

- E. More women working outside the home. Adjust program to meet needs of these people.
- F. Lack of professional help. Representatives of H.D. clubs and 4-H clubs will ask for employment of an assistant home agent.

- C. Participate in programs and workshops that will assist in carrying out the program.
- D. Participate in educational trips with home agents of the district.
- E. Attend NHDA and VHEA meetings.

XI. Cooperative Plans Made by Extension Agents in the County

- A. Developed the 4-H club program as a joint program.
- B. Have done initial planning toward the development of an Agricultural Extension Service Board.
- C. Have worked jointly in developing the over-all County Extension Program.
- D. Some work on the Farm and Home Development Program.
- E. Have worked jointly on solicitation drive for Southwest Virginia.

XII. Problems in Carrying Out the Extension Program.

- A. Lack of 4-H Club leadership (adult and junior). Secure additional active leaders (prefer two project and one organizational leader for each club.)
- B. 4-H Meetings in schools. When possible take 4-H clubs out of schools. A goal to organize one out-of-school club this year.
- C. Lack of organized community clubs. Organize at least one this year.
- D. A central meeting place for county special meetings and leader training meetings. Hope for the day when we will have a demonstration kitchen joint with a meeting room.

IX. Plans for Recording Progress and Evaluating Program for 1959:

1. Write and evaluate monthly and annual reports.
(narrative and statistical).
2. Write up any special meeting immediately following,
and think through how meeting might have been improved.
3. Check progress of the program with the county H.D. Chairman
at intervals.
4. Check progress of the program with the district agent.
5. Report quarterly to the County Board of Supervisors.
6. Hold a county 4-H and H.D. Achievement Day, so clubs may
report their programs.
7. Summarize 4-H records turned in to agent.
8. Report progress of the Program to H.D. committee at the
Fall Planning Meetings.
9. Keep a daily record of work.
10. At end of meetings use reaction slips as a spot check.

X. Plans for Professional Improvement

A. Reading professional books and other publications.

1. Read at least five books related to profession and/or
some phase of program planned for the year.
2. Read the following periodicals regularly:

JHEA, "What's New in Home Economics", "Extension
Service Review", "National 4-H Club News", "Farm Journal",
"Forecast", and other agricultural and home economics
magazines as time will permit.

B. Maintain membership in the following organizations.

1. National and State Home Economics Association.
2. National and State Home Agent's Association.

- b. Furnish the personnel with educational information.
- c. Use facilities of the AEP Company.

2. Banks

- a. Maintain good public relations.
- b. Request money for special projects.

3. Merchants

- a. Solicit support for sponsoring 4-H club contests.
- b. Borrow demonstration materials from local stores and businesses.
- c. Maintain good public relations.

E. Other Professional Workers

1. Home Economics Teachers

- a. Furnish with bulletins, information, etc.
- b. Invite to informational type meetings.
- c. Maintain friendly relationships.

2. Ministers

- a. Encourage their cooperation in observance of Rural Life Sunday.

3. Other Agricultural Agencies

- a. Maintain good working relationships.

4. Public School Teachers

- a. Maintain good working relationships.

VIII. Plan for Developing Good Public Relations in County With:

A. Co-Workers

Set up a plan and have regular office conferences for a more constructive Extension Program in the county.

B. General Public

1. Attempt at all times to maintain a good working relationship with all people.
2. Keep informed with programs of PTA's, civic organizations, church organizations, and other.
3. Continue newspaper publicity weekly as well as weekly radio broadcasts.

C. Elected Representatives

1. Acquaint myself with and maintain a good working relationship with members of the County Board of Supervisors, county officers, and county state delegates.
2. Keep informed of any pertinent informational issues which concern the public welfare of women.
3. Give a summary of annual report to members of County Board of Supervisors.
4. Meet with the County Board of Supervisors quarterly to give summary report of accomplishments.

D. Commercial Interests

1. Appalachian Electric Power Company
 - a. Cooperate with projects that will benefit the 4-H Clubs, H.D. Clubs, and any program for the people in general.

VII. Plans for Work with Other Agencies

A. Health Department

Work cooperatively with personnel of Health Department in promoting the health program to home demonstration and 4-H clubs, and any program the Health Department requests help with.

B. Farmers Home Administration

1. Promote good public relations with personnel.
2. Supply with bulletins.
3. Invite borrowers to participate in Extension Program.

C. Public Schools

1. Maintain good public relations with all school personnel. Endeavor to make an opportunity to explain the 4-H club program, and total Extension Program to county superintendent, school principals, and at county teachers' meetings.

D. Agricultural Stabilization & Conservation

1. Maintain good working relationships.
2. Furnish information upon request.

E. Soil Conservation Service (Clinch Valley Soil Cons. District)

1. Maintain good working relationships.
2. Request and furnish information when need arises.

F. Russell County Soil Conservation Association (TVA Test Demonstrators)

1. Secure money for printing Home Demonstration Yearbooks.

(2). These leaders will be altogether responsible for conducting summer 4-H meetings, and will assist with school club meetings.

b. Sponsors

Use 4-H club sponsors for making arrangements for meetings, sponsoring special 4-H activities, and for sponsoring 4-H recreational and money making activities.

2. Junior Leaders

- a. Junior 4-H leaders will be trained at regular training meetings, small group meetings and individual conferences.
- b. Junior leaders will give and assist with demonstrations under the supervision of adult leaders or agent.
- c. These leaders will assist and give guidance to younger 4-H members with project work and other 4-H activities.

D. 4-H Club	<u>No. in 1958</u>	<u>Goal 1959</u>
1. Number 4-H Club officers	87	87
2. Number adult project leaders	9	28
3. Number junior project leaders	7	12
4. Number result demonstrators	12	20
5. No. meetings at which leaders were trained by specialist		1
6. No. meetings at which leaders were trained by district agent		1
7. No. meetings at which leaders were trained by agent	4	12
8. No. meetings at which leaders were trained by personnel in 4-H Department	1	1
9. No. meetings at which leaders were trained by others		2
10. Attendance at leader training meetings	61	150
11. No. 4-H leaders trained individually		20
12. No. club meetings held by leaders without agent present	33	75
13. No. club meetings at which leaders assisted	53	100
14. No. demonstrations given by adult leaders	24	60
15. No. demonstrations given by junior leaders	30	70

Plans for Training and Using all Types of 4-H Leaders in 1959 Program

1. Adult Leaders

a. Project Leaders

- (1). Train at leader training meetings, small group meetings, and individual conferences for conducting demonstrations and 4-H club meetings.

- a. Serve as club program development leaders.

A spring training meeting will be held.

- b. Conduct discussions at April and May meetings relative to club program for the coming year.

- c. To record suggestions of members for program at June and July meetings.

- d. Attend fall planning meeting.

3. Project Leaders - (2 foods, 2 crafts, and 1 general project leader per club)

a. Project leaders will be trained at leader training meetings and conferences for giving or being responsible for the following demonstrations to their respective home demonstration clubs:

- a. Simple Refreshments for Entertaining

- b. Crafts

- c. Salads

- d. Club Choice

- e. Educational and Cultural Opportunities of Our Area

- f. What's Good in Crafts or Household Accessories or Selection and Care of Picture Frames

4. Federation Goal Leaders

Federation Goal Leaders will give the demonstration on

"Community Beautification" to their respective clubs in February.

They will be trained at a leader training meeting conducted by the agent or by a specialist.

C. Over All Youth Leaders

No. in 1958 Goal 1959

Organizational leaders for county youth council

0

0

VI. PLAN FOR LEADERSHIP	No. in <u>1958</u>	Goal <u>1959</u>
A. Overall Program Leaders	0	0
B. Home Demonstration Club Leadership		
1. Number organizational leaders	39	38
2. Number project leaders (subject matter)	52	85
3. No. Federation Program of Work Chairmen	15	18
4. Number program development leaders	14	17
5. Number result demonstrators	19	20
6. Number meetings at which leaders were trained by specialists	4	3
7. Number meetings at which leaders were trained by district agents	1	1
8. Number meetings at which leaders were trained by agent	3	2
9. Attendance at training meetings	155	120
10. No. club meetings held by leaders without agent present	81	90
11. No. club meetings held in which leaders assisted	88	90
12. Total number demonstrations given by leaders	81	90
13. No. talks or discussions by leaders	196	200

Plan for training and using all types of leaders in 1959 Program.

1. Club Presidents
 - a. At home demonstration committee meetings.
 - b. Circular letters sent them.
 - c. Preside at regular club meetings.
 - d. Other responsibilities outlined in Yearbook.
2. Vice-Presidents (Program Development Leaders

7. Rural Life Sunday

All 4-H Clubs will participate in a Rural Life Sunday observance, with the cooperation of local ministers.

8. Community Activities

All 4-H Clubs will be encouraged to sponsor at least one community project.

9. County Agricultural Fair

All club members will be urged to place at least one exhibit at the fair to be held in September; and six clubs to place an educational exhibit.

D. Young Woman's Work

One organized group for young homemakers will follow the home demonstration club program. Encourage one or more delegates from the club to attend YWV Camp at Virginia Beach.

V. SCOPE OF WORK

A. Organization	No. in <u>1958</u>	Goal <u>1959</u>
1. Number of home demonstration clubs	14	17
2. Membership	322	400
3. Number of 4-H Clubs	27	28
4. Membership	595	600
5. Number Community Improvement Clubs		1
6. Membership		50
7. Number home economics committees		2
8. Number general interest committees	2	3
9. Number youth committees	1	1
10. Number other organizations	1	1
11. No. farm & home development families	19	19

- a. County contestants selected as district representatives will participate in state contests.
- b. County Home economics contests will be held in late February or March. County winners will participate in district contest.
- c. Club contests will be held for three senior clubs.

4. Southwest Virginia 4-H Club Center

a. Objectives

- 1. Every 4-H club member will earn at least \$1 to contribute for the development of this center or the club through a money-making project will earn the equivalent of \$1 per club member.
- 2. All club members understand what the center is, why needed, and the members part in development of this center.
- 3. Club members aid in the community solicitation drive.

5. Recreational and Money-Making Programs

- a. "Share-the-Fun" Talent Show will be presented as a money-making event, sponsored by the County 4-H Council.
- b. 4-H Rally will be held in July or August as a joint money-making and recreational event. Parents will be invited to attend.
- c. The 4-H Council will sponsor a food concession stand at the county fair.
- d. Each club will sponsor at least one recreational meeting during the year, such as a picnic or other.

6. Achievement Day

The County 4-H Council will sponsor the 1959 Achievement Day Program. Parents will be invited, so as to get better understanding of the 4-H Program.

2. Every club member turn in a completed project record book on each project at the end of club year.

6. Procedures in Carrying Out Above Projects

- a. Method demonstrations.
- b. Result demonstrations.
- c. Work meetings.
- d. Lectures.
- e. News releases.
- f. Circular letters.
- g. Home visits.
- h. Use of adult and junior leaders.
- i. Exhibits.
- j. Contests.

C. 4-H Activities

1. 4-H Club Camp

- a. A junior 4-H camp to be held jointly with three other counties with 35 or more girls from Russell County attending.
- b. A senior 4-H camp held jointly with nine other counties from the district with 35 or more girls from Russell County attending.

An educational and recreations program for both these camps will be planned and followed through.

- c. Two girls will attend State Conservation Camp.

2. State Short Course

The quota of delegates and county contestants to enter state contests will attend.

3. 4-H Club Contests

carelessness or failure to remove danger spots as they arise.

2. To teach club members to practice safety measures.
3. To encourage club members to remove one or more safety hazards from their home and/or surroundings.
3. Meal Preparation - Choice alternate project for those carrying Safety - 3 meetings.

a. Objectives

1. Help members learn the principles of meal planning.
2. Help members learn skills in preparing nutritious and appetizing foods.
3. To teach correct methods of setting the table and basic table manners.
4. So You'd Like to Sew - Choice alternate project for those carrying Safety - 3 meetings.

a. Objectives

1. To teach basic equipment needed for sewing by outfitting a sewing box.
2. Learn basic principles of cutting.
3. Learn basic principles and skills of sewing by making a needle case or pin cushion, head scarf, or towel, apron, or laundry bag.
4. To teach appreciation of a job well done by exhibiting work completed.

5. Special Projects

Members will be enrolled for special projects of food preparation and preservation, clothing, poultry, garden, farm and home electric, laundry, and related projects.

a. Objectives

1. Over all objectives are to improve skill in carrying a project, learn to judge quality, learn planning, and acquire an appreciation for the job well done.

5. County 4-H Honor Club

Take initial steps for the organization of an Honor Club for outstanding 4-H members, with the purpose of assisting with project and organizational work of their 4-H clubs.

6. Project Planning Committee

The Planning Committee will be made up of some five or six older club members representing several 4-H clubs and some four or five adult leaders. This committee will choose projects and plan project instruction for the school year. Some three or four project plans will be made and clubs may have their choice. The County Planning Meeting will be held prior to September 1.

B. 4-H Project Work

Following are listed the projects chosen as winter projects, with number of members enrolled and objectives. Each club member may choose one or more summer projects, provided they complete winter projects.

1. Farm and Home Electric (12 clubs and 239 members).
Instruction to be given in six regular club meetings.

a. Objectives

1. To help members to learn more about electricity.
 2. To teach club members to practical uses of electricity in their homes and on the farm.
 3. Every 4-H club member to improve the lighting in his home.
 4. Every club member to set up a good home study center.
2. Safety (13 clubs and 346 members).

Instruction to be given in 4 regular club meetings.

a. Objectives

1. To teach club members that accidents are caused by

or assist in planning of special activities, such as: Achievement Day, 4-H Camp, 4-H Contests, 4-H Rally, "Share-the-Fun" Program, 4-H Fair Exhibits, and any other county-wide 4-H activities.

The following objectives were set up by the Council at the fall meeting for 1959:

- a. Work for quality and not quantity of work.
- b. Every club have an active adult leader and a junior leader, or sponsor.
- c. Every club sponsor one recreational meeting where leaders and parents assist.
- d. Have 90 percent completion of projects, with records turned in.
- e. Observe National 4-H Club Week and 4-H Club Sunday.
- f. Sponsor a County-Wide Baby Beef Show.
- g. Raise as much money as possible for the 4-H Center.
- h. Each 4-H member make an exhibit of project work at county agricultural fair. Have at least 8 clubs place an educational exhibit at the fair.
- i. Club members participate in out-of-county livestock shows open for participation.
- j. Sponsor county-wide money making activities for the County 4-H Council.
- k. Have maximum participation in District 4-H Camp, State Sport Course, Achievement Day, Conservation Camp, and Forestry Camp.
- l. Have more participation in all 4-H contests.
- m. Hold a county "Share-the-Fun" Talent Show.
- n. Each club have 100 percent of officers attend the meetings of the County 4-H Council.

4. All Stars

The county All Stars will serve as an advisory group to the 4-H Council, and will assist with sponsoring all 4-H activities.

C. Methods

- (a). Home visits (Inventory, home records, etc.)
- (b). Group meetings (visual aids, talks, etc.)
- (c). Newspaper publicity.
- (d). Circular letters.

D. Plan for Recognizing Achievement

- (a). Circular-news letter which will give news of Achievement.

IV. COUNTY EXTENSION PROGRAM -- YOUTH

A. Organization

1. County Youth Council

There are no plans for developing an over-all Youth Council in 1959. When the County Agricultural Extension Service Board is organized, one or more representatives of each the 4-H Council and 4-H leaders will be included as part of the Committee. The youth phase of the Extension Program will be considered in over-all county planning.

2. County Youth Committees

Same as above for Youth Council.

3. County 4-H Council

The County 4-H Council is made up of the officers of all 4-H clubs in the county, the 4-H All Stars, and the adult and junior 4-H leaders. Semi-annual meetings are held, one in the spring and the other in the fall.

The Council serves as a planning group for the over-all 4-H Program, to set up county objectives and seeing they are carried through, and for officer training.

The Council, or a sub-committee of the Council, will sponsor

b. Judge 4-H community exhibits and county contests.

8. Special Programs

a. Cooperate with the county agricultural fair by assisting with domestic arts exhibits. Encourage 4-H girls to place exhibits of project work.

9. Community Service

a. Each H.D. club will have a community service chairman that will give special programs to clubs, such as, library work, community drives, etc.

10. Publicity of program will be carried regularly in two weekly and three daily papers which will include schedule of activities, special events, and timely educational information.

III. Farm & Home Development

A. Background

We have 18 TVA Test Demonstrators being worked with through the Agricultural Extension Agents, and one farm and home development family being worked with by both farm and home agents. The home agent has done very little work with the TVA demonstration families from a farm and home development approach to date.

B. Objectives

1. General

To work with each of the 19 families (homemakers) in helping them to develop efficient and satisfying farm and family living.

- (a). Identify and analyze major problems and opportunities.
- (b). Counsel with on course of action.
- (c). Provide educational information to help develop plan and put into action.
- (d). To increase income.
- (e). To adjust to meet changing conditions.

2. County or Community Projects

a. Library work

(1). Encourage clubs to borrow and use books from the State Library and from the State Extension Office.

(2). Award library certificates annually at the Achievement Program.

b. Encourage all clubs to sponsor community projects.

c. Encourage clubs to cooperate Red Cross, Folio, and other drives.

3. Southwest Virginia 4-H Center

a. All home demonstration clubs in the county will donate to the development of this center.

b. All clubs together will donate at least \$1400 for this development.

4. National Home Demonstration Week

a. Each H.D. club send delegates to district meeting.

b. Special publicity program (radio, TV, and newspaper) on local H.D. work.

c. A special drive during the month of May to enroll new members.

d. H.D. clubs sponsor clean-up campaigns.

5. Achievement Program

a. H.D. clubs sponsor an Achievement Program to show results of program.

6. Work in Unorganized Communities

a. Visit farm families in unorganized communities.

b. Meet groups in at least four unorganized communities for special demonstrations.

7. Judging by Local Leaders

a. Women trained for judging will judge at county fairs and community exhibits when requested.

- b. Clean up home grounds, make necessary repairs of buildings, walks, driveways, and fences.
 - c. Plant for food, beauty, and pleasure.
 - d. Share knowledge with non-members and encourage their participation.
- c. Procedures for Carrying Out
- (1). Leader Training meeting conducted by agent.
 - (2). Talks or method demonstrations by leaders and agent.
 - (3). Discussions.
 - (4). Result demonstrations - one for each club.
 - (5). Tour to result demonstrations.

D. Other Activities

1. County Objectives - (as planned by the County H.D. Committee)
- a. Encourage the enforcement of dog laws to control stray dogs.
 - b. Put up No Dumping signs along roads. Request the county board of supervisors to aid in establishment of community dump centers.
 - c. Support Southwest Virginia 4-H Club Center. Put
 - d. Put an intensive anti-litterbug campaign at the fair.
 - e. Continue to request an appropriation for an assistant home agent.
 - f. Invite non-club members to demonstrations in which they are interested - especially new comers in our communities.
 - g. Encourage all H.D. women to have an annual physical check-up.
 - h. Each club do a community project either by themselves or in cooperation with other groups.
 - i. Work for a regional library for Russell County with Bookmobile service.
 - j. Recruit girls to major in home economics in college.

3. Discussions.
4. Exhibits.
5. News releases.

C. Federation Program of Work

1. Home and Community Beautification

a. Two monthly demonstrations "Improvement of Home Surroundings" and "Pruning of Shrubs", "Insect and Weed Control", and short discussion at 7 meetings throughout the year.

b. Objectives (as set up by County Home Demonstration Committee)

(1). For clubs:

- (a). Have a program chairman develop this program to meet the needs of the individual and the community.
- (b). Aid in the establishment and maintaining of proper rubbish disposal centers.
- (c). Encourage each club to develop a community project.
- (d). Plan individual and community clean-up campaigns.
- (e). Have each club set up a result demonstration to show methods of pruning of shrubs and lawn improvement.
- (f). Plan for county-wide or community yard improvement tours.
- (g). Encourage the conservation of the state flower (Dogwood) and other native ornamental flowers, shrubs, trees, and wildlife.
- (h). Enlist aid of other civil organizations.

(2). Individual

- (a). Make at least 3 to 5 improvements in home surroundings.

a. Objectives

1. To teach the value and importance of recreation.
2. To encourage people to participate in recreational activities.

b. Procedures

1. Method demonstration.
2. Work Meetings.
3. Tours.
4. Recreational Meetings.
5. Exhibits.
6. Visual Aids.

e. Other

- (1). Know Your Home Demonstration Program - a regular monthly meeting. Agent will be responsible for demonstration.

a. Objectives

1. To give an understanding of the State Federation of Home Demonstration Program and the Extension Program.
2. To give an understanding of the local 4-H program and the development of Southwest Virginia 4-H Center.

- (2). Civilian Defense - two or three special interest meetings.

- a. To help people to understand that civil defense is a ~~VERY~~ way of saving lives and property.
- b. To teach people how civilian defense would help in case of an emergency.

Procedures

1. Method demonstration - (some by 4-H club members.)
2. Visual Aids.

- b. Leader training meetings.
 - c. Work meetings - upholstery clinic.
 - d. Illustrative material used for demonstrations.
 - e. Home visits.
 - f. Exhibits.
 - g. News releases.
- d. Rural Arts - 3 regular monthly demonstrations.
- (1). Educational and Cultural Opportunities of our Area, by leaders and outside speakers.
 - a. Objectives.
 - 1. To inform people of educational and cultural opportunities of the area they might take advantage of - such as crafts festivals, museums, educational forums, colleges, library facilities.
 - 2. To interest people in making better use of available facilities.
 - (2). Handicraft - one regular monthly demonstration for all clubs on choice of
 - a. Making aluminum trays.
 - b. Net darning.
 - c. Leatherwork (belts and moccasins)
- Objectives
- 1. To help women develop skill in crafts.
 - 2. To help develop an appreciation of basic art principles.
 - 3. To teach families to create their own recreation.
- (3). Family Recreation or Club Choice - a regular monthly meeting for which leaders are responsible.

- c. Exhibits.
 - d. News Releases.
 - e. Distribution of Educational Material.
 - f. Visual Aids.
- c. House Furnishings - one regular demonstration and one special interest meeting.

(1). Selection and Care of Picture Frames or What's Good in Crafts and Homemade Accessories - These are choice demonstrations to be given by project leaders.

Picture Frames

- a. To show that what the frame should be depends on the picture and the place it will occupy.
- b. To show size and weight of the frame should correspond to that of the picture, also style and period.
- c. To give some understanding of care of picture frames.

Selection of Crafts

- a. To teach women to evaluate what is good and poor in design.
 - b. To give women some basis for evaluation of what is good ~~and~~ poor in crafts and homemade accessories.
- (2). Upholstery - 1 or 2 county-wide special interest work meetings.
- a. Objectives
 - 1. To save by repairing furniture.
 - 2. To teach women that they can do their own repair work.
 - 3. To provide comfortable chairs for the home.
 - 4. To teach the techniques of upholstery of furniture.
- (3). Procedures to Use
- a. Method demonstrations - Leaders will give some demonstrations.

b. Clothing - (2 monthly demonstrations and 1 special interest meeting.)

(1). Know Labels and New Materials on the Market - demonstration to be given by the agent.

- a. To teach women to read and interpret labels.
- b. To show new materials on the market.
- c. To give some understanding of use and service of new materials on the market.

(2). Sewing Machine Attachments - demonstration to be given by the agent or by a representative of a sewing machine company.

a. Objectives

1. To equip the women with knowledge of sewing machine attachments so that they may make more efficient use of attachments which they have.
2. To show practical uses of sewing machine attachments, (buttonholer, seam guide, bias gauge, cording felt, zipper foot, edge stitcher, and automatic zigzagger).

(3). Tailoring - 4-day school with agent in charge - provided as many as 10 women sign up to attend.

a. Objectives

1. To teach selection of materials, pattern, and equipment for tailoring.
2. To teach the basic principles of tailoring.
3. To have all who attend to complete a well made garment.

(4). Procedures to Use in Carrying Out

- a. Method demonstrations.
- b. Work meetings.

- b. To inspire homemakers to serve more nutritious refreshments in attractive ways.
 - c. To show that entertaining can be simple.
- (2). Making Yeast Breads - to be given by the agent.
- a. Objectives
 - 1. To teach the basic principles of making yeast breads.
 - 2. To show variety breads that may be prepared from a basic dough.
 - 3. To show ways bread may be shaped.
 - 4. To teach homemakers how to judge quality of bread.
- (3). Salads - to be given by foods leaders,
- a. Objectives
 - 1. To teach that salads are a good source of food value, particularly Vitamin C.
 - 2. To show attractive nutritious salads that may be prepared.
 - 3. To show how salad greens should be stored to prevent loss of food value.
 - 4. To discuss and show appropriate dressings for different salads.
- (4). Procedures for Carrying Our
- a. Method demonstrations.
 - b. Leader training.
 - c. Exhibits.
 - d. News release.
 - e. Distribution of educational material.

(1). County Home Demonstration Club Committee

a. Members

This Committee is made up of the presidents of all home demonstration clubs, the county federation goal chairman, officers of the county committee, and the past presidents of the Committee.

b. Meetings

(1). Spring Meeting

This meeting will be held for the purpose of checking progress on programs planned, and to make plans for carrying out special programs.

(2). Fall Meeting

To plan the program for the ensuing year.

(3). Executive Meetings of Officers

If necessary, the officers of the County Committee and special appointed committees will meet between regular meetings to execute planning of special projects or programs.

c. Plans for attending the District Meeting, Observation of National H.D. Week, Yearbooks, Achievement Day, and other county programs will be executed through this Committee.

(2). Project Work

a. Foods - (3 regular/monthly demonstrations).

(1). "Simple Refreshments for Entertaining" - to be given by foods project leaders with the following objectives.

a. To show refreshments which are simple to prepare, attractive, nutritious, and tasty.

- c. Personal Contacts.
- d. Solicitation Drive.
- e. News Releases.
- f. Talks by 4-H Club Members.
- g. Visual Aids.

4. County Home Economics Committees

a. Nutrition and Better Buymanship of Food

(1). Members

This committee is made up of a representative of each of the 12 communities (12 established for home economics community work) in the county. This committee has met once.

(2). Goals

- (a). To teach more homemakers the importance of serving balanced meals to their families.
- (b). To encourage more families to raise gardens that will provide a variety of vegetables, and to can or store vegetables for winter use.
- (c). To give information on better buymanship of foods.

(3). Methods

- (a). County Committee develop plan.
- (b). Special interest meetings.
- (c). Talks.
- (d). Exhibits.
- (e). Method demonstration.
- (f). News Releases.
- (g). Distribution of educational material.

B. Home Demonstration Club Program

- d. Community special interest meetings (2).
 - e. Result demonstrations (2 or more).
 - f. Exhibits.
 - g. Distribution of educational material.
- c. Southwest 4-H Center - Russell County Fund Raising Organization
- (1). Committee as follows:
 - a. County Finance Chairman.
 - b. County Treasurer.
 - c. Advisory Committee - 3 members.
 - d. County Publicity Committee - 2 members.
 - e. County Big Gifts Committee - composed of 6 members.
 - f. Organizations Committee - 5 members.
 - g. General Solicitation Committee - County chairman and 10 community chairman (in some communities there will be co-chairman). Each community chairman will name a solicitation committee. Recommend a solicitor and assistant, (4-H member to each) 5 to 15 people.
 - h. 4-H Council Chairman - Each club will have one or more club fund drive chairmen.
 - (2). Objectives
 - a. Help all people to understand what the center is; why needed, and the people's part in the development of this center.
 - b. To raise \$8,653 for this development
 - (3). Procedures
 - a. Educational Meetings.
 - b. Training Meetings.

3. Procedures to Use for Carrying Out

- a. County Committee evaluate progress to date.
- b. County Committee redevelop program on basis of progress and needs.
- c. Special interest community meetings (2 or 3).
- d. Result demonstrations (2 or more light conditioned homes).
- e. Exhibits.
- f. Work Meeting - 4-H members build lamps.
- g. Method demonstrations.
- h. Distribution of educational material.

b. Running Water

(1). Committee made up of all vocational agricultural and home economics teachers, representatives of the health department, two power suppliers serving the county, three county agricultural and home economics extension agents, and representative dealers in the county selling running water equipment.

(2). Objectives

- a. Conduct an educational program on installation of running water in the homes and on the farms.
- b. Encourage at least 50 families to install running water in their homes and on their farms.

(3). Procedures

- a. Develop a county program that will fit needs on basis of county situation.
- b. News release.
- c. Integrate water systems program into general extension program.

that this committee will be organized in 1959 or in 1960.

2. Home Economics Council

Following the development of special interest home economics committees, a County Home Economics Council will be organized of representatives from these special interest committees on the County H.D.C. Committee. Tentative plans are to organize this Council in late 1959. This Council will function to:

- a. Correlate work of all home economics committees and Home Demonstration Committee.
- b. To serve in advisory capacity to county home agent.
- c. To correlate the work with plans and programs developed by Extension and other organizations related to home economics.
- d. To set goals and objectives, and serve as a clearing house for evaluation of progress.

3. General Interest Committees

A. Farm and Home Lighting

1. Committee

Made up of a committee member from each of the 10 communities in the county, and a representative from the two power companies serving the county.

2. Objectives

- a. All families of Russell County improve lighting inside the home.
- b. Each 4-H member carrying 4-H electric project

from beef cattle, tobacco, and sheep. The average size farm is 108 acres; however, there are many that range in size from two hundred to a thousand or more acres.

Many of the families working in industry own small farms. Some accepted employment off-the-farm because the farm would not support the family while others in industry bought small farms as an investment.

The largest percentage of the people with whom the home agent works would be classed as farm people.

The program planned by the home demonstration clubs was planned with emphasis on food preparation, consumer education, repair of equipment, improvement of home grounds and surroundings and understanding of the Extension Program. There are fourteen organized home demonstration clubs with 320 women enrolled.

The 4-H club girls have chosen as their winter projects "Farm and Home Electric", "Safety", "Meal Preparation", and "So You'd Like to Sew". "Safety" is the short time project for about half of the clubs.

II. County Extension Program - Adult

A. Overall Program

1. County Agricultural Extension Service Board

Following the development of special interest (home economics) youth and commodity committees, a County Agricultural Extension Service Board will be organized, with the purpose of correlating the various phases of the special interest, youth, and commodity committees. It is anticipated

1959 PLAN OF WORK

Mary Virginia Hitcher
Home Demonstration Agent

Russell
County

I. County Situation Considered in Planning 1959 Program

Russell County is a rural county with a population of 26,978 according to the 1950 census. However there has been considerable industrial development since that time and the county has had so migration of people as permanent residence (possibly 1/10th or more increase in population). Ninety-eight percent of the people are white. There are 390,120 acres of land, with 82.2 percent in farms. There are three towns in the county, with a population of 1000 to 3000 each.

According to most recent census, farming produced the largest income for the people with coal mining ranking second (however this could have changed). During the past three years there has been considerable industrial development.

Two new large mines have opened, a coal processing plant, a three-unit electric power-generating plant and a garment factory (employs 200 women). An increased number of women are working outside the home. With more people moving into the county and cash income greatly increased there has been a large number of new homes built, and homes remodelled, as well as, new equipment and furnishings being added.

The agriculture is general, with the greatest revenue coming