It has been an extraordinarily busy year for us at Palmer/Pletsch because of creating a new website and all its related tasks. I will say that we are hoping it will improve our business and yours. Be sure to look at the teacher locator and teacher resources even if you are not a CSI.

Speaking of CSI, Palmer/Pletsch Certified Sewing Instructor, the suggestion was made for us to change it to Certified Fit Instructors or Certified Fit and Sewing Consultant. As we have evolved, fit is what Palmer/Pletsch is known for. However, since not all instructors have taken fit, we will leave it as it is for now. You are welcome to call yourself a Palmer/Pletsch Certified Fit Instructor as well if you’ve completed fit teacher training and that is your strength. Another option when you promote yourself is to say Palmer/Pletsch Certified Sewing Instructor specializing in fit, tailoring, pant fit and sewing, and serging or beginning sewing...whatever you teach.

As many of you know, Helen Bartley has joined the Palmer/Pletsch Workshops teaching staff. After shadowing Marta and me for several years, she totally gets fit. She is teaching the pant and knit workshops with me and is taking over our pant and fit 2-day weekend workshops. She has wanted to have her own sewing business for years and in 2008 started a Sewing Lounge in her home. She found it difficult doing both. This August, Helen took a leap of faith and resigned from her full-time job with the Vancouver, WA, public utility. She has built a new website promoting her lounge and classes at Fabric Depot. You should look at her website, because you may take away some ideas. It is www.seamdivas.com

Someone asked me if we are teaching a fit class using the sheath dress and calling it “The Little Black Dress” class. Interesting idea.

We are so lucky to have so many fabulous women spreading their love of sewing and sharing what they’ve learned from us by teaching. We hope your holidays are filled with cheer and we wish you a happy new year!

Sincerely,

Pati Palmer
NEW FIT TIP

Sandy had drag lines in her shirt front after her FBA. She had sewn the horizontal darts curved, but she didn't need to. So, we pinched out more fabric in the middle of those darts and the shirt hung smoothly. It is the "little tweaks" that make a perfect fit.

SIZING PHOTOS FOR BLOGS, PINTEREST, FACEBOOK AND MORE

I have been told that I need to post on social media a lot more than I do, but I had no clue about the proper size for photos. I asked Meg McDonald, who is “Meg Carter” for McCall's. She runs social media for the company. Here is her response. It might help you.

"Hi Pati! First of all, start thinking in terms of pixels for image size. Pixel width will depend on your particular blog format. For the McCall’s blog, I generally size my photos to about 650 pixels wide, though up to 1200 px is fine. And yes, you should be able to remove and replace blog photos with better-sized ones. Hope this helps. Here is my cheat sheet for social media sizes below. If you need a photo editing tool that’s free and simple to use, I like PicMonkey. —Meg

Facebook:
Blog post: 1200 x 627
cover profile: 828 x 315
group page: 784 x 250

Twitter:
1024 x 512 shared image
profile header 1263x421

Pinterest
600 w x infinity px
214 x 147 board cover
800 x 1200 for attention-getting pins

YouTube
thumbnail: 1280x720
channel art: 2560x1440

iMovie still
1920 px wide x 1080 px high

Instagram
vertical: 920x1165
landscape: 1200x673
Hi Pati,

Early this week I received an email from a lady in Athens, Georgia who had seen my name on the P/P instructor list. She emailed me about possible fitting help and we will get together soon to discuss the details. I was thrilled to have this opening to work with fitting within 45 minutes from home and knew it only came because you and George were so generous to leave me on the website’s instructor list while I recovered and caught up. Then, today my new contact – Mary Jean Hartel – emailed me and said she had cancelled her plans to go to your Fit Workshop in Portland, because she had found me and she also forwarded to me your email to her saying all those kind things about me. I had no idea she was contemplating taking your Fit Workshop and feel rather guilty about taking a potential signee to your P/P workshop!

I have to tell you a story related to this situation. Several years ago a gal called me and was trying to decide whether to go to Portland for the Fit Workshop or work with me on an individual basis. I told her that if she could possibly go to Portland she should do it, because it was such an immersing experience to learn fit with you and Marta. Plus, you meet other students who would become friends for life. She ended up going to Portland and later told me it was SO worth it, if just to breathe the air that you and Marta breathed! I got such a kick out of that but know exactly what she meant. My life would have been so much less interesting, fulfilling, and fun without all my experiences connected with Palmer/Pletsch.

Connie

I told Connie no worry. We promote each other and it is then a win-win! And Connie’s stories are proof of that! Pati

FROM SANDY DAVIS, LOUISVILLE, KT

(FYI, Sandy opened a sewing school. You might want to check it out. Website below.)

Pati,

My business partner & I had an open house today in the classroom at one of our Hobby Lobby stores and two fabric customers were sent to us for more info. They both said they would sign up for our Adult Beginning Level 1 series scheduled for all 4 Saturdays in August! I think I’m finally going to get that series going - yaay!! The brochure I sent you is one I’ve revised several times & I think I’m settled on keeping it the way it is. I hope it looks okay to you.

Thank you so much for all of your help with our Winky Cherry order and supply of kits. We started Level 1 this past Monday/Tuesday and will continue with Level 2 & 3 over the next two weeks

Sandy Davis, Sr. Instructor
The Red Barn School of Sewing, LLP
Where the art of dress and the craft of sewing meet.
www.TheRedBarnSchoolofSewing.com
sandyd.rbss@gmail.com
Sandy is sharing with you:

**Coming to Hobby Lobby!**

![Learn to Sew!](image)

**Learn to Sew!**

**TWO PATTERNS INTRODUCE THIS NEW SERIES FROM Gen Palena**

**Learn to Sew**

**Adult Beginning Sewing Series**

Join us for a beginner/refresher series of hands-on classes where you will learn to sew or improve your sewing skills. This series of classes is for ages 18 & up.

Have fun at each level, in a group setting, learning basic sewing skills that you can build on as you move from a simple artist's chef's apron in **Level 1** to more challenging projects in **Level 2 & Level 3**. You will be making a sample book/portfolio of basic sewing techniques in each of the three levels.

Each level runs **four weeks**, three hours per week, for **12 hours** of instruction. Some homework will be assigned between weeks.

*Level 2 builds upon what you learned in Level 1, improving your skills & adding to your sample book/portfolio, as you sew a wrap-style, kimono-sleeve robe with patch pockets, a neckband and tie belt.*

*Level 3 builds upon Level 2 advancing your skills more. You will add to your sample book/portfolio, and skill-level, as you make a two-piece pajama set with buttons, buttonholes, a notched collar and elastic waist bottom in your choice of length.*

**Class Fee:** $120 for 12 hours of instruction, per level - includes the pattern.

Sign up and payment may be made through our website, using PayPal.

**NOTE:** You may use PayPal Credit as an option.


*NOTE: Level 1 is required before enrolling in Levels 2 & 3.*

After completing all three levels of the series, you will be qualified to take Level 4: Advanced Beginning Sewing Techniques, which lasts three weeks, for nine hours of instruction. Watch our website for details and a schedule of Level 4 classes, to be announced.

The multi-sized patterns used in this Learn to Sew! Adult Beginning Sewing Series are beginner-friendly, designed to help a beginner learn to sew successfully. The pattern guide was written by experienced teachers and tested by students over a two-year period.

The aprons, robe and pajamas may be made with quilting cottons, poly/cotton blends, and cotton flannels - all readily available at Hobby Lobby stores.

Students will make samples of the techniques for a notebook/portfolio, before sewing the technique into the class project. This method ensures that students will understand the concept first.

**Level 1 topics include:**
- Preparing the fabric
- Understanding patterns & pattern markings
- Layout & cutting of pattern
- Stay stitching & clean-finish
- Grading seams, clipping, notching
- Facings, under-stitching, topstitching
- Hand catch-stitching a hem
- Perfect straps, ties, edge stitching

**Level 2 topics include:**
- Learning about ease
- Sewing darts
- Two gathering methods
- More seam & hem finishes
- More hand-sewing stitches

**Level 3 topics include:**
- French seam
- Top-stitching
- Attaching a collar

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**Presented by**

**The Red Barn School of Sewing, LLP**


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Sandy Davis has over 25 years of teaching experience and over 45 years of sewing experience. She is a certified Palmer/Pletsch Sewing Instructor, a licensed Martha Pullen Beginning Sewing I, Beginning Serger I & Beginning Heirloom I teacher, a certified Salley Sit & Sew teacher & Emeritus Master Clothing Volunteer for Univ. of KY Cooperative Extension Service. She was a charter & co-founding member of the American Sewing Guild, Louisville Chapter and is a past president.

Sandy loves to share her sewing experiences & tips with her students, helping beginners learn to sew and easing all sewists’ fear of learning new and challenging techniques.

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Sandy Davis

[info@TheRedBarnSchoolofSewing.com](mailto:info@TheRedBarnSchoolofSewing.com)
FROM CLAUDIA PARKER HUGHES, NEW BERN, NC  Friday, Jun 17, 2016

Hello Pati and Pamela

I am so happy to let you know that I have been approached by my local community college to teach!!! I will be offering Bodice Fit, Pants Fit, Fit and Sew Knits, Beginning Apparel Sewing, Serger 101 and Heirloom Sewing 101 (I am Martha Pullen certified). The program will start in September. Please tell me anything you think I need to know. My fit classes, serger and heirloom classes will be four weeks; 2 1/2 hours each. The beginning sewing classes will be exactly as designed. The school is offering a 40/60% split of what is charged. I get the 40%. We will discuss what to charge in July. I am on the road for the next two weeks.

Yay Claudia!!!! Your hard work, patience and perseverance has really paid off. You are an amazing example! Congratulations!

Pamela Leggett

CLAUDIA SHARES MORE: A letter to a potential sponsor, a bring list, and a store classroom where she has taught. Claudia has been invited to stores around North Carolina to teach.

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Introducing the Oh Sew Fabulous Palmer & Pletsch System of Fitting Patterns

In my two day workshop, I will show you how to:
- Determine your appropriate size
- Understand how your body differs from the basic sloper from which patterns are designed
- Learn the Palmer/Pletsch Fit process
- Learn Tissue-Fit and Fit-As-You-Sew
- Fabric-fit one garment

Suggested times each day would be 10 AM to 4:30 PM. I am available Monday – Saturday.

The charge is $299.00 per day plus travel. I would be delighted to stay in someone’s home.

The pattern I teach is McCall’s #6750 for Fit Workshop and McCall’s #6901 for Pants Fit workshop.

The maximum for the class is 8 or any number less than 8 that fits in your space.

If time permits, I will demonstrate Pati’s Perfect Interfacing, Dart Manipulations and How to Sew the Perfect Dart.

Before the appointed date for a workshop, I will send you a “To Bring” list for the student. A list of suggested retail products that sell extremely well at my workshops are at the bottom of this page. You can buy wholesale from Pati Palmer at info@palmerpletsch.com.

I look forward to hearing from you and arranging a workshop at your store.

Happy Sewing!!

Claudia Parker Hughes
1925 Jimmy’s Road
New Bern, NC 28560
thebunklab@gmail.com
252-617-6533
Hands-on Fit Course Using the System of Sewing

Bring the Following:

- Wear a skin tight tank top or camisole for modesty for fitting the bodice.
- Your best fitting bra and any other foundations you might wear.
- A petit pant for fitting pants for modesty.

Sewing Supplies:

- Glass or plastic head pins in a magnetic pin cushion
- Cardboard cutting board
- Paper scissors for trimming patterns and sharp fabric shears
- Curvey Fashions Ruler
- Tape measure and 6" gauge for hemming
- Seam ripper
- A soft lead pencil
- Red and a green markers
- Tissue paper or Perfect Pattern Paper
- Scotch Magic 1/2" tape (green box). Put in a weighted dispenser
- Several one or two gallon Ziploc or other brand bags for storing altered patterns
- A see-through, gridded plastic folder.
- 1/4" and 1" elastic to tie around your waist. (Wider is for fitting skirts and pants.)
- A note pad and pen.
- The latest spiral bound copy of Fit for Real People or Pants For Real People

Mark your supplies with your name before class.

Also bring:

- Fabric you would like to cut out and get ready for pin fitting.

We will provide you with handouts.

The Fit For Real People or Pants For Real People spiral book, Perfect Paper, Curvey and Perfect Fuse Interfacing will be available for sale.

This is the classroom at Elegant Stitches, Cary, NC where Claudia taught a class.
FROM LAURA TEDBALL, WOOLE, ON, AFTER TAKING FIT AND FIT TT IN PHILLY

Tuesday, 28 Jun 2016

Hi Ladies,
After much sewing and a few late nights, I debuted Palmer/Pletsch and Pamela’s Patterns at the store today. We did various step-outs with a blouse on one of our volunteers. It worked really well to “show” the transformation. There were tears (seriously) and afterwards I was given cake because our community is sew excited and proud WE can do this. From the bottom of my heart, thank you. Without your help, today wouldn't have happened, nor tomorrow.
Thank again,
Laura Tedball
laura@pineridgeknitsew.com
159 Fox Road
Wooler, ON K0K 3M0
Canada
613-885-4513

FROM SHARLEEN ZEBINSKI, KILLARNEY, MB

Hi Pati,
A note to let you know that my 1st pant fitting and sewing class is complete. Only one student though and 2-days. If we hadn't had a sewing machine malfunction, she would have been totally finished. The student's machine did not like sewing elastic, and the manual for the second machine was absent. She has the hand work at the waistband, the hook-n-eye, and the hem to do. Next weekend will complete my second 2-day pant fitting and sewing workshop. This is a group of four... More next week. Hope is well with you and Helen and your team,

Sharleen Zebinski

Thanks for the photos, Sharleen. Congrats on a class well done in spite of the machine issue.

A couple of tips.

Front: The diagonal wrinkles on the one side tell me you need to pull down on the side seam. The ones on the other side at the waist look like they’d go away if ease was moved closer to the front. Just some thoughts. It is sort of a “draping thing.” Pull up and down until all wrinkles are gone and anchor at that spot with the elastic.

Back: The vertical fullness in the back can be removed by pinching it out in the crotch curve between the folds. In essence you'd be straightening the crotch curve and removing width at the same time.

If she is happy, no worry. Pati
FROM JAN MCMINN, DENVER, CO, AT ASG NATIONAL CONVENTION WEARING JACKET FROM FIT CAMP

FROM MAGGIE DEEGAN, VANCOUVER, BC

Maggie and her husband took up ballroom dancing. Maggie decided to make her own gowns. Here are her recent creations:
Send me YOUR news! You'll earn CSI Professional Development Units for submitting articles to this newsletter.