



*"extending clothing knowledge and skills"*

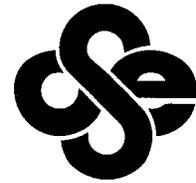
**KENTUCKY  
MASTER  
VOLUNTEER  
IN  
CLOTHING  
CONSTRUCTION  
PROGRAM**

**January 1999**

**VOL 7 No 3**

**COOPERATIVE EXTENSION SERVICE  
INTERDISCIPLINARY EXTENSION PROGRAM**  
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Lexington, KY 40506-0050



**LINDA'S  
LINES**

A happy new year to each of you!  
And, welcome to our new volunteers  
from the Class of 1998 that have joined  
our MVP family.

Some of you new volunteers may be feeling a bit overwhelmed now that the holidays are over and you have begun working—or at least seriously thinking about—getting those teaching tools ready. If I can say anything to help you, let me say *don't get frustrated and bent out of shape about them!* Work on getting as many samples done as you feel comfortable completing. Then, let's get together and talk about them! Ask your local agent and/or MVP Area Contact to get in touch with me to schedule a time we can visit and discuss what you have. Getting these teaching tools completed is not as bad as some would lead you to believe!

I want to *thank all of you* who have sent cards, letters or notes to me and/or the donors and training presenters! I have had several comments from individuals about how much they appreciated and valued your comments. I know you are a great group of individuals, and now others believe that as well!

To those of you who did not get to attend the 1998 training, you missed having an opportunity to get to meet the new Class of 1998. They are sixteen strong. And, what a super group of ladies! All of you remember the first *grueling* training you attended. It was tough at best, but these women were smiling and cheerful right up through the last day. I also want to say thanks to all of you "old," ongoing volunteers for helping to recruit, prepare and support these new volunteers. If you don't think of yourself as a mentor, please take on that hat or responsibility right now! It's a valuable job that just can't be filled by anyone but YOU!

Until our next newsletter in April, have a safe winter and beautiful spring!

as always,

*Linda Heaton*

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPT OF AGRICULTURE, AND KENTUCKY COUNTIES COOPERATING



## **How People Learn**

Both adults and youth learn in many ways: hands on activities, observation, videos, and reading. How much information a person remembers, or retains, varies depending on the method that is being used to teach them.

### **Reading -**

People will retain about 20% of what they read. Printed project materials are important but they should be used along with other methods.

### **Hearing -**

Again people will retain about 20% of what they hear. Most teachers talk too much. Give your audience a chance to discuss what is being presented and they and they will probably learn more.

### **Seeing -**

People will retain 30% of what they see. Posters and picture are important especially when the participants prepare the materials themselves.

### **Hearing & Seeing -**

People will retain 50% when they hear and see new material. Tours, demonstrations, movies, etc., are some ways your audience can hear and see.

### **Saying -**

People will retain about 70% of what they personally explain. Discussion of a topic is an important way for the audience to express their ideas.

### **Saying and Doing -**

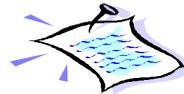
About 90% of material is retained when people are actively involved in saying and doing. Most people learn best when they actually “do” the activity. Present a demonstration or teaching other people are good ways to practice and explore what they have learned.

The 4-H slogan, “*Learn By Doing*”, is one that makes sense when teaching any age. When a person actually participates in the learning process they are more apt to remember and use what they have learned. The next time you are asked to teach a 4-H project lesson or an adult basic sewing class remember these important teaching techniques!

Information adapted from Minnesota 4-H Building Effective Leadership Curriculum Information adapted from Minnesota 4-H Building Effective Leadership Curriculum

Contributed by: Sherri Farley, Campbell County Extension Agent for 4-H/Youth Development, MVP Steering Committee Member.

## *A Note From Aggie*



*I want to take the time to thank each one of you for your prayers and support during the past year and a half. With your support, I have gotten through one more stage of my come back . For this I will be forever grateful.*

*God bless each one of you.*

*Mary (Aggie) Fink  
CMV Class of 90*

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## **Goodby and Thanks to a Steering Committee Member**

We have been extremely fortunate to have Doug Choate, Area Program Director, Mammoth Cave, as our first—and only—administrator to serve on the MVP Steering Committee. In this capacity he has served as our major link and faithful promoter to the Cooperative Extension Service administration. I regret to tell you that his has submitted his letter of resignation after six years of service.

***Thanks, Doug from all of us !***

## ***Hologram Threads***

Are you familiar with *hologram thread*? It's jewel-like appearance and comes in spool form much like other sewing machine thread.

Hologram thread is very closely related to the metallic threads as they begin with the seam type of foil substance and are used for decorative stitching. Two brands currently on the market are Prizm™ Hologram thread and Madeira's Jewel thread. Both are offered in six colors.

Here are some tips to consider when using these threads to encourage smooth stitching:

- Wind the bobbin with fine, 70-weight polyester thread.
- Use a felt pad on your spool holder. Place the metallic hologram thread on the pad to provide easy thread flow and to prevent back lash.
- Use a larger eye needle, such as an embroidery needle to reduce thread breakage.
- Loosen the upper tension, and sew at a somewhat slow speed.

## HEADS UP! New 1999 Training Date

During the MVP Contact Agent meeting at Jabez during your training last October, many of the agents asked if we would consider changing the date of your 1999 training session. As most of you know, our dates have hinged on whether we could reserve the time at the Leadership Center. We discussed this possibility with them. They have been able to make some changes with another group to accommodate us! Our hats are off to Keith and his staff for helping us with this task.

Mark you calendar now for **October 19 - 21, 1999** at the Kentucky Leadership Center, Jabez, for what should be another good training opportunity.

Thanks to each of you who attended the 1998 training and/or returned a completed survey to the MVP Steering Committee with suggestions and ideas for future offerings. Your comments and suggestions are extremely helpful! Look for a training preview in your next newsletter issue.

## MVP SPOTLIGHT



Hi! I'm Harlene Welch a Master Volunteer from Harrison County in the Bluegrass area. I reside northeast of Cynthiana with my husband Howard and a dachshund named Sonny.

As I begin to think about the Master Volunteer in Clothing Construction program, I see that it is quickly approaching it's tenth year. My class of 1990 was a learning class for both the steering committee, instructors and participants. Although, I have not been able to attend each training session, I've enjoyed the ones I attended and being with volunteers sharing the same interests.

I began my sewing through the 4-H clothing project. My first project was an apron, tea towel and pot holder with my last project being a wool suit. My mother was my project leader. Growing up watching my mother sewing clothes for the family, probably had something to do with my interest in clothing construction. I have continued to sew after my 4-H experience. As I started my family, I was like my mother, sewing clothes for both my sons and daughter. As my daughter grew and she joined 4-H, I became her 4-H clothing leader. My daughter also assists me as a clothing leader in my county 4-H clothing projects. As you can see, there is three generations of 4-H clothing leadership in my family.

The Master Volunteer Clothing Construction Program has helped me in many ways. I have learned to improve my basic sewing techniques, correct pattern fit, napped fabric construction do's and don't, shortcuts to sewing and the use of new items on the retail market. This is only a few of the things I have learned. At the Master Volunteer training sessions, I have always learned something new from the other volunteers. It might be a workshop they are involved in or a quick fix or shortcut to a basic sewing technique. The workshops on communicating with others are always helpful when you are teaching a workshop.

Through the Master Volunteer Clothing Program, I have taught workshops on the county and area level for 4-H leaders to learn basic sewing

techniques or improve their basic sewing knowledge. Being the 4-H clothing project leader for Units four and five in my county involves teaching the 4-H'er about sewing on knit fabrics and also the use of the serger machine. I have worked with the county homemakers and have taught two workshops. The first workshop was sewing with napped fabric and the participants constructed a corduroy vest. This year I taught a workshop on using the serger to make holiday napkins and placemats. I enjoy sharing my knowledge and love of sewing with both young and old. One of the best satisfactions, I get from serving as a 4-H clothing leader, is hearing that a former 4-H'er has requested a sewing machine as a Christmas gift. My daughter purchased a sewing machine when she moved into her first apartment. This tells me that there are young people still interested in sewing today.

When I'm not working my full time job or teaching sewing to 4-H'er, I spend time making small crafts from fabrics or doing paint applique on sweatshirts to sell at area craft shows in the fall. I hope to be able to attend the training sessions in 1999 to renew old friendships and make new ones.

### Discontinued Patterns !

Have you copied down a pattern number, filed it away only to find months later that the pattern has been discontinued? Well, don't throw up your hands in dismay; there may be a solution!

If your pattern is by one of the major pattern companies, they may be able to help you locate a discontinued pattern. Here are some options to try:

*Vogue or Butterick* – write them at  
Vogue Pattern Service  
P. O. Box 1914 Dept D  
Altoona, PA 16603

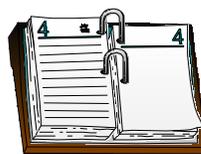
Another option is to call them at 1-800-766-2670 or email them at [BillG@Butterick.com](mailto:BillG@Butterick.com).

*Simplicity* – call them at the toll-free number: 1-888-588-2700. Follow the instructions given to you on the phone and they will get back to you the next working day.

*McCall's* – is available by mail at  
The McCall Pattern Company  
P. O. Box 3978  
Manhattan, KS 66505-8503

You can also reach them by calling 1-800-622-2557 between the hours of 7:30 a.m. and 4:00 p.m. (CT). McCall's keeps their discontinued patterns for one year or until they are sold out. After a year, the paper is recycled.

*Kwik Sew* – Unfortunately does not have any way to access their out-of-print pattern



### MARK YOUR CALENDAR *F e b . , M a r c h , A p r i l* –

Class of '98 should schedule time to have teaching tools checked.

**February 25, 26, 27** – Sewing & Craft Expo, Harborview Center, Clearwater, FL. Contact L. Heaton for additional information/program

**March** – MVP Steering Committee meeting; date to be announced.

**March 11 - 13** – Sewing Expo, Atlanta, GA. Contact Linda Heaton for additional information

**April 25 -26** - Quilt Show, Paducah, KY

**October 19 -21** – 1999 MVP Mid-Rotation Training, Kentucky Leadership Center, Jabez

### 1998 CMV Training Hours

Opening Session -	1 hour
Sharing Time -	2 hours
Fashion Flattery -	8 hours
Pattern Design -	8 hours
Sewing Potpourri -	6.5 hours
Fashions for Fleece	6.5 hours
Creating a Bargello Vest -	6.5 hours
Sling Purse -	3 hours
What's New -	1.5 hours