

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM

CLOTHING & TEXTILES PROGRAM
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<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie



"extending clothing knowledge and skills"

December
2009
Newsletter

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NO. 3

What a great training! We had over 100 people attend the mid-rotation training in October. The 4-H Center was once again a warm and welcoming place. I so enjoyed seeing all of the "adopted" rooms and love the way the rooms have been decorated. Congratulations to the center on its upcoming celebration of 25 years. Master Clothing Volunteers have been one of their most consistent supporters. Our very first training was held November 28 to 30, 1990.

Next year we celebrate our 20th anniversary. We will again return to the center in November. Please mark your calendars with these dates: **November 2 to 5, 2010.** Our banquet and certification ceremony will be held on Thursday evening, November 4. The Purchase and Mammoth Areas will be planning the banquet and entertainment.

I'd like to thank Emma Caswell and Coetta Combs for their leadership in serving on the MCV Steering committee for the past three years. They have been very helpful in planning and implementing the state wide trainings. They will be rotating off the committee in March. If you are interested in serving in the capacity of Certified Master Volunteer or County Clothing Leader on the steering committee, please complete the credential form at the end of this newsletter and return by January 15, 2010.

I'd like to call everyone's attention to an event that the Lincoln Trail area Master Clothing Volunteers are presenting, a flyer is attached later in this newsletter. This is a great example of how the training you receive at Jabez gets passed along to others and what a great recruiting tool for future Master Clothing Volunteers.

As we approach the holiday season, I want to thank everyone for being so supportive of keeping sewing alive and passing this valuable life skill on to the present and future generations. I wish everyone a joyous holiday and a prosperous new year. Merry Christmas!

Marjorie M. Baker

Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles



SPOTLIGHT



Rosa Smith
CMV Larue County, Class of 2002

Rosa, tell us about your earliest sewing experiences.

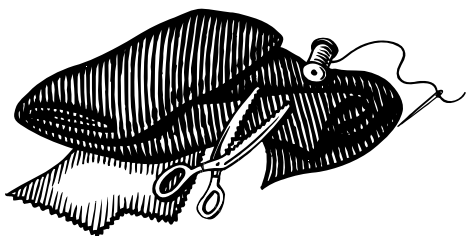
I have been sewing for as long as I can remember. I was about nine years old and staying with my grandmother in Mexico. We did not have a sewing machine there so I had to make my doll clothes by hand. My doll's name was Knobby Knees because her knees moved. As I remember, she needed a new dress so I made her a pink and white pleated skirt with straps that crossed in the back.

How about your experience as a Master Clothing Volunteer?

Becoming a Master Clothing Volunteer has been wonderful for me. It has opened so many doors for me and I have met so many wonderful people. It has allowed me to share my God given gift of sewing with others in ways I had never thought of before. My sewing skills continue to improve each year. The training I received gave me the confidence I needed to open my own sewing and alteration business. The leadership keeps me inspired to accomplish more and keep trying new things. I believe in giving back to my community and that is the heart of this program.

How about your family?

I have been married to a great Christian man for 16 years—James E. Smith. We have five children and 15 grand children. Two of our children serve in the U.S. Army.



Wanda Reed
CMV Shelby County, Class of 2006

Wanda, tell us about your earliest sewing experiences.

I first learned to sew through the 4-H program while going to a two-room (six grades total) schoolhouse. I loved sewing from the very beginning. The first dress that I made went all the way to the State Fair. By the time it got back to me, I had outgrown it! I continued in 4-H and in home economics all the way through high school. I served as a counselor the last two years, mainly because I couldn't afford the material to make the required garments.

How about your experience as a Master Clothing Volunteer?

I very much enjoy helping others with their sewing projects from purses to draperies. I've taught some classes at the monthly extension office meetings and helped with the programs at the yearly Master Clothing Volunteer training at Jabez. I am looking forward to helping with the sewing expo in the spring at General Butler State Resort Park. I love meeting new people and making new friends with similar interests. I volunteer at my church by hosting a monthly sewing/crafting class.

How about your family?

I am blessed with grandchildren and have made many outfits for two granddaughters who are now grown. But, I'm still sewing for my 8 year old granddaughter.

Any other thoughts?

As a late bloomer, I returned to school at age 40! One of the assignments was to present a 10-minute "how-to" demonstration. Since my daughter was getting married, I did "Making a Wedding Dress" as my topic. Of course, I was making it but my demonstration ran a little long, like 20 minutes or more. Needless to say, I didn't get an "A".

State Make it with Wool

Congratulations to Marion Mulligan and Marilyn Shrader for competing in the state Make It With Wool contest. Marion took top honors in the Adult Division with a tweed coat entry. Marion will represent Kentucky in the national competition. We wish her well. If she wins, perhaps some of us can go watch her, as the national fashion show will be held in Nashville, Tenn. in January. Marion also won the Made for Others category with a Pendleton plaid shirt made for her husband. Both Marion and Marilyn received Pendleton wool and other prizes just for completing an outfit and entering.



Welt Pocket Correction:

Edna Gunsauls has sent in a correction to the welt pocket instructions that were handed out at the October training. Please add the following after step 12 and before step 13:

Cut lining 1/2 inch shorter from behind the lower edge of the welt. Place cut edge of lining right sides together with lower edge of welt. Sew lining to welt with 1/4 inch seam. Press the lining down.

Pressing Techniques

submitted by Anne Beard

Pressing-as-you-go makes your garment more professional looking and is easier to press when the garment is completed.

The difference between “pressing” and “ironing” is – when you “press”, move the iron across the fabric by lifting it up and putting it back down in an overlapping pattern; when you “iron”, slide the iron across the fabric with a back-and-forth motion. When teaching beginning sewing, pressing-as-you-go is one of the most important steps to teach. Getting organized and having the iron set up close to the sewing area saves time

and stresses the importance of pressing-as-you-go.

Another time saver is to work on different sections of the garment, going as far as you can on each part, until the instructions tell you to press. Then take all the sections to the ironing board at the same time, and press everything that needs it.

This three-step pressing technique will improve the look of your sewn projects.

1. Press the seam flat along the stitching line to set the stitches.
2. Press the seam allowances open or to one side, as illustrated in the pattern instructions.
3. Press the seam or detail area from the right side. It may be necessary to protect the fabric with a press cloth.

Light to moderate pressure is sufficient if the iron is at the correct temperature. Too much pressure can distort or stretch the fabric. Pressing too hard on the right side of your fabric may also scorch it or leave shine marks. The correct temperature setting is also important and it is a good idea to “test press” on scraps of your fabric.

JUST SEW YOU KNOW

The original “Dorothy Do Right” first appeared as a character in a skit performed during our inaugural year, 1990, at the Master Clothing Volunteer Training. Dorothy was played by

none other than Dorothy Schwantes. Performing opposite to Dorothy was Marlene McComas starring as “Marlene Make-it-



Wear-it-tonight”. Which one are you?

YOU ARE INVITED

The 2010 "It's Sew Fine for Home and Family" Sewing Expo will be held April 13 and 14 at the General Butler State Resort Park in Carrollton, Kentucky. The planning committee has selected a fine slate of classes. Watch for details in January. Contact Judy Hetterman, Owen County Extension Agent for Family and Consumer Sciences at (502) 484-5703 if you have further questions.

INTERFACINGS

STATE 4-H SEWING SKILL-A-THON

Master Clothing Volunteers from Green County and Kenton County should be proud of the impact they are making with today's 4-H youth. For the past several years these two counties, along with Nelson County, have brought teams to the State Fair to compete in the State 4-H Sewing Skill-a-thon. Each year the team's skills improve. It is evident that Kenton County has good leadership as their 4-H members consistently place at the top. Thank you to Mary Averbeck and Wade Raymer, 4-H agents and Sara Scott, Green County CMCV for bringing their teams to the State Fair. This year the sewing challenge was to complete 22 caps for chemotherapy patients. The caps were given to Central Baptist Hospital in Lexington.



Katie Fuerst, Kenton County 4-H teen, 2009 winner of the state 4-H Sewing Skill-a-thon in the senior division.



Kenton County Green Junior 4-H Skill-a-thon team took first place in the junior division.



Webster County Junior 4-H Skill-a-thon team took second place in the junior division.

Calendar of Events



December 11 – *Steering Committee Meeting*, Georgetown, Ky. 10:00 a.m.

December 15 – LC 4-H EC 25th Anniversary Celebration, 11:00 a.m. to 2:00 p.m.

January 15, 2010 – Steering Committee Credentials due in state office for County Clothing Leader and CMCV positions

February 27, 2010 – Sewing Green and Much More, 9:00 a.m. – 4:00 p.m. Hardin County Extension Center, Elizabethtown, Ky.

April 13 to 14, 2010 – It's Sew Fine for Home and Family Sewing Expo, General Butler State Resort Park, Carrollton, Ky.

November 2 to 5, 2010 – MCV Statewide training, Lake Cumberland 4-H Educational Center, Jabez, Ky.

MASTER VOLUNTEER IN CLOTHING CONSTRUCTION PROGRAM

Steering Committee Member Positions

Term: 3-year

Qualifications: The individual:

- **For the Certified Master Clothing Volunteer** position must be a *Certified Kentucky Master Clothing Volunteer* in good standing with the Kentucky Master Volunteer in Clothing Construction Program.
- **For the County Clothing Leader** position may, or may not, be a current participant in the *Kentucky Master Volunteer in Clothing Construction Program*.
- Is recommended and/or approved by his/her local county Extension office and/or the MCV Contact Agent.
- Is a team member/player, having demonstrated the ability to work well and communicate with others in an effective manner.
- Can be described as a "thinker" and a "doer" when it comes to planning and putting together a program or activity.
- Is willing to give of their time and expertise to assist with the policy-making activities necessary to maintain and continually improve the Master Volunteer in Clothing Construction Program.

Committee Responsibilities:

- Is willing and able to attend three or four MCV Steering Committee meetings a year in a location determined by committee members.
- Is willing to contribute or assist with an article for the *Master Clothing Volunteer Newsletter* at least once a year.
- Is willing to assist other committee/program members with the planning, preparations, and conducting of training for the volunteers and agents participating in/working with the Master Clothing Volunteer Program.
- Is willing to serve as a spokesperson for the Master Clothing Volunteer Program, and act as a liaison between the *master* and *certified master* clothing volunteers who are actively involved in the Kentucky Master Volunteer in Clothing Construction Program.

CREDENTIAL SHEET

**Master Volunteer in Clothing Construction
Steering Committee**

The Master Clothing Volunteer Steering Committee is composed of volunteers, Extension professionals, and other key individuals who meet three to four times a year to discuss, set policy, plan, and prepare for program trainings. Committee members are expected to attend meetings, actively participate in the decision-making process for the program, contribute to the MCVP Newsletter at least once a year, and share their knowledge and expertise in planning and conducting trainings. You are invited to submit a credential form if you would like to be considered for this position. *Type, print, or write legibly, completing all information requested.* Your application will be reviewed by the current MCV Steering Committee. Candidate will be selected and notified before the March meeting. Steering Committee terms run for three years.

Application for: _____ **Certified Master Volunteer**
(check one or both) _____ **County Clothing Leader**

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

EXTENSION AREA: _____ **YEARS AS MCV:** _____

Directions: Complete the information below and send/submit a copy to:

Marjorie M. Baker
Master Clothing Volunteer Program
University of Kentucky
242 Scovell Hall
Lexington, KY 40546-0064

Due Date: January 15, 2010

1. List the leadership positions you have held within the past 10 years. (Attach additional sheets if necessary)

Professional/Job related:

County:

Area:

State:

Other: Viewing yourself, how would you rate yourself and why?

___ Team member ___ Leader of team ___ Follower

Explain your response: _____

2. Total number of Master Credit Units (MCUs) earned (approximately): _____

3. What activities, on behalf of the MCV program, do you enjoy most? _____

4. Would you be willing/able to attend and/or participate in committee meetings three times (approximately) a year? Yes No

5. Would you be willing to assist with training sessions? Check appropriate response.
 No, I would not be able to assist. Yes, only in planning the activity.
 Yes, if the training is during the day. Yes, and I can stay overnight.
 Yes, with the following limitations. Other: explain below:

6. What has been your most successful activity and/or learning session while involved in the Master Clothing Volunteer program? Explain.

7. What unique experiences, skills or expertise do you feel you could bring to the Master Clothing Volunteer Program? List or discuss below.

8. On a separate sheet of paper, respond to the following question. What has the **Master Volunteer in Clothing Construction** program meant to you, your county and/or your area? Confine your answer to one type-written page.

Flexible Pattern Weights

Pattern weights hold your pattern in place without pinning it to the fabric. These weights are flexible, allowing you to form them to the shape of the pattern or curve them around a neckline or armhole. You will want to make several before you tackle your next sewing project. Make them for your sewing friends, they will thank you over and over!

Materials needed to make 12 weights:

1/4 yard cotton quilting fabric (9 by 42 inches)

Steel BBs (box of 4000)

Thread to match

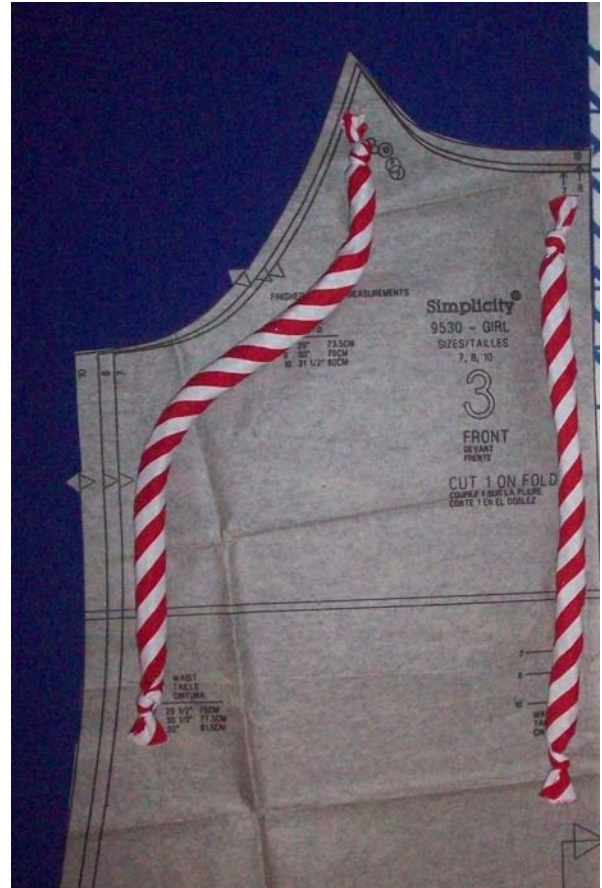
Small funnel

Directions:

Cut woven fabric into **bias** strips, 1 3/4 inches wide, diagonal across the width of the fabric.

For each weight:

- Fold one fabric strip in half matching long edges and right sides together, with a shortened machine stitch, sew long edges together with a scant 1/4 inch seam.
- Turn tube right side out. Cut ends square.
- Tie a knot in one end. OR hand sew around about 1/2 inch from end of tube, draw stitches up, wrap thread around stitching tightly, and secure.
- Using a small funnel, fill tube with BBs, leaving 2 inches unfilled.
- Tie a knot to close tube. OR sew as before to secure the end.
- Trim ends of fabric if needed.
- Finished weight will be approximately 10 inches long.



Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles

November 2009

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Sewing **Green** & Much More

February 27, 2010

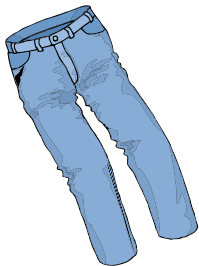
9:00 a.m. – 4:00 p.m.

Hardin County Extension Service
201 Peterson Drive
Elizabethtown, KY 42701-9370
(270) 765-4121



Full Day Classes

- “Thrift Store Makeovers – From Ugly Duckling to Swan – Brenda Edwards & Marion Mulligan
- Jeans, Jeans, and MORE Jeans! – How many things can you make from ordinary jeans? Jeans purse or skirt, or other items, plus embellishing jeans for a very individualized look – Barbara Stiles & Jeanie Mattingly



RECYCLE JEANS & OTHER CLOTHING ITEMS INTO A NEW FASHION OR ACCESSORY!

Participants must know basic sewing skills. This is not a “learn to sew” program. Bring your own sewing machine and manual. If necessary, you may reserve a machine; limited # available. Class size is limited. This is a “hands-on” workshop.

Morning Classes

- Make a Jacket from a Sweatshirt – Marilyn Shrader
- Magic Pillow Cases – Fast, Fun, Easy! Brighten someone’s day with a pillowcase made just for them – Lottie Scheible & Anne Rae Wright

Afternoon Class

- Machine Appliqué” – Turn your sweat shirt jacket into a work of art or use appliqué on pillows or other household items – Marilyn Shrader

Cost is \$20 and includes lunch, class, & handouts. You will receive a supply list when your payment is received. Checks should be made payable to the Hardin County Homemakers & mailed to the Hardin County Extension Office. Registration deadline is January 30th

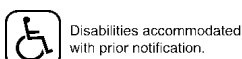


EVERYONE WILL HAVE AN OPPORTUNITY TO VIEW NEW NOTIONS AND SEWING EQUIPMENT. LEARN MORE ABOUT BECOMING A MASTER CLOTHING VOLUNTEER.



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