

Information for Students Attending the Palmer/Pletsch 5-Day Workshop:
Sewing Camp
in Portland, Oregon

Dear Attendee,

Included here is information about a schedule, what to bring, accommodation options, and optional activities.

This 4-day workshop is held at Coolhand Studio



2034 SE 6th Avenue,
Portland, OR 97214

Josephine's Dry Goods is close by for fabric shopping breaks.

2609 SE Clinton St.
Portland, OR 97202
503-224-4202

<http://www.josephinesdrygoods.com/>

Josephine's specializes in high-quality natural fibers and textiles for sewing garments, curated from all over the world, and has been a favorite destination for Portland sewists for over 30 years.

The store lives in a uniquely Portland neighborhood full of great little restaurants, coffee shops, and all manner of interesting businesses and boutiques. We will provide workshop lunches at one of the charming local restaurants.

Lunch will be provided by our caterer, Jody Ladd.

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

ACCOMODATIONS:

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. These two guest houses have been recommended by our students:

Bluebird Guesthouse — <https://www.bluebirdguesthouse.com/>

Evermore Guesthouse — <https://www.evermoreguesthouse.com/>

They have a range of room rates from under \$100 to \$150 and are within 10 blocks of Josephine’s, and not too far from Clutch. Uber and Lyft are the most reasonable ways to get there from the airport.

If you decide to stay at the Monarch next to Clackamas Town Center mall, which has a special Palmer/Pletsch rate, the hotel van can pick you up at the airport. Call when you get your luggage. You will need to provide your own transportation to and from the workshop location.



Monarch Hotel — 12566 S.E. 93rd Ave, Portland/Clackamas, Oregon 97015. <http://www.monarchhotel.cc/>

Palmer/Pletsch workshop attendees enjoy a nice discount. To reserve a room call 1-800-492-8700 or email the hotel directly at rescenter@monarchhotel.cc. Tell them you are with Palmer/Pletsch and request the “Palmer/Pletsch rate.” The hotel will give you a coupon each day worth 10% off dinner in their lovely, reasonably-priced restaurant. Check our website for more details about this hotel:

<https://www.palmerpletsch.com/places-to-stay-while-attending-a-workshop/> The Monarch is not able to offer transportation to and from

this workshop. It would be easy to use Uber or Lyft, or drive. Traffic is light on weekends and free street parking is available.

A note from our caterer, Jodi Ladd:

My name is Jodi Ladd and I have the privilege of preparing Palmer-Pletsch workshop lunches for you. It will be my task to provide tasty and nourishing meals to keep you focused and happy during your workshop. I like to use healthy ingredients such as quinoa, faro, beans and lentils, roasted vegetables, and fresh herbs in creative combinations. I like to marinate and grill. I favor ethnic flavors, so I’m not afraid of spices. I try to use as many fresh, seasonal foods as I can, to highlight our unique northwest bounty. I am an omnivore and I believe in moderation. You can expect a week of well-balanced lunches that do not rely heavily on meat or dairy or sugar. You will see a lot of fresh salads with innovative additions. Everything will be made from scratch, but not necessarily from a recipe. (I like to improvise.)

Having said that, I would like to be able to accommodate those of you who have serious food allergies. If a particular food causes a severe reaction, I want to hear about it. If you are celiac, I want to know. In order to streamline my efforts, however, I ask that you suspend any other food preferences or lifestyle choices for the duration of your workshop and trust that you will be well nourished by healthy lunches with plenty of options. Give me your name and class dates at least one week in advance. Feel free to contact me at: jodiladd57@gmail.com

Thank you and happy sewing!!
Jodi Ladd, Caterer

Palmer/Pletsch Sewing Camp — Portland

The goal of this class is to sew any project you'd like help with under the expert guidance of our staff. It is "open sewing" with demonstrations as needed or requested.

DAY 1:

Please eat breakfast before coming to the workshop. On the first day, bring alteration supplies.

9:00 am	Class begins with introductions and announcements
noon	Lunch
1:00 pm	Class continues
6:00 pm	Class is dismissed

DAY 2 - 4:

9:00 am	Class begins
noon	Lunch
1:00 pm	Class continues
6:00 pm	Class is dismissed

DAY 5:

9:00 am	Class begins
Noon	Lunch, diplomas, discussion, and sharing
1:30 pm	Class continues.
4:30 pm	Clean up.
5:00 pm	The workshop ends.

Bring the Following to Sewing Camp:

- **Comfortable, easy-to-change-out-of clothes, and comfortable shoes.** Layering allows adjustment to heat and air conditioning. Sleeves shouldn't interfere with sewing.
- **Sewing machines** Bring your own, along with extra bobbins, zipper foot, and needles. If you prefer to rent a machine, Montavilla Sewing Center can provide a basic machine for \$25/day, given at least one week notice. They will have it for you at the workshop location. To reserve a machine call or email Jason Moore: jason@montavillasewing.com Direct phone line is 503.360.9730. Other machines are available for a higher fee. We will have a limited number of sergers available for you to share.
- **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.
- **Patterns** you have already fitted or want to fit. Unless you are not sure of your size, we recommend you tissue-
prep any new patterns that you want to fit (cut, taped, and marked). It saves a lot of time by doing this in advance.
- **Sewing and alteration supplies:**
 - ___ Needles (both hand and machine)
 - ___ Paper scissors or rotary cutter for trimming patterns and sharp fabric shears

- ___ 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

- **Your color palette** if you have one. It really helps when shopping for fabric, see below about having your colors done by Ethel Harms.
- **Reference books:** *The Palmer/Pletsch Complete Guide to Fitting* for reference to fit challenges. For pockets and other techniques, you may want to bring *Pants for REAL People, Jackets for Real People, Knits for Real People*, and *Couture, the Art of Fine Sewing*. They are written from experience making them very clear. You'll get great styling tips for your body in *Looking Good...Everyday!*
- **Covered, refillable water bottle** labeled with your name.

Mark your supplies with your name before class.

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

Palmer/Pletsch Certified Sewing Instructors: This workshop will give you 50 PDUs.

Palmer/Pletsch Certification for Teachers

If you are not already a CSI, after successfully completing one of our teacher training sessions (offered with the Fit, Pant, and Beginning Fashion Sewing Teacher Training workshops, and as a home study course for Tailoring and Serger),

you are qualified to apply to be a Palmer/Pletsch Certified Sewing Instructor.

If you apply within 30 days of this Fit Camp, you will be able to count this workshop as 50 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.

<https://www.palmerpletsch.com/find-a-sewing-teacher/>

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. Ethel will share names so you can travel together. (You can take a cab, but cabs have been quite unreliable. Uber and Lyft are now available in Portland. Remember to set up an account if you don’t already have one.)

The Color Analysis price for Palmer/Pletsch workshop students is \$200.00 (reg. \$250). 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 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 Theatre 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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www.palmerpletsch.com