

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



*"extending clothing
knowledge and skills"*

December
2008
Newsletter

VOL. 17
NO. 3

CLOTHING & TEXTILES PROGRAM
246 Scovell Hall
Lexington, KY 40546-0064
Phone (859) 257-7772
Fax (859) 257-7565

<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie

What a wonderful training. This year seemed to be one of the most enjoyable ones I have been involved with.

Pennyrille and Green River areas did a great job with the program and decorations for the banquet. Thank you to Nell Jordan for a fun time with aprons. It is such a pleasure to work with so many talented and giving individuals as those who work with and volunteer for the Kentucky Master Clothing Program. The new class of recruits looks to be another very talented group and I look forward to seeing their finished samples. Believe it or not one lady has already contacted me, having finished hers. Yea, now the rest of you need to keep working. I hope everyone that attended the fall training was rejuvenated and making plans to share the new skills and techniques they learned with others.

Moving on to the holidays! There may still be time for sewing a few more treasured gifts. Think of the economics involved. I'm sure we all have a stash of fabric already on hand so no need to spend more money. I am personally looking forward to having time this year to sew (or knit) something for each person on my list. Don't worry I've already started on some of them. For a quick stocking stuffer, see the instructions for the *Origami Tissue* holder at the end of this newsletter.

In my recent travels around the state, I have heard the request for more advanced sewing classes. Ladies, this is when I tell people about our program. People are begging for classes. Sewing is the hot thing to be doing. The latest rage is the sewing lounge. These are nothing more than a "sit and sew" where everyone brings a project to work on and enjoys the company of others. This is a great way to get your volunteer hours and not have to plan a class. Just select a time and place to be available to answer questions and help those that need it with a project of their choosing.



Happy holidays everyone!

Marjorie M. Baker

Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles



SPOTLIGHT



Louellen Stivers

CMV Shelby County, Class of 2006

4-H was the first experience that Louellen can remember doing a sewing project for. The project was a tea towel and an apron. However she knows that she was sewing before that because her mother was an excellent seamstress. She had an upholstering and slipcover business. Louellen made a lot of her clothes while she was in high school and a lot of her daughter's clothes until she got in middle school.

Louellen was recently certified as a Kentucky Master Clothing Volunteer. For the past three years she has enjoyed working with 4-H and teaching a monthly "sewing circle" in Shelby County.

Louellen has one daughter, two granddaughters, and one great granddaughter. The great granddaughter is 3 months old and Louellen gets to babysit for her two days a week.

For a few hours each month Louellen volunteers to mend clothing at Christian Care Communities. She is a member of Extension Homemakers and enjoys doing artistic sewing projects.

SPOTLIGHT



Angela Morris

CMV Oldham County, Class of 2006

Angela learned to sew from her mother and grandmother. She then joined 4-H when she was seven years old. Like many of us she took home economics for four years in high school. She earned a degree in home economics from Western Kentucky University. She has been sewing ever since for herself and others. Angela was also recently certified as a Kentucky Master Clothing Volunteer. She works with 4-H and Extension homemakers in Oldham County and also teaches classes on sewing in her church. Angela and her husband Jim have been married for over 40 years. They have 3 children, Anthony (Tony), Traci, and Megan. She is quite proud of her two grandchildren, Adam and Gabriel.

Spotlight Bios needed

Attached at the end of this newsletter is an information sheet for any certified Master Clothing Volunteer not previously spotlighted in the MCV Newsletter. Records indicate that there are a few from the class of 2000 that have not been spotlighted. The class of 2002, 2004, and 2006 need to fill out and submit the information sheet at your earliest convenience. I appreciate Angela and Louellen turning theirs in following the fall training. Thank you.

“DOROTHY DO RIGHT”

Clean Ideas: Rx for Winter Wear

1. Take inventory: Do you really need all those scarves and gloves? Are there orphan mittens that need to be separated from the pack? Set them aside and if their mates don't show up by the end of the season, toss them away. Hint: if you have children, visit lost-and-found boxes at their school. You may be astounded at what you will find!
2. Get a peg up: Getting kids to hang their coats in the closet can be a losing battle. Plus, you don't want wet coats crammed in next to the dry ones. Pegs are easy for everyone to use and provide space for garments to air out and thoroughly dry. Be sure some of the pegs are installed at child friendly heights.
3. Divide and conquer: Do everyone's winter accessories get all jumbled together? How about some canvas bags, one for each family member and clearly labeled with his/her name? Hang the bags on pegs. If wet, hats and scarves can hang on the peg until dry; then it's into their owner's bag. Mittens and gloves, too!
4. Bin there: Bins are another way to store gloves, scarves, and hats. People are more likely to use them if there is no lid to open and close. Clear plastic bins or wire baskets let you easily see what's inside, particularly useful when you have to grab and go!
5. Clean up: Hats, mittens, and scarves should be washed frequently during the season. Read and follow manufacturer's instructions on the care labels. If the care labels have disappeared (as frequently happens on mittens), machine wash in cold water on the gentle cycle and line dry.
6. Coat Check: For coats and jackets, a mid-season cleaning is a good idea, even if you can't see the dirt. Read and follow the manufacturer's instructions on the care labels. Dry clean only garments go to the drycleaners. For washable garments, check the pockets, zip the zippers, and close the hook-and-loop fasteners so they don't catch bits of lint and thread during laundering, or snag other fabrics.

7. Boot camp: A boot scraper by the door prevents dirt and grime from being tracked inside. A boot tray is a good way to give wet boots a place to dry without having water puddle up the floor.

Reference: Kay Kennedy, Washington County Extension Agent for FCS, February 2008 County Newsletter.

JUST SEW YOU KNOW

The 4-H Sewing Stars of Ascension School are sewing security blankets for animals in shelters. 4-H Ambassador and Stars club project leader, Shelby Comstock, is teaching the students to combine the efforts of recycling, donating, and sewing to reuse worn draperies, old sweaters & t-shirts, towels and more. Working through the Snuggles Project of Hugs for Homeless Animals, the students delivered their “snuggles” blankets to animals at the Kentucky Humane Society on May 30, 2008—their second donation to the shelter. They also plan to ship a batch of blankets to Bullitt County Animal Rescue and to shelters overseas. These shelters and many more are members of the Snuggles Project and can be found online at www.snugglesproject.org. The Sewing Stars are also making plans to hold a Sew-A-Thon in Louisville this fall to get more people involved in sewing for the cause. If you are interested in helping, by donating materials or would like more information, you can contact Shelby Comstock through the Jefferson County 4-H Office at (502) 569-2344.

Editor's note: A booth was also set up at the grand opening of the Jo-Ann's in Louisville on Nov. 22 to demonstrate sewing the blankets. Allysan Comstock, CMV, Class of 2004 is an adult leader for the Ascension Sewing Stars.





Super store opens in Louisville

Former Master Clothing Volunteer/4-H agent/MCV contact agent, Karen Martin is the manager for the new Jo-Ann Super Store which recently opened in Louisville. The store is at 4600 Shelbyville Road in the Shelbyville Road Plaza not far from St. Matthews Mall. Karen is excited to offer a classroom for Master Clothing volunteers to hold classes and teach 4-H sewing/needlework projects. Some of the Louisville area MCVs hosted a demonstration table during the grand opening in November. This was a great way to let the public know about our program.

Sew Much Comfort Project

Thank you to everyone that participated in the Sew Much Comfort service project during the fall training. Because of your generous support, 84 pairs of adapted boxer shorts were completed and given to the program. The Lincoln Trail area volunteers, headed by Barbara Stiles and Ann Rae Wright took the remaining shorts back to their area to finish. Keep up with what is going on with this project nationwide by going to their website: <http://www.sewmuchcomfort.org/>



Ribbon Colors

We see pink ribbons everywhere, and most of us know that the color pink represents breast cancer awareness. You might not be familiar with the other ribbon colors that



are used to promote awareness for different cancers and diseases. Although some colors are used for several purposes, this lists focuses on disease awareness.

- Black Ribbons:** Melanoma
- Dark Blue Ribbons:** Colon Cancers
- Gold Ribbons:** Childhood Cancer
- Gray Ribbons:** Diabetes & Brain Cancer
- Green Ribbons:** Kidney Cancer
- Green/Blue Ribbons:** Mental Health Awareness
- Jade Ribbons:** Liver Cancer & Hepatitis
- Jigsaw Puzzle Ribbons:** Autism
- Lace Ribbons:** Osteoporosis
- Lime Green Ribbons:** Lyme disease
- Orange Ribbons:** Leukemia, Multiple Sclerosis
- Periwinkle Ribbons:** Hypertension & Stomach Cancer
- Pearl Ribbons:** Lung Cancer
- Pink Ribbons:** Breast Cancer
- Pink, Purple & Teal:** Thyroid Cancer
- Purple Ribbons:** Prostate Cancer, Testicular Cancer
- Red Ribbons:** AIDS/HIV & Heart disease
- Silver Ribbons:** Parkinson's disease
- Sky Blue Ribbons:** Prostate Cancer
- Teal Ribbons:** Ovarian Cancer
- White Ribbons:** Bone Cancer

Resource: About.com: Quilting

Calendar of Events

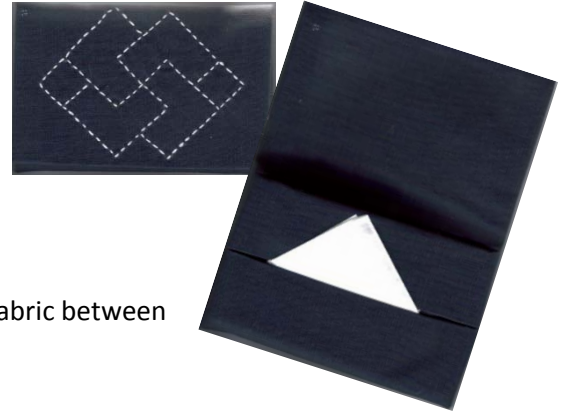
- December 6, 2008** – Steering Committee meeting hosted by Marjorie Baker at her home
- March, 2009** – Steering Committee Meeting T.B.A.
- April 14 to 15, 2009** – *It's Sew Fine Sewing Expo*, General Butler State Resort Park
- May 5, 2009** – *Come Sew with Us*, hosted by Pennyville Area at the Princeton Research and Education Center
- May 7, 2009** – MCV Contact Agent training, Hardin County Extension Office

Origami Tissue Holder

Supplies needed:

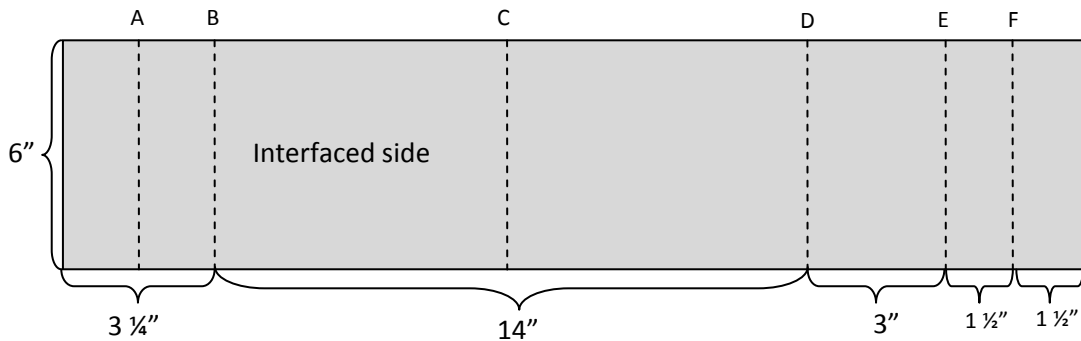
¼ yard fabric
 ¼ yard fusible interfacing

Thread
 Ruler
 Sewing machine



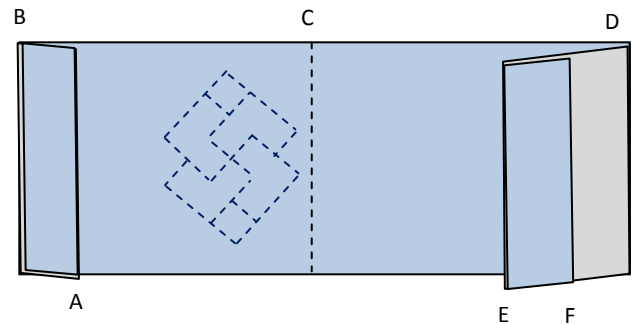
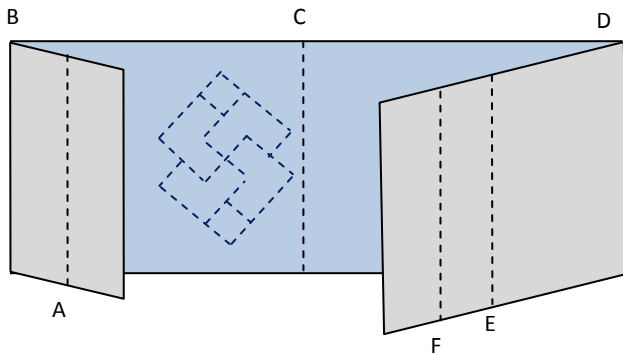
Directions:

1. Cut fabric 6 inches by 23 ¼ inches.
2. Cut interfacing 6 inches by 7 inches and fuse to wrong side of fabric between lines B and C.
3. Mark the fold lines on the fabric as indicated below.



4. Embellish with decorative stitching between lines B and C. With right side facing up fold on lines B and D, press creases.

5. Fold back along lines A, F and E. (Folds A and B are fan folded, folds E and F are double folded.)



6. Fold along line C, right sides together and butting fold line A and F against each other on the inside of the folded section. Line B will be about 1/8 beyond line D. This allows for the turn of the pocket. Sew raw edges together with ¼ inch seam allowance.
7. Turn right side out. Flip pocket to front along fold line B.
8. Insert tissue pack in slot pocket.

Marjorie M. Baker, M.S.
 Extension Associate for Textiles and Clothing
 July 2008

Spotlight Information Sheet

Name: _____

Class of 20_____

County _____ Area _____

Please give a brief account of:

Your earliest sewing experiences.

Your experience as a Master Clothing Volunteer.

Your family, include children and/or grand children if you wish.

Any other background information you would like to share in the newsletter. (You may include a funny sewing story).

Return to: Marjorie M. Baker, 246 Scovell Hall, Lexington, KY 40546