

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM

CLOTHING & TEXTILES PROGRAM
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<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie



"extending clothing knowledge and skills"

December
2010
Newsletter

VOL. 19
NO. 3

What a great training! We had over 125 people attend the statewide training in November. The 4-H Center was once again a warm and welcoming place. This training marked our program's 20-year anniversary! Many thanks go to the Purchase and Mammoth Cave Areas for planning the banquet and entertainment. Their presentation of hysterical fashions was a "punny" look at historical costume. If you haven't seen the photos on our Facebook group page, please check them out. We initiated eight Emeritus Volunteers: Mary Jean Grief, Sandy Davis, Jo Ann Ellegood, Aggie Fink, Bonny Glass, Edna Gunsauls, Patsy Kinman, and Kathy Lauer. Twenty four volunteers from the Class of 2008 were certified and seventy-three were re-certified from the classes of 1990 thru 2006. Congratulations!

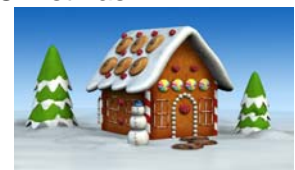
Next year's mid-rotation training dates have changed from what was announced at the closing of this year's training. We are back in October; please mark your calendars for October 12 – 14, 2011. The 2012 statewide training will be October 9 – 12, 2012. Plan now to attend.

Once again the leadership of our Steering Committee will be changing. I'd like to thank Ann Beard and Amanda Sublett for serving on the MCV Steering committee for the past three years. They have been very helpful in planning and implementing the state wide trainings. They will be rotating off the committee in March. Mary Averbeck, Kenton County Extension agent for 4-H Youth Development will be returning to replace Amanda on the committee. If you are interested in serving in the capacity of Certified Master Volunteer on the steering committee, please complete the credential form at the end of this newsletter and return by January 31, 2011.

As we approach the holiday season, I want to thank everyone for being so supportive of keeping sewing alive and passing this valuable life skill on to the present and future generations. I wish everyone a joyous holiday and a prosperous new year. Merry Christmas!

Marjorie M. Baker

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



SPOTLIGHT



Judy Greenwell
CMV Jefferson County
Class of 2002

Judy, tell us about your earliest sewing experiences.

I wanted to make doll clothes when I was in the third grade. My mother would not buy me any fabric. I doubt that she even knew where to buy it so she gave me an old wash rag and some buttons. I was able to fashion a pink coat for my doll with my limited resources.

How about your experience as a Master Clothing Volunteer?

I help with a 4-H class at Ascension School. I have also taught adult education at Iroquois School. My favorite experience was teaching the Somali Bantu women at the Americana Center here in Louisville. Prior to working with these ladies, they had only sewn on treadle machines at refugee camps in Kenya.

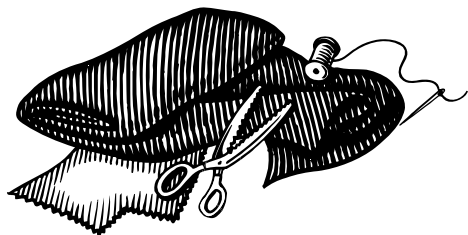
How about your family?

I have a wonderful husband, Joe, whom I met in college at Western Kentucky University. He is very supportive of my thread and yardage addiction. Our son Jake is 32 and has known how to sew since middle school.

Is there anything else you would like to share?

I have a BS in Home Economics Education. But for most of my career, I have been a registered nurse and certified diabetes educator. I hope to retire soon.

Editor's note: Judy is also an active member of the Louisville chapter of the American Sewing Guild.



State Make it with Wool

Congratulations to Ann Beard and Julie Ullery for competing in the state *Make It With Wool* contest. Julie placed second behind Marjorie Baker who took top



honors in the Adult Division. Julie made a tweed car coat and coordinating skirt with a pleated flounce. Ann made a one piece dress from wool she won at MCV training while taking the *All about Wool* class a couple of years ago. Marjorie's winning outfit was a little black dress and jacket trimmed with embroidered and sequined silk collar and cuffs. All entrants received Pendleton wool and other prizes just for completing an outfit and entering the contest. The youth divisions had 4 entrants in the senior division and 2 in the junior division. The winners will represent Kentucky in Reno, Nev. at the 2011 national finals in January. It was wonderful to see increased participation in the contest.

Everyone needs to think about what they could make for next year's contest, and start sewing.

✓ **DOROTHY DO RIGHT** ✓

Fleece Facts *submitted by Edith Webb*
Polarfleece™ and Polartec™ are trademarked fleece names for well-known, high-quality fleece. The term "polar fleece" is used generically to refer to fleece in general. Fleece comes in many pile fabric styles and qualities. The highest quality fleeces are made in the United States and Canada. Many fleeces are imported from the Orient and are of inferior quality and do not perform as well as the higher quality fleeces. Fleeces come in different weights and finishes, such as pile, Berber, and plush. Fleece is generally made from 100 percent polyester fibers or a blend of polyester and acrylic fibers. They work well as outer wear because they do not retain water.

Fleece should be laundered inside out, separately, or with similar garments. Use the washing machine's gentle cycle with lukewarm water and a powdered detergent. Do not use bleach, dryer softener sheets, or liquid fabric softener. Fleece does not need to be pre-shrunk.

To determine the right side of fleece, pull along the "selvage" edge, it will curl to the right side and when stretched along the crosswise, it will curl to the wrong side.

A size 80/12 or 90/14 needle is recommended for mid-weight fleece, while lightweight fleece would require a smaller needle; and heavyweight fleece, a larger needle. The sewing machine stitch length needs to be lengthened to a stitch length of 3 mm to 3.5 mm for most loose fitting fleece garments and a bit shorter for close-fitting garments. A 3/4 serger with differential feed is wonderful for sewing fleece.

Fleece can be embellished with cutwork, pin tucks, polar "ribbing", appliqué, embroidery, trapunto, embossing, border prints, channel stitching, and even "make your own fleece yarn" to create a crocheted edge finish. To make your own yarn, cut 1" strips across the fabric, stretch the fleece strip until it curls around itself. Join ends by slicing together. Fleece is an interesting and fun fabric to sew.

QUILTED GARMENTS

As many of you know, batting for quilted items comes in many weights and fiber combinations. Choosing a batting that is right for your quilted garment may seem overwhelming. You certainly don't want to add bulk to your garment, so what do you do? One alternative to using traditional quilt batting for garments is to use light-weight cotton flannel for the inner layer. Using flannel provides stability for foundation piecing and adds light warmth. Always prewash flannel, as it shrinks considerably, thus distorting the finished garment. Flannel can also be used as an inner lining to add warm to coats, jackets and even trousers. Another option for quilted garments is a blend of bamboo fibers. Dream Orient® is one that combines bamboo with botanic Tencel®, silk, and cotton. It is truly luxurious, drapeable, and soft. It comes packaged in several sizes, from craft to king size.

Mary Ray, designer and clothing maker recommends using a bonded wool batting (Hobbs Heirloom Wool) for light-weight quilted garments. It gives a soft hand with no wrinkling. Wool batting also provides added warmth without weight.

All of the above choices are natural fibers which allow for breathability, an important thing to consider when making clothing that will be comfortable to wear. All are washable, matching the care of your batting with that of your outer layers is also very important. Once you have selected a batting, sandwich it between your outer layers and quilt a sample as you expect to quilt your garment. Remember that the closer you quilt, the stiffer the finished fabric will be. When you are happy with your results, move on to the real thing.

YOU ARE INVITED

Shirley Adams in the Bluegrass

The Bluegrass Area Master Clothing Volunteers will be hosting Shirley Adams of the popular former PBS series *Sewing Connection* on March 25 and 26, 2011. Friday evening will feature a dinner and trunk show. Saturday morning will feature a Pin Weaving class with Shirley. Both activities will be held at the Clark County Extension Office in Winchester. Contact Jennifer Howard, Clark County Extension Agent for Family and Consumer Sciences at (859) 744-4682 for more information.

It's Sew Fine Sewing Expo

The 2011 "It's Sew Fine for Home and Family" Sewing Expo will be held April 12 and 13 at the General Butler State Resort Park in Carrollton. The planning committee has selected a fine slate of classes. Pam Damour, the Decorating Diva from Champlain, N. Y. is scheduled to be the Banquet speaker. Watch for details in January. Contact Judy Hetterman, Owen County Extension Agent for Family and Consumer Sciences at (502) 484-5703 if you have further questions.

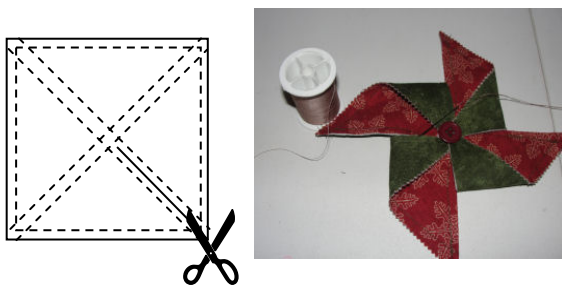
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: **Free Vintage Sewing Patterns:** Contact
: Sandy Davis at (509)499-9744 or email at
: sandysews2@insightbb.com
:

Christmas Pinwheel Ornament



Barbara Stiles and Sandy Davis work on denim pin wheel ornaments in the Denim, Denim, and More Denim class held during the 2010 training.

Allysan Comstock shared her directions for this simple project: Cut a 5-inch square of denim fabric, another 5-inch square of coordinating or contrasting fabric, and a slightly smaller square of interfacing. Sandwich the three layers together with interfacing between the two fabrics. Sew around the outer edge through all layers. Sew two rows of stitching $\frac{1}{4}$ -inch apart from corner to corner diagonally across the square forming a double "X". Cut between the two rows of stitching, from each corner to where the stitching lines cross each other (almost at the center). Gather each corner and fold up to the center and secure with a decorative button. Add a string for hanging.



Calendar of Events

January 31, 2011 – Steering Committee Credentials due in state office for CMCV position

March – *Steering Committee Meeting*, date and time TBA

20th Anniversary Commemorative Quilt



Many volunteers across the state contributed to the making of the Master Clothing Volunteer commemorative quilt, pictured above. The quilt was presented to the Lake Cumberland 4-H Educational Center and hung on the wall in the Beacon Hill Room. The quilt was designed by the steering committee to commemorate the program's 20th anniversary and as a memorial to Kathy Brannon and Evelyn Ewing. Kathy was a former contact agent for the Lake Cumberland Area and Evelyn was a 20 year Master Clothing volunteer. Both of these lovely ladies passed away on August 22, 2010. Evelyn would have been initiated as an Emeritus volunteer at the 2010 training. We are grateful to the talents of the following for their contributions to the quilt: Rosella Armstrong, Devona Hisel, Ann Beard, Edna Gunsales, Brenda Pinkston, Sandy Davis, Mary Hixson, Brenda Edwards, Nell Jordan, Valerie Middleton, Joan Litteral, Ann Howard, Rose Blaney, Bette Zilligen, Nancy Pratt, Joan Gertz, and Marjorie Baker.

March 24 and 25 2011 – Shirley Adams in the Bluegrass, Clark County Extension Center, Winchester

April 8 to 10, 2011 – International Quilt Festival, Duke Energy Convention Center, Cincinnati, Ohio

April 12 and 13, 2011 – It's Sew Fine for Home and Family Sewing Expo, General Butler State Resort Park, Carrollton

October 12 to 14, 2011 – MCV Mid-rotation training, Lake Cumberland 4-H Educational Center, Jabez



MASTER VOLUNTEER IN CLOTHING CONSTRUCTION PROGRAM

Steering Committee Member Positions

Term: 3-year

Qualifications: The individual:

- **For the Certified Master Clothing Volunteer** position must be a *Certified Kentucky Master Clothing Volunteer* in good standing with the Kentucky Master Volunteer in Clothing Construction Program.
- **For the County Clothing Leader** position may, or may not, be a current participant in the *Kentucky Master Volunteer in Clothing Construction Program*.
- Is recommended and/or approved by his/her local county Extension office and/or the Area MCV Contact Agent.
- Is a team member/player, having demonstrated the ability to work well and communicate with others in an effective manner.
- Can be described as a "thinker" and a "doer" when it comes to planning and putting together a program or activity.
- Is willing to give of their time and expertise to assist with the policy-making activities necessary to maintain and continually improve the Master Volunteer in Clothing Construction Program.

Committee Responsibilities:

- Is willing and able to attend three or four MCV Steering Committee meetings a year in a location determined by committee members.
- Is willing to contribute or assist with an article for the *Master Clothing Volunteer Newsletter* at least once a year.
- Is willing to assist other committee/program members with the planning, preparations, and conducting of training for the volunteers and agents participating in and working with the Master Clothing Volunteer Program.
- Is willing to serve as a spokesperson for the Master Clothing Volunteer Program, and act as a liaison between the *master* and *certified master* clothing volunteers who are actively involved in the Kentucky Master Volunteer in Clothing Construction Program.

CREDENTIAL SHEET

**Master Volunteer in Clothing Construction
Steering Committee**

The Master Clothing Volunteer Steering Committee is composed of volunteers, Extension professionals, and other key individuals who meet three to four times a year to discuss, set policy, plan, and prepare for program trainings. Committee members are expected to attend meetings, actively participate in the decision-making process for the program, contribute to the MCVP Newsletter at least once a year, and share their knowledge and expertise in planning and conducting trainings. You are invited to submit a credential form if you would like to be considered for this position. *Type, print, or write legibly, completing all information requested.* Your application will be reviewed by the current MCV Steering Committee. Candidate will be selected and notified before the March meeting. Steering Committee terms run for three years.

Application for: Certified Master Volunteer

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

AREA: _____ **YEARS AS MCV:** _____

Directions: Complete the information below and submit a copy to:

Marjorie M. Baker
Master Clothing Volunteer Program
University of Kentucky
246 Scovell Hall
Lexington, KY 40546-0064

Due Date: January 31, 2011

1. List the leadership positions you have held within the past 10 years. (Attach additional sheets if necessary)

Professional/Job related:

County:

Area:

State:

Other: Viewing yourself, how would you rate yourself and why?

___ Team member ___ Leader of team ___ Follower

Explain your response: _____

2. Total number of Master Credit Units (MCUs) earned (approximately): _____

3. What activities, on behalf of the MCV program, do you enjoy most? _____

4. Would you be willing/able to attend and/or participate in committee meetings three times (approximately) a year? Yes No

5. Would you be willing to assist with training sessions? Check appropriate response.
 No, I would not be able to assist. Yes, only in planning the activity.
 Yes, if the training is during the day. Yes, and I can stay overnight.
 Yes, with the following limitations. Other: explain below:

6. What have been your most successful activity and/or learning session while involved in the Master Clothing Volunteer program? Explain.

7. What unique experiences, skills or expertise do you feel you could bring to the Master Clothing Volunteer Program? List or discuss below.

8. On a separate sheet of paper, respond to the following question. What has the **Master Volunteer in Clothing Construction** program meant to you, your county and/or your area? Confine your answer to one type-written page.

Fat Quarter Gift Bags

With holidays just around the corner, here is an eco-friendly way to wrap a gift. Two bags can be made from two coordinating fat quarters. The bag lining forms a mock binding around the bag opening. Coordinating self fabric ties complete the bag. Finished bag measures 7½ inches by 10½ inches.



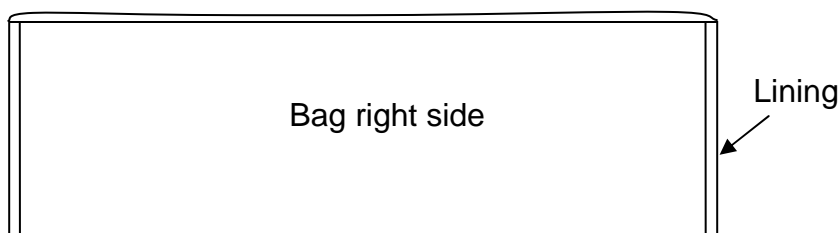
Cutting Instructions for one bag:

Outer bag fabric – (1) 8" x 21"

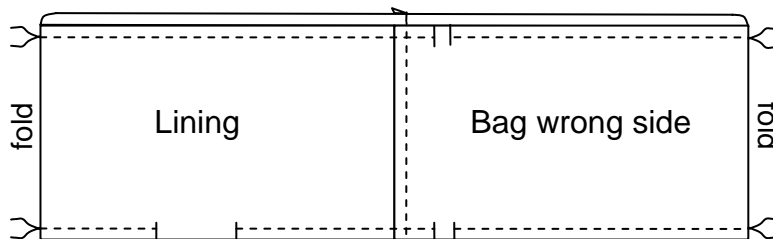
Bag lining fabric – (1) 8"x 22" and (2) 1" x 22" strips for ties

Sewing Instructions: Use ¼" seam allowances

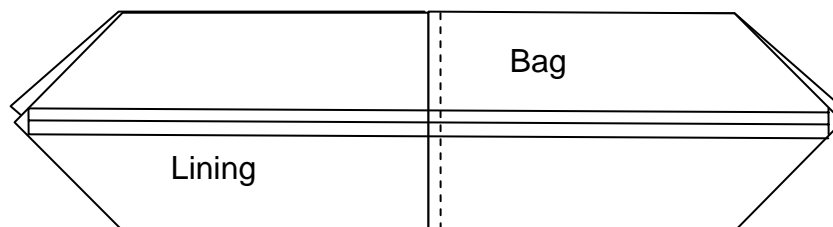
1. Join bag and bag lining at each end. Press seam towards lining.
2. Turn right side out and press so the lining wraps over bag at each end, forming the mock binding. Press to set the crease at each end.



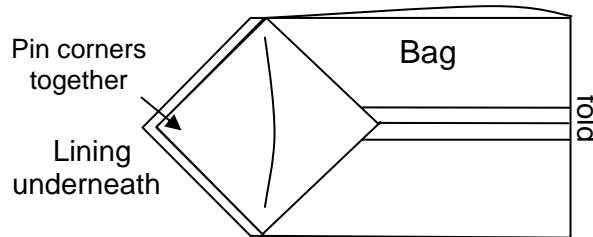
3. Turn wrong side out and match seamlines in the center. Mark opening for casing 1" and 1½" down from bag top. Mark a 2" opening in lining side seam.



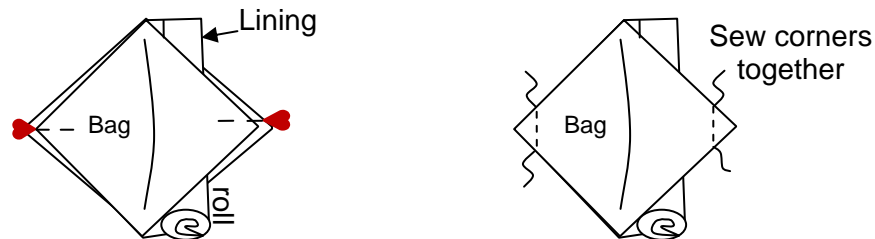
4. Stitch sides of bag and lining, right sides together leaving opening for turning in one lining side seam and ½" opening on each side of bag for casing.
5. Press side seams open and refold bottoms of bag and lining as illustrated.



- Fold bag bottom over to match corner to one corner of the lining bottom. (One set of open side seams will be against itself, the other open seam will be on the outside.) Pin the two matching corners together.



- Roll top of bag towards the bag bottom to allow remaining corners to be pinned together. Sew bag to lining at each corner by sewing across the corners $\frac{1}{2}$ " from corner point.



- Turn right side out through opening on side seam of lining. Sew opening closed.
- With lining on inside of bag, sew around bag top 1" from top edge and again 1 $\frac{1}{2}$ " from top edge to form casing. Be careful to line stitching lines up with openings on each side seam.
- Ties: Fold lengthwise, right sides together; sew long sides with a narrow seam. Turn right side out and press. Using a safety pin or bodkin, insert one tie through casing entering and exiting at the right side seam. Repeat with other tie on the left side seam. Tie knots at the ends.



Illustrations and photographs by: Marjorie M. Baker

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

December 2010

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