

PLAN OF WORK

1959

LANCASTER COUNTY

VIRGINIA

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COUNTY HOME DEMONSTRATION AGENT

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1959 PLAN OF WORK

Jolene S. Moyer
Home Demonstration Agent

Lancaster
County

I. County Situation

Lancaster County is located in the part of Tidewater Virginia known as the Northern Neck, a peninsula situated between the Potomac and Rappahannock Rivers. Lancaster is one of the smaller counties of the state with a land area of 142 square miles, or 90,880 acres and eleven square miles of water area. The 1954 agricultural census states 33,376 acres are in farms, the average size farm being 74.8 acres. There are 446 farms with 297 white operators and there are three incorporated towns, Kilmarnock being the largest with a population of 628.

Soybeans for beans is the leading crop, corn and small grains are produced for market. These provide thirty-three percent of the total farm income. Industries in Lancaster are commercial fisheries, forestry and a small amount of manufacturing of fish oil, fish meal, boxes for fishing crafts and boats.

The Extension agents have observed some interesting facts concerning the home living situation (no statistics available).

1. Most of the housewives do all the housework - very little help is employed.
2. We believe that Lancaster housewives do less canning than the average Virginia housewife and probably an average amount of freezing.
3. We believe most homemakers do the family laundry and practically one hundred percent have washing machines.
4. We believe that most of the women shop weekly for groceries.
5. Only a few families keep home milk cows or hogs or chickens.
6. The higher and lower income families tend to have no home garden or very little garden.
7. The middle income families do have a garden.
8. Farm women do practically no field work or farm chores.
9. Women from low income families around the water shuck oysters and crab.

II. County Extension Program - Adult

A. Over-all Program

1. County Agricultural Service Board

The County Agricultural Service Board was organized several years ago. At the present time it is inactive but the agents expect to activate it in 1959 for the purpose of program planning.

2. Home Economics Council

The Home Economics Council (composed of program development leader, home demonstration committee members and influential persons in the county interested in youth and improved family living) is inactive at the present time. This group will meet in 1959 when necessary to plan for special interest activities that will meet the needs of the people.

3. General Interest Committee

This committee is made up of the program of work chairmen and program development chairmen. Health will be their program topic for 1959. This topic will be stressed in monthly meetings, in a county-wide meeting on cancer and first aid, in a county

home nursing clinic and through news articles and radio talks by the committee members.

B. Home Demonstration Club Program

The County Home Demonstration Committee is composed of the officers of the home demonstration clubs, the program development chairmen, and the program of work chairmen. This committee will meet three times in 1959 for the purpose of planning the home demonstration program and other activities. Committees appointed for promoting certain phases of the program will meet when necessary.

1. Home Management

The objective in home management is to learn how to use material on hand to the best advantage and to learn how to save time, money and energy through work simplification. The 1959 program includes five monthly demonstrations in this field: (1) how to make best use of time in housekeeping; (2) kitchen storage; (3) laundry problems and how to overcome them; (4) cleaning wood furniture; (5) cleaning upholstered furniture. In February the agent will hold a leader training meeting on "Kitchen Storage". At

this meeting home demonstration leaders will make partitions for cupboards and drawers. News releases from the home management specialist will be used and other information from similar sources.

2. House Furnishings

House furnishings continue to be one of the most important subject matter fields for Lancaster homemakers. The objective in this field is to help the homemaker to use what she has in her home but when necessary to improve the appearance and make it useful. Special interest workshops will be held to teach reseating chairs and stools and refinishing furniture.

3. Clothing

The agent has had many requests in the clothing field. Consequently monthly demonstrations will include: (1) care of new fabrics; (2) tailoring tips, bound buttonholes, or selection of clothing. The agent also plans to work with individual groups on basic sewing. The radio and newspaper will be used for the purpose of informing the public about other clothing topics.

4. Foods

The objective in this field is to learn how to prepare meals ahead of time. Three monthly demonstrations are planned. These are: (1) jiffy meals; (2) meals that freeze well; (3) selection of meats (how to identify cuts and buy wisely). The agent will use the radio and newspaper as other ways of teaching food topics. Canning and freezing bulletins will be distributed by requests received by telephone, at club meetings, church, school and home visits.

5. Rural Arts

The objective in rural arts is to learn how to make something pretty, useful and inexpensive for the home. A county-wide workshop will be held on etching trays. Leaders in the clubs will conduct this meeting. Other rural arts will be held during the year in special interest groups.

6. Landscaping

A monthly demonstration will be held on landscaping and borders. This will include landscaping your yard

with consideration of your various centers (picnic, driveway, garden, etc.). Borders will enable one to have some types of plants (flowers or shrubs) blooming all year. A county-wide special interest group will be held on landscaping and borders.

7. Result Demonstrations

Result demonstrations will be conducted in kitchen storage. Emphasis will also be made in saving time and energy by having good storage and proper arrangement of equipment.

C. Federation Program of Work

The county federation program of work is health. The objectives are:

1. Monthly meetings, helpful hints on nutrition, emphasizing the seven basic foods, vitamins found in foods, ways to cook foods to get most nutrition out of them.
2. Each home demonstration member and family have chest X-ray.
3. County-wide meeting on cancer and first aid.
4. County-wide meeting on home nursing. This will

consist of two all day meetings to be held in successive weeks.

D. Other Activities

1. Yearbook

The yearbook summarizes briefly monthly demonstrations, workshops, special interest groups, club and county objectives and important reminders to the officers of district and state obligations. The yearbook is mimeographed in the Extension office. The backs are printed at the press and the Extension secretary puts them together. This makes a very nice looking back with little expense and no advertisements.

2. County Committee

The county committee which meets twice a year can strengthen the home demonstration club program by continuing to keep the agent posted as to needs and as to effectiveness of methods used, or desirable new methods of reaching people. The agent hopes as this group becomes conscious of the need for leaders that they will become helpful in securing them.

3. District and State Meetings

The program will be strengthened by (1) being informed of federation activities (2) participation in meetings and activities (3) serving on committees and (4) through loyalty.

4. National Home Demonstration Week

The county displays exhibits in local store windows during National Home Demonstration Week. This arouses much interest in non-home demonstration members.

5. Northern Neck Fair

The Northern Neck Fair at Warsaw provides an opportunity for the women to show their best canned food, baked food, handiwork and clothing. This also affords the county committee an opportunity to put up an educational exhibit for a cash prize.

6. County Objectives

The county committee set up county objectives at the planning meeting. They are:

1. Provide scholarship to one 4-H member to Jamestown 4-H Camp.

2. Furnish transportation and cookies for 4-H Christmas Sing sponsored by the Woman's Club of Lancaster County and the home demonstration clubs.
3. Plan a one-day trip to some place of interest.
4. Each club visit the Mary Ball Memorial Library during the year.
5. Each club send a delegate to Rural Institute and share expenses if necessary.
6. Promote membership interest.
7. Have a fair exhibit at Warsaw.
8. Inform the public about home demonstration work.

The public will be informed about home demonstration work through interviews with home demonstration women over the radio, through news articles, and through local exhibits. Home demonstration women will inform their neighbors of what they are doing.

III. Farm and Home Development

In 1955 a Farm and Home Development Program was set up similar to the pattern suggested by the State Department which allowed a committee of influential men and women to

recommend families to participate in this phase of Extension work. The agent plans to work with the county agent on Farm and Home Development in Lancaster County this year.

IV. County Extension Program - Youth

A. Organizational

3. County Council

The County 4-H Council composed of the officers of the 4-H Clubs serves as the 4-H planning board. This group will meet for officer training so that the monthly meetings will be conducted in an orderly manner and with ease. At this meeting the council will set up goals for the year and make definite plans for National 4-H Week. Committees will be set up for National 4-H Week, Rural Life Sunday, exhibits at Northern Neck Fair, Share the Fun Program and Public Speaking Contest.

B. 4-H Project Work

1. Looking Your Best

Objective - to teach the 4-H'er to improve his general appearance. The 4-H members enrolled in this project will take two subjects each month

(such as teeth; hands) and discuss this thoroughly. Monthly demonstrations will be given by the 4-H members of topics discussed at previous meetings.

2. Health

Objective - to help the 4-H member build personal habits to keep him well and happy. Four-H members enrolled in health projects will coordinate the 4-H project and school health. During the year, they will each make a home medicine kit. Demonstrations will be given at the meetings on topics discussed the previous month.

3. Forestry

Objective - to teach the 4-H'ers tree identification and to make him more appreciative of the forest resources. Four-H'ers in this project will collect leaves from trees. They will take a trip through the forest to learn how forest trees differ from shade trees.

4. So You'd Like To Sew

Objective - to teach the 4-H'er in school to make simple articles without depending on a pattern. Four-H members enrolled in this project will make

a sewing box and equip it. They will equip it with a wrist pin cushion, a needle case, a pin box, and other articles which they have made. They also will make a stuffed toy and towel.

5. Individual Projects

Individual projects will be carried in make or remake clothing, food preparation, room improvement and home grounds beautification.

C. 4-H Activities

1. Conduct 4-H Council meeting for the purpose of training 4-H officers and planning 4-H activities.
2. Celebrate National 4-H Week with exhibits, radio programs and school assembly programs.
3. Celebrate Rural Life Sunday with 4-H members holding a county-wide vesper program.
4. Strive to have more 4-H members attend Jamestown 4-H Camp.
5. Encourage 4-H members to participate in Northern Neck Fair.
6. Have 4-H exhibit at Northern Neck Fair.

D. Young Men and Women's Work

The agent does not have an Extension organization for young men and women; however, work with individuals has been shown under other headings. The agent continues to see a noticeable increase in young women joining the home demonstration clubs.

V. Scope of Work

A. Organization	<u>No. in 1958</u>	<u>Goal in 1959</u>
Number of home demonstration clubs	7	8
Membership	120	150
Number of 4-H Clubs	10	13
Membership	270	350
Number of young men and women's clubs	0	0
Membership	0	0
Number community improvement clubs	0	0
Membership	0	0
Number home economics committees	0	0
Number general interest committees	0	0
Number youth committees	0	0
Number other organizations	0	0
Number farm and home development families	27	27

VI. Plan For Leadership

A. Over-all Program Leaders	<u>No. in 1958</u>	<u>Goal 1959</u>
	<u>0</u>	<u>0</u>
B. Home Demonstration Club Leadership	<u>No. in 1958</u>	<u>Goal 1959</u>
Number organization leaders	30	32
Number project leaders (subject matter)	14	60
No. Federation program of work chairmen	5	9
No. program development leaders	8	9
Number result demonstrators	18	8
Number meetings at which leaders were trained by specialists	3	6
Number meetings at which leaders were trained by district agents	0	0
Number meetings at which leaders were trained by agent	0	2
Attendance at training meetings	28	60
No. club meetings held by leaders without agent present	45	16
No. club meetings in which leaders assisted	4	25
Total number demonstrations given by leaders	34	32
Number talks or discussions by leaders	11	16

Special interest group meetings to train leaders will be held on: Reseating Chairs and Stools - home furnishings and craft leaders; Refinishing Furniture - home furnishings and craft leaders; Landscaping and Borders - landscaping leaders.

Leader training meetings to be held by specialists are: How to Make Best Use of Time in Housekeeping - home management leaders; Meals That Freeze Well - food leaders; Etching Trays - craft leaders; Program Planning - program development leaders and program of work leaders.

The agent will train home management leaders on Kitchen Storage and Cleaning Upholstered Furniture.

C. Over-all Youth Leaders	<u>No. in 1958</u>	<u>Goal 1959</u>
	<u>0</u>	<u>0</u>

F. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
Number 4-H Club officers	30	52
Number adult project leaders	0	2
Number junior project leaders	0	5
Number result demonstrators	0	0
No. meetings at which leaders were trained by specialist	0	0
No. meetings at which leaders were trained by district agent	0	0
No. meetings at which leaders were trained by agent	0	1
No. meetings at which leaders were trained by personnel in 4-H Dept.	0	0
No. meetings at which leaders were trained by others	0	2
Attendance at leader training meetings	0	52
No. 4-H leaders trained individually	0	5
No. club meetings held by leaders without agent present	0	0
No. club meetings at which leaders assisted	0	6
No. demonstrations given by adult leaders	0	4
No. demonstrations given by junior leaders	0	10

Four-H leaders will be trained in the meetings. Demonstrations will be given at each meeting by several 4-H members. Individual projects will be carried outside of school in smaller groups. It is hoped if a senior club is organized that two adult leaders will help. They also would give project instruction and demonstrations. Junior leadership will be emphasized in this club and the senior 4-H'ers would assist when called upon to help in junior 4-H Clubs with project instruction and recreation.

VII. Plans For Work With Other Agencies

Educational programs with forestry service, Vepco, Northern Neck Electric Cooperative, vo-ag and home economics, school officials and ministerial association will be promoted by the Extension agents.

VIII. Plans For Developing Good Public Relations In County

A. Co-workers

The agent does not recognize a problem here, but will try to maintain a good relationship by being cooperative, helpful and thoughtful.

B. General Public

The agent will continue to cooperate with other organized groups such as Woman's Club, school officials, church groups and youth organizations. The agent will make every effort to make visitors feel welcome and at home in the office, to be punctual for appointments and by appearance and general conduct please the public.

C. Elected Representatives

The agent plans to meet with this group twice a year and to give a report of Extension activities and to visit the homes at least once. This is only a continuation of what has been done in the past. These representatives will be consulted before major changes are made in the program. Every effort will be made to make them feel that they are a vital part of Extension work.

D. Commercial Interests

The agent plans to maintain good public relations by showing interest in problems and products of commercial dealers and by keeping up with the line of products

and services they render. The agent plans to continue to cooperate with the power companies on educational programs.

E. Other Professional Workers

Best public relations can be maintained by the agent keeping herself informed about various programs and activities in the county and to give correct information and to correct mistaken ideas of the people with whom she comes in contact. The agent will continue to cooperate with the Welfare Department, Health Department, Farmers Home Administration and vocational agriculture and home economics teachers, Ministerial Union and the Garden Club.

IX. Plans For Recording Progress and Evaluating Programs as Planned for 1959

At the spring and fall county home demonstration committee meetings a report of progress as it can be tabulated is presented. The group in a general discussion makes some attempt at evaluating that progress to date, and offers comments, criticisms and suggestions for the months to come. The program chairmen are prepared for this and lead the discussion. Later the agent will discuss in length

the progress and downfalls of the program with the county agent, district agent and specialists in various fields and home agents in neighboring counties.

X. Plans For Professional Improvement

The agent has access to What's New in Home Economics, Forecast, Living for Young Homemakers, Reader's Digest, Ladies Home Journal, Progressive Farmer and other magazines. These will be used in the Extension program for improving home conditions.

The home demonstration clubs have as their goal to have a tour this year. This will be educational in that it will involve history and fine arts.

XI. Cooperation With Agents In County

1. Farm and Home Development
2. 4-H Club Program

The agent plans to cooperate with the county agent in carrying out the Farm and Home Development phase of Extension work, field days and special programs. The agent plans to cooperate with the county agent in promoting better 4-H project work and all activities set up by the County 4-H Council.

XIII. Most Difficult Problems In Carrying Out Extension Program

The greatest problems to be faced in the coming year are not new ones. They are:

1. To secure active 4-H leaders (adult and juniors)
2. To develop leadership

The county agent and agent hope to organize a senior 4-H Club. From this club, we plan to secure 4-H junior leaders. These leaders will help the agent in giving project instruction and demonstrations to junior 4-H Club members in after school groups.

The agents plan to develop leadership through leader-training meetings and through individual training. Then every possible opportunity will be given 4-H'ers to function at 4-H meetings, contests, camps and national 4-H and home demonstration days.