

Information for Students Attending a Palmer/Pletsch Fit Workshop in Portland, Oregon

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 van 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 that some students have allergies to it.

Thank you and see you soon!

A handwritten signature in black ink that reads "Patti Palmer". The signature is written in a cursive, flowing style.

Palmer/Pletsch Fit Sewing Vacation Schedule

DAY 1:

Please eat breakfast before boarding the shuttle van.

8:45 am	The hotel van will shuttle you to the Fabric Depot for class. (Ask driver for schedule for rest of workshop.)
9:00 am	Introductions, announcements. Slide overview. Measure for size. Begin bodice.
12:30 pm	Lunch
1:30 pm	Continue fitting. Finish bodice.
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. Recheck bodice fit if necessary; fit sleeve and skirt.
12:30 pm	Lunch
1:30 pm	Class continues. Begin fitting fashion patterns. Pin-fit some in fabric.
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.

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, you can buy a higher watt bulb for the lamp in your room. 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.
- A note pad and pen.
- A camera to record your experiences and new found friends

- 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 carries 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 with Velcro sewn to ends. (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. The newest 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!). Fabric Depot will ship fabric home for you. You need to keep a list of purchases that will go into the box for UPS records. You will be charged for the shipping, but it may be less than paying for more luggage.

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, wire hangers are handy to hang pressed tissue patterns on and you could wear a gold chain to mark the base of the back of your neck.

We will provide you the first day:
Palmer/Pletsch's fit pattern

One-day Teacher Training for Fit

(held at Fabric Depot the day after the shopping trip)

SCHEDULE:

8:45am hotel shuttle van leaves hotel for Fabric Depot
9am-5pm teacher training
5:00pm shuttle back to the hotel

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 website, 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.

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

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 instructor check. Ask questions as needed as you go, 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.

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 helping you shop at our best stores. You will have lunch at the famous Bob's Red Mill—a unique whole stone grinding 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 much of the close-in public transportation there is free. The MAX line to downtown is just across from the Monarch Hotel. The Spirit of Portland has a wonderful lunch and dinner river cruise that is quite reasonable and very classy.