



4-H Quilts of Valor Guidelines & Application for Funds



Community service is a big part of 4-H. 4-Hers and adult volunteers do a tremendous amount of service projects in their communities and beyond. We would like to encourage 4-Hers to continue to “make a difference” by making Quilts of Valor that can be entered in the county and Nebraska State Fairs.



In 2012, over 80 4-H quilts were donated to the National Quilts of Valor Foundation <http://www.qovf.org/index.html>. Over 35 youth attended the quilt presentation to the National Quilts of Valor at the Nebraska State Fair.



Sara Kenny, Nebraska Regional Coordinator, told us that most of the quilts were sent to the Landstuhl Regional Medical Center in Germany which is the largest military hospital outside of the United States. **Recently 200 wounded military men and women flew back to their homes in the U.S. It was awesome that ALL 200 SOLDIERS were covered by a comforting Quilt of Valor as they flew back home.**

Read about Quilts of Valor stories at <http://qovf.blogspot.com/> *Examples of Thank You written to Nebraskan 4-H Dear... I cannot thank you enough for the time, energy, resources and LOVE that you put into making and sending the quilts for our wounded soldiers. We received your box just in time as we had recently run out. One of your quilts went out with a soldier today-he is going to Germany and on to the states. He smiled as we told him it was his to keep and even commented that it “smells like home”. It is a small comfort that reminds them the folks at home care and support them. Sincerely, ICU unit in Shank-East, Afghanistan.*

Dear... Thank you so much for your love and support of our soldiers. The quilt you made with such love was given to a U.S. Army soldier that sustained injury to the right leg in a blast. He proudly wore his quilt during his Purple Heart ceremony. May God richly bless you and your family. Sincerely, ICU Staff, NATO Role 3

4-H members and volunteers can work alone or in groups to make the quilts. Perhaps you can find someone who will help donate fabric, batting or machine-quilting to complete your project. You may want to contact a service organization or other donors in your community to help provide funds for the Quilt of Valor.

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

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. The backing 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.)

- 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 you do not have a local long-arm quilter, 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 Quilts of 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 the following information:

- 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. The recipient's name will be added later.

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:

- Take digital pictures of you working on your quilt and your finished product.
- Be sure to add your Name, City or County, State, 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.

Pillowcase: Place your quilt in a pillowcase that is purchased or hand made to coordinate with the quilt. The pillowcase helps in packing and transporting the quilt. When a soldier who receives the quilt is discharged from medical facility and is covered with a quilt, the pillowcase is a great place for carrying paperwork and other things.

Exhibit at the Fair:

Consult the current version of the county and/or state fair book to see where to enter your quilt in Citizenship, Quilt Quest or Design Decisions.

Application for Quilts of Valor Funds

Recently the Nebraska 4-H Foundation received \$1500 from an organization that has disbanded. The officers of the organization voted to donate the money specifically for Nebraska 4-H Quilts of Valor. The funds will be made available to 4-Hers or 4-H Clubs that apply – with the understanding the funds will be used to make a new Quilt or Quilts of Valor to be exhibited or displayed at the local 2013 or 2014 county fair and then will be brought to the Nebraska State Fair of that same year where it will be exhibited and/or displayed. After the State Fair the quilt will be donated to the National Quilts of Valor Foundation. There is enough money to be offered at the rate of \$100 per application which will help defray the cost for at least 15 Quilts of Valor.

- Only one application per 4-Her/family or 4-H Club.
- The funds should be requested by filling out the information below and either email Phyllis Schoenholz at pschoenholz1@unl.edu, FAX the application to 402-768-7213 or mail to 225 North 4th, Hebron, NE 68370.
- If the application is awarded, the checks will be made out to the 4-H Council or to an UNL Extension staff person in the Extension Office where the applicant belongs to 4-H. The funds then can be distributed to the individual/club.
- The checks will be sent to the Extension Office listed on the application – and will be awarded as the applications come in “first come-first served” basis with the intent to receive back completed Quilts of Valor in 2013 or 2014.

We request that the county make the funds available to the 4-Her/club who requests it. For accountability purposes, we do ask the County staff to keep track of where the money is sent and the progress of the quilt-making.

By applying and submitting the application below – and if funds are available and awarded to you -- you are making a commitment to honor our soldiers by making and donating a Quilt(s) of Valor in 2013 or 2014.

NAME of 4-H member (or 4-H club) requesting the funds _____

Name of the 4-H Club the member belongs to _____

County in which the 4-H member(s) is enrolled _____

The \$100 check will be written to the local 4-H Council or Extension Staff person for distribution to the 4-Hers/4-H club making the Quilt(s) of Valor). Name of the 4-H Council or Extension staff person overseeing the funds. _____

Phone number of the Extension Office _____

Mailing address of the Extension Office where the check should be mailed

Questions? Please feel free to ask questions to pschoenholz1@unl.edu or 402-768-7212 or 402-225-2381