

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM

CLOTHING and 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
2012
Newsletter

VOL. 21
NO. 3

Thanksgiving goes beyond the meal we shared in November. I'm thankful that we had yet another great statewide training at the Lake Cumberland 4-H Educational Center, in October. This event has been likened to a family reunion. This year we welcomed 20 new sewing enthusiasts into our family. How wonderful to see that the Kentucky Master Clothing Volunteers span at least three generations of sewers. Some of our older members were unable to attend the training. If you missed seeing them, I'm sure they would appreciate hearing from you. Drop a card or note in the mail to them.

Thank you to all the volunteers who helped make the training a success. From the Class of 2010, who taught the basic training sessions to the seasoned veterans, the agents and the Emeritus volunteers, who covered the other classes, it was evident that the program is building leadership as well as sewing skills. Special thanks to the steering committee members for their planning and selection of classes. Pat Douglas and Edith Webb will rotate off the committee in December. Please consider applying for these vacancies. Credential forms can be found at the end of this newsletter. Applications need to be returned to the state office by January 15, 2013.

I'm thankful for the support the MCV program receives from the Kentucky Extension Homemaker Association. Each year, money is budgeted from each area to help defray their volunteer's cost for the annual training. I encourage each of you to be an active member of KEHA, sharing your sewing knowledge and skills.

I'm thankful that Family and Consumer Sciences Extension continues to support the Kentucky Master Clothing Volunteer program as a means for building leadership through teaching sewing to youth and adults.

I wish everyone a festive holiday season.

Marjorie M. Baker

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

SPOTLIGHT



Allysan Comstock
CMCV Jefferson County
Class of 2004

Allysan's earliest sewing experiences:

Allysan remembers sleeping in a desk drawer at the Bullitt County Extension office where her mother was the Home Demonstration and 4-H agent and later watching her mother work with 4-H members in her home on their clothing projects. Allysan would take her knitting and crocheting to school in the 4th grade because she thought it was so cool, and she made a blue gingham 4-H apron for the county fair. She progressed through the rest of the 4-H clothing units, modeling in the style revue and entering the fair with each. Allysan became hooked on teaching sewing during high school while working with students at the St. Aloysius Elementary 4-H club.

Allysan's experience as a Master Clothing Volunteer:

Allysan entered the MCV program to learn more about sewing, to meet lots of sewing enthusiasts and to track her 4-H sewing volunteer efforts with UK. Travelling to Jabez for 3-5 days of sewing, eating 3 plus meals a day and

bidding in the silent auction were giant, BONUSSES! Allysan works with a 4-H sewing club in Louisville on a regular basis and actively recruits other MCVs to join anytime. Some of her 4-Hers have taken their sewing lessons beyond 4-H projects by making items to sell, doing alterations, helping recruit a mom to join MCV (Pat Mader-08) and designing their own room accessories. Of course, her mother teaches alongside since she did start this sewing hobby of hers. Allysan just loves that!

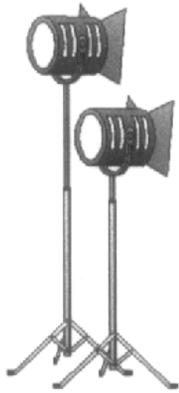
Future MCV projects include trying to recruit her younger sister, Beverly, to become a Master Clothing Volunteer, since she also works with the 4-H sewing club and is very artsy; to have one of her former 4-H sewing students become a MCV and to teach a sewing project to the Louisville Area Homemakers who help fund her trips to Jabez.

Allysan's family:

Allysan has been married 29 years to the man of her dreams, Brian. They have two children; Cameron, an actor in Los Angeles, who is getting married in June and Shelby, a college senior majoring in music business in Nashville.



SPOTLIGHT



Marion Mulligan
CMCV Washington County
Class of 2004

Marion, tell us about your earliest sewing experiences:

At the age of 8, I was attending a Catholic convent boarding school in Berkshire, England. Every Sunday evening all of the boarders would sit and darn each other's socks. The nun on duty was also in charge of all our clothes and linens. She was an excellent seamstress and taught us how to darn. We used a very smooth stone (we didn't have darning mushrooms!) This was inserted in the sock and beside the hole. We would sew little stitches all around the hole for stability, then insert rows of yarn up and down. We would then weave up and over the lines until all was filled. I shall never forget how precise we had to be, especially when it was for another girl. You hoped your socks were darned smoothly. My mum taught me to cross-stitch and I made her a tray cloth as a Christmas gift one year. In later school years there was always needlework classes and knitting, too. When I was 12, I remember making a long white cotton nightdress with blue ribbon around the neck line. I was so proud of this, I held it up to myself. A teacher passing by saw me and I got a 'telling off' for showing off.

Marion's experience as a Master Clothing Volunteer:

I feel that through this program I have gained the best knowledge from teachers I could ever dream about. With all this knowledge that I can convey to others wherever I may be in the world, gives me great courage to tackle the biggest, most difficult job. MCV is a program for which I am truly grateful and proud to be involved. Whatever the mind can conceive, the hands can achieve.

Marion's family:

My husband Bob has always encouraged me in this venture and been very supportive. Sometimes he even comes up with great ideas especially when it refers to men's designs. I have inherited 2 stepchildren and 5 grandchildren. The grandchildren's ages range from 5 to 22. I have a son, 42, still living in Poole, Dorset, in southern England.

Other comments:

For fitness, I love to take a weekly yoga class, mainly for strength and balance. I belong to our local book club and enjoy all types and styles of cooking. I especially enjoy heirloom sewing and tailoring.



AMELIA MORALES BAUMGARTNER

(1944 - 2012)

Amelia Morales Baumgartner, 68, of Woodbine, Knox County CMCV passed away October 1, 2012, at the Hospice Care Center in Lexington. Amelia was member of the Class of 2008.



My daughter's sister-in-law has headed up a project getting a damaged school in Haiti repaired and reopened. Originally it enrolled 50 kids, but after reopening, and offering a food program, 160 kids came and enrolled. I had offered to help her with a sewing project and she asked for messenger type school bags for each child. After many hours sewing with churches and Louisville area MCVs, I sent 160 bags. I received many donations of heavy type fabrics from shops and individuals. I have great pictures of the kids and their bags. *Submitted by Teresa Stewart, Shelby County CMCV*



Wanda Teegarden, CMCV from Hardin County is working in Afghanistan through July 2013. Wanda took vacation to be with us at our fall training. Many asked for her mailing address.

Mail can be sent to:
USFOR-A/NKC
Attn: J1 (Teegarden)
APO AE 09356

INTERFACING

The following are stories contributed via your 2012 reports:

On June 25-27, Scott County Master Clothing Volunteers, Patti Bridge, Brenda Waller and Carol Dzuibakowski, held a sewing camp for 9 girls age 9-15. The camp theme was "A Day at the Beach". The girls made decorated flip flops, a beach towel carry-all, a lunch bag and a luggage tag. Everyone had a great time. *Submitted by Patti Bridge, Scott County CMCV*

In February, Kathy Byrnes, FCS agent, Kenton County was contacted by the American Cancer Society to donate seatbelt pillows for cancer patients with PICs. These pillows are also helpful to heart patients with defibrillators. I agreed to coordinate the project. At this time I have two groups meeting once a month to sew together. One group is Kenton County Homemakers and the other is the Women's Christian fellowship from my church. Starting in September we will have two homemaker groups meeting each month. Elaine Kohler, MVP Kenton County will manage the group meeting at Marshall Road. I will have another Homemaker group meeting at the Durr annex, plus the church group who also meets at the Durr annex. We have donated 210 pillows to date. The American Cancer Society does not fund this project; all supplies and money are donated. My goal is to get other counties to start a program of their own. Then I would like to see heart patients receive these pillows. *Submitted by Nancy Rodgers, Kenton County CMVC*

The MCV program is the most amazing program I have ever been involved with. The skills I have learned and the sharing of my sewing skills have been a very positive influence in my life. Meeting new friends and learning new ways of sewing

have been great. I cannot say enough about the program and Marjorie Baker. I do hope this program will be around for a long time, as sewing is a needed skill and no longer provided in the schools. My best reward is to teach a beginner the love of sewing. My thanks go out to all who make this program possible.

Submitted by Carol Dzuibakowski, Scott County CMCV

Several Homemakers wanted to do a service project; they decided to make the quick pillow cases for a crisis center for abused women. We thought the pillow cases could be given to them to put their belongings in when not being used to sleep on. Several ladies donated fabric and on the day of sewing we had an assembly line of cutters, sewers and ironers. After all pillowcases were finished, we had a total of 30 cases turned into the Oasis Crisis Center. All the ladies were so excited to learn to make the pillowcases and most intended to make themselves a few of their own to give as gifts. It was a great day of fun and accomplishment. *Submitted by Brenda Pinkston, McLean County CMCV*

I am chairman for Muhlenberg County Homemakers Management and Safety educational programs. Our local activities director at a nursing home asked if we could help make cover-ups for 20 women and 10 men at their facility. This would help them to have bibs (cover-ups) at all times. Our homemaker council voted for the project and we made the cover-ups. We adapted a pattern and adjusted it to fill the order. The Apron Friends Extension Homemaker Club and a few other volunteers helped with this project. Homemakers furnished the time, pattern, fabric and notions. I made the embellishments. This was done as a no-cost, volunteer project. *Submitted by Paula Atkins, Muhlenberg County CMCV*

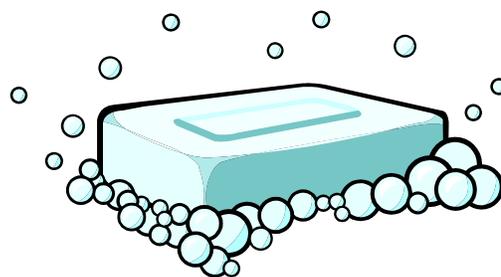
The Peace Clovers 4-H Club is a small club in Christian County. The children in this club are very community service oriented and take great pride in doing for others. The club has focused on helping the homeless by helping the local Salvation Army Shelter. The children have prepared and served many meals at the shelter but wanted to do something more permanent. The children chose to make colorful pillowcases to take to the shelter, so there would be colorful dreams. The children chose the fabric and completed the preparation and sewing of all the pillowcases. They delivered them to the shelter with such pride and excitement for helping someone less fortunate. *Submitted by Connie Coke, Christian County CMCV*

✓ **DOROTHY DO RIGHT** ✓

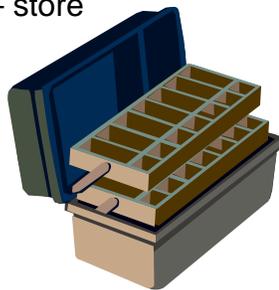
SEWING AND SAVING

Everyone is concerned today with saving money and recycling what we have on hand. Following are some ordinary items that can be used in your everyday sewing to replace fancy, expensive sewing accessories.

- Bar of bath soap (any kind, the cheaper the better) — it can be used as a cutting board when cutting buttonholes, transferring pattern markings to fabric, and as a deodorizer in your material boxes to keep them fresh.



- Dental floss – use as a needle threader and/or zigzag over for gathering. Dental floss threaders are useful in threading specialty threads through looper eyes of the serger.
- Empty squeeze bottles – can be used instead of canned air to clean sewing lint from the machine.
- Film canisters or empty medicine bottles – will hold buttons, hooks, eyes and small notions so that they can be easily found. The canisters can also be marked with a label. Also good for storing broken/dull machine needles for safe disposal.
- Fishing tackle box – store all your sewing supplies so they are ready when you pack for a class; everything is in one place and can be easily transported to class.
- Glue stick – use to temporarily baste interfacing and fabric seams before sewing; use to put your samples on paper to write their names, and use to apply appliques until they can be stitched.
- Knitting needles – use as a fast turn in turning belts, straps, etc.
- Pedicure toe separator – use to hold bobbins.



- Pencil eraser – use in making covered buttons, to push fabric around the edges.
- Plastic drinking straw – can be taped to the back of your machine to hold extra threads when sewing with a double or triple needle, and can be used in blending threads.
- Post-it™ notes – use them to make notes on patterns, note pattern

changes and as templates for top stitching. Adhere a stack of Post-it™ notes to the bed of the sewing machine to serve as a seam guide in lieu of those magnetic seam guides.

- Removable tape – can be used on fabric, paper, patterns, machines, etc. It can be written on and then removed. Use it as a sewing guide on your machine for accurate seams. It can also be used to replace hems in an emergency; be sure and sew hems when you return home and before laundering.
- Return address labels – the self-stick kind can be used to mark your sewing books, notions, scissors and patterns.
- Safety pins – can be purchased in assorted sizes. Use them in quilting, pattern alterations and putting in elastic. In a hurry with no time to fix that button? Put it on with a small safety pin (button must have a shank). Use as a marking tool in certain fabrics.
- Single edge razor blade – use it to cut button holes, small threads, ribbon, string, fake furs and some designs in sewing motifs. Use for ripping out seams – but be careful.
- Terry bath towels – can be used as a portable ironing board; it can be placed on the counter, bed, floor or other hard surface. A towel can also be used as a pressing cloth on napped fabric.
- Toothpicks – use when attaching buttons to aid in creating thread shanks.
- Wooden dowels – can be used in making seam rolls for pressing and to turn belts, purse handles, etc.
- Wooden skewers – Used to guide fabric while sewing.
- Ziploc™ Freezer Bag – can hold everything from material and patterns to notions.



International Travel Opportunity

The School of Human Environmental Sciences is sponsoring a trip to Scotland June 1-11, 2013, for alumni and friends of the School. The program will focus on a variety of disciplines found in the School of Human Environmental Sciences. Participants will participate in 10 days of seminars, professional visits, tours, etc., addressing a variety of topics including merchandising and textiles, food, hospitality, community development, family development and much more. Highlights of the trip include touring a tartan wool mill and cashmere mill, the design studio where University of Kentucky plaid is made, Edinburgh and St. Andrews. Cost of the trip is \$2,600 and includes double occupancy lodging, ground transportation from hotels, breakfast each day and some admission fees. Expenses not included are airfare, other meals, shopping and UK admission fee. Space is limited.

For more information contact:

Dr. Ann Vail: (859) 257-3887

ann.vail@uky.edu

Dr. Scarlett Wesley: (859) 257-7778

scarlett.wesley@uky.edu

Congratulations

Congratulations to the following upon their recent certification: Sandra Clark, Connie Coke, Marsha Collins, Deb Dawdy, Julie Donahue, Carole Dunhuber, Carol Dziubakowski, Linda Evans, Millie Green, Betty Harris, Loretta Haley, Bonnie Hillander, Brenda Hill, Ruby Hord, Susan Kipp, Rita Rogers, Janis Steele, Billye Watson, and Mary Lou Zirklebach. Congratulations to Elaine Boer, Carol Stine and Marilu Stephens, for being honored as Emeritus Master Clothing Volunteers at the fall training. Thank you for your continued service.

As of 2012, 106 Kentucky Master Clothing Volunteers were certified or recertified, 3 Emeritus volunteers remain active without being recertified and 20 new volunteers attended Basic Training. Total active MCVs: 129. 12,687 volunteer hours and 28,384 contacts were reported for 2012 by 104 Master Clothing Volunteers. Based on the 2011 Independent Sector's national volunteer value of \$21.79, Kentucky Master Clothing volunteers contributed approximately \$276,450 worth of volunteer service to the state of Kentucky.

Calendar of Events

December 11 *MCV Steering Committee* meeting, Whistle Stop restaurant, Glendale

March *MCV Steering Committee* meeting, TBA

April 16 – 17 *Its Sew Fine for Home and Family Sewing Expo*, General Butler State Resort Park, Carrollton

June 1 – 11 *HES trip to Scotland*

June 12 *State 4-H Fashion Revue*, University of Kentucky, Lexington

August 12 – 13 *State Fair Cloverville Judging*, Louisville

October 9 – 11 *2013 Statewide Training*, Lake Cumberland 4-H Educational Center, Jabez



Wrist Pin Cushion

Need a quick gift for a sewing friend? This handy wrist pin cushion would be a welcome gift for any sewing enthusiast. Made with two squares of fabric and a clever twist, you'll have even the most experienced sewer wondering "How did you do that?"

Materials needed:

- (2) 3½-inch squares of firmly woven fabric
- 8-inch piece of 1¼ inch wide elastic (pictured) OR 12 inches of ¾ to 1 inch wide lightweight strapping and 1½ inches of hook and loop tape of the same width for the wristband
- Thread to match
- Button
- Handful of polyester fiberfill and/or crushed walnut shells, enough for stuffing
- Hand sewing needle
- Sewing machine



Instructions:

1. Fold each fabric square into quarters to determine the mid points on all four sides.
2. At each marked midpoint, clip ¼ inch into the fabric edge. You may also want to mark the point where the ¼-inch seam lines cross at each corner.
3. If using strapping and hook and loop tape for wristband, measure around wrist and add 2½ inches to this measurement and cut strap to that length.
4. Place bottom square face up and center the wrist strap diagonally across the square. Sew strap to center of fabric the width of the strap for 1½ inches.
5. Fold wrist strap back over itself and secure with a pin to the center of the fabric square. This is to keep the strap away from the outer edges of the square while sewing the fabric square together in the next step.
6. Here comes the "twist": With right sides together, match each of the seam line corners of the top fabric to the midpoint clips of the bottom fabric, allowing the edges of the bottom to pivot around the corners of the top. Do the same with the corners of the bottom fabric and the clipped midpoints of the top fabric. Sew together, leaving one 1½-inch section open for turning and stuffing. Be sure to back tack at beginning and ending of stitching. This offsetting of the squares creates an interesting zigzag seam around the sides of the pin cushion.
7. Turn right side out and stuff firmly. Sew opening closed. Sew button to center of top through to the bottom fabric.
8. Fold back ends of strap ½ inch and cover raw edges with hook and loop tape, stitch the hook and loop tape, allowing the strap ends to overlap when fastened. If using elastic for wristband cut elastic 1 inch longer than wrist measurement, secure overlapped ends and hand sew to bottom of pin cushion.

Marjorie M. Baker, M.S.
 Extension Associate for Clothing and Textiles
 November 2012

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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 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/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.

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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**
(check one or both) _____ **County Clothing Leader**

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

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

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

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

Due Date: January 15, 2013

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 has 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.

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