

## Information for Students Attending the Palmer/Pletsch East FIT Workshop

Here is a typical schedule and a list of what to bring. At the end we have included information about the optional shopping trip, bra fittings, and a little information about the area. You can take a look at the store where you will be taking the class at <http://www.stevessewandvac.com/>

**Steve's Sewing, Vacuum and Quilting**  
**(800) 585-9453**  
268 W Dekalb Pike  
King of Prussia, Pa 19406



**Store Hours:**  
**Mon - Fri 10:00am - 9:00pm**  
**Saturday 10:00am - 5:00pm**  
**Sunday 12:00pm - 5:00pm**

Questions for Steve's?

Contact [pamela@pamelaspatterns.com](mailto:pamela@pamelaspatterns.com) or [lizpolley@stevessewandvac.com](mailto:lizpolley@stevessewandvac.com)

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled into the hotel. You could walk across the street and see the store as well.

### **Tips from Rachel Bilotta | Corporate Group Sales Manager Dolce Valley Forge Hotel:**

We have a Special Guestroom Rate set for our Workshops at the Dolce Valley Forge, located directly across the street from Steve's Sewing. Please contact the hotel directly at **(484) 684-1412** to make your reservations. Please refer to the Palmer/Pletsch Fit Workshop-Philadelphia and the dates of the class you would like to attend to take advantage of this special \$99.00 rate. The rate is subject to 6% Pennsylvania sales tax and 2% Montgomery County Occupancy tax. The address is:

**Dolce Valley Forge**  
**301 West Dekalb Pike**  
**King of Prussia, PA 19406**  
[www.dolcevalleyforge.com](http://www.dolcevalleyforge.com)

Shuttles to and from the airport are available by reservations - contact Tropiano Shuttle service at (800) 559-2040. \$29.00 one way

Continental breakfast is included in the rate, and the hotel has (2) restaurants on site. There are many additional restaurants within a 5 mile radius of the hotel, and based on availability the



hotel shuttle can take you to any of them complimentary. The Dolce Valley forge is also less than 2 miles away from the largest mall on the east coast ~ The King of Prussia Mall.  
[www.kingofprussiamall.com](http://www.kingofprussiamall.com)

The hotel is also located in historic Valley Forge, located just minutes from Valley Forge Park - Valley Forge was the site of the 1777-78 winter encampment of the Continental Army. The park commemorates the sacrifices and perseverance of the Revolutionary War generation and honors the ability of citizens to pull

together and overcome adversity during extraordinary times.

If you would like to go to downtown Philadelphia, there is the R6 rail from Septa. Ask the front desk for more information

### **Catered Lunches at Steve's Sewing:**

If you have any major food allergies, e-mail our caterer, Jamie, at [a\\_catered\\_affair@yahoo.com](mailto:a_catered_affair@yahoo.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.

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

Thank you and see you soon!

*Pati Palmer*

*Pamela Leggett*

## Palmer/Pletsch East FIT Sewing Vacation Schedule

### DAY 1:

Please enjoy the complimentary breakfast before going to the store across the street from the hotel.

9:00 am	Introductions, announcements. Fit lecture and selecting size.
12:30 pm	Lunch
1:30 pm	Continue fitting.
6:00 pm	Class ends. Enjoy dinner at the hotel or a nearby restaurant. Hotel will shuttle you free to the King of Prussia Mall.

### DAY 2-4:

9:00 am	Class begins. Finish fitting bodice, sleeve, and skirt.
12:30 pm	Lunch
1:30 pm	Class continues. Begin tissue-fitting fashion patterns.
6:00 pm	Days 2 and 3 class ends.
5:00 pm	Day 4 class ends and a graduation party
5-6:30 pm	Day 4 graduation party with refreshments

### Bring the Following to Fit Workshop:

The pattern fitting is done in tissue. You will then cut the altered patterns in fabric and be pin-fitted in the fabric. There is little time for actual sewing, but we will have machines available for basting, etc. You will spend most of the time altering patterns standing at a cutting table. They are tall so you will not need to bend over as you would at a kitchen table. It is a good idea to wear very comfortable shoes. You can bring any patterns you wish to alter. Do not trim them as we may determine you are a different size than you thought.

- Comfortable, easy-to-change-out-of clothes. Layers are nice so you can adjust to heat and air conditioning.
- Your best fitting bra and any other foundations you might wear. You should wear the same bra every day of class, especially if you are large busted. You will have the opportunity to have a bra fitting at {Intimacy} on Thursday or Friday evening.
- A full or half slip, depending on your modesty. You may want to bring a lightweight robe with narrow sleeves, a long T-shirt, or a camisole so you don't have to keep putting on your clothes.
- A note pad and pen.
- A camera to record your experiences and new found friends.

- Sewing Supplies: These are also available at our workshop location, Steve's Sewing, Vacuum and Quilting.
  - \_\_\_ Two full boxes 1 3/8" extra fine glass head pins and a magnetic pin cushion
  - \_\_\_ Paper scissors or rotary cutter for trimming patterns and sharp fabric shears
  - \_\_\_ 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.
  - \_\_\_ 3 rolls of 1/2" Scotch Brand Magic Transparent Tape and a heavy weighted dispenser (Do not bring 3/4" tape. The store will have 1/2" tape for sale to put in your dispenser.)
  - \_\_\_ Several one or two-gallon Zip-loc or other brand bags for storing altered patterns
  - \_\_\_ A see-through, gridded plastic ruler
  - \_\_\_ 1" non-roll elastic cut to a little longer than your waist with ends lapped and pinned with a safety pin or Velcro sewn to the ends. (Write your name on the elastic.)
  - \_\_\_ A package of Perfect Pattern Paper.
  
- Book: We have updated the *Fit For Real People* book. The newest version in spiral will be available at Steve's Sewing, Vacuum and Quilting.
  
- Mark your supplies with your name before class.

Steve's Sewing, Vacuum and Quilting, the location of our school, carries the above products EXCEPT for a weighted tape dispenser. 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 NYC fabric shopping trip!) The store will ship purchases home for you as well. (You pay the shipping.)

### **Also Bring (Optional):**

- Fabric you would like to cut out and pin or sew to the point of fitting. Bring enough fabric for a skirt, blouse, or shirtdress. We will tour Steve's and show you our favorite fabrics which, of course, are for sale. You will receive a student discount on everything you purchase.
- Wire or flocked hangers are handy to hang pressed tissue patterns on.
- A chain necklace to mark the base of your neck.

### **We will provide:**

- Palmer/Pletsch's fit pattern for McCall's #2718

## OPTIONAL OPPORTUNITIES



### **New York City Garment District Tour:**

This is an optional program offered the day following the workshop. New York City is a fabulous place to visit and shop for fabrics, trims, buttons and so much more! Pamela will be your guide for the day as we travel by Amtrak to the Big Apple to explore Mood (Project Runway's store), B & J's (Pamela's favorite) and other stores in the Garment District. Time permitting, we will also visit Sak's Fifth Avenue and Barney's for some high fashion "snoop shopping". (A minimum of 4 people is needed to offer the shopping trip.)

\$175 includes all transportation including Amtrak and Pamela as your guide for the day. Leave the hotel at 8:30 and return by 8:00. Lunch on your own in NYC.

### **Have A Professional Bra Fitting At {intimacy} !**

This renowned store in the King of Prussia Mall is the place to go to get fitted right. {intimacy} is the lifelong passion of Susan Nethero, and all of her stylists train personally with her.



Here is a small excerpt from their website of "Who We Are":

At {intimacy}, we practice a proprietary holistic method of fitting that is focused on more than just the right size - we teach women how to wear a bra, how to eliminate back fat, and how to double the life of a bra with proper care. But most importantly, we show women that the right styles combined with the right fit will provide her comfort, and improve her body image. Once fitted, we introduce the basics of lingerie care and show women how to build their "bra wardrobe" - an {intimacy} concept that not

only prolongs the life of each bra, but ensures the right bra for every occasion!

## “My Best Fit” Body Scanning at the King of Prussia Mall:

*mybestfit* is a free service that makes it easy to find clothes that fit your unique body. Because there is no sizing standard for apparel manufacturers, from one brand to the next, a shopper can wear different sizes. Most people have two or three different sizes in their closet (if not more). *mybestfit* matches you up to apparel that fits based on your unique and exact body measurements. There is no more guessing what size you wear. *mybestfit* is a **FREE** service that takes about 10 minutes from scan to shopping guide! (Pati Palmer’s husband spent 12 years on the board of directors of this company and Pati acted as a consultant and they have both invested in the company.)



## Tour The Philadelphia 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 is much to see and do in the Philadelphia area. Old City is the birthplace of our founding fathers and home of the Liberty Bell and Independence Hall. Fabric Row is Philadelphia’s fabric district with wonderful shopping. The theatre district offers all kinds of cultural events that rivals NYC. The Art Museum is spectacular inside and out (you can even stand in Rocky’s “shoes” at the top of the steps!). The Delaware River is the location of many fine cruises and the Battleship New Jersey. And did we mention food? No trip to Philly would be complete without getting a cheese steak sandwich at Geno’s, Pat’s, or Tony Luke’s!

Check out [www.visitphilly.com](http://www.visitphilly.com) for even more to see and do.



# **Fit Workshop**

## **One-day Teacher Training Schedule**

**Teacher training will take place at Steve's Sewing  
from 9 am – 5 pm the day after shopping.**

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

**FIT PRACTICE IS THE MOST IMPORTANT THING TO ACCOMPLISH. WE WILL TALK ABOUT BUSINESS DURING LUNCH. IF YOU HAVE LOOKED THROUGH THE BUSINESS OF TEACHING SEWING BOOK, JOT DOWN ANYTHING YOU'D LIKE TO DISCUSS.**

### **Prepare:**

Trim, tape (if necessary), and pin two fashion patterns. Make no alterations in advance.

### **Bring:**

All of your alteration supplies.

### **Action:**

- Measure each other. Find out if you get the same size as was used in the workshop. If not, all discuss how and why you might have determined a different size.
- Pair with someone who has a different figure than you. Put them in a muslin bodice in their size to determine basic alterations. Make a note of the alterations on a fit sheet.
- Fit each other by trying on the unaltered fashion pattern, deciding on initial alterations, making those alterations for the person you are fitting, and repeating the process until the pattern is completely altered. Have the instructor check your work. Ask questions as needed as you fit, but try first to make decisions yourself.
- Switch to another partner and repeat this until two fashion patterns have been fitted on each teacher trainee.

**You will receive a CD with all the camera-ready originals for teaching.**