

INTERDISCIPLINARY EXTENSION PROGRAM
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*“extending clothing
knowledge and skills”*

KENTUCKY

MASTER

VOLUNTEER

IN

CLOTHING

CONSTRUCTION

PROGRAM

**November
2004**

VOL. 13, NO. 3



Bobbin along with Marjorie

Happy Holidays to everyone! I trust that each of you had a bountiful Thanksgiving and you are getting those Holiday gifts all “sewn” up.

Our 2004 MVP Training was another big success. We started a new class of 19 volunteers and certified 23 volunteers from the class of 2002. The banquet was a lot of fun. Bluegrass and Fort Harrod areas are to be commended for a great job in pulling it together. Many thanks to the following CMVs for preparing and teaching workshops at the training: Mary Jean Grief, Sara Counts, Sandy Palmer, Coetta Combs, Brenda Pinkston, and Nell Jordan. Our program has helped develop these ladies into outstanding teachers. I hope that more of you will be willing to give back to the program and consider teaching at future trainings. Speaking of future trainings, mark your calendars for the 2005 Mid-Rotation Training. The date will be Oct. 19-21 at the 4-H Leadership Center. Those of you who were unable to attend this year were missed, and we hope you will be able to join us next fall.

Steering Committee members Jo Ann Ellegood, CMV, and Gina Noe, 4-H agent, will be rotating off the committee in the spring. We thank them for their extended years of service. As you know, the steering committee is responsible for charting and directing the program focus, planning training and workshops each year, writing articles for this newsletter, and making and carrying out program policy. Please consider applying for the upcoming vacancy. An application form for the CMV position is attached at the end of this newsletter. The county 4-H agent position is in the process of being filled.

Thank you for welcoming me so warmly as your new state coordinator. I look forward to the upcoming year getting to know each of you better and checking samples from the new class! Best wishes and God bless.

Marjorie M. Baker

Linda's Lines

It was so good for me to have an opportunity to be with you at your 2004 MVP Training in October! That opportunity helped me bring closure to a wonderful venture in serving as your State Master Clothing Volunteer Program Coordinator.

My sincere thanks go to all of you in the Bluegrass and Fort Harrod Area and to all who participated in the splendid banquet event. I will always remember the laughs, the fun, and even the tears. What a wonderful time we had! Isn't Coetta a "hoot"?

Thanks so much to each of you for all the wonderful memories you have given me! We hold many things in common, including a *very special* love of sewing. I am so very proud of each of you and the work you do in your communities to teach others and share this important skill. You can pay me no greater honor than to continue that work and to continue to recruit other talented individuals to join you in becoming Kentucky *Certified Master Clothing Volunteers*.

I am in the process of writing special notes to those of you who were so kind to remember me in special ways. I was very much overwhelmed with your many words and acts of kindness.

Best wishes to each of you for a wonderful, joyous holiday season!

Linda Heaton



ATTENTION: Certified Master Volunteers

Certified Master Volunteers who attended the 2004 Mid-Rotation Training may report the following hours for *Attending Activities*

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Creative Machine Stitching	6.5
Creative Serging	6.5
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New Products Showcase	3
Knowing Sewing Challenge	2
Wild Ginger Software demo	2
Reporting Session	1.5

Creative Machine Stitching required some preparation time before class that can be recorded under preparation on page 1. Teachers of classes can count prep and teaching time on page 1 also.

Turban Service project

Ninety-eight turbans/caps have been delivered to the American Cancer Society in Lexington. Of these, 65 were completed during the workshop at the fall training. Great job, ladies, keep up the effort as the patients are all thrilled with the variety they have to choose from. Some of you requested the address of where the caps are taken:

American Cancer Society
160 Moore Drive, Suite 201
Lexington, KY 40503-2919

2004 AUCTION

Once again, the Silent Auction proved to be a very successful fundraiser for our program. Many thanks are extended to Shelia Fawbush and Kathy Brannon for coordinating this. This year's final total was \$1,003!

WHAT'S YOUR PERSONAL STYLE?

By Sandy Davis, C.M.V.

What's your personal style, your lifestyle, your career style, your body style, your clothes style? If you can answer these questions, you know what image you are projecting. The fashion industry tells us what we should wear regardless of our own personal style. Do we have to listen? Absolutely not!

When we consider what our personal style is, we take into account what works for us; what preferences we usually have. We each project a certain image to everyone who sees us. When we know the answers to the questions, we are confident with the image we are projecting.

Some image consultants break the types of personal styles into four categories: 1) the Tailored Classic; 2) the Sporty Natural; 3) the High Fashion Dramatic; and 4) the Feminine Romantic. Knowing where our preferences fit into these four categories helps us simplify our choices in buying or sewing garments for our wardrobes - even if we fit into more than one of the categories. As a result, our wardrobe decision-making is greatly simplified.

Another important factor to take into consideration is our lifestyle. We must consider what percentage of our time is spent on each of our daily activities. Do we work full-time or part-time, or do we volunteer our time? How much time is spent as family time: as mother, as cook, as chauffeur - doing home and yard chores? How is our social time and recreation time spent? Our wardrobe will be a reflection of all these factors.

Then, there's our career style, for those who have a paid or unpaid career. Dressing for the job we want, instead of the job we have, is a great way to give the boss a clue about our future aspirations. It's important that we know what message we're sending by the way we dress.

Our body style determines what clothing styles flatter our figure the most. If you have had a figure analysis done, you know what your body type is; however, if you haven't had one done, it's fairly easy to determine your body type. Generally speaking, if your shoulders are in a straight line vertically with your hipline and you can see a definite waistline, you have an hourglass figure. If your hips are visibly larger than your shoulder width, you have a triangle shape. If your shoulders are visibly larger than your hip area, you have an inverted triangle shape. If your shoulder and hip areas are visibly the same and you don't have a defined waistline, you have a rectangle shape figure. Once your body style has been determined, you are better equipped to know how to select clothing and patterns that will enhance your figure the most.

Finally, our next task is learning about style lines, curved lines, a garment's silhouette, how a printed fabric influences the look of the garment, how the drape of the fabric influences the way a garment hangs on our body, the garment's ease and length, and how the colors affect our skin tone. All of these factors dictate how slim or how heavy, even how young or how old we look in our clothing. If we are going to spend time and money sewing our own garments, we want to look our best!



Ruth Moyers

CMV Warren County, Class of 1998

Ruth Moyers is in the spotlight this month. Ruth grew up in a family of sewers – her grandmother being a quilter, her mother making clothing for three daughters, and her sister, as a child, making doll clothes - and has sewn much of her own clothing.

After retiring from BellSouth, Ruth moved back home to Warren County and began helping with sewing classes for 4-H youth. With the encouragement of Janet Turley, 4-H agent, and Shirley Belcher, her sister, she began the process of becoming a Certified Master Clothing Volunteer.

Making “perfect” samples was a challenge, but they were soon finished and approved. Ruth says the Master Clothing Program has taught her the finer techniques of sewing and given her confidence in teaching others to sew. It is very rewarding, she said, to see a youngster's pride when they have finished their first sewing project.

Ruth continues to teach 4-H sewing classes and has just started her 12th year of teaching 4-H sewing. She plans to continue “learning to sew.”

◦ DOROTHY DO RIGHT ◦

Needle Knowledge

There are a number of needles on the market for specific uses; be sure you use the right needle for the job. When selecting a needle for regular sewing, start with the needle size. European needles range in size from 60 to 120, which refers to the diameter taken on the shaft right above the eye. American needles are sized from 8 to 19 in an arbitrary numbering system and paired with corresponding European sizes. For example, 60/8 or 70/10; the larger the number, the larger the needle.

What's in the name? The needle type and name are determined by the characteristics of the needle's point.

STANDARD NEEDLES:

Universal needles – safest choice for most fabrics, it has a slightly rounded point.

Microtex and sharp needles – use for sewing micro fiber, silk, and synthetic leather. Also used for precision straight stitching and heirloom sewing.

Denim (jeans) needles – for heavyweight denim, duck, canvas, upholstery fabric, artificial leather, and vinyl. This needle differs from heavyweight universal in that it has an acute point.

Ballpoint needles – for sewing heavier knits. Points are rounded to penetrate between fabric yarns.

Stretch needles – for sewing highly elastic fabrics such as Spandex or Lycra. Point is a little less rounded than ballpoint needle.

Leather needles – for sewing natural leather. Point is almost arrowhead in shape and actually cuts a hole for thread to sew through. Do not use on synthetic leather.

DECORATIVE NEEDLES

Topstitching needle – has an extra large eye to accommodate heavier thread and an extra-acute point.



Metallica needle – has an extra long eye and groove to allow fragile, metallic thread to flow smoothly and a universal point.

Embroidery needle – used for machine embroidery with decorative thread. Has a light point (neither sharp nor ballpoint) and enlarged eye to prevent thread from shredding at the high speeds of stitching.

Quilting needle – has a special tapered shaft to prevent damaging fabrics when stitching multiple layers.

SPECIAL PURPOSE NEEDLES

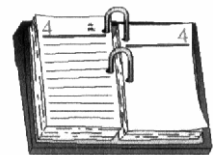
Wing needle – for heirloom sewing and hemstitching, it has “fins” on the sides of the shank to create holes as you sew on linen and batiste.

Twin needle – two needles on a single shaft, used for decorative stitching and pin tucks. Needles are available with universal, stretch, embroidery, denim, and Metallica points.

Triple Needle – three needles on a single shaft, used for decorative stitching, available with universal points.

Spring needle – for free-motion stitching with the machine's feed dog lowered. This needle has a wire spring above point to prevent fabrics from riding up onto the needle, thus eliminating the need for a presser foot.

The above information was based on an article by Lydia Morgan, *Threads Magazine* #94.



Calendar of Events

Dec. 6 MVP Steering Committee Meeting, 2:30 p.m. CT, Muhlenburg County Extension Office, Greenville, KY

Dec. 7 4-H Needlework in-service training, Mulhenburg County

Dec. 9 4-H Needlework in-service training, E.S. Good Barn, Lexington, KY

March MVP Newsletter
All CMVs or MVs who enjoy writing are encouraged to submit an article. Articles and items for this issue are due Feb. 15

May 5, 2005 MVP Agent in-service training

Oct. 19-21, 2005 Mid-rotation training

CREDENTIAL SHEET

**Master Volunteer in Clothing Construction
Steering Committee**

(Three-Year Term – Certified Master Volunteer)

The Master 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 MVP 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 MVP Steering Committee. Decisions will be determined and persons 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 Volunteer in Clothing Program
University of Kentucky
206 Scovell Hall
Lexington, KY 40546-0064

Due Date: January 15, 2005

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:** How would you rate yourself and why?

___ Team member ___ Leader of team ___ Follower

Explain your response: _____

3. Total number of Master Credit Units (MCUs) earned (approximately): _____

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

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

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

- | | |
|--|--|
| <input type="checkbox"/> No, I would not be able to assist. | <input type="checkbox"/> Yes, only in planning the activity. |
| <input type="checkbox"/> Yes, if the training is during the day. | <input type="checkbox"/> Yes, and I can stay overnight. |
| <input type="checkbox"/> Yes, with the following limitations. | <input type="checkbox"/> Other: explain below: |

6. What has been your most successful activity and/or learning session while involved in the Master Volunteer Program? Explain.

7. What unique experiences, skills, or expertise do you feel you could bring to the Master Volunteer Program? List or discuss below.

8. On a separate sheet of paper, respond to the following question: What has the **Master Volunteer in Clothing** program meant to you, your county, and/or your area? Confine your answer to one typewritten page.