

Information for Students Attending the Palmer/Pletsch East PANT FIT AND SEWING 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 or 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



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

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 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.

Do you want to keep the underline there as a link or take it out?

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 **PANT FIT AND SEWING** Vacation Schedule

DAY 1:

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

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.

9:00 am Class begins.
12:30 Lunch.
1:30 pm Class continues.
6:00 pm Class ends.

Day 4:

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 the **PANT 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. You are also welcome to ship your machine via UPS to Steve's. Bring extra bobbins, zipper foot, and needles. If you can't bring a machine, Steve's will be happy to loan you one during your visit.

- ___ Several one or two gallon Zip-loc or other brand bags for storing altered patterns
- ___ A note pad and pen.
- ___ A camera to record your experiences and new found friends

Sewing supplies: (All are available at Steve's 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
- ___ 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.
- ___ 2 boxes of 1/2" Scotch Magic tape (in green box) in a heavy weighted dispenser. Do not bring 3/4" tape. 1/2" tape is now available at Steve's
- ___ 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 ends (Write your name on it.)
- ___ A pack of Perfect Pattern Paper
- ___ **Pants For REAL People**, spiral bound is best
- ___ Fabric for a plain pant and another style you wish to make. We will tour Steve's and direct you to our favorite fabrics. Some favorites are linen-like polyesters; wool

crepe; rayon, polyester or wool gabardine; wool flannel; linen and linen-like fabrics; Lycra-blend stretch-wovens; and silk suitings. If sewing trousers, you'll need 1/3~~rd~~ yard lining for pocket stay.

- ___ 9" invisible zipper and thread to match your fabric for a fitted pant. 9" regular zipper and thread to match the trouser or any style pant with a fly front
- ___ Sta-tape for pockets
- ___ 1/8" wide double-stick basting tape for applying zipper

We will provide our McCall's pant fit pattern.

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.)

Wire or flocked hangers to hang pressed tissue patterns on and a clip hanger for pants under construction are handy.

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 both have 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 for even more to see and do.



Pant 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. 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 pant 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.
- Fit each other by trying on the unaltered pant 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, but try first to make decisions yourself.
- Switch to another partner and repeat this until two pant patterns have been fitted on each teacher trainee.

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

