

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



*"extending clothing
knowledge and skills"*

July
2014
Newsletter

VOL. 23
NO. 2

CLOTHING and TEXTILES PROGRAM

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<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie

Summer is flying by quickly. The classes for the statewide training are set. Registration materials should be available from area contact agents for those who have successfully met the criteria for certification or recertification. The number of certified Master Clothing Volunteers continues to grow as more and more of you remain active for longer and longer. That's a good thing. With that being said, we have reached a point where class sizes can only be kept to a manageable number by restricting the number of people who attend. When classes fill this year, registration will close. Get your registration in early if you want to be assured of getting in.

Design and fit are the focus for this training but there will also be fun classes for making pin cushions and honing your needlework skills. Joan Howard will be joining us as a guest instructor. You may recall that Joan was with us a few years ago as Mary Todd Lincoln. This year, Joan, along with her cousin Mary Hixson will teach two sessions on sewing with fur, velvet and wool. LaDawn Hale returns to teach a session on flat pattern design. Loretta Haley, CMCV, will be teaching a session on fitting and sewing a princess seam blouse. Rosa Smith and Wanda Teegarden, CMCVs, will teach a t-shirt fitting and design class. Sandy Davis, MCV Emeritus, will share ideas for transforming sweatshirts into magnificent jackets. And back by popular demand, Allysan Comstock, CMCV, will teach a denim recycling class. Hopefully those who attend and take classes will return home and share what they learned with those who are unable to come as well as people in their community.

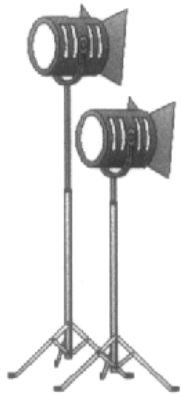
I've received applications and area summaries from three areas for the Class of 2014. I look forward to meeting the new recruits. Class of 2012, remember to prepare basic training class materials for the fall training. You were given teaching assignments last fall for each of the basic training sessions. If anyone has questions please let me know.

Marjorie M. Baker

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Extension Associate for Clothing and Textiles

SPOTLIGHT



Amy Jackman
CMCV Kenton County
Class of 2004

Tell us about your earliest sewing experiences.

I learned to sew in 4-H in Ohio when I was about 10 years old. I made a drawstring skirt and a matching drawstring tote bag. In high school, my mom taught me how to quilt. When I was in tenth grade, I made a quilt for my home economics project. It was supposed to be a 30 hour project, but it took 100 hours because I hand quilted it.

Tell us about your experience as a Master Clothing Volunteer.

I have really enjoyed being a Master Clothing Volunteer for the last 10 years. When I first began volunteering in this way, my children were small. I was a stay-at-home mom, so it was nice to have a volunteer job outside of the home. My children are now much older, but I still enjoy teaching sewing 4-H and adult sewing. The classes are always fun with a social atmosphere. Sewers are such nice people.

Tell us about your family.

My husband, Jason, and I have been married for 18 great years. We have three sons who are 11, 12, and 14. My boys keep me busy with their sports and school activities. It has been fun to watch

them develop their individuality the last few years.

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

Sewing is one of my favorite hobbies because it is very relaxing and a nice stress-reliever. I also enjoy photography, traveling and volunteering at church and with children who are at a disadvantage.



Rita Yates
CMCV Washington County
Class of 2008

Tell us about your earliest sewing experiences.

I learned to sew when I was about 7 years old, I think, on my grandmother's treadle sewing machine. I still have that machine and it only does one stitch but it does it very well.

I also got into trouble once by rummaging through Grandma's quilt scraps and cutting up a feed sack to make my doll a skirt (which I still have!).

My first official sewing project was that apron we all made in 4-H, the one with the pockets. I also made a potholder to match, using an old folded-up washcloth for the batting.

I first discovered you could sew for money when I was a freshman in high school. One of the guys in my homeroom

gave me \$5 to make his mother an apron for Christmas.

I lived through and survived the polyester double knit years, and for a while made all my own and other family members' clothes—polyester and otherwise.

Tell us about your experience as a Master Clothing Volunteer.

I have thoroughly enjoyed my experiences as a MCV. The training classes are always a pleasure, and I always learn as much or more than my students in the classes I have taught. I am a 4-H volunteer and my favorite groups are the first-year girls. They are so amazed when they actually complete a project! To start them out with the very basics (this is a sewing machine – this is a needle – this is the thread – this is how they all work together) and watch them get excited about creating with fiber and fabric is a pleasure.

I also have a class for beginning adults. The skills I learned from my mother as a child seemed to have skipped a generation or two! These ladies and one young father of two daughters are so much fun to lead into the world of sewing. Another thing my status as a MCV has led me into is doing some costuming for the local community theater. They look at clothing construction a bit differently in theater, to put it mildly. Costumes need to be easily and quickly changed into and out of and easily altered for the next play!

Tell us about your family.

I am married to Joe and between us we have four children, seven grandchildren and this year we are expecting two great-grandchildren. We live just outside of Springfield.

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

I majored in home economics education (back when they still called it that). I was

a home economist and office clerk for one of the electric utilities before I retired.

INTERFACING



Photo taken by Matt Barton, UK College of Agriculture Food and Environment

State 4-H Fashion Revue

Pictured above is Elizabeth Griffin (left), Oldham County, the 2013 Fashion Revue winner presenting a Janome sewing machine to this year's winner, Cameron Ginter (right) from Clark County. Julie Ullery, CMCV, has been Cameron's 4-H sewing leader for several years. The state Fashion Revue featured 22 models from across the Commonwealth. A big thank you goes to Certified Master Clothing Volunteers, Susan Kipp, Patti Bridge and Brenda Waller, who served as judges for the 2014 State 4-H Fashion Revue.

Texture Magic™ Challenge

The Steering Committee has issued a challenge for the 2014 training. The challenge is to make something using Texture Magic. Those who attended the 2013 training received a package of Texture Magic in their registration packet. Even if you were unable to attend, you may still participate in the challenge; however, you will need to purchase your own Texture Magic or share with someone who did attend. Bring your completed project to the training along with a pint size jar. Voting will be done with pennies. Prizes will be awarded in three categories: wearable items, accessories, and other.

Martha Pullen – Love of Heirloom Retreat

Austin's Sewing Center in Louisville, is hosting Martha Pullen and the Love of Heirloom Retreat November 13 – 15 at the Louisville Seminary. Three exciting days filled with classes, lectures with special guests (Connie Palmer, Kari Mecca, Missy Billingsley, Pam Mahshie and Kathy McMakin), giveaways, lunches and a reception with Martha Pullen. They are in need of 6-8 MCVs to volunteer at the Martha Pullen event. Contact Teresa Packer at Austin's Sewing Center, (502)239-2222 to volunteer. For more class information and cost, visit: austinssewingcenter.com



Celebrate 100 Years
of Extending Knowledge
and Changing Lives
visit: www.Extension100Years.net

Mark your calendars for the celebration of the University of Kentucky Family and Consumer Sciences Extension Centennial on December 2, 2014. A luncheon event will be held at the Marriott Griffin Gate. Additional activity plans are being finalized. Registration information will be available in September. Save the date

and plan to join friends and colleagues as we relive our history and celebrate our future.

✓ DOROTHY DO RIGHT ✓

Top Ten Ideas to Recreate Your Sewing Selfie!

Submitted by Elaine Boer, CMCV Emeritus, Class of 1998, and current steering committee member

It's half way through the year. In the next six months you can recreate your sewing self. Following is my list for getting started. You may not be able to do everything on my list, but taking on a few will help you become a reborn sewing volunteer in your own home. At the end of your journey, send me a picture of your new *Sewing Selfie!*

1. Go for the big job first, the one you have been avoiding. It may be a project you have not finished or one that you need inspiration to get back out. Do it today. If you are at a point to refresh yourself, try this: Take everything out of your sewing room and clean it to the baseboards! This idea will help you automatically reprioritize your sewing projects. As you clear the room, you clear your mind of the normal sewing projects on your list and you can find yourself captivated by the one project you can't wait to start. If you don't have a sewing room, then move your sewing space to a new location and enjoy another view.
2. Answer this simple question: "I have always wanted to make (a/an) _____." I found myself looking at log cabin quilts in books and fair exhibitions and think I could make one someday. Last year, I attended a class at the It's Sew Fine Expo and made my first log cabin quilt. It was just delivered this year to my step sister as her wedding present. What are you waiting for? I was waiting to quilt when I retired. I'm so glad I didn't wait—I now have five new quilts in process.

3. Get out and listen to the needs of others. With an open mind, you can come up with a new service project. Put your sewing machine to work for others. We all need to make things for those who don't sew and could use a hand. You have an army of sewing volunteers around you who can help you make this volunteer work happen. We can share the hours with the new class of volunteers to get to know them better, over the sewing machine.
4. Organize all the unfinished projects you have sitting around. Invest in like-sized boxes that stack neatly one on top of the other. I have a wall of office paper boxes in my basement; each one labeled with a different sewing project. The boxes are not jam packed; additional fabrics and pictures for inspiration can be added as they are found. Each time I go out of town, I take a box to work on. The open space is also a good place to pack breakables when I have to move.
5. Decide by August 15 what gifts you can make for the upcoming holidays. Pace yourself through the fall so you can have them done by Thanksgiving weekend. I love to decorate right after Thanksgiving dinner and then spend that next Sunday afternoon wrapping the items I made for everyone. I sit back and enjoy the holiday décor for an entire month.
6. Plan your own sewing retreat. Don't you just love the feeling of getting away from home and taking your machine? Getting away to Jabez, General Butler State Resort Park, etc. is just plain fun. I travel all the time with my job, so I am actually thrilled to make my retreat at home on a rainy day—sewing on a project in my pajamas. If you can't get away, set a time to work on something special right at home.
7. Inspire others and create a class from the projects you know and love. The steering committee would love to have your ideas for future classes at our annual training. It

can be a short evening activity if you are not ready to share it as a full day class. If it is a good project for 4-H youth, ask your local county extension agent if they would like to offer the class for project days in the summer. Once again, there are many volunteers to help you see this class come to life.

8. Take a look at your home; does it need a little updating? Use your talents to create pillows or new curtains. This is great use of your creativity and sewing skills. I recently moved into my grandmother's home and redecorated her house with new paint on some of the accent walls, while keeping the old furniture. I was surprised how much the room changed with the new paint and curtains.
9. Get out the package of Texture Magic you received at the Mid-rotation training last fall. Decide on your project and get started. If, for some reason you don't have the package, you still have time to order another or shop for one at your local sewing supply store. Please bring your item for the challenge to Jabez this fall.
10. Take time to clean your sewing machine, oil your serger, go for a long walk, giving you your fresh start. When you return, look around the house for an item to donate to the silent auction this fall. Your donation will help the program that we all love.

Accept your *Sewing Selfie*. Remember to send Elaine your picture showing what you accomplished. Email Elaine at: Elaineboer99@yahoo.com



Sewing Teaches Life Lessons

Patience – When seams are not right at first, it takes patience to rework them. As you sew, so shall you rip. Sewing fast isn't always best when time is doubled by unsewing and resewing.

Be prepared – Just as you would plan a vacation itinerary, you have to plan your itinerary when sewing. Always start by reading instructions completely before you start sewing. Keeping a supply of fabrics, basic patterns and notions on hand is important, as you never know when the opportunity to sew presents itself.

Skills are improved with practice – Practice makes perfect as long as you practice properly. Handmade is good for sewing, homemade is best for cooking!

Be an individual – Sewing your own clothing and accessories means not being like anyone else. It is a creative and practical pastime.

Endurance – Success may mean it takes more than one try. However when it comes to the serger, you hope it is right the first time!

Some words have multiple meanings – Notions are more than ideas to do things. A sewer is not always what takes the waste away from the home; sometimes they take waste and create something new and usable!

Time is money – Time spent sewing often saves resources. Repairing and repurposing quality clothing that may be outdated can be less expensive than purchasing new ready-to-wear.

Not everyone learns in the same manner – Even though reading is essential to learning, sewing often requires visual, tactile and audible instruction. Seeing a demonstration and doing it hands-on is often the best way to learn.

There is always more than one way – There are no absolutes, when many variables come into play, keep your

options open before deciding the best way to proceed.

The big event requires planning and work beforehand – Whether it is a statewide training or a tailored coat, little pieces must come together to complete the task. Sewing is a process and like an engineer, the sewer has to have a visualization of how the pieces fit together.

The secret to creativity is covering up your mistakes – There is nothing that can't be fixed, however sometimes it takes a little more work. Life sometimes gives us lemons and we learn to make lemonade.

Calendar of Events



July 10 *Steering committee meeting*, Elizabethtown

July 11 – August 15 Registration open for fall training

September 20 Daryl Lancaster trunk show, sponsored by The Louisville Chapter of American Sewing Guild, Hilton Garden Inn, Louisville
<http://www.asglouisville.org/Events.html>

October 9 –11 Sew Original Quilt and Creative Expo, Kentucky Exposition Center, Louisville
<http://qscepos.com/louisville.html>

October 14 – 17 MCV State-wide Training, Lake Cumberland 4-H Educational Center, Jabez

November 13 – 15 *Martha Pullen Love of Heirloom Retreat*, Louisville

December 2 *UK FCS Centennial Celebration*, Marriot Griffin Gate, Lexington

Curling Iron Caddy

Just in time for summer travel, this handy insulated curling iron caddy will be a welcome addition to any girl's luggage. The caddy features optional piping, heat resistant fabric lining, and a pocket to keep cords in place. The pocket can also hold a comb or styling brush. Use pre-quilted fabric or cotton batting and a pretty towel for the outer layers. The pictured example was made from a UK plaid tea towel.

Materials needed:

- 1 fat quarter (18 inches x 22 inches) of cotton fabric or a cotton towel
- 1 piece of light weight cotton batting – 14 inches x 11 inches
- 1 piece of heat resistant fabric – 14½ inches x 11 inches
- ¾ yard covered piping – optional
- Fabric glue, basting tape or fusible tape
- Pins or clips

Instructions: *¾ inches seam allowances used throughout*

1. Cut the following from the fat quarter/cotton towel: (1) 14 inches x 11 inches rectangle for outside; (1) 9½ inches x 11 inches rectangle for pocket – take advantage of the hemmed edge of the towel for the top of the pocket by cutting the pocket 8 ½ inches x 11 inches with the hem along one of the 11-inch sides.
2. If not using the towel, hem one of the long sides of the pocket rectangle with a ½-inch double folded hem.
3. Sandwich the batting in between the heat resistant fabric and the outside fabric, having one 11-inch side aligned – the heat resistant fabric will be ½-inch longer on the one side than the other two layers.

Be sure that the right sides of the heat resistance fabric and outside fabrics are facing opposite each other. Trim one of the matching corners by rounding it off as shown in the photo.

4. Baste outer fabric and batting around outer edges, these layers may also be stitched together to appear quilted if desired. Baste the pocket to the lower edge of the outside fabric and layer of batting.



5. Baste piping to the long side and top curved edge of the outer fabric, pivoting the piping at the beginning and at the corner. As you come to the corner, cut piping seam allowance at an angle to allow piping to turn the corner.



6. Using the basting line from the previous step as a guide, sew the lining to the outer fabric, right sides together along the curved edge only. (Hint: move needle position over slightly to the left to prevent basting from showing) Turn right side out and press. Baste edges together along the short side only.



7. Fold basted side over to match the opposite side, right sides together. Pin or clip basted side to outer fabric and batting only. Lining should be left loose.



8. Bring long lining side over the top of the pinned/clipped edges matching right sides of lining together.

Re-pin or clip all the layers together along this edge.



9. Using the basting line from the piping as a guide, sew the long side, pivoting at the bottom corner and sewing only the lining together across the bottom edge. Trim batting close to stitching to reduce bulk along the seam lines.



10. Trim lining close to bottom seam line. Turn caddy right side out through bottom opening of outer fabric. Smooth the layers along the bottom edge, lining seam should extend beyond the edge of the outer fabric. Fuse or glue-baste the batting to the inside of the lining along the bottom edge. Turn lining side outward and sew $\frac{3}{8}$ inches from bottom edge through all fabric layers. This is actually a French seam. Turn right side out being careful to keep pocket positioned correctly; press.



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Extension Associate for Clothing and Textiles

July 2014

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