UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE Lexington, Kentucky 40546-0091



COOPERATIVE EXTENSION SERVICE

Happy New Year and Groundhog's Day!



"extending clothing knowledge and skills"

KENTUCKY MASTER

VOLUNTEER

IN

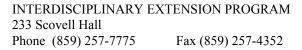
CLOTHING

CONSTRUCTION

PROGRAM

February 2002

VOL 11 No 1





It's been a busy start to the new year. As I read your county newsletters I am finding that many of you are equally busy teaching and helping with various sewing classes. This is wonderful; keep up the good work! Your talents and skills are being put to good use. As a reminder, be sure your agents are showing that you are a *Certified Master Volunteer* if you have earned that distinction. I have noted your name and sometimes information about you being a part of the Master Volunteer Program. However, more often than not, the CMV notation does not follow your

Congratulations go out to **Jean Carlson** and **Valerie Middleton**, Mason County MVs, Class of 2000, for receiving a grant from the Kentucky Extension Homemakers Association. Their grant is going to help purchase sewing machines and get a sewing program going in the county.

name in the newsletter. You have earned that distinction; be sure and use

Sue Orlowski, CMV Marshall County; **Mary Jean Grief**, CMV McCracken County; **Sara Ann Counts**, Graves County; **Jo Farley**, CMV and **Connie Talent**, CMV Calloway County, have been busy helping Carol Vinyard, Carlisle County FCS Agent, teach basic serger sewing sessions. Class registrations have been extremely good. I am also hearing wonderful comments from agents around the Purchase Area about these workshops.

Wanda Teegarden, Cammie Brown and Anita Conder, Hardin County have been helping Liz Kingsland teach some of the designer bag sessions being offered in that county. I understand they will be offering a basic sewing workshop beginning in April. From all the activities I am hearing about I know you are really going to have lots of service hours to report.

As your State Coordinator, I have also distributed information about the program to several individuals who have requested it. Program brochures were also passed out to the representatives attending the State Extension Council meeting. Area Program Directors also received a copy of the 2001 MVP Progress Report at their February Administrative Staff meeting. On the downside, this report really does not reflect all of the work you did in 2001 as some of you did not turn in reports. I can only report numbers that I have received!

Best wishes to each of you for a good spring.

Linda Heaton



MVP SPOTLIGHT



Ada Blair, Class of 1994

Ada Blair, CMV Laurel County, has lived in Laurel County most of her life. She taught at Bush Elementary School for thirty years, retiring in 1992. She has been married to a Baptist minister for fifty years, and they have four children—three are adopted.

Ada learned to sew when she was in elementary school. Her grandmother taught her to use the sewing machine and to hand stitch on quilt blocks. "The County 4-H Agent taught me to do blind stitching on a dish towel made from a feed sack" Ada says.

In high school Ada continued sewing by taking Home Economics and sewing on her own at home. As a result of learning how to sew, she has made clothing for herself and her children. In addition, she has made draperies, bedspreads and upholstered furniture. According to Ada, "I made the formal dresses for my two daughters, and I made their wedding dresses." After retiring from teaching, she had an alteration business until she became ill with rheumatoid arthritis.

After her retirement, Ada heard about the Master Volunteer in Clothing Program and decided to apply. The rest is history! In her own words, Ada says "my sewing skills have improved, I've made new friends, and I have enjoyed being a Certified Master Volunteer."

Ada, we are very pleased and proud to count you as an active member of the Kentucky Master Volunteer in Clothing Program!

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Have you tried working with decorative embroidery stitches and you cannot get the first

design even? Have you been sewing on lightweight fabric and when starting to stitch the seam the fabric is pushed down in the needle hole? Have you started a seam on a bulky



piece of fabric and the presser foot will not move?

One way to help ease these dilemmas is to use a "starter" fabric made of scrap. Double the "starter" fabric and butt it up to the seam you are going to sew. Start sewing on the starter. Once you begin to sew the regular seam, back stitch to secure stitches and cut off the "starter."

On denim and very heavy fabric start sewing ½-inch from the beginning of the seam and sew to the opposite end. Turn the garment around and sew the end of the seam that was not stitched. Be sure and back stitch when beginning and ending the line of stitching.

Contributed by:

Johnn Ellegood, CMV Carlisle County, Class of 1996. JoAnn is currently serving on the MVP Steering Committee.

Sewing . .

All of us who love to sew generally recognize how important this skill is to our "peace of mind." For many of us, sewing is a true stress -reliever.

The American Home Sewing Association commissioned a study several years ago to identify whether sewing has any stress-relieving benefits. The study was conducted in a controlled environment at a psychologist's office in New York City.

Thirty women (15 experienced sewers and 15 novices) were asked to participate in five different leisure-time activities. They included playing a

card game, painting at an easel, reading a newspaper, playing a hand-held video game and sewing a simple project. The physiological measures taken were heart rate, blood pressure, epidural skin response (perspiration) and peripheral skin temperature.

Significant findings (95 percent confidence level) were found in two areas:

- reduction in heart rate, and
- reduction in blood pressure.

These reductions occurred while women were sewing. Furthermore, the reductions were significantly lower than when the women were engaged in the other leisure-time activities. Several activities were actually found to create stress by raising blood pressure and heart rate.

Another rather interesting fact is that both groups of women, the experienced and the novice sewers, experienced the decrease in heart rate and blood pressure.

Sewing has lots of benefits in addition to reducing stress!

- Increasing self-esteem by feeling proud of something special you have created.
- Expressing and exercising your creativity.
- Achieving a garment that fits the body perfectly every time.
- ► Selecting just the right fabric in just the right color or design for that special occasion.
- ► Saving money with a custom-made item.
- Sharing the art and skill of sewing with family members, friends, and the community when you teach others.

Source: Sewing . . . It's Sew Soothing, American Home Sewing Association, New York, NY.

2002 MVP Workshop Requests

The MVP Steering Committee is responsible for planning the various workshops each year. We have really had some outstanding sessions and presenters through the years.

The committee will be reviewing your comments and suggestions from the 2001 training, and putting together a tentative fall schedule at their meeting in March. As usual we will be offering some workshops we have offered in the past to give all volunteers an opportunity to take them. We also need some new things!

We welcome and will gladly entertain workshop proposals from any CMV/MVP and County Agent team or other sewing professional you would like to recommend. Keep in mind that many of our well-known sewing professionals frequently charge workshop fees. Some of these fees can be steep—too much for our program to pick up or to pass on to you as volunteers. However, some of you may have connections that might help us reduce this charge.

Get your recommendation to one of the MVP Steering Committee members *by March 25*.

MVP Steering Committee: JoAnn Ellegood, CMV Carlisle County; Marilu Stevens, CMV Caldwell County; Sue Orlowski, CMV Marshall County; Gina Noe, Madison County 4-H/Youth Agent; Elaine Clift, Trigg County FCS Agent; and Linda Heaton, State Coordinator.



Calendar

February/March – MVP Contact Agents work with APD to select an incoming MVP Assistant Area Contact Agent.

March 29 - MVP Steering Committee meeting, 11:00 a.m. (ET)/10:00 a.m. (CT) Grayson County Extension Office.

April 11 - 13 - Sewing & Craft Expo, Covington, KY (Northern Kentucky Regional Convention Center). For registration/more information, see web site: www.sewncraftexpo.com.

May 2 - MVP Agent Inservice Training, Hardin County Extension Office.

May - July - Volunteer recruitment for the Class of 2002. For application and information, contact the State MVP Coordinator or your location County Extension Office.

September 17 - 20 - MVP Statewide Training and Workshops, Kentucky Leadership Center, Jabez, KY.