



*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
July 2001
VOL 10 No 3**

INTERDISCIPLINARY EXTENSION PROGRAM
233 Scovell Hall
Phone (859) 257-7775 Fax (859) 257-4352



**LINDA'S
LINES**

According to the weather, summer is here! I trust each of you has plans for some rest and relaxation with family, friends or someone special.

As you know, change is constant, and a natural part of life. The University and the College of Agriculture are in the middle of a series of changes from a new University president, Lee Todd, a new College dean, Scott Smith, and a future new Associate Director for Cooperative Extension. At the moment, many positions are on hold. This includes the MVP Extension Associate position vacated by Beverly Garner in March. I will keep you informed!

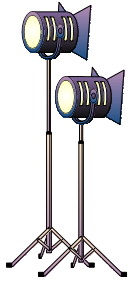
The good news is the proposed restructuring plan for the Kentucky Extension Homemakers Association passed. It is my understanding that Connie Vaughn (Bourbon County) will be the educational chair of Family & Individual Development, and will be the representative to serve on the MVP Steering Committee. Make Connie feel welcomed!

Congratulations to the following: Ruth Moyer, CMV and Shirley Boyles, CMV (State 4-H Fashion Committee); Henrietta Goff, CMV, Anglee Smith, CMV and Carol Stine, CMV (Judges at State Fashion Revue).

Along with this newsletter should be registration material for the workshops this fall. Note the deadline of August 15. Look for more information in the newsletter about these workshops.

I hope each of you is planning to attend our October 2001 Mid-Rotation Training. I'll look forward to seeing you there!

Linda Heaton



MVP SPOTLIGHT

Elveree Crawley, CMV
Franklin County
Fort Harrod Area

In his youth Elveree Crawley's father realized he enjoyed activities that used his hands as well as his mind. Being attracted to wood and construction, he became a builder. He was his own architect, putting on paper the "how-to" for constructing what was wanted or needed. Today we are given many "how-to's" in books, patterns, magazines and classes. We learn to use what we have and make adjustments to have what we choose.

Elveree's mother never gave a planned lesson in sewing but Elveree learned from her. Elveree's interest grew when she took classes in school that taught basics. Like her father, Elveree's mother taught her how to get from here to there in whatever she wanted to do in life. Some of her lessons for an enjoyable life started early:

- Make adjustments to suit the goal, using available products and your talents.
- Most mistakes can be corrected.
- Help is available; if you cannot finish your project, ask an expert for help.
- Learn everything you can. You don't know when you will need it.
- "Do it right" is the only way to do anything. You will be proud of the result.
- When you have an idea, develop it and share it. You may not receive accolades but the world can benefit. It may even be marketable.

Sewing is also for males. Many men sew for pleasure. Some are famous designers or marketers of clothing, vehicles and household products. One of Elveree's sons took a class in high school in which he learned to sew and use a sewing machine. Elveree shares, "I didn't know about this until he asked for some sewing supplies". A few boys thought the choice was odd but some other boys also took the class. In later years, he could sew buttons on his clothes and make minor repairs. Today as a physician he uses the basics in

clothes selection, how to get needed help, alterations for proper fitting of his shoes as well as clothes and even in his work.

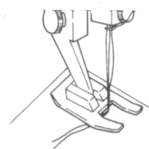
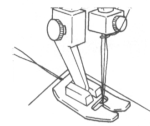
Sewing for Elveree is relaxing, creative and a rewarding challenge. There is always new products, methods, tools, ideas and unlimited information. A bonus has been to work with 4-H girls, volunteering at the Senior Citizens Center and being involved with Homemakers. She tells us "I have had interesting conversations with strangers. Sewing and making crafts bring happiness and friends."

Kentucky can be proud as a leader in the Master Volunteer Program. "I am fortunate to be a certified Master Volunteer and to tell others of the program."

Good Sewing Habits

Many of us learned to sew from our mother or grandmother. Others of us just taught ourselves, or picked up techniques from friends and neighbors. Even persons who learned to sew from the experts pick up and may practice poor sewing habits. Check off the techniques below that are a part of your sewing routine. For those you can't put a ✓, you may want to change your habit!

- When straight sewing, I begin stitching with the bobbin and needle threads to the back of the pressure foot.
- Food and beverages are never a part of or brought into the sewing room.
- My machine(s) is kept covered when not in use.
- When I leave the sewing area, I always turn off the machine(s) and my iron.
- I always check the tension of my machine(s) before beginning a project.
- As I sew, I gently guide the fabric through the machine so that it feeds smoothly and evenly. I don't pull or drag the fabric.
- When using special feet designed to glide over the fabric (embroidery, even-feed, or top-stitching), I take one stitch to bring the bobbin thread up through the fabric. The bobbin and needle threads are then positioned to the left or right of the presser foot as I begin the line of stitching.



2001 Mid-Rotation Training

Mark your calendar, send in your registration, and pack your bags! The 2001 Mid-Rotation Training is planned for October 16 - 18, at the Kentucky Leadership Center.

Each MVP Area Contact Agent has received a tentative schedule. Please feel free to check with them about specifics. They will also be providing information about any registration fees you may be asked to pay. All fees will be collected by your Area Contact or Assistant Contact Agent and sent by them.

Note the registration form in this mailing has a mixture of training sessions. Two sessions (*Chenille Vests & Jackets, Cutwork Sweatshirts & Jackets*) are creative. Other sessions are designed to improve/increase your knowledge and skills in sewing. Since space is limited in the creative sessions, ***please sign up for only one creative session.*** Give everyone who wants an opportunity to take a creative class a chance to do so.

In order for us to teach and do some of the key things in fitting and altering, persons who sign up for *Pattern Fitting & Altering-Upper Torso*, will not have the opportunity to take one of the creative classes. We will offer these sessions again—next fall if you want! You have the promise of the MVP Steering Committee that you will get in the class next time, if you would like to take it!

Here are some things you need to know:

- Registration will begin on Tuesday morning, October 16 at 10:00 a.m. (ET) and close at 12:15 p.m. If you are only coming for workshops on Wednesday and Thursday, registration will be Wednesday morning, October 17 from 9:00 a.m. to 10 a.m. ET.
- Dress is casual and comfortable attire. We do not have a banquet or dress-up meal function this year.
- Training will begin on Tuesday, October 16, with lunch at 12:30 p.m. (ET), and end following lunch on Thursday, October 18.
- There will be a sharing session Tuesday evening, October 16. Your MVP Area Contact Agent should be talking with you and coordinating one 15-minute sharing activity from your area.
- There will be a silent auction Wednesday evening, October 17. Everyone is encouraged to bring a “quality” items for this activity. It can be something handmade or purchased, but the

item must be worthy of purchase! No “white elephants, please.

Your registration form is due on or before August 27. Any workshop not filled by that date will be opened to County Extension Agents.

Everyone who registers for a workshop will receive a letter informing them of the workshops they will be taking. Along with this letter, will be a list of supplies needed for each session. Expect to receive this letter the week September 10.



SEWING HAS TAUGHT ME “ALMOST” EVERYTHING I NEED TO KNOW!

(Notice the key words and how they apply to everyday living.)

Sewing has taught me that there are FRIENDSHIPS developed because of like interests.

Sewing has taught me that OPPORTUNITIES are afforded me to correct mistakes: for instance, matching pattern, fabric and finding. Everything doesn't end up looking like that pattern book or fashion magazine.

Sewing has taught me that TIME spent in sewing is \$. Sewing has taught me that people who don't sew have MISSED a lot but then I may have let some things pass me by because of sewing.

Sewing has taught me that the earlier in life that SKILLS are developed, the longer they will last.

Sewing has taught me that SENSES are needed. We can SMELL and SEE if the iron is too hot for the fabric; our TASTE could have a metallic tinge if we hold pins on our mouth; TOUCH is very necessary in regards to bulk, nap, etc., and we can HEAR if the machine is crying for some kind of attention.

Sewing has taught me that READING is a wonderful thing. It's best to read instructions before beginning a project, not after.

Sewing has taught me PERSERVANCE or “stick-to-it-tiveness.”

Sewing has taught me that there is more than ONE WAY to do most things.

Sewing has taught me that LIFE is not fair: some people can just do things better than others.

Sewing has taught me that ENTERTAINMENT comes in many forms.

Sewing has taught me that being FAST is not always the best. Stitching with a red hot needle and a burning thread usually takes longer because of having to unsew and re sew.

Sewing has taught me about VALUES.

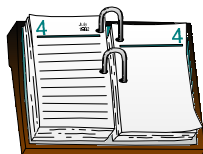
Sewing has taught me to HOPE for the best.

What has sewing taught you?

(This was continued from April 2001 newsletter)

Elaine M. Clift

Trigg County Extension Agent
Family and Consumer Sciences



Dates to Watch

August 27, 2001 -
MVP 2001 Workshop Registration due.

Sept 10-15, 2001 -
Look for letter containing workshop supply lists.

October 16-18, 2001 -
2001 MVP Mid-Rotation Training, Jabez

February 22-23, 2002 -
Kentucky 4-H Leaders Forum, Lexington, KY

MASTER VOLUNTEER IN CLOTHING CONSTRUCTION PROGRAM

2000 - 2002 Area Contact and Assistant Contact Agents

Purchase:

Carol Vinyard (Carlisle), contact agent
Peggy Rexroat (Carlisle), assistant contact agent

Pennyrile:

Elaine Clift (Trigg), contact agent
Carolyn Ham (Muhlenburg) assistant contact agent

Green River:

Martha Lee (Davies), contact agent
Reva Mitchell (Henderson), assistant contact agent

Mammoth Cave:

Martha Arterburn (Allen), contact agent
Tracy Thornton (Butler), assistant contact agent

Lake Cumberland:

Misty Wilmoth (Taylor), contact agent
assistant contact agent

Lincoln Trail:

Liz Kingsland (Hardin), contact agent
Sue Smith (Hardin), assistant contact agent

Louisville:

Cathy Toole (Henry), contact agent
Sheila Fawbush (Shelby), assistant contact agent

No. KY:

Cathy Jensen (Carroll), contact agent
Judy Hetterman (Owen), assistant contact agent

Ft. Harrod:

Jennifer Klee (Woodford), contact agent
Mary Hixson (Garrard), assistant contact agent

Bluegrass:

Gina Noe (Madison), contact agent
Diane Kelly (Scott), assistant contact agent

Licking River:

Sherrill Bentley (Lewis), contact agent
Debra Cotterill (Mason), assistant contact agent

Northeast KY:

Leslie Workman (Pike), contact agent
Glenda Penix (Johnson), assistant contact agent

Quicksand:

Glenna Wooten (Perry), contact agent
Martha Yount (Breathitt), assistant contact agent

Wilderness Trail:

Hazel Jackson (Rockcastle), contact agent
Darlene Sparks (Jackson), assistant contact agent