

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



*"extending clothing
knowledge and skills"*

December
2014
Newsletter

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CLOTHING and TEXTILES PROGRAM

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Bobbin' along with Marjorie

December arrived quickly this year. I hope everyone had an enjoyable Thanksgiving with their family and friends. I love this time of year. I am fortunate to have all my now adult children living within an hour drive. They were all at our house for a Thanksgiving feast. My family has increased once again; my daughter married a great guy in September. We will add another member in May when her brother gets married to his sweetheart in May. Our oldest son and his wife have an active 15 month old which adds a whole other dimension to family gatherings.

We had another record attendance at the fall training in October. The steering committee will be looking at how we can better handle our growing pains. Thank you to everyone that took time to complete the online evaluation and those that sent in hard copies. Several class suggestions were offered, but more are needed for the committee to begin planning the 2015 mid-rotation training.

A special thank you goes to Nell Jordan, CMCV as she completes her three-year term on the MCV steering committee. Nell has been a big help with teaching at the trainings and writing articles for this newsletter. She offers some insight into choosing thread for your next sewing project later in this newsletter. Applications for this position on the MCV Steering Committee are now being taken. The credential sheet is attached at the end of this newsletter. If you are a Certified Master Clothing Volunteer, please consider applying by completing the form and returning it to me by January 15.

Merry Christmas and Happy New Year!

Marjorie M. Baker

Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles



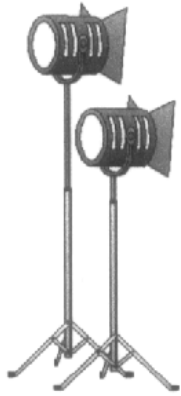
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SPOTLIGHT



Deborah Dawdy
CMCV Marshall County
Class of 2010

Tell us about your earliest sewing experiences.

When I was around 5 year old, I would watch my grandmother and my mother sew. My aunt had a fabric shop and I spent a lot of time looking (with my hands) at all the different fabrics and picturing all the different ways they could be combined into other items. I started sewing when I was young and one of my recollections of my first sewing class was not a good experience. I had to make a skirt with a zipper in it and we were allowed to work on them at home. I came in with the skirt completed, zipper and all, and the teacher made me take it apart because she did not think I had done it myself. I redid it and showed her that I had. I learned that we need to trust when someone says they did it from that experience.

Tell us about your experience as a Master Clothing Volunteer.

I work with many youth learning to sew and am teaching others to love sewing. I have learned new techniques, increased my knowledge of skills I already had, and continue to learn something new from other MCV's as well as the people who want to learn to sew or improve their skills.

Tell us about your family.

I am married with 3 children. William, Anthony, and Phoebe all learned to sew because I

believe it is a valuable life skill that everyone needs to have. My granddaughter also asked to learn to sew when she saw all of us working on pillowcases together one night.



Millie Green
CMCV Graves County
Class of 2010

Tell us about your earliest sewing experiences.

I made an apron with a waistband, gathers, pockets, and hem for 4-H in the 6th grade. My mother saw my completed apron and refused to sew for me anymore. I thought she was being mean, but she did me a great favor.

Tell us about your experience as a Master Clothing Volunteer.

I have been able to expand my contacts to include adults, not just youth.

Tell us about your family.

My husband, Bill and I have 4 children between us, 8 grandchildren and 1 great granddaughter.

Is there any other background information you would like to share?

My home economics teacher in high school was a tremendous influence on me and I did not realize how much until I started teaching 4-H sewing. God bless her heart.

✓ DOROTHY DO RIGHT ✓

Choosing the Right Thread

Submitted by Nell Jordan, CMCV and Steering Committee member

Choosing the right thread can be very daunting as there are so many types of thread, fabric and machines to consider. It is a key part of the outcome of your project. Threads differ in fiber content, color, texture, shrinkage, and their ability to work well in your machine without breakage. Fibers for machine sewing and embroidery thread are numerous. They include polyester, cotton, nylon, silk, wool, rayon, and metallic. Thread comes in every color of the rainbow, solid and variegated, and even solar sensitive and glow in the dark. The thread that you use for sewing your projects should be similar in fiber content to that of your chosen fabric. The most used all-purpose sewing thread is a size 50 cotton-polyester blend. It can be used for sewing on knit or woven fabric made from blended, synthetic, and natural fibers. The polyester core provides the thread with strength and elasticity, and the cotton exterior is strong and heat resistant. When matching the color of your thread to your project buy a thread that is one shade darker so that it blends in harmoniously. If you have a multi-color print or a plaid fabric, you should pick a color thread that is the most dominant color in the fabric. Don't use old thread without doing a yank test. If the thread breaks simply by yanking it off the spool, it will break in your machine or your project. Toss it out. Specialty threads are used most often for embellishment. Thread is available in a variety of weights. Thread weight is designated by a number. A higher number

indicates a finer or lighter thread weight. Thread weight should also match the size of your needle. A too small needle will shred medium and heavy threads. If you are sewing with specialty threads be sure to use the appropriate weight needle for your fabric. Heavier fabrics require using a heavier needle as do heavier threads. Tension adjustment may also be necessary. Adjust the upper tension of your machine with the presser foot lowered, as your machine may not register the change if the presser foot is up. Using monofilament thread often requires loosening the upper thread tension on the machine.

Take note of the way the thread is wound on the spool when placing it on the sewing machine. Thread is wound one of two ways, it either feeds off the end of the spool or off the side of the spool. Using a vertical spool pin is optimal for thread that feed off the side of the spool. A felt circle placed under the spool will enable the spool to move easily as the thread pulls off. When thread from this type of spool is forced to feed off the end of the spool, twist is added to the thread which may cause the thread to tangle and break. On the other hand thread that is designed to feed off the end of the spool handles best when placed on a horizontal spool pin or a vertical thread stand with a guide positioned above the spool holder. Pulling this type of thread from the side may cause added tension on



the thread as it works harder to pull the spool along with it.

Remember to always purchase quality thread. Cheap thread will not last or give you the result you most desire. Quality thread may cost more but is worth it to ensure the quality and durability of your project.

INTERFACING

Kentucky Make it With Wool Contest



Congratulations to Marilyn Shrader, Hardin County CMCV on winning the adult division for the 2014 Kentucky Make it with Wool Contest. The contest was held October 25 in Cave City. Marilyn fashioned a jacket and purse from a pink plaid and paired it with a white shirt. Marion Mulligan, Washington County CMCV also participated by making her husband a plaid shirt. Donna Logsdon and Mary Coakley, Hart County CMVCs served as judges for this year's contest. Marilyn will submit her ensemble and a video for the 2015 national competition which will be held January 29-31 in Sparks, Nevada. Gilian Mudd and

Megan Straus will represent Kentucky as the Junior and Senior winners.

Those of you that work with youth, please encourage them to sew with wool and enter the MIWW contest next fall. The fabric must be at least 60% wool.

Contact Dorothy Vale, state director for more details and for testing the fabric for eligibility. kymiww@aol.com



2014 Reports by Area

Northeast

Rita Spence, Greenup County MCV reported that the Master Volunteers and the quilt guild in Greenup County sponsored a quilt show for the first time. Over two hundred people attended. The Master Volunteers continue to offer basic sewing classes which are a tremendous success. Several attendees had never touched a sewing machine prior to the classes. They were thrill with the techniques they learned.

Licking River

Betty Harris, Mason County – For our adult sewing class this year, we made tote bags. Five people participated and completed bag. Requests were made by participants to plan additional adult sewing classes. Some showed an interest in learning to quilt, as well. Two participants had never sewn before.

Lake Cumberland

Kriz Fixari, Taylor County – In Taylor County there is a very active 4-H sewing program. Because the kids' schedules vary, the Master Clothing Volunteers need to be flexible. The kids are entertaining and challenging. It has been interesting getting to know the other volunteers as well as the kids. We have had Master Clothing Volunteers help from other counties. We started an ongoing adult sewing program last summer. We met every week to begin with, now we meet every other Thursday. There have been 3 women who have been with us from the beginning and on occasion we have one or two more to join us. We enjoy the adult exchange of ideas and the developing friendships.

Purchase

Linda Lawrence, CMVC reported that in spring 2014, the Purchase Area Master Clothing Volunteers gave a series of classes for adult beginning sewers. Some of the attendees had received new sewing machines the previous Christmas and were eager to learn to use them. An especially interesting participant was a gentleman who brought his mother's old sewing machine which had not been used in years. By the end of the series of classes, he was comfortable using the machine and had made himself a pair of lounging pajamas. As often happens while sewing, one of his last acts was to accidentally cut the fashion fabric in the wrong place, but a quick lesson on fabric rescue saved the project. He was a spunky man with a big personality, but he was no match for our Mille (Green).

Mammoth Cave

Susan Walsh is proud to announce that Monroe County has a 4-H sewing club. We have eleven young girls who have attended classes every other week after school. We started off by introducing them to sewing machines. They sewed on paper learning how to follow lines, change direction and control their speed. They all earned their "operator's license". We have made a variety of items to learn basic sewing skills. Now we have graduated to using commercial pattern and sewing aprons for ourselves. I am so proud of "my girls". Now their moms are interested in an adult class. That will be my next goal.

Northern Kentucky

Debbie Primeau from Owen County reported that the highlight of the past year was teaching an adult beginning sewing class with **Julie Donahue**. Having been around a sewing machine all her life, it was new to her to be with women who had no knowledge of a sewing machine, let alone own one. Some of the women had their grandmother's machine but had no idea how to use it. It was fun watching them learn the operation of the sewing machine. They taught the basics of using patterns to make a simple apron. All of the students were successful and were able to move to a simple pattern for pajamas. The students were amazed at how to fit a pattern to their bodies and cutting it from fabric. Some were frustrated but stayed with it. All now have a pair of pajamas made by their own hands.

Joyce Hildreth, CMCV, Kenton County, continues to assist her daughter who teaches fifth grade at Kenton Elementary

School with a quilt project. This year, an Alaska teaching project was chosen. Students who reached goals would do an “armchair tour” of Alaska in a section of their classroom that contained books, a quilt, a quilted wall hanging, and a chair. The fabric came from a quilt shop in Sitka, Alaska featuring all things Alaska, including animals, people, culture, historical heritage, industry, and the magnificent scenery of our fiftieth state. The quilt block project topic this year was “The Mystery of Roanoke”. What happened to the colony? It just vanished. Each student used fabric markers and made a 12-inch block using the four patch design, reserving one block to draw something that each student enjoyed at this at their current age, such as swimming, basketball, vacationing, reading books, etc. After the blocks were set together and the quilt returned to school, each student did the finishing tie for their block. They talked about why quilts matter and how they serve as historical and artistic forms of communication.

In March 2012, **Nancy Rodgers**, CMCV, Kenton County agreed to make seven hundred thumb pincushions for the National Extension Association for Family and Consumer Science national conference. Nancy was able to complete the first one hundred during the first year. She has spent every spare minute this past year to complete the other six hundred. Thankfully she had all of the pincushions finished by the end of June when reports were due. She said the challenge was rewarding and yes, she would volunteer to do it again.

Bluegrass

Coetta Combs, CMCV reported that in her weekly Tuesday sewing classes, they successfully made and gave to two county hospital emergency rooms over a thousand bears and one hundred heart shaped pillows. These items were for the “Reach for Recovery” cancer program. Fifty nine pillowcases were also given to the foster care program. This year, 2014 showed an increase in participation from the Madison County Extension Homemakers, making it their best since they began the outreach program.

Harlene Welch, CMCV from Harrison County reported that after attending the MCV training in 2013, she used information from the “Fiber to Fabric” class with all her 4-H sewing students. During the sewing organizational meetings, she demonstrated how to tell what fibers a fabric was made from by using the burn test. Both students and leaders were amazed at the results. The students were particularly interested in how the polyester fabrics melted. Adding this session provided a little more excitement to the organizational meetings.



Nancy Rodgers, Northern Ky CMCV-
photo submitted

Louisville

More valuable than a trip to Disney World! That's what **Alice Newman**, CMCV determined when her "Dr. Seuss" quilt brought a higher price at the Eminence Educational Foundation auction than a trip to Walt Disney World. Unbelievable!

Sandy Davis, Emeritus MCV from the Louisville area continues to conduct the Sew What Community Sewing group at the Jeffersontown Public Library. They made comfort caps for three local cancer treatment centers – Baptist East Radiation and Cancer Treatment Centers and Norton Suburban Hospital Cancer Treatment Center; doll clothes for the doll ministry at Highview Baptist Church, which are given to children in crisis through more than ten agencies in the Kentucky/Indiana area; and cough pillows for cancer surgery patients at Norton Suburban Hospital in Louisville. They also started making quilts for Project Linus, Louisville Chapter. Sandy says this group is amazing. When she suggests a community service project, they go on to achieve tremendous results, mostly donating the fabric themselves. The cough pillows were made from fabric donated by a fellow MCV.

Pennyville

Anita Tomberlin Cummins, CMCV reports that she experienced a "first" this year. She began teaching an ongoing beginner sewing class at the Christian County Extension Office. They began with 7 students and continued with 3 very dedicated students who really want to learn to sew. One of the students is a man. He is a farmer and a new father, who is very

excited about sewing clothing for his wife and daughter. He really "gets" it, after all, sewing is engineering. Anita is excited to share her passion with such wonderful students.

2013-2014 Combined Reports

122 reports were received for the 2-year certification period. Below are the combined totals:

Teaching	20,313.25 hours
Education	11,937.75 hours
Leadership/Service	8,152.75 hours
No. of contacts	119,120 people

Community Service Contributions:

Caps	2,306
Quilts	1,144
Pillows/cases	1,856
Clothing items	476
Alterations	385
Coasters	960

Calendar of Events



January 20 – 24 *Jabez Quilt Seminar*,
Lake Cumberland 4-H Educational Center

January 20 – 24 *4-H Needlework training*,
Lake Cumberland 4-H Educational Center

April 13 – 15 *It's Sew Fine Sewing Expo
for Home and Family*, General Butler State
Resort Park

October 14 – 16 *MCV Mid-rotation
Training*, Lake Cumberland 4-H
Educational Center

Holiday Pocket Hand Warmers

This project is more than a way of warming cold pockets on those frigid winter days, it a tutorial on making easy to fill pillow forms and simple pillow covers. The dimensions given are for a pocket sized pillow, but can easily be enlarged for a bigger pillow or neck warmer. Because the warmers are heated in the microwave oven, always choose materials that can withstand high temperature without melting. 100% cotton is the recommended fiber for fabric and thread. Avoid synthetics that will melt. The filling for the hand warmers should be a natural material such as rice, wheat, feed corn, flax seed, or cherry pits.



Microwave a single pouch for no more than 20 seconds on full power. Pouch can also be placed in the freezer and used as a cold pack.

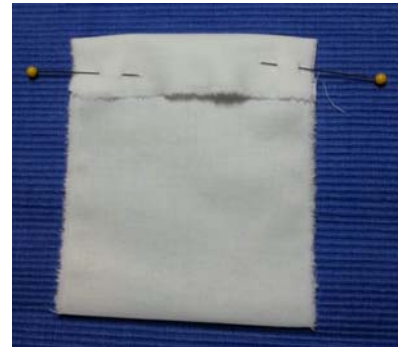
Materials needed for 3 x 4 inch finished size:

Inner pouch – 10 inches x 3½ inches piece of 100% cotton fabric
Outer cover – 10½ inches x 3½ inches piece of 100% cotton fabric
100% cotton thread
¼ cup natural filler – rice, wheat, etc.

Instructions: ¼ inch seam allowances unless otherwise stated

Inner pouch –

1. Fold fabric rectangle right sides together matching short end to short end.
2. With short ends together, fold the ends 1 inch down.
3. Sew each long side.
4. Turn pouch right side out by flipping the short ends back.
5. Fill with 1/4 cup of chosen filler.
6. Sew open ends together close to folded edges.



Outer Cover –

1. Fold one short end of fabric rectangle over 3½ inches, right sides together.
2. Make a second fold on the same end 1 inch back with wrong sides together.
3. Fold remaining end over 3 ½ inches covering the previously folded end.
4. Sew each long side.
5. Turn cover right side out, as pictured.
6. Insert inner pouch and turn remaining end over to enclose the inner pouch.



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

December 2014



Agriculture and Natural Resources • Family and Consumer Sciences • 4-H Youth Development • Community and Leadership Development

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CREDENTIAL SHEET

**Master Volunteer in Clothing Construction
Steering Committee**

(Three-Year Term – Certified Master Volunteer)

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 MVP 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.

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

EXTENSION AREA: _____ **YEARS AS CMV:** _____

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

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

Due Date: January 15, 2015

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

Professional/Job related:

County:



Area:

State:

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

___ Team member ___ Leader of team ___ Follower

Explain your response: _____

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

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.

- | | |
|--|--|
| <input type="checkbox"/> No, I would not be able to assist. | <input type="checkbox"/> Yes, only in planning the activity. |
| <input type="checkbox"/> Yes, if the training is during the day. | <input type="checkbox"/> Yes, and I can stay overnight. |
| <input type="checkbox"/> Yes, with the following limitations. | <input type="checkbox"/> 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.