



# KENTUCKY

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MASTER

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

CLOTHING

VOLUNTEER

PROGRAM

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Newsletter

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## *Bobbin' along with Marjorie*

I am back from traveling around in the surrounding states. Now it's time to finalize the plans for our fall training. I'm excited to announce that I have invited Sarah Veblen to present at the training. Sarah Veblen is a custom fashion designer who focuses on creating clothing for her clientele and on teaching and writing to promote the craft of garment-making. For more than twenty-five years, she has been designing and making clothing for her private clientele, specializing in fit, innovative pattern design, and quality construction. Her focus is on helping women create a wardrobe that is comfortable and compatible with their lifestyle. Sarah has authored many articles and publications on sewing and design including her book, *The Complete Photo Guide to Perfect Fitting*. Sarah is a consultant to several small label women's clothing companies as well as a patternmaking consultant for Fit for Art Patterns, with whom she collaborated to develop the *Eureka! Pants that Fit* pattern. She has a series of *Threads* DVDs on fitting master patterns and using those patterns to develop garment designs. Sarah will be with us all day on Wednesday, Oct 11, to give everyone the opportunity to hear her lecture. Registration will be done online again this year with everyone that is eligible getting a personal invitation link via email. You should receive your invitation by the end of July if you have turned your annual report in on time.

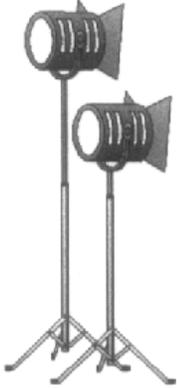
The other exciting news is we have been invited to share our program at the Kentucky State Fair. The College of Agriculture, Food, and Environment has asked us to do an interactive demonstration promoting what we do. We are scheduled to present on Friday, August 18. I will have three sergers set up and material for fair goers to serge a tissue cover to take home. The first 4 volunteers, willing to help that contact me will get fair passes for the day. Kathleen Delmuth, Louisville CMCV is also looking for some help with serger demonstrations in the open Textiles in the South Wing, See more on this at the end of the newsletter.

*Marjorie M. Baker*

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



# SPOTLIGHT



**Ashley Phipps**  
**CMCV Wolfe County**  
**Class of 2008**

## **Tell us about your earliest sewing experiences.**

Sewing two pieces of fabric together to create “pockets” is how I began my sewing journey. These useless creations made me so proud and helped to develop my hand sewing skills. No one in my family sewed, so I had little exposure to this new hobby I loved. Later, when given the opportunity to take a high school class on clothing construction, I learned the basics of using a sewing machine. It wasn’t until I began volunteering at the extension office that the lovely homemakers really educated me on quality sewing skills.

## **Tell us about your experience as a Master Clothing Volunteer.**

I have enjoyed furthering my sewing skills to a degree I never imagined as a Master Clothing Volunteer. The first seven years of my experience in the program was shared with my sweet granny, Ada Shelton. We gladly gave multiple hours to planning and implementing sewing programs for young and older people at both the Cooperative Extension offices and in my Family and Consumer Sciences classroom at Wolfe County High School. These included summer sewing camps and spring adult classes. My favorite was, and continues to be, the weekly junior homemakers group we developed with Ann Hollon, former FCS agent, and Connie Campbell, our school’s youth service coordinator.

Each week, the junior homemakers group is available to any middle or high school student in Wolfe County. We utilize most of our meetings to improve sewing skills through fun projects such as our Christmas stocking and zipper pouches. Strong relationships have been developed with the participants allowing us to positively influence these students even beyond the world of sewing.



Picture: Ashley Phipps (MCV) working with Ayla Perry (Junior Homemaker) on a recycle/redesign project; denim and rag quilt.

After Granny’s passing in 2015, I was hesitant to continue on in the program without her since it had been “our thing,” however, I quickly realized participation in the program was helping me work through my grief. I truly enjoy the relationships I have developed in the program and appreciate what this experience has meant to me!

I married Brandon Phipps at the end of 2015 and was so pleased to make my engagement dress with skills I learned in the program.



Ashley in the pink lace engagement dress she created using skills learned in the MCV program.

## 2017 Statewide Mid-rotation Training

The steering committee has worked hard to compile a list of classes that they hope will offer something for everyone. The classes for Certified Master Clothing Volunteers include:

### **Body Double and Introduction to Draping**

If you have dreamed of a custom made dress form made to your precise measurements, but it just does not fit in your budget, perhaps you should consider making your own. It is really easy to do and lots of fun! Working with a partner, you will take turns wrapping each other in duct tape. As part of the class, you will receive information on how to make a stand for your dress form and an introduction to draping. The teachers for this are Wanda Teegarden and Rosa Smith

**Pants Fitting Class** – Susan Kipp is returning to the classroom to teach you how to properly fit pants, using the *Eureka Pants That Fit!* pattern.

**Refashionista II** – This class will concentrate on recycling men's neckties to make a Christmas tree skirt that is sure to become a family heirloom. Angie York and Anita Cummins are the teachers

**Squared Away** – Jennifer Klee will lead this session featuring the 4-H Quilting Projects. The 4-H Needlework project teach fundamentals skills and the projects for

quilting have specific guidelines. Learn how to get a 4-H Quilting project off on the right foot by completing projects for beginner through intermediate skills.

### **Tips and Tricks for Working with Heavier Weight or Specialty Knits**

– Join Mary Averbeck as she teaches you more about sewing with knit. Explore knits fabrics that may be new to you-Ponte, Scuba, Performance, Compression. Take home samples and identification cards for your MCV notebook. *Since Mary also teaches the Knit Know How portion for the new class, this session is only being offered during the second session of the training.*

**Zippers, Pockets and Purses** – Kathy Lauer loves to make purses and totes. Improve your zipper and pocket sewing techniques by making the purse.

The optional evening activities at the fall training will include:

**Community Service Project** – This year you will have the opportunity to help with sewing Kangaroo Keepers for the University of Kentucky Neonatal Intensive Care Unit

**Up Cycle with Zippers** – Mary Hixson has a fun accessory project using zippers that you won't want to miss.



## Sewing Corner

(This section will be used to share items of interest to 4-H Sewing Leaders)

4-H Sewing isn't always about sewing projects to exhibit at the county style revue or fair. The opportunity to help others using their sewing skills was what The Ascension 4-H Sewing Stars concentrated on this year. In 4 months, they met weekly and created 32 hospital gowns to be given to teenagers at Norton Hospital while undergoing cancer treatment. Skills included sewing pockets and applying bias binding. Allysan Comstock and Pat Mader, Louisville Certified MCVs are happy to share this project with other groups.



Recent Photo by Ruby Thomas

Two members from the Ascension 4-H Sewing Stars group pose with hospital gowns that the club made for teenage cancer patients at Norton Children's Hospital in Louisville.

**✓ DOROTHY DO RIGHT ✓**

Submitted by Loretta Haley, MCV Steering Committee member.

Often a conversation with one of my 4-H sewers goes like this:

**4-H Sewer:** Do I have to rip this out?  
**Me:** If the mechanic who worked on the airplane you are about to enter said, 'These screws don't really have to be tightened all the way down!' Would you get on the plane?  
**4-H Sewer:** But that is life and death, this is not.  
**Me:** If your hairdresser said, that small bald spot I left on the back of your head, really isn't that noticeable, would you go you go back to her/him again?  
**4-H Sewer:** No way!

**Me:** Why?  
**4-H Sewer:** Well she left me bald!  
**Me:** You mean she didn't follow, best practices, right?  
**4-H Sewer:** Sighing, right.

And the ripping begins!  
 Now my response when asked, "Do I have to rip this out," is, "Are you asking me a question?" "No, no," is the reply and the ripping begins!

After a conversation like this, I often stop and ask myself, "Am I teaching best practices and practicing what I preach?" Do you catch yourself cutting corners in some areas of your sewing such as:

- cutting your fabric before you wash it
- reading your directions before you begin
- not measuring to the grain when cutting out fabric
- not transferring markings
- not doing a test out of your stitches
- not back stitching at the beginning and ending of a seam
- not pressing after each seam and pressing seams in the appropriate direction
- not removing bulk
- not under stitching where needed

Do you ever say to yourself, that's good enough, anyone looking that close is way too far into my comfort zone!

I find that as much as some of the parts of our sewing life can be tedious, they do save not only an awful lot of time in the long run, but less frustration, as well.

We can say to our 4-H'ers and ourselves, a mediocre job is good enough. But in the end, will we wear the garment, carry the bag, hang the curtains? If we do, you and I both know, that little voice will always be there nagging us, something's not right. True problems arise and we can run into some major sewing mistakes. This is where our best practices will save us, because we'll know how to take that mistake and change it into a new design or project. And true, we might know that bag was supposed to be a curtain. However, we can take pride in the fact that it will be a fabulous bag instead of a mediocre curtain! I offer this challenge to you: make something

and display it inside out. And when someone comments, "Why that is just beautiful!" You can reply, "Why thank you, would you like to see the outside?" If our goal is for our project results to look as good on the inside as they do on the out, then we're doing the right thing. In so doing we will be teaching our young students a valuable lesson.

Encouraging them to do the right thing in sewing will strengthen their resolve to do the right thing in all things! And we can be confident, that in their future careers, they will not be leaving screws loose or bald spots on heads; but will still be choosing to do the right thing!

### **The Three Ps of Teaching**

Submitted by Wanda Teegarden, MCV Steering Committee member

Once we receive our Master Clothing Volunteer (MCV) certification, we usually breathe a big sigh of relief after working so long to achieve our goal. But then one day, a phone call, text, or email arrives asking you to teach a class. "Wait a minute," you might think, "I don't feel like a trained teacher! I know how to sew, but am I really prepared to teach! How can I do this?" Teaching is a big part of the MCV program pay-back hours, so each of us should do all we can to learn to be better teachers. There are many things to consider. Today I will focus on one. I call it the "Three Ps of Teaching"; PREPARE, PREPARE, and then, PREPARE some more. As the teacher, you are in charge of the classroom and the students. You will make many decisions about how to present your class. You decide what to teach, how to teach, what supplies are needed, whether or not to use training aids, and the list goes on and on. There is an old adage that says, "The teacher usually learns more than the students." That is because, as the teacher, you must know your material thoroughly and be prepared to answer student questions. This usually requires practice and reading and research to refresh yourself on your subject. If you are fearful of being asked questions you can't answer, try to imagine in advance what questions could be asked, so you can prepare good answers. Since no one knows everything, it is no shame to occasionally get a question you cannot

answer. When that happens, simply say "I don't know, but I will find out and get back to you." I strongly suggest that you rehearse your class as much as possible by reading through your lesson materials several times and by practice teaching as if you were actually in the classroom. Perhaps you could use a mirror as you read aloud so you can see how you might appear to your students. If possible, visit the classroom where you will be teaching, or arrive early so you can examine the room. Know where you will stand and decide the best layout of the room so students can see and hear well. Another way to prepare is to time yourself. Getting a lesson presented on time requires practice. You may want to divide your lesson materials into quarters so you can check yourself every 15 minutes to see if you are on schedule. This will allow you to slow down or speed up as needed. Always have a few extra activities planned, or a few questions to ask that will generate discussion in the event you have extra time. Always outline your teaching points and check off the items as you move along so you are sure to cover everything you intended to teach. At the beginning of the class, tell the students specifically what you will be teaching and conduct a short review at the end of the class highlighting what you covered. This helps clarify the materials for the students. If you are using audio-visuals or training aids, be sure to practice using them so you know they work properly and you know how to use them.

These are just a few recommendations on ways that you can prepare yourself for the classroom. As you gain experience, you will learn other ways to prepare and your teaching experience will be less intimidating as you become more relaxed and comfortable in front of the classroom.

### **Make It with Wool Contest**

Application forms are available from Dorothy Vale, state director. Contact Dorothy via email at: [kymiww@aol.com](mailto:kymiww@aol.com) or check with your local county Extension office to obtain an application form. Have your wool tested to be



sure it is at least 60 percent wool by sending Dorothy a 5-inch square swatch along with \$5.00 before you make your outfit. Entries and a \$25 entry fee are due September 1 to Dorothy Vale, 142 Carolyn Lane, Nicholasville, KY 40356. The state competition will be held October 7 in Bowling Green. 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. A Made for Other category is also an option but the intended wearer must model for the competition. All Kentucky entrants receive 2 ½ yards of Pendleton wool fabric and other sewing related items.

## Promoting Serging at the Kentucky State Fair

Kathleen Demuth, Louisville CMVC received the following request from Textile Department at the Kentucky State Fair (KYSF) to help generate interest in serger sewing and submissions to the state fair:

*"...would you have a group of ladies, with talent on the serger that would be willing to come and work for a while at the information desk, and just sit and **show people how great a serger is - and promote the classes that are at the fair.** We have done this with rug hooking, and are seeing positive results - more and more entries are coming in each year. It would be a little "work" staffing the info desk, but I always have a person with you that knows the ropes. And working at the information desk **gets you into the fair for free!!** Normally I would put you in the demo area, but that is full at the moment. I have **two times available - Thursday, August 24 from 4 to close and Friday, August 25 from 10 - 2.** Think it over - I think it would be fun, and get the word out...."*

Meanwhile, Kathleen has gone back to KYSF with some questions regarding the promotion opportunity which she will provide to those who express interest. Interested MCVs may contact Kathleen, via her email address [kqdemuth@twc.com](mailto:kqdemuth@twc.com) please include date and time preference to volunteer and any questions.

Kathleen would appreciate hearing from interested folks as soon as possible but ideally by end of day Friday, July 28, 2017. Thank you, Serge on!

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## Calendar of Events



**July 31** On-line registration opens for Mid-Rotation Training

**August 17-27** Kentucky State Fair, Louisville

**August 18** Kentucky State Fair Serger Demonstration in West Hall for the College of Agriculture, Food, and Environment

**August 19** Fitting In and Standing Out with Louise Cutting, American Sewing Guild Louisville Chapter sponsored event, University of Louisville Shelby Campus 9001 Shelbyville Road, Louisville. Pre-registration required.

**August 24, 25** Kentucky State Fair Serger Demonstration in the Textiles Department, South Wing

**October 7** Make it With Wool state competition, Bowling Green.

**October 9-11** Session I Mid-rotation and Class of 2016 Training, Lake Cumberland 4-H Educational Center

**October 11-13** Session II Mid-rotation Training, Lake Cumberland 4-H Educational Center

## Pocket Key Fob

Use the pocket to hold a USB or tube of lip gloss.

### Materials needed:

Woven cotton fabric – *cut 1 each:*

8" x 2", 10" x 2" and 6 1/2" x 3 3/8"

Interfacing – *cut 10" x 2"*

One gripper style snap

Spool of thread

One 1 1/2" D-ring

One split ring

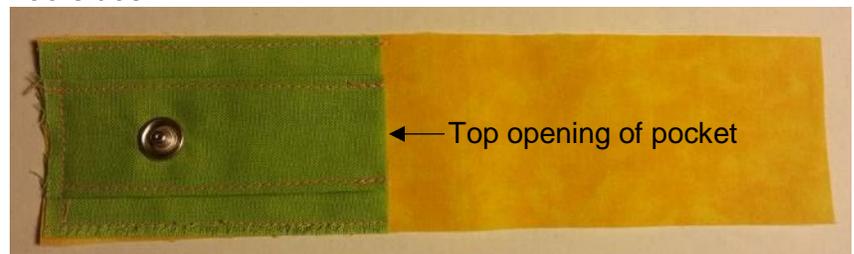
Ruler

Sewing machine



### Instructions:

1. Fuse the interfacing to the wrong side of the 10" x 2" rectangle. This is the outer fabric. Set aside.
2. Fold 6 1/2" x 3 3/8" rectangle in half to measure 3 1/4" x 3 3/8". Fold and press into thirds. Refold on creases and edge stitch along each fold being careful not to catch the sides. This will be the pocket.
3. Attach ball portion of gripper snap to pocket, two inches down from the top folded edge.
4. Align pocket matching raw edges with one end of the 8" x 2" rectangle which is the lining. The pocket will form a box pleat when the sides of the two fabrics are aligned. Press the pocket flat to set the box pleat. Stitch the pocket to the lining close to the edges of the three sides.



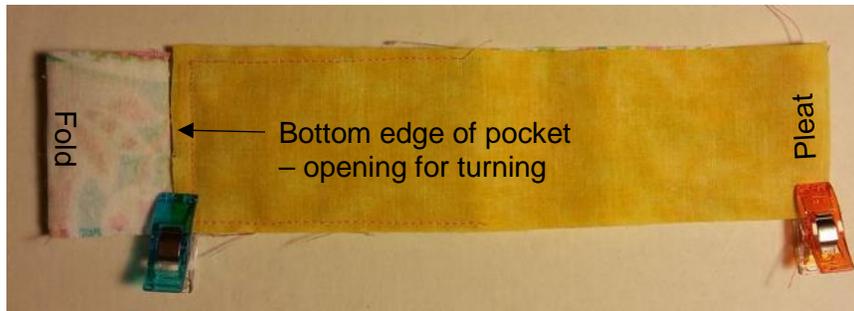
5. Sew the lining to the 10" x 2" interfaced outer fabric along the short end opposite the pocket with a 1/4" seam allowance.



6. Wrap the lining around over the end of the outer fabric. At the folded edge, reverse the direction of the lining fold, bringing it back to the front of the outer fabric, right sides together. This forms a pleat that will maintain the wrapped edge when the seams are sewn.



7. With right sides together, fold the unsewn end of the outer fabric up to meet the bottom edge of the pocket. Hold in place with pins or clips. Sew the long edges with a 1/4" seam.



8. Turn right side out through the opening at the pocket bottom. Using a narrow ruler will aid in turning. Be careful to avoid going into the pocket.



9. Insert D-ring below the pocket, fold to cover bottom of pocket and stitch close to the edges. Position socket portion of snap, aligning it so the end will cover the pocket when closed.



Marjorie M. Baker  
July 2017

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