

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



"extending clothing
knowledge and skills"

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Newsletter

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CLOTHING & TEXTILES PROGRAM

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Bobbin' along with Marjorie

I'm so glad spring has finally arrived. As I write this, the weatherman has predicted record breaking warm temperatures for the first of April. The forsythia bushes and daffodils seem like they have popped out overnight and the redbud, dogwood, and pear trees are sure to be close behind. I love all the colors of spring. Earlier in the week I was in one of the local fabric shops and the owner commented that sewing is a seasonal activity. Her observation was that when the weather starts to improve in the spring, business falls off especially after 3:00 in the afternoon. It seems that the people who frequent her store are the same ones that frequent the garden centers. I had never thought about it, but gardening and sewing have a lot in common. You have to work the soil to create beautiful landscapes, just as you work the fabric to create beautiful clothing and home accessories. If you do it right, nature takes over and continues to reward you with beautiful flowers, trees, and garden vegetables. On the other hand, with sewing, your beautiful creations are the result of time-honed skills that you alone are responsible for. Both activities provide great stress relief and contribute to the economic well being of the family. And don't forget, you can display all the "fruits of your labor" at your county fair this summer. So here's to happy gardening and happy sewing!

I am pleased to announce that in March we had two new members join the MCV steering committee. Pat Douglas has stepped into the position of County Clothing Leader and Edith Webb joins Ann Beard in the two Certified MCV positions. Pat and Edith are both from the Louisville Area and have brought to the committee a lot of energy and great ideas. Welcome Pat and Edith. I'd also like to say that Wanda Atha, KEHA Family and Individual Development chair, is also a member of the committee. Wanda serves as a liaison between our program and KEHA. We truly appreciate all the support that KEHA gives to our program.

Marjorie M. Baker

Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles

SPOTLIGHT



Pat Douglas

CMV Spencer County, Class of 2002

Pat, tell us about your earliest sewing experiences.

My earliest memories are of my grandmother making quilts from the scraps of material that were left from the dresses she made for herself and shirts she made for my uncle. She also made my first apron. Later the quilt I received as a wedding present included some of those same scraps. My mother made all my dresses and helped me when I was learning to sew. She was such an inspiration for me.

How about your experience as a Master Clothing Volunteer?

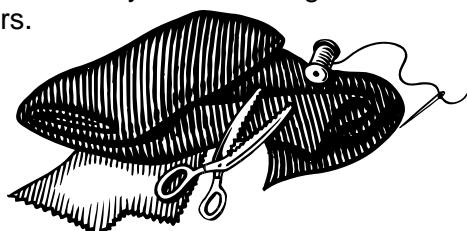
As a MCV I have learned to share the love I have for sewing and hopefully those lives I have touched will continue to pass this knowledge to others. I continue to learn something from each of the other MCVs when we meet at Jabez and when the Louisville group meets several times a year.

How about your family?

My husband John and I have been married for more than 45 years. We have a daughter and son-in-law who have given us two wonderful grandsons. Our son recently married a beautiful Chinese woman and she has a daughter who has not yet arrived in America. So we now have a new granddaughter.

Any other thoughts?

I have been sewing and doing needlework since I was about 8 years old. I did needlepoint finishing professionally for 16 years and had my own finishing business for six years.



JUST SEW YOU KNOW

Recruitment for the Class of 2010 is underway and will continue through the spring months. Some of the best opportunities to recruit new people to the program have been the area **Come Sew With Us** events. Both Lincoln Trail and Mammoth Cave areas have held successful events this spring. Northeast Area has one planned for later in May. Sharing our love for sewing and sharing with others coupled with the renewed interest in sewing all around has created a lot of excitement for the Kentucky Master Volunteer in Clothing Construction program.

The statewide training for next fall is scheduled for November 2-5. The MCV steering committee met in March to plan the class schedule. Several fun things are planned in commemoration of our 20th anniversary. Details will follow in the June/July newsletter. Remember, in order to attend you must have your annual report of service hours filed with your area contact agent by July 1. Agents are instructed to only give registration forms to those who are current on their reporting.

Emeritus Master Clothing Volunteer applications will be available from your contact agents after their agent meeting in May. To be considered, you must have served for at least 14 years in good standing as a Certified Master Clothing Volunteer. Being an Emeritus volunteer is an honorary distinction awarded to the most dedicated volunteers that may or may not be able to meet the strict payback requirements as set forth for continued certification. As an Emeritus volunteer, you will be able to attend the yearly statewide trainings. Because of your years of training and experience, you will be asked to assist with teaching classes for which you are the most knowledgeable. To maintain emeritus standing, you will still be required to submit an annual report of your volunteer hours and activities related to the MCV program. Your time is valuable to us and we want it to count. Applications will be due July 15. Upon acceptance as an Emeritus Master Clothing Volunteer, you will

receive a new name tag designating your continued service to the Kentucky Master Volunteer in Clothing Construction Program.



4-H Fashion Revue

Hopefully many of you have been working with 4-H youth the past few months getting them ready to model in their county Fashion Revue. If your county doesn't have their own fashion revue, perhaps you can coordinate with those in surrounding counties.

Participating in the state 4-H Fashion Revue is a great opportunity for senior-age 4-Hers to show off what they have made to a bigger audience. They also have the opportunity to learn more about modeling, make-up, and other fashion related things. This year's theme is SEE FASHION. The Mammoth Cave and Green River area agents and volunteers are planning this year's event. Please encourage your senior 4-H sewers to attend Teen Conference this June and be a part of the Fashion Revue track. The overall winner will be awarded a new Janome Sewing machine. Applications are available from county 4-H agents. Additional paperwork specific to the Fashion Revue track is due May 1 to the state office.

State Make it with Wool

Applications for the 2010 Kentucky Make it with Wool contest are now available. The event is scheduled for October 30 in Frankfort at the Franklin County Extension Office.

Applications are due back to state coordinator, Dorothy Vale, October 1.

Contact Dorothy via email at:

kymiww@aol.com or check with your local county extension office to obtain an application form.

✓DOROTHY DO RIGHT✓

Sewing and Teaching Others to Sew

Submitted by Amanda Sublett

As a little girl, I remember curiously watching my mother sew on her sewing machine at home. I was amazed at what she could create with it and waited for the time when I would be allowed to learn to sew. My mother still loves to sew. Even though she doesn't "sew" much for herself these days, she volunteers as the sewing leader for Marion County 4-H, where she teaches a group of girls to sew every spring. Some people ask her why she does it. She would say she teaches them to pass on a life skill and for the enjoyment of watching their faces when they sew something for themselves. She'd also tell you that it does her just as much good as it does them.

People sew for themselves and teach others to sew for many different reasons including the ones mentioned above. However, in my research I discovered that it can be good for your health also. A clinical study conducted by the Home Sewing Association showed that skilled and novice sewers had a significant drop in their blood pressure, heart rate, and perspiration rate compared to women participating in other hobbies. According to the study, the results seem to indicate that sewing helps women relax while they focus on a creative project.

It's nice to have a hobby that you enjoy and that's good for your health at the same time.



TIPS FROM SEW THIS & THAT

Submitted by Marion Mulligan

(Editor's note: Certified MCV Marion Mulligan and MCV Rita Yates have a monthly news column in the Springfield Sun. They refer to themselves as 'This and That.' They also hold monthly sewing sessions at the Washington County Extension office. Below are tips that they have shared with their readers.)

- We want to make this a fun reading experience because we are fun girls and that's what sewing is all about. If you're not having fun while sewing, then you cannot be enjoying your sewing. If that happens, just stop and resume the next day. Don't make sewing a chore. Relax and enjoy.
- We cut out some two-way stretch fabric recently. Wow, that was an experience. Talk about stretchy. Our advice, cut very slowly for an even cutting line. You might try using weights or tin cans to hold down the pattern to the fabric. Trial and error will overcome. Using a stretch fabric will enable the wearer some 'wiggle' room when wearing the item.
- Here's how to deal with pointy pillow corners. Try stitching 2 to 3 stitches across the corners; pivot and then continue sewing the seams. This creates a round look. Also before inserting the pillow form try stuffing each corner with a little poly-fil or scrunched up tissue.
- When laying out a pattern piece that is to be cut on the fold, place pins so the heads stick out over the fold as an added reminder not to cut there. And don't trim the pattern piece down that side (another reminder).
- Remember the stretchy fabric we cut earlier? Well, a skirt was sewn, elastic threaded into the waistband, a couple of rows of stitching for a hem and low and behold, a skirt to wear. "That's elegant" said one husband. For \$5, it beats traipsing around the mall, plus it's the only one in the whole wide world. Now that's the beauty of sewing. You choose the fabric, pattern and its custom made for you alone.

- Wash or dry clean your fabric before sewing. To wash, just 'dunk' the fabric in warm water and drip dry and then iron. This will remove any sizing and your project will not shrink...how about that!!!!
- February gadget of the month: a dinner plate. Trace around it to make a great circle!
- March gadget of the month: a Frisbee. Use it to carry small items such as pins, scissors, seam ripper, etc. between cutting table and sewing machine. The shape keeps items together and they won't slide off!
- Finally, start looking at your stashes of fabrics, put them into color order, and see what blends together. You will be surprised at what jumps out at you. Ideas will form and the yearning to sew again will return, especially with spring right around the corner.

Calendar of Events

April 13 to 14 – It's Sew Fine for Home and Family Sewing Expo, General Butler State Resort Park, Carrollton



May 6 – Contact agents meeting, 10:00 a.m. EDT, Hardin County Extension Center, Elizabethtown

May 10 to 13 – KEHA, Hyatt Regency, Lexington

May 24 to 25 – Come Sew with Us...Spring Sewing Smorgasbord, Lawrence County Extension Office, Louisa

July 1 – Volunteer Master Credit Hour reports due to area contact agents

July 15 – Emeritus application due to state office

August 14 – Statewide training workshop registration due in state office

August 17 to 18 – Kentucky State Fair Judging, Cloverville

October 30 – Kentucky Make it with Wool contest, Frankfort

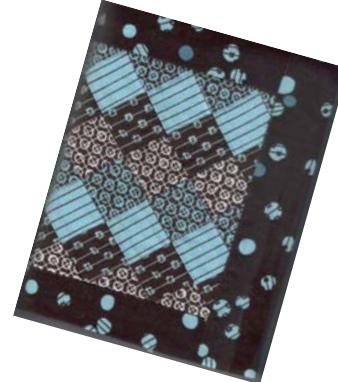
November 2 to 5 – MCV Statewide training, Lake Cumberland 4-H Educational Center, Jabez

Brag Book Cover

Need a quick gift for a new grandma? Use your creativity to design or embellish a fabric cover for an inexpensive brag book. The cover is a great place to showcase a small piece of patchwork or use your embroidery skills and/or machine.

Materials Required:

Inexpensive photo/brag book from the dollar store (holds 4 x 6 photos)
 ¼ yard (approx.) firmly woven, medium weight fabric
 OR patchwork piece
 ¼ yard fusible interfacing
 ¼ yard light weight fleece batting
 Thread to match fabric



Equipment Required:

- Sewing machine (with optional embroidery capabilities)
- Measuring tape
- Dressmaker's cutting shears OR rotary mat, cutter, and ruler
- Dressmaker's pins
- Pencil and paper to make pattern (optional if using rotary cutter)
- Iron and pressing surface

Cutting Instructions:

1. Measure your book to determine size for making pattern.

Top to bottom _____ + 1 inch = _____ [A]
(Height)

Wrap measuring tape around book front side to back side = _____ [B]

[B] + 5 inches = _____ [C]

2. Cut one piece of fabric for the inside liner the width [A] by the length [B].
3. Cut one piece of batting the exact height of the book by the length [B].
4. Cut one piece of fabric (optional patchwork) piece for cover outside the width [A] by the length [C].
5. Cut one piece of interfacing the same size as the cover outside.

Sewing Instructions:

1. Center batting on wrong side of cover fabric.
2. Fuse interfacing to the wrong side of cover fabric sandwiching batting in between. Wrap cover around brag book and mark corners. Embroidery design in desired location or quilt layers together.



Figure 1

4. With right side of cover facing up, fold hemmed edges back 2 inches (right sides will be against each other). Pin as illustrated. (Figure 2)

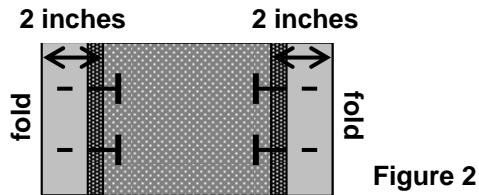


Figure 2

5. Place right side of liner face down on cover. Folded flaps are in between the two layers of fabric. (Figure 3) Match sides and corners, pin together along long edges.

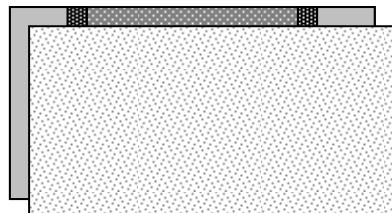


Figure 3

6. Sew a $\frac{1}{2}$ -inch seam along both long edges, backstitching at ends. (Figure 4) Trim thread ends and seams to $\frac{1}{4}$ -inch.

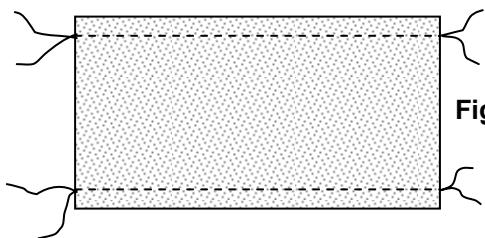


Figure 4

7. Turn the cover right side out through open end. Unpin and flip the flaps over so they are against the liner. Poke corners out. Press seams and folded edges so they lay flat.
8. Insert brag book and start collecting photos or give as a gift!

Marjorie M. Baker, M.S.
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