



INTERDISCIPLINARY EXTENSION PROGRAM  
233 Scovell Hall  
Lexington, KY 40546-0064  
Office (859) 257-7775 FAX (859) 257-4352



*"extending clothing  
knowledge and skills"*

**KENTUCKY  
MASTER  
VOLUNTEER  
IN  
CLOTHING  
CONSTRUCTION  
PROGRAM  
JANUARY 2001  
VOL. 10 No 1**



## BEVERLY'S BRIEFS

*Happy New Year to each of you. I hope that you had a wonderful holiday celebration with friends and family. It's hard to believe*

*how quickly the days, weeks, months and years are passing. The new year undoubtedly will bring us new challenges and opportunities.*

*A new year is a time to reflect on the past and plan for the future. There are so many things that we would all love to do and be a part of. However, we must learn to set goals, make proprieties, and stay focused. I personally have so many dreams and desires to fulfill that many times I find myself being pulled in so many different directions for so many different things, while failing to fulfill any of my dreams.*

*I challenge you to get going and plan the year 2001! Take a few moments and write down at least six to ten things you would like to accomplish or do during the year. You should write down what it will cost in terms of monetary resources and time to reach these goals. Make these goals reasonable. Do not put stress on yourself by setting goals that you cannot reach. For example, one goal may be to organize your sewing area and keep it that way all year. Reaching such a goal may enhance your opportunities of creating new garments and home furnishings. One of my goals, is to wake up forty minutes earlier each morning to have a daily devotion period. This will be a time when I am alone and away from the family and do something for me and not feel guilty later.*

*Doing small things for ourselves will help us be more productive in our jobs, in our homes and communities. However, many of us are the primary care givers in the family and often never have a moment of rest or enjoyment. If we prioritize and plan, we can do things for ourselves without jeopardizing our friends and loved one. I challenge you to be good to yourself. You deserve it!*

*Beverly C. Garner*

## MVP REPORT FORMS GO ON-LINE

You can now access MV and CMV report forms on-line. Simply go to: [www.ca.uky.edu/fcs/mvp/forms](http://www.ca.uky.edu/fcs/mvp/forms). These documents must be printed and filled out. However, you must continue to route all forms through the usual channels. These forms cannot be electronically submitted. They can not yet be filled out on line and returned.

✓ **DOROTHY DO RIGHT** ✓

### Ten Commandments of My Sewing Room

- ◆ Thou shalt put away no ironing board before its time.
- ◆ Though shalt not expect meals, clean laundry or a sparking house when sewing calls.
- ◆ Thou shalt walk through this room as if treading on pins and needles.
- ◆ Thou shalt not use my fabric shears.
- ◆ Thou shalt not covet my sewing machine.
- ◆ Thou shalt stick no unthreaded needles in the pin cushion.
- ◆ Thou shalt always remember a stitch in time saves nine.
- ◆ Thou shalt not touch my organized mess.
- ◆ Though shalt remember that each item sewn is stitched with love and care.
- ◆ Thou shalt praise God often for creative talents.

*Submitted by Linda Heaton  
October 2000 Sew News*



Having trouble finding sewing supplies and fabrics. Check out these websites:

- ✓ V.I.P by Cranston  
[www.cranstonvillage.com](http://www.cranstonvillage.com)
- ✓ Shoppers Rule  
[www.shoppersrule.com](http://www.shoppersrule.com)
- ✓ G Street Fabrics  
[www.gstreetfabrics.com](http://www.gstreetfabrics.com)

## MVP QUILT PROJECT UPDATE

As you are aware, our MVP Quilt Project is well on the way to completion. This project could not have been successful without the help of our donors and the Quilt Committee. I know that we will all be very proud of the quilt and owe much gratitude to those who helped fulfill this dream. I challenge each of you to take a few moments to write and thank all those involved planning, quilting, and donors who are making this possible. The quilt flyer will be available early spring with marketing details. The flyer will be distributed to all Master Volunteers as well as each County Extension Office in the State.



The following businesses/organizations donated to or gave discounts to the MVP quilt project:

- ◆ *Uniquely Yours Quilt Shop*  
2973 Rineyville Road  
Elizabethtown, KY 42701
- ◆ *Mary Sennott, Owner— Mary gave us a 10% discount on the fabric for the quilt blocks and borders. Mary, and local quilt club member Peggy Barron helped choose the fabrics and cut the fabric for each block and the borders.*
- ◆ *Hardin County Homemakers*  
201 Peterson Drive  
Elizabethtown, KY 42701  
*Donated \$65 toward the cost of the quilt fabric.*
- ◆ *Thimbleberries Inc.*  
Seven N. Main Street  
Hutchingson, MN 55350  
*Donated the individual quilt block patterns.*
- ◆ *The Nimble Thimble, Inc.*  
2116 North Roan Street, Suite 4  
Johnson City, TN 37601  
*Gave 20% discount on backing fabric for the quilt.*
- ◆ *Ladies from Owen County are currently involved in quilting. The team of quilters includes our own Nita Benson, CMV '98, Karen Mikel, Class '00, and Martha Smith.*

Sue Smith  
Quilt Project Coordinator

## Consider Garment Length



Does your spring sewing include making a jacket or coat? Getting the jacket length right for your proportion is a key consideration. Length adjustments must be done *before* the garment is cut out. Here are some guidelines to help you decide the most flattering length

for your figure:

- ◆ a classic blazer or cardigan style should be just long enough to cover the fullest part of your derriere. This is a length that can be worn with both pants and skirts without “exposing” more than is flattering.
- ◆ *always* check out the rear view of any jacket pattern that you plan to wear with pants. Try the pattern on over the pants you plan to wear.
- ◆ the longer a semi-fitted or fitted jacket, the shorter your legs will appear. Exception: a long, loosely fitted, flowing jacket.
- ◆ shoulder pads are a *must* on all but a super-straight, square-broad shoulder individual.
- ◆ a curve lower jacket edge can be flattering to any figure type. It draws the eye upward to the face for a lengthening effect. Wearing a jacket open can have the same effect.
- ◆ double-breasted jackets add bulk to the torso. Avoid it if you have a full tummy or large bustline.
- ◆ belted jackets emphasize the hips. It's not a good choice for a pear-shape figure.
- ◆ back vents should always hang straight. It will spread open if the jacket is too snug or the figure is sway-back.

*Source:  
Linda Heaton  
Textiles & Environment Specialist*

We are pleased to announce that JoAnn Ellegood, CMV, Carlisle County has joined our MVP Steering Committee. JoAnn will serve a three-year term as a Certified Master Volunteer member. She has done an outstanding job in her county and community. We know her hard work will continue as she serves on the committee in this leadership position.

Sue Orlowski, CMV, Marshall County has agreed to continue to serve on the MVP Steering Committee.

## BECOMING A PALMER/PLETSCH SEWING INSTRUCTOR

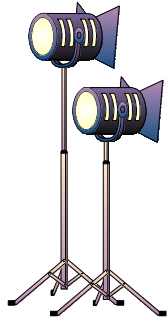
The Palmer/Pletsch International School is housed in Portland, Oregon. The 5,000 square-foot classrooms are adjacent to a fabric depot and sewing machine dealership. The program started as a cooperative effort between Pati Palmer's sewing school and Donna Pearson of the Home Sewing Association. The program takes students through basic sewing skills as a beginner student and later certifies them to teach sewing.

The 5-day workshops require participants to make samples using techniques taught during training. The samples are used in the construction of finished garments. The reference books used in the classes are: Nancy Zieman's *Let's Sew*, which is a beginner sewing guide and *Painless Sewing*, by Pati Palmer and Susan Pletsch. *The Business of Teaching Sewing*, by Marcy Miller and Pati Palmer, is used in an in-depth information session on how to start a business or teaching sewing. In addition, the participants receive camera ready logo sheets and advertising slicks, and several different class outlines and formats. A session on custom fitting is taught using the Palmer/Pletsch book, *Fit for Real People*. All reference materials are provided as part of the workshop fee.

After completing the Beginning Sewing Teacher training, the students are certified to teach beginning sewing and to train teachers to teach beginners, using the Palmer/Pletsch method. The re-certification requirements are similar to the MVP requirements. Professional Development Units (PDU's) must be earned through continuing education over a two-year period of time and an activity report must be submitted. However, there is a fee charged for the certification and renewal is left up to the individual participant. You can visit their website at [www.palmerpletsch.com](http://www.palmerpletsch.com) for additional information.

We Master Volunteers and Certified Master Volunteers are blessed that we have wonderful instructors to train us. I can say, that we receive world-class training in the Master Volunteer in Clothing program at a very low cost, comparatively, and within just a few hours of travel time.

*by Sandy Palmer, CMV  
Class of 1992*



## MVP SPOTLIGHT

I joined the Master Volunteer Clothing program in 1992, after being away from Campbellsville for 34 years with my husband. I knew it would be a great way to get reacquainted with people in my hometown and share the passion I developed for sewing.

My interest in sewing grew during the early years of my marriage, which was devoted to raising two active boys and being a supportive housewife to a career Air Force officer. My husband was a fighter pilot and was away from home for almost a third of our early marriage years. Sewing became the way that I could absorb myself in creative projects while being a mother of two very busy and active boys. Although I had taken Home Economics classes during high school, it was not until I met my husband's Aunt Fran when we were stationed at San Antonio, Texas that I got excited about the art and enjoyment of creative sewing. Yes, I can still remember the gathered skirts and aprons we made in high school, but they only helped me meet school graduation requirements. Since they did little to stir my creative abilities, I completed these school projects more as a chore for grades than for personal enjoyment.

My most memorable project during those early years was the making of two matching Easter jackets and trousers for my sons in 1965, as well as, my own dress. This project received many compliments from people that wanted to know where I had purchased their coordinated outfits. It was from numerous experiences like this that I realized sewing was a way one could both express their creativity and enjoy the fruits of their labor. It is to help others attain this same type of enjoyment that I joined the Master Volunteer in Clothing program.

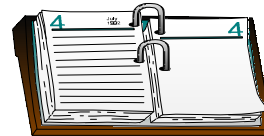
It is only fair that I thank my husband for helping me along the way. If it was not for him being gone from home during a trying time while we were living at Lubbock, Texas, I might not have purchased my first sewing machine. Although it was a cheap machine, I did make some clothing items that I wore around the house. Most of all, it provided me a means to maintain my sanity, get over my homesickness, and be a full-time mother to a very active baby in a small apartment in a far away place.

When my husband retired from the Air Force in 1990, we returned to our home in Campbellsville, Kentucky where I participate in the Master Volunteer in Clothing Program when not busy caring for my mother. In my spare time I still sew to show my passion for creative sewing from which I get great personal enjoyment. I really enjoy creating and sewing new clothing designs for my two granddaughters, who live in California. It has been fun creating new clothes that they can wear to special events with pride and enjoy saying, "Grandma made this especially for me" when someone compliments their appearance.

I have enjoyed my eight years as a Master Volunteer and am looking forward to serving a few more years in the program. My most rewarding moments come when working with 4-H students, with whom I continually encourage creativity and personal enjoyment. It is the happy smile that you receive from a student who has created something to be proud of that makes Master Volunteer Program rewarding.

*Joan Caulk Loy, CMV  
Class of 1992*

[This article has been edited. If you would like a complete copy contact Connie Conlee at the State Office]



## MARK YOUR CALENDAR

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

**August 1, 2001** - Final date to submit MVP and CMV reports to State Office - (please note these can be submitted in advance)

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

## UPCOMING MVP SPOTLIGHTS

Sue Orlowski - April 2001 newsletter (due March 15<sup>th</sup>).

Elveree Crawley - July 2001 newsletter (due June 15<sup>th</sup>).