

4-H Clothing and Textiles Project Lubbock County - SPRING 2024

Dear 4-H Family,

Your child is invited to participate in the 4-H Clothing and Textiles Project. Not all 4-H clubs have clothing project groups meeting, therefore there are a variety of county-wide activities that have been planned. Youth must be enrolled through 4-H Online to participate in any of these activities.



What Is A Clothing and Textiles Project?

A "Project" is a series of educational experiences that 4-H'ers may participate in for in-depth learning about a specific project area. The "Project" may be conducted in a couple of sessions or all in one day. If your club does not currently have a project group meeting, you may form your own project group or project activities may be done on an individual basis. Please let me know if you have any questions or need assistance in coming up with project activities.

A variety of clothing and textiles project resources and materials are available from the Extension Office. Please check these out from Ronda.

Opportunities

There are several experiences a 4-H'er can participate in that go along with the project. These include tours, demonstrations, project tables, and news articles. These activities may be done as a group or as an individual. Just write it down so that you can keep up with what is done for the project record form.

What Can Parents Do?

Parents can assist in many ways. Contact your project leader or club manager and ask them if there is anything that can be done to assist. Also, be timely in taking and picking up your kids from project meetings. You will also need to assist your children in preparing their entry for the Fashion Show, if they choose to participate.



Clothing and Textiles Objectives:

4-H'ers will:

- develop self-confidence and poise by enhancing personal appearance.
- develop skills in wardrobe planning, selection, storage and care.
- develop skills in purchasing clothing and accessories.
- learn sewing skills by making clothing for themselves and others.
- understand fibers, yarns and processes for making fabric.
- explore careers in clothing, textiles, and related fields.
- develop skills in evaluating garments quality, fit and fashion interpretation.

PROJECT RECORD FORMS

Project record forms may be completed at the end of any 4-H project. At least one form is required to be turned in to be eligible for year end project and year pins. These forms are filled out at the beginning, during and at the completion of any 4-H project. Forms may be picked up at any time at the Extension Office. This is an excellent way for 4-H'ers to begin developing their record-keeping skills. Completed forms are also used in compiling the 4-H Record Book. Please call if you have questions.

COUNTY-WIDE WORKSHOPS



“Beginner’s Sew Sessions”

For 4-H’ers who want to develop their sewing skills, we will be offering a series of “Sewing Workshops.” Projects take approximately 2-4 hours to complete. You may come as soon as school is out.

This year we will offer 3 different sewing projects, however 4-H’ers may only sign up for one weeknight session. Sessions are limited to six 4-H’ers per session, and are available on a first-come/first sign-up basis; an adult must also plan on attending with the 4-H’er. Adult’s are asked to attend in order to assist the 4-H’er (as well as possibly themselves) in learning to sew. Please do not bring additional family members to the workshop. 4-H’ers will leave with a completed garment. Workshops are limited to youth in grades 3rd - 12th. We will not be taking a dinner break, so be sure to bring your own snacks!

Sign-up for sessions will begin on February 12 by calling the Extension Office at 775-1740 or emailing Ronda at: rd-alexander@tamu.edu.

Sign-up on the day before each workshop is required.

The finished garment may be entered in the appropriate category at the County Fashion Show for Junior and Intermediates; Seniors must complete an entire outfit in order to compete in the Fashion Show.

Sewing machines and sewing kits (scissors, pins/pin cushions, measuring tapes) are available for you to use, so you don’t have to go purchase these items; however if you want to sew with your own machine and supplies, please feel to bring your own. *There are some fabrics available to use for these projects at the Extension Office. Please contact Ronda to find out what is available prior to your workshop.*

WHAT SHOULD YOU BRING?

Recycled T-Shirt Dress or T-Shirt

- February 21 or March 7 - 4:30 -8 pm

- bring 1 t-shirt that fits at the shoulders
- bring 1 coordinating woven cotton shirt for bottom of dress (may want to use a man’s shirt - must be wide enough for bottom of dress - no pattern required) OR bring 2 different ½ yard knit fabrics
- matching thread

Recycled Apron

- February 15 or March 19 - 4:30 - 8 pm

- 1/4 yard coordinating cotton/cotton blend woven fabric,
- 1 button front, woven, youth or adult shirt;
- matching thread

Pajama Pants Workshop

- February 29 - 4:30 - 8 pm

- pattern - Simplicity 3935, 8022 or 2290
- fabric - read back of pattern envelope to determine fabric amount based on size (preferably fleece, so seams don’t have to be finished-NO KNIT)
- matching thread
- ½" elastic (enough to go around waist)

Quilts of Valor Project

This year we are going to attempt making a quilt for the “Quilts of Valor” project to be awarded to a service member or veteran who has been touched by war. At each project workshop, 4-H’ers will be asked to sew a block for the quilt. Quilt block packets may also be picked up and completed on your own and returned for the quilt to be pieced together. Please contact Ronda to pick up the quilt block packet by February 29. 4-H’ers may also sew their own quilt to be awarded – contact Ronda for more information.

COUNTY COMMUNITY SERVICE PROJECTS

The Chaloupka Family is coordinating: **UNDIES FOR EVERYONE.** Please bring new underwear for children through teenagers. Donations will be sent to a state-wide project.

The Messer Family is coordinating: **PLEASE FOR PANTS PLEASE.** Please bring pants/shorts of any size (can be child, pre-teen or teen sized). The pants will be donated to the Pediatric Unit at UMC.

Donations for either/both projects may be brought to the County Extension Office, to a workshop or to the County Fashion Show.

GRACE CAMPUS, 1301 Ave. A

On Saturday, March 9 from 10-12 pm, everyone is invited to come and assist with sorting and straightening of their “Clothes Closet.” All ages and parents are welcome to assist. If you would like to bring donations, they are in need of towels, sheets, blankets and pillows. Please RSVP to Ronda at rd-alexander@tamu.edu or call 775-1740 by March 7.

CLOTHING PROJECT TOURS/ACTIVITIES

Texas Tech Fashion and Interior Design

We are working on a tour of the Texas Tech Fashion and Interior Design Department. If you are interested in attending the tour, please call the Extension Office to sign-up; we will contact you with the tour time and date when it is confirmed.



BUYING WORKSHOP

Reagan Stokes will be presenting a workshop for 4-H'ers to learn about the Buying Project-Fashions Under \$25 on Saturday, February 24 at 11 am at the Extension Office. Following the presentation, we will then go to Goodwill to utilize your new buying skills to look for possible outfits that fit this category. Please RSVP to Ronda at rdalexander@tamu.edu by February 22 if you plan to attend.



KNITTING WORKSHOP

This year, we will again be offering 2 workshops to learn how to knit. They will be held on March 11 and 12 from 1-2:30 pm at the County Extension Office. Participants need to bring 2 knitting needles and yarn. The workshops will be taught by Texas Extension Education Association members. Please RSVP by March 8 to sign up.

SENIOR/EXPERIENCED SEAMSTERS

Seniors if any of you would like to sew during spring break to make your fashion show entry, please contact Ronda to determine workshop dates by March 2. Sewing at the office times will also be offered on Thursday and Friday, March 8-9 from 4 - 8 pm. Please RSVP to Ronda if you plan to attend.

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LEARN ABOUT BEING A SOCIAL MEDIA INFLUENCER

On Monday, February 26, we will have a session at 5 pm at the Extension Office with Magen Reaves, local Social Media Influencer. She will present a session for us on how she utilizes her public speaking skills as an influencer. Please RSVP to Ronda by February 22, if you plan to attend.

4-H STORYBOARD CONTEST/WORKSHOP

The 4-H Storyboard is an industry-inspired method of displaying original designs. The storyboard “tells the story” of the designer’s idea. The storyboard includes original illustrations and flats, as well as additional materials (such as photos from the internet or magazines, paper, fabric, patterns, etc.) that have influenced the unique design.

The purpose of the Storyboard contest is to give 4-H members an opportunity to create a storyboard of their original design. It also provides the members an opportunity to gain knowledge of the career responsibilities of a designer and illustrator, enhance creativity and originality, and develop visual communication skills. This year’s theme is “Dreams.”

We will have a workshop on Monday, March 4 at 5pm that will provide information on preparing a Storyboard. Please contact Ronda by March 1 to RSVP. Entries are now prepared digitally. To learn more about 4-H Storyboards, you may want to visit the state website at:

<http://fcs.tamu.edu/clothing/4h/packet/index.php>.

We will also have a county contest with entries due (submitted digitally) to the County Extension Office by Monday, March 18; all entries will then advance to District. County awards will be presented at the County Fashion Show on March 26. For District, entries must be submitted virtually through 4-H Online between March 4 and April 11. Only one entry may be submitted for District.

DUDS TO DAZZLE

The Duds to Dazzle competition utilizes the 4-H'ers knowledge and skills learned in the clothing and textiles project, while increasing their awareness of the impact of the clothing industry on the environment. In this competition, teams consisting of 3-4 4-H'ers, will redesign and repurpose discarded garments or textiles into a recycled product. The three categories include: wearable, non-wearable and accessory/jewelry. Teams compete as Juniors, Intermediates (may have combined junior and intermediate teams), and Senior teams. Team members must furnish their own equipment kit for the competition (we have some kits available for checkout.)

The County Duds to Dazzle practice contest will be held on April 22 at 6 pm at the County Extension Office. County entry is due by April 15. Entries to participate at District are due between March 27 and April 15 on 4-H Online; The District Contest will be held on Tuesday, April 30 at 9 am in Lubbock.

COUNTY FASHION SHOW

This is an optional activity, in which 4-H'ers construct or purchase a garment and participate in an interview with judges to demonstrate what they have learned through their project.

WHEN: Tuesday, March 26
(judging to begin at 5:45 pm.)
Awards Program held following completion of judging.

WHERE: Lubbock County Extension Office
ENTRY DEADLINE: Monday, March 18 - 5 pm

If you have special circumstances for judging times, please contact Ronda to determine if an alternate time is available.

According to UIL rules for extra-curricular activities, 4-H'ers must meet school eligibility requirements in order to participate in any competitive event.

AGE DIVISIONS

Junior - 3rd grade -5th grade as of August 31.

Intermediate - 6th - 8th grade as of August 31.

Senior - 9th-12th grade as of August 31.

Clover - K-2nd grade as of August 31; may participate, but do not advance to District.

All Junior, Intermediate and Senior entries may advance to the District competition which will be held on April 30 in Lubbock. Entries for District are due on 4-H Online by April 15.

SENIOR CATEGORIES

CONSTRUCTION (all garments visible must be constructed):

- **Casual Everyday Living:** includes casual sportswear, sleepwear, clothing for school, casual after-school events or hanging out with friends

- **ReFashion:** result of modifying existing clothing or fabric item into something more fashionable; main purpose is creativity and sewing skills; member designs and sews a wearable garment from previously used garments or fabric items; completed garment is different from original use - not just an alteration; (examples: neck ties sewn together for a skirt or old t-shirts made into a skirt;) **Must submit a before and after picture of garment entered.**

- **Semi-formal to Formal:** Entry must be designed for semi-formal to formal occasions and made from fabrics intended for the same; original material must be fabric and not from recycled items.

- **Theatre/Costume:** garment intended for use as a costume, which would include stage production. May be sewn from fabric or another garment; these garments may be made from unusual or innovative materials; imaginative but wearable.

BUYING (all garments that are visible, must be purchased and included on the buying worksheet - for District a worksheet is not required, but is required for State Qualifying entries);

- **Business/Interview Attire:** entry should be an outfit you would wear for a job interview, scholarship interview, job fair or other professional event. 1. **Professional** - more traditional, conservative approach; e.g. business suit or blazer, tie and dress slacks for men; business suit, pantsuit, or jacket and dress for women; 2. **Business Casual** - this trend is more relaxed and comfortable but demonstrates good judgement in choices and displays a neat appearance; e.g. polo shirt with a collar or sweater, khakis or other slacks, dress; moderate length dress or skirt for women.

- **Fantastic Fashions Under \$25:** category designed to expand 4-H'ers shopping experience to include different shopping venues; Outfits must be purchased at a garage sale, consignment sale, Goodwill, Salvation Army or other retail business. **Receipts are required for everything that is visible during the interview**, except shoes - including accessories; receipts from garage sales may be handwritten; do not need to account for sales tax.

- **Semi-Formal to Formal:** entry must be designed for semi-formal to formal occasions and made from fabrics intended for the same. This includes men's suits and tuxedos and women's dressy dresses, formal gowns, wedding dresses, and bridesmaid dresses.



- **Special Interest:** entry should be a specific outfit that you NEED to know how to purchase wisely; should be something that reflects a special interest of the participant such as equestrian clothing and riding apparel, dance costumes, hiking clothing or rock climbing clothing.

NATURAL FIBERS (SENIORS ONLY):

Cotton - each garment entered must contain a minimum of 60% cotton; may be constructed or purchased; must be a complete outfit, except for a blouse or shirt under the garment, is made of the eligible fashion fabric.

Wool/Mohair/Alpaca - Each garment entered must contain a minimum of:

- 60% wool and 40% other fiber.
 - 60% mohair and 40% other fiber.
 - 60% blend of the two fibers and 40% other fiber.
 - 100% wool/mohair blend is also acceptable;
- may be constructed or purchased; must be a complete outfit, except for a blouse or shirt under the garment, is made of the eligible fashion fabric.



JUNIOR and INTERMEDIATE CATEGORIES

(a minimum of one garment is all that is necessary to enter the construction or buying category - participant must specify on entry form garment to be judged)

CONSTRUCTION:

- **Casual Everyday Living, Dressy, Theatre/Costume, or ReFashion and Embellished/Recycled**

- **Casual Everyday Living:** includes casual sportswear, sleepwear, clothing for school, casual after-school events or hanging out with friends.

- **Theatre/Costume:** garment intended for use as a costume, which would include stage production. May be sewn from fabric or another garment; these garments may be made from unusual or innovative materials; imaginative but wearable.

- **Dressy:** ensembles to be worn to church, dinner dates, theater, banquets, job/scholarship interviews.

- **ReFashion or Embellished/Recycled:** any purchased or constructed garment that has been embellished with various trims, beads, paints, etc. or has been re-made for another purpose or look. Iron-ons are allowed if used with other embellishments; no additional items may be carried except for props. **Must submit a before and after picture of garment.**

BUYING:

- **Casual Everyday Living, Dressy, or Special Interest;**

- refer to above category descriptions.

Fantastic Fashions Under \$25: This category is designed to expand the 4-H member's shopping experience to include different shopping venues. Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or other retail business. Receipts are required for everything that is visible during the interview, except shoes. Receipts for garage sales can be handwritten. This includes jewelry and accessories. Do not need to account for sales tax.

COPY OF RECEIPTS REQUIRED FOR ENTRY!

CLOVER:

- may participate with constructed, purchased, or embellished/recycled garment.

-only participates at the county level.

ENTRY REQUIREMENTS

- Entry Form with Narration

Entry materials for the Fashion Show are due no later than 5:00 p.m. on Monday, March 18 to the County Extension Office. The entry form is included with this newsletter. All County participants may also compete at the District level.

District Educational Exhibit/Display/Demonstration

This year, 4-H'ers will have the opportunity to display an exhibit at the District Fashion Show, during the Fashion Show. Please contact Ronda if you are interested for registration information.

OTHER CLOTHING RELATED OPPORTUNITIES

4-H PROJECT SHOW

This year we will again have a project show for the County only, held in conjunction with the County 4-H Fashion Show. We will not have different age divisions.



Categories will include:

- Yarn: Crocheting, Knitting and Weaving
- Counted Cross Stitch
- Sewing: Apron, Pillow/case, Household, and Personal Use
- Quilting: Machine Pieced Quilt - Hand Quilted and Machine Pieced Quilt - Machine Quilted
- Crafts: Holiday, Wood Working, Leather Work, Jewelry, Paper Work, Home Decor and Misc.
- Embroidery: Hand Embroidery, Machine Embroidery
- Art Work: Drawing - Black and White, Color; Painting - Oil, Water Colors

This is a total of 21 categories that may be entered. There are four entry forms at the end of this newsletter, you may copy and use them for county entries. Entries may be brought to the Extension Office early, or brought on March 26 between 5:30 and 6:15 pm.

4-H Recordbooks

There is also a clothing and textiles recordbook category. In submitting the recordbook for this category, a 4-H'er would include all of their information related to their clothing and textiles activities, as well as other 4-H projects. Trainings are scheduled each month through June at the Extension Office.



TOP 5 REASONS TO PARTICIPATE IN THE COUNTY 4-H CLOTHING PROJECT

- 5 - It is a reason to go shopping!
- 4 - Learning how to sew and have fun!
- 3 - Explore your creativity!
- 2 - Improve your posture, self-esteem and self-confidence and develop public speaking skills.
- 1 - You might learn a life-long skill!



Please give me a call or make an appointment to come in and visit with me if you have any questions.

Sincerely,
Ronda Alexander
 Ronda Alexander
 CEA 4-H



DUE DATE REMINDERS:

- February 12 - sign-up begins for workshops
- February 15 - Recycled Apron workshop
- February 21 - T-shirt Dress Workshop
- February 22 - RSVP for Social Media Influencer or Buying Workshops
- February 26 - Social Media Influencer workshop
- February 29 - Pajama Bottoms workshop
 - deadline to pick up quilting packets
- March 1 - sign-up for Senior Sewing Dates or Fashion Storyboard Workshop
- March 4 - Fashion Storyboard Workshop
- March 7 - T-shirt Dress Workshop
- March 8 - RSVP for Grace Campus Com. Service or Knitting Workshops
- March 9 - 10-12 pm - Grace Campus Com. Service
- March 11-12 - Knitting Workshops
- March 18 - County Fashion Show Entries Due
- March 19 - Recycled Apron workshop
- March 18 - Storyboard Entries due for Co.
- March 26 - County 4-H Fashion Show/Judging
- April 15 - Sign-up for Co Duds to Dazzle Contest
- April 15 - District Deadline for Duds to Dazzle
- April 22 - County Duds to Dazzle Practice Contest
- April 30 - District Fashion and Duds to Dazzle

LUBBOCK COUNTY 4-H FASHION SHOW ENTRY FORM

Entry Form Due to CEO by March 18, 2024

Name _____

Address _____ City, Zip _____

Phone Number _____ Date of Birth _____

School Name _____ Principal's Name _____

4-H Club _____

Description of Fashion Show Entry _____

Division:

Junior _____

Construction: Casual Everyday Living _____ *ReFashion/Embellished/Recycled _____
Dressy _____ Theatre/Costume _____

Buying: Casual Everyday Living _____ Fantastic Fashions Under \$25 _____
Dressy _____ Special Interest _____

Intermediate _____

Construction: Casual Everyday Living _____ *ReFashion/Embellished/Recycled _____
Dressy _____ Theatre/Costume _____

Buying: Casual Everyday Living _____ Fantastic Fashions Under \$25 _____
Dressy _____ Special Interest _____

Senior _____

Construction: Casual Everyday Living _____ *ReFashion _____
Semi-Formal to Formal _____ Theatre/Costume _____

Buying: Business/Interview Attire _____ Fantastic Fashions Under \$25 _____
Semi-Formal to Formal _____ Special Interest _____

Natural Fiber: Cotton _____ Wool/Mohair/Alpaca _____

* Before/After Photo Required for entry _____

Clover Kid _____

NARRATION: Please keep to less than 30 words. List name, parents, county and one thing about 4-H/favorite thing about 4-H/or something you are looking forward to.)

EXAMPLE: Rae Johnson, daughter of Jim and Sue Johnson of Lubbock County has really enjoyed her first year in the clothing project and learning how to cover buttons. (List

4-H COUNTY PROJECT SHOW

Name _____

4-H Club _____

Age Division:

Clover

Intermediate

Junior

Senior

Embroidery: Hand Embroidery
Machine Embroidery

Yarn: Crocheting
Knitting
Weaving

Counted Cross Stitch

Sewing: Apron
Pillow/case
Household
Personal Use

Machine Pieced Quilt: Hand Quilted
Machine Quilted

Crafts: Holiday
Wood Working
Leather Work
Jewelry
Paper Work
Home Decor
Misc.

Art Work: Drawing (black & white/color)
Painting (oil/water color)

4-H COUNTY PROJECT SHOW

Name _____

4-H Club _____

Age Division:

Clover

Intermediate

Junior

Senior

Embroidery: Hand Embroidery
Machine Embroidery

Yarn: Crocheting
Knitting
Weaving

Counted Cross Stitch

Sewing: Apron
Pillow/case
Household
Personal Use

Machine Pieced Quilt: Hand Quilted
Machine Quilted

Crafts: Holiday
Wood Working
Leather Work
Jewelry
Paper Work
Home Decor
Misc.

Art Work: Drawing (black & white/color)
Painting (oil/water color)

4-H COUNTY PROJECT SHOW

Name _____

4-H Club _____

Age Division:

Clover

Intermediate

Junior

Senior

Embroidery: Hand Embroidery
Machine Embroidery

Yarn: Crocheting
Knitting
Weaving

Counted Cross Stitch

Sewing: Apron
Pillow/case
Household
Personal Use

Machine Pieced Quilt: Hand Quilted
Machine Quilted

Crafts: Holiday
Wood Working
Leather Work
Jewelry
Paper Work
Home Decor
Misc.

Art Work: Drawing (black & white/color)
Painting (oil/water color)

4-H COUNTY PROJECT SHOW

Name _____

4-H Club _____

Age Division:

Clover

Intermediate

Junior

Senior

Embroidery: Hand Embroidery
Machine Embroidery

Yarn: Crocheting
Knitting
Weaving

Counted Cross Stitch

Sewing: Apron
Pillow/case
Household
Personal Use

Machine Pieced Quilt: Hand Quilted
Machine Quilted

Crafts: Holiday
Wood Working
Leather Work
Jewelry
Paper Work
Home Decor
Misc.

Art Work: Drawing (black & white/color)
Painting (oil/water color)