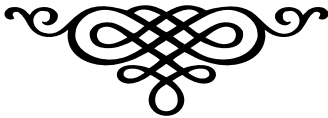


4-H Clothing and Textiles Project Lubbock County - SPRING 2026

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 4 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 March 4 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; please do not show up without RSVP’ing first.

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?



Upcycled Jeans - #1

- March 11 - 4-8 pm

- bring 1 pair jeans that fit
- bring cotton fabric to make the inset; could be

1-3 different fabrics - about ½-1 yard total

- matching thread

Upcycled Jeans #2

March 13 - 4-8 pm

- 1 pair jeans/pants that fit
- 3-4 (½ yard each) different coordinating cotton/cotton blend woven fabrics,
- matching thread



PJ Bottoms/Shorts Workshop

- March 9 - 4-8 pm

- March 17 - 1-5 pm or 5-9 pm

- pattern - Butterick 6531 (or similar)

(Contact Ronda if you have questions)

- fabric - read back of pattern envelope to determine fabric amount based on size (fleece or cotton/woven fabric

- matching thread

- 1" elastic (enough to go around waist)

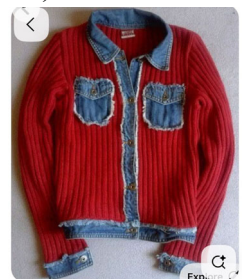
Recycled Sweater Jacket

- March 15 - 1-5 pm or 5-9 pm

- 1 long-sleeve sweater that fits

- 1 woven or denim shirt or jacket that fits

- thread



MAKE-UP DAYS

The following days will be offered if you can’t make it to one of the scheduled workshops: **March 18 - 1-5 or 5-9 pm; or March 26 - 4-8 pm.** You may construct any of the offered workshops on these days, just let Ronda know what you plan to do.

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: **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, to the County Fashion Show or Duds to Dazzle.

CLOTHING PROJECT TOURS/ACTIVITIES

Get Gussied Up - at the South Plains Mall

For this years clothing project tour, we will be touring “Get Gussied Up” in the South Plains Mall. The tour will be held on Friday, March 6 at 5:30 pm; we will meet outside the store in the mall area at approximately 5:20 pm. Please RSVP to rd-alexander@tamu.edu by Wednesday, March 4, 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 4. Other times may also be scheduled with Ronda.

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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 “Style Gone Country.”

We will have a workshop this year on Thursday, March 5 from 5:30 - 7:30 pm at the County Extension Office to assist you in developing your storyboard entry. Entries are now prepared and submitted digitally. Please RSVP to Ronda by March 4, if you plan to attend the workshop.

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](#)

[Texas 4-H & Youth – Fashion & Interior Design: https://texas4-h.tamu.edu/projects/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](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 Monday, March 23; all entries will then advance to District. County awards will be presented at the County Fashion Show on March 30. For District, entries must be submitted virtually through 4-H Online between now and March 26. 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, Inter-mediate (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 6 at 5:30 pm at the County Extension Office; registration beginning at 5 pm. County entry is due by March 23. Entries to participate at District are due between March 30 and April 20 on 4-H Online; The District Contest will be held on Monday, April 20 during the morning, in heats (the same way that District Food Challenge is conducted) in Lubbock.

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, March 10 at 6:30 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, March 9, 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 30
(judging to begin at 5:45 pm.)
Awards Program held following completion of judging.

WHERE: Lubbock County Extension Office
ENTRY DEADLINE: Monday, March 23 - 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 20 in Lubbock. Entries for District are due on 4-H Online by April 13.

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.

UPCYCLE YOUR STYLE

This is a new category this year. A majority of the outfit should be upcycled (for example, a pair of denim jacket and jeans with embroidery work paired with a non-upcycled shirt, a tie dyed dress with a vest or a hand painted jacket with a sweater.). The focal point of the outfit should be the upcycled item. Garment may be new or used, purchased from a store, resale shop, or already owned.

- **Upcycle Your Style:** 4-H members will take a new or used garment and enhance it through creative decoration or embellishment to provide additional value and personal flair. The purpose of this category is to encourage youth to practice sustainable fashion habits by giving new life to clothing through thoughtful design choices. Participants may add trims, appliqués, patches, paint, embroidery, dye techniques, or other decorative details to upgrade and personalize a garment. The finished product should reflect the participant's creativity, style, and decision-making skills, while demonstrating how small changes can transform and extend the life of a clothing item.

TEXAS NATURAL FIBERS - CHANGES FOR THIS YEAR

Cotton - each garment entered must contain a minimum of 60% cotton;

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.

All garments worn (garments that are visible – i.e., blouse under jacket or vest) during the interview process must be included in the Texas Natural Fiber worksheet.

Garments may be constructed by the participant or purchased, provided they prominently feature one or more Texas-grown fibers.

Fiber content may include cotton, wool, mohair, or blended fabrics containing these materials.

Participants must be able to identify the fiber content and explain its Texas connection during the judging interview.



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!

UPCYCLE YOUR STYLE - New this year

JUNIORS/INTERMEDIATES: A minimum of one garment of the outfit should be upcycled (i.e., a denim jacket with embroidery work, a tie-dyed vest, etc.) The focal point of the outfit should be the upcycled item. Alterations to the garment should focus on decorative or creative enhancements rather than major structural reconstruction.

TEXAS NATURAL FIBERS - CHANGES FOR THIS YEAR

Juniors and Intermediates may now compete in this division; refer to the same guidelines as for Seniors, however only one garment is required to have the required fiber content of cotton or wool. The garment may be constructed or purchased.

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 23 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.

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!



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 30 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.

DUE DATE REMINDERS:

- March 4 - sign-up for Senior Sewing or Co. Tour
- March 5 - Storyboard Workshop - 5:30 - 7:30 pm
- March 6 - Clothing Tour to "Get Gussied Up"
- March 9 - Shorts/PJ Bottoms Workshop
 - RSVP for Duds to Dazzle Coaches School
- March 10 - Duds to Dazzle coaches School - 6:30 pm
- March 11 - Pants #1 Workshop
- March 13 - Pants #2 Workshop
- March 16 - Recycled Sweater Workshop
- March 17 - Shorts/PJ Bottoms Workshop
- March 18 - Make-up Workshop
- March 23 - County Fashion Show Entries Due
- March 23 - Storyboard Entries due for Co.
- March 23 - Sign-up for Co Duds to Dazzle Contest
- March 26 - Make-up Workshop
- March 26 - District Storyboard Entries Due
- March 30 - County 4-H Fashion Show/Judging
- April 6 - County Duds to Dazzle Practice Contest
- April 13 - District Deadline for Duds to Dazzle and District Fashion Show Entries on 4-H ONLINE
- April 20 - District Fashion Show & Duds to Dazzle



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

LUBBOCK COUNTY 4-H FASHION SHOW ENTRY FORM

Entry Form Due to CEO by March 23, 2026

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 _____

Upcycle Your Style _____

Texas Natural Fiber _____

Intermediate _____

Construction: Everyday Living _____
 Dressy _____

*ReFashion _____
Theatre/Costume _____

Buying: Everyday Living _____
 Dressy _____

**Fantastic Fashions Under \$25 _____
Special Interest _____

Upcycle Your Style _____

Texas Natural Fiber _____

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 _____

Upcycle Your Style _____

Texas Natural Fiber _____

* Before/After Photo Required for entry _____

** Receipts Required with 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 23

Division Junior _____
 Intermediate _____
 Senior _____

Competing at:

County _____ (No registration fee)

District _____ (4-H ONLINE Deadline - April 13- \$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 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)