

# KENTUCKY

## MASTER

## CLOTHING

## VOLUNTEER

## PROGRAM

CLOTHING & TEXTILES PROGRAM  
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### *Bobbin along with Marjorie*



*“extending clothing  
knowledge and skills”*

Spring has been a very busy time for me. The more time I spend in the office the more I realize needs to be done in evaluating and updating the MCV program. I've almost completed one MCV rotation and the big picture is coming into focus. Bottom line, Kentucky has a great sewing program. Talking with others outside the state, it appears we are the last of a dying breed. How fortunate I feel to be a part of keeping sewing alive! Don't misunderstand; I think sewing is strong in other states, but actively teaching the skill makes our program stand out. The Sewing Expo held at General Butler in April is a prime example of how we work together to let others know that sewing is for everyone, young and old.

The statewide training is just around the corner. A list of classes is included in this newsletter. Louisville area is in charge of banquet preparations and program. The theme for the banquet is ***Fashion across Kentucky*** and will feature a style show of garments and accessories created by you! Each area is asked to select three to five Certified Master Clothing Volunteers to “strut their stuff”. Contact agents and assistants are also welcome to participate. An information sheet for scriptwriting purposes will be distributed through the contact agents at a later date.

Plans are underway for a statewide sewing retreat in Jabez next spring (March 29-31, 2007). If any of you have classes you would like to teach, please bring your ideas to the statewide training in October. To precede this, Districts 4 and 5 have been busy compiling a package program for one day ***Come Sew with Us*** workshops. It is their hope that other districts will want to plan similar events to commemorate September as National Sewing Month. District 7 continues to have great success with the serger workshops.

The “Interfacing” column includes ideas for service projects that Jean Carlson has shared with us. Even though Jean has moved away from Kentucky, she still maintains her certification here.☺

*Marjorie M. Baker*

Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles

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## ✓ DOROTHY DO RIGHT ✓

### Sewing Notions

#### From Outside the Box

Don't be limited to only using sewing notions that are found in the fabric store or sewing department. Try going outside the box for useful and economical items suitable for the sewing room or sewing tool kit. Here are just a few "non-sewing" sewing notions to consider.

#### From the pharmacy:

- A dental floss threader is excellent for threading the loopers of the serger. It may also be used to thread bulky thread through needles with large eyes.
- Dental mirrors make changing needles in the sewing machine or serger a breeze. They often come packed with a dental pick that may be used to "unsew" stitches.
- Keep individually wrapped alcohol swabs on hand for removing stains. They are also good for removing built up adhesives from needles and embroidery hoops.
- Medicine organizers make good storage boxes for presser feet or other small items.

#### From the sporting goods department:

- A fishing tackle box makes an ideal sewing tool box and comes in various sizes to fit individual space needs.
- Fishing lure storage boxes are good for organizing small items such as sewing machine presser feet or other small items. Try gluing a small strip of magnet in the bottom of the sections so items won't shift as much.

#### From the hardware department:

- Metal washers (2" or larger) make excellent pattern weights at a fraction of the cost of commercial pattern weights. They are also flat which permits the use of a rotary cutter and ruler.

- Storage containers for screws or nails will get those loose buttons organized by style or color.
- A telescoping part finder with a magnetic tip helps retrieve pins, needles or other small metal items from the bobbin area, looper area or the floor.

#### From the grocery

- Treated disposable dusting wipes attract lint and scrap thread to tidy up the sewing area. Wrap a corner of the wipe around tweezers or a screwdriver to get to the lint in the bobbin or looper area.
- A wooden skewer is a good alternative to the stiletto for guiding fabric under the presser foot. A needle will be less likely to break if it sews into a wooden skewer.
- Reach for the cornstarch when your chalk marking wheel runs out of powdered chalk. If water soluble stabilizer becomes difficult on humid days, sprinkle on the cornstarch to help dry out the moisture. It may also be used when sewing on plastic in the absence of a Teflon or roller foot.

*Submitted by:*

*Sara Counts, CMCV, Graves County*

### Make It Yourself with Wool Contest

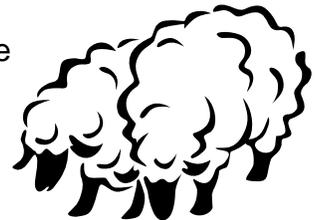
Application forms are available from your local Cooperative Extension office.

Entries are due

October 1 to Dorothy

Vale, State director. The state

competition will be held October 28 in Versailles. Please encourage youth in your counties to participate. There are three age divisions for youth, Preteen, Junior (13-16), and Senior (17-24); as well as the adult division.



## SPOTLIGHT



Jean Carlson  
CMV Mason County, Class of 2000

Jean Carlson of Hastings, MN entered the Master Clothing Volunteer Program in the fall of 2000 as a volunteer from Mason County. Jean is originally from Minnesota and first learned to sew while taking a sewing class during summer school when she was in the fourth grade. Jean took all the sewing classes and foods classes that her high school offered and was president of her local chapter of Future Homemakers of America.

In college (hind sight is 20/20) she says she should have majored in Home Economics, but graduated with a BS in Nutrition Science instead. However, she continued to sew and make pocket change doing alterations. Jean married two years out of college and then had three babies and a husband to sew for. She prides herself in making three piece suits for her husband, heirloom dresses for her daughter, and shirts and ties for her two sons. She still gets requests when they need something mended or a special item only she can create. For example when her son Wyatt served as best man for his brother, J.R.; Wyatt presented each of the groomsmen with T-shirts with 'Good Man' embroidered on them and he wore the one that had 'Best Man' on it at the bachelor's party. He still wears it to this day. Now however he is usually working on a car in the garage. It doesn't look too good anymore.

Her Kentucky connection began in 1996 when her family moved to Mason County. She became involved with the Extension office and the Homemakers in Mason County. Jean was actually an alternate for the Master

Clothing Volunteer Program in 1998. From this she met Valerie Middleton and together they became involved with the 4H program in Maysville. Jean also held workshops at the Extension office on pant alteration, proper fitting techniques, and fun activities including pin-cushion thread bags and Comfort Caps.

In 2002, her husband changed jobs, and they moved to Hastings, Minn. Jean became active in her church where she started the 'Stitch by Stitch' ministry. This group meets weekly from September through June to work on projects. The projects started out with Comfort Caps for cancer patients and have expanded to both knit and crocheted caps. One month is devoted to making cancer pads sewn from discarded (and freshly cleaned) sheets donated from local hotels. These are one time use pads that are needed at a St. Paul home for cancer patients whom one else wants to take care of. These pads are one time use and then disposed of properly as for contaminated waste. The gals that crochet have made throat covers for the tracheotomy patients and Jean is sending them to Kentucky as she doesn't have a distribution contact person in Minnesota. See a list of the other projects in the "Interfacing" column.

Jean continues to sew for family and friends and is trying to find time to master the digitizing process for her embroidery machine. Jean says she will try to attend the fall education workshop in Jabez. Her daughter is expecting baby number two on Nov. 1 in Seattle, Wash. and however may be there instead. Jean is also the proud grandmother of an almost two year old grandson.

Jean loves to sew and finds her life ever more relaxing when she finds the time.  
*Thanks, Jean for sharing your story.*

## Reports Due

If you don't have the minimum number of hours for (re)certification, you will not be eligible to attend the fall training. Final reports for the current two year rotation are due to area contact agents by July 1<sup>st</sup>. Please include all service



since your last report. For certification in the fall, the Class of 2004 must have earned a total of at least 50 service hours (SHE). Those seeking to maintain their certification and active involvement in the program are required to have 50 Master Credit Units (MCU). This will be the last year that these forms will be used. New guidelines and report forms will be introduced at the fall 2006 training. Look for a simpler report in the future!

## Fall Training Schedule

Make sure you have your reports in; you won't want to miss out on the upcoming classes. Class descriptions/schedule are on the MCV Web site: [http://www.ca.uky.edu/fcs/MVP/2006\\_Class\\_Schedule\\_and\\_Descriptions.pdf](http://www.ca.uky.edu/fcs/MVP/2006_Class_Schedule_and_Descriptions.pdf)

Registration forms are available through your contact agent.

- **Advanced Sewing Techniques** taught by Mary Jean Grief, CMCV
- **English Smocking** taught by Karen Martin, Jefferson County 4-HYD agent
- **"Stack the Deck" Quilted Jacket** taught by Margaret Scott, retired FCS agent
- **Soft Luggage** taught by Joan Gertz and Mary Graehler, CMCVs
- **Textile ID** taught by Jennifer Klee, Woodford County FCS agent
- **"Sewing Stunt Doubles"** taught by LaDawn Hale, Calloway County FCS agent
- **Serger Level 3** (recommended for the Class of 2004) taught by Sara Counts, CMCV
- **Altering Ready to Wear** taught by Cheryl Casey, Master Tailor
- **The Business of Sewing** panel discussion led by Patti Rai Smith, Extension Specialist for Home Based Business
- **Pattern Master Boutique, Navigating and Designing** taught by Paul and/or Lisa Shanley, Wild Ginger Software, Inc.
- **Pattern Master Boutique, Pants Sloper** taught by Marjorie Baker, UK Extension Associate for Textiles and Clothing and Carol Vinyard, Carlisle County FCS agent
- **Inserting Linings** (continued from 2005) taught by Linda Heaton, retired UK Extension Specialist for Textiles and Clothing
- **Advanced Serger/Heirloom Sewing** taught by Sandy Davis, CMCV and a *Martha Pullen* licensed teacher
- **Fat Quarter Serger Jacket** taught by Donna Fryman, Fleming County FCS agent
- **Sit 'n Sew** (no instructor, just time and space to work on unfinished items)

## 2006 Silent Auction

The silent auction continues to be a popular event at our fall trainings. Once again we will hold it following the Recognition and Certification Banquet. Everyone is encouraged to participate. Your steering committee has set the following guidelines for auction items:



- Any number of items per area may be submitted but there should be a minimum of two.
- Each item must have a \$10.00 or greater value.
- Items may be handcrafted or purchased. (*Sewing themed items seem to do well, I wonder why?!*)

Money from the auction will be used to fund future trainings. Kathy Brannon, Lake Cumberland contact agent is in charge of this event.

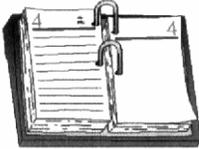
## INTERFACING

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### Service Project Ideas: Jean

Carlson shares with us a number of projects she and a group of ladies from her church do for others:

- ✂ Walker bags for residents at the local care centers. Each bag provides a place to put glasses, keys, magazines, money, etc. when going up and down the hallways.
- ✂ Quilts/comforters for residents of the local extended care facility. These help to brighten and make the rooms homier.
- ✂ Hand embroidered baptism or christening bibs for each new member of the church. These are given to them during the ceremony.
- ✂ Assorted knitted and crocheted items such as throat covers and caps, for use by cancer patients.
- ✂ Fleece hats and mittens for the children at Red Lake Indian reservation.
- ✂ 'Seat sacks' for the local grade school classrooms that only have tables and chairs. The sacks provide storage for the students' books and pencils.



## Calendar of Events

**July 1** SHE and MCU reports due to area contact agents.

**July 14** MCV Steering Committee Meeting 10:30 a.m. (CDT), Butler County Extension Office

**July** Area screening for Class of 2006 MCV candidates

**July 26** Registration for MCV workshops due to state office

**August 14-16** State Fair Judging

**September** National Home Sewing Month



**Oct. 10-13** MCV Fall Training, Kentucky Leadership Center

**January 24-27, 2007** Jabez Quilt Seminar, KY Leadership Center

**March 6-7** Sewing Expo, General Butler State Resort Park

**March 28-29** Needlework Retreat, Kentucky Leadership Center

**March 29-31** *Come Sew with Us* statewide sewing retreat, Kentucky Leadership Center



**Special Thanks!** Sandy Davis, Carol Stine, Paula Atkins, and Rosella Armstrong are extended a hand of gratitude for judging at the State 4-H Fashion Revue in June. This year's theme was "Danger: High Fashion Zone." I would also like to thank those of you who assisted with the 4-H sewing projects. The quality of the garments was outstanding this year.

### Any one interested?

HEEL is in the process of obtaining some Simplicity patterns to make fruit and vegetable costumes that can be used as teaching tools at the farmers market, schools, etc. If anyone is interested in making these costumes, please contact:  
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