

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



Linda's Lines

Season's greetings to everyone! As you note, the newsletter is a few weeks late as I have been very busy trying to finish the final items of the new 4-H Sewing curriculum. Many of you attended and participated in one of the two one-day trainings that were conducted across the state (Greenville and Elizabethtown).

For those of you who work with 4-H'ers and did not know about the training, please be **AWARE** that we have new “clothing” projects for 2004! I hope your agent has shared this with you. By the way, it is no longer “clothing,” it is SEWING! We have grown beyond the clothing boundary, and are sewing other types of projects. Make sure your local County Extension Office has a new notebook containing the project fact sheets, patterns, teaching guide and information about the new event, *Knowing Sewing Skillathon!*

Our 2003 MVP Mid-Rotation Training was a big success from all indications at this end! For those of you who were not able to be with us, we missed you. New name tags have been made and were given to certified volunteers who attended the training. Now is the time to mark your calendar for 2004—the date is October 19 – 22. We need an area (or two) to step up and serve as hostesses for the Recognition & Certification Banquet. That involves deciding on table decorations and seeing that they are in place the evening of the event, helping us set up for the banquet, and the evening's entertainment.

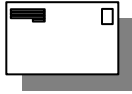
Sewing is alive and well in Kentucky because of your continued efforts! Keep in mind that 2004 is the year we recruit a new class of volunteers for the program. If you know of someone with the following qualifications, consider recruiting them for the program! A *successful* Certified Master Clothing Volunteer is an individual who: 1) has a good basic knowledge of sewing, 2) enjoys working or sharing with others, and; 3) would like to continue to learn and improve.

My very best wishes to each of you for a wonderful holiday season filled with the love of family and friends, good times, and the hope of a bountiful new year.

Happy Holidays!
Linda Heaton

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
December
2003
VOL 12 NO 4**

Letter Received



Dear Master Clothing Volunteers,

In this season of giving thanks, my thoughts return often to the impact you had on my life during the 2002 and 2003 training sessions in Jabez. Your congeniality, enthusiasm, and creativity made me feel welcome immediately. Through classes, conversations, and correspondence, you included me in the MCVP family. I am grateful for your acceptance.

When I retired last year, I was somewhat unsure about my future. Meeting you changed my life! Your love of sewing, your amazing creations, and your excitement for sharing knowledge comforted and inspired me. At times, I felt I had “come home” or “found myself.” Although it was my love of sewing that led to a clothing and textiles career, my later teaching years did not have much sewing in them. After the 2002 training sessions, I began transforming my home office into the sewing room it was supposed to be. Those of you at the 2003 training probably noticed that I was truly a “happy camper.” Now I’m ready to make some of the projects you have inspired.

I commend each of you for honing your skills and giving your time to help the people of Kentucky. As I can attest, your influence is positive and profound. I appreciate the examples you provided me for life after retirement.

Best wishes for the holiday season.

Jane M. Lamb, Ph.D.

Professor Emerita

University of Delaware

Janie’s address and email is

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Newark, DE 19711-5602

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Note the correction in her title! My mistake; sorry for this slip-up. LMH

ATTENTION:



*Certified Master Clothing
Volunteers!*

If you attended the 2003 MVP Mid-Rotation Training, you are eligible to count the following

hours toward your re-certification. This should be logged-in on page 4, *Attending Activities*, under attending trainings. Please write in: 2003 MVP Mid-Rotation Training—then list the class(es) attended and the hour(s) of credit received.

The in-class credit that can be received is as follows:

Machine Appliqué	5½ hours
Fitting Techniques—Pants	10 hours
Red Work Embroidery	5½ hours
Bargello Vest	10 hours
Chenille Collar & Cuffs	3 hours
Techniques for Judging	4½ hours
Pocket Know-how	5 hours
Knowing Sewing Skillathon	1 hour

Some of these sessions required homework or preparation before coming to class. These hours can be counted as well in the same location. However, you need a new entry line and indicate preparation time for.....workshop. Those sessions include:

Fitting Techniques—Pants
Bargello Vest
Pocket Know-how



Sewing in the 2004

How many of us make resolutions at the beginning of a new year? Are any of these sewing related? Well, maybe you need to think about putting some of these things into practice! Hopefully, at the end of this article, you can say “I already do those things!”

- ◆ Check the machine tension and stitch length each time I get ready to sew using scraps of the fabric I am planning to sew.
- ◆ For general sewing, start each line of stitching with both of my sewing machine threads under and to the back of the presser foot.
- ◆ When re-threading the sewing machine, take one stitch (or use the control on my machine) to bring the bobbin thread up through the throat plate.
- ◆ Gently guide the fabric through the machine so that it feeds smoothly and evenly.

- ◆ Turn the machine (serger or sewing) off when I leave the sewing area.
- ◆ Keep beverages and food away from the sewing area—even when it is not in use!
- ◆ Keep my machine(s) (sewing, serger, embroidery) covered when not in use.

Knowing Sewing Skillathon

A BIG **thanks** to those of you who took the *Knowing Sewing Skillathon* seriously at the MVP Mid-Rotation Training! For some of you, this was the second time around as you had a shot at it during the September 4-H Sewing Inservice Training. Here is how you scored!

Fabric Identification: 10 = perfect score

Ann Beard, CMV	Class of 2000
Karen Martin, MV	Class of 2002
Marilyn Shrader, CMV	Class of 1990

Sewing Techniques: 20 = perfect score

Connie Talent, CMV	Class of 1998
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Pattern/Fabric Coordination 6 = perfect

30 persons had perfect scores

Tools & Sewing Supplies 20 = perfect

No one had perfect score, but the following individuals had a score of 18.

Sara Counts, CMV	Class of 2000
Mary Jean Grief, CMV	Class of 1996
Edna Gunsauls, CMV	Class of 1992

Parts of Sewing Machine 20 = perfect

Kim Dunkin, MV	Class of 2002
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Pattern Notations 20 = perfect

No one had a perfect score, but the following individuals scored 19.

Jean Carlson, CMV	Class of 2000
Ann Cash, MV	Class of 2002
Fran Knight, MV	Class of 2002
Karen Martin, MV	Class of 2002
Brenda Pinkston, CMV	Class of 1990
Barbara Stiles, CMV	Class of 1996
Carol Stine, CMV	Class of 1990

Garment Judging

The top scorers were:

Barbara Bryant, CMV	Class of 2000
Jean Carlson, CMV	Class of 2000
Donna Logsdon, MV	Class of 2002
Connie Talent, CMV	Class of 1998

For each time your name is listed above under the *Knowing Sewing Skillathon* article, give yourself four (4) MCUs or SHEs. Be sure to list it on your report form as “Knowing Sewing Skillathon bonus hours.” [Sorry if you have not been approved to collect hours yet!]



MVP Steering Committee Opportunity!

The Master Volunteer in Clothing Program has been very *blessed* with a wonderful group of individuals through the years who have served as your MVP Steering Committee. These individuals have been responsible for charting and directing the program focus, planning trainings and workshops each year, writing articles for the MVP Newsletter, as well as making and carrying out program policy.

Last December Elaine Clift, Trigg County FCS Agent, and Marilu Stevens, CMV Caldwell County, were asked to extend their positions for another year. They graciously agreed! However, that time is growing to a close.

Sue Orlowski, CMV Marshall County, agreed to “stay on” a couple of years ago when we did not have any applicants for her position. She has given generously and willingly, but we need to allow her to rotate off the committee as well.

Gina Noe, Madison County 4-H Youth Development Agent, and Jo Ann Ellegood, CMV Carlisle County are being requested to continue in their positions another year so that we might get back on our rotation system. If they accept, they will be joined by Julie Hook, newly elected KEHA Family & Individual Development Chairman and KEHA liaison.

Enclosed with this newsletter should be applications for two positions: *County Clothing Leader* and *Certified Master Clothing Volunteer*. Refer to your notebook for specifics about each of these positions. The County Clothing Leader position does not have to be filled by one of our MVP volunteers. The County Agent for Family & Consumer Sciences position is in the process of being filled.

The future of MVP weighs heavily with the persons who are selected to serve. Please “think about” “sleep on” and then nominate yourself or someone who you feel could fill these positions and be active on the committee. **Applications are due January 15** to Linda Heaton, State Coordinator.



Sewing with Knits

Knits are easy to sew and fit, require less pressing and care, and are comfortable to wear. However, many people shy away from working with them.

Knits range from casual sweatshirt fleece to elegant stretch velvets. They are available in a wide variety of fibers both natural and manufactured as well as a combination of the two. Known for their stretching ability, knits vary in their degree of stretch from 20 to 35%. *Stretch only* patterns are designed specifically for knit fabric. These patterns require fabric that stretches a specific amount and the pattern envelope gives the degree of stretch needed.



Barbara Stiles
CMV Grayson County
Class of 1996



Barbara Stiles lives in Grayson County which is part of the Lincoln Trail area located in the center of the commonwealth. After hearing about the program when she was a state delegate to the Kentucky Extension Homemakers annual meeting in 1994, Barbara applied and was accepted. She became part of the Master Volunteer in Clothing Program in 1996.

"I've always loved to sew since I was very young," she says. Barbara received her first sewing machine (a small hand-cranked child's Singer machine) at age 7. She proudly says "and I have been sewing ever since!"

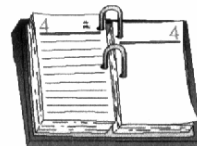
Married for 36 years and the mother of six children, Barbara had little time to sew when the children were young. However, as they got older she returned to her passion and love—sewing. "I found a lot had changed in all that time away," she says. "However, this program

has taught me a lot, and I am continuing to learn more every year when we go back for training," according to Barbara. "Plus, I also enjoy seeing all the good friends I have made."

Barbara stays very busy in her community. She teaches classes two days a month at the Grayson County Extension Office, and two days at Communicare Center. She has started a sewing group at her church that also meets twice a month. In addition, she writes articles for the local newspaper, and recently started a 4-H program. Barbara says, "I really enjoy teaching and sharing with others."

One of the things she is most proud of is her work at Communicare. In one of the articles she wrote for the newspaper, Barbara asked the community for help. She explains, "The center only had one sewing machine, that didn't work all that great, and at times I would have 4 to 15 people in my class which meant things went real slow." As a result of her article, the community provided five additional machines and a number of other sewing donations.

In reflecting on her years in the *Master Volunteer in Clothing Program*, Barbara says "the program has given me a lot and I do my best to give back (to my community) what I've gotten; I really do enjoy working with everyone." I know that there's still a lot I need to learn, but I hope I can always help someone learn to sew."



Calendar

February 19 – 21 4-H Leader Forum, Lexington.

There are several clothing session offered!

March 11- 13 Original Sewing & Quilting Expo, Gwinnett Civic Center, Atlanta, GA.

March 15 Articles for MVP Newsletter due to Linda Heaton, State Coordinator.

March 18 – 20 Original Sewing & Quilting Expo, I – X Center, Cleveland, OH (Brookpark).

April 1 MVP Steering Committee Meeting, Location to be arranged—probably Leitchfield.

April MVP Newsletter – spring issue

July 1 CMV and MV Reports due!