



INTERDISCIPLINARY EXTENSION PROGRAM  
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**MASTER**



*"extending clothing  
knowledge and skills"*

**VOLUNTEER**

**IN**

**CLOTHING**

**CONSTRUCTION**

**PROGRAM**

**NOVEMBER 2000**

**VOL. 9 No 3**



**BEVERLY'S  
BRIEFS**

*It's hard to believe that it has been over a month since our time at Jabez. A special thank you to those of you who attended training during the last*

*couple of years for your help in making my job easier and welcoming me into the program.*

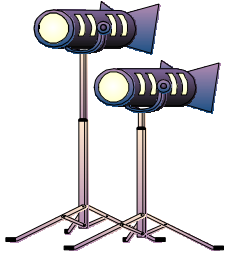
*I must say that I really enjoyed the trip even more this year than last year. I am still amazed at how I am now able to put names with faces, and counties with areas. What an accomplishment! The travel home from Jabez was very different than our travel there. As I slowly drove through the curves of Pulaski County, I was faced with the beauty of Fall with it's beautiful red, orange and yellow trees and the refreshing coolest in the air. I thought, how blessed we are to be living, and being able to experience the change in seasons. How easily bored and stressed we would become if we did not have change in our lives. We all experience and adapt to change in a different way. Change is inevitable!*

*We will soon creep into the year 2001. It seems like it was only yesterday when we were faced with the threats, challenges, and unknown disasters of the year 2000. I am sure we were all relieved that things went as well as they did. The year 2001 will bring yet new opportunities and challenges. I hope that we are mentally prepared to face these opportunities and challenges.*

*As we quickly approach the holiday season, please plan to make the time special for you, your family and friends. Now is a good time to finalize your travel arrangements. Spending time with friends, and loved ones is a great way to relieve holiday stress and help in dealing with the challenges we face. I truly wish you a blessed and joyous holiday season and look forward to seeing you in October 2001.*

*Beverly C. Garner*

## MVP SPOTLIGHT



I first started sewing as a child when my mother let me play on an old treadle machine my dad bought at an auction for \$1.25. This machine made most of my clothes for many years. Some were even made from

feed sacks. Being an only child I had lots of dresses. I was very proud of every stitch my mother sewed.

I remember on Easter when my two cousins and I had matching dresses that Mama had made. We had new patent leather shoes. We sat on the church pew thinking we were rich and dressed accordingly.

In high school I took three years of Home Economics. I wanted to have four years but needed some required subjects for graduation. As my home project I made a baby outfit for a new baby cousin. I was very proud of that "A" and even more proud when it was worn by the baby. I think that's my favorite part of sewing.

My first sewing machine was bought with our tax refund when our second child was a girl born in December of 1963. We were stationed in Germany with the army. I bought it there, because I could get it cheaper. I still have that machine. Now my 4-H students sew on it.

I didn't sew much for the next several years because of two toddlers. Only sewing a few repairs and lots of military patches. As the children got older I began to sew more for them and me.

In 1979 my husband retired from the army. We had a son in college and a daughter in high school. Money was tight when Marvin was not working. That's when all my fabric stash came in handy. I used up a great deal of it. It was great to still have something new to wear and not break the budget.

In 1985 my father-in-law was in bad health here at home. Marvin, an only child too, needed to help his mother. So we packed up and came home to help. Everything fell into place. We were happy to be back in Kentucky.

We have moved away from both children now. We left one in North Carolina and one in Florida. I needed something to do besides dwell on our aging parents and being away from children. That's when I was told about the Master Volunteer in Clothing Program. The program was just what I needed. I had been making costumes for the children's musical at church. Why not sew some more? I was in the second class. The morning I was to go to Jabez the contact agent had a very sick child so off I went on my own. Fortunately, I had been there a few times before, so I didn't get lost. Well as most of you know it was great. I found out so many things I needed to improve on and an easier way to do them. Of course so much so fast was a challenge but it was so much fun along the way.

I have enjoyed all the hours I have spent but mostly the joy of seeing the look on the faces when a project is finished. I remember the Sunday morning when one little girl told the preacher she made her skirt and scarf. The look on her face paid me a million dollars worth of joy. Then there was a letter from a student thanking me for my time and how she looked forward to sewing more. I will cherish that note for a long time.

I am not sure how long I will be able to continue the program since we will be retiring soon. We want to be able to travel on a moment's notice so will need to be flexible. We now have three grandchildren who need to see Nana and want her to sew for them. We'll see what the future brings.

*Henrietta Goff, CMV*  
Class of 1992

## UPCOMING MVP SPOTLIGHTS

**Betty Gray** - January 2001 newsletter (due December 15th)

**Joan Loy** - April 2001 newsletter (due March 15<sup>th</sup>)

✓ **DOROTHY DO RIGHT** ✓

### Christmas Ribbon

\* Get ready for Christmas by making your own ribbon for gifts or decorating. You could also make gift bags to match. It is easy with your serger, Christmas fabric and decorative threads. Experiment to get the look you like.

#### ***Supplies needed:***

Serger, cleaned and oiled  
Christmas fabric  
Decorative thread  
30 weight fishing line  
Horizontal spool holder  
Gimp foot or rolled hem foot

\* The fabric can be the same on both sides or you can use 2 different fabrics. Spray starch and iron fabric before or after cutting. Cut strips 1 inch to 2 ½ or 3 inches wide on crosswise grain. Trim ends at an angle or to a point.

\* If you have a Gimp foot put it on your serger. If not use rolled hem foot. Set up serger for 2 thread rolled hem. If your serger will not do a 2 thread rolled hem then set up for a 3 thread rolled hem. Use Wooly Nylon or Burmilana in lower looper and metallic or rayon thread in the right needle. If you have to use the upper looper try serger thread, rayon or metallic thread in it.

\* Put on horizontal spool holder for fishing line and thread through left needle guides (all tension off) then into gimp foot or between rolled hem foot and knife.

Lower looper set about +1

Right needle set about +5

Stitch length 1 to 1.5

Stitch width normal to 3

\* Serge wrong sides together holding taut at front and back. Use Fray Stoppa or Fray Check on thread tails and cut or you can tie a knot in tails and leave as a decoration.

\* Dental Floss Threaders are good to use to thread loopers.

\* Always go slow when using decorative threads.

*Happy stitching*  
*Marilu Stevens, CMV*  
*Caldwell County*

## MVP QUILT PROJECT UPDATE

Great progress has been made on the Master Volunteer in Clothing Quilt project. The blocks have been sewn together and the borders have been added; the quilt top is beautiful! By the time you receive this newsletter, the quilt will be in good hands with 3 volunteers from Owen County who have agreed to quilt it. The quilt should be finished by the first of April, 2001. As you know, we want to have it on display at the 2001 State Homemakers Meeting. I am currently working on flyers about the quilt so that donation tickets may be sold ahead of time. The Quilt Committee is working on the details for the flyer. This information will be sent to all Master Volunteers as well as each county Extension office in the state. I want to thank EVERYONE who has been involved in this project so far--you have done an outstanding job! I will have an update for you in the next MVC newsletter.

Sue Smith  
Quilt Project Coordinator

## EDUCATIONAL MATERIALS

Videos and other educational materials are available for your use as part of the MVP program. Checkout procedures were mailed with the January 2000 newsletter. Your County Extension Agent has additional information regarding videos and other publication materials for your use. Contact them for information.

## LEADERSHIP OPPORTUNITY

A great opportunity awaits you to use your knowledge and skills in a leadership role as part of the MVP Steering Committee! We are filling two Certified Master Volunteer positions and the 4-H/Youth Development Agent position on the steering committee. The committee meets 3 to 4 times a year in planning the annual training, and to discuss other administrative matters. A position description and application to apply are enclosed with this newsletter. Please feel free to nominate yourself, as well as, recommend others for these positions. Remember, the hours served on the committee, will count towards your 50 hours for re-certification. Please fill out and send in a form no later than December 10. The MVP Steering Committee will review and discuss these appointments at our December 15 meeting.

## MVP PICTURE DIRECTORY

Thanks to all of you who had your pictures taken at training for the MVP picture directory. I am sure you will be pleased with having a picture directory for use in remembering other members in the program. For those of you who were not at training and did not have your picture taken, you will be contacted directly by Steve Patton, photographer with Agricultural Communications department who will arrange a time and place for your photo to be taken.

## MVP TRAINING 2000 CMV TRAINING HOURS

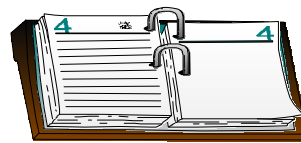
Tailoring 101 - part 2 .....	9.5 hours
Creative Machine Stitching ..	9.5 hours
Creative Serging.....	9 hours
Fundamentals of Lining.....	9 hours
Time Saving Sewing Tips .....	9 hours
Record Keeping .....	2 hours

## MVP TRAINING BRIEFS

Thanks to each of you who attended the 2000 training. Your evaluations are being reviewed for suggestions for upcoming training sessions. As you know, we design the training sessions based on your suggestions as well as keeping current with the change in clothing and textiles. You can view pictures from the training by visiting the MVP website at <http://www.ca.uky.edu/fcs/mvp/photo>.

## MVP UPCOMING EVENTS

Remember to send me information about your scheduled upcoming teaching and training activities that are open to other MVs or CMVs. We will announce these programs in future newsletters as well as on our website to help publicize your upcoming events.



## MARK YOUR CALENDAR

**December 15, 2000** - MVP Steering Committee meeting at Linda Heaton's home in Lexington

**May 3, 2001** - Agent In-Service Training, Hardin County Extension Office

**October 16 - 18, 2001** - MVP Mid-rotation training & workshops, Kentucky Leadership Center, Jabez.