

Information for Students Attending the 4-Day Palmer/Pletsch **PANT FIT & SEW WORKSHOP** in Vernon, Connecticut



Dear Workshop Attendee,
Here is information about the schedule, what to bring, the hotel, the optional shopping trip, and a little information about the area.



The workshop is held at Pamela's Patterns Fashion Sewing & Fitting Studio.

613 Talcottville Rd.

Vernon CT 06066

www.pamelaspatterns.com

Cell/text: 610-804-1640

e-mail: pamela@pamelaspatterns.com

Our "ideal suggested schedule" while you are here is to arrive the day before the workshop and get settled into the hotel. If you are staying at the Holiday Inn Express, there is shopping and restaurants within walking distance

The hotel: The closest hotel to the studio is the **Holiday Inn Express Vernon-Manchester**, located 2 miles from Pamela's Patterns Studio. It features a pool, gym and complimentary breakfast. The hotel is adjacent to the Tri-City Plaza Shopping Center, with many stores and restaurants. If you are flying in, Pamela will arrange your transportation to and from this hotel to the studio. Book your room by calling [860-648-2000](tel:860-648-2000). Mention Pamela's Patterns for a special rate of \$119.00 per night.



Holiday Inn Express Vernon-Manchester

346 Kelly Road, Vernon CT 06066

<https://www.ihg.com/holidayinnexpress/hotels/us/en/vernon/verct/hoteldetail>

There are many other hotels within 5 miles of Pamela's Patterns Studio. Google "Hotels in South Windsor CT" for a listing—these would be in the Mall area, near shopping and restaurants.

Airport Information: Bradley International Airport is 20 miles from Pamela's Patterns Studio and the hotels. The least expensive and fastest way to get to and from the airport to the hotel is by Uber. Prices can vary slightly, but the common range for this ride is \$25 - \$33 each way, less expensive than a traditional cab or shuttle.

If you have not used Uber before, it is an app you load onto your phone. There are lots of YouTube videos that will show you how to use the Uber app, but follow this link for good info and a discount code for your first ride. <https://www.uber.com/airports/bdl/> Please let me know if you need any more information.

Food: If you stay at one of the recommended hotels, breakfast is included with your stay. Pamela will have coffee, water, fruit, and snacks throughout the day. Lunches will be catered. Please let Pamela know of any allergies, special dietary needs, or general food requests at least one week prior to the workshop. Email her at pamela@pamelaspatterns.com

One more note: Please be very careful with perfume—it is best not to wear any at all. Many people are sensitive to it.

If there is anything I can do or if I can answer any questions for you, please do not hesitate to ask. I look forward to seeing all of you soon!

Thank you!

Pamela Leggett



Introducing Pamela Leggett, Palmer/Pletsch Certified Sewing Instructor

Pamela has been teaching sewing since 1981 and has been teaching Palmer/Pletsch Fit and Pant Fit classes since 1999. Specializing in pattern fitting, fine garment sewing skills, knits and serging, she has developed a fun and informative teaching style that is available in her patterns, social media, YouTube channel.

One of Pamela's passions is creating garments that flatter and fit the wearer. Her desire to teach others to achieve the perfect fit led her to the Palmer/Pletsch pattern fitting method, which she has used to help hundreds of women successfully achieve good fit and a renewed love of garment sewing. It is with this knowledge that she created Pamela's Patterns, which have many fitting solutions and adjustments built in the patterns.

Pamela's Patterns have been reviewed and featured in magazines and on-line review sites. Pamela is a contributing writer, book author and video personality for *Threads Magazine*, an instructor for Craftsy, director of the Palmer/Pletsch Connecticut Sewing Workshops and a national sewing/serging educator. She has also appeared on PBS's *Sewing with Nancy* and Canada's *The Shopping Channel*.

Pamela lives in Connecticut, where she operates her business and has a teaching program at The Studio at Pamela's Patterns in Vernon CT. She is a national instructor, teaching in-person and virtual classes for guilds, stores, and shows.

Palmer/Pletsch Pant Fit and Sew Workshop Schedule — Connecticut

DAY 1:

9:00 am	Introductions, announcements. PowerPoint presentation and selecting size.
Noonish	Lunch
1:30 pm	Start fitting
6:00 pm	Class ends. Dinner at a restaurant of your choice.

DAY 2 and 3:

9:00 am	Class begins. Demos, fitting, sewing, and/or pinning.
Noonish	Lunch
1:30 pm	Class continues
6:00 pm	Class ends

DAY 4:

9:00 am	Class begins. Finishing what still needs to be accomplished. Questions, etc.
Noonish	Lunch
1:30 pm	Class continues. Clean up and check out purchases at the end of the afternoon.
5:00 pm	Workshop ends
5:30-7:00 pm	Graduation dinner

DAY 5: **OPTIONAL NYC fabric shopping trip.** See page 5 for more information.

Teacher Training available upon request.

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

What to Bring to the Connecticut Pant Fit & Sew Workshop:

Pamela's Patterns carries most of the items needed for this workshop, including a small selection of beautiful Designer fabrics. My goal is for you to fit (and sew) several patterns during your four days—and learn tons of techniques! Each person will have a cutting and sewing workspace.

You will be spending a lot of time in your underwear, so make sure yours fit well, don't have VPL (visible panty lines) and don't leave creases around your curves. If you are modest, close-fitting tights or leggings work well, but make sure they don't change your size or make indentations. Best thing to wear? Tights/leggings, a camisole, and a dress/long shirt to wear over them.

Patterns – You can choose any pants pattern to bring, but we will all start off with the same one to learn fit. Pati Palmer has graciously allowed me to use my pattern, **#113 Pants...Perfected** from Pamela's Patterns. It comes with the pattern and a 2.5 hour Instructional DVD. If you would prefer, you may use Butterick

Palmer/Pletsch pattern B6845. They are the same style and the fitting techniques are the same as well. If you have other pant styles you would like to make, please bring those patterns as well.

Fabrics – Bring any prewashed fabrics you may want to use. If using fabrics that need to be dry cleaned, steam press the fabric for shrinkage. I take mine to the cleaners and ask them to do it. For pants, you should always choose good quality, bottom weight fabric with a nice drape. Using cheap or stiff fabric makes fitting pants extremely difficult (save those fabrics for making pants after you have the pattern fit!). Natural fibers are always the nicest to work with, although natural fiber blended with synthetics works very well too. You will need 2½ yards for each pair. We can sometimes do some creative piecing if your yardage is less. Many people love to make what I call "The Magic Pants." This style uses the basic pant pattern with a smooth elastic waist. If you are interested in making these, bring a prewashed bottom weight stretch woven with at least 20% stretch.

Book – *Pants for Real People* from Palmer/Pletsch. (I like mine spiral bound.)

Machines – If you are driving, bring your own sewing machine and a serger, if you own one. There will be two "community" sergers set up, one with light thread and one with dark thread, if you don't mind sharing. Bring bobbins and all the basic accessory feet, an edge joining/edge stitching foot and a zipper foot. If you are flying, Pamela will be happy to provide machines for you. Be sure to let her know in advance.

Thread – sewing thread for your fabrics and basic color cone thread for the serger (white, tan, black, grey – you don't need all of these!)

Notions

- Perfect Pattern Paper by Palmer/Pletsch
- 5/8" elastic, 2" smaller than your waist, sewn into a circle or connected with Velcro. If you don't have 5/8" elastic, you can use Pamela's Patterns Fantastic Elastic, which can be cut to any width.
- 9" or longer zippers to match fabrics—invisible for a back zip, regular for a fly front.

Sewing Supplies

- 2 boxes 1-3/8" extra-fine glass head pins (.5mm size is best—they will not bend when piercing cardboard surfaces) and a magnetic pin cushion
- Tape measure, seam ripper, marking tools, basic sewing supplies
- Hand sewing and machine needles
- Scissors, rotary cutter, quilting ruler (at least 2" X 18"), Curvey ruler
- Paper, pencil, red and black marker (not a Sharpie!). My favorite marker is Flair by Paper Mate.
- A 1½" binder with lots of page protectors is great for storing handouts and pattern pieces. Gallon size ziplocks are also helpful.
- Scotch Magic Transparent Tape. Ideal width (but hard to find) is ½", but ¾" is fine. The tape should be in a weighted dispenser.
- Hangers for your garments-in-progress.

NOTE: Pamela's Patterns carries almost everything on this list with the exception of commercial patterns, zippers, machine feet, binder, and hangers.

OPTIONAL OPPORTUNITIES



New York City Garment District Fabric Tour:

The day after the workshop, join Pamela Leggett for a guided shopping tour of New York City's fabric stores throughout the garment district. New York City is a fabulous place to visit and shop for fabrics, trims, buttons and so much more! Pamela will be your guide for the day to explore Mood (Project Runway's store), B & J's (Pamela's favorite) and other stores in the Garment District. (A minimum of 4 people is needed to offer the shopping trip.)

You will leave for NYC around 7:30 am and return around 9:00 pm. Pamela will drive you to the New Haven train station where we will take the Metro North train into Grand Central Station. The walk to the fabric district is 6 to 7 blocks from the station.

The \$150 price includes transportation, the tour, and lunch.



Dinner and a Movie

If enough people are interested, we will order in dinner and watch a fashion-related movie. Pamela has several that you will enjoy (a customer favorite is the independent smash, *Men of the Cloth*). There is no charge for this; everyone pays for their own dinner.