



# KENTUCKY

## MASTER

## CLOTHING

## VOLUNTEER

## PROGRAM

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Newsletter

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### CLOTHING and TEXTILES PROGRAM

245 Scovell Hall

Lexington, KY 40546-0064

Phone (859) 257-7772

Fax (859) 257-3095

<http://fcs-hes.ca.uky.edu/content/master-clothing-volunteer-program>



## *Bobbin' along with Marjorie*

The dates for this year's statewide training will be: Session I – October 17-19 and Session 2 – October 19-21. The Class of 2016 Basic training will take place October 18-21. The certification ceremony will be held on Wednesday, October 19 following a luncheon. This year's theme is "Measuring up 25 +1 year anniversary! Having the recognition during the day will enable guests, agents and administrators to more easily join us in our celebration. Online registration links will be sent out this month to those that have sent in their annual reports.

The planning committee has requested your help in locating photos. If you have a photo of your "graduating class" from your first certification ceremony, please scan and email photos to me at [marjorie.baker@uky.edu](mailto:marjorie.baker@uky.edu). Also, a fashion show is being planned. Let me know if you want to model something you made and want others to see and hear about. Don't forget about the Silent Auction and the Soft and Stable challenge that was issued at the 2015 fall training.

I hope you have talked with your friends in other areas to see what their plans are so you can attend together. Both sessions will include the same classes. A description of the classes is found on the next page of this newsletter.

I've had an exciting summer in regards to my work with 4-H. Last spring, I was notified that Kentucky had received a \$10,000 grant from national 4-H Council to Integrate Science, Technology, Engineering, and Math during the summer camp experience for an idea that I had submitted. The grant included both resident and day camps. Those of you that know me well, know I have always said that teaching a child to sew, teaches them pre-engineering skills. You will be hearing more about how all of this is being implemented and the continued impact that the Tech Take Over grant will provide. I am so excited about the attention this is finally getting!

*Marjorie M. Baker*  
Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles



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## Fall Training Classes

- **REFASHIONISTA:** In our “use and toss” society we throw away things that could be repurposed or remade into something new and unique. In this class you will be using the fabrics that you already have and making them into something new and fresh. Bring those worn out jeans, your grandmother’s lace doilies, old garments or other items that would otherwise be tucked away, donated, or trashed. Instructors Anita Cummins and Angie York will show you examples and help you think outside of the “trash receptacle” to create cute and inspiring boutique chic clothes and accessories. Join us for a fun filled 2 ½ days of sewing! Students will be requested to bring three items to refashion. Ideas can be seen at [www.refashionista.com](http://www.refashionista.com).
- **LEVEL III SERGER:** To be taught by Lincoln Trail MCVs using the standard curriculum. Projects include Hanger Hide Away and fleece scarf. Techniques include flatlock stitch, wrapped edge stitch, and serger lace.
- **4-H STEAM Clothing:** Jennifer Klee will teach this class. Learn about the clothing curriculum developed by the University of Nebraska that covers Science, Technology, Engineering, Art, and Math skills as they relate to fashion and sewing.
- **STYLE ENGINEERS – PATTERN MAKING:** This is a new curriculum developed by Cornell and the University of Minnesota to promote STEM (Science, Technology, Engineering, and Math) education to middle school age girls through their interest in the fashion industry. Kentucky 4-H has recently adopted this curriculum. More information is available at [www.styleengineers.org](http://www.styleengineers.org). Loretta Haley will be leading this class to develop your spatial skills, taking a 3-dimensional object and creating a 2-dimensional pattern. Input from this class will be considered when planning how this curriculum can be
- **ADVANCED KNITS AND OTHER STRETCHY THINGS:** Mary Averbek will teach this class. The focus will be on

sewing with knits and a new product called PUL fabric (Polyurethane Laminate) which is a type of laminated fabric with a knit base that is waterproof, breathable and stretchy. It has a soft hand and is washable. The class will also include elastic application and students will make a pair of custom panties.

- **Optional evening class: LEDs and conductive thread:** The MCV steering committee will show you how to make a light up bracelet to spark you interest in smart clothing. This is a Style Engineers project you won’t want to miss. Start thinking about how you can incorporate battery operated LEDs (Light Emitting Diodes) in your next sewing project!

✓ **DOROTHY DO RIGHT** ✓

## Refashioning Your Wardrobe

Submitted by Anita Tomberline-Cummins,  
MCV Steering Committee member

Have you ever stood staring at your closet door, lamenting the age old, “I have a closet full of clothes and nothing to wear”? Most of us have. Either everything is too little, too big, out of style or you just don’t like it and wonder why you even bought it. Sometimes there are garments hanging there with tags still attached and they’ve been there for over a year! Don’t despair, go shopping in your own closet – FOR FABRIC! Look at everything with new eyes and with a little imagination, you can have a whole new, CUSTOM wardrobe!

I have always “adjusted” things to fit me. I can be “hippy” and sometimes things are tight in that area, so I have been known to rip out the lower side seams and make them into open vents to allow more freedom of movement. However, I never entertained the idea of “refashioning or repurposing” until I took Mary Hixson’s Sweater Upcycling class at the 2015 Jabez training. That class

opened my eyes to the possibilities. Since then, I have begun to look at everything as FABRIC, not what it currently appears to be. Skirts have become tops, my husband's shirts have been refashioned to fit me, tablecloths have become tote bags and don't get me started on denim. I've made a tailor's ham, a woven basket, napkins, aprons, and an armchair sewing bucket from repurposed denim!

Goodwill is an amazing resource if your closet doesn't yield enough "fabric". I did a fabric foraging trip to Goodwill recently and came home with a bounty of lace, knit shirts and men's shirts (Polo and Izod!) to repurpose and only spent \$100! I had three bags of "fabric and lace"-I was DIZZY with excitement over the endless possibilities!

SO, my challenge to you is: Look at EVERYTHING differently-see it as fabric and think of what you can do with it. Angie York (FCS Agent-Lyon County) and I will be teaching a class in Jabez this year called **Refashionista** – so come join us on our adventure with lace, denim and men's shirts and discover the Refashionista in YOU!

Here's an example of one of my latest projects: Man's shirt to summer tunic for me!



## Make It with Wool State Competition

### DATE CHANGE:

Please note, new date is October 1.



It is time to think about sewing to enter 2016 Kentucky competition which will be October 1, 2016 in Burlington. Entries are due September 1, 2016. The categories are Preteens (12 and under) Juniors (13 to 16), Seniors (17 to 24), Adults (25 and older). The Made for Others (any age) can be any wool garment and will be modeled by the person the garment is made for. All garments are required to be made from wool. All fabric and yarn needs to be tested to assure that it is at least 60% wool or specialty wool fiber including mohair, cashmere, alpaca, camel, llama and vicuna. **Please send the MIWW state director a 5x5 piece of wool to be tested before construction.** The top 4-H wool garment at the 2016 Kentucky State Fair will receive 2½ yards of Pendleton Wool. The winner of the Junior and Senior divisions will represent Kentucky in the 2017 National Competition held in Denver, Colorado. Entry forms will be available by contacting Dorothy Vale, State Director; 142 Carolyn Lane, Nicholasville, KY 40356, cell 859-420-3217, e-mail [kymiww@aol.com](mailto:kymiww@aol.com). Entry forms will also be on [kysheepandgoat.org](http://kysheepandgoat.org) web site later in the spring.





## Sewing Corner

(This section will be used to share items of interest to 4-H Sewing Leaders)

### Style Engineering Camp

Since our last newsletter, several MCVs have helped with Style Engineering Camps across the state. Below are a few snapshots from the Wolfe, Kenton, and Scott county camps.

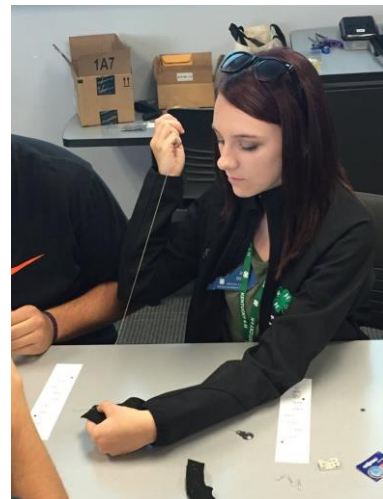


Check out all the **Style Engineers** curriculum modules at [www.styleengineers.org](http://www.styleengineers.org)



## 2016 4-H Fashion Revue

Twenty-two capes for kids were constructed by the Fashion Revue delegates at Teen conference in June. The Fashion Leadership board instructed the group on how to use hand sewing skills to make LED bracelets.



Laura Duke from Owen County was selected as the 2016 4-H Fashion Revue winner.



The 2016-17 Fashion Leadership Board members were announced following the fashion revue at Teen Conference.



For more photos of the 2016 Teen Conference go to:  
<https://www.flickr.com/photos/kentucky4h/>

## Teaching Opportunity

It's Sew Fine for Home and Family Sewing Expo is seeking instructors for the 2017 event being held April 10-12. Contact Judy Hetterman for more information at [jhetterman@uky.edu](mailto:jhetterman@uky.edu)

## Calendar of Events



**Aug 18- 28** 2016 Kentucky State Fair, Louisville

**Aug 27** Sewing Skill-a-thon and FCS day in Cloverville, Kentucky State Fair

**October 1** *Kentucky Make it With Wool* competition, Burlington

**October 17 – 19** Session I *MCV Statewide Training*, Lake Cumberland 4-H Educational Center

**October 18 – 21** *Basic Training for the Class of 2016*, Lake Cumberland 4-H Educational Center

**October 19** *MCV Recognition Luncheon*, Lake Cumberland 4-H Educational Center

**October 19 – 21** Session II *MCV Statewide Training*, Lake Cumberland 4-H Educational Center

**April 10 – 12, 2017** It's Sew Fine for Home and Family Sewing Expo, General Butler State Resort Park, Carrollton



## Personalized Key Fob

These key fobs make a great gifts and there are multiple ways of embellishing them or personalizing them. Designed to fit over your wrist, they can be kept handy for your next quick stop at the store.

### Materials needed:

12 inches of 1-inch wide belt webbing

14 inches of 7/8-inch wide ribbon

One 32 mm split ring

Embroidery design or monogram

Directions:

1. Embroider design on ribbon.
  - a. Choose a design that is less than 3.4 inches wide.
  - b. Determine placement of design on the ribbon after folding the ribbon in half end to end.
  - c. Use an adhesive backed stabilizer to attach the ribbon to the machine embroidery hoop.
  - d. Use a water soluble topper for a better stitch out of your embroidery design.
2. Position embroidered ribbon with ribbon extending one inch beyond each end of webbing, stitch close to edges along each side through both layers.
3. Insert ribbon/webbing through the split ring. Move the ring to the center of the ribbon.
4. Fold ribbon to back side of each end of webbing. Bring folded ends together and stitch close to edge through all six layers.
5. Slide ring towards stitched end as far as possible. Attach zipper foot to sewing machine. Stitch again on other side of ring through all layers to secure ring. Stitching through heavy layers may require using a heavy duty or jeans needle.



Marjorie M. Baker  
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