

ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

FILED

Virginia Agricultural Extension Service

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1961

SMITH

County

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Highlights of Outstanding Contributions Made to Family Living

A. Leadership

Volunteer adult leaders deserve recognition for their services in helping to achieve better family living.

They developed confidence, improved skills and methods by giving demonstrations. Their whole hearted interest in the Extension program inspired others to make improvements for a happy and satisfied way of living. Their services rendered to the 4-H and home demonstration program has been invaluable. They inspired club members to accept leadership in many roles and at the same time gained admiration and respect in their respective communities.

B. Better Health Through Improved Diets and Management

Emphasis on menu planning and balanced meals has contributed to the health of the family. Planning meals in advance has given the homemakers more leisure time to enjoy the family; has made her a better manager; has saved food dollars, and given the family better balanced diets. The homemaker realizes that there are more important things than just housekeeping that bring happiness and better health for the family. Learning better methods of doing tasks, and many times eliminating unnecessary jobs, she finds time to take part in community activities.

I. County Situation as it Affected the Program Planned

Smyth County, with an area of 435 square miles, is divided into three magisterial districts by the Holston River and two main mountain ranges. These districts are Rich Valley, Marion, and St. Clairs Creek.

Approximately 55.7% of the land is in 1,272 farms with an average acreage of 121.9 per farm. The approximate land area is 278,400 acres. The topography lends itself well to livestock raising, the largest single source of income, with crops and dairying next in order. Burley tobacco is the main cash crop.

The average value per farm (land and buildings) is \$14,548. 1,041 own their farms, 179 are part owners and 49 are tenant farmers. There are 375 commercial farms.

Manufacturing in Marion, Chilhowie, and Saltville provides income for approximately 30,000 people who are 93% native white. The urban population is about 11,500, 15,000 non-rural, and 3,500 rural. Approximately 1,158 rural non-farm and rural farm women work outside the home to supplement the cost of living.

There are five high schools and two area hospitals in the county. The county health and welfare departments are located at the county seat.

Electricity is available to every family but a large percentage of rural families just have lights instead of approved lighting.

About 25% of the rural farm dwellings do not have running water in the home. A small percentage have center heating. 652 farms reported having telephones in the 1939 census. This situation has improved in the past year.

Recreational activities in rural communities are provided by schools, churches, and 4-H clubs. Marion supports a community center serving teenagers, elderly citizens, and civic clubs. Hungry Mother State Park furnishes swimming, boating, fishing, and picnic areas.

II. County Extension Program - Adult

A. Organization

1. Home Economics Council

The membership of this council is composed of representatives from the general interest, nutrition, clothing and home demonstration club committees.

The Council serves as a clearing house to recognize the main problems in areas of greatest need to be included in the county program of work as basis for program planning.

2. County Nutrition Committee

This committee has a membership of ten women made up of home demonstration club members and members at large. Two meetings were held to stimulate interest in better nutrition for adults and teenagers. The number one problem was poor eating habits of teenagers. Interest was stimulated through mass media, exhibits during National Dairy Week, demonstrations in local clubs, and through bulletins placed in local stores.

3. County Clothing Committee

This committee has a membership of six members. The committee was set up following a county-wide clothing construction school this year. The purpose of the committee is to interest young mothers in learning to sew. Those participating in the construction school will serve as leaders in conducting a school for women interested in learning to sew.

4. General Interest Committee

This committee on home electrification is composed of equipment dealers, power company, extension personnel and other professional workers in the county.

The main objectives are to improve home lighting, kitchen work centers, and major kitchen appliances. The home agent, as a member of this committee, has worked closely with power economist in helping families select equipment and lighting fixtures for newly built and remodeled homes.

5. County Home Demonstration Club Committee

This committee with a membership of 33 is composed of the presidents, program development leaders, federation program of work chairman and a few members at large.

The objective was to plan and carry out the program of work selected from the needs and interests of the local clubs and the special interest committees. These suggestions formed the basis for the county program and included better nutrition, better lighting, and better management to save time, energy and cost. People were reached through demonstrations, radio, newspaper, home visits, exhibits, and special interest workshops.

B. Subject Matter and Emphasis Areas

1. Foods and Nutrition

A need was felt for improving the family diet through better planned meals. Time element due to other activities in and out of home created a problem in planning meals. The people were to learn nutritive value of foods, planning balanced meals and short cuts to save time and energy.

Demonstrations were planned for four monthly meetings on soups for winter days, freezing precooked foods, menu planning and casserole dishes in 14 different clubs reaching 275 people. 28 leaders were trained by the specialist and agent to give 56 foods demonstrations. The agent gave 14 demonstrations on meal planning.

Nutrition was stressed as being the most important thing to get across to the group rather than skills in preparation.

Excellent attendance at training meetings showed interest in foods and nutrition. Demonstrations led to discussions on buying foods and short cuts to save time. A check sheet of results by club members showed that 75% attending meetings did improve their families diet, by planning well-balanced meals in advance, and at the same time it afforded more free time for relaxation and other activities.

Publicity through the radio and newspaper resulted in calls for recipes and nutrition bulletins by non club members. Bulletins displayed in a local store on freezing foods, exhibits, stressing milk and milk products, during National Dairy Week helped to reach more people.

2. Clothing

The women felt the need of getting a better fit in constructing garments at home and learning how to be well dressed for all occasions. Their problems were fitting and wardrobe planning.

The women were to learn how to look their best by taking inventory of clothing on hand and wise buying of additional clothing and accessories which were becoming from the standpoint of color, design and fabric. They were also to learn how to alter patterns for better fit.

Demonstrations were given by the agent on wardrobe planning and pattern alteration in 14 clubs reaching approximately 325 women.

Methods used to demonstrate these subjects included charts, samples of fabrics, and pictures of current fashions. Certain members volunteered to let the group criticize the garment they were wearing. This was one of the best methods of showing the group changes in the garment and accessories which would improve the individual's appearance.

Fifty per cent attending these demonstrations stated they had learned to build their wardrobe around one basic color, coordinating the old with the new, and using better judgment in buying garments to save money. 382 dresses were reported constructed with 176 remodeled.

The county clothing committee sponsored a special interest school on clothing construction. A group of 12 women, with some sewing experience, attended a 3 day workshop to construct the better gotten dress. They learned proper techniques of construction, pattern and fabric selection as well as pride in modeling their finished garments at the County Achievement Day program. This workshop resulted in another special interest meeting being held by leaders without the agent.

3. House Furnishings

A need was felt by the women for making draperies to save money. Their problem was not being able to afford ready-made draperies. They wanted to learn how to construct custom-made draperies for less cost and at the same time improve the appearance of their homes.

A two day special interest workshop was held with 10 women participating.

In 1960 a similar workshop was held reaching 18 persons. These 28 people have not only gained confidence in making draperies for their own homes but have helped their neighbors with construction and selection of draperies. These schools have resulted in additional home visits by the agent on interior decorating.

4. Home Management

A need was felt for improving sanitary conditions in the home through the control of household insects. The women were to learn how to control household pests.

The leaders were trained by the state entomologist. An all day training meeting was held. These leaders held demonstrations in 14 communities. Special kits of reference materials were assembled for each club's use. This material was circulated in the communities where there was a need for controlling insects. Reports showed more calls for controlling ants, flies, silverfish, moths, roaches, rats, and mosquitoes.

There was also a need for better management in laundrying to save time and energy for other household duties. The women were to learn how to simplify ironing through improved techniques and proper selection of equipment.

The agent gave 14 demonstrations on ironing made easier reaching approximately 385 women. The construction of the wide ironing board, proper arrangement, sprinkling, and care of equipment was demonstrated. A man's shirt was ironed on an adjustable ironing board to prove that time and energy could be saved by sitting to iron. Fifty per cent of those attending these meetings improved their method of sprinkling, rearranged their equipment, purchased cord minders, and eliminated ironing sheets, towels, etc. A small percentage made wide ironing boards and learned to sit while ironing.

Publicity was given the project through mass media and distribution of materials to others.

C. Other Activities

1. Each home demonstration club sponsored a community project to further interest in their club and community.

One club, using a community club house for meetings, decided three years ago to beautify the club house and its surroundings. Benefit suppers were held to raise money for the project. An all day workshop was held to construct draperies for the windows. A local landscape gardener planted shrubbery at a nominal cost. The grounds were mowed and a picnic area established. The community feels indebted to the club members for supporting such a project and will take more pride in keeping the building and grounds beautiful.

Another club decided to make the women patients at the Southwestern State Hospital happier by making hoods and scuffs.

An all day workshop was held at which time 35 hoods and 20 scuffs were made. Scraps of woolen material for the hoods were donated by the club. These were very colorful and the patients will enjoy wearing them since they are exposed to the weather in carrying out their activities. This project will be continued by other clubs next year.

Approximately 150 members and guests participated in the annual Achievement Day program. A dress revue, with members who constructed garments at a spring workshop. Modeling, was held during the morning. A buffet luncheon afforded an opportunity for fellowship and renewing old acquaintances. Highlighting the afternoon program was special music by 4-H and club members. Representatives from the local paper and radio station and other professional workers were invited as guests.

National Home Demonstration Week was celebrated with a special broadcast by club members to tell the public of Extension work in the county.

Club members participating in the clothing workshop, modeled their garments at their club meetings to show results.

Forty-six members attended the District Federation meeting at the 4-H Center in Abingdon. 21 members participated in the over-night adult camp at the 4-H Center.

Four club members attended the National Home Demonstration Council meeting held in Maine.

The county had an official delegate at the State Federation meeting in Blacksburg.

D. Farm and Home Development

The farm and home development phase of the Extension program started in 1955. The selection of families was left to the Extension agents' approval. The number of families worked with has grown from 24 to 82 at the present time. The home agent has given assistance to approximately 30 families this year through home visits, educational bulletins, and home demonstration meetings. Management problems most often encountered were gardening, food preservation, clothing and landscaping. Assistance was given these families in planning nutritious meals, best methods of food preservation, remodeling clothing, landscaping the home grounds, and storage.

Progress Story - S. D. Scott family continued from 1960 annual report.

The Scotts are making progress since building their new home in 1958. They are an ambitious couple with two teenage daughters. Dairying is their main source of income. Each year they take on a new project to improve their home and farm. The girls' 4-H poultry project has helped to supplement the family feed supply for the past two years. Prospects looked bright for a good profit this year from their flock of 450 chickens when a flash flood came and washed away the entire flock except for 28. They estimated their loss at \$700.00. At the present time the poultry house is being converted into a tramp barn for the cows with a 90 foot extension to the building.

The old garage has been torn down and a new carport is being constructed. This will improve the home grounds considerably.

Many inside improvements have been made to the home. Mr. Scott has become quite a cabinet maker. This year he made maple head boards for the girls' beds, a book case and chest for storage in their bedroom.

In the den he built in book shelves, a desk and added two fluorescent lamps.

At Christmas time the family receive money as gifts. This money is pooled by the family and used for home improvements. The girls are willing to share in these projects in order to make the home more livable and attractive for their friends.

The elder daughter, Carel, is a freshman at Emory and Henry College. She has been active in 4-H club work for nine years. She has made outstanding accomplishments in her feeds and clothing projects. She was taken into the All Star Chapter this year. She served as junior 4-H leader at 4-H Camp this year, and also received the county plaque for leadership at the 4-H Achievement Day program.

The younger daughter, Susan, is a sophomore in high school. Her feeds project has been outstanding since she assumed much of the responsibility for preparing the evening meal while Mrs. Scott helps with the milking.

The Scotts do not hesitate to say that the Extension Service and T.V.A. program has increased the productivity of the farm. The family knows that evaluation and keeping complete records gives them a feeling of security and happiness for the future.

III. County Extension Program - Youth

A. Organization

1. Council

The County h-H Council, composed of the officers of all local clubs and adult leaders as advisors, plan and carry out the county-wide program for h-H work. Achievement Day, h-H Camp, picnic, county goals, and other special events are planned by the Council. Two meetings were held during the year.

2. There are thirty one All Star members. Nine are married and reside in the county. Six are married and reside elsewhere. Ten are attending college. Six are employed in the county. Three members are serving as junior leaders in their local clubs.

Two girls were taken into the All Star Chapter since no boy was recommended this year.

One member served as leader for the junior h-H camp in Abingdon. Another member finished at V.P.I. and is now assistant home demonstration agent in an adjoining county.

3. Honor Club

This club has a membership of thirty. It serves to keep older members in h-H work for a longer period of time. Members also serve on committees for county-wide activities.

4. Project Committee

This committee consists of adult leaders and representatives of the girls h-H clubs. It selects main projects for the coming year. These are presented to the clubs and adopted with revisions to suit the needs of the various clubs.

B. h-H Project Work

1. Food Preparation

The objective was to improve the health and eating habits of club members. Members were to learn how to prepare foods to save nutritive values; how to plan balanced meals; how to make bread; and how to give a demonstration.

The girls were trained by adult leaders or the agent to conduct a demonstration at each monthly meeting.

Two clubs, meeting in schools, used the school cafeteria for demonstrations. Two other clubs, meeting out of school, gave breads and food preparation demonstrations, in the homes of the members.

Sixty four girls were enrolled with fifty eight completing.

2. Clothing - Units I, II, and III

These projects were planned to create a desire to learn to sew; to improve skills and techniques; and to cultivate good grooming.

Demonstrations were given by the agent and leaders on using a pattern, cutting and fitting, and construction of simple articles for the beginners.

Good grooming was demonstrated with an enrollment of 43 girls.

There were 43 girls enrolled in the clothing II and III projects with 129 completing.

There were 336 articles and 136 dresses constructed.

A county contest was held to select the county winners for the district revue. A blue ribbon award was received in the district contest. 58 girls participated in the dress revue at the county Achievement Day program.

C. Other 4-H Activities

1. Community Activities

Club members sponsored a pancake supper to raise funds for the County Council. A committee of girls served as waitresses with the adult leaders assuming responsibility for preparation of the meal. Approximately 150 people attended making a net total of \$101.00 for the council. This money will be used to further 4-H club work in the county.

The County Council had a float in the Christmas parade sponsored by the Marion Chamber of Commerce.

2. Camps (Short Course and 4-H Camps)

These camps helped to develop leadership and to strengthen the total county program. 45 boys and girls and 2 adult leaders participated in the district 4-H camp.

One girl attended the T.V.A. Resource Conference and served on the program. Her trip was sponsored by the Kiwanis Club of Marion with expenses paid.

Six girls participated in the state 4-H Short Course. Five girls entered state demonstration contest to include ironing, food preparation, public speaking, and share the fun. Two girls won blue awards.

3. Rural Life Sunday

Three girls' clubs participated in Rural Life Sunday programs. They furnished flowers, sang in the choir and attended in a group with their adult leaders.

4. County-wide picnic

The picnic was held at Hungry Mother State Park with approximately 100 in attendance. Older club members furnished games of entertainment. A picnic supper was enjoyed by parents, leaders and club members.

5. 4-H Pancake Supper

The 4-H Council sponsored this project making a net profit of \$101.00 for their county treasury. Adult leaders prepared the meal and 4-H members served as waitresses.

6. 4-H Achievement Day

The 4-H Council, with the assistance of adult leaders and extension agents, planned the program.

The program highlighted achievements of club members and recognition of leaders. More than 200 parents, guests, and club members attended. The deer prize of a live turkey for adults increased the attendance of adults and in turn they provided transportation for a greater number of boys and girls.

IV. Scope of Work

A.

	1957	1958	1959	1960	1961
No. H. D. Clubs	15	15	15	14	14
Membership	395	410	395	385	400
No. H. D. Groups (unorganized)	0	0	2	2	2
Membership	0	0	26	30	31
No. A-H Clubs	10	11	12	13	13
Membership	219	223	179	202	223
No. YMC Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	1	1	1	1	1
Membership	112	76	80	75	85
No. Home Ec. Committees	1	10	1	1	3
No. General Interest Committees	1	1	1	1	1
No. Youth Committees	1	1	1	11	1
No. other organizations	0	0	0	0	0
No. Fara & Home Day Families	56	70	85	68	82
No. Other Families Reached	3000	3060	3065	3070	3150
No. Different Families Reached	2260	2275	2230	2285	3000

B. How the Scope of Work was Increased to Inform the Public of H. D. Work

Each home demonstration club was responsible for giving at least one broadcast stressing their club activities. Weekly broadcasts were given by the agent stressing the health, nutrition, safety, clothing, etc. Forty broadcasts were given.

Club members made home visits to pass on information gained at club meetings. More than 600 non club members were reached.

Numerous office and telephone calls for bulletins and educational materials were received as a result of mass media.

Special interest workshops on clothing and drapery making gained new club members. The nutrition committee placed bulletins in stores for the public.

Special summary reports by clubs were published in the county paper to inform the public along with a county summary by the agent on the scope of work accomplished.

The county board of supervisors were informed of the Extension program and given results of the year's work.

The agent helped individual families with management problems, remodeling and housing.

Home economics teachers were sent new bulletins furnished by the Extension service.

One new H. D. club and one A-H club were organized as a result of home visits to unorganized clubs.

V. Leadership

A. Growth of leadership

1. Over-all program leaders

	1959	1960	1961
a. County Agricultural Extension Service Board	10	10	10
b. Youth Council	62	73	80
c. Home Economics Council	5	5	5

2. Home Demonstration Club Leadership

	1957	1958	1959	1960	1961
No. Organizational leaders	104	104	110	110	115
No. project leaders (subject matter)	80	85	90	91	91
No. Federation program of work chairmen	16	17	17	16	16
No. program development leaders	16	16	17	16	18
No. result demonstrators	69	75	85	87	95
No. training meetings by specialists	2	4	2	5	2
No. training meetings by dist. agents	0	1	1	0	0
No. training meetings by agents	14	10	7	12	20
No. training meetings by others	2	3	3	3	2
Attendance at all training meetings	179	233	226	207	210
No. meetings held without an agent	76	78	82	80	84
No. meetings leaders assisted	52	59	61	85	85
Demonstrations by leaders	76	78	82	69	71
Talks and discussions by leaders	345	347	347	340	350

3. 4-H Club Leadership

	1957	1958	1959	1960	1961
No. club officers	60	68	70	70	70
No. adult project leaders	24	28	29	30	30
No. junior project leaders	12	14	16	16	18
No. result demonstrators	0	5	9	12	15
No. training meetings by specialists	0	0	0	0	0
No. training meetings by agent	15	6	8	5	11
No. training meetings by dist. agents	0	0	0	0	0
No. training meetings by members club dept.	0	0	0	0	1
No. training meetings by others	1	5	10	12	14
Total attendance at ldr. tr. meetings	121	133	190	135	189
No. 4-H leaders trained individually	25	27	25	25	25
No. club mtgs. held by ldr. without agent	29	34	41	37	36
No. additional meetings at which leaders assisted	28	28	30	42	46
No. demonstrations given by adult ldrs.	15	20	28	37	40
No. demonstrations given by junior ldrs.	29	31	28	20	25

B. Leadership and Accomplishments of an Outstanding Club

A former home demonstration club member from the Sugar Grove Community moved to Marion and built a new home. The agent helped her with her building problems and furnishing plans, which included kitchen storage, color plans, draperies, furniture arrangement and picture hanging. Her completed home was open to the community. Neighbors were so impressed with her results and the help she had received through the home agent, they wanted to have an organized club in their community. Letters of invitation were sent to all families in the community to meet and discuss the possibility of organizing. Sleet, snow and icy roads kept all families at home except six, who could walk and come to the first meeting. This did not discourage the group. Officers were elected and a plan of work set up. The enrollment doubled at the next meeting and has increased to date to twenty members. Most of the members are young homemakers with small children. It was necessary to hold the monthly meetings at night in order to reach those that worked away from home or had small children.

Leadership ability was shown from the very start. Project leaders attended leader-training meetings and have held four meetings without the agent. More than half their members participated in the annual Achievement Day program. The president attended two meetings of the County H.D. committee.

Achievement reports from 12 members showed 1,755 quarts of fruits and vegetables canned and frozen. Two thirds of the members have home freezers.

Information was passed on to 41 non club members. The club plans to give a Christmas party to some of the patients at Southwestern State hospital, furnishing refreshments and recreation for the group.

VI. For Special Consideration

Linda Hoofnagle joined the Atkins girls 4-H club when it was organized out of school nine years ago. Linda has an older brother who did outstanding work in the Atkins boys' club. Their parents served as adult leaders. Her enthusiasm and interest in 4-H club work increased from year to year and nothing was too difficult for her to undertake. Her first project was a fat hog project in which she won honors in county and district.

Later she became interested in the electric project. She was the county winner and attended the Va. Electric Congress in 1959. The next year she submitted her records and won the district award, a gold watch. Her electric project led to an ironing project in which she has excelled for the past four years. She received second highest honor in her ironing demonstration at the State 4-H Short Course this year. Her techniques in ironing taught her mother to sit while ironing. Linda made extra spending money by ironing her neighbors wash each week.

Her leadership ability is unexcelled. She was selected by the State 4-H club department to help with the T.V.A. resource conference in North Carolina. The Marion Kiwanis Club sponsored her trip, paying her expenses. She attended 4-H camps, short courses and was made an All Star this year. Her local club is the outstanding club in the county and its success has been due largely to Linda's interest in its members and the community.

She graduated from high school in June with high honors. Her decision to become a nurse has led her to enter Duke University.

Her ideals, enthusiasm and determination truly make her a four square young lady. She gives credit for her training to her parents and her 4-H experiences.

B. Progress in Developing Good Public Relations

Closer relationship has been developed among county workers as a result of the building of the Southwest Virginia 4-H Center. Special fund raising events has required full cooperation of the entire Extension personnel to arouse interest and support of the general public. The response has been most gratifying. Business firms, home demonstration clubs, 4-H clubs, and individuals have raised approximately \$9,000.00 of the \$12,400.00 county goal. A deceased home demonstration club member left \$8,336.00 in her will for the 4-H Center. With this bequest, the county has donated more than \$17,000.00 to the Center.

The county board of supervisors has been kept informed of the Extension program and their assistance asked in meeting the needs of the county.

Commercial firms have been cooperative. Local merchants have loaned merchandise for demonstrations, donated 4-H calendars, sponsored the home demonstration yearbook and allowed space for window displays.

The local radio station and newspaper have given free publicity to the program.

Friendly relations have existed among school principals in conducting 4-H clubs in schools. New Extension bulletins, mailed to home economics teachers, have added resource material for their teaching.

C. Professional Improvement

The agent attended agent training workshops and meetings given by the specialists to keep informed on new methods in helping people with their problems.

The agent found time to read current magazines and bulletins to keep abreast of changing trends. She attended the State Home Economics meeting in Roanoke.

VII. The Look Ahead

The 1961 program has contributed to better family living and improved people in spite of the reluctance of some people to change their attitudes toward newer methods. The fact that more younger homemakers are participating in the program leads one to believe that we are on the right road to progress.

Leadership is stronger due to personal contacts and training meetings. Acceptance of responsibility has depended largely on how thoroughly the leaders understood what was expected of them.

The rotation system of home demonstration meetings by agent and leaders has given time to conduct special workshops in clothing construction, drapery making, and special interest committee work on nutrition, clothing, and lighting. The time has come when we need to develop more of our educational programs toward groups of people having special interests and problems. Such meetings are more likely to identify their real needs, help develop and carry out worth while goals than is a group meeting representing many interests which gives time only to deal in generalities and recommendations for several unrelated subjects. To do this, more time must be spent on training leaders and using mass media to reach more people.