

## **Information for Students Attending a Palmer/Pletsch Beginning Sewing Teacher Training Workshop**

Here is a typical schedule and a 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](mailto:info@monarchhotel.cc) , [www.monarchhotel.cc](http://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 have any major food allergies, e-mail our caterer Pat Tippett at [ptippett@me.com](mailto: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, as in the past we have found some students have allergies to it.

Thank you and see you soon!



# PALMER/PLETSCH

## BEGINNING SEWING TEACHER TRAINING WORKSHOP

### Day 1

- 8:45 Hotel van leaves for Fabric Depot (Ask driver for schedule for rest of workshop. It is usually 8:15 days 2 and 4 and 8:45 day 3 if it is a Sunday.)
- 9:00 Introductions and an overview of how to teach beginning sewing including classroom setup and curriculums for children, teens, and adults.
- Level I:** Janet Corzatt will begin with sample making. Every teacher will go home with a professional notebook of samples to show students. This will also make sure we know you have good skills. There will be shopping time for projects. Along with samples, a butcher/artist's apron will be sewn.
- 12:30 Lunch break.
- 1:30 Class continues.
- 6:00 Hotel van shuttles you back to hotel.

**During dinners on your own share teaching experiences or ideas and take notes. We will talk about these at lunches, including pricing, class length, promotion ideas, and successes. Also, if you have a chance, we encourage you to go to Nordstrom's and Macy's to check out what is happening in ready-to-wear for adults and juniors. Try on new styles to give you sewing ideas.**

### Day II

- Hotel van leaves for Fabric Depot. (The van driver will give you time on day 1)
- 9:00 **Level II:** Today, you will accomplish the lessons developed for Level II beginning sewing. Samples and a banded kimono robe will be constructed.
- 12:30 Lunch break.
- 1:30 Continue lessons.
- 6:00 Hotel van shuttles you back to hotel.

### Day III

- Hotel van leaves for Fabric Depot. (If this is a Sunday, Store is locked until 9 am)
- 9:00 **Level III:** Along with samples, pajamas will be sewn to learn shirt techniques and pull-on pants.
- 12:30 Lunch break.
- 1:30 Class continues.
- 6:00 Hotel van shuttles you back to hotel.

### Day IV

- Hotel van leaves for Fabric Depot
- 9:00 Class begins. **Beginner Basics:** Today, you will go over the lessons called beginner basics, which will take students into intermediate sewing. Sew samples (elastics, zippers, buttons etc.).
- 12:30 Lunch break. Business discussion.
- 1:30 Continue lessons.
- 4:00 Clean up. Settle bill at wholesale—some should do this at lunch so not a long line.
- 5:00 Hotel van shuttles you back to hotel.
- 6:00 Leave for graduation dinner.

**Bring: (The Fabric Depot has all supplies and a huge fabric selection and offers you a student discount.)**

- Basic hand and machine sewing supplies.
- Your machine if you wish. We do have machines available. If you are driving, we would appreciate you bringing your machine. If you want to sew at night in your room, bring your machine if possible (and maybe a small lamp, however, stronger light bulbs are available from the hotel). If checking on airplane, you will need to pack your machine in its original packing.)
- Black and white thread (plus thread to match any fabric you bring.)
- Seam gauge, tape measure, 12" ruler, needles (hand and machine), fine glass head pins (1 3/8"), pin cushion or magnetic pin cushion, shears, snips, rotary cutter (optional—we have mats), chalk pencil, one new unsharpened pencil with eraser tip, and a seam ripper.
- If you wish to bring fabric from your stash, the butcher apron takes 1 1/8 yd. cotton. You will also need 3/8 yd. contrast print or solid cotton for the trim.
- The kimono robe takes about 4 1/4-5 yds of 45" fabric plus 1 7/8-2 yards of contrast fabric for the band if desired.
- The pajamas take about 5 1/4-6 yards of 45" cotton or cotton flannel or 4 yards for the short version.

**NOTE: We strongly recommend you make the apron, robe, and pj's in size small to use only as samples to show your students. This may make a difference in your fabric choices.** Your students, of course, will make them to wear.

- Camera to record your experiences. Sweater to wear in classroom if needed.
- Empty suitcase for possible fabric purchases (Fabric Depot also ships.)
- Pencil and tablet for note taking.

Recommended reading before you attend the training and available on the Palmer/Pletsch Web site, [www.palmerpletsch.com](http://www.palmerpletsch.com): *The Business of Teaching Sewing* by Pati Palmer and Marcy Miller. Write down any questions you have or items you'd like to discuss from the book.

**INCLUDED IN THE CLASS:**

- Two Palmer/Pletsch patterns (chef's apron and robe/pajamas) created for teaching the levels of beginning sewing.
- A notebook and sample fabric with instruction
- Originals on a disk for use when you teach.

**ADDITIONAL RESOURCES:**

The following books can be used in your classes as references and both are available at Fabric Depot or for you to order in quantity from Palmer/Pletsch at wholesale prices for your classes.

- Nancy Zieman's beginner book *Let's Sew*. Palmer/Pletsch.
- *Mother Pletsch's Painless Sewing*, 4<sup>th</sup> edition---a great beginner/intermediate book by Pati Palmer and Susan Pletsch. It is full of fun cartoons about sewing.

## 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 a tour guide will drive you to our best stores and provide you lunch at a nice Portland restaurant. 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](mailto:eharms@msn.com) for an appointment or call 503/699-5501. Color Analysis price for Palmer/Pletsch Workshop Students is \$125. For more about Ethel Harms, visit [www.yourimageconsultant.com](http://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.