

VII. The Look Ahead

The Dickenson County Home Demonstration Clubs have been very active in the past. Much of this enthusiasm has been due to craft or project work. Lesson-type demonstrations are not well received. On the other hand, transportation difficulties keep many clubs from joining in workshop-type activities. The women have no real desire to conduct demonstrations in their clubs. They are very disappointed if the agent is not present for every meeting.

Some system of dual meetings should be evolved. A few clubs do have all day meetings; the morning for crafts, the afternoon for the demonstration, but this is not always practical.

Club leadership must be encouraged if the County Extension program hopes to spread out. The Home Demonstration Club Committee has adopted as an objective that "each club be responsible for four demonstrations." This should be of much help.

The Clubs do not fully understand their relationship to the State Extension System. The agent has encouraged attendance at District Meetings, Institute of Rural Affairs, etc., to help overcome this.

By sending more women to H. D. Club Camp, the agent hopes to broaden the club woman's idea of County Extension work.

C. Professional Improvement -

The agent has been trained by various specialists from the State Extension Staff. Training has been received in Clothing Construction, Housing, Home Furnishings, Household Mechanics, and Extension Policies and Procedures. A total of 28 days has been given to this phase of improvement.

The agent attended District Meetings, Communications School and a District Workshop in public relations.

Five days were spent at the State Extension Agents' Conference, where the agent participated in various subject matter classes for improvement in background training.

Professional reading includes all of the Home Economics journals and magazines that are circulated.

The agent has read the following books from the list of Good Reading for Home Demonstration Clubs:

Mrs. Mike, Red Carpet For Mamie, Good Morning, Miss Dove, Love is Eternal, and The FBI Story.

The agent belongs to the Virginia Home Demonstration Agents Association and the American Home Economics Association. She is also a member of the Clintwood Junior Woman's Club. This is a service organization.

5. Businesses - The Appalachian Electric Power Company has equipped a demonstration kitchen in Clintwood which is frequently used by 4-H and home demonstration clubs for leader training meetings. Power company personnel assist agents with 4-H activities when called upon. Agents and the representatives seem to cooperate well on such activities as lighting and water systems activities.
6. Mass-media personnel - The county staff works primarily through the county newspaper and mass distribution of printed material. The newspaper editor is always cooperative in printing up-to-date news articles and subject matter from this office.

The health department has worked with the staff in distributing timely printed material.

7. Agencies -

- a. Health Department - The health committee has cooperated with the health department by helping acquaint people with services available from the department and to assist with clinics.
- b. Agricultural Stabilization and Conservation - The agent has become informed about the A. S. C. program in order to discuss it intelligently with homemakers.
- c. Farm and Home Administration - The agent has kept informed of program so as to be able to give contact information when necessary.
8. Individuals and Families - Public relations in this category have been carried out through home visits, distribution of needed printed material, organized groups and through all other means available to Extension personnel.
9. Office Staff - The county staff has always made it a practice to confer, usually on Monday mornings, about the following week's schedule.

Transportation, prior to the County Agent's death, was shared. The agents alternated vehicles for conferences and district meetings.

It is the practice of this office to share the secretary's time, and to be as considerate as possible when planning reports, bulletins and any other volume of material to be printed. In nearly every case, the secretary is aware of the home agent's whereabouts and hours she will be in the office.

been conducted.

In 1955, Mrs. Mabel Shortt, a county woman without a high school education, enrolled in this course. Mrs. Shortt's husband was a semi-invalid, and she felt that this would be profitable to her.

After receiving her certificate of completion in this home nursing course, Mrs. Shortt took tests and was admitted to study practical nursing at Holston Community Hospital in Kingsport, Tennessee. She is now a licensed practical nurse with full time employment; and has become interested in studying again.

The present goal for both the Shortts is to take an accelerated study course and receive their high school diplomas.

This closes one cycle of Extension influence, but with the home nursing course scheduled again for the spring, the agent hopes that our program will once again motivate some person or family.

B. Public Relations

1. State Extension Organization Itself - The agent reads, studies, and publicizes the policies, etc., of the Extension organization.
2. Parent Institution - The agent makes use of all services of the parent institution to arrange personal contacts between the local public and the parent institution, and to be as familiar with its policies as possible.
3. Elected and Appointed Officials - The agent sees that county officials are informed about Extension work in the county through personal contacts and presentation of annual report to Board of Supervisors.
4. Organizations - The staff has and will continue to use Extension materials for strengthening public relations with local groups. Slides, filmstrips, printed materials and talks by the local staff are used on many club programs.

B. Development of Leadership

The Clintwood 7-B 4-H Club, under the leadership of Mrs. Goldia Crabtree, has made outstanding progress in one of Extension's main goals, leadership. This club was particularly outstanding in project completions and general participation in club programs.

They selected a play, rehearsed and presented it for the benefit of the Southwest Virginia 4-H Center. Their contribution was \$33.75.

On another occasion, members of the club worked with the home agent prior to the meeting, so they could conduct the program and demonstration without assistance.

Their approach to parliamentary procedure was very good; this came as a result of training from Extension agents

With this cooperative, spirited attitude, twelve members of this club attended Junior 4-H Club Camp. Mrs. Crabtree attended as an adult leader.

At camp, their ability to lead was easily recognized and four members of the club received outstanding recognition from their fellow campers and the camp staff. Mary Frances Lambert, Sheila Davis, and Margaret Crabtree were elected to serve as chiefs of their tribes; and G. A. Meade was selected as "Outstanding Boy Camper" for the week.

VI. A. For Special Consideration

Health was chosen as the County Federation Program of Work for 1960-61. This was also selected as the County program in 1954 and again in 1955. As a part of this program, a home nursing course has

V. Leadership

A. Growth of leadership

1. Over-all program leaders

	1958	1959	1960
a. County Agricultural Ext. Service Board	0	0	0
b. Youth Council (4-H)	0	0	0
c. Home Economics Council	0	0	0

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	60	70	70	52	52
No. project leaders (subject matter)	118	112	104	52	34
No. Federation program of work chairmen	15	15	14	13	12
No. program development leaders	12	14	14	13	12
No. result demonstrators	13	10	8	6	0
No. training meetings by specialists	8	3	8	5	0
No. training meetings by dist. agents	1	1	1	1	2
No. training meetings by agents	9	6	3	0	7
No. training meetings by others	1	2	0	0	0
Attendance at all training meetings	137	203	186	130	79
No. meetings held without an agent	53	46	65	80	33
No. meetings leaders assisted	19	74	42	0	0
Demonstrations by leaders	67	76	56	80	44
Talks and discussions by leaders	65	165	140	125	132

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. club officers	125	115	125	125	138
No. adult project leaders	44	35	28	25	2
No. junior project leaders	15	15	15	15	6
No. result demonstrators	5	8	4	15	0
No. training meetings by specialists	0	0	0	0	0
No. training meetings by dist. agents	0	0	0	3	0
No. training meetings by agent	34	46	40	0	16
No. training meetings by members club department	0	0	0	0	0
No. training meetings by others	0	0	0	1	0
Total attendance at ldr. tr. meetings	69	71	56	4	64
No. 4-H leaders trained individually	36	25	25	4	2
No. club mtgs. held by ldr. without agent	34	52	50	0	2
No. additional mtgs. at which ldrs. asst'd	15	20	13	44	46
No. demonstrations given by adult ldrs.	64	52	60	5	0
No. demonstrations given by jun'r. ldrs.	20	23	23	6	34

	1946	1947	1948	1949	1950
No. Youth Committees	1	1	0	0	1
No. Other Organizations	0	0	0	0	0
No. Farm & Home Development Families	3	2	5	5	0
No. Other Families Reached	2300	2450	2600	2600	2500

Progress made in increasing the scope of work can best be described under the following headings:

Printed Materials: Distribution of printed circulars, bulletins, etc., does a lot toward keeping the public informed of the county extension office. Much of this material is distributed to club women, but 50% of this is picked up by non-club women.

Newspaper Articles - both news and subject matter - are kept before the public as a further means of extending extension work.

Personal Contacts: Since Dickenson County has been without an agent, the work has been largely reorganizational. Personal contact has played a very important role in redirecting the county program.

These contacts are made at 4-H and Home Demonstration Club meetings, meetings of other organizations, casual contacts on the street and telephone calls.

The agent has acted in various capacities for the Future Homemakers of America and the Junior Woman's Club. Both of these organizations have called on this office for help in conducting club programs.

The agent spoke to both the Eryinton and Clintwood High School FHA clubs on "Home Economics as a Career." She helped to stage and narrate a "Feed Sack Fashion Show" for the Clintwood Junior Woman's Club.

of the individual member. Club contests are held in an elimination system; these are followed by the county contest. On the club level, everyone is urged to compete. The Haysi grades use this as a fund raising event for the 4-H Center.

The Norton radio station is very cooperative and provides the Master of Ceremonies, as well as publicity, for the program.

g. County Contests

Dickenson County had few participants this year, mostly because the agent was new and inexperienced.

h. State 4-H Short Course

Five members attended the Short Course, and one was accepted as a Virginia All-Star.

Through participation in these activities, leadership has developed. The public has gained a better understanding of 4-H Club work and its activities, through subsequent news articles and personal contact.

IV. Scope of Work

	1946	1947	1948	1949	1950
No. H. D. Clubs	12	14	14	13	12
Membership	258	278	260	260	250
No. H. D. Groups *(unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	24	22	25	22	23
Membership	944	943	791	729	750
No. 4-H Clubs	1	1	1	0	0
Membership	18	13	19	0	0
No. Community Clubs	1	1	0	0	0
Membership	77	77	0	0	0
No. Home Ec. Committees	1	1	1	2	0
No. General Interest Committees	1	2	2	2	2

The opportunity to work directly with these boys and girls for a week probably helped the agent more than the campers. By their camp activities members have learned to cooperate in organizing talent contests, games, singing and project work.

c. Fontana Resource Conference and Conservation Camp

Dickenson County sent delegates to both of these conferences. Our direct benefit has been more able leadership in the senior 4-H Clubs.

d. Community Activities

The Clintwood High School 4-H Club has cooperated with the Kiwanis Club in collecting toys for underprivileged children.

The Clintwood 7-A 4-H Club staged a play for which admission charge was made and the proceeds donated to the Southwest Virginia 4-H Center.

This type of activity is valuable because it teaches the 4-H Club member that he exists to serve his club and community.

e. Achievement Day

This annual event is not well attended due to transportation difficulties. However, the awards and program are given each year to honor those members who have done outstanding work in leadership, citizenship and projects.

f. Share-The-Fun Contest

This event plays a large role in developing the talents

of skirt.

Of 213 enrolled in this project, 102 completed. 121 new items were made; 29 remade; 56 dyed. No members participated in the District dress review.

3. Home Management

a. Washing and Ironing

This project was selected to help members learn current washing procedures; to hang up washed clothes correctly; to help members learn to sprinkle, iron and store clothes; and, to learn conservation of time and energy.

This project was carried as a home project by older 4-H club members. Review of printed charts and materials was the only in-club instruction given.

Of the 42 enrolled in this project, 31 completed. A total of 5053 pieces were ironed and 39 pieces of equipment were constructed.

C. Other Activities

a. Junior 4-H Club Camp

44 4-H Club members attended camp during the week of July 25-30. This has helped the county program, because each camper has contributed to project and recreation leadership.

b. Senior 4-H Club Camp

Seven members participated in this camp, held July 11-16.

club members enrolled in this project.

b. Food Preservation

This project was not carried as an "in-club" project. All members carried this at home. The agent distributed recipes and printed materials, and made home visits when requested.

Of the 17 members enrolled in this project, 17 completed.

210 pounds of food were frozen by members; they assisted in the freezing of 2100 pounds. 200 quarts of food were canned by members; they assisted in the canning of 1850 quarts.

c/ Breads

This project was carried on by club members at home. The agent distributed recipes and printed materials to those enrolled.

Of the 8 members enrolled in the project, 6 completed. These members made the various types of bread 362 times during the year.

2. Clothing

a. Make or Remake

This project was carried during club hours by beginning sewers. Fabric selection, measuring and cutting were learned by all club members. Special work sessions were held to aid members in learning to apply waist band, hooks and eyes and hem

A set of landscaping slides were shown to all clubs. These illustrate the usual home landscaping problems and how to correct them. Demonstrations were given on the method of making a leaf and flower collection; and printed material and individual assistance were given when requested.

Of the 476 members enrolled in the Home Grounds Beautification project, 351 completed the project.

106 members reported making a leaf or flower collection. 56 pieces of outdoor furniture were constructed and 116 pieces were repaired and refinished. As a result of this project, 1200 flowering plants or bushes were planted in the county.

2. Food and Nutrition

a. Meal Preparation was chosen by many older girls because it is their duty to assist in meal planning and preparation at home.

The agent gave demonstrations on table setting and measuring ingredients. Using the daily food guide as a basis, the agent taught the members how to plan a variety of foods which would meet the daily requirements.

Although members do good project work, none could be persuaded to enter the District Contest.

Of the 391 members enrolled in this project, 189 completed. A total of 4750 dishes were prepared; members set the table correctly 9450 times; 2100 meals were planned and prepared by members. 23 demonstrations were given by

to help plan 4-H activities. Officers of the council preside at Achievement Day programs and assist with the County Share-the-Fun program.

2. All Stars

The All Stars in Dickenson plan to have three meetings during the year. This group assists with planning and carrying out 4-H Club activities. It is expected that this group will assist with Dickenson County's work on development of the 4-H Center at Abingdon.

3. Project Planning Committee

The 4-H Project Planning Committee is made up of representatives from 4-H clubs, leaders, and those who attend State 4-H Short Course. This group meets in late summer to discuss needs of 4-H Clubs and to make plans for project work for the coming year.

B. 4-H Project Work

1. Home Grounds Beautification

This project was selected as the county wide project by the 4-H County Council. Dickenson County has great natural beauty, but mining operations have left many areas in a severely ravaged state. Many children accept this situation as a matter of course. By carrying this project, they have learned to identify and collect native leaves and flowers; to set out flowers and trees around their own homes; and to maintain and/or build outdoor furniture.

improvements on their club rooms in the church basement.

Twenty-two club members attended the District Federation Meeting in Wise, Virginia; and 5 members attended Home Demonstration Club Camp at Abingdon, Virginia.

Ten clubs joined with another for one joint meeting during the year.

The Clintwood Day Club is probably the most outstanding club in the county. The officers notify each member before a meeting with a resulting average attendance of 80% - 85% of active members. The club often meets two or three times a month to do craft work or make candy. Frequently the members bring filastrips, slides or recipe hand-outs, as an additional part of the program.

D. Procedures with Urban Families

Since Dickenson County is neither urban nor strictly rural, the agent has no special procedures to report.

E. Farm and Home Development

The agent has nothing to report under this heading.

III. County Extension Program - Youth.

AA Organization

1. County 4-H Council

The County 4-H Council is composed of the officers of each club, plus leaders and agents serving as advisers. This council will meet two or three times during the year

d. Encourage first aid kit in every medicine cabinet.

1. This was accomplished by 136 members.

e. Observe the county-wide showing of health films.

1. 60 women attended showings of cancer films.

Dickenson County was without an agent throughout 1959, so the work of this agent has been in re-organizing the home demonstration clubs. The agent has conducted no result demonstrations and has not worked with farm and home management families; therefore, the agent does not feel that she has anything to report on a family's progress in any of the subject matter areas.

C. Other Activities

All home demonstration clubs have conducted community projects of one type or another. These projects range from service projects in immediate community to fund raising projects conducted in the interest of the District 4-H Club Center.

Both the Clintwood and Haysi clubs sponsored a kitchen tour in cooperation with the Appalachian Electric Power Company. The Haysi Club donated their proceeds to the newly formed Haysi Rescue Squad. The Clintwood proceeds partially financed the sending of 4-H delegates to the Fontana Resource Conference. The Longs Fork, Georges Fork, and Billie Rader clubs all donated money to send 4-H members to summer camps.

The Billie Rader Club of Clintwood serves the Bar Association four times a year to raise funds for club activities. The Birchleaf Club has purchased a stove for their church kitchen, which is now being used as a club meeting place. The Tarpon Club continues improvements

2 clubs report making a total of 24 "Lazy Susans."

1 club reports making a total of 3 egg-shell mosaic plaques.

The agent feels that all craft work was of a tasteful and useful nature.

6. Federation Program of Work - Health

Personal well being and family health is of universal interest. Local education on this subject is planned to help women keep down diseases in the home and recognize factors which contribute to them. There are too few garbage collection systems in the county.

As a result of the health program, the women involved were to be more health-conscious. They were to learn the recommended procedure and materials used in setting up first aid kits and home medicine chests. The polio vaccination program was stressed, as was the importance of discarding old or unused medicines. It was hoped that members would become more acquainted with the county health departments -- its services and literature.

The health program can best be reviewed by reading the goals and results reported by club members.

- a. Each member have a physical check up.
 1. 52 members report having done this.
- b. Encourage every one in family to have polio shots.
 1. 45 families report a total of 90 individuals having polio shots.
- c. Dispose of unused medicines.
 1. 56 members have done this

5. Rural Arts

County homemakers are aware of decorative materials, but need training in using their hands to create beauty in the home. The rural arts program was set up to give homemakers an understanding of the basic art principles and their application in the home. Not only were the homemakers to develop skills, but to recognize practical and useful crafts and encourage natural, tasteful displays in the home.

Flower Arrangement was included in the program as a prelude to the annual Home Demonstration Club Tea and Flower Show. More emphasis was placed on tasteful use of flowers in the home than on intricate flower arranging. The agent demonstrated the various types of suitable containers, simple line and mass arrangement and the care of cut flowers. All clubs reported an increase in members using flowers in the home. Twenty-five club women entered the flower show; and 68 members report that they have passed this information on to 72 non-club women.

Christmas Table Arrangement was presented by the agent. This demonstration centered on the making and use of table center pieces, name cards, and treatment and use of native greenery for holiday decorating. The demonstration was well-received, but only 36 members passed this information on to 44 non-club members.

Most clubs reported the selection of Crafts as the club choice meeting. These meetings were all conducted by club members who had previously received crafts training.

3 clubs report making a total of 46 etched metal trays.

1 club reports making a total of five wooden stools with woven seats.

- a. 10⁴ have practiced removal of rust, lipstick, ball point pen, food and grass stains.
- b. 235 Home and Garden Bulletins (Titled Removing Stains from Fabrics - home methods) were distributed as a result of the demonstration.
- c. 44 members passed this information on to 56 non-club members.

The agent was trained by a V. P. I. specialist to give a method demonstration on Sharpening Knives and Scissors. Most members brought utensils to the club meeting where they sharpened them after watching the agent demonstration. It is still too early to gauge the results of this demonstration.

4. Home Furnishings

A certain percentage of the homemakers in this area are inclined to treat windows with inappropriate drapes, curtains, etc. Many homemakers wanted this opportunity to learn to use their windows to better decorating advantage. Thus, it was the agent's goal to encourage more tasteful window treatment and interior decorating.

The club members learned to recognize various materials and their value as window treatment; and to develop attractive ways of coping with problem windows.

Members felt that extreme changes were too expensive to make; but they welcomed the chance to know what is appropriate and tasteful window treatment. Only 15 members actually made any change in their drapes or curtains, but 10 club women passed on the information to 16 non-club women. Ironically, this demonstration was well attended and much enjoyed by the women.

Through agent demonstrations on the use and care of the sewing machine 126 members learned to clean and oil their machines. 75 members learned to adjust the tension and stitch length for various types of fabrics.

Each club member became familiar with extension bulletin ^{Removing Stains from Fabrics in Home methods} number MC-17; and 105 members learned how to take their correct body measurements, know their correct size, and to select dress fabric according to their figure type.

A method demonstration was given on finishes, especially zippers and understitching. Eighty-five members now use the practices recommended at this demonstration.

Although 65 club members passed this information on to 96 non-club women, the agent does not feel that the clothing program fulfilled all the goals set up

3. Home Management

There is a definite need for creating areas where homemakers can save time and money by performing certain tasks in the home. In some cases commercial establishments are not conveniently located. It was the goal of the agent to train homemakers to do these tasks efficiently in their own homes and possibly for their neighbors.

A method demonstration on Laundry Tips was given to all clubs by the agent. Members were to learn to treat stains on a variety of fabrics. This demonstration was especially popular with the club members as can be seen from the following figures.

demonstrations.

The results obtained were measured by a questionnaire and are as follows:

- a. Homemakers found vegetable oil easier to measure, less likely to be absorbed by the food, and more digestible than animal fats.
- b. At least 30% of the members now use only vegetable oil for pie crusts, rolls, biscuits, etc.
- c. 80% of the homemakers reported that they learned the food value of milk and more ways of using non-perishable milk.
- d. All members had tried at least one recipe from each handout.
- e. A total of 251 club members had passed on information from the foods program to 57 1/4 non-club women.

2. Clothing

Many women in Dickenson County do not sew. Of those who do sew, many do not use their machines to best advantage. Since the selection of ready-made garments is limited in this county, the agent wishes to encourage the home making of stylish and durable clothes. For the club woman who has no desire to sew, the agent has geared some of the program to proper fitting and fabric selection.

The clothing program was conducted in order that the club women might learn to select fabric on the basis of fiber content rather than price; to fit patterns and recognize their own "figure types"; to develop skill in cutting and handling a variety of fabrics; to properly execute the dress finishes - sleeves, belts, zippers, buttonholes and hem; and to care for the sewing machine properly.

- a. Replace the "country store lunch" i. e. soft drinks, candies and cookies with inexpensive, nutritious sandwiches.
- b. Encourage a more varied menu.
- c. Utilize "left-overs" and other foods in an attractive way.

Using Milk Dishes and Sandwich Fillings was included in the program as a means of encouraging the use of milk dishes and/or instead of other foods. The agent used non-perishable milk in the demonstrations. By learning to supplement the diet with menus including canned evaporated milk and dried milk, the homemakers were able to save money and time (as in the case of homemade dried pudding mixes). The sandwich fillings introduced provided new ideas, since all recipes were for "freezable" fillings.

Casserole dishes were included as a means of saving time (many women have varied interests and jobs outside the home), and utilizing left-overs attractively. All dishes demonstrated contained three of the four basic food groups, thus making them truly a "one-dish meal." Since the agent is not a Virginian, many county homemakers found the food combinations to be different from their usual fare. This was another attempt to bring variety to the diet.

Outdoor Cookery appeared as a club choice for many groups. Homemakers like to use this opportunity to have a combination family recreation-dinner hour.

For all foods meetings, the agent conducted leader training meetings and all were well attended. Recipe handouts were given at all of the

- e. Each leader to know and be responsible for leaders' training meetings.
- f. Devote a part of each meeting to understanding county objectives and duties of each club officer.
- g. Each club pay necessary dues.
- h. Join with another club for one meeting.
- i. Promote understanding of financial side of club in regard to expenses.

A second meeting of the Home Demonstration Club Committee was held in April of 1960. A check on the progress of the year's program of work was made with necessary adjustments made to meet the county situation. Plans were set up for county participation in special events such as the District meeting of Federation of Home Demonstration Clubs, Institute of Rural Affairs, National Home Demonstration Club Week, and the annual county flower show.

Work of the Program Development Leaders was stressed as a means of preparation for the 1960 County Planning meeting.

B. Subject Matter - Special Emphasis Area

1. Foods

Lack of school lunch room facilities, static variety of the basic diet, and the number of working mothers more than justifies existence of the topics in this area.

Through the 1960 foods program the agent has attempted to reach the following goals:

September - Milk Dishes and Sandwich Fillings

October - Casseroles

November - Sharpening Knives and Scissors

One special interest meeting was planned on a topic of county wide interest for club members and non-club women. These meetings featured the showing of two films on Cancer - "Time and Two Women" and "Self Examination for Breast Cancer." This was done as part of the Federation Program of Work on Health with the cooperation of a local doctor, the county Health Department and the American Cancer Society.

The objectives of the Health Program were:

- a. Each member have complete physical check-up.
- b. Encourage everyone in family to have Polio shots.
- c. Dispose of unused medicine.
- d. Encourage First Aid Kit in every medicine cabinet.
- e. Eliminate garbage dumps around home; along highways and streams; establish and maintain disposal centers.
- f. Show health movies - county-wide (Cancer Film).

The following county objectives were determined as an aid in promoting and developing the home demonstration club program in the county:

- a. Cooperation with civic organizations to encourage new industry in the county.
- b. Improve devotionals.
- c. Each club have an active reporter.
- d. Have special project to raise money for Southwest Virginia 4-H Center, and help county agent with 4-H work.

4. County Home Demonstration Club Committees

The County Home Demonstration Committee is composed of the presidents and program development leaders of each of the 12 home demonstration clubs, plus the county chairman, vice-chairman, secretary, treasurer, county program of work chairman, and other key members at large. The Home Demonstration agent and District agent are advisers to the committee.

The purpose of this committee is to plan the Home Demonstration Club program and activities for the year, establish county goals, determine the Federation Program of Work for the year, and to give guidance to the Home Demonstration Agent in implementing the county program as planned.

The annual planning meeting of the Dickenson County Home Demonstration Club Committee was held in August 1959 to plan the 1960 program. After a discussion of problems and program needs by club representatives, the following program calendar was set up.

- December - Decorative Table Setting
- January - Health - Federation Program of Work
- February - Getting the most out of Your Sewing Machine
- March - Making a Simple Wash Dress
- April - The Simple Wash Dress - finishes
- May - Laundry Tips
- June - Window Treatment
- July - Flower Arrangement
- August - Crafts - By Leaders

of the power company, professional workers, dealers in electrical supplies and the county Extension workers. Plans are underway for electrifying a farm.

b. Water Systems Committee.

There is definite need for re-organization of this committee.

3. County Home Economics Committees.

a. Nutrition Committee

The committee on nutrition needs to be reorganized since some members of the committee have moved away. A survey has been conducted but no objectives or procedures have been set up for 1960.

b. Health Committee.

The health committee is made up of the county nurse, five home demonstration health leaders.

Objectives of the committee are to inform the Dickenson County people of the services of the county health department and to encourage county people to take advantage of clinics conducted in the county.

Procedures -

1. County nurse keep people informed of health department through regularly scheduled meetings.
2. Agent and members of committee encourage county people to participate in clinics.
3. Agent and members of committees encourage homemakers to assist with conducting clinics.

continues. Water and heating systems continue to appear as big projects: Water supplies have been sunk by mining underneath and securing an adequate supply remains a problem for many families who live on hill tops. Cisterns have been constructed in many cases.

Hospitalization and medical care are provided to many through their miners' cards. Many miners include relatives, thus providing a big coverage in the county for medical services.

Recreational facilities are exceptionally good for a county of this size. There are three public swimming pools, a picnic area, and the Breaks Interstate Park.

II. County Extension Program - Adult

A. Organization

1. County Agricultural Extension Board

To date there is no such board organized in Dickenson County. There is an Agricultural Extension Service Committee which will be enlarged and made into a service board eventually. This committee is made up of representatives of various farm groups, committees, and home demonstration club committee representatives. This group meets and helps plan the agricultural program for the county. Consideration is given to problems relating to long time goals for both men and women's and youth programs. An Agricultural Extension Service Board is expected to be organized in 1961.

2. General Interest Committees

a. Lighting Committee

The lighting committee is made up of representatives

I. County Situation

Dickenson County covers an area of 325 square miles, all of it mountainous. It is located in the extreme southwestern area of the state, bordering Kentucky on the west by a long range of Cumberland Mountain. Mining is the principal industry. Practically everything depends directly, or indirectly on the mining operations. Families recognize the need for planning for periods of unemployment; sufficient food is provided through gardens, home grown meats and preservation of these foods.

There are 1682 farms in the county with an acreage of 66,995. Tobacco is the main cash crop, but some income is derived from livestock, truck crops and small fruits.

The population of the county has dropped to about 20,000. This represents a decrease of nearly 3500 according to the latest census figures. This is a result of slackened mining operations. This type of population flow decreases a sense of "permanency," but increases the importance of Extension programs such as Home Grounds Beautification, Home Furnishings and Conservation.

School enrollment has decreased from 6348 (1959) to 5337 (1960). 2700 of these children have hot lunches in the 6 school cafeterias. Few of the remaining school children carry lunches, but eat in country stores. Many do without lunch. An educational program is needed to reach parents of this group of children. Very few of their mothers are home demonstration club members.

The increase in building new homes and the remodeling of old ones

Highlights of Program

One of the highlights of the 1959-60 program was the high degree of participation in camps and conferences by our 4-H Club members. Dickenson County sent delegates to every camp and conference in the state. Three of these camps recognized these youngsters by naming them as outstanding campers.

Junior camp attendance exactly doubled last year's attendance from this county.

Home Demonstration Club highlights might include the District VI meeting of the Federation of Home Demonstration Clubs held at Wise, Virginia, with more than twenty Dickenson County women attending. Once again, the leaders planned for and assisted with the annual Home Demonstration Club flower show and tea held in cooperation with the Home Economics Department of the Clintwood High School.

The program and policies have been new to this agent, and one of the greatest highlights has been the cooperative attitude of club members and leaders.

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VIRGINIA AGRICULTURAL EXTENSION SERVICE

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ANNUAL REPORT
HOME DEMONSTRATION WORK
1960

WANDA GOLDEN
HOME DEMONSTRATION AGENT

DICKENSON COUNTY

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

Wanda Golden

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County Home Demonstration

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Assistant Agent



1960

Dickenson

County