

# KENTUCKY

## MASTER

## CLOTHING

## VOLUNTEER

## PROGRAM

CLOTHING & TEXTILES PROGRAM  
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Lexington, KY 40546-0064  
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## *Bobbin' along with Marjorie*



*"extending clothing  
knowledge and skills"*

The holidays are almost upon us! I can't believe how fast the time has gone since we met last month at Jabez. I think we had a successful training, your evaluations were very positive. **Fashions across Kentucky** was a big hit. Thank you Sheila Fawbush for pulling this all together. Start sewing now, ladies, so we can have a new set of fashions to showcase next year.

As you all know, we lost a very inspirational and loving sewing partner with the death of Barbara Bryant. In her memory, the Master Volunteer in Clothing Construction Program has purchased an oak rocking chair for the front porch of the Leadership Center. Hopefully it will be in place by the time many of you attend the Quilt Seminar in January. Barb loved going to the Leadership Center and being with all of us.

Plans are shaping up for a statewide sewing retreat in Jabez next spring (March 29 to 31, 2007). Following the planning session at the fall training, a schedule has been established and publicity will be forthcoming.

The "Interfacing" column includes an idea for a service project that Allysan Comstock has shared with us. A new column has been added called **SNAPS**. Included here are articles that contain snapshots of activities going on across the state that have caught the attention of Agricultural Communications Services. Thank you to Carol L. Spence for writing these articles.

I am asking that credentials be sent to me for the opening on the steering committee. A form is attached to this newsletter. Deadline for sending credentials is Jan. 15, 2007. The selected candidate will assume responsibilities in March 2007. I hope many of you will be interested.



Wishing everyone a joyous holiday season!

*Marjorie M. Baker*

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

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## SPOTLIGHT



Wanda Teegarden

CMV Hardin County, Class of 2000

Wanda started sewing in high school and took four years of Home Economics. Her first big sewing project was a formal dress for her senior prom. Do you remember dotted Swiss? Oh, how prom fashions have changed. Wanda married after high school and the birth of her daughter followed. Wanda made most of her daughter's clothes until she entered junior high school. All of you know that at that point the only thing kids want to wear is blue jeans.

Wanda majored in home economics in college, where sewing played a big part. After graduation, she taught foods, though, not sewing. When she could no longer sew for her daughter, Wanda learned to quilt and that became her new passion. She sewed off and on until she became a Master Clothing Volunteer in 2000. She joined our ranks because she felt her skills were rusty and needed a refresher course before she could pursue teaching adults.

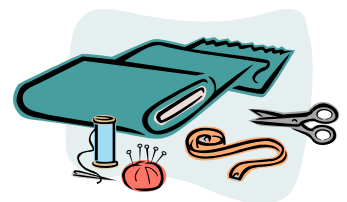
Wanda's love is teaching adults. She has taught an adult beginning sewing class for the past two years in Hardin County. Wanda said she loves the *Come Sew with Us* program because it is designed to help adults learn to sew. The students get so excited and they LISTEN....

Wanda also loves the *Master Clothing Volunteer Program*. She always looks forward to the training. Wanda has temporarily relocated to the Washington, D.C. area with her job. Wanda works for the U.S. government in an office across the street from the Pentagon. She plans to return to Kentucky upon her retirement but until then she intends to be in Jabez in March 2007 for the statewide *Come Sew with Us* and in October with all of us, as well. She will probably have to bring her husband along to keep peace in the family as she can't "choose sewing over him!"

## ✓ DOROTHY DO RIGHT ✓

**Edna Gunsauls**, CMV from Taylor County shares some dos and don'ts to help your sewing become an enjoyable hobby:

- Don't buy fabric today to wear the day after tomorrow.
- Do plan ahead, giving yourself enough time to deal with all the other things in your life.
- Don't work in an area where you must put everything away, and then set everything up when you want to sew again.
- Don't think you need long periods of time to sew.
- Do try to find a place where you can leave everything set up.
- Don't think you need long periods of time to sew.
- Don't hurry and try to get too much done at one time.
- Do sew for short periods of time—when the "spirit" moves you.
- Don't worry if you can't get back to it for several days; it won't go anywhere.
- Don't quit and walk away when you make a mistake.
- Do fix it; then walk away. It will make a difference in how long it takes you to get back to it. "Trust me on this one!"



## NEW Report Forms

New guidelines and report forms were introduced and distributed at the fall training. If you need another copy, you may print one from the Master Clothing Volunteer Web site. The new guidelines are also there. **No reports** using the old forms will be accepted.

## 2006 Silent Auction

The silent auction which was held at our fall trainings was once again successful, bringing in \$931.75.

Thank you to everyone who participated. Money from the auction will be used to fund future trainings. A big thank you to Kathy Brannon, Lake Cumberland contact agent, for taking charge of this event.



## INTERFACING

Allysan Comstock, Jefferson County CMV reports that the Ascension School's 4H "Sewing Stars" club meets each Tuesday afternoon to learn sewing techniques and to create items that can be used by the parish festivals to raise funds. The first project will be a denim rag quilt using recycled denim from thrift store jean skirts and dresses for the quilt back. The quilt top will contain 63 squares sewn from red and white printed fabrics that were donated to the club. Allysan reports that after an article appeared in the local newspaper, a donation of blue jean fabric was also acquired.

## Web Site of Interest

This is the Japanese Web site that I have explored with much interest. Challenge yourself to convert measurements to metric and follow detailed diagrams for a number of fun and useful sewn items.

<http://www.fjx.co.jp/sewingcom/gallery/recipe.html>



## SNAPS

### Stitches Support Soldiers

By Carol L. Spence

WHITLEY CITY, Ky., (July 12, 2006) – The sewing machines hum and race against each other, drawing in fabric and pushing out clothing. But this is not just any clothing. It's clothing customized with built-in support – psychological support, that is.

In the conference room in the McCreary County office of University of Kentucky Cooperative Extension, a group of eight women regularly get together to sew "adaptive clothing" for wounded military personnel who have returned from Iraq or Afghanistan. It's part of Sew Much Comfort, a national nonprofit organization whose mission, as stated on its Web site, is "to design, create and deliver customized clothing for these brave troops."

"The overall goal of the program is to provide – of course, it's a rather limited wardrobe – but a wardrobe for the personnel to meet their needs so that they can dress themselves, so that they can have easy access for the tests and wound care that they need," said Kathy Brannon, McCreary County family and consumer sciences agent. "And it kind of gives them a boost as far as their self-esteem to not be stuck in a hospital gown the whole time that they're being treated."

Faced with more than 10,000 wounded soldiers from the conflicts in the Middle East, the national organization has not yet been able to meet its goal to provide a varied wardrobe to each soldier, from the basics such as underwear to clothing they can wear out in public. But groups like the one in McCreary County are helping.

Brannon organized the local group when fellow seamstress Mary Ann Bybee approached her with the idea after seeing it on the Internet. Bybee said that, as a nurse, she was aware of some of the problems the clothing would address. But for her, as for the other women in the group, there is a more personal reason for doing this work.

"I want to help," she said. "My husband spent 20 years in the Air Force and I'm thankful he wasn't injured. And that's one reason that I like to do this."

“We were interested, I think all of us, in doing something to help out,” Brannon said. “And of course, on the home front there are limited opportunities to show your support, and we felt like this would be a good way.”

The group was required to submit sample garments to the national Sew Much Comfort organization before they were sanctioned to proceed. Since then, Bybee stays in close contact with a regional coordinator in Tip City, Ohio. The coordinator makes sure the women have the supplies they need, including patterns, fabric, and ready-made clothing articles that the women alter. The women have also bought boxers or athletic shorts on their own. When the McCreary County sewers finish a batch, Bybee ships the completed clothing to the regional coordinator. From there, the national organization distributes them to a variety of American military bases and medical facilities both in the United States and abroad.

Master Sewing Volunteers Mary Ruth Stephens and Wanda Strunk are part of the sewing circle of friends who donate their time and talent to the project. They both have had relatives serve in the military. Stephens, who has a son and a son-in-law in the service, said she is glad to be able to help out.

“My heart goes out to people who cannot dress themselves and feel so confined,” she said. “We thought this would be a good project.”

There is a warm-hearted camaraderie among the women as they chat and laugh over the sound of the sewing machines. Stories are told, news is spread in much the same way it was when preceding generations of women gathered together to sew. When Strunk is asked why she is doing this, she responds with an immediate, “Well, because Kathy told me to.” This is punctuated by a burst of laughter from all the women. But Strunk, who had three brothers who served in Vietnam, quickly turns serious again.

“I love to sew,” she said, “and I love the idea of doing this for the servicemen.”

For a moment the mood in the room turns reflective.

“I’ve kind of caught myself as I’ve been sewing,” Stephens said, “just saying sort of a little silent prayer for whomever this garment goes to, that it might be a comfort to him.”

Anyone interested in joining the McCreary County Sew Much Comfort group or in starting their own can contact Kathy Brannon at 606-376-2524. More information about Sew Much Comfort can be found at <http://www.sewmuchcomfort.org>.



Mary Ruth Stephens, Kathy Brannon, and Wanda Strunk work on projects for Sew Much Comfort

## Sewing Workshop Fits All Sizes

By Carol L. Spence

LEXINGTON, Ky., (Sept. 27, 2006) – Some women had never read a pattern or threaded a sewing machine. Some were merely rusty, wanting to brush up on skills they’d neglected for decades. They all came together recently at “Come Sew With Us”, a workshop held by the University of Kentucky Cooperative Extension Service in the Bluegrass area.

The two-part workshop for adults focused on basic sewing techniques for both clothing and home décor. Jennifer Klee, family and consumer sciences agent in Woodford County, said that Extension offers a lot of sewing programs for 4-H, but that not all counties have the same capabilities for teaching sewing to adults.

“So we decided to work together as a district, with the master clothing volunteers and Extension personnel to teach a variety of basic sewing classes,” she said. “There are so many do-it-yourself shows on TV now and they make it look very easy, but you need those basic skills. So we’re trying to provide that base so folks can go home and sew up a storm.”

Though the workshop was designed to attract beginning sewers, Klee said that could include those who have never sewn before

and those who have, but want to refresh their skills.

“Beginner is in the participant’s mind, but we’ll try to give them those skills to create some confidence.”

Workshop participants could enroll in one or both of the afternoon and evening sessions. In each session, participants could register for one class from four options: Sew-n-Wear, Home Décor, Tooling Around (becoming familiar with a sewing machine or serger) and Etcetera (creating personal accessories).

Interest in this second year of the program was high, with 50 people registered for at least one of the sessions. Klee attributes the strong enrollment numbers to a general rise in interest in the craft.

“I think a lot of folks have trouble with fit with ready-to-wear clothing, and when you sew your own you can really refine that fit,” she said. “A lot of people don’t like the cookie cutter things that you buy ready-to-wear, ready-made. So that really gives you an opportunity to make your home unique or your clothing and your accessories unique.”

Cooperative Extension is hoping to expand the “Come Sew with Us” program. The workshops were offered in two Kentucky districts in 2005 and in four districts this year. On March 29 to 31, 2007 the program will be offered on a statewide level, during a retreat-like setting at the Kentucky Leadership Center at Jabez. Klee said that participants in local workshops would still find things to interest them in the state event.

“It, again, will be geared toward beginners,” she said. “The statewide program will have the same focus areas of clothing and home décor and those kinds of things, but will offer different classes.”

## In Memory of Barbara Bryant, CMV



who passed away Sept. 22, 2007, after a courageous battle with breast cancer.

### *Give Lavishly! Live Abundantly*

*The more you give, the more you get—  
The more you laugh, the less you fret—  
The more you do unselfishly,  
The more you live abundantly...*

*The more of everything you share,  
The more you’ll always have to spare—  
The more you love, the more you’ll find  
That life is good and friends are kind*

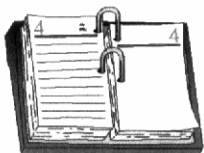
*For only what we give away,  
Enriches us from day to day.*

*Helen Steiner Rice*



Joan Gertz and Mary Graehler surround Barbara Bryant with the prayer quilt that many of the MCVs contributed to.

## Calendar of Events



**Jan. 15, 2007** Deadline for steering committee applications.

**Jan. 24-27, 2007** Jabez Quilt Seminar, Kentucky Leadership Center

**March 6-7, 2007** Sewing Expo, General Butler State Resort Park

**March 28-29, 2007** Needlework Retreat, Kentucky Leadership Center

**March 29-31, 2007** *Come Sew with Us* statewide sewing retreat, Kentucky Leadership Center

**CREDENTIAL SHEET**

**Master Volunteer in Clothing Construction  
Steering Committee**

**(Three-Year Term – Certified Master Volunteer)**

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 MVP 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.

**NAME:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EXTENSION AREA:** \_\_\_\_\_ **YEARS AS CMV:** \_\_\_\_\_

**Directions:** Complete the information below and send/submit a copy to:

Marjorie M. Baker  
Master Clothing Volunteer Program  
University of Kentucky  
242 Scovell Hall  
Lexington, KY 40546-0064

**Due Date: January 15, 2007**

1. List the leadership positions you have held within the past 10 years. (Attach additional sheets if necessary)

**Professional/Job related:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**County:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**State:**

\_\_\_\_\_  
\_\_\_\_\_

2. **Other:** Viewing yourself, how would you rate yourself and why?

\_\_\_ Team member    \_\_\_ Leader of team    \_\_\_ Follower

Explain your response: \_\_\_\_\_  
\_\_\_\_\_

3. Total number of Master Credit Units (MCUs) earned (approximately): \_\_\_\_\_

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.

- |  |  |
|--|--|
| <input type="checkbox"/> No, I would not be able to assist.      | <input type="checkbox"/> Yes, only in planning the activity. |
| <input type="checkbox"/> Yes, if the training is during the day. | <input type="checkbox"/> Yes, and I can stay overnight.      |
| <input type="checkbox"/> Yes, with the following limitations.    | <input type="checkbox"/> 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.