

CLOTHING & TEXTILES PROGRAM

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*"extending clothing  
knowledge and skills"*

**KENTUCKY**

**MASTER**

**VOLUNTEER**

**IN**

**CLOTHING**

**CONSTRUCTION**

**PROGRAM**

July  
2005

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## *Bobbin along with Marjorie*

July is here at last! June has been a really hectic month for me, and I am looking forward to my schedule slowing down for maybe a couple of weeks.

One of the most exciting things that I was able to take part in this past month was attending the Wild Ginger Software, Inc., Certified Educators' course in Nashville, Tenn. Carol Vinyard, Purchase Area MVP contact agent and I are now certified to teach this software. Now mind you, we don't profess to know all of the answers, but we certainly know where to find them. Many of you were present at last fall's training when Paul Shanley gave a demonstration on this product and also provided "Click and Sew" patterns to use at home. There are 40 counties across Kentucky that have the "Pattern Master Boutique" software. Master volunteers need to check with your agents if you are interested in exploring this innovative approach to pattern making. Look for more on this in your registration materials for the 2005 fall training.

The steering committee has met to firm up plans for the mid-rotation training to be held Oct. 19-21 at the Kentucky Leadership Center. There will be one evening devoted to areas for demonstrations. This is designed for you to "teach" or demonstrate a technique or small project. The sessions will be 15 minutes long and rotated in a round table-type fashion. Each area will have a table. Please formulate your topics and have them ready when your contact agent asks for them.



I have enjoyed traveling around the state getting to know the new class of volunteers. Everyone's samples so far have been pretty good, and it has been interesting to see some of your creative ideas to make the samples look like fun!

*Marjorie M. Baker*

## ATTENTION: CLASS OF 2004

Since the last newsletter, I am pleased to announce that there are eight of you that have been given the OK to start collecting your hours towards certification. They are **Joyce Cox, Barbara Ketterman, Greta Nichols, Patti Bridge, Claudine Williamson, Brenda Edwards, Anna Norris, and Joyce Irmen.** Congratulations!

## 2005 4-H Fashion Revue

Hats off to **Edna Gunsauls** and **Ann Beard**, CMVs from Taylor county, for serving on the state 4-H Fashion Revue committee. Through their guidance, the teens were able to finish and donate 50 heart-shaped pillows to the Markey Cancer Center to give to their patients.

## *4-H Needlework Projects*

A word on reporting your hours if you are teaching the 4-H needlework curriculum to 4-H'ers: After discussions were held with the steering committee and contact agents, a compromise has been reached. The intent of the Master Volunteer in Clothing Construction Program is to foster the skills related to sewing clothing. To count hours towards teaching, you must be doing a sewing-related project. Quilting and embroidery are considered sewing related. If you wish to turn in hours for needlework-related projects that include knitting, crochet, tatting, and needlepoint, you may count these hours towards community service. At some point, I will get this added as a line on the community service page of the report form.

## Test Your Memory



What year did the following items come on the market? Choose from: 1979, 1980, 1981, 1983, 1987, 1997, 1998, 2000, 2001.

\_\_\_\_\_ Bias tape makers enable sewers to make their own bias tape

\_\_\_\_\_ The Grabbit™ magnetic pincushion

\_\_\_\_\_ 100% cotton, 8 ½ - by - 11 inch computer printer fabrics

\_\_\_\_\_ Seam Sealant, Fray Check™

\_\_\_\_\_ The Fasturn™, a hollow brass cylinder with wire pigtail hook, used to turn fabric tube right side out

\_\_\_\_\_ The rotary cutter and mat from Olfa®

\_\_\_\_\_ The Mini-Iron with a 1-inch soleplate from Clover® needle craft

\_\_\_\_\_ Bubble Jet Set 2000™, a chemical rinse used to prepare fabric for ink-jet printing

\_\_\_\_\_ Pocket Curve™ template allows sewers to speedily stitch symmetrical patch pockets

\_\_\_\_\_ Slash Cutter™, a quick cutting method for the popular technique of creating chenille

Submitted by Mary Jean Grief, MCV; MVP Steering Committee

## SPOTLIGHT



Elaine Evola-Lyverse  
*CMV Oldham County, Class of 1998*

Elaine began sewing after completing her bachelor's degree in business administration from Bellarmine University. She was looking for a creative outlet while working full time in the financial field. Elaine was lucky to find a local program with Sullivan University that offered her the opportunity to complete an associate degree in fashion design, to provide her advanced sewing instruction. Before that time, she spent many hours with her grandmother learning to sew.

Elaine is proud to be a member of the Certified Master Volunteer Class of 1998 and works with 4-H in Oldham County. She has led the Pins and Needles sewing club for the last seven years. Many of her students have been winners of blue ribbons at the Kentucky State Fair. She genuinely appreciates the opportunity to continue to further her skills each year at the training that is offered in Jabez. It gives her many friends and sewing resources for support in her 4-H teaching and projects.

When her 4-H class is not in session, Elaine enjoys sewing for her home, clients, and family. She has created many costumes worn in student productions with the Ursuline Drama School in Louisville, including "Hello

Dolly", "Grease," and "42nd Street." She also has designed bridal and pageant gowns and historical reproductions for the Madrigal Singers at Sacred Heart Academy.

Elaine lives in Louisville and is currently employed with The Bank-Oldham County, as a mortgage loan officer. She is a member of the Prospect/Goshen Rotary, the Business and Professional Women of Oldham County, and a founding member of the Oldham County Business Achievers chapter of Business Network International (BNI).

### **National Sewing Month**

Did you know that an official proclamation was made by President Ronald Reagan on September 29, 1988 proclaiming September as National Sewing Month? In recognition of the importance of home sewing to the United States, the Congress, by House Joint Resolution 580, authorized and requested the President to issue this proclamation.

The importance of sewing is no secret to our program. In a recent clinical study commissioned by the Home Sewing Association (HSA), it was revealed that women who sew – both skilled as well as novice sewers – experience a significant drop in heart rate, blood pressure, and perspiration rate when compared to women who participate in other leisure-time activities. Heart rate, blood pressure, and perspiration rate are three key factors in the measurement of stress. The study's results appear to indicate that sewing helps women to relax while they focus on a creative activity. The five pastimes tested were playing a card game, painting at an easel, reading a newspaper, playing a hand-held video game, and sewing a simple project. The study surprisingly showed that of the five activities, sewing was the only activity where heart rate decreased. In the other four activities, including reading the newspaper, all participants showed an increase in heart rate while engaging in the activity!

## °DOROTHY DO RIGHT°

### When sewing with knits:

- ◆ Choose a pattern designed for knits.
- ◆ Remember that knits have different amounts of stretch.
- ◆ Use the “pick-a-knit” ruler to determine the amount of stretch required for a particular pattern.
- ◆ Remember that most of the time there is less lengthwise stretch than crosswise stretch.
- ◆ Use ribbing, binding, or turned-and-stitched neckline finishes.
- ◆ Preshrink fabric, interfacing, and zipper.
- ◆ Do not preshrink ribbing.
- ◆ Use a “with nap” cutting layout.
- ◆ To stabilize buttonholes – use:
  - tricot interfacing
  - water soluble stabilizer
  - cord
  - in ribbing, stitch parallel to ribs.
- ◆ Use ballpoint pins.
- ◆ Pin pattern to sheer or slippery knit with a layer of tissue paper underneath.

- ◆ Use sharp scissors for cutting.
- ◆ Turn tricot interfacing crosswise.
- ◆ Lengthen machine stitch (8 to 10 stitches per inch) to prevent rippling.
- ◆ Serged or double-stitched seams work well (sew on seamline then 1//8 to ¼ inch away)
- ◆ Because knits do not ravel, no seam finish may be needed.
- ◆ Use fusible interfacing to stabilize the area under the zipper.

Now you have the knitty-gritty on sewing with knits. Enjoy the next knit garment.

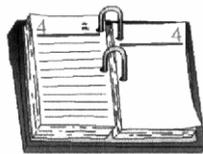


Answers to Test Your Memory: 1983, 1980, 1997, 1979, 1987, 1979, 2000, 1998, 1981, 2001

Submitted by Mary Jean Grief, MCV; MVP Steering Committee

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### Calendar of Events



**July 27-31, 2005** National ASG Conference, Nashville, Tenn.

**July 15, 2005** Progress reports due to area contact agents

**Aug. 16, 2005** State Fair Judging

**Aug. 17-28, 2005** Kentucky State Fair, Louisville Ky.

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**Aug. 22, 2005** Registration forms for mid-rotation training due in state office

**September** National Sewing Month

**Oct. 1, 2005** Rooming list and registration fees due in state office for mid-rotation training from area contact agents

**Oct. 19-21, 2005** MVP mid-rotation training

**Oct. 29, 2005** Kentucky competition for “Make it Yourself with Wool,” Clark County Extension Office