

**Information for Students Attending a Palmer/Pletsch
Pant Fit and Sew
All-inclusive Retreat
North of Seattle in Stanwood, WA**

Dear Attendee,

This Pant Fit and Sew Retreat is held at:



Makers Hideaway Retreat Center
Stanwood, Washington 98292
www.Makershideaway.com

What is included in this retreat?

The workshop events begin at 5:00 pm on the first day and end at 3:00 pm on the fifth day (see the schedule on the next page). 4 nights' accommodations at Makers Hideaway Retreat Center, all meals, beverages, and snacks are included.

The Hideaway is situated about an hour's drive North of Seattle and fifteen minutes from Smokey Point and Interstate-5. A true Retreat, away from the traffic and noise of the city.

Accommodations—attendees will have their own bed in one of the four shared bedrooms. There are three shared full bathrooms on two levels. A washer and dryer are on the lower level.

Maker Space—A large open studio with ten work areas, rotary cutting tables, ironing stations and individual cardboard cutting/pattern worktables. Each student is provided with a sewing table equipped with task lighting and rolling cart to keep supplies handy. The space also includes a cozy sitting room, a great place to relax while trimming patterns and a kitchenette to keep snacks and beverages handy.

FABRIC SHOPPING

Makers' Hideaway sister company, Style Maker Fabrics, is located on the Hideaway property. The store will be open limited hours for shopping.

One more note: Please do not wear perfume. We have found that some students have allergies to it.

Thank you,

Nancy & Seifer *Pati Palmer*

Palmer/Pletsch Pant Fit & Sew Workshop Schedule — Stanwood, WA

On the first day, bring alterations supplies. We will provide the Pant pattern.

DAY 1: Thursday

1:00 pm	Check-in begins. Get settled in your room + Open sewing
5:00 pm	Welcome and introductions
6:00 pm	Dinner
7:00 pm	Slide overview of tissue-fitting. Measure for size, patterns handed out. Open sewing

DAY 2: Friday

Early Risers	Open Sewing
7:00 am	Continental Breakfast
9:00 am	Class begins. Prepare pant pattern for fitting.
Noonish	Lunch
1:00 pm	Class continues
5:45 pm	Class ends
6:00 pm	Dinner
After dinner	Open sewing

DAY 3: Saturday

Early Risers	Open Sewing
7:00 am	Continental Breakfast
9:00 am	Class begins. Recheck fit if necessary. Cut pants and prepare for pin-fitting
Noonish	Lunch
1:00 pm	Class continues. Zipper and waistband demonstrations
5:45 pm	Class ends
6:00 pm	Dinner
After dinner	Open sewing

DAY 4: Sunday

Early Risers	Open Sewing
7:00 am	Continental Breakfast
9:00 am	Class begins. Continue finishing pant or begin a second pant with trouser front and fly zipper
Noonish	Lunch
1:00 pm	Class continues. Demonstration of trouser pocket, fly front and elastic waistline
5:45 pm	Class ends
6:00 pm	Dinner
After dinner	Open sewing

DAY 5: Monday

Early Risers	Open Sewing
7:00 am	Continental Breakfast
9:00 am	Class begins
Noonish	Lunch. Graduation certificates handed out.
1:00 pm	Class continues
3:00 pm	Class ends
3-4pm	Checkout

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

Bring the Following to the Pant Fit and Sew Retreat:

On the first day, bring alteration supplies and your fabric, if you have it, for us to check. There will be time to shop for fabric.

Our venue host will have the notions you may need to replenish such as ½” Scotch Magic Tape, 1 3/8” .5mm glass head pins, Perfect Pattern Paper, and recent Palmer/Pletsch books.

PLEASE NOTE: *you will be fitted over your undergarments*

- **Comfortable, easy-to-change-out of clothes.** Layers are nice so you can adjust to heat and air-conditioning. Sleeves shouldn't interfere with sewing.
- **A note pad and pen.**
- **Sewing machines.** Bring your own, along with extra bobbins, zipper foot, and needles, foot pedal, power cord, any accessories you might want. There are a limited number of sewing machines available to rent for \$10 per day. Please let us know if you would like to reserve one. **You won't need a sewing machine the first day for the pants, but you may want to have it for open sewing.**

Alteration and Sewing supplies

- ___ 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
- ___ Needles (both hand and machine)
- ___ Paper scissors for trimming patterns and sharp fabric shears
- ___ Tape measure, Thread clips or embroidery scissors, tape measure, 6" hem gauge, seam ripper
- ___ A soft lead pencil (#2-4) or soft lead color pencils such as Staedtler ergo soft® that won't go

through tissue.

- ___ Fine tip permanent markers in 2 colors to mark final alterations for left and right sides of body
- ___ **½" Scotch Brand Magic Tape** (green box) and a **weighted dispenser** (Do not bring ¾" tape.) Extra tape will be available to purchase
- ___ Clear 1/8" gridded (flexible) plastic ruler (example: 18" x 2" Collins Quilt and Sew ruler)
- ___ ___ 1" non-roll elastic cut to a little longer than your waist with ends lapped and pinned with a safety pin or Velcro sewn to ends (Write your name on it.) Extra elastic if making a pull-on style
- ___ A package of Perfect Pattern Paper.
- ___ A pack of Palmer/Pletsch Perfect Waistbands (1" non-roll monofilament interfacing)
- ___ Fabric for a plain pant and another style you wish to make. Some favorites are linen-like polyesters; wool crepe; rayon, polyester, or wool gabardine; wool flannel; linen and linen-like fabrics; Lycra-blend stretch-wovens; and silk suitings. If sewing a trouser pocket, you'll need 1/3rd yard lining for pocket stay
- ___ 9" invisible zipper and thread to match your fabric for the fitted pant.
- ___ 9" regular zipper and thread to match for the trouser pocket style or any style pant with a fly front
- ___ ½" Stay Tape™ for trouser pockets
- ___ 1/8" wide double-faced "Sewing and Craft" adhesive tape for applying zipper
- ___ A soft lead pencil (#2-4) or soft lead color pencils such as Staedtler ergo soft® that won't go through tissue. Also, bring a fine tip marker (flair) pen to mark final alterations for left and right sides of body. A sheet of paper under your patterns will keep our cutting boards from getting ink marks on them.

- **Book: *Pants for REAL People 2nd Edition***, spiral bound is best. ***Knits for Real People*** and ***Looking Good Everyday*** are also excellent references.
- **Covered, refillable water bottle** labeled with your name.

Mark your supplies with your name before class.

We will provide:

Our Palmer/Pletsch pant pattern Butterick B6845, our newest pant fit pattern. You can also bring other pant patterns you may want to alter if time allows.

Pant Fit and Sew Retreat TEACHER TRAINING

Teacher Training will take place during the workshop where you will be invited to share in fitting discussions. We will have lunchtime business discussions, and practice fitting in the evening.

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 you'd like to discuss from the book.

Prior to teacher training, you will be invited to download camera-ready originals for teaching as well as slides 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. Learn more and download the forms at

<http://www.palmerpletsch.com/certification/>

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.

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