Arts.</u>	0	1
<u>No. training meetings by agents</u>	7	5
<u>No. training meetings by others</u>	0	1
<u>Attendance at all training meetings</u>	120	130
<u>No. meetings held without an agent</u>	25	30
<u>No. meetings leaders assisted</u>	0	24
<u>Demonstrations by leaders</u>	60	75
<u>Talks and discussions by leaders</u>	210	225

3. 4-H Club Leadership

	<u>No. in 1960</u>	<u>Goal for 1961</u>
No. Club officers	115	125
No. adult project leaders	24	26
No. junior project leaders	30	30
No. result demonstrators	0	0
No. training meetings by specialists	0	0
No. training meetings by dist. agts.	0	0
No. training meetings by agents	5	6
No. training meetings by members club dept.	0	0
No. training meetings by others	0	0
Attendance at leader training meetings	25	50
No. 4-H leaders trained individually	16	20
No. club meetings held by leader without agent	7	20
No. additional club meetings at which leaders assisted	50	50
No. demonstrations given by adult leaders	16	20
No. demonstrations given by junior leaders	28	30

B. Strengthening Leadership

Emphasis will be placed on training adult and junior 4-H leaders.

Home Demonstration club leaders will give more demonstrations. An effort will be made to have good attendance at leader training meetings.

VI. FOR SPECIAL CONSIDERATION

A. Maintaining and strengthening good public relations in the county with:

1. State Extension Organization

The agent will cooperate with co-workers.

2. Parent Institution

The agent will encourage boys and girls to attend V.P.I. when they graduate from High School. Agent will cooperate in all ways.

3. Elected and Appointed Officials

Agent will inform the Board of Supervisors of the work done in the County Program. They will be invited to attend county 4-H and Home Demonstration activities.

4. Organizations

The agent will cooperate with other organizations to help improve county conditions.

5. Businesses

The agent will work with and cooperate with the businesses in the county.

6. Mass Media Personnel

There will be articles in the county paper and special reports in the Covington paper. The agent will maintain good relationship with the personnel at the radio station and newspaper offices.

7. Other Agencies

Agent will cooperate and work with other public agencies in the county.

8. Individuals and Families

The agent will make as many home visits as possible to work with individuals and families.

B. Professional Improvement

The agent will attend short courses and schools if possible.

Professional books and magazines will be read and used as resource material.

The agent will be a member of professional organizations.

C. Significant Contribution to Family Living

The Home Demonstration Program on management should make a significant contribution to family living.

Homemakers seem to know less about the management phase of homemaking. It is felt that this program will be of great help to club members.