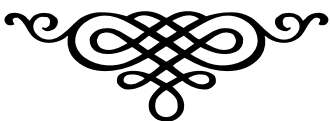


4-H Clothing and Textiles Project Lubbock County - SPRING 2025

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. The form is on the county 4-H website, attached with this email or 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 and using for 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 five 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 24 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

- March 5 - 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 Denim Shirt-Vest

- February 27 or March 13 - 4:30 - 8 pm

- 1 yard coordinating cotton/cotton blend woven fabric,
- 1 button front, woven, youth or adult denim shirt or vest; the shirt should fit at the shoulders;
- matching thread



Shorts Workshop

- March 10 - 4:30 - 8 pm

- pattern - Simplicity 9930 (or similar)
(Contact Ronda if you have questions)
- fabric - read back of pattern envelope to determine fabric amount based on size (woven fabric-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. The sewing day will be held this summer on June 26 from 1-6 pm at the County Extension Office. All supplies will be provided and adults will be available to assist with the sewing of the blocks. Mark your calendar to come and sew, you won’t be required to stay the entire time, but may come during that time to complete a block.

COUNTY COMMUNITY SERVICE PROJECTS

The Chaloupka Family is again 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: **PLEAS’ 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. This project is also being done as a District 4-H Service project this year.

Donations for either/both projects may be brought to the County Extension Office, to a workshop or to the County Fashion Show. We do want to have an official count for our County since this is a District Project this year.

CLOTHING PROJECT TOURS/ACTIVITIES

Dillard's - New Location at the South Plains Mall

For this years clothing project tour, we will be touring the new Dillard's location with Visual Manager Teresa Dillinger. The tour will be held on Friday, March 7 at 5:30 pm; we will meet in the Mall entrance at approximately 5:20 pm. Please RSVP to rd-alexander@tamu.edu by Wednesday, March 5, if you plan to attend.



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 5. Other times may also be scheduled with Ronda.

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 "Design for a Greener Future."

We will not have a workshop this year, however there are several videos listed below to assist you in developing your storyboard entry. Entries are now prepared and submitted digitally.

To learn more about 4-H Storyboards, you may want to visit the state website at:

[A Beginners Guide to Virtual](#)

[Storyboards:https://youtu.be/B7UNI_KBqyE](https://youtu.be/B7UNI_KBqyE)

[Texas 4-H & Youth – Fashion & Interior Design:](#)

<https://texas4-h.tamu.edu/projects/fashion-interior-design>

[Storyboard – District Facebook Live Presentation](#)

[Link to Audra's 09/29/2021 Facebook Video:](#)

<https://www.facebook.com/d2southplains4h/videos/72385243331863>

We will also have a county contest with entries due (submitted digitally - just an email copy to Ronda) to the County Extension Office by Friday, March 14; all entries will then advance to District. County awards will be presented at the County Fashion Show on March 31. For District, entries must be submitted virtually through 4-H Online between March 3 and April 3. Only one entry may be submitted for District per person.

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 1 at 5:30 pm at the County Extension Office; registration beginning at 5 pm. County entry is due by March 14. Entries to participate at District are due between March 31 and April 14 on 4-H Online; The District Contest will be held on Monday, April 21 during the morning, in heats (the same way that District Food Challenge is conducted) in Lubbock at Christ the King Diocesan School.

For Seniors, they will also be able to compete at District (and State) in an individual competition. Contact Ronda if you are interested.

DUDS TO DAZZLE COACHES TRAINING

On Tuesday, February 25 at 6 pm, we will have a hands-on coaches training for any volunteer leaders who would like to get trained to conduct this project. The training will be held at the County Extension Office, with all supplies provided. You will be able to work in teams with a supply box to get a hands-on perspective of what this activity is like. Please RSVP to rd-alexander@tamu.edu by Monday, February 24, if you would like to attend.

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: Monday, March 31
(judging to begin at 5:45 pm.)
Awards Program held following completion of judging.

WHERE: Lubbock County Extension Office
ENTRY DEADLINE: Monday, March 14 - 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 21 in Lubbock. Entries for District are due on 4-H Online by April 14.

SENIOR CATEGORIES

CONSTRUCTION (all garments visible must be constructed):

- **Everyday Living, Dress, Theatre/Costume, or ReFashion**

- **Refashion:** Refashion is an environmentally friendly category where old, worn out or damaged textiles items are upcycled into something new. The result of modifying existing clothing or fabric item(s) (such as tablecloths or curtains) into something more fashionable. Participants will use creativity and sewing skills to bring life to something that would have ended up in the landfill. The completed garment is different from its original use, not just an alteration. (Examples: neck ties sewn together to form a dress or taking old t-shirts and making them into a skirt). Be sure to take a "before" photo.

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

- **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:

- **Everyday Living, Dressy, Theatre/Costume, or ReFashion**

- **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:** Refashion is an environmentally friendly category where old, worn out or damaged textile items are upcycled into something new. The result of modifying existing clothing or fabric item(s) (such as tablecloth or curtain) into something more fashionable. Participants will use creativity and sewing skills to bring life to something that would have ended up in the landfill. The completed garment is different from its original use, not just an alteration. (Examples: neck ties sewn together to form a dress or taking old t-shirts and making them into a skirt)

PLEASE TAKE A BEFORE PHOTO FOR THIS CATEGORY!!

BUYING:

- **Everyday Living, Dressy, Fantastic Fashions under \$25 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 Friday, March 14 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.

District Fashion Show Narrator/Task Force

Senior 4-H'ers may also apply to serve as Narrators or assist with the competition on a District FCS Task Force; contact Ronda for the link.

OTHER CLOTHING RELATED OPPORTUNITIES



4-H PROJECT SHOW

The project show will again be offered for County, held during the County 4-H Fashion Show and judging. We will not have different age divisions. 4-H'ers may enter 1 item per category.

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

Entry forms are at the end of this newsletter; they will also be available when you enter your items. Entries may be brought to the Extension Office early or on March 31 between 5:30 and 6:15 pm. There is no cost to enter; ribbons will be awarded for 1st-3rd place in each category, as well as a Best of Show Award.

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 24 - RSVP for Duds to Dazzle Coaches Tr
February 25 - Duds to Dazzle Coaches Training
February 27 - Recycled Denim Vest Workshop
March 5 - sign-up for Senior Sewing or Co. Tour
March 5 - T-shirt Dress Workshop
March 7 - Dillard's Clothing Tour
March 10 - Shorts Workshop
March 13 - Recycled Denim Vest Workshop
March 14 - County Fashion Show Entries Due
March 14 - Storyboard Entries due for Co.
March 14 - Sign-up for Co Duds to Dazzle Contest
March 31 - County 4-H Fashion Show/Judging
April 1 - County Duds to Dazzle Practice Contest
April 3 - District Storyboard Entry Deadline
April 14 - District Deadline for Duds to Dazzle and District Fashion Show Entries on 4-H ONLINE
April 21 - District Fashion Show & Duds to Dazzle

LUBBOCK COUNTY 4-H FASHION SHOW ENTRY FORM

Entry Form Due to CEO by March 14, 2025

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: Everyday Living _____
 Dressy _____

*ReFashion _____
Theatre/Costume _____

Buying: Everyday Living _____
 Dressy _____

Fantastic Fashions Under \$25 _____
Special Interest _____

Intermediate _____

Construction: Everyday Living _____
 Dressy _____

*ReFashion _____
Theatre/Costume _____

Buying: Everyday Living _____
 Dressy _____

Fantastic Fashions Under \$25 _____
Special Interest _____

Senior _____

Construction: Everyday Living _____
 Semi-Formal to Formal _____

*ReFashion _____
Theatre/Costume _____

Buying: Business/Interview Attire _____
 Semi-Formal to Formal _____

Fantastic Fashions Under \$25 _____
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

LUBBOCK COUNTY 4-H DUDS TO DAZZLE ENTRY FORM - DUE MARCH 14

Division Junior _____
 Intermediate _____
 Senior _____

Competing at:

County _____ (No registration fee)

District _____ (4-H ONLINE Deadline - April 14- \$15 registration fee/member)

Coach: _____

Team Name: _____

Members:

Name: _____

Date of Birth/Grade _____

Completed and Current 4-H Profile on 4-H ONLINE - ____ yes

Name: _____

Date of Birth/Grade _____

Completed and Current 4-H Profile on 4-H ONLINE - ____ yes

Name: _____

Date of Birth/Grade _____

Completed and Current 4-H Profile on 4-H ONLINE - ____ yes

Name: _____

Date of Birth/Grade _____

Completed and Current 4-H Profile on 4-H ONLINE - ____ yes

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) ☐