

KENTUCKY

MASTER VOLUNTEER IN CLOTHING CONSTRUCTION PROGRAM

CLOTHING & TEXTILES PROGRAM
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Bobbin along with Marjorie



*“extending clothing
knowledge and skills”*

Fifteen years and still going strong! Thank you to everyone who came to the training in October. From all appearances, everyone had a great time and left with a greater appreciation for those close to us and our shared love of sewing. Changes are being made to the FCS Web site so but hopefully the pictures will be posted soon. It's amazing how much goes on. Amy Aldenderfer (official photographer) and helpers did a great job documenting all of the classes. One reminder to everyone, if you haven't already done so, please take a moment to write thank you notes to those listed on the donor's and presenter's list that was included in your training packet. Without their generous support we would not have the quality program we continue to have.

The holidays will be here before we know it. I'm sure I am just like the rest of you with a list of things to be sewn for family and friends. I'd like to share some quick ideas for gifts. Put those embroidery machines to work making personalized stocking stuffers such as tissue holders, bookmarks, checkbook covers, or CD case covers. Have you tried printing photos on fabrics? What a great way to share fun times and your family heritage with loved ones. Or add a little embroidery to a fabric picture frame. Just look around, there are more ideas to be found in the stores and by surfing the Web.

WANTED: Any one interested in serving on a planning committee for a state wide sewing workshop. Please let me know, soon. I would also like to invite everyone to submit articles telling about MVP happenings from across the state. I want this newsletter to report what's going on in your county and area. This column will be called "Interfacing." This will also be a place where you can ask a question and get feedback from other readers.

I hope these new additions will make our newsletter more interesting and one that can be shared with others outside the MVP family as a way of building awareness of our program.

Marjorie M. Baker

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

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INTERFACING

Come Sew with Us

Districts 4 and 5 each hosted a sewing extravaganza entitled “Come Sew with Us.”

Master Clothing Volunteers and Extension staff worked together to plan the Friday afternoon and evening sessions.



Nearly 60 beginners joined in the sewing fun. Classes were offered on operating and taking care of sewing machines and sergers, making quick clothing repairs, sewing pillows, aprons and pants, plus serging some fun projects. The classes were instructed by CMVs, MCVs, and Extension MCV contact agents. There were lots of door prizes and yummy food, too!

The objectives of “Come Sew with Us” were to join in the recent and renewed interest in sewing – targeting beginners, promotion of the Master Clothing Volunteer program, and to provide teaching opportunities/hours for the CMV/MCV volunteers. The evaluations were overwhelmingly positive, indicating that more of this type of event or other sewing activities will certainly be planned for the future. The participants especially liked the small classes (average five to six) and lots of individual attention and help. Their excitement for sewing was obvious in all of the projects they plan to sew as a result of the workshop. Many attendees made their first visit to the Extension offices (Elizabethtown and Lexington) by coming to sew with us. There were folks interested in the Master Clothing Volunteer program. You may meet them next fall!

Note: Districts 4 and 5 would be glad to share the flyers/brochures that they used, as well as discuss how they organized and planned the events. Contact Jennifer Klee (jbkleee@uky.edu), any of the CMVs, or the contact agents from Districts 4 and 5.

Reasons for Buying Fabric

(Borrowed from the Madison County Homemaker Newsletter) submitted by Jennifer Klee, Woodford County Extension Agent for Family & Consumer Sciences, MVP Steering Committee member

- It insulates the area where it is kept.
- It is less expensive and more fun than psychiatric care.
- It keeps without refrigeration.
- You don't have to cook it to enjoy it.
- You never have to feed it, change it, wipe its nose, or walk it.
- Because I'm worth it.
- I need extra weight in the trunk of my car for traction on snowy, icy roads.
- Like dust, it is good for protecting previously empty spaces in the house – like the ironing board, laundry hamper, dining room table ...
- It is not immoral, illegal or fattening.
- It calms the nerves, gratifies the soul, and makes me feel so good.
- Buy it now, before your husband retires and goes with you on all your shopping trips.
- I'm participating in a contest – the one who collects the most fabric WINS!

Make It Yourself With Wool Contest

Julie Ullery, CMV from Clark County, and Marion Mulligan, MV from Washington County, participated in the Kentucky contest for the “Make it Yourself with Wool” held at the Clark County Extension Office Oct. 29. Congratulations to Marion for being selected as the state winner in the adult division. She is eligible to



compete in the selection of a national winner. Julie was selected as the runner-up/alternate for Kentucky. Others with ties to 4-H and our program were: Hannah Nichols, 4-H'er and daughter of Greta Nichols, MV from Scott County — runner-up in the Junior division; Shannon Wade, 4-H'er from Harrison County — runner-up in the senior division; and Erin Baker, 4-H'er and daughter of Marjorie Baker, State MVP Coordinator — state winner for senior division. Great job, we love ewe!



°DOROTHY DO RIGHT°

Pack Smart, Look Smart

Holiday travel packing tips to keep you and your clothes looking great!

1. **Clean and dry.** Before packing clothes, make sure clothes are clean and dry.
2. **Zip it.** Button all buttons and zip all zippers before folding to preserve garment shape.
3. **In the fold.** Carefully fold garments to avoid stretching, indentions, and excessive wrinkling.
4. **It's in the bag.** Use a net bag designed for lingerie to help prevent fraying, catching, and tearing of delicate items.
5. **Sheet action.** Place a dryer sheet in your luggage to help keep clothes smelling fresh.
6. **Get rid of wrinkles.** When you arrive at your destination, unpack as soon as possible. Hang creased items in the bathroom while you shower to help steam out wrinkles.
7. **Traveler's kit.** To keep clothes looking and smelling their best while you're on the road, take a laundry travel kit that includes: a stain removal stick, gel, or wipe; wrinkle releasing spray; and fabric refresher.

For more information, visit: www.cleaning101.com
 Taken from *Cleaning Matters*, the Soap and Detergent Association Newsletter, November/December 2004

SPOTLIGHT



Sara Counts
 CMV Graves County, Class of 2000

A native of rural Fulton County, Kentucky, Sara (Atwill) Counts now lives with her husband, James, in south Graves County. Like many girls growing up during the 1950's, Sara got involved with 4-H at an early age. She was especially interested in learning to sew. Her interest in sewing and making her own clothes continued through her 4-H years and into high school home economics classes. After high school she entered Murray State University, where she majored in home economics education. Her college education was interrupted for three years when she fell in love, married, and had her son.

After graduation from Murray State in 1970, Sara's career took a sharp turn when she went to work as a social worker with Kentucky Department for Economic Security. Yes, Sara was the welfare lady. During the hectic years of attempting to balance a career with being a wife and mother, she had little time to devote to her love of sewing. The years changed as did Sara's job title and department name. In 1996 Sara retired as Field Services Supervisor with the Kentucky Cabinet for Human Resources, Department for Social Insurance.

After retirement Sara had more leisure time to enjoy her sewing hobby. She took sewing classes and learned a lot had changed in the sewing field during the previous 25 years or so. She also became involved with Extension Homemakers, which took her to an area annual day where she saw a former college classmate at a Master Clothing Volunteer booth. The former classmate was our own Connie Talent who told her about the program and encouraged her to consider applying for participation. Sara eagerly applied and was accepted into the class of 2000.

Sara's first project as a Master Clothing Volunteer was a joint effort with an energetic and dedicated 4-H agent who wanted to accept each of the 34 students who signed up for one class. Although the group was divided into two classes and there were some volunteers, Sara learned a lot from that experience about limiting class size.

Sara enjoys working with both youth and adults. She feels youth are like little sponges ready to absorb knowledge of sewing and human relations, and she gets a great deal of satisfaction in providing some of that knowledge.

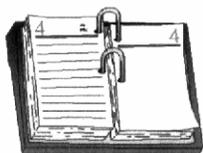
Sara keeps a busy schedule teaching adults in her home county and in nearby counties. The Purchase MCVs often assist each other with out-of-county

classes and come together as a group for area-wide classes. Sara credits the good working relationship of fellow area volunteers and their leadership for the success of various area projects, including Gifts from the Heart and Beginning Serger classes.

It's Sew Fine: For Home and Family – Sewing Expo

Learn new sewing techniques to use for your home, family, and friends. Receive instruction from sewing experts on the national and state level. Participate in hands-on sewing workshops. Learn ways of saving money and time through home sewing. The featured speaker will be Cindy Casciato, teacher, quilt designer, and author of *Organizing your Fabric by Color and Design*. Workshop sessions will include: "Block Explosion-One Step Quilting," "Intro to Constructing Heirlooms with Serger Sewing Machines," "Using Fabric Stabilizers for the Professional Look," "Get Creative for the Beginner-Make a Ribbon Purse," "Save Time-Constructing one Seam Pants," "Sewing for the Home – Decorative Pillow," "Sewing Embellishments for Scrapbooking," "Appliqué Trunk show," and "Gifts from the Heart – Sew and Save." Exhibits representing home sewing industries, make-it and take-it sessions, and sewing demonstrations will also be held. Event to be held at General Butler State Resort Park is sponsored in partnership with Kentucky Cooperative Extension, Kentucky Master Clothing Volunteers, and the Louisville chapter of the American Sewing Guild. Mark your calendars now, April 18-19, 2006. Registration will be sent at a later date.

Calendar of Events



Dec. 7, 2005 Steering Committee meeting, Grayson County Extension Office 1:00 p.m. CST

Jan. 15, 2006 Master Credit and Service Hours Reports due in state office

Feb. 24- 25, 2006 4-H Volunteer Leader's Forum, Lexington

April 18-19, 2006 Sewing Expo, General Butler State Resort Park, Carrollton

Oct. 10-13, 2006 MVP Fall Training