



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

**MASTER  
VOLUNTEER  
IN  
CLOTHING  
CONSTRUCTION  
PROGRAM  
November 1999  
VOL 8 No 4**



**BEVERLY'S  
BRIEFS**

I can hardly believe it has been over a month since our training at Jabez. We deeply enjoyed the colors of the fall trees, and are

now busy decorating our trees for the holiday celebration.

I really enjoyed the training just as much as many of you. I was not sure what to expect while driving a truck through the winding roads of Pulaski County to get there. It was more than I expected. Your enthusiasm for this program is awesome, while your talent and skills are also top of the line.

Thank you for welcoming me to the program; your help was always overflowing. The fun, fellowship and friendship of our Master Volunteers is superb. I hope you are sharing your new skills and knowledge with the clients you serve. You really make a difference in your community, while helping improve the well-being of others. Again, thank you for the big welcome, and please feel free to contact me at any time. This program is for you, and I hope that we are meeting your needs.

Congratulations to Marilu Stephens for her recent appointment to the MVP Steering Committee. We know Marilu will bring her expertise and



enthusiasm to the committee. Marilu is our "spotlight" person for this newsletter, which details many of her accomplishments. We look forward to working with her.

We also look forward to working with Elaine Clift, FCS Agent for Trigg County, on the Steering Committee. Her insight and skills will be an asset to the committee. Elaine and Marilu will attend their first steering committee meeting in December.

*I wish each of you a happy holiday season and a healthy new year.*

*Beverly Garner*

## ***SINCERE THANKS***

*Words seem somewhat inadequate to express my heartfelt thanks for the caring and support so many of you have shown through your cards, notes, phone calls and other loving expressions. As most of you know, the last nine months have been very trying for me. The loss of Jim, my husband of sixteen wonderful years, earlier this month came very suddenly. Some of you know first hand the path I am now having to walk. However, faith as well as the love and support of friends and colleagues will see me through. Thank you so much for your continued support, your thoughts and prayers.*

*Gratefully,*

*Linda Heaton*



## **SEWING AND SAVING**

Everyone is concerned today with saving money and recycling what we have on hand. I am going to share some ordinary items that can be used in your everyday sewing to replace fancy, expensive sewing accessories.

**Removable Tape** - can be used on fabric, paper, patterns, machines, etc. It can be written on and then removed. Use it as a sewing guide on your machine for accurate seams. It can also be used to replace hems in an emergency; be sure and sew them when you return home and before cleaning.

**Safety Pins** - can be purchased in assorted sizes. Use them in quilting pattern alterations, and putting in elastic. In a hurry with no time to fix that button? Put it on with a small safety pin (button must have a shank).

Use as a marking tool in certain fabrics.

**Toothpicks** - use when attaching buttons that do not have shanks. Use them in craft projects to spread glue and paint, or just add them to the project for decorations. They can be painted, or died with food coloring.

**Single Edge Razor Blade** - use it to cut button holes, small threads, ribbon, string, fake furs, and some designs in sewing motifs.

**Bar of Bath Soap** (any kind, the cheaper the better) - it can be used as a cutting board when cutting buttonholes, marking material, and serving as a deodorizer in your material boxes to keep them fresh.

**Pencil Eraser** - use in making covered buttons.

**Post-it Notes** - use them to make notes on patterns, note pattern changes, and as templates for top stitching, and for accurate fly fronts.

**Return Address Labels** - the self-stick kind can be used to mark your sewing books, notions, scissors and patterns.

**Glue Stick** - use to temporarily baste interfacing and fabric seams before sewing; use to put your samples on paper to write their names, and use to apply applique until they can be stitched.

**Dental Floss** - use as a needle threader, also can hold small craft projects in place until they can be glued.

**Empty Squeeze Bottles** - can be used instead of canned air to clean sewing lint from the machine.

**Knitting Needles** - use as a fast turn in turning casings, belt, straps, etc.

**Ice Pick** - can be used to guide fabric, making small holes in leather, and wood; can be used as an awl.

**Wooden Dowels** - can be used in making seams rolls, also can be used to turn belts, casing, etc.

**Terry Bath Towels** - can be used as a portable ironing board, it can be placed on the counter, bed, floor or other hard surface. Also

can be used as a pressing cloth on napped fabric.

Matchbox Car Carrying Case - these make nice cases to carry your thread and sewing accessories. The thread can be seen through the outside and the little departments are just the right size to keep thread nicely.

Fishing Tackle Box - store all your sewing supplies so that when you reach a class everything is in one place and can easily be transported with you.

Film Canisters - will hold buttons, hooks, eyes and small notions so that they can be easily found, canisters can also be marked with a label.

Ziploc Freezer Bag - can hold everything from material, patterns and notions.

Plastic Drinking Straw - can be taped to the back of your machine to hold extra threads when sewing with a double or triple needle, and can be used in blending threads.

Hope you find these items of use and I am sure you will have other tips you can share with us at Jabez next year.

*Patsy fields in an  
Grant county*

### HAIR CANVAS

You can now purchase hair canvas for your tailoring needs for \$2.25 per yard. Mail or call your request into our office, and make check payable to: Kentucky Friends of 4-H/MVP.

### THANKS FOR YOUR SUPPORT

It is with great gratitude that we thank two of our steering committee members who have completed their terms of service. Patsy Fields Kinman, CMV, Grant County and Judy Hetterman, FCS agent, Owen County. Both of these individuals have contributed a great deal to the program over the past three years. We hope that their tenure on the Steering

Committee was a rewarding experience.

### UPCOMING MVP SPOTLIGHT

Sarah Scott - January newsletter (due Jan. 5)  
Edna Gunsauls - April newsletter (due March 15)

### MVP CLASS OF 2000

Now is the time to talk with others you feel would be eligible for the MVP Class of 2000. Our members are very knowledgeable of the program and will serve as excellent recruiters. Each area has a MVP video. Brochures and exhibit materials are available from the state office upon request.

### MVP TRAINING BRIEFS

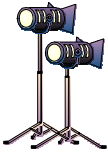
Thanks to each of you who attended the 1999 training. Also, thank you for completing the evaluation survey and for giving us your feedback for upcoming training sessions. Your suggestions and comments assist us in designing trainings that are meaningful to you.

Mark your calender now for October 3 - 6, 2000 for the first training in the new millennium. This training promises to be very special since it marks our 10-year anniversary.

### 1999 CMV TRAINING HOURS

Opening session.....	1	hour
Sharing time.....	2	hours
Teaching others .....	1.5	hours
Tailoring 101 .....	6	hours
Selection & use of supportive fabrics.....	3.25	hours
Fundamental of creating a lining.....	5	hours
Selecting & working with knits.....	4	hours

## MVP SPOTLIGHT



Marilu Stevens from Princeton, Kentucky is in the spotlight for MVP this quarter. Marilu lives in Caldwell County and has loved to sew since childhood. Some of her fondest and earliest memories are of sewing with her aunts.

In the early '80's, Marilu began teaching 4-H clothing classes. Then in 1990, Anna Miller, Caldwell County Extension Agent told her about the Master Volunteer Program in Clothing. Marilu was very interested in the new program and became a graduate of the class of 1992.

*"My sewing skills have improved tremendously. I have learned new techniques and have more confidence in my teaching skills. Plus, I love teaching children and adults to sew."*

As a participant in all MCV trainings since 1992, Marilu has used her skills teaching 4-H sewing classes in Caldwell and Crittenden counties. Marilu has also taught Pennyriple Area Homemakers classes, area Extension Agent clothing updates, and state 4-H leadership clothing trainings.

Each month, Marilu sponsors a sewing club at the county elementary school where students grades 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> have the opportunity to make several projects and to gain skills in hand and machine sewing.

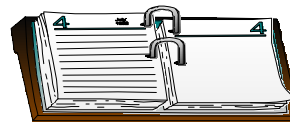
Marilu has been a wonderful asset to the Caldwell County Extension Office. She is a member of the Extension Program Council. She served as president of the Caldwell County Homemakers, and currently serves as president of her Homemaker's Club. Marilu has volunteered endless hours and driven miles to judge county fairs, work on the Caldwell County Homemaker quilt and the state quilt that will be in the State Historical Museum in Frankfort. Throughout her lifetime, Marilu has

taught hundreds of people to sew. *"I love to teach sewing and I feel that I learn something each time I teach. I also enjoy just sharing my love of sewing with others."*

## FAREWELL TO A DEDICATED CMV

It is with a great deal of sadness that I tell you that Berl Schindler died November 30. Berl was a member of the Class of 1994. She had most recently served as a member of MVP Steering Committee. She will always be remembered for her cheery smile and willingness to share her sewing skills and knowledge with others. The Master Volunteer Program has sent a donation in her memory to The American Cancer Society. Expressions of kindness and sympathy can be sent to her husband and family:

The Family of Berladean Schindler  
8200 Fenwick Farm Place  
Louisville, KY 40229



## MARK YOUR CALENDAR

Up  
c o

ming sewing & craft expos:

*March 9 - 11....Atlanta, GA*

*March 14 - 16....Clearwater, FL*

*April 7 - 9.....Cincinnati/Covington, OH*

*April 27 - 29....Cleveland, OH*

Please call Jean at 1-800-699-6309 for a brochure. Identify yourself as part of the Kentucky MVP program for discounts.

*October 3-6 .....MVP Training, Kentucky Leadership Center, Jabez*