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*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
January
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Linda's Lines

Happy New Year! If you are like me, it's still a little strange writing—and even believing it is 2003. Before we know it, the time for our Mid-Rotation Training will be here. The MVP Steering Committee met in December, and has already begun to think about sessions for the training. We will put together a program draft during our next meeting in March. If you are not sure of the training dates, be sure to check the calendar at the end of the newsletter.

If you have not been on the MVP web site recently, you will want to go on-line and check out the photos! It is a great reminder of the good times we had, the friends we made and the things we learned. Again, we owe Mary Averbeck, Kenton County (Northern Kentucky) MVP Assistant Contact Agent, a big thanks for capturing the good shots.

Hats off to several individuals in the Class of 2002! They returned home and worked furiously on those samples and garments. Congratulations to **Edith Webb**, Shelby County (Louisville Area), **Pat Douglas**, Spencer County (Louisville Area) and **Coetta Combs**, Madison County (Bluegrass Area) for satisfactorily completing their teaching tools! They are now collecting service payback hours. I am scheduled to check several others (**Judy Greenwell**, (Jefferson County), **Emma Caswell** (Bourbon County), **Stephanie Lancaster** and **Kim Dunkin** (Montgomery County), as well as some of ladies in west Kentucky in February. Keep up the good work!

As you read this newsletter, please note the opportunities that are knocking on your door as master clothing volunteers! I hope we will have some individuals interested in being a part of these activities and earning some additional hours.

Linda Heaton

Pant Rhetoric

Most women today have a wardrobe full of pants. They have become an important wardrobe staple. Each season we see one or more styles come and go in fashion leaving us in an uncertain position. What must a gal do to select pants that are comfortable, fashionable, and flattering? Here are some major rules to follow:

Rule 1: *Pants can not be made, or altered, to flatter every figure.* Barbara Weiland (well-known sewing expert) says if you are short and 25 or more pounds overweight, you will look better in softly styled, narrow skirts than in pants. However, if you find yourself in this category, and “love” to wear pants, accept your limitations and make the best of the situation! Choose a pant style that is softly gathered at the waistline and has a straight leg.

Rule 2: *Pants are categorized by style (cut of the garment). Styles come in and out of fashion. Straight-legs are always in fashion and are the most flattering to more figure types than any other style.* Be alert that wearing wide-legged pants or highly tapered ones will date your appearance when the current fashion has moved to the other extreme even if the pants fit you perfectly. The fashion-smart individual will wear a style that is similar to the current trend, taking into consideration her figure type.

Rule 3: *Pants that are too loose or too tight are not flattering to any figure!* Contrary to popular belief, wearing form-fitting or tight garments does not make the figure look smaller. It simply exposes the body size and shape. Pants that are too full can make the figure look even larger than it really is. The key is to achieve as good a fit as possible!

Rule 4: *The appropriate length of pants is in direct relationship to the lower pant width and the shoe heel height.* Always wear the shoe, or a shoe with the same heel height you plan to wear with the pants, when gauging the hem length. The narrower the pant leg, the shorter the pants. The pant must clear the foot and shoe. On fuller pants, the hem should fall along the arch and break slightly at the front. Keep in mind when an individual gains weight, pants will shrink in length as extra fullness is needed and takes up the crotch depth.

Rule 5: *Wearing panty hose, spandex panties, or a girdle under pants can create an unnatural look and a misleading fit of ready-to-wear pants.* If you like or plan to wear any type of support garment under pants, strive for a looser fit in the derriere. When shopping for pants, go prepared to remove hose if necessary.

[You are strongly encouraged to read Barbara Weiland's article, *Top 10 Pant Rules*, featured in **Sew News**, February 2002; pages 18 -20.]

4-H & CMV Opportunities



State 4-H Fashion Revue

For over a year, a 4-H/Youth Apparel & Textile Committee has been gathering information to determine needed changes in the respective youth projects and events. *Look for some changes to be in place next fall!* In the meantime, a state committee is being established to put together the 2003 State Fashion Revue. If you are interested in serving on the committee or would like to be involved in anyway with this year's show or fashion revue track, please get in touch with Linda Heaton as soon as possible. Even if you are not sure how you can contribute, take that leap and discuss it with Linda! The committee tries to meet face-to-face monthly, but much of the work can be accomplished by e-mail or conference call. The 4-H State Fashion Revue takes place during “4-H Senior Conference Week” on the Lexington campus (the second week in June).

Kentucky State Fair –Judging & Etc.

For several years now, we have had one or two CMVs serve as clothing judges at state fair. Last year was our most successful venture with four volunteers from the Purchase Area. Volunteers are paid minimum wage for their work time, but are responsible for travel to Louisville and their own lodging. Sometimes arrangements can be worked out with County Agents traveling to the fair to work. If you are interested in this opportunity, please notify Linda Heaton by April 1. Your help with judging would be needed on August 11 & 12.

Etc. --- The 4-H Department has asked if our volunteers would be interested in doing some type of “mini” show, presentation, or activity in

Cloverville during a designated time at State Fair. We even talked about bringing in a few sewing machines and letting individuals make a small project (for a fee). This could be something like the quilted wallet we did at last Mid-Rotation Training. It might also be a time when areas could do a “show ‘n tell” or fashion show of a project they have made. You come up with an idea and let’s try it out! If individuals or areas are interested, let Linda Heaton know by April. She will provide interested individuals with more information as it becomes available.

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Sewing with the Beginner

Teaching a young 4-Her to sew can be a rewarding experience. It can also be a trying one, for both the instructor and the 4-Her. Listed below are a few hints that might help smooth the way. If all else fails, remember perfection is not the goal. Having fun and passing on a valuable life skill is!

- Patience is a virtue!! Project knowledge is not nearly as important as patience. A seam ripper may become your most valuable tool, but don’t over use it. Be prepared, be flexible, and don’t be surprised.
- Don’t assume anything. Give thorough instructions to both 4-Hers and their parents. If possible, hold your first meeting at a fabric store. Show your 4-Hers and their parents the fabric, patterns, notions, and equipment they need. If this is not possible, send home a detailed list with samples attached. You would be surprised how many people do not know how to identify a woven fabric.
- If you are working with a group, suggest the same pattern for everyone, or at least a similar one. This will eliminate the need for you to read and be familiar with several different guide sheets. 4-Hers can also help each other if they are all doing the same thing.
- Take measurements before patterns are purchased. Pattern sizes and ready-to-wear sizes are not the same. Help your 4-Hers select the correct size.

- The first and second year 4-H projects require the use of woven fabric. Fabrics with a small design are best. Steer 4-Hers away from plaids or one-way designs. Matching is not a task for beginners. Fabrics with designs hide flaws and re-sewn seams better than solids.
- Show samples of notions and equipment needed. The first year project usually has elastic waist. Tell 4-Hers the correct width they will need for their project. A good list of supplies needed is available in the ***Clothing Construction Leaders Guide*** (4JD-#1LO) on page 18.
- Make sure all your classes/sessions are hands-on. Show your students how to do a skill and then let them repeat it for you. Do not thread the sewing machine for them each week. Although you can help with removing improper seams or stitches, make sure they get to remove some too. Remember, the motto of 4-H is “learn by doing” not “learn by watching.”

Most of all, enjoy what you are doing and help your 4-Hers to do the same. You love to sew; shouldn’t they?

Written by Gina Noe, Bluegrass MVP Area Contact Agent & member of the MVP Steering Committee.

2003 Commitment Form

Everyone who participates in the Master Volunteer in Clothing Program must sign a MVP Commitment Form each year!

Everyone attending last year’s fall training received a clean copy in their packet of materials. This is one of the activities our MVP Area Contact Agents are asked to complete at the Area Meeting session we have during the fall training. However, for various reasons, we have not received signed forms from all of you.

We asked agents to follow through with this procedure in December, telling them that volunteers were not to receive any additional newsletters until this year’s Commitment was signed. This did not happen in all areas!

Volunteers, we must have documentation of your signed form. After your forms are sent

to the state office, it is returned to you with Linda Heaton's signature (in addition to your signature and your MVP Contact Agent's signature.)

According to our records, we have not received 2003 Commitments from the following CMVs: **Peggy Cox, Shirley Boyles Belcher, Ruth Moyers, Marilyn Shrader, Barbara Stiles, Cammie Brown, Anita Conder, Wanda Teegarden, Carol Stine, Evelyn Ewing, Sandy Palmer, Elaine Evola-Lyverse, Brenda Fey, Alice Newman, Jan Mathis, Kathy Lauer, Henrietta Goff, Elveree Crawley, Barbara Bryant, Mary Graehler, Joan Gertz, Wenda Curry, Anglee Smith, Ada Blair, and Devonna Hisel.**

MVP SPOTLIGHT



**Kathy Lauer, CMV
Class of 1996**



Kathy began preparing for this spotlight by looking at some of the previous articles to get an idea of what to write. She says, "After seeing them, I realized they didn't help a lot!"

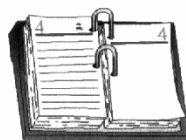
Kathy has been happily married for 23-years and has two daughters. She and her family live in Campbell County in Northern Kentucky. She has actually lived in the same spot all of her life. Kathy's parents gave her family the property on which their house is built. This is where Kathy's spotlight changes from others featured in past issues!

Kathy writes "I have a wonderful mother. But sewing, I don't think so!" By the time she was old enough to realize what her mother was doing, it was not sewing. Kathy is the fourth oldest child of 9 children. So you can imagine her mom was busy doing other things. Her mother helped one year—her first and only year of 4-H sewing. Kathy, however, had sewing in Home Economics classes in high school. "That was the only sewing that I did until I married and decided to try making things for my own children," she says.

The hardest thing I had to do, she says, was to try and understand the directions on the guide sheets that came with the patterns. Finally, she just started doing it anyway she could get it to work out. Kathy admits this leads her to the hardest thing she has to do in the MVP program. [*Change old habits!*] "You know the saying, 'you can't teach an old dog new tricks,' well it's not true!" she says. "This old dog has learned a lot since starting this program." Kathy does admit there are a lot of her old tricks that she needs to forget, but she is working on it!

This energetic lady works with about twenty-five 4-H sewers every year. She says it just seems to grow a little more each year. Kathy tells us the MVP program has been a tremendous help to her and to her 4-Hers. "There is nothing I have found more enjoyable than working with these guys on their projects!" she says. Both of her children are now old enough that they no longer participate in the competition portion of 4-H. Kathy's husband keeps asking her how much longer she is going to stay with 4-H. She says her house becomes a sewing factory for about three months while 4-Hers work on their projects. In reply to her husband's question, "You will be the first to know!"

Kathy, our hats are off to you for "telling it like it is!" Most--if not all-of us have some sewing habits we need to change. We know your 4-Hers are richer for having you as a teacher/leader. LMH



CALENDAR OF EVENTS

March 8-9 -- Sandra Betzina Seminar, Baer Fabrics, Louisville.

March 27 -- MVP Steering Committee meeting Grayson County Extension Office.

April 29 -- MVP Showcase, 2003 KEHA Annual Meeting, Owensboro.

May 8 -- MVP Agent Inservice Training, Elizabethtown.

July -- MVP Newsletter containing registration material for fall Mid-Rotation Training.

October 15 – 17 -- MVP Mid-Rotation Training, Kentucky Leadership Center, Jabez.