

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM

CLOTHING & TEXTILES PROGRAM
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<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie



*"extending clothing
knowledge and skills"*

December
2007
Newsletter

VOL. 16
NO. 3

Happy Holidays, I hope everyone had a good Thanksgiving. It seems like November was a blur and that we were just together at Jabez, but my calendar says that was weeks ago! As many of you know, I traveled to Nagoya, Japan, in November for my oldest son's wedding. I am pleased to report that the trip went well and that the wedding was beautiful. I had many other adventures before the wedding that I would like to share with you, though.

Day one: We all headed off to see the elusive Mt. Fuji. Once we got away from the city, the scenery was quite breathtaking. We saw waterfalls and lakes, beautiful fall foliage, and finally Mt. Fuji appeared from behind the clouds for a picture perfect day. And, of course I have pictures to prove that we were there.

Day two: We traveled the other direction and started the day with a visit to an authentic Kimono shop in Toyohashi. My daughter and I were honored to be the first Americans to ever try Kimonos on in this shop. The shop owner's wife actually teaches classes on how to wear/dress in the kimono. They are fearful that this knowledge will not survive another generation unless a conscious effort is made to keep it alive. My son's mother-in-law, Tomoko, is learning how to dress in the kimono and it was her kimono that I was dressed in. The whole process of wrapping and tying took about 30 minutes. The silk fabrics, as you can imagine, were out of this world. For lunch we headed to Tahara which is the sister city to Georgetown, Kentucky. There we met the mothers of the two middle school exchange students who had spent some time in our home five years ago. I had no trouble identifying the mothers, as the daughters bore strong resemblances. We went to trip to city hall to meet the mayor – sister city protocol and then we met with three ladies from the Friendship Quilters. Friendship Quilters are Georgetown's sister quilt club. We exchanged gifts and had traditional green tea in a community tearoom. What fun it was to share an international experience as well as the love of sewing. The day was not over until we went to the home of a local "cloth artist." Not a quilter, but she used bits and pieces of traditional Japanese fabrics to create her works of art. They depict scenes from children's stories, all hand stitched to a cloth background. We were also treated to coffee and sweets in her home.

Day three: This is the day we went separate ways. The kids all went to Tokyo on the bullet train, Marc and I went to Nagoya port and the aquarium. It was a lot of walking but not nearly as structured as the previous days.



Day four: Tomoko is a LABO teacher and she wanted to introduce us to another LABO teacher in Gifu. So off on the train we went in yet another direction. LABO is a language program that teaches Japanese children foreign languages. Fortunately both Tomoko and her friend Michiko teach English. LABO has an exchange program with our 4-H program across America and here in Kentucky. Michiko ties knots for her hobby. Remember the “Chinese Ball Buttons” from the Couture Techniques class? They pale in comparison to her examples! Once I locate the braided cording, I’ll have to show you more on this technique. Michiko also fixed us a “home cooked” meal. Being in the homes is much more educational than always being on the street or the hotel.

Day five: This was actually the Japanese Thanksgiving day (Friday after our Thanksgiving Day). The boys went to the Nagoya Motor Show. Erin and I went shopping. We found only one fabric store open. It was a Hawaiian quilting store, I only bought one meter of a signature print cotton. Later that night we took the subway to the Nagoya Castle to see it under the light of a full moon.

Day six: The wedding day! Now do you think we had time for more sightseeing? Oh course! We had to see the castle in the daylight. The fall foliage around the gardens was well worth the second trip. And there was an amazing display of chrysanthemums and dolls dressed in the Aichi state flowers. But the highlight of the trip was definitely the wedding. Although it was mostly in Japanese, it still had some resemblance to an American wedding. Seeing the range of dress styles and colors was interesting, too.

Only one question – would anyone be interested in a Kimono or Yakata class at the next fall training?

Marjorie M. Baker

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



Position Available:

Do you like planning meetings, teaching classes to talented and knowledgeable students, and spending time with fellow certified master clothing volunteers and contact agents from across the state? If so, please consider submitting your credentials for a position on the MCV Steering Committee. Sara Counts is rotating off the committee. Sara has ably served for the past three years. I’d like to thank her for her time and talent as she has shared so willingly. I am asking that credentials be sent to me for this opening on the steering committee. A form is attached to this newsletter. Deadline for sending credentials in is Jan. 30, 2008. The selected candidate will assume responsibilities in March 2008. I hope many of you will be interested.

SPOTLIGHT



Jan Mathis

CMV Shelby County, Class of 2000

It is a wonder that I enjoy sewing at all. My first project was a disaster. The sheath dress that I had chosen to make in the mandatory high school home economics class, not only did it not fit but I accidentally scorched it on the day I was to turn it in for a grade. Lack of money and the birth of my first child became the impetus for taking up needle and thread

again. I became a virtual sewing factory turning out little jump suits by the droves. The birth of the second child shut the factory down. Other than occasional aborted attempts through the years the sewing machine sat in a box until 1997 when I retired from the workforce.

One day I happened to see a really neat jacket pattern that captured my attention. I found myself purchasing three coordinating pieces of flannel from Wal-Mart. I painstakingly followed the pattern instructions and with other books I borrowed, I finally, and with great joy, constructed a piece of wearable art. That was the “turning point.” With the encouragement of a friend I applied for the Master Clothing Volunteer program. It was a wonderful experience. I gained confidence and learned basic skills that I could teach to others. In 2002 I became a Certified Master Clothing Volunteer.

Sewing has opened up a whole new world to me—a world of new words, new friends, constant challenges, and large fabric bills. Who would have thought that a lady who had taught music, kindergarten, and worked in the field of physical therapy would now find such extraordinary delight and intense interest either bent over the sewing machine or browsing through fabrics and patterns? Thankfully my husband of 44 years has been quite understanding about it all – even his many trips down to my sewing room to find out where and when his next meal will be.

Thank you Jan, for sharing your story with all of us.

Special Thanks!

I would like to thank the many certified master volunteers that taught and helped teach the classes at the training last October. Without their assistance and vast knowledge, we could not have had another successful training. Please join me in thanking: Coetta Combs, Emma Caswell, Brenda Edwards, Anna Norris, Mary Jean Grief, Bette Zilligen, and Sue Orłowski. A job well done, ladies! I hope that everyone took a little time to also thank Dr. Linus Walton on behalf of the

Barnhart Fund for Excellence for funding the guest speaker, Karen Masłowski.

That address is:

Barnhart Fund for Excellence
c/o Linus Walton
University of Kentucky
L104 Agricultural Science Building North
Lexington, KY 40546-0091

2007 Silent Auction

The silent auction, held at our fall training, was once again successful, bringing in \$739.55.

Thank you to everyone who participated. Money from the auction will be used to fund future trainings. A big thank you to Sheila Fawbush, Louisville area contact agent, for taking charge of this event.



Looking for Fabric Outside the “Big Box”

Your local discount store is closing out their fabric section. Where do you go for inexpensive fabric? This is a question being asked by many. It’s time to think outside the box.

The first minimal cost solution is to look at secondhand/thrift/Goodwill/Salvation Army type stores. Very often clothing at these stores have had little to no wear and offer an endless source of fabric in the form of ready-to-wear garments. Ready-to-wear can be carefully disassembled, or if the garments are large enough, simply cut apart and laid flat for restyling. When cutting apart existing garments, pay close attention to fabric grain. Grain line plays an important role in the way garments hang on the body. When recutting used fabric, pattern pieces need to be cut on-grain for the same reason. Normally the lengthwise grain runs the length of the garment, parallel to the crease in a pair of

pants, down a sleeve, or down the center front/back.

Department stores and discount outlet stores offer end-of-season sales where discounted clearance items can be had for bargain basement prices. Watch for labels to give fiber content and washing instructions. Save the labels and reuse in your new creation. If you are close to a sewing factory or upholstery shop, check about acquiring scraps or outdated fabric sample books. Although these pieces may be small, they can be combined to create interesting projects.

Recycling is good for the environment and quilters have been doing this for decades. The rag pile is a great source for fabric pieces, and even notions for reusing like zippers and buttons.

Ideas for using reclaimed fabric:

- Jeans are a great source for worn denim. Use for accessories, as well as new garments.
- Fur coats can be cut up and used to make stuffed animals or used for trim.
- Formals are a great source for velvet, satin, and lace. Often only worn once, they can be given new life by restyling, made into doll clothes, or even smaller sized dresses.
- Blankets and bedspreads make good “batting” or padding for pot holders and other quilted items.
- Shirt fabric may be combined with other shirt fabrics or simply embellished to give a shirt new life.
- Skirts, especially pleated skirts afford enough flat fabric to recut and fashion into other garments. A size 24W pleated skirt can yield up to 2 ½ yards of flat fabric after pressing – enough to make a short jacket!
- Sheets are already large and flat and can be used to test the fit of patterns before styling in more expensive fabric.

With all this in mind, you will never look at ready-to-wear garments in the same way again.

JUST SEW YOU KNOW

It's Sew Fine: For Home & Family Sewing Expo 2008

Plan to attend the third annual Sewing Expo at General Butler State Park, April 15 to 16, in Carrollton, Kentucky. This event is a multi-state event, sponsored by the Louisville and Northern Kentucky Cooperative Extension areas, Kentucky State University Extension, and Purdue University. In addition to classes a number of vendors will be available for your sewing needs.

To be placed on the mailing list, contact Judy Hetterman at (502) 484-5703 or jhetterm@uky.edu.

INTERFACING

Activities from Across the Commonwealth

The following summaries were taken from your annual reports, thanks for sharing your area happenings.

Pennyrile area MCV set up a display at the 2007 Spring Area Seminar on Leadership. Clothing, quilts, pillows, table coverings and totes were displayed. A second display was exhibited at the UK Day in Princeton on July 26. Submitted by Paula Atkins, CMV

The **Purchase** area MCVs held their biennial seminars, “Gifts from the Heart” this fall. Workshops were hosted by all eight county extension offices in the Purchase area. Purchase area has seven active Master Clothing Volunteers who presented gift ideas from their booklet that includes step-by-step instructions and patterns.

From the Murray Ledger & Times, September 26, 2007

Anna Norris, CMV from the **Lake Cumberland** area reports that she has been working with a group of ladies to “build” a log cabin quilt as a missionary effort. Many of the 15 ladies are new to sewing, but they are really excited to be learning how to sew and are getting ready to begin their fifth group quilt. Many are now independently sewing, some are piecing quilts, and others are sewing for their grandchildren. The group meets once a month.

Northern Kentucky area MCVs collected donations of money and fleece to make fifteen double thick fleece blankets for cancer patients at Children’s Hospital. The blankets were made in three sizes. Submitted by Nancy Rodgers, CMV

Fort Harrod CMVs have been busy with classes for children ages 10 and up at the Anderson County Extension office. Classes started in September and meet twice a month from 2:00 to 5:00 p.m. through the month of December. The beginner project was a small quilt; intermediate sewers learned to sew a simple one piece garment; and the advanced students tackled a two piece outfit. Submitted by Barbara Ketterman, CMV

Spring break will be here before you know it. Emma Caswell from the **Bluegrass** area reports that she organized a “*Spring Fling*” sewing workshop to fill three afternoons for twelve lucky students ages 9 to 14. After spending time on basic sewing machine functions, the importance of math and reading skills was emphasized. The class project was a zippered duffle bag that they could later enter in the county fair.

Nell Jordan from the **Green River** area has taken a liking to retro aprons. After attending a program called “Where Have All the Aprons Gone?” at the 2006 KEHA State meeting, Nell developed her own

program and presented it at her county annual meeting and for two church girl’s groups. She claims to have a collection of forty aprons, now.

The **Louisville** area MCVs, as reported in the July newsletter, completed the more than 500 neck coolies for the soldiers in Iraq. According to Allysan Comstock information on supplies and patterns for the neck coolies or cool ties can be found at www.water-sorb.com .

Cotton Incorporated has become a national sponsor for a similar effort called *Project Keeping Cadence*, a non-profit organization based out of North Carolina, Arkansas, and Missouri. Volunteers are being sought to knit gloves and knit or crochet beanies, foot warmers, and ski-type masks. www.keepingcadence.com

Northeast area MCVs have been busy with a project called *Bags of Love*. Audrey Boyd, CMV, reported that in a matter of one month they were able to construct 39 quilts to be given to children who had been removed from unfit homes by social services. The drawstring bags, which double as pillowcases, were constructed by teen volunteers during the 2007 Teen conference held on the campus of the University of Kentucky. Fifty pillowcase bags were constructed and returned to the Northeast area for distribution with the quilts.

Summertime and sewing “seams” to be the story for the **Lincoln Trail** MCVs. Reports of weekly sewing clubs and sewing camp were received. Lottie Scheible reported that several of her fellow MCVs helped her with weekly meetings for girls in Meade County last summer. They started with fun projects and had a guest speaker, fiber artist Dina Buckley, who taught them to make and dye wool beads, needle felting, and embroidery skills. A field trip to a sheep farm in Washington County showed the

entire wool process from sheep to fabric. At the end of the summer Hardin County hosted a week long beginning sewing camp for twelve lucky youth. More than half of the girls gave up going to Girl Scout camp to come to the sewing camp! Cammie Brown, CMV, reported that the parents were in awe of the girls' interest and commitment and couldn't thank the CMVs enough for giving their time to their children to help create an interest in sewing. This could become a lifelong activity for them.

Ruth Moyers from **Mammoth Cave** area teaches all the units of 4-H sewing in Warren County. They begin in October and schedule classes two and three days a week through mid-April. A committee is selected to plan the county fashion revue which is held in late April. They are very fortunate to have the support of the county Homemakers and the Sewing and Vacuum Center of Bowling Green. The county Homemakers have given an award to the overall junior and senior winner for many years. A drawing is held at the fashion revue to give away a sewing machine donated by the Sewing and Vacuum Center. The 4-H sewers are very proud of their work and Ruth says it is a pleasure to teach the classes.

The Jackson County Extension Homemakers in the **Wilderness Trail** area, lead by their two resident MCVs conducted a 4-day sewing camp for youth, ages 8 to 15. During the camp, the youth learned the basics of sewing a garment from a pattern and how to use a sewing machine. Nine girls each made a pair of shorts, which they modeled on the last day.

Submitted by Margaret Hunter, CMV

Licking River MCV, Valerie Middleton, attended the Martha Pullen School in September to learn heirloom sewing techniques. We hope to hear more about her experience.

Nancy Pratt, CMV from **Quicksand** area reported that the Wild Ginger Software has been used at the Perry County Extension office for 4-H sewing camp.

Are others of you using this software in your county? Watch for the recently revised 4-H sewing curriculum – it includes a project designed using the Wild Things! software program.



Calendar of Events

February 14 Serger In-service training, Princeton Education and Research Center

February 21 Serger In-Service training, central Kentucky area (Woodford or Clark County, TBA)

February 22 to 23 4-H Volunteer Leader Forum, Lexington

March 18 MCV Steering Committee, Clark County Extension Office, Winchester

March 20 4-H Sewing Events In-service training, Scott County Extension Center, Georgetown

March 27 4-H Sewing Events In-service training, Muhlenberg County Extension Center

May 1 MCV Contact agent training, Hardin County Extension Center, Elizabethtown

October 17 to 19 Statewide Training, Kentucky Leadership Center, Jabez

Gift Card Wallet

Need a quick gift for the holidays? This little gift card wallet is the perfect way to “wrap” a gift card from your favorite retail store or restaurant. It can also be used later as a mini wallet. One pocket is designed to hold coins, the other three can hold a credit card, I.D, business cards, etc.

Supplies needed to complete one wallet:

1/6 yard firmly woven cotton

1/6 yard medium weight interfacing

Thread to coordinate



Designed by: Marjorie M. Baker

Or choose two coordinating cotton fabrics and make two wallets with alternating colored pockets.

Cut one 5-inch wide strip the width of the fabric.

Make the following cuts:

- (1) 11 $\frac{3}{4}$ inches, Back
- (2) 6 inches, coin pocket
- (1) 5 inches, middle pocket
- (1) 4 $\frac{1}{2}$ inches, lower pocket

Cut interfacing:

- (4) $\frac{3}{4}$ inch x 4 $\frac{1}{2}$ inches for tops of pockets to stabilize topstitching
- (1) 5 $\frac{3}{4}$ inches x 4 $\frac{1}{2}$ inches for wallet back

Coin pocket construction:

Crease one of the 6-inch coin pocket pieces in half to find center fold line. With right sides together, stitch along crease leaving the center 2 inches unstitched. Be sure to back stitch at all stitching ends. (Figure 1) Fold each side back with wrong sides together and press. Insert interfacing inside each fold line and topstitch $\frac{1}{4}$ inch from seam/fold. (Figure 2) Fold pocket back again along seam line, forming the coin pocket. There will be a 2-inch opening along the top edge. (Figure 3)

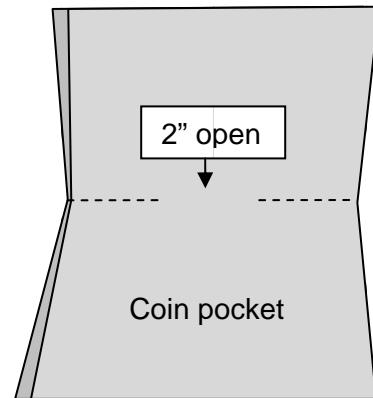


Figure 1

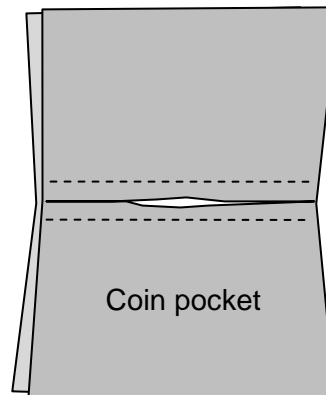


Figure 2

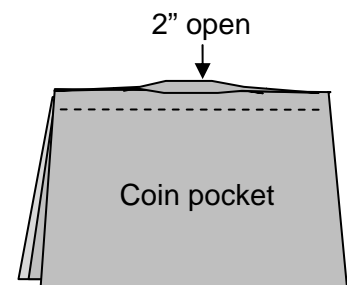


Figure 3

Assembling Wallet:

Mark the fold line on the wallet back piece $5 \frac{3}{4}$ inches down from one end. Apply interfacing aligning the edge of the interfacing with the fold line and end. The interfacing will be $\frac{1}{4}$ inch smaller than the back fabric on the sides. Interfacing can be positioned with a glue stick if it is not fusible.

Fold remaining pocket pieces in half wrong sides together and press. Insert interfacing inside each fold line and topstitch $\frac{1}{4}$ inch from fold. Position the pockets in this order against the right side of the non interfaced end of the wallet back: (Figure 4)

- Lower pocket** (smallest one) – place even with the lower edge
- Middle pocket** (medium sized one) – place $\frac{1}{4}$ " from the lower
- Coin pocket** – place $\frac{1}{4}$ " from lower edge, covering the middle pocket

The middle and coin pocket are placed $\frac{1}{4}$ inch from the edge to eliminate extra layers in the finished seam and enable sharper corner when the wallet is turned right side out.

Fold wallet back along fold line with right sides together. (Interfaced end will be $\frac{1}{4}$ inch shorter than the pocket end.) Stitch sides and lower edges with $\frac{1}{4}$ inch seam allowance, being careful not to catch the lower edges of the middle and coin pockets or the interfaced back. Clip corners close to stitching. (Figure 5)

Turn wallet right side out through pocket opening at seam line. Turn pockets to the outside if necessary. Press. Top stitch $\frac{1}{4}$ inch from all four sides, taking care to catch the lower edges of the inside pockets as you sew. (Figure 6)

Optional: Add decorative machine stitching instead of topstitching across tops of pockets or add an embroidered design to wallet back before assembling. Hook and loop fastener may also be added to lower pocket and flap before assembly.

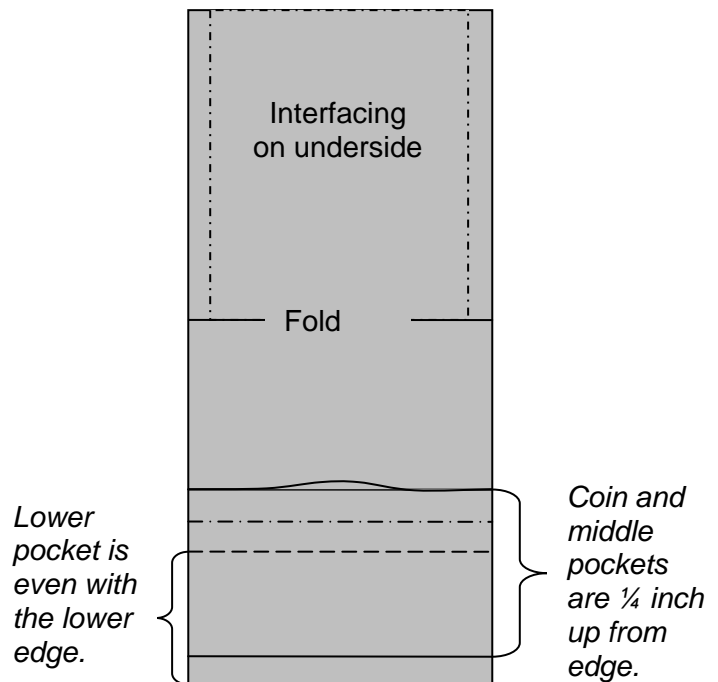


Figure 4

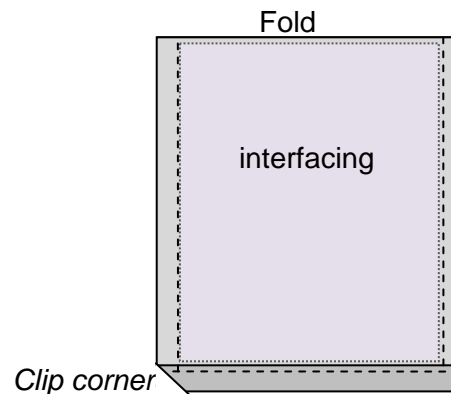


Figure 5

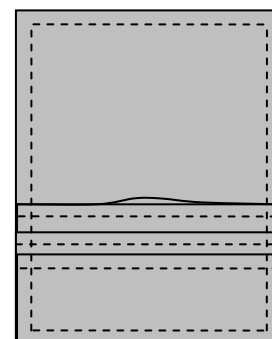


Figure 6

CREENTIAL SHEET

**Master Clothing Volunteer
Steering Committee**

Position: Certified Master Volunteer

Length of term: Three years

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 MCV 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
242 Scovell Hall
Lexington, KY 40546-0064

Due Date: January 30, 2008

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 or Hours (MCUs/MCHs) earned (approximately): _____

What activities, on behalf of the MCV program, do you enjoy most?

4. Would you be willing and able to attend and participate in committee meetings three to four times a year? Yes No

5. Would you be willing to assist with training sessions? Check appropriate response.

No, I would not be able to assist. Yes, only in planning the activity.
 Yes, if the training is during the day. Yes, and I can stay overnight.
 Yes, with the following limitations: list below: Other: explain below:

6. What have 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 Clothing Volunteer Program** meant to you, your county and/or your area? Confine your answer to one type-written page.