

INTERDISCIPLINARY EXTENSION PROGRAM
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*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
April
2003
VOL 12 NO 2**



Linda's Lines

Spring is trying it's best to make a showing! I trust this newsletter finds you involved in updating your spring and summer wardrobes or sewing something exciting for yourself or others.

The Kentucky Extension Homemakers annual meeting is just weeks away in Owensboro. I am excited to report we have seven areas participating in the *Master Clothing Volunteer Program Showcase* scheduled for Tuesday, April 29, from 12:30 p.m. to 2:30 p.m. The areas participating include **Purchase, Pennyrite, Green River, Louisville, Lake Cumberland, Quicksand, and Northern Kentucky and Northeast Kentucky** (we want to apologize as this area was not in the printed copy that went to the MVP Contact agents to be sent to MVP's). In addition to these areas, there will be a general exhibit about the program featuring our exhibit board, notebooks, tote bags, and brochure.

This spring a series of inservice trainings were conducted across the state entitled, **Putting on a Fashion Revue**. Among the volunteers who attended the sessions was **Coetta Combs**, MV Madison County, **Valerie Middleton**, CMV Mason County, **Kim Dunkin**, MV and **Stephanie Lancaster**, MV Montgomery County. These ladies learned the differences in a fashion show and a fashion revue along with strategies for conducting a fashion revue.

Let's give **Kim Dunkin**, MV and **Stephanie Lancaster**, MV Montgomery County, a tremendous round of applause for volunteering to serve on the 2003 State 4-H Fashion Revue Committee! It's not too early to mark your calendars for Wednesday, June 11, 7:30 p.m. at Memorial Hall for this event. The state Fashion Revue takes place during *4-H Teen Week* here on the Lexington campus. Make plans to bring some young 4-Hers with you who might be participants in future years. What a wonderful opportunity to showcase the event while encouraging future county participation. Kentucky puts on one great show!

Linda Heaton

The Rewards of Sewing

In these days of busy schedules and commitments to family, friends, community, and careers, are you still expanding your knowledge and gaining satisfaction from sewing? Or, are you at a point where sewing no longer gives you the rewards it did at one time?

In today's hectic world, with what seems to be so little time, it is necessary to set time aside for ourselves. Make sure you set some rewarding goals for yourself, and then enjoy working toward them. Take time to celebrate when those goals have been achieved. If you feel your enjoyment for sewing and creative fabric experiences is slipping away, try setting aside a few hours (or minutes) on a regular basis to reacquaint yourself with these skills. Keep in mind that persons who sew can create a pleasant or exciting environment for themselves and others whether through sewing wearables or items for the home.

Reward yourself with an hour in a favorite fabric shop. Look at the new notions and equipment designed to speed your efforts, or make your sewing more efficient. Remember, the world of sewing is constantly changing, making room for new fabrics and all that goes with them.

The reasons a person sews may change from one period in a lifetime to another. For example, a young mother may feel the need to make her child a costume which will be worn only a few times. The fabric choice are likely be one of low cost, the construction methods should be quick and easy. On the other hand, a quilt or wall hanging made by a young retiree will probably require much more time in making and in planning. The latter project will likely require more skill and precision.

One must always consider the amount of skill needed to complete the project before beginning the task. If you do not already have the skills necessary to do the task at hand, motivate and reward yourself by taking the necessary class, buying a book and spending time studying its contents, or calling on others who can advise and help you. Don't be afraid to seek help or information.

Sewing can and does make memories. Some long term; others short. As you examine yourself and learn more about the reasons you sew, recognize and revel in the knowledge that you have learned and can practice a very important life skill. Never be afraid to pass that skill and love on to others around you as dedicated Master Clothing Volunteers do each and everyday!

Source: *Unraveling. . . Clothing & Textiles Newsletter* by Nadine Hacker, Retired Clothing & Textiles Specialist, University of Florida; April 1991.

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Sewing is more than a hobby to most everyone reading this article. One of the most frustrating things we often have to do is *squeeze* a garment from insufficient fabric yardage.

What follows are some tips you might consider when you find yourself in this situation:

- 1) Eliminate pockets, especially those in the side seams on dresses. OR, use lining fabric instead of fashion fabric for inside pockets.
- 2) Cut a waistband or belt along the width of the fabric. OR, eliminate the waistband and use grosgrain ribbon or binding instead.
- 3) Reduce the pleats a little in width. If the pattern calls for a box pleat, change it to a side pleat.
- 4) Decrease the hem depth from 2-inches to 1½-inches.
- 5) Overlap patterns at the corners, reducing the seam allowance amount which will be trimmed off later during construction.
- 6) Cut facings and under collar from coordinating, but comparable type fabric.
- 7) **Never** cut off grain. [You can "fudge" some when working with suede and ultrasuede, but be sure you know how before trying this!]

- 8) **Never** cut off the true bias.
- 9) **Never** short-change seam allowances. Always cut at least 5/8-inch allowances on all major seams.
- 10) **Always** read the layout to see just how much “cheating” room you might have in placing the pattern on the fabric.

Source: Linda Heaton, Extension Professor Clothing & Textiles.

MVP Mid-Rotation Training Preview

The MVP Steering Committee hopes you have your calendar marked to attend the 2003 MVP Mid-Rotation Training in October. Mark the dates of October 15 – 17, to join us at the Kentucky Leadership Center for fun, food, fellowship, and fantastic learning sessions!

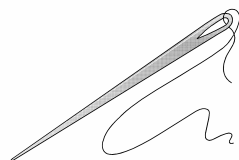
Your Steering Committee met March 28 to outline the training. CMVs, here is a preview to tantalize your thinking!

Sewing with Sheers *Pocket Know-how*
Fitting Techniques—Pants
Applying Appliqué *Making a Bargello Vest*
Clothing Judging Know-how
Chenille Collars & Cuffs
Clothing Do's & Don'ts

In addition to *Clothing Do's & Don'ts*, the Class of 2002 will be taking:

Serger Techniques—Beyond the Basics
Zip Tips—Part 2
Advanced Seams & Seam Finishes,
 and
More about Bulk.

Old Mother Twitchett



Old Mother Twitchett had but one eye,
 And a long tail which she let fly;
 And every time she went through a gap

A bit of tail she left in the trap.
 Stoke's Wonder- Book – of Mother Goose
 Copyright, 1919
 New York: Frederick A Stokes Co., Pub

Submitted by: Coetta Combs, MV Madison County.

Spotlight



Mary Jean Grief
 Class of 1996

Mary Jean is a very active CMV from McCracken County. The Master Volunteer in Clothing Program appealed to her love for teaching and helping people learn new skills.

Mary Jean's love for sewing began in 1942. A favorite cousin during World War II brought her home a small Singer machine. This began her start in clothing construction. Her dolls were always dressed in the latest fashions. This “little” sewing machine is still sitting in her sewing room today. Mary Jean holds fond memories of the little machine and that favorite cousin. This machine would become the first of her collection of sewing machines.

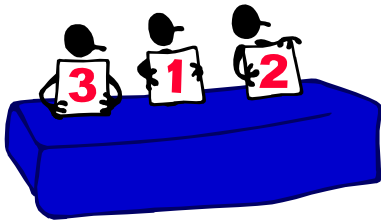
Her love for teaching led her to a career as a Home Economics teacher. In 1963, Mary Jean found her true love and marriage. Their lives were blessed with the birth of a daughter. Laura is a registered dietician at a local hospital. Suddenly in 1987, Mary Jean became a widow and her life greatly changed. After 27 years of teaching, she retired in 1988. After retirement, she had lots of time on her hands. At this point, Mary Jean would become an active member in the Extension Homemakers. She has held numerous committee chairmanships and officer positions on the county and area levels.

Through her involvement on the Extension District Board, the Extension Service has greatly benefited from her leadership skills. Mary Jean has helped secure funding for several projects including building an Extension Homemakers' classroom; furnishing kitchen appliances, dinnerware and flatware; and of course an embroidery machine.

Not only is Mary Jean an active volunteer with the Extension Service, but she shares her skills with her church, community, and civic activities. She also finds time for her 6-year old grandson, who she states is "most of the time very grand!"

Mary Jean's life has been blessed and full of love, and we feel honored that she considers the Master Volunteer Clothing program one of her true loves.

Judging Clothing – County, Area, State Fair



One of the most challenging activities a *Master Clothing* or *Certified Master Clothing Volunteer* can be asked to do is judge clothing at a

nearby county fair. Being a part of the **Master Volunteer in Clothing Program** may single you out as being "an expert" in sewing!

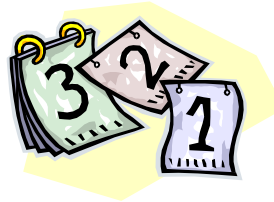
However, don't hesitate to decline an offer to judge until you feel you are ready! Be honest and upfront with the individual who extends the invitation. However, if you take the challenge, here are some tips to help you prepare.

- Be sure to find out exactly what you will be asked to judge; i.e. 4-H, youth, adult category entries.
- Will there be any type of training of judges before the event.
- What type of judging technique will be followed; i.e. Danish system (type used in Kentucky 4-H) or some other type. You need to understand what constitutes each of the ribbon levels used. This could vary from county to county!

- Will there be team judging, or independent judging? We use team judging at State Fair where at least two individuals look at the garment(s) together and *decide as a team* the ribbon to be awarded.
- Ask for a packet of information prior to the event to help you prepare. Items might include a *score sheet*, a *listing of projects or typical categories*, what constitutes each category, county rules and regulations you must follow, a *schedule*, and other information that comes to mind.

As you prepare, study and refer to the **Skills Standards for Sewing** found in your MVP Notebook. These standards are just the thing to help remind you about various techniques. Take a copy with you so that you can refer to it when you are in doubt about a technique.

A session on *Clothing Judging Know-how* will be offered at the Mid-Rotation training this fall. This is a new session developed and presented as a piece of an inservice training for agents who wanted to learn more about judging techniques at state fair.



Calendar

- May 8** MVP Agent Inservice Training, Hardin County Extension Office, Elizabethtown.
- May 15 – 16** Intermediate & Advanced Serger Training, Leadership Center, Jabez. Interested CMVs contact L. Heaton before May 5.
- July** MVP Newsletter and fall training registration material.
- August 22** MVP Mid-Rotation Training registration forms due in Lexington.
- September 24-27** Sewing Expo, Louisville, KY More Information later
- October 15 – 17** MVP Mid-Rotation Training, Leadership Center, Jabez.