

Information for Students Attending a Palmer/Pletsch Fit Workshop

Here is a typical schedule, the optional shopping trip and color analysis, and a list of what to bring.

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

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.” Also, the hotel has a lovely, reasonable restaurant.

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 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 \$125. For more about Ethel Harms, visit www.yourimageconsultant.com.

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.

Palmer/Pletsch Fit Sewing Vacation Schedule

DAY 1:

Please eat breakfast before boarding the shuttle van.

8:45 am	The hotel will shuttle you to the Fabric Depot for class. (Ask driver for schedule for rest of workshop.)
9:00 am	Introductions, announcements.
12:30 pm	Lunch
1:30 pm	Continue fitting.
6:00 pm	The Monarch will take you back to the hotel. They will also shuttle you to Clackamas Town Center or the Promenade if you wish to shop.

DAY 2-4:

The hotel will shuttle you to the Fabric Depot

9:00 am Class begins.

12:30 pm Lunch

1:30 pm Class continues.

6:00 pm Days 2-3. The hotel will take you back to the hotel.

5:00 pm Day 4. The hotel will take you back to the hotel.

6:00 pm Car pool to Pati Palmer's historic home for graduation dinner.

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.)

Bring the Following to the Fit Workshop:

During fit, we fit you in tissue and fabric, but there is no time for sewing. If you bring a machine and want to sew at night, the hotel has higher watt bulbs available at the desk. You spend most of the time altering patterns standing at a cutting table. It is tall so you do not need to bend over as you would at a kitchen table. We do have carpet, but the base floor is cement. Therefore, it is a good idea to wear very comfortable shoes. Bring a cushioned pad to stand on if you wish. 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 can have a bra fitting at Nordstrom's at Clackamas Mall near the hotel.)
- 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.
- Sewing Supplies:
 - ___ 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 weighted dispenser (Do not bring 3/4" tape. Fabric Depot 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. (Write your name on it.)
- ___ A note pad and pen.
- ___ A camera to record your experiences and new found friends
- ___ A package of Perfect Pattern Paper.

- Book: We have updated the *Fit For Real People* book and the new 2007 version in spiral will be available at Fabric Depot.

Fabric Depot, 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 Shop 'til You Drop trip!).

Mark your supplies with your name before class.

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 Fabric Depot and show you our favorite fabrics which, of course, are for sale. You will receive a student discount on everything you purchase.
- Also, handy are wire hangers to hang pressed tissue patterns on and a gold chain to wear to mark the base of your neck.

We will provide you the first day:

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

Please do not wear perfume, as in the past we have found some students have allergies to it. Thank you and see you soon!

Teacher Training Schedule

The day after the shopping trip:

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

Write down any questions you have or items you'd like to discuss from the book.

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| 8:15 am | The hotel will shuttle you to the Fabric Depot. If you have enough cars and want to drive, make sure you let the desk know, preferably the night before. They have a list of who is taking teacher training so you can make sure you have everyone. |
| 8:30 am | Overview of your CD which contains camera-ready originals, slides, script and marketing materials. |
| 9:30 | Fitting practice. |
| 12:30 pm | Lunch and business discussion. |
| 2:00 pm | More fitting practice. |
| 5:00 pm | Shuttle to the hotel. |

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.