

Information for Students Attending a Palmer/Pletsch Pant Fitting & Sewing 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 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 "Pati Palmer". The signature is written in a cursive, flowing style.

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.)

- ___ 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
- ___ 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. Bring a sheet of paper to place under the tissue to keep ink from getting on our cutting
- ___ 2 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 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 Fabric Depot 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 1/3rd 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 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.

If you bring a machine and want to sew at night, you may want to bring or buy a higher watt bulb for the lamp in your room or buy one at nearby Target.

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

Pant Workshop One-day Teacher Training

(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 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 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.
- 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 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 help you shop at our best stores. You will have lunch at the famous Bob's Red Mill—a unique whole grain 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 close-in public transportation 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.