

INTERDISCIPLINARY EXTENSION PROGRAM
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*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
July
2003
VOL 12 NO 3**



Linda's Lines

Summer is moving along at an incredibly fast rate! In a blink of an eye it will be October, and time for the MVP Mid-Rotation Training. Your MVP Steering Committee has planned a very ambitious and exciting schedule. Be sure when you receive this newsletter that it contains the necessary registration material!

My sincere apology to the Northeast Kentucky volunteers for omitting your area's name from the last newsletter as participating in the *Master Clothing Volunteer Showcase* session at the Kentucky Extension Homemaker Association meeting! **Aggie Fink** and **Joetta Maynard**, CMVs Pike County, had two eight-foot tables full of items featured in the book the area has put together. Ladies, it was just an oversight on my part! By the way, I heard lots of very positive comments and compliments about the session. I was impressed, and so were LOTS of other individuals. Thanks to all of you who participated, and for representing the program and your respective areas!

MVs and CMVs have really been busy these past months. **Emma Caswell**, MV Bourbon County, was elected KEHA State Treasurer at their state meeting in April. Emma, **Nancy Pratt**, CMV Perry County, and **Stephanie Lancaster**, MV Montgomery County, serve on the KEHA Board.

Jo Ann Ellegood, CMV Carlisle County, assisted her agent, Carol Vinyard, in teaching the statewide *Intermediate & Advanced Serger Inservice Training* at Jabez in mid-May. **Sandy Palmer**, CMV Jefferson County, and **Alice Newman**, CMV Henry County, attended the training.

Hats off to the ladies that helped with the 2003 State 4-H Fashion Revue! The event was a huge success—lots of compliments from adults and youth. **Stephanie Lancaster**, MV Montgomery County, worked on the script (*Bandstand Bonanza*) and prepared items for the service project; **Kim Dunkin**, MV Montgomery County met with the Committee and worked on the service project; **Emma Caswell**, MV Bourbon County, and **Coetta Combs**, MV Madison County, served as category supervisors. Thanks, gals, for a great job!

Linda Heaton

Framing Your Face

Most of us give little thought to the notion that garment design features enhance or detract from our physical features. Neckline, collar, and lapel styles impact our most “telling” feature—our face.



When deciding on a jacket, dress, or coat collar with lapels, consider these guidelines:

- Narrow lapels are the best choice if you are full-busted, short-waisted, or broad through the shoulders.
- To avoid overwhelming a small-busted individual, select narrow to medium width lapels.
- Very wide lapels are best on a well-proportioned, larger framed individual.
- When constructing a garment with lapels, take the time to fit *carefully* before cutting. This may mean making a trial garment out of similar weight fabric. Lapels that are too long will gap or break over the bust line rather than fitting smoothly. Alter the pattern as needed to get a smooth look.

For more information on sewing garments that feature lapels, refer to **Lapels—Quick and Easy** CT-LMH.194 which can be obtained from your local county Extension Office or by contacting Linda Heaton, Textiles & Clothing Specialist.



MVP Mid-Rotation Training

The MVP Steering Committee appreciated the comments and suggestions you made for future training sessions. The committee has done a good job incorporating many of them in this fall's event. Before you fill out the registration form, read it closely! Here is what you will find:

There will be two workshops offered that will require the entire two-day time frame. Those are **Bargello Vest** and **Fitting & Altering Techniques for Pants**. If you would like to take either of these sessions, the only other session you can select will be **Chenille Collar & Cuffs** which will be offered in the evening for any and everyone to take. By the way, a new pant fitting book is out (*Pants for Real People*) that will be used at the session. If you are interested in purchasing a copy at discount, Linda will need to know in September so an order can be placed. Persons signing up for the session will receive the necessary information.

If you are a member of the Class of 2002, your schedule is defined! There are required sessions for your class. Those include **Serger Techniques—Beyond the Basics, Advanced Seams & Seam Finishes, Zip Tips**, and **Handling Bulk**. The **Chenille Collar & Cuffs** is optional. However, if you do not sign up, you will not be sent a supply list so you will not come prepared to attend that Thursday evening session. A serger is needed for the serger session. If you do not have one, or can not borrow one from your Extension Office, we are willing to bring some extras so that you can have the experience of sewing on a serger. Just let us know by checking the appropriate box on the registration form.

For all other CMVs, you may choose between **Introduction to Machine Appliqué** and **Redwork Embroidery** on Wednesday. Beginning at 10:30 a.m. on Thursday, you can select from **Pocket Know-How** or **Techniques for Judging Clothing**. The *Techniques for Judging Clothing* will focus on problems and situations we encounter at State Fair. A new sewing skill-a-thon is being introduced in the new 4-H/Youth sewing projects this fall. You will have a chance to try your hand at it!

Training registration is due in the state office August 22. Early in September every person registered will be sent a supply list for the session(s) for which they are registered. Your MVP Contact Agent is responsible for collecting money and seeing that it is in our office by October 1. If you are usually

responsible for paying your own way, your money will probably be due to your MVP Contact Agent some time the latter part of September. She should be contacting you soon!

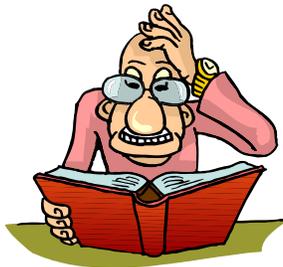
We look forward to seeing all of you in Jabez this fall!

° DOROTHY DO RIGHT °

Teaching Individuals to Sew

Most of us could probably do a better job *teaching* when we recognize and understand how our “students” learn. Think about some of the statements below that researchers have uncovered about the learning process.

- Persons of all ages can learn. However, some individuals learn more quickly than others. Age does not necessarily affect a person’s speed of learning.
- Learning improves when the learner is actively involved in the process. Some teaching techniques lend themselves more to active involvement. Sewing is one of them! The ole saying “we learn by doing” has a lot of truth to it. [Think about your first MVP training—remember how boring it was until you were given some activity to do. Making samples was a lot more fun, more interesting and learning was more productive when you were involved.]
- Learning is more comfortable and effective when the environment is free of tension/stress, open to an exchange of ideas, and believed to be supportive of the individuals involved. In other words, if you are with people you like/enjoy—including the teacher, you can learn more easily. Think about that when you are teaching a group of individuals, either youth or adults.
- Without motivation, there will be no learning. Individuals must be receptive and want to learn. Learning is very



individual. [Individuals who come to a class thinking they know all there is to know will not learn anything. Their minds are closed! The mind must be open, receptive, in order for learning to take place.]

- Feedback and reinforcement are necessary for effective learning. This should occur as quickly as possible. [This is why your teaching tools are checked with you in a face-to-face manner.]

Taken from *Teaching vs. Learning*, written by Linda Heaton, Ph.D. for Master Clothing Volunteer Notebook, 5/2000.



Peggy Cox,
CMV Caldwell County
Class of 1996

This month’s spotlight features a Certified Master Clothing Volunteer from Caldwell County, Peggy Cox. Peggy says she was encouraged to enter the program by Marilu Stevens, CMV Class of 1992, and Elaine Clift, FCS Agent and MVP Contact Agent for the Pennyrite Area.

Peggy and husband Glenn farm in the Fredonia Valley of Caldwell County. They have been married 36-years. Peggy and Glenn have three children, two daughters, one son, and five wonderful grandchildren.

Peggy says “I was raised in a family where sewing was somewhat of a necessity. My grandmother sewed, she taught my mother to sew who passed the art on to me.” Peggy is quick to tell you “I also love to sew.” She has made most of the clothes for her two daughters. They were pleased to have her sew for them because their clothes were

always just a little different from the things their friends would buy in the stores.

Like many others in the Master Volunteer in Clothing Program, Peggy says she thought she was a fairly good seamstress (and she was!). However, she discovered there was a lot more that could be learned. She has found that by being a part of the program she gains more confidence in her own sewing and in teaching others to sew. She says "It makes teaching a sewing class just a little more rewarding knowing you are able to help someone learn the proper way to sew from the beginning."

"I look forward each year to the Master Clothing Volunteer classes to add new sewing techniques and skills" she tells us. Peggy goes on to say, "It has also been a great place to meet new friends who also have the same love of sewing that I do. We are able to share ideas with one another."

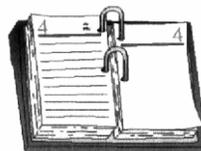
Murphy's Laws of Sewing

- The serger only eats the garment when you are serging the last seam.
- If you need six buttons, you will only find 5 in your collection of buttons.
- The seam you meant to rip out is invariably the other one.
- When you are in a hurry, the needle eye is always difficult to thread.
- The fabric you forgot to preshrink will always shrink the most.
- The needle you lost will be found by your child or husband while walking around barefoot.
- The magnitude of your sewing problem will be in direct proportion to the cost of the fabric on which you are sewing.
- The pattern you wanted to use again will always have one critical piece missing.



- You discover the collar points or curves do not match after you have carefully—and correctly!—graded all of the seams.
- Your steam iron only burps rusty water on light-colored fabric.
- Gathering threads always break just as you are almost finished pulling them.

Taken from *Unraveling . . . Clothing & Textiles Newsletter*, by Nadine Hackler, Professor Emeritus, University of Florida; December 1989.



Calendar of Events

August 22 Registration for 2003 MVP Mid-Rotation Training due in state office.

August 28 Cutting Day and meeting of MVP Steering Committee, Leitchfield.

September 8 – 12 Letter & Supply List for MVP Mid Rotation Training sent to persons registered

October 1 Postmark due date for MVP Contact Agents to send money and lodging list to state office.

October 15 – 17 2003 MVP Mid-Rotation Training, Kentucky Leadership Center, Jabez.

October 15 MVP Agent Inservice Training

October 17 Area Planning Meetings

November MVP Newsletter. All CMVs or MVs who enjoy writing are encouraged to submit an article! Articles and items for this issue are due October 15.

November 5 – 8 *The Chicago Sewing & Embroidery Conference*, Chicago, IL
For more information or to reserve your seat, call 1-888-739-6350.