Know how. Know now.

4-H Quilts of Valor Guidelines

Adams and York Counties are issuing a state-wide 4-H Quilts of Valor Challenge for 2011 - 2010. Quilts made with the FREE QOV fabric must be finished and delivered to either 2011 or 2012 State Fair.

Let's see how many 4-Hers, families and/or volunteers will create and donate quilts to service men and women who are protecting our country and who are "touched by war." The quilts will be collected and given through the ***Quilts of Valor Foundation*** who has already donated over 36,000 quilts. You can read about their successes at http://www.qovf.org/index.html.

4-H members and volunteers can work alone or in groups to make the quilts. In addition to the FREE fabric donated by national fabric companies, 4-H youth may also be able to find someone who will help donate fabric, batting or machine-quilting to complete your project. You may want to contact a Quilt Guild, American Legion, other service organization or a local quilt shop in your community to help provide funds or fabric.

Please see the guidelines below which fit into the Quilts of Valor criteria. Remember, we are honoring our military personnel who are protecting our freedom, so we want the quilt to be of good quality.

Finished Quilt Size: No smaller than 55" x 65" or no larger than 72" x 90".

Quilt Top Fabric and Thread:

- 100% good-quality cotton fabric with high thread count (preferably quilt shop fabric – NO cheap or previously used fabrics).
- Soldiers do not want children's fabrics such as cartoons. 10% of the soldiers receiving quilts are women, so consider whether a man or woman would like the fabric.
- You can or don't have to pre-wash the fabric.
- Use good quality **cotton** thread for sewing
- Use a quilt pattern of your choice.
- Piece the top so it will be at its finished size - **55" x 65"** or no larger than **72" x 90".**

Quilt Backing Fabric:

- Good quality 100% cotton (NO sheets or bedding). Purchasing "wide" backing fabrics may be more economical.
- Should exceed at least 3" on **all** sides to allow for machine quilting and pinning the backing to the machine. (This is a total of 6-8" wider and 6-8" longer than the quilt top.)

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

- If you need to make seams on the back, first remove the selvage.

- If needed, seams should run across the width of the quilt backing (parallel to the top and bottom of the backing.

Machine Quilting:

- The quilt should be machine quilted. If you have a “long-arm quilter” in your area, you could ask them to quilt your project for you.

- If not the Quilts of Valor Foundation has a list of long-arm quilters who will machine quilt it. Fill out the “Request Long-arm Form” at the Quilt For Valor website http://www.qovf.org/req-longarmer.html

- Once your machine quilting partner is assigned to you, communicate with him/her.

- Be courteous and send top/backing in a timely fashion.

Label:

- Be sure to add a label to the back of the quilt. The label can be hand written, embroidered, printed or purchased.

- The label **MUST SAY “Quilt of Valor”**

- Include on your label:

    - Date range that it took to make the quilt

    - Name of the quilt

    - Place where the quilt was made. If the long-arm quilter lives in a different place, put both locations.

    - Name of Quilt-top maker (4-Her, age, city/state).

    - Name of machine quilter, age, city/state

    - The words "Presented To:" followed by a blank space. This is so the recipient's name can be inserted at a later date.

Binding:

- The binding fabric should be an appropriate color for the quilt.

- Straight cut and diagonally seam where necessary (unless edge of quilt is scalloped which requires bias binding).

- Corners mitered.

- Neatly applied by hand and/or machine.

Document Your Project:

- Ask your local TV station to video tape 4-Hers sewing the quilt and interview them about "Community Service and citizenship" and donating their fabric. Perhaps they could tell about life skills they are learning while making the quilt.
- Extension staff or volunteers video tape the sewing and quilting.
- Take digital pictures of you working on your quilt and your finished product. Be sure to add your Name, City, State, Phone and Name of the Quilt, and quilted by_____. Email your picture pschoenholz1@unl.edu. Be sure to add your name, county and town in your email. To make sure the computer doesn't read it as "Spam", put **Quilts of Valor** in the subject line. Spell correctly**.**

Extension staff would like to make a digital picture display at the Nebraska State Fair of the quilts donated to Quilts of Valor project. Depending on how much display space is available, Quilts of Valor quilts may be displayed at the Nebraska State Fair. If there isn't enough space, we want to show the pictures you take as you work on your quilt and your finished product.

Exhibiting Your Quilt
4-H members can enter the quilt into the fair in the projects and classes listed below:

Citizenship:
- Class 5 – Public Adventure Poster
- Class 9 – Service Item
- Class 10 – Club Exhibit

These classes require additional supporting information, so please read the direction carefully. Quilts entered in Citizenship will not be judged on construction or design principles, but on what participants learned about citizenship.

Design Decisions:
- Class 6 Bedcover**.**

Quilt Quest
- Class 41 – Inter-Generational Quilt – quilt made by 4-Her and family members or friends of different generations.
- Class 42 – Service Project Quilt – Quilt that has been constructed by 4-H youth to be donated.
- A Quilt of Valor made by any individual 4-H'er may also be entered in any Level 1, 2 or 3 large quilt class following the guidelines for classes 52. 62, 72, 80, 81, 82, and 83.