

**Palmer/Pletsch 4-Day
Fit Sewing Patterns Workshop
Vancouver, Washington (just north of Portland, Oregon)**

Dear Attendee,

This 4-day workshop is held at:



Sew-Op + Maker Space

1507 Broadway
Vancouver, WA 98663
(360) 227-5005
sewopmakerspace.com

Sew-Op + Maker Space is located in Downtown Vancouver, Washington, just 15 minutes from Portland International Airport. It is equipped with everything you'd expect for a fantastic sewing workshop experience. There is ample pressing and cutting space and Bernina sewing machines for your classroom use. Owner Anna Miller offers an astounding collection of vintage fabrics plus modern notions and the region's yummiest

chocolates for sale in her shop. Sew-Op is located close to great food and coffee venues and less than two miles from Fred Meyer for groceries and incidentals.

The workshop runs from 9am to 5pm each day. Lunch is provided. Registrants will receive a detailed schedule.

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled in at the place you choose to stay. For years we have used the Monarch Hotel in Clackamas, Oregon. They offer a special Palmer/Pletsch rate. However, now that we are holding our workshops in different locations, that option may not be as convenient as finding accommodations closer to the class venue. A few suggestions:

[Homewood Suites by Hilton](#)
701 SE Columbia Shores Blvd.
Vancouver, WA 98661

[The Briar Rose Inn](#)
314 W 11th St.
Vancouver, WA 98660

Uber and Lyft are the most reasonable ways to get to all areas of Portland from the airport. Or, if you decide to stay at the Monarch next to Clackamas Town Center mall, the hotel van can pick you up at the airport. Call when you get your luggage.

[The Hilton Vancouver](#)
301 W 6th St.
Vancouver, WA 98660

[The Heathman Lodge](#)
7801 NE Greenwood Dr.
Vancouver, WA 98662

[Monarch Hotel](#)

12566 S.E. 93rd Ave
Portland, Oregon 97015.

Palmer/Pletsch workshop attendees enjoy a discount. To reserve a room call 1-800-492-8700 or email the hotel directly at rescenter@monarchnotel.cc. Mention you are with Palmer/Pletsch and request our rate which includes a daily coupon for 10% off dining at this property. More details [here](#).



For those of you interested in shopping for fabric in Portland's incredible fabric stores, read on. Thank you and see you soon!

Pati Palmer *Helen Bartley*

NOTE: We tissue and fabric-fit in this workshop—no sewing! You spend most of the time altering patterns standing at a hip-height cutting table. It is a good idea to wear very comfortable shoes.

Bring the Following to the Fit Workshop:

Sew-Op, the location of our class, will have the notions you may need to replenish such as ½” Scotch Magic Tape, 1 3/8” .5 mm glass head pins, Perfect Pattern Paper, and recent Palmer/Pletsch books, and most in spiral.

- **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.** Layers are nice so you can adjust to heat and air conditioning. Sleeves shouldn’t interfere with pattern altering.
- **If you wear a bra,** make it a good-fitting one and wear the same bra every day of class, especially if you are large busted.
- **Lightweight camisole or tank** for modesty when being fitted.
- **Chain necklace** to mark the base of the back of your neck-optional.
- **Hair tie or clip** If you have long hair, so we can see the tissue on your back.
- **Fabric** you would like to cut out and pin-fit in fabric.
- **Alteration Supplies:**
 - ___ Paper scissors
 - ___ Fabric Scissors
 - ___ Seam gauge
 - ___ Tape measure
 - ___ Preferred marking tools (chalk wheel, tracing paper etc.)
 - ___ 2” X 18” flexible clear plastic ruler (recommended, but not mandatory)
 - ___ Soft-leaded pencil
 - ___ Fine-tip permanent marker
 - ___ 1 box of 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.
 - ___ 1 roll 1/2” Scotch Magic Tape in the green box (no substitutes) in a weighted dispenser.
 - ___ 1 package Perfect Pattern Paper
 - ___ 1" elastic cut a little longer than your waist with ends lapped and pinned with a safety pin or Velcro sewn to ends. Get something soft and without the rough ridges. This will be used to mark your waist during fittings
- **Book:** *The Palmer/Pletsch Complete Guide to Fitting* (spiral is best). *Pants for Real People, Knits for Real People,* and *Looking Good Everyday* are also excellent references.
- **Covered, refillable water bottle** labeled with your name.

Sew-Op has a commitment to making sewing a more sustainable craft and sells mostly vintage fabrics. The selection varies greatly. We recommend you shop at one of the great Portland fabric stores before the workshop or bring fabric from home just in case they are low on some fabrics.

Mark your supplies with your name before class.

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

We will provide:

Our newest Palmer/Pletsch fit sheath dress pattern Butterick 6849

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

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.

Join us the day after the workshop:

FIT TEACHER TRAINING/FITTING PRACTICE — \$195.00

This session will be held from 9:00am to 5:00pm the day after the workshop. Lunch will be provided.

Whether or not you aspire to teach, an additional day of fitting practice will boost your confidence. Why not? You are already here! You will fit each other with the instructor only jumping in to help when necessary. This is a very different experience from focusing only on yourself. You will learn how to **see** what alterations are needed. We want you to think for yourself and be empowered before you go home. Join us if you can!

You will receive scripted slide programs which, if not planning to teach, you will learn from by reading. For those wanting to teach, you will also receive camera-ready handouts for your classes, a variety of slide presentations in PowerPoint (which allows you to rearrange slides for any length presentation), class format ideas, sample promotional flyers and marketing materials. The value of the slides alone is well over \$1,000.

This session allows you to order the Palmer/Pletsch basic fit patterns at a reduced price for use in your classes. This session also allows you to apply to become a Palmer/Pletsch CSI.

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.

FIT PRACTICE IS THE MOST IMPORTANT THING TO ACCOMPLISH. WE WILL TALK ABOUT BUSINESS DURING LUNCH.

Prepare: Trim, tape (if necessary), and pin together two fashion 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 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 person.

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

OPTIONAL OPPORTUNITIES:

HAVE YOUR COLORS DONE!



When someone says, “You look amazing today!” chances are you’re wearing a color that perfectly complements your natural beauty. Learn how to determine your best colors with image consultant and color expert Ethel.

Ethel expands the four-season color concept with her own color system, to help us understand how the colors we wear can complement our own hair, skin and eye colors. She will then teach you how to translate this knowledge into creating a wardrobe that truly flatters.

Portland-based Ethel Harms is an award-winning image consultant who has been helping people look beautiful for over 30 years. As the Image instructor for the Palmer/Pletsch International School of Sewing, she has worked with people from all over the world to define their best image. She is featured in the Palmer/Pletsch book *Looking Good...Every Day!*

Book your appointment at her Lake Oswego studio for the day before the workshop. Ethel will then bring your custom color palette to the workshop and show you how to shop for your best colors. Two workshop students can attend together.

The Color Analysis price for Palmer/Pletsch workshop students is \$275. Book your appointment directly with Ethel by calling 503-699-5501 or e-mail eharms@msn.com. For more about Ethel Harms, visit www.yourimageconsultant.com.

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, here are just a few suggestions:

- Drive the “loop” going up into the stunning Columbia River Gorge on Highway 84. At Hood River, turn up to Mt. Hood, visit the historic Timberline Lodge, and drive back to Portland on Highway 26.
- We are only 1½ hours from the coast.
- The MAX line to downtown is just across from the Monarch Hotel.
- The Spirit of Portland has a wonderful lunch and dinner river cruise that is quite reasonable and showcases why we are called the “city of bridges.”
- Maryhill Museum houses the famous Théâtre de la Mode dolls from the 1940s. Palmer/Pletsch published a book on the history of the collection. The museum is open April to November and is about a 2 hour drive east on 84. Stop at Multnomah Falls on the way! You could have breakfast at the lodge and lunch at Maryhill.

Google can provide more information.

FABRIC SHOPPING IN PORTLAND

Portland has many wonderful fabric stores. Using an app for navigation makes it easy for you to shop alone or as a group. You may find us meeting up with you somewhere because we like to shop too!

Request a class list before you book travel if you want to try to put together a shopping group. Shopping the day before gives you a chance to buy fabric for class projects. (Though you won't have altered your pattern(s), so it would be a good idea to purchase a little more yardage than the pattern chart indicates.) Shopping after allows you to make friends and ask who would like to shop with you.



The stores below are grouped in an efficient order to visit. Avoiding freeways is a way to counter traffic in morning or mid to late afternoon. If you are staying at the Monarch Hotel, start with the Mill End store right off highway 224 then Pendleton is about 4 blocks away.

[Bolt Neighborhood Fabric Boutique](#)

4636 NE 42nd Ave, Suite C
Portland, OR 97218

Bolt moved to a larger space that is very light. They carry fashion wovens and knits and hand-selected cottons for quilting and fashion.

[Modern Domestic](#)

422 NE NE Alberta St.
Portland, OR 97211

Modern Domestic sells Bernina sewing machines and a nice selection of fashion fabrics and cottons as well as unique notions.

[Josephine's Dry Goods](#)

2609 SE Clinton St.
Portland, OR 97202

Josephine's carries high-end silks, woolens, a large selection of Liberty cottons as well as Palmer/Pletsch Interfacings.

[Mill End Store](#)

9721 SW McLoughlin Blvd.
Milwaukie, OR 97222

This is a BIG store so allow plenty of time to explore their selection of wool, silk, linen, knits, outerwear, cottons, and evening fabrics.

[Pendleton Woolen Mill Store](#)

8550 SE McLoughlin Blvd.
Portland, OR 97222

The store carries Pendleton yardage including plaids, coatings, pre-cut pieces, and a large range of Pendleton blankets and home accessories. Also bulk zippers and unusual items for sewing and crafting.

TIPS: Photo pattern envelopes for yardage. Bring swatches of anything you want to match. Shop buttons. Bring color palette if you had your colors done. Wear comfortable shoes.

FABRIC SHOPPING DAY LUNCH SUGGESTIONS

(Check with these restaurants ahead of time to see if there are any COVID-19 restrictions.)

Near Josephine's

[Broder Cafe](#)

2508 SE Clinton St.
Portland, OR 97202

[Little T Baker](#)

2600 SE Division
Portland, OR 97202

Near Modern Domestic

[La Petite Provence](#)

1824 NE Alberta St
Portland, OR 97211

[Café Reina](#)

4943 NE Martin Luther King Jr. Blvd
Portland, OR 97211

Near Bolt

[Miss Zumstein's Bakery & Coffeeshop](#)

5027 NE 42nd Ave.
Portland, OR 97218

[Grain & Gristle](#)

1473 NE Prescott St.
Portland, OR 97221

For questions contact:

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