

# Sewing

## 4-H Project Newsletter

*This newsletter will be updated in December of each year, if necessary, based on changes made to the project at the 4-H Nova Scotia Annual General Meeting in November.*

Welcome to the 4-H Sewing Project! Whether you are new to the project or an experienced sewing member, this project has lots to offer and provides a good opportunity to make clothing you will be proud to wear. This project newsletter is designed to guide you through the project year. Please read it carefully because it contains rules and project requirements, as well as ideas and resources available for project meetings. If you have any questions, contact your Regional Agricultural Leadership Coordinator (ALC). Enjoy your year in the Sewing Project and have fun!

### GENERAL 4-H INFORMATION

#### **Ages for Members:**

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

4-H members may register in the club and county of their choice, but must only be registered in one club, in one province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

#### **Project Completion:**

All 4-H members must complete 'project requirements', for each of their projects, at their club Achievement Day. If you are unable to attend your own club Achievement Day, please make prior arrangements with your Regional ALC. Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. School projects are not permitted to be used as 4-H projects. Each member must complete and display their own project work (i.e., two members cannot share a project for project completion).

#### **What is Achievement Day?**

Achievement Day allows members to display their project work to the public and have their projects evaluated, non-competitively. Project completion at Achievement Day is based on the following system:

| A <b>Green</b> project completion sticker will be given to a member who has completed:   | A <b>Silver</b> project completion sticker will be given to a member who has completed:  | A <b>Gold</b> project completion sticker will be given to a member who has completed:  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>   | <ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>   | <ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>   |
| Plus <b>one</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul> | Plus <b>two</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul> | Plus all <b>three</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul> |

**RECORD SHEET** – Each member must complete a satisfactory record sheet. Record sheets may be hand written or typed. *For more useful information, refer to Record Sheet Guidelines.*

**PROJECT WORK** – Each 4-H project (e.g., woodworking, dairy, etc.) has specific project work requirements. Each members' project work will be evaluated on the quality of the work, degree of difficulty for experience/age, the way articles are displayed/presented, and whether all requirements are met. A 1st, 2nd, or 3rd place ribbon will be given for each project. Please review project requirements for each project carefully. In non-livestock projects, members must complete the required number of items as outlined, unless prior approval is given by the Regional ALC. This request should be made in advance of the member's Achievement Day. Consideration of an item counting as additional items will be given based on members age, degree of difficulty, time required to complete, etc.

**COMMUNICATIONS** – Members who participate in public speaking and/or demonstrations at club level will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with the general club leader.

**CLUB CONTRIBUTION** – Members are encouraged to be actively involved in their club, county, province, and community. The club contribution aspect is an assessment on such things as a member's attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or project leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

**JUDGING** – In each project, members are asked to compare four (4) articles or livestock (e.g., 4 wooden shelves in the woodworking project or 4 heifers in a dairy class), then evaluate them to place the class in order from first (closest to the ideal), to fourth (furthest from the ideal). Oral reasons, using proper terminology, are given to an official judge for the project to support those choices. There are many useful judging resources available through your Regional ALC,

as well online at the [Nova Scotia Department of Agriculture](#) website. In each county, a judging box is also available to borrow to help practice judging skills. It includes judging information and cards as well as judging classes, with reasons. Clubs may book these supplies through the Regional ALC.

At 4-H Nova Scotia Provincial Show, 4-H animals participating in the 4-H Nova Scotia Show competitions are used to make up livestock judging classes (e.g., 4 intermediate Holstein calves). Members are responsible for notifying their Regional ALC by September 15 by email if they do not wish to have their animal used. Please keep in mind that judging classes can only be provided if members are willing to offer their animals for a judging class. As such, 4-H members are encouraged to let their animal be used in a judging class if possible.

### **The Project Work requirement for the Sewing Project is two (2) project items.**

- Each member's project work will be evaluated on how well they have completed the project requirements and the degree of difficulty in the item for their age and experience. One of the projects must be able to be modelled (4-H N.S. Council Annual Meeting 2012). Please note that members must complete a written commentary as part of their record sheet at Achievement Day
- Members are reminded their projects should be age appropriate. As of the 2006 4-H N.S. Annual Council Meeting, modelling in the sewing project will no longer be required for Achievement Day Completion. Clubs/ project leaders may still encourage members to complete these activities at other events during the year if they wish to do so. The project has several other project work requirements and this activity is often not a high priority in project groups when preparing for Achievement Day.
- A Sample Book is not required to complete your project on Achievement Day. If you choose to complete a sample book there is a separate class for sample books at county and provincial competition. Leaders are encouraged to have their members practice the technique on a sample before they use it on their garment. There are details on how to prepare samples in the 4-H Leaders Resource Manual.

### **Judging Sewing....**

A sewing article is evaluated the following: (Note: Judging standards are the same for articles made on a conventional sewing machine and articles made on a serger or overlock machine)

- **General Appearance - 20%** - Choice of design, color, and materials that is appropriate for the pattern being utilized.
- **Workmanship Judged from the Outside of the Article - 50%** - This is determined on how well the project item is made, the techniques used are appropriate for the fabric and style and the techniques are done correctly based on the member's age. Correct construction of all details from seams to pockets, cuffs, collars, facings, and zippers are all important in evaluating workmanship.

- **Workmanship Judged from Inside the Article - 30%** -The construction techniques used should be suitable for the wear or purpose of the garment. For example, sleep pants or pajamas made of woven cotton, are garments requiring much washing and need to be finished in a manner that allows for such care. On the other hand, if the pajamas are made from a knit and they do not ravel then a seam finish may not be required. Other considerations are such things as the tension of stitching, consistency of stitch length, proper construction and stitching of darts, facings, linings and application of notions such as elastic.

For more information on judging visit the 4-H Life Skills Judging Guide at <http://novascotia.ca/agri/programs-and-services/educational-resources/4h/resources/judging/>

### **Selecting Projects to Create**

Be sure you select different, more challenging projects each year which show an improvement in your quality of workmanship. Leaders are encouraged to teach members traditional sewing methods as well as time saving ideas. The type of hem and seam finish used should be appropriate for the fabric and style of garment.

We would encourage members to complete two (2) years in the sewing project before using a serger/overlock. It's important for members to become confident with a conventional sewing machine and to learn the basic sewing skills before attempting to use a serger. Completing a garment utilizing a serger rather than a conventional sewing machine will not necessarily mean a better educational opportunity or product.

Garments made using a conventional sewing machine with correctly made seam finishes and construction detail for the fabric used, are of equal quality in workmanship as those completed on a serger. The member's age and experience in sewing should be a guide for sewing leaders in advising members what patterns they should use as well as the fabric selected and the sewing machine which is utilized.

### **Members often ask what project I should make this year.**

This is a difficult question for both members and leaders. The first consideration would be that members choose a garment and material that they will like to wear when finished. Leaders need to find out what projects the members would like to make and then assess their skill level to ensure the member can complete the article. Members can become discouraged if they choose an item or fabric that's too advanced for them. Here are some ideas to help you. Please remember they are only suggestions for guidance in selecting a sewing project.

### **First and Second Year members with no or minimum sewing experience:**

- Suggested Techniques - Hand Stitches- basting, hand gathering and hand stitch overcast seam finish; Machine gathering; Hem that's appropriate for the fabric and the article- plain (hand), Narrow machine, curved; Elastic or drawstring casing; Seam Finish that's appropriate for the fabric- pinked, turned and stitched, pinked and stitched, machine

zigzag, knits-stretch seam; Dart- plain or double; Waistband application; Facing-interfacing and graded seam; Pockets - patch, inseam; Top stitching; and Buttons and Buttonhole.

- Suggested Garments - fabrics - woven with some body i.e., cotton, cotton polyester, twill, flannelette, etc. and jogging fleece; Garments with: elastic or drawstring casing at the waist, sleeveless tops or with cap, raglan or kimono sleeves, with rib binding- neck and cuffs, jogging pants, sweatshirts, pajamas.

**Three to Five Year members with a good understanding of basic sewing techniques:**

- Suggested Techniques - Hem that's appropriate for the fabric and the article - Catch stitch, Blind hem (hand or machine); Seam finish that's appropriate for the fabric - French seam, Flat felled seam, Serged seams; Curved dart; Princess seam- curved seam inward and outward; Hook and eye fastener; Snap fastener; Zipper- centered, lapped; Continuous placket (sleeve, neck opening); Piped seam.
- Suggested Garments - Fabrics (in addition to those suggested above) - denim, interlock knit, polar fleece, corduroy, plaids, Garments with: collars, set-in sleeves (short and long with cuffs or elastic), zippers, fly front zippers, T-shirts.

**Sixth Years and more.... members are capable of more advanced sewing techniques:**

- Suggested Techniques - Hems that are appropriate for the fabric and the article- lock stitch; Seam Finishes that are appropriate for the fabric- French seam, flat felled seam, serged seams; taped seam; tailoring- bound button holes, under collar with roll line, lapel with roll line stabilizing seam, tailor's hem; welt pocket; lining.
- Suggested Garments - Fabrics (in addition to those suggested above) - velvets, silk types, satin, etc.; Garments with: pleats, blazers, lined/tailored jackets.

**Exhibition / 4-H Nova Scotia Provincial Show Class List**

**CLASS 3: SEWING**

|                    |  |
|--------------------|--|
| <b>Section 1:</b>  | Simple Seamed Garments (apron, etc...)   |
| <b>Section 2:</b>  | Simple Seamed Articles (potholder; rod pocket curtains; shoulder or tote bags, etc.) |
| <b>Section 3:</b>  | Skirts   |
| <b>Section 4:</b>  | Blouses, Tops, Shirts  |
| <b>Section 5:</b>  | Slacks, Shorts, Pants, Capris  |
| <b>Section 6:</b>  | Sleepwear  |
| <b>Section 7:</b>  | Dresses, Jumpers   |
| <b>Section 8:</b>  | Formal Wear  |
| <b>Section 9:</b>  | Two or Three Piece Outfits   |
| <b>Section 10:</b> | Detailed or Tailored Garments (coats, costumes, etc.)                                |
| <b>Section 11:</b> | Sportswear (jumpsuits, overalls, vests, etc.)  |
| <b>Section 12:</b> | Jackets and Blazers  |
| <b>Section 13:</b> | Sample Books or Commentary   |

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|--------------------|--|
| <b>Section 14:</b> | Decorative Household (drapes, bedspreads, stuffed animals, quilts, etc.)   |
| <b>Section 15:</b> | Recycled Items   |
| <b>Section 16:</b> | Fashion Design Portfolio (must include minimum of 10 sketches, each including colour, accessories and at least two different angles) |
| <b>Section 17:</b> | Design Fabrication (must include original sketched design, pattern and sewn item made by member)                                     |

**\*Please refer to Requirements listed in front of this newsletter**

### **SUGGESTIONS FOR GROUP ACTIVITIES:**

Why not try some group outings with your project members? It can be lots of fun and a great way to learn new ideas. Here are some suggestions; you may have some ideas of your own.

- *Attend a fashion show in the area.*
- *Plan a beauty culture evening - make-up demos, manicures, etc.*
- *Visit a textile company or clothing manufacturer - could be a large company or a small local business.*
- *Visit a fabric store to see what's new in fabrics.*
- *Invite a clothing designer to speak to the group.*

### **OTHER RESOURCES AVAILABLE:**

There are a number of interesting sites to explore on the web that may be useful to your club. <http://www.canadianliving.com>

<http://www.simplicity.com>

<http://www.butterick.com>

### **Fashion Show Competition**

This is a competition at the 4-H Nova Scotia Provincial Show and is open to the top junior and top senior model in each county.

NOTE: If you are selected as the county entry in the Fashion Show at the 4-H Nova Scotia Provincial Show you are asked to *forward a completed commentary* to the Agriculture Leadership Coordinator who covers the County coordinating the Fashion Show listed in the 4-H Nova Scotia Provincial Show Class List and Program. **Please be sure to SEND IN YOUR COMMENTARY before the scratch and sub date – SEPTEMBER 15.** This is a firm deadline and in order to participate in the Fashion Show your commentary must be received by this date and time.

### **Writing Commentaries:**

The purpose of a fashion show commentary is to provide a brief but complete description of the garment. As a member, you want your outfit to sound very appealing to the audience, so it's important to construct your sentences very carefully. The commentary should flow well, be easy for the commentator to read and be pleasing to the ear. Use adjectives to make the outfit come alive and be imaginative.

### ***Your Commentary is More Than a Description of Your Garment.***

Commentaries provide clues for the entrance, exit and modelling gestures. The commentary will bring attention to garment details. When a hand gesture seems appropriate to accent any details or to add style to your modelling, be sure to practice it until it seems natural. The commentary should not be too long, but long enough to provide ample time for the model to show off the garment. A lengthy commentary may bore the audience so it is important that it is short, snappy and descriptive. An extra short commentary can also be a problem. Any model will agree that modelling in silence because of a short commentary is not much fun. Your commentary is worth spending time on. If you have spent hours making the garment, you should feel proud and want to show off your efforts to parents and friends. A well written commentary can help you feel good about participating in a 4-H fashion show and can be the difference between doing an all right or super modelling job.

### **Some points to help writing commentaries include:**

- The commentary should tell about the member as well as the garment. The more information and detail included, the more interesting the event.
- In the first couple of lines give the members name and club, then mention the garment that they are wearing.
- In the next paragraph describe the garment details. Be sure to include the type of sleeves, bodice style, collar, waistband, pockets, etc.
- Conclude with accessories and finishing touches.
- To effectively show off the garment to the audience the commentary should be about 3/4-page long. **Be sure to complete the commentary section of the record sheet for Achievement Day.**

## **SPORTSMANSHIP – Be a Good Sport!**

In 4-H, Sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when at 4-H events. Here are some key factors to good sportsmanship:

**GOOD CONDUCT** – Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

**FAIRNESS** – Learn and follow the rules. Be objective and honest. No matter what the results try your best by using your true skills without cheating. Treat others fairly.

**HONESTY** – Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

**COMPETITION** - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills – you are all winners, even if the ribbon color doesn't appear to reflect this.

**COURTESY** – Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful, no matter whether you do well or not. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

**GRACEFUL ACCEPTANCE OF RESULTS** – Accept judges' results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome; thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; Sponsors for their generous donations; Agriculture Leadership Coordinators for their wisdom and guidance; Judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use, of professionals and/ or adults to prepare projects for 4-H shows are not acceptable. Using these people as resources provides 4-H members with the information and skills to do the job on their own.

4-H Nova Scotia has a Code of Conduct in effect for all members and leaders. It is to be followed always throughout the year. If you would like a copy of what are acceptable practices in the 4-H program, please visit <http://novascotia4h.ca/codeofconduct/>.

## You might also be interested in...

**For more information about any of the below opportunities, please contact your regional ALC:**

**4-H POSTER CONTEST** – Create a hand-drawn or computer-generated poster focused around the annual 4-H Theme. Deadline and evaluation is normally at county rally.

**4-H THEME CONTEST** – Put on your thinking cap and be the one to come up with next year's 4-H theme! Submissions due to Provincial 4-H Office by July 1<sup>st</sup>. (i.e., "Let 4-H Reign Supreme in 2018").

**WOOL & RECYCLING COMPETITION** – Open to all 4-H members. These articles must be made from 100% wool or a minimum of 75% recycled materials and members must exhibit a Competition Report Sheet with their entry.

**GIANT VEGETABLE COMPETITION** – Each year a new vegetable is selected for the Giant Vegetable competition held at the 4-H Provincial Show. Each county can send one junior and one senior giant vegetable entry to the show.

**TRACTOR DRIVING COMPETITION** – The tractor competition is open to teams of 3 members (1 driver and 2 assistants); the driver must hold a valid class#5 driver's license or tractor license. The driver will drive a tractor and trailer through an obstacle course. The score is calculated based on safe operation and judge's evaluation. One team per county will advance to 4-H Provincial Show.

**RECORD KEEPING COMPETITION** – An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis included. Entries in this competition must include a 1 to 4 page analysis of the work and costs in the project for the given year in order to be eligible. Entries should be displayed in a binder/folder. The top two senior and top two junior record sheets per county will be eligible for the Record Keeping Competition at the 4-H Provincial Show, but entries must first qualify at county level. All county entries must be forwarded to Truro by September 15th of the current 4-H year for judging prior to the 4-H Provincial Show.

**AWARDS, TRAVEL OPPORTUNITIES, AND SCHOLARSHIPS** – Each year, 4-H Nova Scotia covers the registration fee to National and International travel opportunities for members awarded such travel experiences. Also, there are several scholarships available to 4-H members in Nova Scotia.

**JUNIOR LEADER PROJECT** – This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interest them (e.g., projects, recreation, communication, etc.).

**GRADE 10 PERSONAL DEVELOPMENT CREDIT** – Members must achieve GOLD completion and document at least 110 hours of 4-H related work to qualify. For more information visit the [NS Department of Education & Early Childhood Development Personal Development Credit website](https://pdca.ednet.ns.ca/)  
<https://pdca.ednet.ns.ca/>

**NOVA SCOTIA YOUNG SPEAKERS FOR AGRICULTURE** – Senior Members and screened volunteers up to age 24 compete by creating and presenting a speech on one of five topics from Canadian Young Speakers for Agriculture (<https://cysa-joca.ca/>). The winner represents 4-H Nova Scotia at the Canadian Young Speakers for Agriculture competition held annually in November at the Royal Agriculture Winter Fair in Toronto. Deadline to register for the competition is September 15<sup>th</sup> of the current 4-H year.



# Sewing RECORD SHEET

Name of Member: \_\_\_\_\_

Name of Club: \_\_\_\_\_ Level: \_\_\_\_\_

4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_

## 4-H Project Experiences

Explain why you are taking this project and what you learned this year.

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Please make a few comments about problems you may have encountered, how your goals were accomplished, and what you learned about the project.

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Please make a few recommendations on your project articles, and how you feel they could be improved.

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**Project Articles** (please complete one box for each article you made/exhibit)

| <b>Article</b> | <b>Skills/techniques learned</b> | <b>Materials used &amp; individual cost breakdown for materials</b> | <b>Total cost</b> |
|----------------|----------------------------------|---|-------------------|
|                |                                  |   |                   |
|                |                                  |   |                   |
|                |                                  |   |                   |

**Fashion Show Commentary**

Using the following suggestions, as well as the information provided in your Project Newsletter and your Leaders' Resource Guide, prepare your fashion show commentary:

- *Keep it Short and Sweet!* When writing your commentary, make sure that you keep to the basics, include your name, age, and 4-H club. You do not need to include a list of other projects you take, your school activities, etc.
- *Pick a place to Wear your Garment!* An easy way to write your commentary is to pick somewhere that you could be going in your outfit. For example, if you make shorts, you could be going to the beach with your friends.
- *Avoid Unnecessary Detail!* Be sure to describe the details of your garment but try to avoid over describing the item! Try mention the type of fabric and a few of the more significant details; for example – a flowing chiffon skirt, complete with an elastic waistband.

