

1959 PLAN OF WORK

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Home Demonstration Agent

Isle of Wight  
County

I. County Situation Considered In Working Out the 1959 Program

Isle of Wight County is located in the Tidewater area of Virginia, a few miles down and across the James River from Jamestown, first English settlement in America. The county was settled on April 19, 1619 by an Englishman named Christopher Lawne, who brought with him 100 land-hungry colonists. The Indians had called the area Warrasquoacke. Lawne changed the name to Lawne's Plantation. In 1634 the London Company gave it the title of Isle of Wight, making it one of the eight original shires in Virginia.

Still standing in Isle of Wight County, about four miles from Smithfield, is St. Luke's Episcopal Church (sometimes called "The Old Brick Church") which was erected in 1632. The Courthouse in Smithfield dates from 1752. The largest portion of the population is descended from the early English settlers and many of the county residents are lovers of tradition and cherish with pride the old buildings, records and relics. Isle of Wight County people are proud of their long history, and on the one hand, hold tightly to tradition, while at the same time, they are amazingly progressive.

The population of the county has been at a standstill for many years. The first U. S. Census reported 9,028 in 1790 and the total county population rose to 14,906 in 1950. Only 48% of the population is white. Thirty seven percent of the population is rural farm and 62% is rural non-farm.

There are 856 white farm operators and 390 Negro farm operators. The U. S. Census for 1950 shows that the average size of farms is 111.8 acres and that 30 farms had 500 acres or more. The county has a total area of 314 square miles.

The area farm income, amounting to about 6 to 8 million dollars yearly, is derived chiefly from field crops (peanuts, corn and soybeans) and from livestock and livestock products (chiefly hogs). Isle of Wight County is an important peanut growing county in Virginia and in the nation and the peanut-fed hogs raised on her farms provide the nationally known Smithfield Hams. There are approximately 15,378 acres of peanuts and 35,000 hogs produced annually in Isle of Wight County.

Next to agriculture, manufacturing employs the largest number of people. Smithfield, the principal town, is a meat packing center where several plants produce hams, bacon, sausage, lard and other meat products. These plants do an estimated combined volume annually of around 25 million dollars. Isle of Wight County has approximately 127,000 acres of commercial forests exclusive of public reserve and other non-commercial forest land. About two thirds of the timber is softwood and one-third is hardwood. With three-fifths of the total county area forested, sawmills and wood products are important. In the southwest corner of the county is a large pulp and paper mill.

There are also several plants for shelling, cleaning and grading peanuts.

Along the Pagan River and the James River men engage in fishing and oystering. Battery Park and Rescue are shipping points for the water freight and harbors for fishing boats.

According to the 1950 Census the median income for Isle of Wight County families was \$2,181, however, 45.6% of the families had incomes of less than \$2,000.

The county has access to rail and water transportation and has a good highway system. U. S. Highways 460, 258, 58 and 17 and State Highway 10 pass through the county.

During the 1958-59 school year, the county will operate 11 schools, four for the whites and seven for Negroes. Elementary schools are located at Carrsville, Windsor, Isle of Wight and Smithfield. High schools are located at Windsor and Smithfield. Median school years completed is 6.9.

Communities in the county include Rushmere, Smithfield, Pagan Pine, (suburb of Smithfield) Bennis Church, Carrsville, Carrollton, Rescue, Battery Park, Longview, Isle of Wight, Orbit, Walters, Zuni, and Airport (near Franklin). Windsor and Smithfield are the main county shopping areas, but the people do their major buying in Franklin, Suffolk, Portsmouth, Norfolk, Newport News and Richmond.

The recreational activities for the young people in Isle of Wight County are improving. A teenage club has been started in Smithfield, Windsor and Carrsville. The local people get together and organized these clubs because the teenagers were complaining so much about no place to go and getting in a lot of trouble. Other recreational activities are mainly under the sponsorship of the public schools, local churches, 4-H clubs and civic organizations.

Fishing, hunting and boating areas are plentiful and ocean beaches are within easy driving distance. The nearby cities of Norfolk and Portsmouth afford a variety of entertainment in professional sports, concerts, theatrical productions and points of interest.

The people participate actively in church, civic, rural, home-making and commodity groups. The Extension Service (in agriculture and home economics) office is located in the post office building in Smithfield. The personnel, the county agent, assistant county agent, home demonstration agent, and office secretary, work with the county people. The people are reached with an educational program through home demonstration clubs, 4-H clubs, farm commodity groups and other organizations and through individual contacts and mass media (including news articles, bulletins, radio, television, general meetings, demonstrations, etc.).

## II. County Extension Program - Adult

### 1. County Agricultural Extension Service Board

The County Agricultural Extension Service Board in Isle of Wight County consist of representatives from the special interest committees, farm organizations, County Board of Supervisors and other interested groups. At the meeting of the Board, the representatives of the special interest committees will report on their work. This will help the various groups to become acquainted with each others work and help them to help each other with their program plans.

### 2. Home Economics Council- none

### 3. General Interest Committees

Since there was so much interest shown by women in home demonstration clubs in the various phases of food and nutrition it did not seem practical to attempt to meet all the problems through the home demonstration program.

The high cost of feeding our families was one trend discussed. Feeding our families better food on less money was also mentioned. Many families are not eating together because of different schedules and interests. For example: television programs, meetings, sports, community activities, etc. Many teenagers receive their calories from between meal snacks, i. e., hot dogs, cokes and hamburgers. A former home economist attending pointed out that many children did not patronize the school lunch giving as their reason poor menus, crowded conditions and varying appetites and the influence of the teenage group. It was found that some of the children ate no lunch or else ate quick pick ups in local stores, many having come from home with little or no breakfast.

The committee considered these and other facts.

Below are the problems which faced the Foods and Nutrition Committee.

1. Failure to eat an adequate mid-day lunch.
2. Lack of nutrition knowledge and leadership in getting information to the people.
3. Inadequate knowledge of what food does for the body.
4. Poor methods used in preparation of food resulting in loss of vitamins and minerals, especially vegetables.

5. Continued rising cost of food and lack of consumer information.
6. Lack of information on teenage and adult weight control.
7. Inaccessibility of nutritionally good between meal snacks.
8. Health programs arising from poor choice of foods.

The problems mentioned can be started on by a solution to determine objectives and goals such as the following:

1. Have a cooking school teaching subject which will help solve the problems already mentioned. Each class should reach 30 people who will pass information on and use it.
2. Start a TOPS club and have 10 members sticking to what it recommends.
3. Contact a local dairy about making milk as easy to buy as other soft drinks in one location.

General terms and methods of accomplishments to carry out the food and nutrition program for the next few years will be several methods of approach and recommendations made by the committee. They are as follows:

1. Cooking school
  2. Wider distribution of pamphlets (place in doctors and dentists offices).
  3. Better use of mass media.
  4. Formation of a TOP Club.
4. County Home Economics Committees
- B. Home Demonstration Club Program

The Isle of Wight County Home Demonstration Committee consists of the chairman, first vice chairman, second vice chairman, secretary, treasurer, reporter, federation of work chairman and

cookbook chairman.

The Home Demonstration Committee holds a Spring and Fall Planning meeting to work on their program. At this time they select committees for the various home demonstration activities. The home demonstration agent plans to have a conference with Mrs. John Jenkins, county chairman, two weeks before each meeting to plan the program and the items to be brought to the clubs' attention.

Food is the main topic selected for 1959 Club work.

1. "Time Saving Preparation of Food For the Holidays"

The club members will learn how to prepare food ahead or quickly for times when they are rushed for time.

2. "Homemade Breads and Rolls"

This topic is to aid members in feeding their families better while using less money. The members will be given a demonstration on how to make rolls by their leaders.

3. "New Ways of Preparing Foods"

Miss Janet L. Cameron will show the homemakers how to prepare local products such as sweet potatoes, peanuts, chicken, etc. in new ways to make a more interesting diet.

4. "Inexpensive and Nutritious Packed Lunches For Your Family"

Many homemakers have to pack lunches for husbands and want to know ways to make them inexpensive and nutritious.

5. "Casserole Dishes"

The homemakers will learn how to prepare easy, quick and good dishes to serve to families and guests playing up our local food products such as pork, peanuts and sweet potatoes.

Clothing:

"New Suit and Dress Materials Available"

The objectives of this topic is to teach homemakers what to look for and what to expect of new materials and what to look for when buying them.

"Care of New Suit and Dress Materials"

The purpose of this subject is to teach homemakers how to care for new suit and dress materials and keep the new look almost forever.

Home Management:

"Floor Coverings for Kitchen, Family and Bath Rooms"

Information on floor coverings that are economical, practical and pretty will be given to interested home demonstration members.

Health:

"Ways to Keep My Family Healthy"

Information will be given on what Mrs. Homemaker can do to help her family keep healthy.

Legal and Business Matter Workshop:

A letter and questionnaire was sent to every farmer and home demonstration member in Isle of Wight County. Thirty seven replies indicated enough interest for us to sponsor the workshop. It will be held in March every Tuesday night from 7:00 - 9:00 p.m. The meeting will be on the following topics:

"Getting A Head Start On 1960 Income Tax Report"

"Social Security and You"

"Insurance"

"Wills, Deeds and Inheritance Tax"

Tailoring School:

The agent will have a school for one group of homemakers beginning in January with five active and three observers.

Restoring Picture Frames:

Special meetings will be held on restoring picture frames. Mass media information for homemakers will be given by use of a weekly column in the local paper, **THE SMITHFIELD TIMES**.

C. Federation Program of Work

The program for 1958-60 is "Art In Daily Living". Mrs. Auphilus Jones and the agent planned the objectives and monthly topics. Mrs. Jones had the objectives and monthly topics put in the yearbook. Every other month Mrs. Jones sends out a letter to the leaders reminding and suggesting ways to present the program. The June demonstration is on "Art In Daily Living". Miss Peery will give the training for this demonstration. Tours are suggested for clubs and in August when they have club choice, several clubs have selected "Flower Arrangements".

AIM: To enrich our lives by learning to appreciate and to enjoy the simple things of every day life, thereby developing a fine sense of values.

1. Nature:

- a. Wild flowers - Learn ones in your vicinity and conserve in their natural habitat.
- b. Birds - Observe and know ones in your yard. Feed

in winter. Plant shrubs to attract.

c. Flowers

- (1) Become flower arrangement conscious. "Arranging a bowl of flowers in the morning can give a sense of quiet in a busy day." - A. Lindbergh
- (2) Attend local and other flower shows.

2. Music and Art:

a. Music -

- (1) Cultivate appreciation for various types of music: church, folk and classical.
- (2) Encourage young people to become interested in some phase of music.
- (3) Support music in public schools.

b. Art -

- (1) Study art principles that they may be used in beautifying our homes, dress and surroundings.
- (2) Study good paintings.
- (3) In handicraft program, work for quality instead of quantity.

3. Literature:

- a. Read to children to encourage the love of reading.
- b. Stimulate interests in reading by discussing current events, magazines and books with the family and club members.
- c. Encourage club members to use bookmobile, school and local libraries.
  - (1) Use State Home Demonstration Library.

(2) Recommend books to be added to state Home Demonstration Library.

"Learn something beautiful

See something beautiful

Do something beautiful

Every day of your life."

- Unknown

Monthly Topics:

December - Attend a music program, i. e. the band concert.

January - Bring an example of the arts and crafts to our meeting of our ancestors. For example, old portraits, old quilts, dishes, etc.

February - Prepare a feeding station for birds.

March - Read to your children, or neighbor's children, a story you liked as a child.

April - Learn one wild flower in your neighborhood.

May - Attend a music concert or listen to one on the radio.

Go on a garden tour.

June - Arrange flowers twice a week for a month.

July - Read one book that you have been meaning to read for a year.

August - Study two art principles, put balance and rhythm.

September - Study three art principles, proportion, emphasis and harmony.

October - Work for quality instead of quantity on your handicraft project.

November - Study one painting in your club meeting.

D. Other Activities

1. National Home Demonstration Week

A committee to plan home demonstration week will be set up at the Spring Planning meeting. An exhibit, news articles and a special tour will be planned by the committee.

2. Achievement Day

At the Spring Planning Meeting a committee be will/set up to make plans for the Achievement Program. The speaker will probably talk on some phase of the "Art In Daily Living" Federation Program of Work. The home demonstration members will be recognized for their achievements in home demonstration work throughout the year.

3. County Picnic

The picnic will probably be planned for June or July when there is no likelihood of a hurricane or cold weather. A committee will be set up to plan this event.

4. Judging by Local Leaders

Local leaders will judge whenever requested.

5. Weekly News Column

The column is a source of information for everyone. It consists of a weekly schedule of meetings and an article that should be of interest to those reading the column.

6. Good Reading

The agent has suggested that each club appoint

a goodreading chairman. A list of the 1958-60 books available at the Smithfield Library has been prepared for the home demonstration members. Club members may also get books at the Franklin Library.

### III. Farm and Home Development

The agent worked with seven families in 1958. She has dropped them because of their lack of interest and time to do any work on it and also because some families told the agent they didn't see where it would help them. However, I've began work with two new families who asked for it because they knew of the work that had been done with other families.

My objective is to help the homemaker work out her problems by giving her the information or the source of information. At the present time I'm using the individual approach.

We sent out questionnaires to obtain information on their interest. There wasn't enough interest in the program to continue it.

### IV. County Extension Program - Youth

#### A. Organization

1. County Youth Council - none
2. County Youth Committee

The Youth Committee has six members, J. A. Britt, chairman; A. R. Butler, Jr., vice chairman; Mrs. Don Delk, secretary; Mrs. M. M. Pulley, Sr., assistant secretary; Mrs. W. R.

Cropper and J. C. Griffin.

The committee in 1956 decided the four major problem areas in 4-H clubs are (1) method of project selection, (2) lack of knowledge concerning 4-H and its activities in the county and (4) lack of operational funds.

The 1959 goals I have selected to work on are earlier planning of project selection and projects to meet the interest and need of the 4-H'er. The others are to interest more leaders, pay a visit to each 4-H member's home once during the year with their leaders and show the clubs a way to earn money for their needs.

The method of meeting goal number 1 is in April and May discuss several projects with each club, have each club select two delegates to discuss with their club members what projects they are interested in.

The methods for meeting goal number 2 are at one home demonstration meeting discuss the need for 4-H project leaders and ask the home demonstration members if they know anyone who would make a good project leader, pay visits to the home of prospective leaders. If possible, invite the parents of 4-H members to a meeting and ask them to find a leader for their children. Have the organizational leaders secure project

leaders.

The method for reaching goal number 3 is to present information programs to civic and church groups and write letters to parents explaining the club and child's projects.

The method for reaching goal number 4 is to have each club select a fund raising project, for example the Smithfield Club raised funds by selling Christmas greens and painted decorations.

The home demonstration agent's personal belief is that the County Youth Committee in Isle of Wight County should show more interest in non 4-H members in Isle of Wight County and set up a program which can meet the needs of all youth.

3. County 4-H Council

The council will meet twice a year. The purpose of the meetings are to form committees for various 4-H club events, approve or disapprove planned events. The council is made up of all 4-H club officers and leaders.

4. All Stars

The All Stars will hold a meeting the first part of February to decide their recommendations for the 1959 All Stars. At this meeting the All Stars will decide what 4-H activity to sponsor.

5. Honor Club - none

6. Project Planning Committee

The 1960 project planning meeting will be

held in May. The adult and junior leaders and two representatives from each club will meet with the agent to decide what projects will be offered for 1960.

7. Others - none

B. 4-H Project Work

The Richard Holland, Carrsville Junior and Carrsville Senior 4-H clubs are carrying "Meal Preparation" projects; Windsor Junior club - "So You'd Like to Sew"; Windsor Senior club - "Looking Your Best"; Smithfield club - individual projects and Bethany - "Safety".

1. Meal Preparation

The objective of this project is to teach simple effective ways of handling food and interest the member in doing more food work on her own.

The following topics will be discussed: "Set Table At Home", " Club Refreshments ( Christmas theme)", "Milk Dish", "Salads", "Meat Loaf", "Make Plans For A Club Meal", and "Club Meal".

2. Looking Your Best

The objective is to teach the 4-H members how to take care of their clothes and always look nice. By showing that good grooming and looking your best go hand in hand.

The following topics will be discussed:

"Press Your Woolens", "Care For Your Hair",  
"Care For Your Skin", "Care For Your Teeth and  
Your Smile", "Care For Your Hands", and "Improve  
Your Posture and Your Voice".

3. So You'd Like to Sew

The objective is to teach some basic  
principles of sewing and get the 4-H members  
interested in doing more sewing on their own.

The following monthly topics will be  
discussed: "Sewing Boxes", "Stuffed Animals",  
"Dress Collar", "Gathered Skirt", "Finishing  
Touches on the Skirt", and "Blouse".

4. Safety

The objective is to make the 4-H members  
more concerned about improving safety around  
them.

The monthly topics will be "Tour of  
Miss Myers' Apartment (check for hazards)",  
"Safety Demonstration", "Safety Demonstration  
by Member", and "Christmas Party".

Overall objectives are as follows:

1. Have 4-H members plan most of the work and projects.
2. Give at least one demonstration and more if possible.
3. Help train leaders on their responsibilities.

C. 4-H Activities

1. 4-H Week

All 4-H clubs will be asked to celebrate 4-H Week by doing something special, such as preparing exhibits, special programs, etc.

2. Valentine Party

This will be sponsored by the County Council for the purpose of letting the 4-H members from different clubs meet each other.

3. Rural Life Sunday

Definite plans will be made later.

4. State Short Course

The 4-H members who went last year enjoyed it so much that we have a lot of interest this year. Maybe six girls will attend from Isle of Wight County.

5. District 4-H Camp

All 4-H members meeting minimum requirements will be encouraged to attend.

6. State Conservation Camp

We hope to have a representative from Isle of Wight County.

7. 4-H County Contests

The contests will be held February 7th with any girl who wants to participate being invited. A qualified judge will select the

winners to go to the District Contest.

9. 4-H County Achievement Program

A committee will be selected by the County Council at the March meeting to work with the agents on plans for the Achievement Program to be held in conjunction with National 4-H Club Achievement Day.

D. Young Men and Young Women's Work - none

V. Scope of Work

A. Organization	<u>No. in 1958</u>	<u>Goal 1959</u>
No. of home demonstration clubs	11	10
Membership	222	195
No. of 4-H clubs	8	8
Membership	113	114
No. of YMW clubs	0	0
Membership	0	0
No. community improvement clubs	0	0
Membership	0	0
No. home economics club	0	0
No. general interest committees	1	1
No. youth committees	1	1
No. other organizations	0	0
No. farm & home development families	3	4

VI. Plan for Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
A. Over-all Program Leaders (Organization leaders for county Extension Service Board)	<u>12</u>	<u>12</u>

B. Home Demonstration Club Leadership

	<u>No. in 1958</u>	<u>Goal 1959</u>
No. organizational leaders	0	0
No. project leaders (subject matter)	145	110
No. Federation Program of work chr.	12	10
No. program development leaders	11	10
No. result demonstrators	1	2
No. meetings at which leaders were trained by specialists	8	8
No. meetings at which leaders were trained by district agents	1	1
No. meetings at which leaders were trained by agent	3	1
Attendance at training meetings	179	185
No. club meetings held by leaders without agent present		60
No. club meetings in which leaders assisted	116	100
Total number demonstrations given by leaders	110	90
No. talks or discussions by leaders	243	220

The agent plans to have training meetings for the monthly demonstrations given by a specialist or someone who is qualified to do it. The agent plans to have a planning meeting with all special leaders to decide what they want to do each month. Some special leaders, such as poultry, garden and home demonstration presidents, will receive monthly letters containing necessary information to be given at the home demonstration club meetings.

C. Over-all Youth Leaders (Organization leaders for county youth council)	<u>No. in 1958</u>	<u>Goal 1959</u>
	0	0
D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
No. 4-H club officers	40	40
No. adult project leaders	5	6
No. junior project leaders	7	8
No. result demonstrators	1	1
No. meetings at which leaders were trained by specialist	1	2
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	2	3
No. meetings at which leaders were trained by personnel in 4-H Dept.	0	1
No. meetings at which leaders were trained by others	0	0
Attendance at leader training meetings	3	20
No. 4-H leaders trained individually	5	6
No. club meetings held by leaders without agent present	9	10
No. club meetings at which leaders assisted	48	45
No. demonstrations given by adult leaders	4	6
No. demonstrations given by junior leaders	9	16

The agent plans to have an individual meeting once every three months with each 4-H leader. At this meeting they will plan in detail the three 4-H demonstrations for the following months, the res-

possibility and duties of the leaders and agent.  
They will receive information on coming 4-H activities.  
The agent will also write circular letters about  
each 4-H activity to the leaders and 4-H officers.

E. Young Men and Women's Clubs	<u>No. in 1958</u>	<u>Goal 1959</u>
No. club officers	0	0
No. adult leaders or sponsors	0	0

VII. Work With Other Agencies

A. VEPCo. and Windsor Community Electric Cooperative

We will cooperate with them on 4-H electric project work. VEPCO. has been cooperative about letting us use their facilities for leader training meetings.

B. Singer Sewing Machine Company

The home demonstration agent would like to take advantage of the training program for 4-H clothing leaders if she could get enough interest.

C. Welfare Department

Home demonstration clubs were requested to contribute clothes, toys, food or money for distribution to needy families during the Christmas season.

D. Health Department

The home demonstration agent will pass on information concerning time and places for free chest x-rays and encourage home demonstration members to cooperate with the drive.

E. Other

The home demonstration agent will endeavor to cooperate with any agency whose programs will further the extension service program.

VIII. Development of Good Public Relations in County

A. Co-Workers

The home demonstration agent will assist co-workers with meetings and plans when requested. She will also go to near-by counties to help with judging or workshops when requested (with the permission of her district agent).

B. General Public

The agent will endeavor to make home demonstration and 4-H programs interesting to the public. She will advertise all activities by putting a weekly schedule in the newspaper. Whenever requested she will help the local clubs and people with their problems. She will make herself available to speak with local groups.

C. Elected Representatives

The County home demonstration agent will endeavor to get to know elected representatives better and to encourage home demonstration members to know their representatives.

D. Commercial Interests

The home demonstration agent will endeavor to help in giving equal opportunity to commercial

concerns for sponsoring home demonstration and 4-H activities and equal recognition of sponsors through Achievement Programs, etc.

E. Other Professional Workers

The home demonstration agent is willing to assist other professional workers whenever possible.

IX. Plans for Recording Progress and Evaluating Programs in 1959

The agent plans to evaluate her progress in 1959 Program of Work by better use of monthly record sheets and reports, especially narrative. The agent is keeping a scrapbook of all newspaper clippings. The spring and fall planning meetings help to evaluate the program.

X. Professional Improvement

A. Organized Study

1. Schools
2. Short Course - attend annual State Extension Agents Conference.

B. Reading professional books and other publications

The home demonstration agent will try to set aside 30 minutes each day for reading professional publications which come to the county office (i.e. Journal of Home Economics, Extension Service Review, What's New in Home Economics, National 4-H News, Practical Home Economics and State 4-H Paper).

Professional books will be used in relation to the planned home demonstration and 4-H programs and any special problems which arise.

C. Membership in Professional Organizations

The agent belongs to the AHEA, VHEA and Southeastern District Agents Association.

D. Participating in Programs and Workshops Planned by Other Organizations - none

E. Planned Educational Trips - none

XI. Plans for Cooperating With Other Extension Agents in the Isle of Wight County Office

The home demonstration agent will work with the assistant county agent in planning all 4-H activities in which both are involved. She will work with the county agent in visiting families participating in the farm and home development program. She will try to use only one third of the secretary's time and will help her by learning her filing system better and by operating the mimeograph machine when necessary to get out circular letters. She would like to try to interest the other agents in having a short office conference each week.

XII. Problems in Carrying Out the Extension Program in Isle of Wight County

Isle of Wight County needs a centrally located place for meetings and workshops that is easy for everyone to get to. The only solution the agent sees is to hold each meeting twice, one in each section of the county, or else take turns making someone take a long trip.

The need for more and better trained leaders in every club is also a problem. The agent will use the methods mentioned in the report on the youth committee.