

## Information for Students Attending a Palmer/Pletsch Pant Fitting & Sewing 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](mailto:info@monarchhotel.cc) , [www.monarchhotel.cc](http://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](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).

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.

## Palmer/Pletsch Pant Fit & Sewing Vacation Schedule

**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.

8:45 am The hotel will shuttle you to the Fabric Depot for class. (Ask driver for schedule for rest of workshop. Van usually departs at 8:15 except on Sundays.)

9:00 am Class begins.

Noonish Lunch.

1:30 pm Class continues.

6:00 pm Shuttle will take you back to hotel.

**Day 4:** Shuttle to hotel is at 5:00 pm and at 6:00 pm you will car pool to GRADUATION DINNER.

# Bring the Following to the Pant Fit and Sewing Workshop:

## Bring the Following:

**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 or UPS it to Marta Alto. Bring extra bobbins, zipper foot, and needles. If you can't bring a machine, we may be able to loan you one.)

- \_\_\_ 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
- \_\_\_ A note pad and pen.
- \_\_\_ A camera to record your experiences and new found friends
- \_\_\_ A package of Perfect Pattern Paper.

## Sewing supplies: (All are available at The Fabric Depot 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
- \_\_\_ 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.
- \_\_\_ two boxes of 1/2" Scotch Magic tape (in green box) in a weighted dispenser. Do not bring 3/4" tape. 1/2" tape is now available at Fabric Depot.
- \_\_\_ 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 on which to record your experiences.
- \_\_\_ 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 Fabric Depot and direct you to our favorite fabrics. Some favorites are Santa Cruz by Pago; 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 1/3rd 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 other style pant.
- \_\_\_ Sta-tape for pockets.
- \_\_\_ 1/8" wide double-stick basting tape for applying zipper

We will provide our McCall's pant fit pattern.

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, handy are wire hangars to hang pressed tissue patterns on and a clip hangar for pants under construction.

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

## **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.)

## **Teacher Training Schedule**

The day after the shopping trip:

**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.

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 ½ hours from the coast. Downtown Portland is unique in that all public transportation is free.