

Information for Students Attending the 4-Day Palmer/Pletsch
Fit & Sew Fashion Knits 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 Dwyer Patsi 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 Fit & Sew Fashion Knits Workshop 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. You won't need a sewing machine the first day since the focus will be on pattern fitting. Bring the patterns you want to work on during the workshop or purchase at Fabrications that morning.

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

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.
10:15 am Slide overview of knit fit and sewing.
10:45 am Show simple knit tops to learn to fit, B6847 and B6848. Measure for size and tissue-fit top.
12:30 pm Lunch
1:30 pm Class continues.
6:00 pm Class ends for the day.

DAY 2:

9:00 am Class begins.
12:30 pm Lunch
1:30 pm Class continues.
6:00 pm Class ends for the day.

DAY 3:

9:00 am Class begins.
12:30 pm Lunch
1:30 pm Class continues.
6:00 pm Class ends for the day.

DAY 4:

9:00 am Class begins.
12:30 pm Lunch, graduation certificates, discussion and sharing.
1:30 pm Class continues. Settle bill with store by 5:00.
4:30 pm Clean up.
5:00 pm Workshop ends.

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



Bring the following to the Knits Workshop:

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

- Bring any patterns 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.
- Sewing machine and serger. Bring your own, along with extra bobbins, zipper foot, and needles. If you cannot bring your machine, you may request the use of a basic classroom machine in advance; we have two available. A classroom serger with neutral thread will be available for general use.
- Comfortable, easy-to-change-out-of clothes and comfortable shoes. Layering allows for adjustment to temperature fluctuations in the classroom. Sleeves shouldn't interfere with sewing.
- 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.
 - ___ Knit fabrics. We will peruse Fabrications and show you our favorite fabrics. You will receive a student discount on everything you purchase.
 - ___ 1" non-roll elastic cut 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.)
 - ___ Thread clips or embroidery scissors, tape measure, 6" hem gauge, seam ripper
 - ___ There are a few notions, such as stabilizing tapes, that are useful in sewing knits. We will demonstrate and they are available at Fabrications.
- Book: *Knits for Real People* (spiral) is available at Fabrications. *The Palmer/Pletsch Complete Guide to Fitting*, *Pants for Real People*, and *Looking Good Everyday* are also excellent references.
- 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.