



Sewing Plus

Member Booklet

Name: _____ **Club:** _____ **Age:** _____

This project will take your sewing skills to the next level! Here you will be able to add some flair and details to your garments by learning different sewing techniques for pockets, facings, collars, cuffs, topstitching and hems.

Project Completion Requirements (PCR)

- ☐ Shirt/Blouse (Item must have collar and set-in sleeves)
- ☐ Button Samples
- ☐ Judging*
- ☐ Member Booklet (*with completed member reflection pages*)

***Judging:** To ensure that members learn to tell good sewing techniques from poor, it is encouraged that you practice judging of sewing articles early in the project (before you start your apron, sleep pants, boxers or tote). Your leader will supply several sewing articles displaying both good and poor construction details for you to judge. This activity will give you some on knowledge in evaluating well made and poorly made garments. Use the judging information on the next page when practicing this activity.

Please make sure that ALL PCR's are completed and present at the Club Achievement Day.
Resource material (including patterns) is available from the 4-H PEI Office

Exhibition Requirements

Dress Shirt or Blouse

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.
Please check with your Project Leader or visit www.pei4h for more Exhibition information.

4-H Year Completion

In order to complete the 4-H year members are required to:

- ☐ Complete the **PCR's (Project Completion Requirements)** as outlined above
- ☐ Complete a **Communication** Project
- ☐ Complete a **Community Service** Activity
- ☐ Complete an **Agriculture Awareness** Activity

4-H Judging

Judging is an important skill that you will use in 4-H and beyond. As a 4-H member, judging will help you develop important assessment skills, and with practice, you will learn to carefully **observe, evaluate, make decisions, communicate with confidence.**

Is Judging a requirement for THIS project?

Judging is not a requirement for **ALL** 4-H PEI projects, but you are encouraged participate in the practice whenever possible.

- When Judging is a requirement, it will be listed in the PCR's (Project Completion Requirements) on the front page of this member booklet. Members will need to fill out the score card below showing that the activity has been completed. The judging activity will be arranged by your project leader!
- When Judging is not a requirement, members and leaders may use the information and scorecard below for practice and learning. The skills learned from 4-H judging are used in everyday life situations, so it is always a useful skill to build!

Score Card for Judging

I place this class of: _____ in the order of _____
(Description - specify type of animals or items) (1st) (2nd) (3rd) (4th)

I place _____ over _____ because:

Reasons: _____

I place _____ over _____ because:

Reasons: _____

I place _____ over _____ because:

Reasons: _____

I place _____ at the bottom of this class because:

Reasons: _____

For these reasons, I place this class of: _____ in the order of _____
(1st) (2nd) (3rd) (4th)

4-H MEMBER OPPORTUNITY - Provincial 4-H Judging Competition (Annual Event)

This event is open to all members, ages 9-21, and offers a great opportunity to learn more about judging in a competitive atmosphere (Three age categories & cash prizes awarded to top members for their judging abilities). Senior members (17-21) also compete for the chance to join the **Maritime 4-H Judging Team** to compete at **Agribition** (Regina, SK) in November.



- **4-H Canada Learns** is a resource tool providing information on 4-H projects from different provinces. Check out www.4-h-learns.org/resources - keyword "judging" for resource documents that will help with developing and building your judging skills!
- **4-H PEI** is able to provide information to members and leaders on both livestock and non-livestock judging practices. Check with your 4-H Specialist for more information **AND** be sure to check out the 4-H PEI Judging Resource page at www.pei4h.ca/4-h-judging-resources

Member Reflection

As a 4-H member, you are encouraged to “Learn to Do by Doing” through hands-on activities. Keeping a record of your 4-H activities with this **Member Reflection** will provide helpful insight for you, your leader and the 4-H Specialist as to skills you have learned and projects you have completed throughout the 4-H year!



Skill Based Project: You are encouraged to work on skill development and completion of project requirements (with guidance from the project leader) throughout the 4-H year. Not every activity will have a tangible item (for display), but you are asked to share the activities and learnings in which you participate below...

Project Activity:

What I did:

What I learned:

What I liked:

Project Activity:

What I did:

What I learned:

What I liked:

Project Activity:

What I did:

What I learned:

What I liked:

Project Activity:

What I did:

What I learned:

What I liked:

Project Activity:

What I did:

What I learned:

What I liked:

(feel free to use more space if necessary!)

LEADER COMMENTS (optional): Leader observations can be helpful to you in future years with this and other 4-H projects. Be sure to ask your project leader if they would like to reflect on your 4-H year.

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

4-H Year Completion Checklist

In addition to completing a Skill Based 4-H project, members are also required to participate in Communications, at least **ONE** Ag. Awareness Activity and **ONE** Community Service Activity in order to complete the 4-H year.

Use the space provided to reflect on what you have learned through participation in these activities.

If this information has already been completed in another booklet, please indicate where it can be found:

My Communications Activity

☐ Speech ☐ Demonstration (Single) ☐ Demonstration (Team) ☐ Alternate Communications: _____

What I learned: _____

What I can work on: _____

Agriculture Awareness Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What area of Agriculture would you like to explore in the future?

Community Service Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What will you do in the future to give back to your community?

4-H PEI - Staff Comments (Optional)

Completion Requirements

Skill Based Project

Communications

Ag. Awareness Activity

Community Service Activity

Completion Notes