

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM

CLOTHING and TEXTILES PROGRAM

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Bobbin' along with Marjorie



*"extending clothing
knowledge and skills"*

Winter is nearly here. We've had freezing rain, sleet, and snow across the state already. But what a great time of the year to be nestled inside and sewing to our heart's content perhaps making gifts for friends and family for the holiday ahead.

We had another great training in October. The overall feedback from the online survey was very positive. It appeared that everyone liked the track arrangement for class and not having to move machines around from room to room. I appreciate those that took the time to complete the online survey. The survey report indicated that 60 percent of the attendees completed it. As we move more to paperless activity, I hope to have an even higher percentage next time.

The first week of December found me in the company of the 4-H agents as I presented at their "Series". My sessions were on body image. My primary focus was on reenergizing the 4-H Fashion Magic project for teens. I didn't realize so many of the agents were unaware of this project. Fashion Magic is a clothing selection project that teaches the fundamentals of how to dress to best enhance your body type. It covers using color and the other elements of design as well as smart clothing consumerism. Originally designed for the non-sewer to take part in, it can also be used along with the sewing projects to help with selecting the right pattern and fabric. After completing a notebook and selecting an outfit, the 4-Her can model the outfit at the State Teen Conference Fashion Revue in June. "Wardrobe Planning" is the first unit in the series and must be completed before the others. Check out the project book 4JD-10PA **Fashion Magic Wardrobe Planning: 4-H Clothing Selection Project Series** [PDF/Adobe Acrobat: 1217 kb](#)

Marjorie M. Baker

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Extension Associate for Clothing and Textiles

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SPOTLIGHT



Wilma Strunk
CMCV McCreary County
Class of 2002

Wilma Ruth (Manning) Strunk, age 81 years, of Stearns, Kentucky died October 16, 2012 at her home. Funeral services were held Friday, October 19, 2012. Burial was in the Lower Hickory Grove Cemetery.

She was born in Pine Knot, Kentucky on June 29. She was a school teacher, a member of the McCreary County Fair Board, Basket Weaver's Club, and Relay for Life, Retired Teachers, and the Kentucky Master Clothing Volunteer Program.

Survivors include her husband, Norman Strunk of Stearns, Kentucky; daughter, Laura Ann Strunk of Porter, Texas and Rebecca R. Christian and husband, Mike of Carthage, Tennessee; brother, Conley Manning and wife, Sandy of Somerset, Kentucky; and sister, Anna Laura Stephens of Richmond, Kentucky. Grandchildren, Samuel Harrison Kidd and wife Nicole, Thomas Grant Kidd and wife Dara, James Tyler Kidd, Sarah Ruth Bailiff, Melody Lynn Bailiff, and Daniel Lee Bailiff and numerous nieces, nephews, and other relatives also survive.

We've missed seeing Wanda and her two McCreary County MCV buddies, Wilma Strunk and Mary Ruth Stephens at our trainings over the past few years. Many of you may remember when they taught Fabric Origami. Our hearts go out to her family and friends.

Texture Magic™ Challenge

The Steering Committee has issued a challenge for the 2014 training. The challenge is to make something using Texture Magic™. Those that attended the training received a package of Texture Magic™ in their registration packet. Even if you were unable to attend, you may still participant in the challenge; however, you will need to purchase your own Texture Magic™ if you don't already have it. Bring your completed project to the training. It will be fun to see everyone's projects next year.

It's Sew Fine for Home and Family Sewing Expo

April 14 – 16

Registration for the 2014 Sewing Expo will be available in January. Please go to the Owen County FCS [website](#) for the class information and the registration

form. Deadline for registration is March 3, 2014. This is a great time to learn new skills with others from around Kentucky and the surrounding states. Sandy Davis will be teaching her heirloom camisole class, LaDawn Hale will be teaching a session on design by draping, and I will be doing a session on tailoring techniques. All three of these have been offered at our fall trainings, so if you were unable to take them then, you have another chance. There will also be plenty of fun quilt classes. Pam Damour will be back again teaching a jacket embellishment class. Pat Sturtzel from Louisville will be on hand to guide you through fabric dying in one of her classes. I've taken one of her dying classes, it was so much fun. Bonnie Hunter of quiltville.com will be the guest speaker/presenter.



✓ DOROTHY DO RIGHT ✓

Tips for Turning

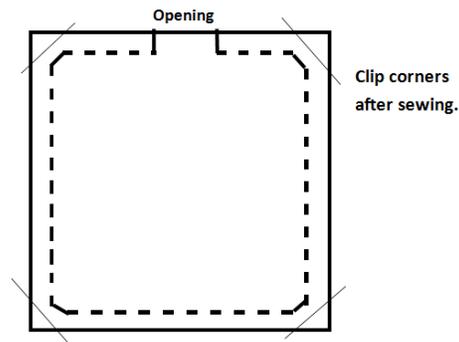
Submitted by Mary Averbek

Use these tips to create corners and openings when two fabrics are stitched and turned. Facings, collars, pillow covers, stuffed items and quilt backs are just some of the places where these techniques could be applied.

To make perfect corners, do not sew seams at a pointed angle. Instead, reduce machine stitch length a few stitches before the corner, stitch up to one stitch from the corner and take one stitch diagonally across the corner of the piece. Return stitch length to normal once a few stitches have been taken after pivoting. Clip corners and turn to make a perfect corner.

Corners in lightweight fabric items may not require being clipped. Trim seam allowances to 3/8-inch, press seam allowances over along the seam lines overlapping at corners. Turn corners, one at a time by holding the folded seam allowances together as it is turned right side out. Be careful not to let the seam allowances get bunched up. The folded seam allowances add strength as well as a sharp corner is easily achieved. This technique works best for 90 degree corners. Another challenge for many sewers is how to maintain even seams at an opening when the item is stitched together and then turned inside out. An easy way to make sure seams are even is to do a few extra stitches in the seam allowance at the edges of the opening. Start perpendicular to the seam at the edge of the fabric; sew the width of the seam allowance, lower the needle, pivot at the seam line, and continue sewing. When returning to the space to be left open, pivot again and sew to the edge of the fabric. When you turn the fabric right side out, not only will your opening be stronger, it folds inward to make a perfectly matching seam

that is ready for stitching closed, either by hand or machine.



INTERFACING

The following are stories contributed via your 2013 reports:

For the past several years, my daughter's fifth grade class has done some type of quilt block project related to a school project. This year it was *Immigration; studying Ellis Island and Angel Island*. They studied how different ethnic groups contributed to making our country a cultural melting pot. Students used fabric markers, chose various groups such as, German, Irish, Chinese, Russian, and Italian, to name a few. They drew 4 sections on a 12 ½ inch piece of muslin, representing a 4-patch, selected their backing fabric and when the block was completed, they tied them with embroidery floss. They seemed to enjoy this hands-on project and couldn't wait to see the finished blocks all together.

*Submitted by Joyce Hildreth,
Northern KY MCV*

In April 2013, I taught eight Golden Needles Quilt Club members to make an iron caddy. These caddy's will be helpful to members on sew days as they won't need to transport ironing boards for ironing fabric. Some participants are continuing to make iron caddies to give as gifts to friends and family.

*Submitted by Betty Harris
Licking River CMCV*

I worked with ladies from my Creative Stitches Club to make UGLI quilts for the homeless. These quilts are made from used, clean clothing or whatever fabric you have. They are tied and then sewn across the bottom and one-third up the side. They are rolled up and secured with old neck ties. We had the good fortune to receive a seamstress's stash. Her home was damaged by the March 2012 tornado. She needed to get rid of it before starting repairs. I told her I had a van and would take everything. She said, "You don't understand, how much I have." Well, two cars and two vans later, we left with bolts of suiting, drapery scraps, and samples, cotton scraps, bolts of fabric, and batting.

We were able to donate 60 quilts to the Welcome House, a veterans group and to the Florence Police Department. We have requests for more from all agencies. The Holiday Inn Express donated a conference room for a day and we used the Extension office annex for two days. A church, looking for a home mission project, offered their church one month plus helpers. We are working individually this summer and plan to meet monthly starting in September. It is a wonderful feeling, when you are warm in your bed, to know you have helped someone else be warm, too.

*Submitted by Nancy Rodgers,
Northern KY CMCV*

Name the Sewing Notions Game: For a project at a Creative Stitches meeting I decided for us to play a game called "Name the Sewing Notions". Each table of 5 sewers was given 5 sewing notions or tools to identify. They could not just say it was a pair of "scissors", they had to give the specific type of scissors, like embroidery scissors. After 10 minutes I held up the notion/tool and told them what it was. The most correct answers I received were 3. Everyone enjoyed the game. I told my agent about the game and she took it to a sewing expo for them to

play. I also played the game at our Homemakers' spring luncheon. The participants guessed on 10 sewing notions and 10 kitchen gadgets.

*Submitted by Mary Lou Zirkelbach,
Northern KY CMCV*



University of Kentucky Master Clothing Volunteer and Wolfe County Family and Consumer Science Teacher, Ashley Hampton worked closely throughout the 2012-2013 school year with 4-H teen council and FCCLA member John Haddix to create a tuxedo for Prom made of Duct tape!

Though completely new to the field of sewing, John learned basic and advanced sewing skills through this project. With Ms. Hampton's assistance, John chose a pattern that fit his sense of style, learned how to take measurements, adjust the pattern accordingly, and cut out the foundation from basic muslin. After applying the Duct tape to all the foundation pattern pieces, John was assisted by Ms. Hampton and Fashion Construction student, Kelly Hollon to learn how to read the sewing pattern instructions and sew through heavy fabric. Once John finished the construction, he was an "experienced hand" with the sewing machine and took his learning to a new level with the art of embellishment. Ms. Hampton and many of her other Fashion Construction students showed John a variety of embellishing techniques including top

stitching, rose and bow making, and proper use of the elements of design.



The project surprised students and teachers in a range of ways. The low cost of the project seemed a shock to many who found that John ended up spending significantly less on prom costs for a very personalized look. Other students were surprised that someone with no sewing experience could complete something so amazing. Ms. Hampton has shared that she is interested in helping other students who are interested in ANY type of personal project.

*Submitted by Ashley Hampton,
Quicksand CMCV*

I Knew Her When....

Fashion designer; the term seems so foreign, so far off, something only for the rich and famous. Many designers are from other countries and cultures. There is one designer that brings fashionable designs to every arena of American society; from movie stars to skateboarders to mothers and women who just enjoy sewing their own clothes. That designer is Cynthia Rowley. Does the name sound familiar to you? Perhaps you have seen her patterns in the fabric store or on household items while at Home Goods store.

Yes, she designs with all sorts of women in mind! She is quite famous now, yet her beginnings were quite humble and very ordinary. In fact we were best friends in grade school and junior high.

Cindy (as she was called back in the day) and I sewed together in home economics class, but much more than that. Both of our mothers had taught us to sew at a young age. I followed patterns, she did not. Her mother allowed her to just cut into fabric without a pattern and create whatever she wanted to. She began sewing tops with me as her model. We wore the same size so it was handy having a friendly, chatty, friend who was willing to stand, be measured with her hands, and wear just about anything she made! Her talents were many.

Playing trumpet in the band was another passion of Cindy Rowley. I played the flute and piano. We formed a band...yep, you have it...we had to have matching outfits! We made red, white, and blue vests for everyone in the band and our favorite musical piece was *Do You Know the Way to San Jose?* We never got any further than her living room in Barrington, Illinois except for the local talent contest. Fun was our mission!

Cindy continued to design and grow. She started making wedding dresses for friends, and of course, all of her own clothing. She studied at the Art Institute of Chicago and was "discovered" on the commuter train because she was wearing a very striking jacket she had made for herself. Her parents were educators and she has two younger brothers. Moving to New York City was quite a move. Yet, the right move for Cynthia Rowley! Her career blossomed and she has boutiques in major international cities, a candy store, and still devotes time to designing clothing patterns for the everyday gal! I'd like to give a shout out and big "Thank You" to my old friend, Cynthia Rowley!

*Submitted by Carol Rushing-Carr
MCV Class of 2012*

Class of 2014 Recruitment

It's not too early to begin talking to your sewing buddies about applying to be a candidate for the Class of 2014 Kentucky Master Volunteer in Clothing Construction. Sewing clothes is on the upswing and looks to continue, and we what to be known as the go-to people for teaching how-to-sew and improving others sewing skills. There are many counties that do not have Master Clothing Volunteers that could benefit from our outreach. If you are planning an area sewing event, this would be a great time to introduce yourselves to those who may be interested.

4-H Volunteer Leader Forum

The Kentucky 4-H Volunteer Leader Forum is held every two years in Lexington. Leaders from all across Kentucky come together to learn about teaching youth project from all curriculum areas. Several of the Lincoln Trail MCVs will be on hand to present a super seminar session on Fiber to Fabric Fun. They learned about this soon to be released project at the fall training and were so excited about it that they decided to share the fun. Devonna Hisel, Wilderness Trail CMCV and State Extension Homemaker 4-H Chair will be teaching a session on Needle Tatting. Some of the Purchase area ladies are also doing a super seminar on the ins and outs of the 4-H sewing projects. Connie Talent, CMCV from that area is also serving on the Forum's planning committee. We are so fortunate that we will be well represented at the Forum. Contact your county 4-H agent if you are interested in attending.

4-H Fashion Leadership Board

The state 4-H program is in the process of implementing several teen leadership boards. Applications for teens interested in the Fashion Leadership Board (FLB) will be available in early spring and due May 1. Completed applications for adult mentors are

due March 1. The adult mentor application is attached to this newsletter. The FLB will meet approximately 4 times during the year. Planning the state 4-H Fashion Revue will be one of their main functions in addition to being exposed to careers related to fashion, apparel, and textiles. At least two volunteer and 2 agents are expected to be selected to serve for one year appointments. If you know of teens that would enjoy this opportunity to learn and improve their leadership skills, have them contact their county 4-H agent for an application.

Calendar of Events



January 8 MCV Steering Committee Meeting, 12 noon, Shaker Village Winter Kitchen, Harrodsburg

January 30 – February 1 *4-H Volunteer Leader Forum*, Lexington

June 11 *State 4-H Fashion Revue*, Lexington

April 15 – 16 *It's Sew Fine for Home and Family Sewing Expo*, General Butler State Resort Park, Carrollton.

October 14 – 17 *MCV State-wide Training*, Lake Cumberland 4-H Educational Center, Jabez

October 18 – 19 *Sew Original Quilt and Creative Expo*, Kentucky Exposition Center, Louisville

Zippered Vinyl Pouch

The nice thing about these pouches is that the vinyl window allows you to see what's inside. Make them in any size from small to large. Use the larger ones for keeping projects directions protected. The medium, size works well for letter sized paper. Easily made from two fat quarters or scraps, you will want to make several. Use them instead of Ziploc bags.



Materials Needed	Small (5" x 8")	Medium (13 1/2" x 10")	Large (11" x 15)
Zipper	7 inch	9 inch	14 inch
Back	7" x 10"	15 1/2" x 12"	13" x 17"
Inside	5" x 8"	13 1/2" x 10"	11" x 15"
Zipper bands – cut 2	1 1/2" x 8"	1 1/2" x 10"	1 1/2" x 15"
Peltex® OR Fusible fleece	5" x 8"	13 1/2" x 10"	11" x 15"
Vinyl	3 3/4" x 8"	12 1/4" x 10"	9 3/4" x 15"
Clover® Wonder Clips			

Directions:

1. Sew the vinyl to the zipper bands: Sandwich the top edge of the vinyl between the right sides of the 2 zipper bands. Use clips to hold layers together. Sew a 1/4-inch seam. (The small and large sizes will be sewn to the longer side of the vinyl; the medium size is sewn to the shorter side of the vinyl.)
2. On the front side, press under 1/4 inch on the top of the zipper band.
3. Sew Zipper to zipper bands: With wrong side of zipper centered and facing the right side of the back zipper band, sew a 1/4-inch seam, being careful to keep front band free. Ends of zipper may be slightly longer than the bands so be sure that the metal zipper stops are equal distance from the ends of the bands. Bring folded edge of front piece up to cover the previous stitching. Topstitch front zipper band to the zipper and back band using a zipper foot as needed. Trim ends of zipper even with the edges of the vinyl.
4. Fuse inside fabric to the Peltex® or fusible fleece. Trim to match the size of the vinyl window with attached zipper.
5. Trim backing fabric to be one inch bigger than the inside/fleece layer around each side as needed. Trim corners of backing fabric as illustrated to reduce bulk when corners are folded to the front.
6. With backing fabric face down, position inside/fleece layer, and then zippered vinyl window on top. Center the smaller layers evenly on the backing fabric. Fold edges of backing to edge of inside layers and then fold up and over the outer edges. Fold corners to miter. Use Clover® Wonder Clips to hold the folded edges in place to sew. Stitch close to the inner fold through all layers, pivoting at the corners.



Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles
December 2013

2014 – 2015 Kentucky 4-H Fashion Leadership Board
 Adult Mentor Applicant Information Form

To apply for the Fashion Leadership Board, fill out this form completely. Check it for accuracy. All forms should be sent to Marjorie Baker. **Check the meeting dates to make sure you can make the commitment of being a Fashion Leadership Board Member. Attendance is very important! Complete application needs to include responses to statements on page 2 and one reference/ endorsement letter. Applications are due March 1, 2014.**

Note: At least 2 volunteer and 2 Extension Agent mentors are expected to be selected. Complete applications should be sent to Marjorie Baker, 245 Scovell Hall, Lexington, KY 40546)

First Name:	Last Name:	Grade Level:
Street Address:		County:
City:		Zip Code:
Home/Office Phone:	Cell Phone:	Email:
Polo/T-Shirt Size: _____ Small _____ Medium _____ Large _____ XLarge _____ XXLarge _____ XXXLarge		
This application is for (check one): _____ Agent Mentor _____ Volunteer Mentor (must be an approved volunteer in their home county prior to application)		
<p>Can you attend the following events?</p> <p>PLEASE make sure you can attend these events before applying for the FLB. Not attending meetings inhibits the effectiveness of the ENTIRE group. A written letter of explanation MUST be submitted to the director for all missed events.</p> <p>All members on the FLB are expected to attend 4-H Teen Conference and 4-H Summit</p>	FCS day Cloverville August 23, 2014	<input type="checkbox"/> YES <input type="checkbox"/> NO
	State Advisory Meeting February TBA	<input type="checkbox"/> YES <input type="checkbox"/> NO
	4-H Summit March 12-14, 2015 Jabez	<input type="checkbox"/> YES <input type="checkbox"/> NO
	4-H Teen Conference: June 8-11, 2015 Lexington	<input type="checkbox"/> YES <input type="checkbox"/> NO
Much of the FLB correspondence is conducted via email or through messages on Facebook. ALL meeting or event registrations are also sent through standard mail. FLB members are strongly encouraged but not required to make use of email. By signing this application you agree to provide your own travel and cover personal expenses.		
Please Sign:		
_____ Applicant Signature		_____ Date

Apparel and Textile Program Objectives: To assist with the development of educational programs that provide opportunities to explore careers in fashion: textile science, apparel design, merchandising and related industries; develop leadership abilities and character; build self-confidence and poise by improving ability to make wise consumer purchases and financial decisions regarding apparel; recognize quality and predict performance of textile and apparel products; expand and share textile and apparel knowledge, including technical and creative skills; and improve public-speaking and presentation skills.

As a Fashion Leadership Mentor, you will provide support to the teens as a valuable resource person. Understand that as such, you must be willing to let the teens be the leaders and be willing to let them make mistakes along the way as they learn to be more effective in their roles. You will be responsible for your own travel and expenses.

Please respond to the following and attach requested items to completed application. If more space is needed, additional pages must be clearly labeled with your name and statement being answered.

First Name:	Last Name:
I. Summarize your fashion related experiences. Include if any, 4-H projects if you participated in any as a youth or adult.	
II. What can you contribute to the Fashion Leadership Board? List any fashion, apparel, and/or textiles related expertise that you have.	
III. Why do you want to be a Fashion Leadership Board Mentor?	
IV. A copy of your signed endorsement/recommendation letter must accompany this application. This letter can be from your county FCS or 4-H agent, or other adult that acknowledges you as a qualified candidate. Agents may request letters from other agents or their district director.	

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.