

# Information for Students Attending the 4-Day Palmer/Pletsch East Workshop: **FIT & SEW FASHION KNITS** in Philadelphia, PA



Dear Workshop Attendee,

Here is information about the schedule, what to bring, the hotel, the optional shopping trip, bra fitting, and a little information about the area.

## **The workshop is held in the classroom at Steve's Sewing.**

314 S. Henderson Rd.

King of Prussia, Pa 19406

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

**Phone:** 610.768.9453 or 800.585.9453

**e-mail:** [steves@stevessewandvac.com](mailto:steves@stevessewandvac.com)

### **Store Hours:**

Mon - Fri 10:00am - 9:00pm

Saturday 10:00am - 5:00pm

Sunday 12:00pm - 5:00pm

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled into the hotel. You could visit Steve's Sewing or go to the mall for a bra fitting.

**Hotel information:** The closest hotel to Steve's Sewing is **The Alloy King of Prussia - A DoubleTree by Hilton**. If you will not have transportation, we recommend this location so that we can easily transport you to/from Steve's Sewing. <https://www.hilton.com/en/hotels/phlvfdt-the-alloy-king-of-prussia/>.

There are many other hotels within 2 miles of Steve's Sewing. Google "Hotels in King of Prussia PA" for a listing. These would be in the Mall area, near shopping and restaurants.

**Airport/Transportation Information:** Book your flight to the Philadelphia International Airport (PHL). Shuttles to and from the airport are available by reservation - contact Tropiano Shuttle service at (800) 559-2040. \$29.00 one way (price is subject to change)

If you are staying at the DoubleTree hotel, Pamela will be happy to arrange rides to and from the hotel and Steve's Sewing. Contact Pamela for arrangements. If you are driving, pull up to the curb in front of the store to unload. I'll have carts available for your gear. I'll have the doors open from 8:30-9:00 am for your arrival. (The store doesn't open until 10am.)

**Food:** Pamela will have coffee, water, fruit, and snacks throughout the day. Lunches will be catered. If

you have any dietary restrictions, please let Pamela know.

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

**NYC Shopping Trip:** If you haven't registered and want to go fabric shopping on Monday, let me know as soon as you can. If there are open spots, I have lots of customers who are anxious to go. Your trip includes your transportation (via Pamela's car!), lunch in NYC, fabric shopping and a possible field trip to an interesting fabric related business.

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!

*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.

<http://www.pamelaspatterns.com>

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

cell/text: 610-804-1640

## Fit & Sew Fashion Knits Workshop Schedule — Philadelphia

### DAY 1:

9:00am Introductions, announcements, knit lecture/PowerPoint  
Noon(ish) Lunch  
1:00-6:00pm Picking patterns, fabric, sizing, start fitting  
6:00 pm Class ends. Enjoy dinner at the hotel or a nearby restaurant.

### DAYS 2 and 3:

9:00am-6:00pm Fitting demos, sewing and serging demos, fabric demos, shopping. Lunch around noon.

### DAY 4:

9:00am-5:00pm Continue fitting and sewing. Lunch around noon.  
5:00pm-7:00pm 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 Knits Workshop:

Steve's Sewing carries almost anything you could possibly need for this workshop, including beautiful Designer knits. My goal is for you to fit and sew several garments during your four days – and learn tons of techniques! Each person will have a cutting and a sewing space.

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, comfortable shoes. If you haven't been fitted for a good bra lately, check out the bra stores in the King of Prussia Mall.

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 *Fit For Real People*, or on

my website <http://www.pamelaspatterns.com/pattern-size-chart> Pamela's Patterns include all sizes. Steve's carries McCall's and Pamela's Patterns. Be sure to check out Palmer/Pletsch patterns from McCall's – they have fitting advice built in!

**Fabrics** – Bring any prewashed knits or stretch wovens you may want to use. Remember, Steve's has some lovely knits as well! I will be happy to prewash any fabrics that you purchase during the workshop for you.

**Books** – *The Palmer/Pletsch Complete Guide to Fitting* and /or *Knits For Real People* - available at Steve's. (I like mine spiral bound.)

**Machines** – If you are driving, bring your own sewing machine and serger (optional, if you own one). Bring bobbins and all the basic accessory feet and an edge joining/edge stitching foot. If you are flying, Steve's 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.

**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 ziplocks 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.

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!

## OPTIONAL OPPORTUNITIES

### New York City Garment District Tour:



This is an optional program offered the day following the workshop. The day after the workshop join Pamela Leggett for a Shop 'til You Drop trip to New York City fabric stores throughout the garment district. You will leave for NYC around 8:00 am and return around 9:00 pm. 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 as we travel to the Big Apple to explore Mood (Project Runway's store), B & J's (Pamela's favorite), and other stores in the Garment District.

Included in the price of \$150 are round trip fare, tour guide, and a deli lunch. A minimum of 4 people is needed to offer the shopping trip.



### Have a Professional Bra Fitting

The renowned King of Prussia Mall Has a premier Nordstrom location that offers a wide variety of sizes and styles, along with a trained staff to help you get the perfect fit.



## Tour the Philadelphia 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 is much to see and do in the Philadelphia area. Old City is the birthplace of our founding fathers and home of the Liberty Bell and Independence Hall. Fabric Row is Philadelphia's fabric district with wonderful shopping. The theatre district offers all kinds of cultural events that rivals NYC. The Art Museum is spectacular inside and out (you can even stand in Rocky's "shoes" at the top of the steps!). The Delaware River is the location of many fine cruises and the Battleship New Jersey. And did we mention food? No trip to Philly would be complete without getting a cheese steak sandwich at Geno's, Pat's, or Tony Luke's!

Check out [www.visitphilly.com](http://www.visitphilly.com) for even more to see and do.

