

Information for Students Attending the Palmer/Pletsch
2-Day Fashion Fitting the Upper Body Workshop
Richland, Michigan

Dear Attendee,

Here is information about the schedule, what to bring, the hotel, and a little information about the area.

Our Michigan workshops are held at



Fabric Warehouse

8709 Gull Road, Suite B
Richland, MI 49083
269-629-0305

www.fabricationsonline.com
info@fabricationsonline.com



Hotels: Our “ideal suggested schedule” while you are here is to arrive the day before the workshop and get settled into the hotel. Both hotels offer free hot breakfast.

We highly recommend the [Comfort Inn Plainwell](http://www.comfortinn.com) (269-685-9891), which is about 12 miles from the shop. Restaurants and shopping are nearby. An added bonus is being able to stop at the Plainwell Ice Cream Company for what the locals contend is the best ice cream in the country!

The [Comfort Inn Kalamazoo](http://www.comfortinn.com) (269-384-2800), located about 5 miles from the [Kalamazoo/Battle Creek International Airport](http://www.kalamazooairport.com), may be more convenient if you are flying. If arriving by air, Uber and Lyft are available options for getting around if you have not rented a car. The hotel is located at the edge of downtown Kalamazoo, within several blocks of numerous restaurants and shops.

Lunches: We will be offering lunches as well as snacks, water, coffee, and tea. If you have any major food allergies, e-mail janet@fabricationsonline.com and tell her foods you have to avoid and the dates of your class. Do this at least one week in advance. Thank you.

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

Thank you and see you soon!

Janet Dapson Patti Palmer

Instructor

Janet Dapson is a Palmer/Pletsch Certified Sewing Instructor (CSI) and has attained the Palmer/Pletsch master level of Educational Associate, specializing in bodice/skirt/dress/pant fitting and tailoring techniques. She offers basic to advanced sewing classes, including garment fitting and construction, at her specialty fabric store (Fabrications Fabric Warehouse) located near Kalamazoo, Michigan.

Although she has been sewing for over 50 years, much of her skill was learned on her own. With a degree in biology, sewing was a creative diversion from her career in the biomedical field; it also enabled her to create the professional wardrobe required for her job.

Janet eventually decided to begin a career change, turning her sewing passion into a business. After taking in-depth courses with Pati Palmer and her colleagues in Portland, Oregon, Janet spent several years teaching sewing at her home and at the local Bernina store. In 2003, Janet, her husband (Dick) and daughter (Christine) opened Fabrications. Although most of the classes are now held at Fabrications, Janet occasionally travels throughout the midwest to present lectures and seminars on the Palmer/Pletsch methods.



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, there are suggestions at the hotel websites and at discoverkalamazoo.com. A few area attractions are: Kalamazoo Institute of Arts, Kalamazoo Valley Museum, Kalamazoo Nature Center, Kellogg Bird Sanctuary, Kalamazoo Air Zoo, and Gilmore Car Museum. A one-hour's drive north to the Grand Rapids area takes you to the Tanger Outlet Mall, Gerald R. Ford Museum, Grand Rapids Children's Museum and the Frederick Meijer Gardens. Or, take a one-hour drive west to Lake Michigan and its small communities: PawPaw is known for the St. Julian winery; Saugatuck, Douglas, Holland and South Haven are popular beach get-aways for the locals. Thanks to the internet, you can find more information about all of these attractions online.

Palmer/Pletsch 2-Day Fashion Fitting the Upper Body Schedule — Michigan

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.

Plan to leave your hotel at 8:30 every morning to allow for possible traffic delays. There is ample parking near the entrance to the Fabrications Fabric Warehouse.

DAY 1:

- 9:00 am Introductions. Slide overview. Measure for size. Begin tissue-fitting.
- 12:30 pm Lunch
- 1:30 pm Continue fitting.
- 6:00 pm Class ends for the day.

DAY 2

- 9:00 am Class begins. Cut and pin-fit fabric. Make adjustments, mark on fabric and record on pattern.
- 12:30 pm Lunch
- 1:30 pm Demos: Interfacing, Painless Placket, setting a sleeve.
- 5:30 pm Class ends.

After taking the 2-day Fit class, learn more fitting and sewing skills for different styles and fabrics. Take the 4-day Fit & Sew Workshop at one of the Palmer/Pletsch satellite locations!

Palmer/Pletsch Certified Sewing Instructors: This workshop will give you 20 PDUs.

Bring the following to the 2-Day Fit Workshop:

Fabrications, the location of our workshop, carries sewing supplies (with the exception of weighted tape dispensers and pencils/pens) and gives you a discount on everything you buy during the workshop.

You spend much time altering the pattern standing at a cutting table, which is tall, so you do not need to bend over as you would at a kitchen table. It is best to wear very comfortable shoes. The floor is concrete, so bring a cushioned pad to stand on if you wish.

- **Comfortable, easy-to-change-out-of clothes and comfortable shoes.** Layering allows adjustment to temperature fluctuations in the classroom. Sleeves shouldn't interfere with pattern altering.
- **Your best-fitting bra** and any other foundations you might wear. Wear the same bra every day of class, especially if you are large busted.
- **Wear a lightweight camisole** over your bra for modesty when being fitted.
- **If you have long hair** bring a hair tie or clip so we can see the tissue on your back.
- **A note pad and pen**
- **Alteration supplies: (Available at store.)**
 - ___ 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 or rotary cutter for trimming patterns (we have mats) and sharp fabric shears
 - ___ 1/2" Scotch Brand Magic Tape and a weighted dispenser. No substitutes. Fabrications carries 1/2" tape.
 - ___ A package of Perfect Pattern Paper
 - ___ A see-through, gridded plastic ruler
 - ___ A soft lead pencil (#2-4) or Crayola pencil that won't go through tissue. Also, bring a red and green or blue roller ball pen to final mark alterations for left and right sides of body.
 - ___ Fabric for your blouse. We will peruse Fabrications and show you our favorite fabrics. You will receive a student discount on everything you purchase.
 - ___ Chalk for marking fabric.
- **Book:** *The Palmer/Pletsch Complete Guide to Fitting* (spiral) is available at Fabrications.
- A chain necklace to mark the base of the back of your neck.
- You may also wish to bring a covered, refillable water bottle labeled with your name to limit single-use plastic.

Mark your supplies with your name before class.

We will provide:

- Our Palmer/Pletsch shirt pattern Butterick B6842 and interfacing for the facings.