



INTERDISCIPLINARY EXTENSION PROGRAM
233 Scovell Hall
Phone (859) 257-7775 Fax (859) 257-4352



*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM**

April 2001

VOL 10 No 2



**LINDA'S
LINES**

Many of you have probably heard by now that Beverly Garner resigned her position with the University of Kentucky and our program in March. We wish her well in her future endeavors. Until we are given the nod to advertise the position and hire, once again I will be the primary preparer of our quarterly newsletter.

I would be remiss if I did not say how very pleased and proud I am of all the many things that each of you do in your communities, counties and areas. I am continually hearing and reading in newsletters about the various classes you are teaching and your involvement in such creative and wonderful things. Let me name just a few that come to mind at this writing.

Nina Benson, CMV Owen County, Karen Mikel, MV Owen County, and former Owen County CMV, Martha Smith, are the three ladies responsible for quilting "our" village quilt. We are trying to get a picture up on the web so that you can see the ladies in action. The first public viewing and selling of chances on the quilt was at the KEHA meeting, April 23 - 25, in Bowling Green.

We have at least two areas (Purchase and Green River) that were responsible for major workshops at this year's annual Kentucky Extension Homemakers Association meeting in Bowling Green. CMVs in the Mammoth Cave area are working on this year's 4-H state Fashion Revue. Congratulations to Shirley Boyles, CMV Warren County, for being named to the first state 4-H/Youth Apparel & Textile Advisory Committee; Joanne Ellegood, CMV Carlisle County, as a CMV Member of the Master Volunteer in Clothing Program Steering Committee; and Sue Orlowski, CMV Marshall County, as a continuing CMV Member of the Steering Committee. My apologies to any and all of you who I did not name who should receive our applause for accomplishments and responsibilities

undertaken. When you have a chance give these ladies a hug, a pat on the back, or thanks for their contributions.

*It's quite a accomplishment to say the **Master Volunteer in Clothing Program** is in its eleventh year! My challenge as your state coordinator is to continue to help you grow, learn and improve your sewing and to have fun while doing it. That's a tall order! However, YOU have a part in this as well. YOU must continually examine your skills and recognize your weaknesses. YOU must sign up and attend training sessions, even if they seem to be mundane. Every workshop session can not be—is not going to be—new and creative sewing. YOU, as a Certified Master Volunteer, are expected to be a “master”—someone who has expert knowledge. Let's work together to make that happen.*

Wishing each of you a productive, pleasant and wonderful spring!

Linda Heaton

Needle Knowledge

Just how knowledgeable are you when it comes to selecting needles for your sewing machine? Using the wrong needle can create damages beyond repair! Many years ago only one type of machine needle was available, but today, we have many from which to choose.

There are several things that determine the type of needle to use: type of fabric, the type of thread, and/or the type of stitch. Unlike commercial sewing machines, almost all home sewing machines use a 130/705H needle system regardless of the size or type of needle. Here are some guidelines:

- ▶ *Universal* – best and safest choice for most fabrics, especially wovens. Sizes vary depending on thickness/weight of fabric.

- ▶ *Ballpoint and stretch* – knits, especially heavier, looser sweater knits; stretch needle for highly elastic fabrics like spandex or Lycra®.
- ▶ *Microtex and sharp* – microfiber fabrics, silk, synthetic leather, heirloom sewing.
- ▶ *Self-threading* – a universal type designed for easier threading for persons with vision problems.
- ▶ *Topstitching* – for topstitching; has larger eye for heavier thread and an extra-acute point.
- ▶ *Embroidery* – for embroidering or embellishing using decorative thread.
- ▶ *Metallic* – design for decorative metallic thread use.
- ▶ *Quilting* – use in piecing, quilting as well as stippling.
- ▶ *Hemstitch (wing)* – hemstitching or heirloom sewing on lightweight fabrics such as handkerchief linen and batiste.
- ▶ *Twin (double)* – topstitching, pin tucking or other decorative stitching.
- ▶ *Triple* – same as double.
- ▶ *Spring* – free-motion embroidery or other free-motion stitching when feed dog has been lowered or dropped.



MVP SPOTLIGHT

Sue Orlowski, CMV
Marshall County
Purchase Area

Sue is married to Bill, who is a certified Master Gardner in Marshall County. They have lived in Benton for the past ten years. They moved to Kentucky from Chicago where Sue sold sewing machines and taught sewing. She and Bill have two sons and one granddaughter.

Sewing has always been a part of Sue's life. She has always sewed for her family and continues to do so when she can find a bit of spare time. She began sewing at very young age, gradually advancing to sewing her own clothes and purchasing the first sewing machine when she was sixteen.

In 1994 Sue was accepted into the Kentucky Master Volunteer in Clothing Program. According to Sue, this gave her a wonderful opportunity to learn new skills and techniques from some of the top professional instructors. She explains that through this program her sewing knowledge has increased, she has become a better seamstress, and improved as an instructor. Sue says, "The most important thing the program has given me is the opportunity to share my love of sewing with others, and hopefully inspire them to sew more."

She is also serving on the steering committee for the Master Volunteer Program. She has also been involved in the training film for the Master Volunteer Program that many other states have since used to get their own program started.

Sue is quick to say "This truly is a wonderful program and I am very proud to be a part of it."

The program is proud to have such a dedicated individual.

Report – MVP Steering Committee

Since our last training in October 2000, your MVP Steering Committee has had two meetings. Due to bad weather in December, we did not have sufficient representation to act on some of the items on the agenda such as a review of the CMV Report forms. The Committee met again in April, and made the following decisions:

- There will be no retro-active hours considered. All changes, or the counting of hours in additional categories, becomes effective April 4, 2001.
- There will be a new CMV Report form entitled, **Community Service**. This new form, and all others, can be found on the MVP website, www.ca.uky.edu/agcollege/fcs/mvp/index.htm. A copy of the new form and a listing of suggested approved activities will be discussed with your MVP Area

Contact and MVP Assistant Contact Agent who attend the May 3 MVP Agent In-service Training. We will also have copies available at the Mid-Rotation Training this fall.

- An addition will be made to the **Miscellaneous Activities** sheet under "Entering" to reflect items that are modeled. One additional credit will be given for each item modeled.
- On the **Miscellaneous Activities** sheet, the reading of articles, books, etc. has been changed to *one MCV earned per contact hour of reading time*.

The MVP Steering Committee also made the recommendation that changes be made to the agents' **Yearly Accomplishment Report** form to reflect and include MV and CMV community service, recognitions and other involvement--not otherwise included on MV or CMV reports--be reported. This especially includes verbal or written comments which are frequently included as part of the state's annual **Progress Report**.

Get Ready, Set, Sew !

2001 MVP Mid-Rotation Training

Plans for the 2001 MVP Mid-Rotation Training are well underway! Hopefully your calendar is marked and you are making plans to attend, October 16 - 18, at the Kentucky Leadership Center. Look for the workshop registration form in the July's MVP Newsletter.



Here's are the workshop offerings:

Working with Plaids, Stripes & One-Way Designs
Pattern Fitting & Altering – Upper Torso
Teaching Techniques for Sewing
Sew Like a Pro – Couture & Special Touches
Cutwork Sweatshirts
Advanced Seams & Seam Finishes

*Beyond the Basics Serger Sewing
Zip Tips – Handpricked Zipper & More
More About Bulk
Chenille Vests & Jackets*

Sharing is always an important time when we all get together. To keep it manageable and worthwhile, the MVP Steering Committee suggested each area be responsible for one topic to be presented in a ten-minute time slot. Get together with others in your area and decide who and what you plan to present. Communicate the name of our topic and the person(s) involved to your MVP Area Contact Agent. He or she will be responsible for e-mailing or sending Linda Heaton the information.



**SEWING HAS TAUGHT ME “ALMOST”
EVERYTHING I NEED TO KNOW!**

(Notice the key words and how they apply to everyday living.)

Sewing has taught me to have **PATIENCE**; not everyone is born with this trait but patience has to be developed in sewing.

Sewing has taught me to keep a **SUPPLY** of fabrics, findings and notions just in case emergencies arise.

Sewing has taught me that **PRACTICE** makes perfect or unperfect so watch what you practice.

Sewing has taught me to accept **COMPLIMENTS**. Just say “thank you” and don’t point out any mistakes or irregularities.

Sewing has taught me to be **CREATIVE**!

Sewing has taught me to strive for the **HANDMADE** look, not the home-made one.

Sewing has taught me that one **SIZE** doesn’t fit all. We’re all cut out the same, just sewed up differently.

Sewing has taught me to be an **INDIVIDUAL**: as soon as we learn that we don’t have to look just like another person, we’re far better off. Some things get better with age and this is true of “peer pressure.”

Sewing has taught me that me that if first you don’t **SUCCEED**, try, try, again. However, a serger taught me that the first time had better be the right way.

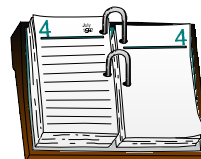
Sewing has taught me that some **WORDS** have more than one meaning.

Sew has taught me **DETERMINATION**.

(To be continued in June/July newsletter)

Elaine M. Clift

Trigg County Extension Agent
Family and Consumer Sciences



Dates to Watch

July 16 - 31 – Look for your next MVP Newsletter with information about and registration form for the MVP Mid-Rotation Training.

August 27 – Last day to register for 2001 MVP Mid-Rotation Training workshops.

September 10 - 14 – Will receive Workshop acceptance letter and workshop supply list.

October 16 - 18 – MVP Mid-Rotation Training, Kentucky Leadership Center, Jabez.