

# Reaching for the Stars for Self—Growth with Learning Stenciling

Linda Schmidt - Zeta Epsilon #2344 - Overland Park, KS

Lisa Howard, Counselor of our chapter, presented an interesting educational on stenciling on January 27, 1997. Lisa began stenciling her own sweatshirts before Christmas because she made eight of them for gifts, it is considerably cheaper than buying sweatshirts already stenciled.

There are certain things you will need to stencil. They are paints, cloth stencil brushes, several layers of paper towels, water, a stencil, newspaper to protect the table, masking tape, and a towel to remove excess water from your brush.

First, you will need to wash your sweatshirt before stenciling. The shirt has sizing in it, and if it is not removed before stenciling the paint might wash out or the paint might not stencil as well. Place your newspaper over whatever you are stenciling on. Place a board between the front and back of the shirt where you think you want the stencil to be. Make sure the seams are even and the board is in the proper place. Center your stencil on your shirt. Using masking tape, secure the stencil to the shirt, making sure it is completely flat. If the stencil is loose paint will go under it, bleeding onto the wrong area of the shirt.

Next, decide the colors of paint you are going to use. There are different brands of paint, costing from \$ .99 to \$1.50. They are Folk-art and Crème coat. Both brands are good to use, but one brand has more variety of colors than the other. Start with the dominant color pouring a small amount Si the folded paper towels. Put some paint on your brush and dab the excess on the paper towel. You do not want the paint uneven on your shirt. Using a circular motion with your brush apply the paint to the shirt, taking care to keep the paint in the designated area.

(After you have this part complete you will need to wash out your brush with water) It is very important to wash out your brush at the sink, because it will not be clean enough if you dip it in a cup of water. You want all paint removed. Be sure to remove any excess water with a rag or towel before you begin again.

Now, proceed with the remaining colors you chose. If the area is small to paint and you are concerned about getting the wrong color paint over an area that is supposed to be a different color, use your masking tape to cover the area around it. It is better to be safe than sorry.

After you have completed all stenciling allow the shirt to dry completely before wearing it. Wait a full 24 hours and using a tea towel and a dry iron set the paint in the shirt. You now have successfully completed your stenciled shirt.