

Information for Students Attending the Palmer/Pletsch  
**4-Day Fit Fashion Patterns 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](http://www.fabricationsonline.com)  
[info@fabricationsonline.com](mailto: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](http://www.comfortinn.com) (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](http://www.comfortinn.com) (269-384-2800), located about 5 miles from the [Kalamazoo/Battle Creek International Airport](http://www.kalamazooairport.com), 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](mailto: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!

## 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](http://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 Fit Fashion Patterns Workshop Schedule — Michigan

During this fit workshop, we fit you in tissue and fabric, but there is no time for sewing. 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.

The first day, we will give you McCall's M7279, our sheath dress pattern. Once you have fitted this pattern, you will know what alterations are necessary in the most fitted garment you would ever sew. We call it a "body map." If this is not a style you'd wear, it will become your own personal "body map," reminding you of your alterations. You will then move on to tissue-fitting other fashion patterns.

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. Begin bodice.  
12:30 pm      Lunch  
1:30 pm      Continue fitting. Finish bodice.  
6:00 pm      Class ends for the day.

### DAY 2:

9:00 am      Class begins. Recheck bodice fit if necessary; fit sleeve and skirt.  
12:30 pm      Lunch  
1:30 pm      Class continues. Begin fitting fashion patterns that are not princess. Pin-fit some in fabric.  
6:00 pm      Class ends for the day.

### DAY 3:

9:00 am      Class begins. You can fit princess seam fashions beginning today.  
12:30 pm      Lunch  
1:30 pm      Class continues.  
6:00 pm      Class ends for the day.

### DAY 4:

9:00 am      Class begins. You can fit any style dress, jacket, blouse, or skirt.  
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 Fit 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.

- Bring patterns for tops, skirts, dresses and jackets that you wish to alter. Palmer/Pletsch patterns have alteration lines printed on them so will be easiest to begin with. Do not trim them until we determine your best size.
- Comfortable, easy-to-change-out-of clothes and comfortable shoes. Layering allows adjustment to heat and air conditioning. Sleeves shouldn't interfere with pattern altering.
- Your best-fitting bra and any other foundations you might wear. Wear the same bra every day of class, especially if you are large busted.
- Wear a lightweight camisole over your bra for modesty when being fitted.
- If you have long hair bring a hair tie or clip so we can see the tissue on your back.
- A note pad and pen
- A camera to record your experiences and new-found friends.
- Fabric you would like to pin-fit in fabric. We will peruse Fabrications and show you our favorite fabrics. If you choose to cut and pin-fit McCall's M7279 from fashion fabric, be sure to bring a soft, drapey fabric appropriate for this fitted style.
- A camera to record your experiences and new-found friends
- Alteration 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
  - \_\_\_ 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.
  - \_\_\_ A package of Perfect Pattern Paper
  - \_\_\_ A 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.
  - \_\_\_ 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. This is used to fit the skirt. (Write your name on it.)
  - \_\_\_ Tape measure
  - \_\_\_ Chalk for marking fabric
- **Book:** *The Palmer/Pletsch Complete Guide to Fitting* (spiral) is available at Fabrications. *Pants for Real People*, *Knits for Real People*, and *Looking Good Everyday* are also excellent references.
- A chain necklace to mark the base of the back of your neck.
- 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: Palmer/Pletsch McCall's M7279, our newest fit pattern

## Fit 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](http://www.palmerpletsch.com). Write down any questions you have or items from the book that you'd like to discuss.

**Prepare:** Trim, tape (if necessary), and pin together two fashion patterns, one darted and one princess. 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 fashion 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 fashion patterns, one darted and one princess, 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/>

Palmer/Pletsch CSIs are listed on the Palmer/Pletsch website certified teacher locator.