

PLAN OF WORK
TAZEWELL COUNTY
VIRGINIA

1960

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I. COUNTY SITUATION

Tazewell County is located in Southwestern Virginia. Bordered by West Virginia on the northern side, it is 522 square miles in size. Tazewell, the county seat, is located approximately in the center of the county.

Of the 334,000 acres of rolling land, 193,861 acres are farm land. Much of the farm land cannot be successfully cultivated as the topography of the county consists of valleys from 1,900 to 3,000 feet above sea level. Mountain ranges vary in height from 2,500 feet to 4,500 feet. Approximately one-half of the land area is in forest.

The population of the county is 47,512, of which 9,604 is rural, 29,048 is rural non-farm, and 8,860 is urban. At one time approximately two-thirds of the people lived in the coal mining areas or were in some-way connected with the coal mining industry. These figures are changing due to the unemployment in this industry.

An industrial plant is located in Tazewell. There are several lime and rock quarries in the county. Employment is also available in nearby Bluefield, West Virginia.

Most of the farm income is derived from the sale of livestock, chiefly cattle and sheep. The majority of large farms are operated on a residential basis. Smaller farms are operated on a part-time basis with the owner having outside employment.

Four high schools are located in the county with elementary schools located in small communities throughout the county. Nearly all communities have sufficient power service, medical care and telephones. The Freestone

Valley community does not have telephone service.

The needs and interests of the people as related to the varied economic conditions created by unemployment was considered in working out the 1960 program. Both the income and social conditions of the people vary from coal mining areas to the other sections where farming and other employment are the chief sources of income. The pattern of living varies from very high standards to a low level.

The unemployment in the coal mining area along with the general over-all county conditions were considered in setting up the 1960 program. Interest was expressed in home management to include not only conserving time and energy but understanding credit and being informed of trends in family living. Continued interest was expressed in nutrition and making the home attractive and livable. Over-all objectives are to improve the standard of living and stretching the income.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organization

1. County Agricultural Board

At the present time, Tazewell County has not organized a County Agricultural Extension Service Board. Whenever sufficient agricultural, home economics, youth and general interest committees are organized, such a board will be established. It is felt that during the latter part of 1960, the county would be in a position to organize this board that would set up long-time objectives and plan the over-all Extension program. A definite need for this organization has been felt by the agents so that a more unified county program could be established.

2. Home Economics Council

A Home Economics Council will be established in January, 1960. This Council, made up of representatives from the three special interest committees and Home Demonstration Committee, will unify the county Home Economics Council. The three home economics special interest committees are nutrition, home nursing and time management.

At the first Council meeting a chairman and secretary will be elected to represent the Home Economics Council on the County Agricultural Extension Service Board. The Council will set up short and long-time objectives for the over-all home economics Extension program. Additional Council meetings will be held during the year to carry out the objectives and goals set up.

3. General Interest Committees

At the present time there are no general interest committees working in the county. It is hoped that one general interest committee can be established in 1960.

4. Home Economics Committees

Three special interest home economics committees are organized in the county. These committees are nutrition, home nursing and time management. Need for these committees were expressed by people in the county.

The nutrition committee was set up in 1957 and is composed of representatives from various sections in the county. Mrs. R. O. Cruise, Tazewell, is chairman and Mrs. T. E. George, Tazewell, is secretary. It is the goal of this committee to improve the buying and eating habits of

of the people in the county. Plans are for exhibits, newspaper and radio publicity to be ways to reach these goals.

The home nursing committee, under the direction of Mrs. J. S. Wright, is composed of seven qualified Red Cross home nursing instructors. These seven ladies have completed the 30-hour instructors' course and are qualified to teach the 15-hour home nursing classes to interested individuals. Equipment and supplies for these courses are furnished by the committee. Interested individuals are asked to come to the Tazewell and Richlands areas where the instructors are located. Having ladies qualified in home nursing and care of the sick is invaluable in case of an emergency or disaster.

The newly organized time management committee has Mrs. Eugene Cordle as chairman and Mrs. James L. McDonald as secretary. The purpose of this committee that is composed of six members is to make a survey of how the homemaker spends her time. The time survey will be used in the home demonstration program and in setting up special meetings. Conserving time and energy is of special emphasis to the committee.

5. County Home Demonstration Club Committee

The county committee officers and presidents and program development leaders from the 17 home demonstration clubs are members of the home demonstration club committee. Officers for the 1960 committee are: President, Mrs. J. S. Wright, Kents Ridge; Vice-President, Mrs. Clyde Anderson, Falls Mills; Secretary, Mrs. Levi Hampton, Baptist Valley; and Treasurer, Mrs. S. P. Hoover, Tazewell; Publicity Chairman, Mrs. Eugene Cordle, Raven; Federation Program of Work Chairman, Mrs. Howard Lester,

Richlands.

This committee is responsible for planning and conducting the entire home demonstration club program in the county. County objectives, federation program of work objectives, method demonstrations, and special interest meetings are planned and conducted by this group. Special county programs and activities will be planned by the group to acquaint the public with the home demonstration program. All county home demonstration objectives and activities are conducted by this group.

B. Subject Matter and Special Emphasis Areas

1. Home Management

<u>Problem</u>	<u>Topics Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
1. Income level suggests buying on time and using credit.	1. Understanding Credit	1. 17 H. D. Clubs
2. Save time and energy in doing seasonal and regular house cleaning.	2. Simple House Cleaning Methods	2. 17 H. D. Clubs
3. Know trends in family living for long time planning as well as seeing how they effect present-day living.	3. Family Living Trends	3. 17 H. D. Clubs
4. Modern day living will not permit homemaker to spend as much time in the kitchen, thus homemakers need to know ways to save time in meal planning, preparation, storage and clean-up after the meal.	4. Time Savers in the Kitchen	4. 17 H. D. Clubs
5. Present day floor coverings and woods require special care for maximum wear. Economic conditions demand best use of income available.	5. Care of Floors	5. 17 H. D. Clubs
6. Management of the homemaker's time in household, family and community activities.	6. Time Management Special Interest Committee	6. One special committee Five communities to involve entire county

<u>Goals</u>	<u>What People are to Learn</u>	<u>Plans for Carrying out Program and Measuring Results</u>	<u>Notes on Results and Accomplishments</u>
1. To assist the home-maker in having a workable understanding of the different types of credit	1. Understand installment buying; interest rates charged by stores, commercial banks, loan companies, life insurance,	1. The Extension agents were trained to lead a discussion on credit at the January meeting. Stores will be contacted for the agent to receive a knowledge of interest charged on installment buying.	

1. Home Management (continued)

Goals	What the People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results
	lay-away plans and finance companies. Impress the need for reading and making an effort to understand contracts made when using credit.	Women throughout the 17 clubs will be given an opportunity of sharing their knowledge of credit. News articles will inform the general public on credit. Results will be measured by the workable knowledge homemakers gain and the use they make of this knowledge. Home demonstration clubs will be asked to report on how information gained in the demonstration was used.	
2. To teach home demonstration club members and public time and energy saving methods in doing daily, weekly and seasonal house cleaning.	2. Time and energy savers in using simple house cleaning methods for doing daily, weekly and seasonal cleaning. Seasonal deaning with easy methods will be emphasized.	2. Method demonstrations on simple house cleaning will be given by the 34 home management leaders in the clubs during April. Leaders will be trained by the home management specialist during March. Results will be measured by the number of homemakers who use the information given in the demonstration. Report sheets will be given to club members. Local stores along with large companies will be contacted for information on the topic. News articles and radio programs will further inform the public.	
3. To teach home-makers the trends in family living.	3. Trends in family living based on past trends and how this will effect the outlook for the future; expected changes in family living as seen from past trends.	3. Discussion and method demonstration by the agent in May. Leaders will be asked to assist in discussion as to how trends will effect the program planning for 1961. Outlook information will be used in demonstration. Results will be measured by the way club members use information in setting up the 1961 demonstration. Newspaper publicity will inform the public on outlook information.	

1. Home Management (continued)

Goals	What the People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results
4. To assist the homemaker in knowing and using time savers in the kitchen.	4. Time saving in meal planning, preparation, setting the table, cleaning the table, storage and cleaning.	4. Method demonstration by the agent in 17 clubs during September. Illustrative materials along with survey made in the county on time homemakers spend in the kitchen will be used. Time management committee members belonging to clubs will be asked to assist in giving demonstration. Home management specialist will be asked for assistance in this program. The news papers and radio will inform the public. Result demonstrations will be set up. Results will be measured by asking the club members to evaluate the help received from demonstration in accordance with time-saving practices used and actual time saved.	
5. To teach the homemaker proper care of floors.	5. Proper daily, weekly, and occasional care of tile, linoleum and hardwood floors to conserve time and energy, along with getting maximum wear. Use of income wisely in getting most for the money spent.	5. Method demonstration by 34 home management leaders in the clubs. Leaders will be trained by specialist in September to give demonstration during October. Commercial concerns will be asked for assistance in supplying demonstration materials and information. Illustrative materials will be used in demonstration. Radio and news papers will be used to inform the public. Results will be measured by evaluation of question sheets given to club members.	
6. To make a survey of how 50 homemakers spend their time.	6. Ways of conserving time and energy of the homemaker. Through survey they can analyze time and see ways of improving.	6. Six committee members to work with 65 homemakers in getting them to keep time schedules. Fifty of most accurate will be summarized by committee. Summary will be published and used as a basis for information. Results will be measured by the efficiency gained in conserving time. Committee members will evaluate results and effectiveness of program.	

2. Food and Nutrition

Problem	Topics Included	Number of Clubs, Groups or Committees Involved
1. Having on hand foods necessary for preparing a meal in short notice when unexpected guests drop in.	1. Stocking the Pantry for Quick Meal	1. 17 H. D. Clubs
2. Stretching the food dollar and yet having a well-nourished family.	2. Meal Planning, Basic Foods, Getting the Family to Eat What they Should Special Committee	2. One special interest Group All communities
3. Improper curing and cutting of meat	3. How to Cure and Cut Meat	3. One special interest Group
4. Checking pressure canning gauge.	4. Safety in use of pressure canner and spoilage control of foods	4. County as a whole

Goals	What the People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results
1. To teach homemakers menus and supplies to have on hand for preparing quick meals from the pantry.	1. Planning menus in advance and keeping on hand in the pantry supplies for preparing quick, yet attractive and appetizing meals when unexpected guests drop in for dinner. Recipe for quick meals to be included.	1. Method demonstration by the agent during November. Advance meal planning and shopping ideas to be given for quick meals. Recipes for preparing these meals will be given. Attractive ways of serving them, along with time savers will be given. Newspaper and radio publicity will be used to inform the public. Club members will be asked to evaluate the help received from demonstration. These results will be evaluated as to knowledge gained.	
2. To teach the homemaker to plan economically nutritional meals for her family.	2. To plan meals to include basic foods for good nutrition and to stretch the family food dollar.	2. Special interest committee working throughout county in planning exhibits and news articles. Previous surveys made in county to be followed by additional surveys to see if public is aware of good nutrition. Progress over a long period will be evaluated by these results.	

2. Food and Nutrition (continued)

Goals	What the People are to Learn	Plans for Carrying Out Program and Measuring Results	Notes on Results
3. To teach those interested how to cut and cure meat.	3. Proper methods of cutting and curing meat at home.	3. Special interest meeting held in the county with the public invited to attend. Specialist will show how to cut and cure meat at home during November. Newspapers will be used to publicize the meeting. Evaluation will be made by the knowledge gained and its use.	
4. To assist home-maker in realizing the need for correct pressure gauging.	4. Value of periodical check of pressure canning gauge for safety and spoilage control.	4. Pressure canning gauge tester located in Extension office. Newspaper articles to inform public of gauge tester in office. Results measured by number of gauges tested.	

3. Health and Safety

<u>Problem</u>	<u>Topics Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>	
1. Proper care of the sick in the home in case of an attack or disaster, along with general care of the sick.	1. Home Nursing Courses	1. 17 H.D. Clubs Two communities where instructors are located.	
2. Need for home demonstration club members to understand Civil Defense program.	2. Civil Defense (Federation Program of Work)	2. 17 H.D. Clubs	
<u>Goals</u>	<u>What the People are to Learn</u>	<u>Plans for Carrying Out Program and Measuring Results</u>	<u>Notes on Results</u>
1. To teach home-makers proper care of the sick in the home.	1. Proper care of the sick, equipment needed, reading thermometer, improving equipment, making the sick bed, giving a bed bath and proper dress for nurse.	1. Special home nursing 15-hour course to be taught by seven qualified instructors in the Red Cross Course. Equipment and supplies furnished by the home nursing committee, along with plans made by the committee for the course. Public invited to take course. Newspaper publicity given to course. Evaluation of program is obtained by those reached by classes.	
2. To assist home demonstration club members in understanding of the Civil Defense program.	2. Understand Civil Defense program, make a survey of the home, plan and equip a home shelter with food, medical, sanitation, and recreational supplies and know what to do and the effects of a fall-out.	2. Federation Program of Work leaders in each of the 17 clubs will be supplied information on Civil Defense. These leaders will give 3 to 5-minute discussions at 10 club meetings and develop understanding of the program. Exhibits on home shelters will be set up at the two county fairs and in the communities where home demonstration clubs are organized. Results will be measured from number of safety surveys made and the knowledge gained by the women.	

4. House Furnishings

<u>Problem</u>	<u>Topics Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
1. Simple, yet pleasing flower arrangements for the home to make it more attractive.	1. Flower Arrangement	1. 17 H. D. Clubs
2. Restoring old pieces of furniture that have good lines to stretch the house furnishing budget, yet have good furniture.	2. Refinishing Furniture	2. Two special interest groups

<u>Goals</u>	<u>What the People are to Learn</u>	<u>Plans for Carrying Out Program and Measuring Results</u>	<u>Notes on Results</u>
1. To teach the homemaker to make simple, attractive flower arrangements.	1. Make simple attractive flower arrangements, using proper frogs, containers, and good flower arrangement principals.	1. Method demonstration by the agent in the 17 clubs during July. Flowers for arrangements to be supplied by club members. Good frogs and containers will be supplied by the agent. Members will be asked to bring arrangements they have made that will be discussed, pointing out good and poor arrangements. Simple principals of flower arranging will be given in the arrangements made by the agent. Results will be measured by observation of arrangements, exhibits entered in the fair, and homemakers use of information.	
2. To teach homemakers proper method to use in refinishing furniture and to recognize good lines in furniture.	2. Recognize good lines in furniture, to appreciate the grain of woods, remove old finish from wood and apply good finish to furniture.	2. Two special interest meetings will be set up in the county. Interested individuals attending will bring a piece of furniture to refinish. Agents will work with club members in refinishing furniture. Commercial concerns will be contacted for supplies. Newspapers and radio will be used to inform the public of these meetings. Results will be measured by number of articles refinished, along with the assistance those attending give to other individuals.	

5. Clothing

<u>Problem</u>	<u>Topics Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
1. Learning professional methods of clothing construction to construct attractive garments to stretch the clothing budget.	1. Better Dress Clothing Construction Clinics	1. Three special interest meetings 17 H. D. Clubs

<u>Goals</u>	<u>What the People are to Learn</u>	<u>Plans for Carrying Out Program and Measuring Results</u>	<u>Notes on Results</u>
1. To teach home-makers to make a professional looking better dress.	1. Selecting pattern and fabric suitable for the individual, pattern alteration and improve sewing skills using the recommended construction methods and proper equipment.	1. Special interest clothing construction clinics will be held in at least three sections of the county. Individuals attending will construct a garment. Agents holding the meeting will give method demonstrations, use illustrative materials and give individual assistance on construction methods. Club women making garments will be encouraged to enter them in the county fair. Newspaper publicity will also be given to those attending. Results will be measured by number of garments constructed and their quality.	

6. Handicraft

<u>Problem</u>	<u>Topics Included</u>	<u>Number of Clubs, Groups or Committees Involved</u>
1. Learning creative hobbies of value.	1. Textile Painting Aluminum Trays	1. 17 H. D. Clubs

<u>Goals</u>	<u>What the People are to Learn</u>	<u>Plans for Carrying Out Program and Measuring Results</u>	<u>Notes on Results</u>
1. To assist the homemaker in developing worthwhile and creative hobbies.	1. Develop creative designs, cut stencils for textile painting, textile painting and shading designs. Place design on aluminum sheet, shape trays, paint designs, etch trays, remove paint and finish trays.	1. Leader training in May by Rural Arts Specialist. These 34 leaders will conduct demonstrations in 17 home demonstration clubs. Workshop meetings will be held by the leaders who will work with club members in making aluminum trays and textile painting. The newspaper will be used for publicity of the meetings. The results will be measured by the quality and quantity of items made.	

7. Other

<u>Problem</u>	<u>Topics Included</u>	<u>Number Clubs, Groups or Committees Involved</u>
1. Care of the homemaker to help in conserving time and energy and use of leisure time.	1. Better Care of the Homemaker	1. 17 H. D. Clubs

<u>Goals</u>	<u>What the People are to Learn</u>	<u>Plans for Carrying Out Program and Measuring Results</u>	<u>Notes on Results</u>
1. To teach the homemaker better care of self in conserving time and energy, along with personal care and use of leisure time.	1. Conserving time and energy in housework, personal care, use of leisure time, and self analysis.	1. Discussion by home agents in December. Illustrative materials used in discussion. Distribution of materials on time and leisure. Results measured by effective use of ideas given in demonstration.	

C. Other Activities

1. Home Demonstration Club Community Projects

Each of the 17 home demonstration clubs in the county will be encouraged to select a worthwhile community project. These projects will be selected by the club members as a group. Projects will include area, county and community needs. Committees in the clubs will work out plans for conducting projects. Time will be allowed during the business meeting for reports of community project and progress being made. Reports will be given at the Home Demonstration Achievement Program on projects.

2. County Home Demonstration Club Objectives

The following County Home Demonstration Club Objectives were selected by a special committee at the Home Demonstration Planning Meeting. Ways for carrying out objectives are listed with the objective.

(1) Every club member memorize the Homemaker's Creed. Each club member will be encouraged to memorize the Homemaker's Creed. By knowing the Creed, the club members will realize the significance of the Creed as they repeat it.

(2) Each club strive to have at least one 4-H leader. If 4-H clubs are organized in the communities where home demonstration clubs are located, they are asked to furnish a leader for the group. It is felt that the leader from the home demonstration club can make the 4-H group more active.

(3) Support the development of the Southwest Virginia 4-H Center. Each club will be encouraged to again give financial backing to

the 4-H Center. Clubs will be further encouraged to have this as a community project.

(4) Share with non-club members something you have learned each month. After demonstrations and discussions at club meetings, the members are asked to pass this information on to non-club members. At the close of the year, club members will be asked with how many non-club members they have shared information.

(5) Strive for 100% attendance at leader training meetings. Club presidents and leaders will work together in seeing that leaders attend all training meetings. Circular letters and newspaper articles will serve as reminders for the meetings.

(6) Encourage each club to publish news of activities each month. Each club reporter is asked to write an article for the newspaper on their meeting. Outline to follow in writing news articles has been furnished each reporter.

3. National Home Demonstration Week

The objectives for celebrating National Home Demonstration Week are to acquaint the general public with home demonstration work and the work of the Home Demonstration Agent and to show accomplishments and activities of the clubs. News articles, exhibits in local store windows and radio programs will be featured for the week. Each club will be encouraged to participate in special activities. A committee will work up plans for the observance on a county-wide basis.

4. Achievement Programs

The annual home demonstration Achievement Program will be

held in Tazewell during October. Program and arrangement committees will work up the activities. This committee will be appointed at the Spring Planning Meeting.

Prior to the program a covered dish dinner will be served. One club will serve as hostess to the event. A worthwhile and interesting program will be planned along with reports of home demonstration work during the year. The county chairman will preside at this event.

5. Community Improvement Clubs

Two Community Improvement Clubs are organized in the county. Work will be done by the agents in assisting these clubs in planning educational programs and in setting up goals and objectives for general community improvement. Whenever called on, the agent will be responsible for presenting educational programs at meetings. These clubs will be encouraged to enter county and area community improvements contests.

6. Fairs

The Extension agents in Tazewell County will cooperate with two groups in sponsoring two fairs. In cooperation with the Richlands Businessmen's Association, the Richlands Fair will be held for three days in June. Homemaking and 4-H exhibits will be featured. Home demonstration and 4-H clubs in that area will be responsible for planning and conducting the fair.

In cooperation with the American Legion, the Tazewell Fair will be held for a week in August. The 4-H and Home Demonstration Clubs in this area will plan and conduct the fair which will feature 4-H and homemaking exhibits. Both fairs will feature 4-H booths.

7. Special Tours

Special tours will be made to nearby places of interest if interest is expressed by the women to make such tours. The tours will be of educational value.

8. Judging by Leaders

Qualified judges who have received training in judging foods, house furnishings, crafts, and clothing will be used to judge fairs in nearby counties. These leaders will also judge special events in the county.

9. District Federation VI Meeting

Club members will be encouraged to attend the District Federation meeting in Wise. This meeting will be held during April. A report on county home demonstration work will be given by the County Home Demonstration Committee chairman.

10. Institute of Rural Affairs

The County Home Demonstration Committee will sponsor a delegate to the Institute of Rural Affairs. Other club members will also be encouraged to attend and participate in the State meeting.

D. Work with Urban Families

Tazewell County does not have any large cities. Five home demonstration clubs are organized in the three towns. In addition to these clubs, the agents will work individually with people in these areas who request assistance.

E. Farm and Home Development

Thirty-two families were included in the Farm and Home

Development phases of Extension work during 1959. This number should be increased to 37 in 1960. Additional families will be added through personal contacts and requests for assistance. No committee is set up to select the families.

Objectives for promoting the work done in Farm and Home Development are to assist families in developing long and short-time family goals, develop a workable budget and to achieve these goals through individual assistance. Families in this phase of the program are assisted through individual contacts and in group meetings such as home demonstration clubs and community improvement clubs.

Help given and progress made will be recorded after individual and group contacts are made. Families will be asked to work with the agents in evaluating assistance given. Files will be made on these families and notes will be recorded after each contact has been made.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County 4-H Council

The 1960 Tazewell County 4-H Council will be made up of the officers of the 31 organized 4-H clubs and the elected County Council officers. The officers are: President, Clyde Barrett; Vice-President, Lois Altizer; and Secretary-Treasurer, Alice Casey. This group will plan county 4-H activities such as camps, Short Course, Achievement Day, "Share the Fun" Contest. Two meetings will be held during the year, in the spring and again in the fall. At the spring meeting activities will be planned and a training session for all officers will be held at the fall meeting.

2. 4-H All Stars

There is no organized All Star Chapter in the county, however all All Stars are encouraged to serve as leaders for younger club members and to assist the agents with various county-wide meetings. The All Stars in the county helped to form the 4-H Honor Club last December. The first year the All Stars served as officers for this organization. Outstanding and qualified 4-H club members will be nominated for membership in the State All Star Chapter by present active All Stars and Extension agents.

3. Honor Club

The 4-H Honor Club was formed in December of 1958. To date there are 34 active members and 37 additional members will be initiated at the Achievement Day program in December, 1959. Members are encouraged to select individual projects and to promote and strengthen club work in the county. Mrs. John Lawson and Mr. Wayne Neel serve as adult advisors for the group. The 1960 officers are: President, Lee Peak; Vice-President, Jean Street; Secretary, Lois Altizer; Treasurer, Lou Allison; and Reporter, Randall Parris. This group has played an important part in the Fund Raising Campaign for the 4-H Center. Four meetings are held during the year and various members have presented the programs. A recreation period follows the business session. The officers assisted with the 4-H County Council, serving as chairman and helping the discussion leader.

B. 4-H Project Work

1. Clothing

<u>Project</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups Involved</u>
1. So You'd Like to Sew	1. How to equip a sewing box, making a wrist pin cushion, needlecase, towel, apron, stuffed toy, and gathered skirt.	1. 206 members
2. Make and Remake	2. Making a clothing inventory, lines, style, color, becomingness, selection of pattern and material, understanding commercial patterns, altering patterns, construction of garments, remaking a garment, new and easy methods of construction.	2. 65 members 2 clubs
3. Looking Your Best	3. Care of hands, skin, hair, feet and clothing, posture improvement.	3. 82 members 1 club

<u>Goals</u>	<u>What the Members are to Learn</u>	<u>Plans for Carrying Out Project</u>	<u>Notes on Results</u>
1. To assist club members in equipping a sewing box and learn simple sewing methods.	1. That sewing can be fun, developing correct attitude, proper selection and care of sewing equipment, correct and proper methods of sewing construction, selection of proper materials for various items.	1. Method demonstrations, bulletins and leaflets, fair exhibits, individual and group assistance.	

1. Clothing (continued)

Goals	What the Members are to Learn	Plans for Carrying Out Project	Notes on Results
2. To assist club members in making wise selections of fabrics, color, style, patterns suitable for the individual and their needs.	2. Value of clothing inventory, selection of fabric, pattern and color suitable for the individual, importance of line, color and style suitable to individual, enjoyment gained from making one's clothes.	2. Method demonstrations, bulletins and leaflets, garment exhibits at fairs, District Contest, individual and group assistance, news articles, Dress Revue.	
3. To assist club members in improving their appearance, social and table manners, and to become better all-around citizens.	3. Importance of good appearance, how to equip an emergency sewing kit, how to be more pleasing, encourage general improvement.	3. Method demonstrations, bulletins and leaflets, fair exhibits, group and individual assistance.	

2. Foods

Project	Topics to be Included	Number of Clubs, Groups Involved
1. Meal Preparation	1. Setting table correctly, washing dishes, eating a good breakfast, measuring ingredients correctly, preparing eggs, salads, vegetables, desserts, lunches and refreshments, Christmas cookies and candies.	1. 290 members 2 clubs
2. Breads	2. Correctly measuring ingredients, proper equipment, making biscuits, corn bread, muffins, griddle cakes, waffles, loaf bread, yeast bread, and judging bread.	2. 17 members

Goals	What the Members are to Learn	Plans for Carrying Out Project	Notes on Results
1. To assist club members in planning and preparing an attractive and nutritious meal.	1. Correct way to prepare vegetables, salads, etc., planning and preparing nutritious meals, how to set the table correctly, how to measure ingredients correctly.	1. Method demonstrations, bulletins and leaflets, county contests, project groups, District Contest, fair exhibits.	
2. To assist club members in learning to make quick breads and to improve their bread making method.	2. Correct methods of baking bread, how to judge breads, how to measure ingredients and the proper equipment needed.	2. Method demonstrations, bulletins, county and District contests, fair exhibits, project group.	

3. Home Improvement:

Project	Topics to be Included	Number of Clubs, Groups Involved
1. Room Improvement	1. How to make the bed, how to partition dresser drawers, room arrangement, short cuts in care of room, orderliness and attractiveness of room, inventory of room.	1. 41 members 1 club

Goals	What Members are to Learn	Plans for Carrying Out Project	Notes on Results
1. To assist club members in arranging their present room and to care for their room more efficiently.	1. Make correct drawing of room, using scale, correct way to make up bed, partitioning a drawer, furniture arrangement, plan future improvements of room.	1. Demonstrations, bulletins, drawing floor plan of present room, individual assistance, county and District contests, fair exhibits.	

4. Safety

<u>Project</u>	<u>Topics to be Included</u>	<u>Number of Clubs, Groups Involved</u>
1. Safety	1. Safety at home, safety with firearms, safety at Christmas, safety with farm livestock and machinery, safety on the highway.	1. 330 members 17 clubs

<u>Goals</u>	<u>What the Members are to Learn</u>	<u>Plans for Carrying Out Project</u>	<u>Notes on Results</u>
1. To assist 4-H members in becoming aware of the numerous safety hazards before accidents occur and correcting them.	1. Causes of accidents are due to carelessness, possible hazards around home, farm, livestock, machinery and on the highway, preventing accidents before they happen.	1. Demonstrations, bulletins, displays and fair exhibits.	

NOTE: The girls enrolled in the following projects will receive individual assistance: Electric I, Laundry, Junior Leadership, Money Management, Home Management, Home Improvement, Outdoor Cookery.

C. Other Activities

1. 4-H Camps

Tazewell County will participate in two county camps. This will be the first year that the Southwest Virginia 4-H Center will operate and the 4-H'ers are most anxious to attend their own camp. The junior club members will attend a junior camp, while the senior members will attend senior camp. A camp program will be worked out by counties participating to develop the child educationally, socially and spiritually. These camps will each be one week in length. Adult leaders will assist the agents in conducting the camps.

A boy and a girl will be selected to attend the TVA Natural Resources Conference at Fontana, North Carolina. States in the TVA area participate in this camp. Expenses are paid by the TVA Test Demonstration Association in the county. Participants will be selected on leadership abilities and participation in the county 4-H program.

Club members will be selected to attend Conservation Camp at Camp Farrar, Virginia Beach, Virginia. The agents hope to secure someone to sponsor these members to camp. Selections for attendance will be based on contributions made by club members to the county program and leadership abilities.

2. Community Activities

The 4-H club members will be encouraged to select a project to improve their school or community. In many instances the clubs may sponsor these projects with adult groups.

3. Achievement Day

Club members will be encouraged to hold individual club achievement days. Club winners and exhibits of project work will be featured. A County Achievement Program will be held in November. A guest speaker, recognition of new Honor Club members, and awarding of medals will be included on the program. Parents and leaders will be encouraged to attend this event.

4. Rural Life Sunday

Each of the 31 clubs will be encouraged to observe Rural Life Sunday. They will attend Sunday School and church as a group, and whenever possible will take part in the worship service. Older club members will be encouraged to take an active part in the worship service.

5. National 4-H Week

News articles, radio publicity and exhibits will be featured to tell the general public about the 4-H program. Special programs on 4-H work will also be featured at various meetings in the county. Since safety is a county project, it is hoped that various safety displays will be made by clubs in the county.

6. Public Speaking Contest

A public speaking contest will be planned for both junior and senior club members. Winners will be selected to represent the county at the District Contest.

7. "Share the Fun" Contest

Club "Share the Fun" contests will be held throughout the county. Outstanding talent will be selected from these groups to

participate in the County "Share the Fun" Contest in March. A county winner will be selected to represent the county at 4-H Short Course.

8. State 4-H Short Course

A full quota of outstanding 4-H members will be selected to attend 4-H Short Course in 1960. These club members will participate in the various activities during the week and bring back helpful suggestions for club and individual improvement.

9. Fairs

Club members will be encouraged to enter items and booths in the Richlands and Tazewell fairs. This will give the club members an opportunity to show others what they are doing in club work and to exhibit items they have made.

10. Leaders' Conference

Outstanding volunteer 4-H leaders will be encouraged to attend the Leaders' Conference at Natural Bridge in November. It is hoped that sponsors can be secured for these leaders.

11. Southwest Virginia 4-H Center

The 4-H club members will have an active part in soliciting funds for the Southwest Virginia 4-H Center at Abingdon. Club leaders will be asked to be responsible for organizing these club members into teams that will contact individuals throughout the county for investments in the Center.

IV. SCOPE OF WORK

A.	<u>No. in 1959</u>	<u>Goal for 1960</u>
No. H. D. Clubs	16	18
Membership	308	335
No. H. D. Groups (unorganized)	0	2
Membership	0	35
No. 4-H Clubs	37	31
Membership	1129	1025
No. YMW Clubs	0	0
Membership	0	0
No. Community Clubs	2	2
Membership	160	160
No. Home Ec. Committees	3	3
Membership	23	23
No. General Interest Committees	0	1
Membership	0	10
No. Youth Committees	0	1
Membership	0	10
No. Other Organizations	0	0
No. Farm & Home Dev. Families	32	37
No. Other Families reached	2600	2650
No. Different Families reached	5000	5000

B. Plan for Informing the Public about the Extension Home Economics Program

1. Inform the public of the Extension Home Economics Program through:
 - (a) News articles for the three papers in the county.
 - (b) Radio publicity.
 - (c) Reporters in the home demonstration clubs.
 - (d) Reporters in the 4-H clubs.
 - (e) Community reporters.

In working with unorganized clubs and communities, we think that we have to work through the members of the home demonstration clubs, 4-H leaders and key people in the various communities.

V. LEADERSHIP

A. Plan for Leadership

	<u>No. in 1959</u>	<u>Goal for 1960</u>
1. <u>County Program Leaders</u>		
a. County Agricultural Extension Service Board	0	1
b. Youth Council	0	0
c. Home Economics Council	0	1
2. <u>Home Demonstration Leadership</u>	<u>No. in 1959</u>	<u>Goal for 1960</u>
No. organizational leaders	75	82
No. project leaders (subject matter)	132	140
No. Fed. program of work chairmen	24	26
No. program development leaders	19	20
No. result demonstrators	7	10
No. training meetings by specialists	3	4
No. training meetings by dist. agents	2	2
No. training meetings by agents	4	3
No. training meetings by others	1	2
Attendance at all training meetings	227	238
No. meetings held without an agent	87	85
No. meetings leaders assisted	35	50
Demonstrations by leaders	97	85
Talks and discussions by leaders	275	280
3. <u>4-H Club Leadership</u>	<u>No. in 1959</u>	<u>Goal for 1960</u>
No. club officers	220	190
No. adult project leaders	45	40
No. junior project leaders	9	12
No. result demonstrators	6	10
No. training meetings by specialists	0	1
No. training meetings by dist. agents	0	1
No. training meetings by agents	4	6
No. training meetings by members club dept.	1	2
No. training meetings by others	6	6
Total attendance at ldr. training meetings	154	175
No. 4-H leaders trained individually	25	35
No. club meetings held by leader without agent	73	75
No. additional club meetings at which leaders assisted	225	235
No. demonstrations given by adult leaders	52	55
No. demonstrations given by junior leaders	39	50

B. Strengthening Leadership

The agents hope to develop more leaders in Home Demonstration Club work and that the leaders will give more demonstrations in the future. This can be done by having leader training meetings and staying away from the monthly meeting in order to get the leaders to give the demonstration. The agents would like to see some leaders train other leaders in case some leaders are absent at the leader training meeting or go to another club and give the demonstration. Give leaders more recognition to encourage them.

The agents feel that the 4-H Club leaders should have a leaders' organization and hold regular meetings during the year. This will give the leaders an opportunity to discuss various problems they have with their own groups and will give a closer contact with other leaders in the county. It is felt that such an organization would be of great help to the agents for they would know the leaders better, and the leaders would know the agents better. Also, the new leaders would get to know the general purpose of 4-H club work better.

VI. FOR SPECIAL CONSIDERATION

A. Plans for Maintaining and Strengthening Good Public Relations in the County with:

State Extension Organization Itself

- (1) Cooperate in every way possible with the Director, Associate Director, state leaders, supervisors, specialists, and County Extension personnel.
- (2) Carry out the program as set up by the people and personnel and try to discover other needs of people in the county.
- (3) Keep people informed and request the aid of those that are mentioned in (1).

Parent Institution

- (1) Cooperate with the staff other than the Extension staff.
- (2) Invite them into the county to give assistance when needed.

Elected and Appointed Officials

- (1) Keep them informed of activities going on in the county and give them an annual report and opportunity to ask any questions they would like to concerning the work. Send them a summary of each month's work.

Organizations

- (1) The agents plan to assist and cooperate in any way that is possible with any organization in the county by giving talks, demonstrations, showing slides, pamphlets, and information of interest.

Businesses

- (1) The agents hope to work with different businesses along the line of Extension work so long as it concerns the policies of Extension. A good relationship with businesses is necessary in order to carry out the Extension program as planned. Sometimes businesses will sponsor trips for 4-H'ers which helps to promote the Extension program.

Mass Media Personnel

- (1) The agent hasn't met all of the personnel in the county, so I feel that is the first thing that needs to be done. The agents plan to prepare news articles for newspapers, radio and television stations and use some of the people who do outstanding work on some of the programs. The agent hopes to keep the best relationship with the Extension staff in the county to promote the best program. Conferences will be held in the office to keep the co-workers informed.

Other Agencies

- (1) The agents plan to cooperate with any of the agencies in Tazewell County to promote the best Extension program. In dealing with the school system in the county, we hope to be tactful and cooperate with the principals and teachers of the various schools.

Individuals and Families

(1) The Extension agents plan to work with all individuals and families in the county, regardless of the economic condition of the family.

B. Plan for Professional Improvement

The agents do not plan to attend any short courses or further their organized education in 1960. The agents plan to read magazines and keep up with current events. Any district meetings called by our supervisor will be attended.

C. County Program's Most Significant Contribution to Family Living

The agent feels that the Time Management Committee will contribute most to family living. This Committee is composed of six ladies who have kept an account of how they have spent their time for a week. The Committee has met with Mrs. O'Brien and they realize where they spend too much time and plan to make better use of their time. The women are planning to get about 60 other women in the county to keep a record of how they use their time and also keep a record of the meals they prepare for a week. In turn, we hope that these ladies will tell other ladies about it and the people in general will use their time more efficiently. By keeping a record of the week's menu, we hope the ladies will also become nutritional wise. It is possible that Tazewell County could be fed better for less.