

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



*"extending clothing
knowledge and skills"*

December
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Newsletter

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CLOTHING and TEXTILES PROGRAM
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<http://fcs-hes.ca.uky.edu/content/master-clothing-volunteer-program>



Bobbin' along with Marjorie

The holidays are upon us and I don't know where the time has gone. The month of November flew by so fast it makes my head spin. It seems like I just got back from the fall training at Jabez. We had right at 100 that attended the training for at least some portion of the week. I think the two session format went pretty smoothly. As such we will try it again next year. The dates for next year's 2016 training will be: Session I – October 17-19 and Session 2 – October 19-21. The Class of 2016 Basic training will take place October 18-21. The certification ceremony will be held on Wednesday, October 19 following a luncheon where we will also celebrate our 25 + 1 year anniversary! Having the recognition during the day will enable guests, agents and administrators to more easily join us in our celebration.

As many of you know, I left the training in October to get back to the U.K. campus to celebrate the induction of Linda Heaton into the School of Human Environmental Sciences Hall of Fame. I got to the reception with only 10 minutes to spare. The reception and dinner that followed was a wonderfully planned event shared by family and friends of the inductees. Linda was honored and humbled to be inducted. Her professional career spanned over 30 years, the last 24 being right here in Kentucky. I was honored to share the evening in such fine company. Linda plans to join us at our luncheon next fall.

On a personal note, my husband and I are anxiously awaiting the birth of our first grandson. More than 2000 years ago, there was great anticipation for another child. I wish everyone a merry and blessed Christmas and Happy New Year!

Marjorie M. Baker

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



SPOTLIGHT



Ada Shelton
CMCV Wolfe County
Class of 2008

Ada Julia Hatton Shelton of Campton, Kentucky, entered this life on May 11, 1943 and departed on Sunday, August 30, 2015 at the age of 72 years and 3 months. She is survived by three children, Connie Sue Campbell of Campton, Kentucky, Gregory Wade Campbell (Shannon) of Beattyville, Kentucky and Brenda Lee Rose of Pine Ridge, Kentucky; seven grandchildren, Darian LeShea Burks, Ashton Conner Burks, William Daniel Campbell, Jamie Lee Banks, Stacy Nicole Dean, Justin Wade Banks and Deara Lynn Spencer; five siblings, Lucille Nickell (Arnold), Janet Eversole, Carolyn Welch, Freddie Hatton (Sharon) and Lester Hatton, Jr. She was preceded in death by her husband, Chester Shelton; her parents, Lester "Jack" Hatton and Martha Hatton and one sister, Marcella Adkins. She also leaves behind a host of other relatives and friends to mourn her passing. Hard working, Ada, was employed for many years at a local factory until it closed. Later, she returned to school to earn her Certified Nursing Assistant Certificate. After some time, while she was working for the Wolfe County Nursing and Rehabilitation Center, her past qualifications and experiences earned her a position at the Bluegrass Army Depot, where she later retired. She

was well respected and admired everywhere she worked, always willing to give of herself to improve the circumstances of others.

She was a vibrant and very active member of the First Church of God family. Ada served as a Sunday school and Vacation Bible School Director for many years. Countless souls were blessed by her participation in the church choir; and who could forget her various roles in the annual Christmas plays, in which, she portrayed anyone from a homeless person to a sassy teenager, all in testimony to the glory of her Savior, Jesus Christ.

She was best known for her warm smile and kind heart. She dedicated boundless volunteer hours to the community through the University of Kentucky Cooperative Extension Service, Certified Master Clothing Volunteer Program and Homemakers. Ada loved to quilt and sew and she skillfully shared those talents with people of all ages.

Yet, the greatest legacy that Granny Shelton leaves behind is her family. She showered those in her life with love, opening her arms to all those who entered her home; welcoming them as part of her family, as well. Touching the lives of many, she will live on in the hearts of those blessed by her memory.

Source: <http://www.porterandsonfd.com/webcast/33691>



Ashley Hampton Phipps with Ada Shelton at the 2012 statewide training.

Machine Embroidery – outside the box...

The past few months, my interest in machine embroidery has been renewed, partly because I have had many requests to teach the fundamentals. Like quilting, I refer to this creative outlet as crossing over to the dark side. I say that because I am challenged by it, but love it none-the-less. I've been experimenting with embroidering on some not so conventional materials and I'd like to share what I have learned.



Embroidery using craft foam is nothing new. Years ago I used it as a topper to create more dimensional lettering or what is referred to as "puffy" embroidery. But more recently I've used it as the actual background material to create embroidered inserts for plastic travel mugs. The glitter foam is really striking.



These mugs can be found inexpensively at dollar stores. They are designed to insert photos or a child's artwork.

So, here are the challenges:

1. Craft foam cannot be hooped for machine embroidery. It must be floated on top of a hooped stabilizer.
2. Craft foam perforates when the needle goes through it. This is why it was useful for adding dimension under embroidery stitching, it was easy to remove. If you don't want to remove it, as in this case, a medium weight cut away stabilizer must be used in the hoop. Choose an embroidery design or font that isn't extremely dense. I used a topstitching needle rather than an embroidery needle. Not sure if that was a good thing, but it did not cause any problems.
3. The pieces of glitter foam – also found at the dollar store, 8 sheets for \$1, are barely big enough for the cup insert. The solution is to use the template provided with the cup and cut it to size prior to embroidering. This allows you to precisely place the embroidery exactly where you want it.
4. The glitter from the foam comes off the foam. Solution: avoid having to cut jump stitches between letters by stopping at the end of each letter and trimming thread as you go. Be sure to thoroughly clean the bobbin case when finished.

Other materials that lend themselves to being embroidered and used for cup inserts include felt, Craft-tex, burlap, and paper. None of these materials should be used in the microwave or dishwasher. Gluing the screw top of the insert will provide some security but I like the idea of being able to change the designs out.

2015 Kentucky Make It with Wool

The 2015 Kentucky Make It with Wool Competition was held October 17 in Frankfort along with the Kentucky Sheep & Wool and Kentucky Goat Producers Associations' annual meeting. The contest's purpose is to promote the beauty and versatility of wool and also to encourage personal creativity in sewing, knitting and crocheting with wool fabrics and yarns. Following the judging, the contestants modeled their garments at the luncheon at the Annual Meeting. The winners in each division received a garment bag with KY Make It with Wool design and all contestants received 2½ yards Pendleton Wool and sewing notions.

The Pre-teen (12 and under) winner was Molly Eby from Bloomfield, She was also the winner of the Kentucky State Fair 4-H best wool garment and received 2½ yards of Pendleton Wool.

The Junior Division (ages 13 to 16) winner was Abigail Rank from Winchester. She fashioned a teal green wool jacket and hat. She will represent Kentucky at the National Make It with Wool Competition to be held in Scottsdale, Arizona in January 2016. Abigail was also the 2015 state 4-H Fashion Revue winner. Gillian Mudd from Raywick was the alternate with a 1960 vintage coat and dress made with wool she received from her grandmother. Other juniors were Emily Straus from Butler who used wool her sister won at a prior competition to make her blue dress. Amber Lucas from New Hope made a summer dress from light weight pink plaid wool.

Unfortunately Kentucky did not have any entries in the Senior Division (ages 17-24).

The Adult Division (over 24) winner was Marion Mulligan from Springfield with her navy 100% wool dress and navy and ecru hounds tooth jacket. Marion's outfit along with a video will compete in the National Adult competition. Other adults were Kathleen Wille from Versailles who made a tan and raspberry hounds tooth 100% wool coat. Emily Lee from Lawrenceburg made a pencil skirt and loose fitting wool wrap that she plans to wear as she rides her bike to work.

It is time to think about sewing to enter 2016 Kentucky competition which will be October 8, 2016 in Burlington. Entries are due September 1, 2016. The categories are Preteens (12 and under) Juniors (13 to 16), Seniors (17 to 24), Adults (25 and older). The Made for Others (any age) can be any wool garment and will be modeled by the person the garment is made for. All garments are required to be made from wool. All fabric and yarn needs to be tested to assure that it is at least 60% wool or specialty wool fiber including mohair, cashmere, alpaca, camel, llama and vicuna. **Please send the MIWW state director a 5x5 piece of wool to be tested before construction.**

The top 4-H wool garment at the 2016 Kentucky State Fair will receive 2½ yards of Pendleton Wool. The winner of the Junior and Senior divisions will represent Kentucky in the 2017 National Competition held in Denver, Colorado. Entry forms will be available by contacting Dorothy Vale, State Director; 142 Carolyn Lane, Nicholasville, KY 40356, cell 859-420-3217, e-mail kymiww@aol.com. Entry forms will also be on kysheepandgoat.org web site in the spring.

INTERFACING

The following stories were selected from the 2015 annual service hour reports. Thank you to everyone for turning their annual reports in. Altogether, 13,595.75 volunteer hours were reported and 35,785 contacts were recorded from 114 reports.

Northeast Area

Rita Spence wrote "The interest and enthusiasm for the beginner's sewing classes amazes me. We offered five weeks of classes, but could have classes all year long if we were willing to teach them. This year we had 20 participants and several had never sewn anything before. They were absolutely thrilled with their finished products."

Purchase

Elaine Stevens: This year the 4-H Sew Cool program consisted of 2 classes, Junior Unit 1 and Junior unit 2, with a total of 14 girls and 1 boy participating. The Unit 1 class began by sewing on templates to learn how to stitch straight lines and pivot; then they made a lap quilt and a pair of shorts. Other fun projects included a Halloween bag, pocket tissue holder and for service they made teddy bears for the police department. The Unit 2 class started with a refresher course on how the sewing machine operates and discussed the different types of fabrics and how they are used. Projects included a cosmetic bag with zipper, tote bag with circle ends and a zipper; a quilted tote bag with zipper and their final project was a skirt with a waistband and zipper. The grand finale was an open house for the students to display or model all they had made to family and friends

Green River

Brenda Pinkston wrote, "For several years, from January to June, I have been having a "Come Sew With Us" event. This is advertised to anyone, but mostly Homemakers show up for this event each month. In January, I bring lots of ideas, books, and projects to get an idea of projects my class (those showing up) want to do. They always want to do it all, so each month we try to do a different project and I always encourage them to bring it back the next month if they hit a snag or want to finish it before beginning another. They love the ideas that I bring back from other Master Clothing Volunteers. I hope all the volunteers know how interesting the projects that they do are that they share at training, inspiring the ladies of McLean County to Come Sew with us!"

Bluegrass

Coetta Combs: Madison County has an ongoing project to make pillows for the American Cancer Society. They are given away following breast cancer surgery. The project is called Reach for Recovery Project. Their goal for 2015-16 is to make temporary prosthesis for mastectomy patients. This is a new addition to add to their other ongoing projects.

Loretta Haley: This past year the sewing students attending the beginning and ongoing sewing classes asked if they could meet on a regular basis just for practice and help. From that request, a Homemaker's Sewing Club was established that meets every 1st Saturday of the month from 9-5. Both adults and 4-H sewers attend on average 10-15 people. As this club began to meet, folks got to talking about other needlework and a knitting group was also established, meeting every 3rd Sunday of the month at the Good Food Coop from 6-8 p.m.

Many Thanks to the MCV Steering Committee

2015 marked the 25th year anniversary for the Kentucky Master Volunteer in Clothing Construction Program. The program is led by a steering committee made up of volunteers and extension agents. As the year comes to a close, let me extend my thanks and appreciation to this hard working group of ladies.

Completing their 3-year terms on the committee are Jennifer Klee, County Clothing Leader, Elaine Boer, Certified Master Clothing Volunteer and Mary Hixson, FCS Agent. Angie York, FCS Extension agent for Family and Consumer Science was selected by her fellow contact agent to join the board for 2016. Mary Averbeck, 4-H Youth Development Agent, Wanda Teegarden, and Loretta Haley make of the remaining board member.

The steering committee meets 2-3 times throughout the year to plan the annual training. Applications for the vacant volunteer positions are found at the end of this newsletter. Please consider completing the credential forms and return to the state office by January 15, 2016.

4-H Embroidery Training

Needlework is a hand skill proven to increase hand-eye coordination and improve critical thinking among youth. This training is designed to build embroidery skills in order to pass one's knowledge on to youth and other adults. The training will offer beginning classes for those that want to learn something new and advanced sessions for those more experienced. Participants will

become more knowledgeable of needlework fair entries and be encouraged to recruit volunteers to help implement embroidery projects in his/her county. Sessions will be offered on several types of embroidery; Each participant will be able to attend sessions on one or two types. A list of sessions will be available closer to the training. Registration fee: \$25 to cover supplies and lunch. Agents can pre-register volunteers by emailing Marjorie.baker@uky.edu.

Calendar of Events



January 19 – 23, 2016

Jabez Quilt Seminar, Lake Cumberland 4-H Educational Center (Information on the Rockcastle and Laurel County Extension Web sites)

<http://rockcastle.ca.uky.edu/JabezQuiltSeminar>

February 11-13 *4-H Volunteer Leader Forum*, Lexington Convention Center (register through your county extension agent) http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/kvf_registration_form_2016_002.pdf

March 29, *4-H Needlework Embroidery Training*, Perry County Extension Office, Hazard (register through your county extension agent due 3-8-16)

April 11-13 *It's Sew Fine Expo for Home and Family*, General Butler State Resort Park, Carrollton (information on the Owen County Extension Web site) <http://owen.ca.uky.edu/FamilyConsumerSciences>

Double Zippered Wristlet

Materials:

1/4 of fabric

two 7-inch zippers

You can make it all from the same fabric or mix it up with 2-3 different fabrics.

Cutting instructions:

Fabric A: 9" x 11" – This one will be the lower bag and back of the bag and will show the most

Fabric B: 9" x 11 3/8" – This one is visible along the top front of the bag and creates the outer pocket lining

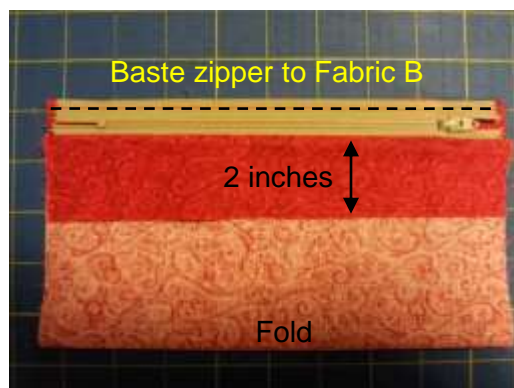
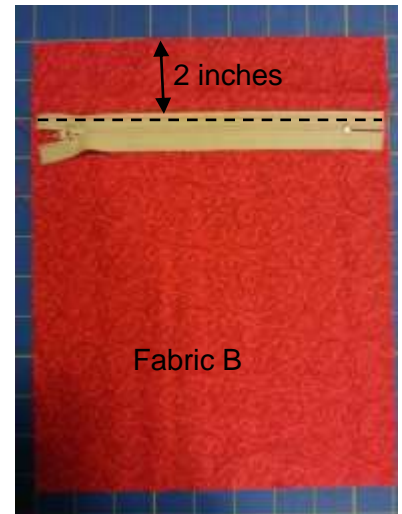
Fabric C: 9" x 12 5/8" – This one is the inside lining for the bag

Handle: 2" x 14" – You will need to piece this to get the 14" length using a quarter yard
You can get 3 complete bags out of three different 1/4 yard pieces of fabric.

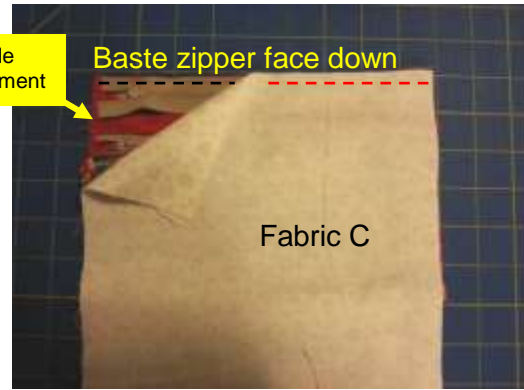


Let's get started

1. Measure down 2 inches from one end of fabric B. Fold fabric B right sides together along this line and press the folded edge.
2. Open fold and place one of the zippers face up with right edge of zipper against the crease line, Baste zipper tape close to creased line.
3. Refold fabric B covering the zipper. Sew 1/4" from folded edge through all layers. Press top 2" away from zipper.
4. Fold Fabric B right sides together. Match unsewn side of zipper tape on top of other end of Fabric B. Baste closer to edge of zipper tape.
5. Match right side of fabric A to the basted edge from step 4, sandwiching zipper in between. Sew 1/4" from edge through all layers.



6. Baste second zipper to the top of Fabric B, face down.
7. Match right side of Fabric C (lining) to basted edge from step 6. Sew $\frac{1}{4}$ " from edge sandwiching zipper in between. Press fabrics away from zipper.
8. Press the handle in half lengthwise. Open and press raw edges to center. Refold in half and edge stitch along both long edges.
9. Fold handle in half matching ends and sew to the right side of Fabric B centered between the two zippers.
10. Bring free end of Fabric C (lining) up even with the back of zipper, matching right side to back side of zipper, baste close to tape edge.
11. Bring remaining free end of Fabric A up to match basted zipper edge, right side down to face of zipper. Sew $\frac{1}{4}$ " from edge sandwiching zipper in between. **Open zipper at least half way.**
12. Sew sides: Match lining edges to each other and Fabric A and B edges together. Match top zipper seams with seam going towards the lining. Sew side seams with $\frac{5}{8}$ " seam allowances, leaving a $2\frac{1}{2}$ " opening in one of the lining sides for turning.
13. Turn right sides out through opening in lining. Stitch opening closed. Tuck lining inside outer bag.



Completed bag measures 6 by $7\frac{1}{2}$ inches.

Marjorie M. Baker
December 2015



Agriculture and Natural Resources • Family and Consumer Sciences • 4-H Youth Development • Community and Leadership Development

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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
245 Scovell Hall
Lexington, KY 40546-0064

Or email: Marjorie.baker@uky.edu

Due Date: January 15, 2016

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.