

Information for Students Attending a Palmer/Pletsch Jeans Fitting and Sewing Five-Day Workshop

Here is a typical schedule and list of what to bring. At the end I've included information about the optional shopping trip, color analysis, and a little information about the area.

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled into the hotel. Remember, the hotel will pick you up at the airport. You need to call when you get your luggage. When you make your reservations, don't forget to tell the hotel you are a Palmer/Pletsch student so you can get your special room rate. Call the hotel. **DO NOT E-MAIL.**

Monarch Hotel

12566 S.E. 93rd Ave.
Clackamas, OR 97015
800-492-8700 or 503/ 652-1515
Fax 503/ 652-7509
info@monarchhotel.cc , www.monarchhotel.cc

The hotel will be giving you a coupon each day worth 10% off dinner in the lovely, reasonably-priced hotel restaurant and we will serve you lunch during the workshop, but when you arrive at the hotel, you might want to walk to a nearby store to stock your room refrigerator with a few snacks and drinks. Our local water is wonderful, FYI, so bottled water is just an option, but not very "green."

The hotel is near a major fashion shopping mall and you may want check it out. Nordstrom is a very good place to be fitted for a bra if you've never had that done before, especially if you are full busted.

If you would like to go to downtown Portland, the light rail now comes very close to the Monarch. Ask the front desk for information.

If you have any major food allergies, e-mail our caterer Pat Tippett at ptippett@me.com and tell her foods you have to avoid and the dates of your class. She will try to accommodate by making you a separate dish or eliminating the items from everyone's food. Do this at least one week in advance. Thank you.

One more note: Please do not wear perfume. In the past we have found some students have allergies to it.

Thank you and see you soon!



Palmer/Pletsch Jeans Fit and Sewing Five-Day Vacation Schedule

Daily Schedule – On the first day, bring alteration supplies and your fabric, if you have it for us to check. There will be time to shop for fabric. You won't need a sewing machine the first day.

8:45 am The hotel will shuttle you to the Fabric Depot for class. (Ask driver for schedule for rest of workshop. Van usually departs at 8:15 except on Sundays.)

9:00 am Class begins.

Noonish Lunch.

1:30 pm Class continues.

6:00 pm Shuttle will take you back to hotel.

Day 5: Shuttle to hotel is at 5:00 pm and at 6:00 pm you will car pool to GRADUATION DINNER.

Bring the Following to the Jeans Fit and Sewing Workshop:

Comfortable, easy-to-change-out-of clothes. Layering allows adjustment to heat and air conditioning. Sleeves shouldn't interfere with sewing. Wear underpants that don't leave a panty line. Wide elastic at the top helps. Have shoes available that you wear with pants for correct hem length.

Sewing machine. If you pack it in its original carton, you can check it on airplane or UPS it to Marta Alto. If you can't bring a machine, we may be able to loan you one.

Sewing supplies: (All are available at The Fabric Depot and you get a student discount.)

- ___ Two full boxes of 1 3/8" extra-fine glass-head pins and a magnetic pin cushion
- ___ Needles (both hand and machine)
- ___ Your machine accessories including a zipper foot.
- ___ Paper scissors or rotary cutter for trimming patterns and sharp fabric shears
- ___ Thread clips or embroidery scissors, tape measure, 6" hem gauge, seam ripper, see-through gridded plastic ruler
- ___ Tape measure
- ___ A soft lead pencil (#2-4) or Crayola pencil that won't go through tissue. Also, bring a red and green or blue roller ball pen to final mark alterations for left and right sides of body. A sheet of paper under your patterns will keep our cutting boards from getting ink marks on them.
- ___ A box of 1/2" Scotch Magic tape (in green box) in a weighted dispenser. Do not bring 3/4" tape. 1/2" tape is now available at Fabric Depot.
- ___ 1" non-roll elastic cut to a little longer than your waist with ends lapped and pinned with a safety pin or with Velcro sewn to the ends. (Write your name on it.)
- ___ A pack of Perfect Pattern Paper
- ___ **Pants For REAL People** -- Spiral bound is best.
- ___ Fabric for jeans. It can be denim, cotton twill, heavy Tencel, and can be stretch-wovens or not. We will tour Fabric Depot and direct you to available fabrics. You would need to buy yardage the first day and take time to preshrink at least 2 times in the hotel washers. You might get together as a group to save time and money.
- ___ 7-9" zipper and regular and topstitching thread.
- ___ Lining for pockets.
- ___ 1/8" wide double-stick basting tape for applying zipper
- ___ Choose one of these patterns, McCall's 5894 or 5142.
- ___ You may want to view the DVD Jeans for Real People before the class for a head start on learning jeans techniques.
- ___ A note pad and pen.
- ___ A camera to record your experiences and new found friends

Former students recommend bringing an empty suitcase just in case you buy fabric at some of our noted fabric stores (especially if you are going on the Shop ‘til You Drop trip!).

Mark your supplies with your name before class.

SHOP ‘TIL YOU DROP FABRIC STORE TOUR

This is an optional program offered the day following the workshop. We have so many unique fabric stores—more per capita than most cities in the world. The day after the workshop Pati Palmer and Marta Alto will be your guides transporting you to and shopping at our best stores. You will have lunch at the famous Bob’s Red Mill—a unique whole grain mill serving delicious healthy lunches. You will leave hotel at 9:15 am. (A minimum of 4 people is needed to offer the shopping trip.)



HAVE YOUR COLORS DONE!

If it has been years since you’ve had your colors done or if you never have, Ethel Harms is an amazing image consultant who has developed her own color and cosmetic line. This is not a “canned” color palette, as Ethel hand builds your palette according to your hair, eyes, and skin colors. If you make an appointment with her the day or evening before the workshop, she will bring you your color palette two days later and show you how to shop with it. Or, book with her any available evening during the workshop.

Ethel will give you the names of the others (up to 4) who have signed up at the same time and you can contact each other and cab to her studio about 15 minutes from the hotel. She will give you the cab information. E-mail Ethel at eharms@msn.com for an appointment or call 503/699-5501. Color Analysis price for Palmer/Pletsch Workshop Students is \$150. For more about Ethel Harms, visit www.yourimageconsultant.com.

TOUR THE AREA

If you have time to tour our beautiful region before or after the workshop, or if you have a companion with you who came to tour, there are some suggestions on our Web site. You can drive the “loop” going up the Gorge on highway 84 and at Hood River, turn up to Mt. Hood, visit Timberline Lodge and drive back to Portland on highway 26. You can Google these locations for more information. We are also only 1 1/2 hours from the coast. Downtown Portland is unique in that all public transportation is free.