



DISCOVER



4-H T-SHIRT QUILT CLUBS



DISCOVER

4-H T-SHIRT QUILT CLUBS

Adrie Roberts | Callie Ward | Stacey MacArthur
Utah State University Extension

Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Lerner et al., 2005).

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.



Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order–President
- Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- Song–Song Leader (leads or arranges for club member to lead)
- Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting–Secretary
- Business/Announcements–Vice President
- Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments–arranged by Refreshment Coordinator
- Clean Up–led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

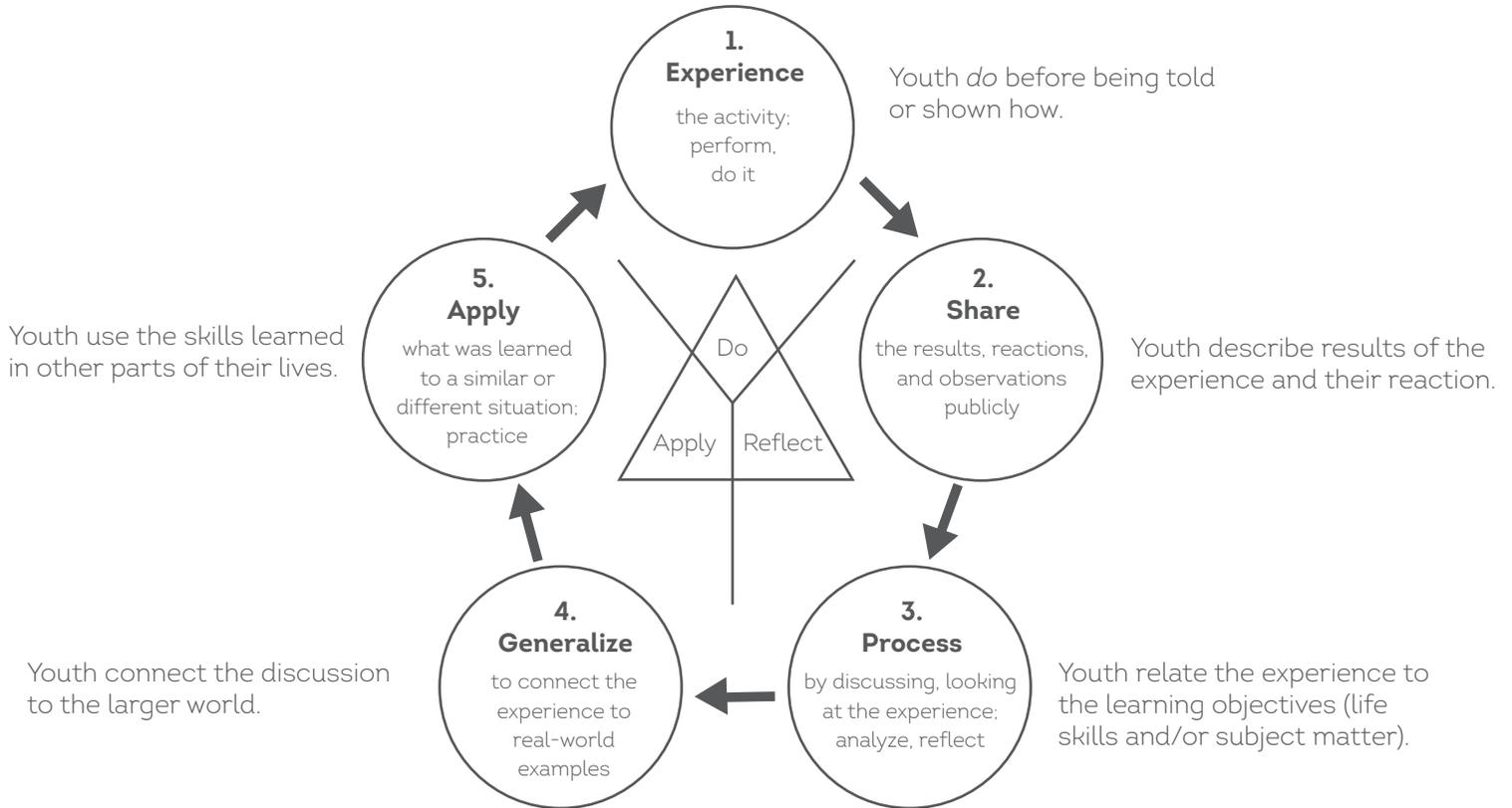
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities.

(Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

4-H T-SHIRT QUILT CLUB *Meetings*



Club Meeting 1

T-Shirt Preparation 2



Club Meeting 2

Cut Out T-Shirts 4



Club Meeting 3

Building Rows 6



Club Meeting 4

Rows and Borders 8



Club Meeting 5

Connect, Baste, and Top Stitch 10



Club Meeting 6

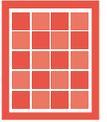
Finish Your Quilt! 12

Adrie Roberts | Callie Ward | Stacey MacArthur
Utah State University Extension


DISCOVER
4-H T-SHIRT QUILT CLUBS



4-H *Club Meeting 1* T-Shirt Preparation

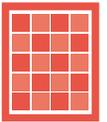


Supplies

- 12-13 washed and dried T-shirts
- Iron
- Ironing board
- Sizing or water spray bottle
- Pressing cloth
- Approximately 1 1/3 yards of interfacing

PRIOR TO CLUB MEETING

Wash and dry 12 T-shirts. Turn all T-shirts wrong side out. You may want to prepare 13 shirts, just in case!



WHAT TO DO

What is interfacing and why do I need to use it?

Interfacing is a textile used on the unseen or “wrong” side of fabrics to make an area of a garment more rigid. Interfacings can be used to: stiffen or add body to fabric. T-shirts are made of a cotton/polyester blend and have a lot of stretch and give. Securing interfacing to your project stiffens the T-shirt to help prevent stretching or rippling of your quilt.

What is a pressing cloth?

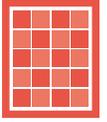
A pressing cloth is used as a protective barrier for your iron as well as your project. T-shirts that have screen printing will smudge or melt the design if placed in direct contact of a hot iron. You can purchase a pressing cloth, but any scrap cotton or cotton blend fabric will serve great as a pressing cloth.

What is sizing?

Sizing is used to add body, crispness to your old T-shirts. Sizing is a sticky solution that can be either vegetable- or plastic-based. It is not necessary to use in this project, but does create a sharper looking finish. Sizing can be found in the laundry aisle at a local grocery store.

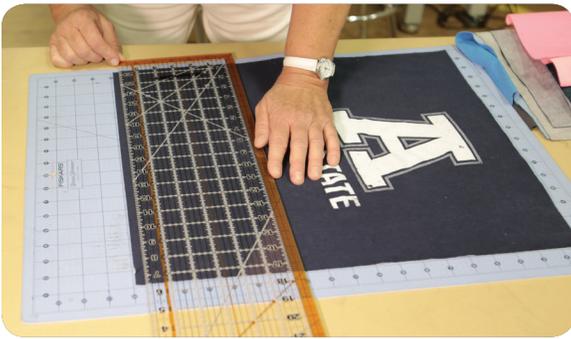
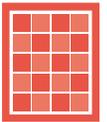
Activity #1

(45 minutes)



Bring your 12 (or 13) washed and dried T-shirts. Turn all T-shirts wrong side out.

Rough cut interfacing into approximately 12 x 12 squares. Start by placing the T-shirt, which has been turned wrong side out, on a flat surface with the logo side up. Next place the rough side of the interfacing over the logo area that you want to use for your quilt. Then place the pressing cloth over the interfacing so it is between the interfacing and the iron. Iron over the top of the pressing cloth with the iron set on steam several times to make sure that the interfacing is securely attached. If you choose to, spray sizing on your T-shirt. Allow the T-shirt to cool and sit undisturbed for 24 hours before moving to the next step. When cool, cut out around the edges of the interfacing. These blocks will measure approximately 12 inches by 12 inches and do not have to be cut out perfectly.



Reflect

- What new skill did you learn in this activity?
- Did preparing your T-shirts for your project flood your mind with fun memories? Discuss with your club some of your experiences.

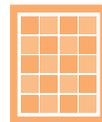
Apply

- How does learning about ironing, using a pressing cloth, and the use of sizing help you in everyday living?



4-H Club Meeting 2

Cut Out T-Shirts



Supplies

- Fully prepared T-shirts (12 shirts with interfacing, rough cut to 12 x 12)
- 10 x 10 template (basic as a piece of card board or find Plexiglas at local hardware store, usually by the garage door area. Some hardware stores such as Lowe's will cut it to size for free.)

CUT OUT T-SHIRT BLOCKS (10x10)

Using a rotary cutter and mat, cut all 12 t-shirt blocks into 10 x 10 inch. These blocks should be cut out carefully to stay within the 10 x 10 inch measurements.

Activity #1

(30 minutes)

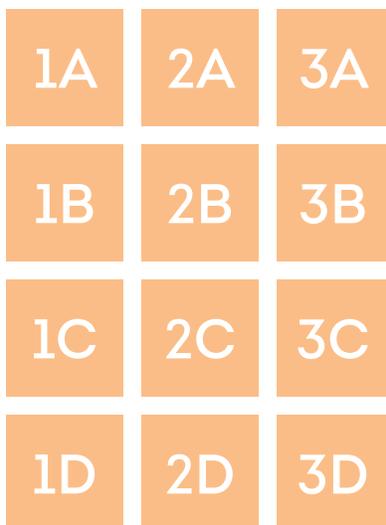


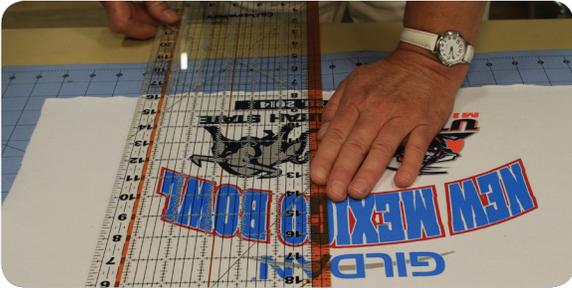
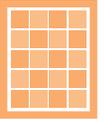
LAY OUT T-SHIRT BLOCKS

When you have completed cutting out the shirts, find an area of the floor where you can lay out your quilt blocks and arrange them to your liking. Your quilt should have three blocks across and four blocks down like the diagram below. Try to separate colors and make the quilt visually appealing. Make sure that you don't have similar blocks together. You might want to write on the back of each block its place such as 1A, 1B, etc. or take a photo of the quilt pattern with your phone camera to refer to later.

Activity #2

(15 minutes)





Reflect

- Why is it important to organize your squares prior to piecing your quilt together?

Apply

- How can preparation and organization make any project go smoother?



Supplies

- Sashing fabric (approximately 2 yards)
- Fabric scissors
- Rotary cutter
- Mat
- Sewing machine
- Thread with matching bobbin
- Iron
- Ironing board
- Sizing

Activity #1

(15 minutes)



CUTTING SASHING FABRIC STRIPS

The fabric that you will use for the top of the quilt for the strips in between the T-shirt blocks needs to be cut into 4 inch strips. Using a rotary cutter and mat or fabric scissors, cut your strips the length of the fabric rather than the width. That way, you will have fewer seams to piece together.

Activity #2

(30 minutes)



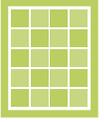
STARTING PIECING

Sew the strips to your blocks with a 3/8 inch seam. Start with the upper corner of your quilt and sew AA - 4 inch sashing to the bottom of 1A block. Next sew the sashing strip on the bottom of all of the blocks except the last block. Trim the strip. Press all seams toward the sashing strip. This will help your quilt to lay flat. Top stitch the seam 1/8 inch from the seam.

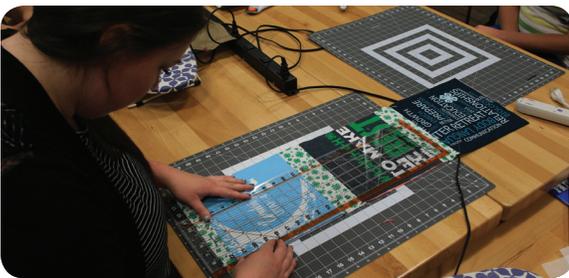
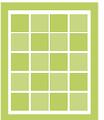
Then sew the tops of the blocks to the sash at the top of each block (except the top block) with a 3/8 inch seam. Top stitch the seam 1/8 inch from the seam

When the first strip of blocks has been sewn together, move on to the middle strip of blocks and join them together. When finished, join together the third and final strip of blocks.

You should have three rows of four blocks by now. Look like the diagram on the following page.



1A	2A	3A
AA - 4 in	BA - 4 in	CA - 4 in
1B	2B	3B
AB - 4 in	BB - 4 in	CB - 4 in
1C	2C	3C
AC - 4 in	BC - 4 in	CC - 4 in
1D	2D	3D



Reflect

- What is top stitching and why is it useful in sewing projects?

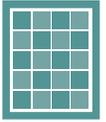
Apply

- How will learning to organize projects into small steps help with school and work?



4-H Club Meeting 4

Rows and Borders

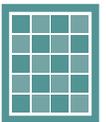


Supplies

- Sashing fabric
- Fabric scissors
- Rotary cutter
- Mat
- Thread with matching bobbin
- Iron
- Ironing board
- Sizing
- Sewing machine

Activity #1

(20-30 minutes)



SEWING ROWS TOGETHER

Sew the rows together with a strip of sashing in between. Press all seams toward sashing and top stitch 1/8 inch from seam. At this point, your quilt should look like the illustration below.



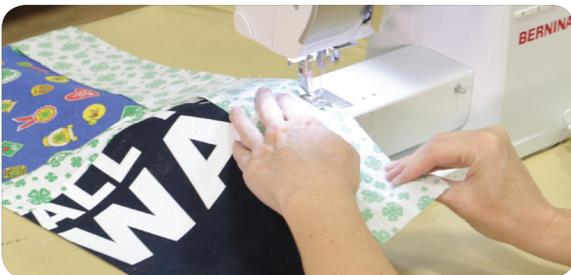
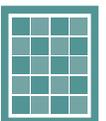
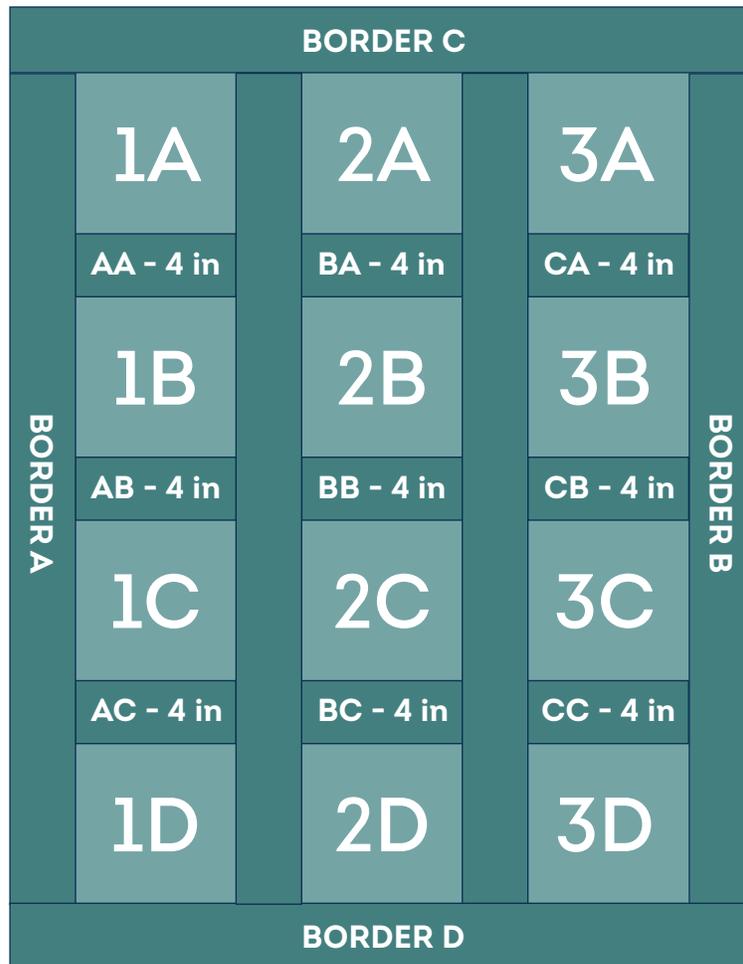


SEW BORDER

Using your 4 inch strips, sew sashing strips to both sides and top and bottom borders of your quilt. Press seams toward stitching. Top stitch 1/8 inch from seam.

We recommend that you sew the sides first - and then the top and bottom strips.

The completed quilt top should look like this:



Reflect

- Was it more difficult to sew the long center strips and the borders than the small squares? Why or why not?

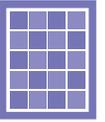
Apply

- How can you encourage others during projects to keep going when it gets tedious or difficult?



4-H Club Meeting 5

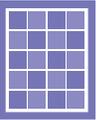
Connect, Baste, and Top Stitch



Supplies

- Sewing Machine
- Fabric scissors
- Batting
- Thread with matching bobbin

Activity #1



CONNECT THE QUILT TOP AND BACK

Sew quilt front to quilt back, right sides together, with a 5/8 inch seam, leaving a 10 inch gap on one long side to turn it right side out later.

Activity #2



BASTE THE BATTING

Hand stitch batting to seam allowance edges using big hand stitches. Make sure to keep the stitches on the outside of the seam - not on the inside. For the gap in the fabric, stitch the batting to just one side of the quilt - the side next to the batting. Trim the corners to reduce bulk.

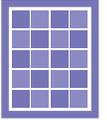
This is the best part! Turn your quilt right side out, square the corners and push out the edges.

Activity #3



TOP STITCHING TURNED QUILT

Top stitch around the edge of the quilt 1/2 inch from the edge. Stitch again 1 inch from the edge. Go slow! Make sure that you close the gap in your quilt on the one side that was left open to turn it right side out. You can choose a fun decorative stitch or a simple one. One caution with decorative stitches is they take a lot more time and thread. Maybe test some out on scraps of material before using them on your quilt.



Reflect

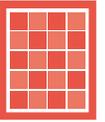
- What does baste mean? Why do we do it with the batting?
- What is squaring the corners?

Apply

- How can club members apply the principle of going slowly during the difficult portions of a project to other areas in life?



4-H Club Meeting 6 Finish Your Quilt!



Supplies

- Quilting Frame
- Scissors
- Yarn (to match quilt)
- Needle

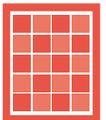
Activity #1



FINISH YOUR QUILT!

Tie quilt in your favorite matching color of yarn. You decide where you would like the ties on your quilt—in the sashing, or on the t-shirts. Also, decide how far apart you need to space them to make the quilt secure.

Or if you have access to a quilting machine, this would be a fun more professional finish.

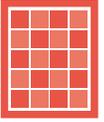


Reflect

- How do club members feel about their finished project?
- Do they feel differently about their quilt compared to a quilt someone gave to them as a gift?

Apply

- How can learning to complete projects yourself increase confidence towards other areas of life? (In other words, make rather than purchase).



4-H MISSION MANDATE: CITIZENSHIP

Now that the club is familiar with making and tying quilts, think about continuing with this project and making extra quilts to donate as a service learning project to a local charity. Some examples are nursing homes (have the club members take them personally and hand them out); Foster care (give one to each child entering foster care for the first time); shelters; elderly still living at home, etc. Check with local churches to see if they have need as well.

As a note: hospitals usually only accept fireproof material, so they are not a good option for donations without checking with their policies first.



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world.

You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>