



Texas 4-H Under Our Wings: Quilts of Valor Program

4-H Fashion and Interior Design Project

2023-2024 Quilt Block and Top Challenge Guidelines



Photo courtesy of The Light and Champion, Shelby County, Texas

In partnership with Quilts of Valor® Foundation



Developed by

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2023-2024 Quilt Block and Top Challenge Guidelines

Civic engagement and community service are a big part of 4-H where youth and adult volunteers do a tremendous amount of benefit in their communities and beyond.

We would like to invite your 4-H clubs and projects to continue to ***make a difference*** in the lives of our military veterans by participating in the annual Texas 4-H Under Our Wings Quilt Block and Top Challenge.

These blocks can either be assembled into a quilt and presented locally to a veteran or you may contact the State 4-H office and we will locate a local Quilts of Valor sewing group to assist your group in completing. If your club would like, they can also participate in the Quilt Top Challenge and put their blocks together to form a quilt top, locate a quilter locally to finish, and then present the quilt to a nominated veteran in their community.

4-H members and volunteers can work alone or in groups to make the blocks. Perhaps you can find someone who will help donate fabric, batting or even machine-quilt your finished product! You may also want to contact a service organization or other donors in your community to help provide funds to make the Quilt of Valor.

See this video for more information on Quilts of Valor: <https://www.youtube.com/watch?v=-Vp4vnhsWPY>

What is a Quilt of Valor?

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.”

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

Quilts of Valor Foundation Mission Statement

“The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor.”

For additional information on this program see <https://www.qovf.org/>



How the QOV Quilt Block Challenge Works

Each September, a quilt pattern will be available for download from the State 4-H website, under the Fashion and Interior Design Project at <https://texas4-h.tamu.edu/projects/fashion-interior-design/>

A specific date in September (near Patriot's Day on September 11th) will be identified by the state office as the official Kick-off QOV Challenge date (see attached flyer).

Note: This years' block and instructions are provided at the end of this document with September 9th as the official 2023-2024 kick-off date and May 15, 2024 as the end date.

Fashion and Interior Design project members or other 4-H clubs/projects meet monthly to sew blocks to complete a quilt top to be awarded a local veteran in their county. Adult volunteers are utilized as mentors to assist with teaching youth how to sew, cut fabric, and piece the blocks.

The project is documented by submission of the Project Completion form via Google form link on or before **May 15th**. All projects documented and received by this date will be entered into a drawing for a FREE next year's quilt fabric bundle to be mailed to the winning club so the youth can start on their next challenge.

After the blocks or top challenge is completed, a veteran is awarded the quilt at an official ceremony in which a recognition script is read by 4-H members.

How to Participate in Four Steps

Step 1

- 1 Use the Texas 4-H Explore Guide: Basic Sewing Skills or Quilting Basics to get started with machine sewing or quilting depending on skill level of youth. Explore Guides are located on the Texas 4-H website for free downloading.
- 2 Determine if your project club will be making blocks or completing a top (instructions for both are provided below).
- 3 Sew the blocks or top during monthly project meetings. Fill out the Google Project Completion for documentation and registration of your quilt with the Quilts of Valor Foundation.
- 4 Present your quilt to a local veteran in a Quilt of Valor ceremony.



Questions on this program? We can help!

Angela McCorkle, State 4-H Specialist, at angela.mccorkle@ag.tamu.edu

Dr. Jheri-Lynn McSwain, District 5 4-H Specialist at jlmcswain@ag.tamu.edu

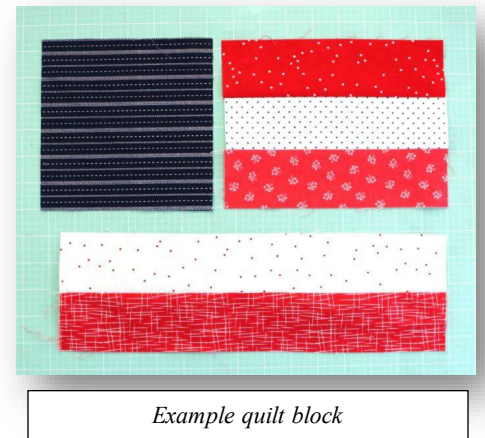
Natalie Cervantes, District 10 4-H Specialist at natalie.cervantes@ag.tamu.edu

Step 2

Quilt BLOCK Challenge Guidelines

Remember, we are honoring our military personnel who are protecting our freedom, so we want the quilt to be of good quality.

1. Use 100 percent cotton fabric with high thread count (preferably fabric purchased from a quilt shop).
2. Use good, quality thread for sewing.
3. Patriotic themed fabric in red, white and blue or shades of these colors is highly recommended. Solid colors in red, white and blue are also welcome! You may incorporate some small quantities of gold, gray, black and brown if needed to coordinate with your primary fabric choices. Do not use cartoon themed fabric as these quilts are made for adults.
4. Blocks should be all sewn with a ¼ inch seam, pressed and ready to be added to a quilt top.
5. Document your project! Take photos of you, your other 4-H members, and volunteers working on the blocks.
6. Locate a local quilter to help your club finish the quilt top (see instructions below). *Can't locate a quilter? Contact the State 4-H office and we will identify a Quilt of Valor group to assist in helping your club complete the quilt.*
7. Reach out to your local Veteran's office or a military service organization such as VFW or American Legion to identify a deserving veteran in your community.
8. Have a family member of the veteran to complete the nomination form (see pages 6-7).
9. Schedule a date to award your beautiful quilt to the veteran.
10. Fill out the Google form to document your project and the quilt will be recorded with the Quilts of Valor Foundation.
11. Once the project is documented and received, an official 4-H/Quilts of Valor label will be mailed to your club.
12. Using a permanent marker or fabric pen, complete the information on the label and sew to back of the quilt in the bottom right corner.
13. Complete the award script and determine which 4-H'er(s) will read at the award ceremony (see pages 8-9).
14. Present your quilt to your nominated veteran!



Example quilt block

Quilt TOP Challenge Guidelines

Remember, we are honoring our military personnel who are protecting our freedom, so we want the quilt to be of good quality.

1. Use 100 percent cotton fabric with high thread count (preferably fabric purchased from a quilt shop).
2. Use good, quality thread for sewing.
3. Patriotic themed fabric in red, white and blue or shades of these colors is highly recommended. Solid colors in red, white and blue are also welcome! You may incorporate some small quantities of gold, gray, black and brown if needed to coordinate with your primary fabric choices. Do not use cartoon themed fabric as these quilts are made for adults.
4. Blocks should be all sewn with a ¼ inch seam, pressed and ready to be added to a quilt top.
5. Assemble your blocks into a quilt top as directed on the quilt pattern.
6. Document your project! Take photos of you, your other 4-H members, and volunteers working on the quilt top.
7. Identify a quilter to quilt the top, add the binding and sew on the official 4-H QOV label.
8. Reach out to your local Veteran's office or a military service organization such as VFW or American Legion to identify a deserving veteran in your community.
9. Have a family member of the veteran to complete the nomination form (see pages 6-7).
10. Schedule a date to award your beautiful quilt to the veteran.
11. Fill out the Google form to document your project and the quilt will be recorded with the Quilts of Valor Foundation.
12. Once the project is documented and received, an official 4-H/Quilts of Valor label will be mailed to your club.
13. Using a permanent marker or fabric pen, complete the information on the label and sew to the back of the quilt in the bottom right corner.
14. Complete the award script and determine which 4-H'er(s) will read at the award ceremony (see pages 8-9).
15. Present your quilt to your nominated veteran!



Example quilt top



Photo courtesy of The Light and Champion

Step 3

Texas 4-H Quilt of Valor Report Form

- *Use this QR code to document the name of the veteran receiving the Quilt of Valor.*
- *Once form is completed, an official 4-H QOV label will be mailed to the club to be completed with a permanent pen and sewn on the back of the lower righthand side of the quilt.*
- *Information provided will be entered into the National Quilts of Valor Foundation database.*



Example Nomination Form – Replace the highlighted areas to represent your 4-H project club.



(County Name) 4-H Project – Quilts of Valor

Veteran Nomination Form

Please print the information required for this nomination and email to **(county agent/project leader)**.

Nominations are due no later than (date).

Information for Quilt of Valor Recipient

1. Recipient will be recognized on **(date)**. Please arrive by **(time)** and be seated in the front reserved row.
2. The Quilt of Valor will be on display at **(location)** from **(time to time)**. This room will be monitored when open to the public.
3. An area of **(size)** will be provided each recipient to display photos, memorabilia, medals, etc. The family/recipient will be responsible for set-up of their display area.

Optional

Recipient's Name

| |
|-------|
| First |
|-------|

| |
|------|
| Last |
|------|

Recipient's Address

| |
|--------|
| Street |
|--------|

| |
|-------------------|
| City and Zip Code |
|-------------------|

Recipient's Phone Number

| |
|--|
| |
|--|

Branch of Service

- Army
- Coast Guard
- Marines
- Air Force
- Navy

Military Rank

Dates of Service

Military recognition

Interesting fact from veteran's service

Thank you for nominating a worthy veteran! The (county name) 4-H club/project members look forward to creating a Quilt of Valor for this recipient.

Step 4

Example Short Presentation Verbiage

Good morning, my name is Jheri-Lynn McSwain, and I am honored to be here today as a representative of the Shelby 4-H Heart to Hands Quilts of Valor project.

Our project is comprised of adult volunteers and 4-H youth that meet to sew quilts in honor of our Shelby County veterans. The Quilts of Valor project is in partnership with VFW post 8904 and made possible through sponsorships from local businesses and individuals.

At the conclusion of this ceremony, we invite you inside the historic courthouse to view the Quilts of Valor presented today and honoree memorabilia on display.

In 2003, a quilter named Catherine Roberts started the movement that became Quilts of Valor when her son was deployed in Iraq. Since that time, over 190,000 Quilts of Valor have been awarded across the United States. Our mission is to honor service members and veterans who have been touched by war with comforting and healing Quilts of Valor.

We will be presenting fourteen Quilts of Valor today which have been sponsored by the Center Noon Lions Club and local individuals.

Allen Maurice Baker (veteran receiving quilt)

Our first Quilt of Valor is presented to Allen Maurice Baker. Mr. Larry Hume will be standing in honor of Mr. Baker. Mr. Baker is one of only two remaining WWII veterans in Shelby County.

Mr. Baker served his country in the U.S. Navy during World War II from 1946 to 1948. He enlisted at the ripe age of 17 and served aboard the USS Jason, USS Estes, and the USS Mason.

Seaman Allen Baker, we say, welcome home, and thank you for allowing us to recognize you.

Example Long Presentation Verbiage

Good morning, my name is Jheri-Lynn McSwain, and I am honored to be here today as a representative of the Shelby 4-H Heart to Hands Quilts of Valor project.

Our project is comprised of adult volunteers and 4-H youth that meet to sew quilts in honor of our Shelby County veterans. The Quilts of Valor project is in partnership with VFW post 8904 and made possible through sponsorships from local businesses and individuals.

At the conclusion of this ceremony, we invite you inside the historic courthouse to view the Quilts of Valor presented today and honoree memorabilia on display.

In 2003, a quilter named Catherine Roberts started the movement that became Quilts of Valor when her son was deployed in Iraq. Since that time, over 190,000 Quilts of Valor have been awarded across the United States. Our mission is to honor service members and veterans who have been touched by war with comforting and healing Quilts of Valor.

We will be presenting three Quilts of Valor today which have been sponsored by the Center Noon Lions Club and local individuals. The nominees are as follows and we ask that you please stand and be recognized: Richard Lundie, John Small, and Sara Hart.

Our first Quilt of Valor is presented to **Richard Lundie**. Mr. Lundie and any family members in attendance, please come forward.

Sergeant First Class Richard Alton Lundie retired from the United States Army in 2008 after more than 20 years of service. Seven years and ten months of that time was overseas in Korea, Saudi Arabia and Kuwait. His awards at time of retirement include:

- Meritorious Service Medal with 2 oak leaf clusters
- Army Commendation Medal with 6 oak leaf clusters
- Army Achievement Medal with 8 oak leaf clusters
- Southwest Asia Service Medal with bronze service star
- Global War on Terrorism Service Medal
- Korean Defense Service Medal
- Humanitarian Service Medal
- Kuwait Liberation Medal for service in Saudi Arabia and Kuwait
- Parachutist Badge
- Air Assault Badge
- German Armed Forces Parachute Badge Bronze

He continues to serve the veteran community in Shelby County with membership in the VFW Post 8904 in Center and the American Legion Post 90 in Timpson.

This quilt is an expression of gratitude meant to thank and comfort you. We honor you for leaving all you hold dear to serve, whether in time of crisis or in time of peace. This Quilt of Valor unequivocally says thank you for your service, sacrifice, and valor in serving our nation.

On behalf of the Shelby County 4-H Heart to Hands project, Sergeant Lundie, welcome home, and thank you for allowing us to recognize you.

Family members wrap Mr. Lundie in Quilt and 4-H youth shake his hand.

2023-2024 4-H Quilt Block and Top Challenge Pattern
“Flying Flags” by Amy Smart, Diary of a Quilter



Instructions to assemble blocks and top on next pages.

Flying Flags - 66" x 80" Finished Quilt

Quantity: 20 blocks

Fabric Requirements

- Navy: 20 squares cut 6 ½ inches by 6 ½ inches each (¾ yard of fabric to make 20 squares).

Hint: for red, white, and light blue fabric, use Jelly Roll pre-cut fabrics as they are pre-cut 2 ½ by 42 inches. Most Jelly Rolls have 20 strips per roll.

- Red: 20 strips (2 ½ inches wide by 42 inches long) (1 Jelly Roll).
 - White: 20 strips (2 ½ inches wide by 42 inches long) (1 Jelly Roll).
 - Light blue: 40 strips (2 ½ inches wide by 14 ½ inches long) (2 Jelly Rolls).
- Hint: Save leftover light blue fabric for first border, if making a quilt top.*



Example Jelly Roll

Block Assembly

Fabric requirements per quilt block to be cut from fabric above:

1 navy square 6 ½ x 6 ½
2 red strips 2 ½ x 8 ½
1 red strip 2 ½ x 14 ½

1 white strip 2 ½ x 8 ½
1 white strip 2 ½ x 14 ½
2 light blue strips 2 ½ x 14 ½

All seams are sewn with a ¼ inch seam. All fabric pieces are sewn right sides together.

Block Sewing Steps

Step 1

- Sew the three 8 ½ strips together: red strip, white strip, red strip.
- Press seams toward red strips.

Step 2

- Sew the one white and one red strip 14 ½ together.
- Press seam toward red strip.

Step 3

- Sew the 6 ½ x 6 ½ navy square to the three 8 ½ red-white-red strip set.
- Press seam toward the blue square.

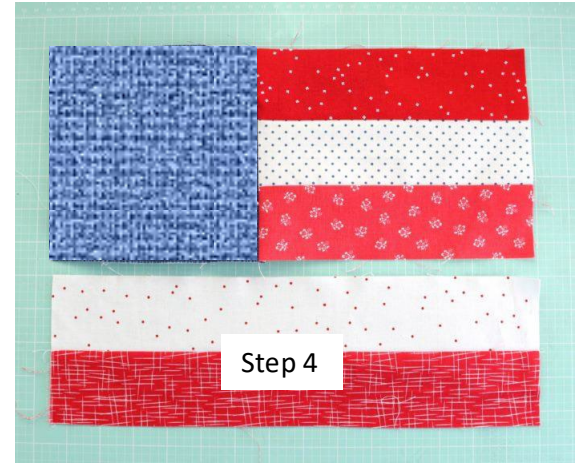


Step 4

- Sew bottom red-white strip set to the top blue square-red-white-red unit.
- Press seam toward long white strip.

Step 5

- Sew one light blue $2\frac{1}{2} \times 14\frac{1}{2}$ to the top of the flag block.
- Sew one light blue $2\frac{1}{2} \times 14\frac{1}{2}$ to the bottom of the flag block.
- Press seams toward the light blue strips.



This will complete one $14\frac{1}{2} \times 14\frac{1}{2}$ quilt block.
Make 19 more blocks!

To make one quilt top

Use the 20 blocks assembled above and the following fabric for the borders, binding and backing.

Fabric Requirements

- Inside Border
 - Light blue: left over fabric from block construction above (2 ½ inches wide by 42 inches long).
- Outside Border
 - Navy or Red: 7 strips (3 ½ inches wide by 42 inches long)
- Binding
 - Navy or Red: 7 strips (2 ½ inches wide by 42 inches wide)
- Backing
 - Coordinating Navy, Red, or Light blue: 4 yards
- Batting
 - Use quality batting sold in craft or big box stores. Comes in a bag by quilt size. Use twin size batting.

Quilt Top Sewing Steps

Lay out flag blocks with 4 blocks across and 5 blocks down.

Step 1

- Sew blocks together into rows of 4 flag blocks to equal 5 rows.
- Press seams towards the light blue fabric.

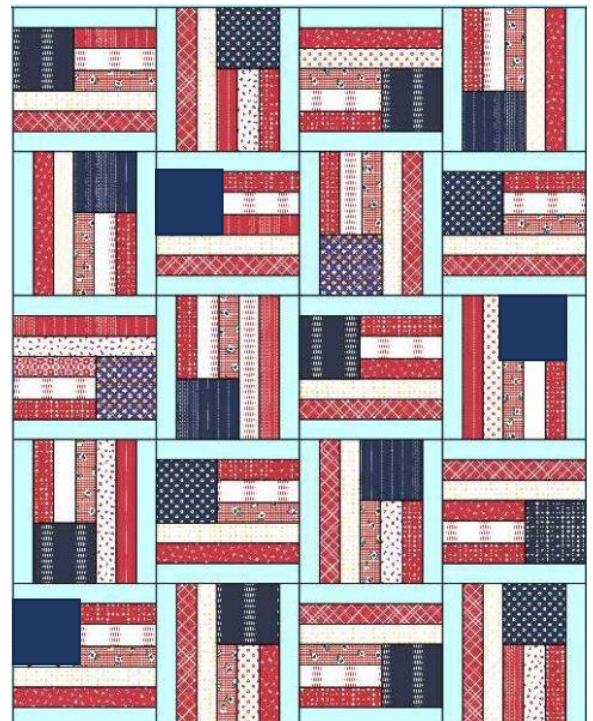
Step 2

- Sew rows together into one top.
- Press seams toward light blue fabric.

Step 1



Step 2



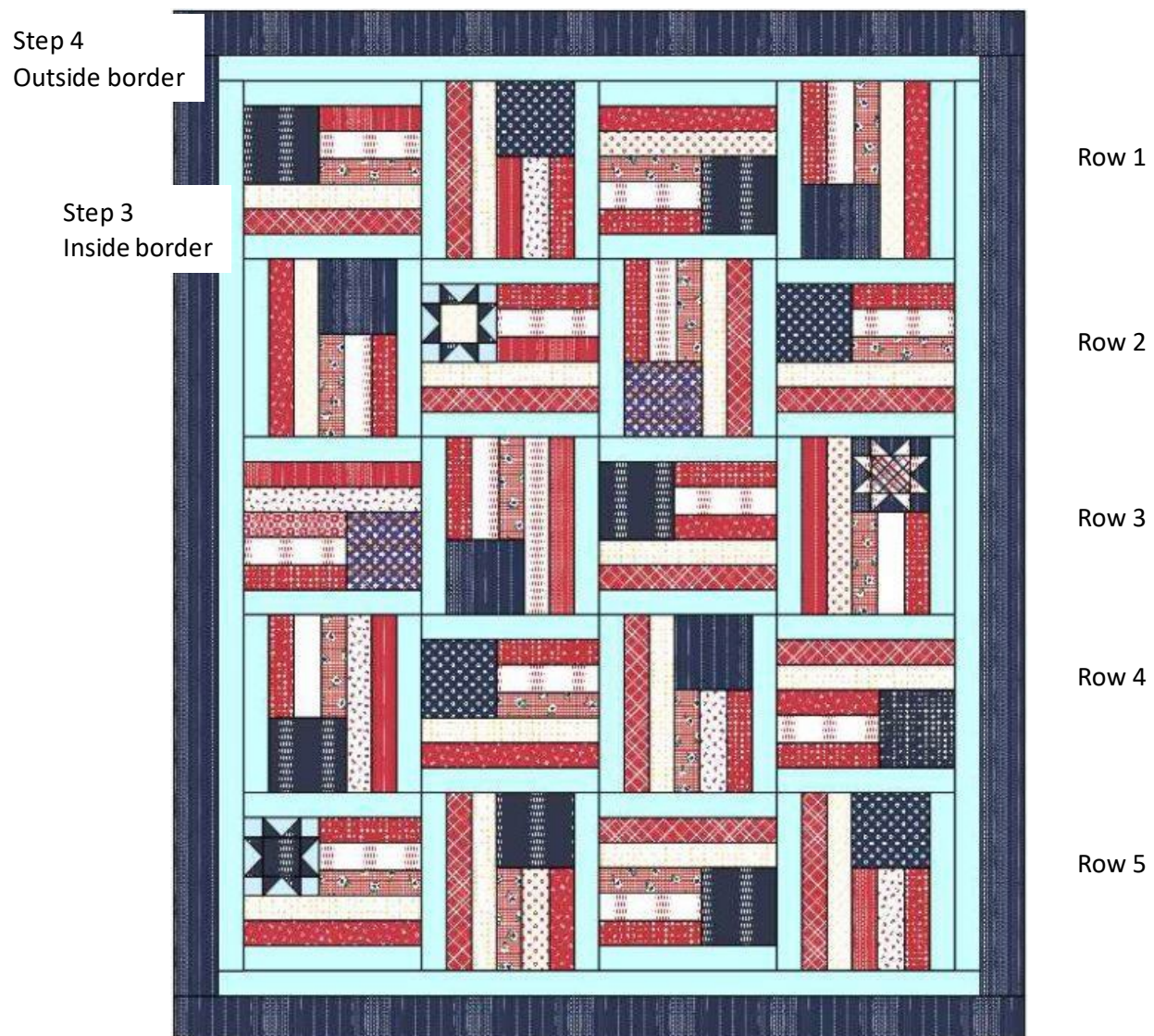
Add Borders

Step 3 – inside border (light blue)

- Use leftover light blue 2 ½ inch by 42 inch long strips from block construction.
- Sew strips end to end to make one long border strip.
- Measure down the center of the quilt top, cut strips to that length.
- Sew strips to each side of the quilt top.
- Press seams to the border.
- Repeat the process with the top and bottom border.

Step 4 – outside border (navy or red)

- Use 7 strips of 3 ½ inch wide by 42 inch long navy or red fabric.
- Follow instructions in step 3 – inside border to add outside border.



Quilt Backing

Step 5

- Cut two 2-yard pieces of coordinating backing fabric.
- Trim off selvage edges off one long side of each piece.
- Sew together along those two long edges to make a 72 inch by 84 inch backing.
- Press seams open.

Layering the Quilt

Step 6

- Layer, backing, batting, and quilt top as a sandwich.
- Quilt as desired. (This article talks about quilting for beginners - <https://www.diaryofaquilter.com/basting-and-quilting-for-beginners>)



Binding (info on [How to Bind a Quilt found here](#))

Step 7

- Sew 7 strips of 2 ½ x 42 navy or red fabric into one long strip.
- Press seams to one side of strip.
- Fold strip in half longwise and press.
- Sew raw edge to edge of front of quilt top.
- Fold over the binding strip to back of quilt.
- Sew folded edge strip to back of quilt, keeping close to the edge as possible.

Label

- Using a permanent fabric pen, complete the official 4-H and Quilts of Valor label with your club name, date of award presentation, and veteran's name.
- Sew the label to the back of the quilt in the lower right corner.

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  | Quilt of Valor® <i>Thank you for your service and sacrifice</i> |  |
| This QOV was made through the Under Our Wings® program in conjunction with Texas 4-H Youth Development program and Texas A&M AgriLife Extension. | | |
| Texas 4-H ID # _____ | | |
| Awarded to: _____ | | |
| Location & Date: _____ | | |
| Pieced by: _____ | | |
| Quilted by: _____ | | |
| Bound by: _____ | | |
| Washing Instructions: Wash in cold water, Mild Detergent, No Bleach; Tumble Dry on Low | | |