

# Information for Students Attending the 4-Day Palmer/Pletsch FIT & SEW FASHION KNITS WORKSHOP in Vernon, Connecticut



Dear Workshop Attendee,  
Here is information about the schedule, what to bring, the hotel, the optional shopping trip, and a little information about the area.



## The workshop is held at Pamela's Patterns Fashion Sewing & Fitting Studio.

613 Talcottville Rd.

Vernon CT 06066

[www.pamelaspatterns.com](http://www.pamelaspatterns.com)

Cell/text: 610-804-1640

e-mail: [pamela@pamelaspatterns.com](mailto:pamela@pamelaspatterns.com)

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled into the hotel. If you are staying at the Holiday Inn Express, there is shopping and restaurants within walking distance

**The hotel:** The closest hotel to the studio is the **Holiday Inn Express Vernon-Manchester**, located 2 miles from Pamela's Patterns Studio. It features a pool, gym and complimentary breakfast. The hotel is adjacent to the Tri-City Plaza Shopping Center, with many stores and restaurants. If you are flying in, Pamela will arrange your transportation to and from this hotel to the studio. Book your room by calling [860-648-2000](tel:860-648-2000). Mention Pamela's Patterns for a special rate of \$119.00 per night.



### **Holiday Inn Express Vernon-Manchester**

346 Kelly Road, Vernon CT 06066

<https://www.ihg.com/holidayinnexpress/hotels/us/en/vernon/verct/hoteldetail>

There are many other hotels within 5 miles of Pamela's Patterns Studio. Google "Hotels in South Windsor CT" for a listing—these would be in the Mall area, near shopping and restaurants.

**Airport Information:** Bradley International Airport is 20 miles from Pamela's Patterns Studio and the hotels. The least expensive and fastest way to get to and from the airport to the hotel is by Uber. Prices can vary slightly, but the common range for this ride is \$25 - \$33 each way, less expensive than a traditional cab or shuttle. If you have not used Uber before, it is an app you load onto your phone. There are lots of YouTube

videos that will show you how to use the Uber app, but follow this link for good info and a discount code for your first ride. <https://www.uber.com/airports/bdl/> Please let me know if you need any more information.

**Food:** If you stay at one of the recommended hotels, breakfast is included with your stay. Pamela will have coffee, water, fruit, and snacks throughout the day. Lunches will be catered. Please let Pamela know of any allergies, special dietary needs or general food requests at least one week prior to the workshop. Email her at [pamela@pamelaspatterns.com](mailto:pamela@pamelaspatterns.com)

**One more note:** Please be very careful with perfume—it is best not to wear any at all. Many people are sensitive to it.

If there is anything I can do or if I can answer any questions for you, please do not hesitate to ask. I look forward to seeing all of you soon!

Thank you!

*Pamela Leggett*



### **Introducing Pamela Leggett, Palmer/Pletsch Certified Sewing Instructor**

Pamela has been teaching sewing since 1981 and has been teaching Palmer/Pletsch Fit and Pant Fit classes since 1999. Specializing in pattern fitting, fine garment sewing skills, knits and serging, she has developed a fun and informative teaching style that is available in her patterns, social media, YouTube channel.

One of Pamela's passions is creating garments that flatter and fit the wearer. Her desire to teach others to achieve the perfect fit led her to the Palmer/Pletsch pattern fitting method, which she has used to help hundreds of women successfully achieve good fit and a renewed love of garment sewing. It is with this knowledge that she created Pamela's Patterns, which have many fitting solutions and adjustments built in the patterns.

Pamela's Patterns have been reviewed and featured in magazines and on-line review sites. Pamela is a contributing writer, book author and video personality for *Threads Magazine*, an instructor for *Craftsy*, director of the Palmer/Pletsch Philadelphia and Connecticut Sewing Workshops and a national sewing/serging educator. She has also appeared on PBS's *Sewing with Nancy* and *Canada's The Shopping Channel*.

Pamela lives in Connecticut, where she operates her business and has a teaching program at The Studio at Pamela's Patterns in Vernon CT. She is a national instructor, teaching in-person and virtual classes for guilds, stores, and shows.

## Palmer/Pletsch Fit & Sew Fashion Knits Workshop Schedule — Connecticut

### OPTIONAL CUSTOM DRESS FORM CLASS THE DAY BEFORE THE WORKSHOP.

See page 6 for more information.

#### DAY 1:

9:00 am Introductions, announcements. PowerPoint presentation and selecting size.  
Noonish Lunch  
1:30 pm Start fitting  
6:00 pm Class ends. Dinner at a restaurant of your choice.

#### DAY 2 and 3:

9:00 am Class begins. Demos, fitting, sewing, and/or pinning.  
Noonish Lunch  
1:30 pm Class continues  
6:00 pm Class ends

#### DAY 4:

9:00 am Class begins. Finishing what still needs to be accomplished. Questions, etc.  
Noonish Lunch  
1:30 pm Class continues. Clean up and check out purchases at the end of the afternoon.  
5:00 pm Workshop ends  
5:30-7:00 pm Graduation dinner

**DAY 5:** **OPTIONAL NYC FABRIC SHOPPING TRIP.** See page 5 for more information.

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

## What to Bring to the Connecticut Knits Workshop:

Pamela's Patterns carries most of the items needed for this workshop, including a small selection of beautiful Designer fabrics. My goal is for you to fit several patterns during your four days – and learn tons of techniques! Each person will have a cutting workspace.

You will be spending a lot of time in your underwear, so make sure yours fit well! If you are modest, close fitting tights or leggings work well, but make sure they don't change your size or make indentations. Best thing to wear? Tights or leggings (shorts or ankle length), a camisole and a dress/long shirt/robe to wear over them. If you haven't been fitted for a good bra lately, please do so before the workshop. A good fitting bra can make a big difference in how patterns and clothing will fit you. Nordstrom is well-known for excellent bras and fitters. My recommendation is to call ahead and ask when their best fitter is working.

Another item you can bring is a plain white T-Shirt that fits very snugly. Nothing new or nice needed; I will

show you how to cut off the sleeves and neckline, mark it all up and make a nice self-fitting tool to help you with your fitting.

Wear a necklace each day so we can easily see the base of your neck.

**Patterns** – Bring any patterns you would like to use during this class. Even if they are not specifically for knits, we may be able to adapt them. For commercial patterns (Butterick, McCall's, Vogue, Simplicity), make sure you have the correct size. A good diagram of how to measure is found on page 24 of the *Fit For Real People*. Pamela's Patterns include all sizes. Be sure to check out Palmer/Pletsch patterns from McCall's – they have fitting advice built in!

Pamela's Patterns Studio does not carry commercial patterns (but does carry Pamela's Patterns, of course!). Be sure to shop for patterns before the workshop. In a pinch, there is a Joann Fabrics within 5 miles.

**Fabrics** – Bring any prewashed knits. Be sure to give them the "stretch test". Pull hard with the stretch of the fabric. If it doesn't completely recover to the original length, get rid of it! It is not worthy of your time.

**Books** – *The Palmer/Pletsch Complete Guide to Fitting and/or Knits for Real People* from Palmer/Pletsch. (I like mine spiral bound.)

**Machines** – If you are driving, bring your own sewing machine and a serger, if you own one. Bring bobbins and all the basic accessory feet and an edge joining/edge stitching foot. If you are flying, we will be happy to provide machines for you. There will be two "community" sergers set up, one with light thread and one with dark thread, if you don't mind sharing.

**Thread** – sewing thread for your fabrics and basic color cone thread for the serger (white, tan, black, grey – you don't need all of these!)

### Notions

- Perfect Pattern Paper by Palmer/Pletsch
- SewkeysE Stay Tapes – woven, knit and double sided fusible
- Fantastic Elastic

### Sewing Supplies

- Glass head pins (2 boxes) and magnetic pin cushion
- Tape measure, seam ripper, marking tools, basic sewing supplies
- Scissors, rotary cutter, quilting ruler (at least 2" X 18"), Curvey ruler
- Paper, pencil, red and black marker (not a Sharpie!). My favorite marker is Flair by Paper Mate.
- A 1½" binder with lots of page protectors is great for storing handouts and pattern pieces. Gallon size Ziplocs are also helpful.
- Scotch Magic Transparent Tape. Ideal width (but hard to find) is ½", but ¾" is fine. The tape should be in a weighted dispenser.
- Stretch Needles
- Hangers for your garments-in-progress. I like the flocked hangers since the knits will stick to them.

**NOTE:** Pamela's Patterns carries almost everything on this list with the exception of commercial patterns, binder, hangers, snug-fit white t-shirt.

## OPTIONAL OPPORTUNITIES

### PRE-WORKSHOP CLASS:

#### Make a Custom Dress Form

Join Pamela the day before the workshop to make a Custom Dress Form—the perfect replica of yourself—to aid in your fitting once you get home! \$175, includes lunch. Contact Pamela directly for more information, supply list, and to reserve your spot — [pamela@pamelaspatterns.com](mailto:pamela@pamelaspatterns.com).



A dress form is a useful tool for fitting and design. The problem is getting one to fit all your curves and "scalops". In this class, we will use an adjustable form that you will "build and pad" to look just like you! Other than the dress form, the supplies are simple - a bra and undies, batting and fiberfill, and some bandaging from the drug store. We'll finish the form with a custom cover. With the skills you learn, you will be able to change the dress form as your body changes. You will now be well equipped for your fitting and design challenges!



#### New York City Garment District Fabric Tour:

The day after the workshop, join Pamela Leggett for a guided shopping tour of New York City's fabric stores throughout the garment district. New York City is a fabulous place to visit and shop for fabrics, trims, buttons and so much more! Pamela will be your guide for the day to explore Mood (Project Runway's store), B & J's (Pamela's favorite) and other stores in the Garment District. (A minimum of 4 people is needed to offer the shopping trip.)

You will leave for NYC around 7:30 am and return around 9:00 pm. Pamela will drive you to the New Haven train station where we will take the Metro North train into Grand Central Station. The walk to the fabric district is 6 to 7 blocks from the station.

The \$150 price includes transportation, the tour, and lunch.



#### Dinner and a Movie

If enough people are interested, we will order in dinner and watch a fashion-related movie. Pamela has several that you will enjoy (a customer favorite is the independent smash, *Men of The Cloth*). There is no charge for this; everyone pays for their own dinner.