



*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
November 2001**

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INTERDISCIPLINARY EXTENSION PROGRAM
233 Scovell Hall
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**LINDA'S
LINES**

What a great training! My thanks to each of you who attended the 2001 Mid-Rotation Training last month at the Kentucky Leadership Center. We missed Jo Farley, Peggy Cox, Mary Jean Grief, Joan Loy, Ada Blair, Audrey Boyd, Donita Myatt, Brenda Fey and Jerry Lawson. We hope you gals can be with us next year.

Speaking of next year's training, we have had to change our date because of a conflict with a national meeting Kentucky will host during that time. Mark your calendars for September 17 - 20, 2002. This will also be the year for a new class of volunteers—the Class of 2002. You volunteers are the best recruiters for the program! If you know of individuals who "love" to sew, have a sound foundation of basic sewing skills and knowledge, and who would enjoy sharing their knowledge of sewing with others, invite them to find out more about the program from their local county Extension office. Applications for the program will be available after May 2, 2002. Meanwhile, share the cream and blue program brochure you received at the training, or ask your MVP Area Contact Agent to send them a program brochure.

Next year also marks the time for our Certification & Recognition Banquet. The volunteers and agents in the Lincoln Trail Area will serve as our banquet decoration and program committee. Thanks, ladies for volunteering for this important activity!

As 2001 draws to a close, may I say how much I enjoy working with each of you and the *Kentucky Master Volunteer in Clothing Program*. You are among the finest, most creative women I know! My very best wishes to each of you for a wonderful holiday season. Let's all find time to pause and give thanks for the freedom to meet and enjoy our love of sewing, for our families and cherished friends, and for our health.

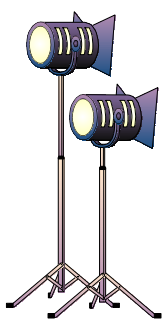
As always,
Linda Heaton

Quilt Project—a Big Success

The two-year quilt project came to a successful end on Wednesday evening, October 17 when the recipient's name was drawn. The proud winner of the quilt was Joy Medley of Loretta, Kentucky.

The quilt project provided \$1,505 that will be used to develop a more permanent MVP display board and to print the first MVP Picture Directory that we hope to distribute via your MVP Area Contact Agents in the near future.

Our heartfelt thanks to all the individuals who helped to make this project happen. To **Sue Smith**, Hardin County FCS Agent, who chaired the committee and steered the project to its successful end. To the agents (**Judy Hetterman**, Owen County; **Leslie Workman**, Pike County; **Rita Spence**, Greenup County) who worked with Sue. To the volunteers from each area across the state who put the individual squares together. To **Aggie Fink**, CMV and **Eleanor Little**, CMV of Pike County along with Leslie Workman's guidance, who fitted and sewed the squares together. We will always be indebted to the skillful hands of **Nita Benson**, CMV; **Karen Mikel**, Class of 2000; and former member Martha Smith of Owen County for their loving handwork and beautiful quilting. Our thanks also to those of you who purchased chances, sold tickets and encouraged the completion of this project.



MVP SPOTLIGHT

Joan Litteral CMV
Class of 1994

One of Joan's earliest memories is that of her mother in her apron and bonnet, working around the farm in Greenup County. Born the youngest in a family of twelve children, Joan was used to seeing her mother work. She remembers her sewing their dresses, linens, and quilts. Although this was in the 1940's, Joan's mother still did her sewing on a 1915 model Singer treadle sewing machine. Joan joined 4-H in school and made an apron, but didn't sew any more until she was a teenager. The first thing Joan made on that old treadle machine was a bonnet for her mother.

Joan soon married and started her own family, two sons and a daughter. She sewed most of their clothes, curtains, and other home furnishings. Joan made her daughter's prom, graduation, and wedding outfits. She even made a jacket for her son, which he wore at his wedding! Then the children all left home and she lost interest in sewing for almost 20 years.

After teaching school for 33 years, Joan retired and found herself at loose ends for about two whole weeks. Then she joined the Greenup County Quilt Guild and started quilting. This led to the start of sewing again. That's when Ann Howard, CMV and fellow quilter, talked Joan into applying for the Master Volunteer Program. She was accepted and became a member of the Class of '94. Joan can remember the dread she felt when faced with those samples! She really had to practice, as her sewing skills were slightly rusty. There were so many new products on the market and techniques had improved so much that Joan felt like a beginner. But made it with only a few post-it notes on her sample book.

Joan's first trip to Jabez was an adventure. She had heard about it, but you have to go there to fully understand just what Jabez is. Besides being a place, it is also an experience. The atmosphere, the food, the work, the sharing, the food, the instructors, the new ideas, the food....! She always learns some new methods or tips to help her teach, and she enjoys teaching these to others, especially adults. It's great to make new friends and renew old friendships.

The entertainment at the banquet is always something to look forward to, and Joan even enjoyed the skit her area did in 2000. Playing Grannie, in apron and bonnet, she felt like she had come full circle and had become her mother. Thanks, Master Volunteers, for helping her make new memories.



DOROTHY DO RIGHT



One of the most difficult things we must learn to do when sewing clothing is to learn how to fit. If you want to look your best, garment fit is a *MUST* regardless of whether you sew or buy all your clothing from ready-to-wear. What is listed below are tips, pointers or reminders to help you along your journey. Learning how to fit *is* an ongoing journey for all of us!

- ❑ *Throw away any assumptions you have about the size garment you wear.* Size has nothing to do with age, hair color, where you live, or garment manufacturer. Three very differently shaped people can all wear the very same size garment.

- ❑ *Effective 1998, Butterick, McCall's, Simplicity and Vogue all began using the same set of standard body measurements.* This is great news! When you determine your pattern size, you can buy the same size pattern from each of these four pattern companies. However, do not be surprised to find some differences in how patterns from these various companies fit. The reason is "ease." Pay very close attention to the pattern's written description, the garment photo and word descriptors such as "semi-fitting," "loose fit," etc. These are important clues to help you determine fit.
- ❑ *Take your body measurements every six-months.* Very few people are lucky enough to stay the same size their entire life. And regardless of size, the body shape changes and shifts as we *mature!* This is a natural part of the aging process of which we must become aware and respect.
- ❑ *Commercial home sewing patterns for women are designed for a B-cup bust line.* If you have a C-cup or larger bust line, consider using the high bust line measurement to determine your final pattern size. You must alter for full bust, but you will probably find that your pattern will fit better overall through the shoulders, neckline, chest, armhole and upper back that are areas that can be very difficult to fit.
- ❑ *Women with a C-cup or larger bust line are generally wise to look for patterns with bust darts.* It is not difficult to adjust a pattern (enlarge the dart) for a fuller bust line. However, contouring a pattern in other adjacent areas can be very difficult.

Prepared by: Linda Heaton, Ph.D.
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University of Kentucky

Heads Up, CMVs!

We continue to update your program materials, making them easier for you to use, and less time-consuming/more efficient for us in the state office. Your reporting forms have been revised again! There are more of them, but we think they will be more efficient for you and for us.

All reporting forms are on the web. Effective October 1, you can actually fill them out on the web and print a finished copy that is ready to be sent to

your MVP Area Contact Agent. These forms are on the MVP web site:

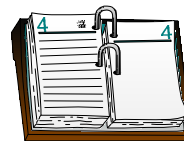
www.ca.uky.edu/agcollege/fcs/mvp/index.htm

Everyone attending the training also received a copy for their MVP Volunteer notebook.

To access the forms on the web site, type in and go to the MVP web site. On the left of your screen, scroll down to FORMS AND RESOURCES and click. Read the information and then click on the desired form you would like. Fill out the form and print. That's all there is to it!

If you attended the training, you will want to count the 2001 Mid-Rotation Training as part of your re-certification hours. Here is how that stacks up:

<i>Chenille Vests & Jackets</i>	6.5	hours
<i>Plaids, Stripes & Border Prints</i>	6.5	hours
<i>Pattern Fitting & Altering—Upper Torso</i>	6.5	hours
(if you <u>did not</u> take another class)	10	hours
<i>Cutwork Sweatshirt</i>	3.5	hours
<i>Sew Like a Pro</i>	3.5	hours
<i>Sharing Time</i>	2	hours
<i>Quilted Wallet</i>	1.5	hours
<i>Terrific Teaching Techniques</i>	1.75	hours
<i>Area Reporting</i>	1.25	hours



Calendar

December 13 MVP Steering Committee Meeting, Lexington.

January 2002 Area Contact and Assistant Contact Agents will work with their respective Area Program Directors to appoint an *incoming* MVP Assistant Area Contact Agent.

March 7 - 9 Sewing & Craft Expo, Atlanta, GA.
For more information about the Sewing & Craft Expos: www.sewingexpo.com.

March 14 - 16 Sewing & Craft Expo, Clearwater, FL.

March 21 - 23 Sewing & Craft Expo, Cleveland, OH.

March 29 MVP Steering Committee Meeting, Leitchfield

May 2 MVP Agent Inservice Training, Elizabethtown

July 20 MVP and CMV Reports due