

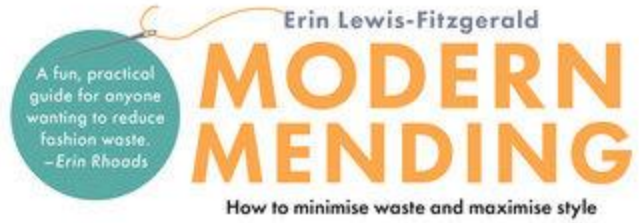
# VISIBLE MENDING!

Nicole Lichtenberg, The Community Library in Ketchum, Idaho

Jessica Miller, The Upholsterer, Hailey, Idaho

Peggy Miller, Episcopal Thrift Shop, Hailey, Idaho

# What is it?





# Mend for the environment!

Mending can defer or displace the purchase of new items, which is good for the environment.

REMEMBER: The most sustainable materials are the ones you already have on hand (or that someone else already has on hand)

*Infographic from [sustainyourstyle.org](http://sustainyourstyle.org)*



100 billion garments are produced each year



52 micro-collections per year are released by fast-fashion brands instead of the usual 2 seasons



400% more clothes are produced now compared to 20 years ago



7 times in average, a garment is worn before being thrown away



11 kg textile waste is generated per person per year in the EU in average



At least 50% of the clothes in our wardrobe are not worn



The equivalent of 1 garbage truck of textiles is wasted every second



5,8% of the waste in US' landfills are textiles



Just a few years is the average lifetime of a garment today



20% of the industrial water pollution comes from textiles treatment and dyes



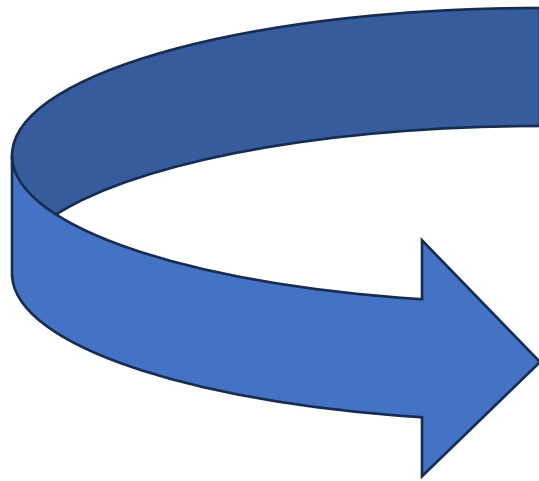
5 trillion liters of water are used by the fashion industry each year



2,6% of the global fresh water is used to produce cotton

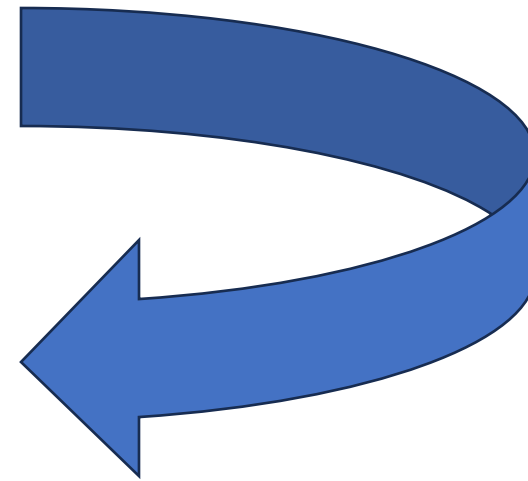
# Circular Economy: Mending Counts!

Keep existing materials in use as long as possible by sharing, repairing, reusing, and as a last resort, recycling.



Have what you use

Use what you have



# Mend the social fabric of society! Save lives!

## Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the  
Healing Effects of Social Connection and Community



**Dr. Vivek H. Murthy**  
19th and 21st Surgeon General  
of the United States

### KEY DATA

Lacking social connection  
can increase the risk  
for premature death as  
much as smoking up to  
15 cigarettes a day.

### LEARN MORE

Visit our website for more  
information and resources  
about social connection:  
[SurgeonGeneral.gov/Connection](https://www.surgeongeneral.gov/Connection)

Sidebar: THANK YOU!

People need difference in structure, function and  
quality of social connections.

Social Isolation: Objectively having few social  
relationships, social roles, group memberships, and  
infrequent social interaction.

People, especially people experiencing loneliness, can  
struggle to initiate social connections.

Libraries are a place where people can go and interact  
with other people.

“continuous unplanned interaction” (“*Why is it so hard  
for adults to make friends?*” from *Speaking of  
Psychology* podcast, January 26, 2022)

# Why is visible mending a good social activity?

- It's semi-structured
- It's low barrier-to-entry in terms of skills, money, interest level
- It's adaptable to different audiences and abilities
- It facilitates **CONTINUOUS UNPLANNED** (for patron) **INTERACTION!**
- People can share stories, teach skills, and otherwise connect.
- It's an easy win!





# Case Study: Ethan Kjesbo's Dad's Shirt

- Ethan wanted to be able to wear his dad's shirt, but it was super raggedy in a few spots.
- In this instance, he really wanted to preserve the garment, because it has a lot of sentimental value.
- Solution: hand stitch a layer of sacrificial tee shirt underneath the raggedy parts
- Result: EXCELLENT!

Skills: brainstorming, hand stitching, loading an embroidery hoop  
Supplies: embroidery hoop, perle cotton, medium needle, safety pins, leftover tee shirt chunk



# Case Study: CLA Staff Retreat, Fall 2022

- Group(s): Community Library Association employees
- Time to set-up: 30 minutes on site, 2 hours prepping at home
- Time to complete: about an hour
- Time to clean-up: 15 minutes
- Mess level: moderate
- Difficulty level: low-medium
- Approximate cost: 40 staff-hours





# Case Study: CLA Staff Retreat, Fall 2022

## **Supplies needed:**

- Basic sewing supplies and notions
- Yarn
- Embroidery hoops
- textiles for patching
- embroidery thread, other embellishments
- Can-do attitude

## **Format:**

- Nicole introduces activity (5 min)
- Break into groups by repair type (patching, darning, buttons) and gather supplies (10 min)
- Group leaders go over basic instructions (5 min)
- Employees repair items (20 min)
- Show and tell (5 min)
- Supplies left out for rest of day so people could mend during other sessions



# Reflections

- Captive audience! It was a mandatory staff retreat.
  - Breaking into groups was helpful, especially for people who were new to sewing
  - People were bonding and sharing and goofing
  - It's fun to have an abundance of supplies
  - People seemed to like being trusted with my good scissors
  - We do this at all staff retreats now!
- Accessibility: Have an alternate activity or role for anyone who might have hand dexterity limitations.
  - It would have been nice to have more time for sharing.
  - People were allowed to bring a different handcraft they liked if they wanted to do that instead of mending, it would have been nice to have sharing time for them.



# Case Study: Earth Fest, Spring 2023

- Group(s): Environmentally minded townspeople
- Time to set-up: 1-2 hours
- Time to complete: 4 hours
- Time to clean-up: 1-2 hours
- Mess level: moderate
- Difficulty level: low-medium
- Approximate cost: free



# Case Study: Earth Fest, Spring 2023

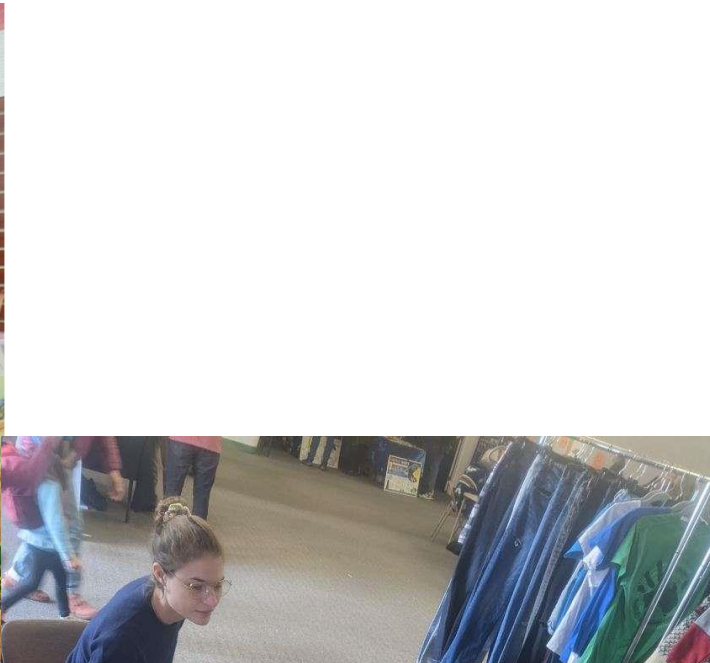
## **Supplies needed:**

- Basic sewing supplies and notions
- Yarn
- Embroidery hoops
- textiles for patching
- embroidery thread, other embellishments
- Can-do attitude
- Multiple volunteers
- Information about mending
- Clothes with rips and stains

## **Format:**

- Drop-in booth: Earth Fest attendees could drop by at their leisure.
- Volunteers circulated to assist people if they needed it, or people could just work on their own.
- People had to do their own mending!







# Reflections

- High-traffic event was great for participation
- Having clothes on hand was helpful in drawing people in, in case they didn't bring anything
- Decoy Teen Marlowe made mending look cool
- Many different types of people participated! People formed new connections.
- There was a miscommunication, and the booth was advertised as a mending service, not DIY situation. This didn't create big problems, but we may have missed interested parties