

Information for Students Attending the Palmer/Pletsch

4-Day Pant Fit & Sew Workshop

Richland, Michigan

Dear Attendee,

Here is information about the schedule, what to bring, the hotel, and a little information about the area.

Our Michigan workshops are held at



Fabric Warehouse

8709 Gull Road, Suite B

Richland, MI 49083

269-629-0305

www.fabricationsonline.com

info@fabricationsonline.com



Hotels: Our “ideal suggested schedule” while you are here is to arrive the day before the workshop and get settled into the hotel. Both hotels offer free hot breakfast.

We highly recommend the [Comfort Inn Plainwell](#) (269-685-9891), which is about 12 miles from the shop. Restaurants and shopping are nearby. An added bonus is being able to stop at the Plainwell Ice Cream Company for what the locals contend is the best ice cream in the country!

The [Comfort Inn Kalamazoo](#) (269-384-2800), located about 5 miles from the [Kalamazoo/Battle Creek International Airport](#), may be more convenient if you are flying. If arriving by air, Uber and Lyft are available options for getting around if you have not rented a car. The hotel is located at the edge of downtown Kalamazoo, within several blocks of numerous restaurants and shops.

Lunches: We will be offering lunches as well as snacks, water, coffee, and tea. If you have any major food allergies, e-mail janet@fabricationsonline.com and tell her foods you have to avoid and the dates of your class. Do this at least one week in advance. Thank you.

Please do not wear perfume. We have found that some students have allergies to it.

Thank you and see you soon!

Janet Dwyer *Pati Palmer*

Instructor

Janet Dapson is a Palmer/Pietsch Certified Sewing Instructor (CSI) and has attained the Palmer/Pietsch master level of Educational Associate, specializing in bodice/skirt/dress/pant fitting and tailoring techniques. She offers basic to advanced sewing classes, including garment fitting and construction, at her specialty fabric store (Fabrications Fabric Warehouse) located near Kalamazoo, Michigan.

Although she has been sewing for over 50 years, much of her skill was learned on her own. With a degree in biology, sewing was a creative diversion from her career in the biomedical field; it also enabled her to create the professional wardrobe required for her job.

Janet eventually decided to begin a career change, turning her sewing passion into a business. After taking in-depth courses with Pati Palmer and her colleagues in Portland, Oregon, Janet spent several years teaching sewing at her home and at the local Bernina store. In 2003, Janet, her husband (Dick) and daughter (Christine) opened Fabrications. Although most of the classes are now held at Fabrications, Janet occasionally travels throughout the midwest to present lectures and seminars on the Palmer/Pietsch methods.



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 suggestions at the hotel websites and at discoverkalamazoo.com. A few area attractions are: Kalamazoo Institute of Arts, Kalamazoo Valley Museum, Kalamazoo Nature Center, Kellogg Bird Sanctuary, Kalamazoo Air Zoo, and Gilmore Car Museum. A one-hour's drive north to the Grand Rapids area takes you to the Tanger Outlet Mall, Gerald R. Ford Museum, Grand Rapids Children's Museum and the Frederick Meijer Gardens. Or, take a one-hour drive west to Lake Michigan and its small communities: PawPaw is known for the St. Julian winery; Saugatuck, Douglas, Holland and South Haven are popular beach get-aways for the locals. Thanks to the internet, you can find more information about all of these attractions online.

Palmer/Pletsch 4-Day Pant Fit & Sew Workshop Schedule — Michigan

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.

You spend most of the time altering patterns standing at a cutting table, which is tall enough that you do not need to bend over as you would at a kitchen table. It is a good idea to wear very comfortable shoes. The floor is concrete, so bring a cushioned pad to stand on if you wish.

Plan to leave your hotel at 8:30 every morning to allow for possible traffic delays. There is ample parking near the entrance to the Fabrications Fabric Warehouse.

DAY 1:

9:00 am Introductions. Slide overview. Measure for size. Tissue-fit pants.
12:30 pm Lunch
1:30 pm Continue fitting.
6:00 pm Class ends for the day.

DAY 2:

9:00 am Class begins. Recheck fit if necessary. Cut pants and prepare for pin-fitting.
12:30 pm Lunch
1:30 pm Zipper and waistband demonstrations.
6:00 pm Class ends for the day.

DAY 3:

9:00 am Continue finishing pant or begin a second pair with trouser front and fly front zipper.
12:30 pm Lunch
1:30 pm Demonstration of trouser pocket, fly front, and elastic waistline.
6:00 pm Class ends for the day.

DAY 4:

9:00 am Class begins.
12:30 pm Lunch, graduation certificates, discussion, and sharing
1:30 pm Class continues. Settle bill with store by 5:00.
4:30 pm Clean up.
5:00 pm Workshop ends.

DAY 5: **OPTIONAL Teacher Training:** See page 5 for more information.

Palmer/Pletsch Certified Sewing Instructors: This workshop will give you 40 PDUs.



Bring the following to the Pant Fit & Sew Workshop:

Fabrications, the location of our workshop, carries sewing supplies (except weighted tape dispensers and pencils/pens) and gives you a discount on everything you buy during the workshop.

- Comfortable, easy-to-change-out-of clothes and comfortable shoes. Layering allows adjustment to heat and air conditioning. Sleeves shouldn't interfere with sewing.
- A note pad and pen
- A camera to record your experiences and new-found friends.
- Sewing machine. Bring your own, along with extra bobbins, zipper foot, and needles. If you cannot bring your machine, you may request the use of a basic classroom machine in advance; we have two available.
- Sewing supplies: (Available at store.)
 - ___ 1 3/8" extra fine glass head pins (.5mm size is best—it will not bend when piercing cardboard surfaces) and a magnetic pin cushion
 - ___ Needles (both hand and machine)
 - ___ Paper scissors or rotary cutter for trimming patterns (we have mats) and sharp fabric shears
 - ___ 1/2" Scotch Brand Magic Tape and a weighted dispenser. No substitutes. Fabrications carries 1/2" tape.
 - ___ Thread clips or embroidery scissors, tape measure, 6" hem gauge, seam ripper
 - ___ A package of Perfect Pattern Paper
 - ___ A see-through, gridded plastic ruler
 - ___ Fabric for a plain pant and another style you wish to make. Some favorites are wool crepe; wool flannel; linen and linen-like fabrics; Lycra-blend stretch-wovens; and silk suitings. If sewing a trouser pocket, you'll need 1/3rd yard lining for pocket stay. We will peruse Fabrications and show you our favorite fabrics. You will receive a student discount on everything you purchase.
 - ___ 9" invisible zipper and thread to match your fabric for the fitted pant. 9" regular zipper and thread to match for the trouser pocket style or any style pant with a fly front
 - ___ Sta-tape for trouser pockets
 - ___ 1/8" wide double-stick basting tape for applying zipper
 - ___ 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.
 - ___ 1" non-roll elastic cut 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.)
 - ___ Chalk for marking fabric
- Book: *Pants for Real People* 2nd Edition (spiral) is available at Fabrications. *Knits for Real People* and *Looking Good Everyday* are also excellent references.
- You may also wish to bring a covered, refillable water bottle labeled with your name to limit single-use plastic.

Mark your supplies with your name before class.

We will provide: Our Palmer/Pletsch pant pattern McCall's M6901, our newest pant fit pattern.

Pant Workshop One-day TEACHER TRAINING

Teacher Training will be held from 9:00am to 5:00pm at Fabrications Fabric Warehouse. Lunch will be provided.

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 from the book that you'd like to discuss.

Prepare: Trim, tape crotch, and pin together two fashion 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 as you go, but first try to make decisions yourself.
- Switch to another partner and repeat this until two pant patterns have been fitted on each teacher trainee.

You will be given access to digital originals of documents for teaching as well as a PowerPoint presentation and script.

Palmer/Pletsch Certification for Teachers

If you are not already a CSI, after completing teacher training you are qualified to apply to be a Palmer/Pletsch Certified Sewing Instructor. If you apply within 30 days of the workshop, you will be able to count this workshop as 40 points toward your 100 needed to renew in one year.

Learn more and download the forms at

<http://www.palmerpletsch.com/certification/>