

Information for Students Attending a Palmer/Pletsch Fit Sewing Patterns All-inclusive Retreat North of Seattle in Stanwood, WA

Dear Attendee,

This Fitting 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). Four 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. For transportation from SeaTac Airport (SEA), we recommend the Bellair Airporter Shuttle (Marysville/Tulalip stop). We can help with transport to and from the drop-off point.

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' 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 Fit Sewing Patterns Workshop Schedule — Stanwood, WA

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

DAY 1:

1:00 pm Check-in begins. Get settled in your room + open sewing
5:00 pm Dinner - Welcome and introductions followed by a slide overview of tissue-fitting. Measure for size, patterns handed out.

DAY 2:

Early Risers Open Sewing
7:00 am Continental Breakfast
9:00 am Class begins. Prepare bodice and sleeve pattern for fitting.
Noonish Lunch
1:00 pm Class continues
5:00 pm Class ends
Dinner
After dinner Open sewing/teacher training fitting practice

DAY 3:

Early Risers Open Sewing
7:00 am Continental Breakfast
9:00 am Class begins. You can fit princess seam fashions beginning today.
Noonish Lunch
1:00 pm Class continues
5:00 pm Class ends
Dinner
After dinner Open sewing/teacher training fitting practice

DAY 4:

Early Risers Open Sewing
7:00 am Continental Breakfast
9:00 am Class begins. You can fit any style dress, jacket, blouse, or skirt.
Noonish Lunch
1:00 pm Class continues
5:00 pm Class ends
Dinner
After dinner Open sewing/teacher training fitting practice

DAY 5:

Early Risers Open Sewing
7:00 am Continental Breakfast
9:00 am Class begins. You can fit any style dress, jacket, blouse, or skirt.
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.

Note: We tissue- and fabric-fit in this workshop. There is no time to sew during class. You may sew during open sewing in the evening, or mornings before class. You will spend most of the class time altering patterns standing at a hip height cutting table. It is a good idea to wear very comfortable shoes. Once you have fitted the sheath dress pattern, you will have a “body map” and know what alterations are necessary in the most fitted garment you will ever sew. Now you can fit then fabric-fit other fashion patterns.

Bring the Following to the Fit Workshop:

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.

- **Bring any patterns you wish to alter.** Palmer/Pletsch patterns have alteration lines printed on them so will be easiest to begin with. Stylemaker fabrics carries popular independent pattern companies such as: Closet Core, Cashmerette, Deer and Doe, Friday Pattern Co, Grainline Studio, Megan Nielsen, Sew House Seven, True Bias, among others
- Do not trim them since we may determine you are a different size than you thought.
- **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.
- **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,** optional for modesty when being fitted.
- **Hair tie or clip** if you have long hair, so we can see the tissue on your back.
- **A note pad and pen.**
- **Fabric** you would like to cut out and pin-fit in fabric. *Stylemaker fabrics* has their store on site, and there will be ample opportunity to shop for fabric. Plus, there is a washer and dryer on site for prewashing fabric.
- **If you plan to sew during open sewing times, bring a sewing machine.** Bring your own, along with extra bobbins, zipper foot, and needles, foot pedal, power cord, any other accessories. A limited number of sewing machines are available for rent for \$10 per day if you cannot bring your own. Please let us know if you would like to reserve one.

Alteration 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
 - ___ Paper scissors for trimming patterns and sharp fabric shears
 - ___ Tape measure
 - ___ A soft lead pencil (#2-4) or soft lead colored 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
 - ___ 3 rolls of ½" **Scotch Brand Magic Tape** (green box) and a **weighted dispenser** (Do not bring ¾" tape.) Extra tape will be available to purchase
 - ___ A see-thru, gridded plastic ruler
 - ___ 1" non-roll elastic cut to a little longer than your waist with ends lapped and pinned with a safety pin or with Velcro sewn to ends. This is used to fit the skirt. (Write your name on it.)
 - ___ A package of Perfect Pattern Paper.
- **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.
 - Chain necklace to mark the base of the back of your neck (optional)
 - **Covered, refillable water bottle** labeled with your name

[Mark your supplies with your name before class.](#)

We will provide:

Our newest Palmer/Pletsch fit sheath dress pattern

Fit Workshop 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.