Information for Students Attending the 4-Day Palmer/Pletsch

FIT SEWING PATTERNS WORKSHOP

in Vernon, Connecticut

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

If you are traveling in from a distance, you may want to arrive the day before to get settled in. There are many hotels to choose from in the Vernon/Manchester/South Windsor area. Pamela is happy to provide rides to and from Pamela's Patterns Studio if you stay at the Holiday Inn Express in Vernon.

Pamela has arranged discount codes for the following locations:

Holiday Inn Express
Call to reserve, call the hotel and mention Pamela's Patterns for $119 per night.

Cambria Hotel
Use this code for $139 per night: http://www.choicehotels.com/ires/en-US/html/ArrivalInfo?hotel=CT136&srp=LPAM&pu=no

Fairfield Inn and Suites
Use this code for $125 Standard Queen/Queen $149 Executive King: https://www.marriott.com/event-reservations/reservation-link.mi?id=1730387067665&key=CORP&guestreslink2=true Or you may contact the hotel directly at 860-648-9796 and ask for the rates under Pamela's Patterns.

If you are interested in a Vrbo or Airbnb, there are several options in the area. Contact Pamela if you would like recommendations.

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 or cab. There is also an Amtrak train station in Hartford.

Food: 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.

More info on The Studio at Pamela's Patterns can be found at this link: https://pamelaspatterns.com/pages/studio-details.

Palmer/Pletsch Fit Sewing Patterns Workshop Schedule — Connecticut

OPTIONAL CUSTOM DRESS FORM CLASS THE DAY BEFORE THE WORKSHOP.

See page 6 for more information.

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, 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 6 for more information.

DAY 6: **OPTIONAL Teacher Training.** See page 5 for more information.

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

What to Bring to the Connecticut Fit 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 several patterns during your four days—and learn tons of techniques! Each person will have a cutting workspace.

You will be spending a lot of time in your underwear, so make sure yours fit well! 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 or leggings (shorts or ankle length), a camisole and a dress/long shirt/robe to wear over them. If you haven't been fitted for a good bra lately, please do so before the workshop. A good-fitting bra can make a big difference in how patterns and clothing will fit you. Nordstrom is well-known for excellent bras and fitters. My recommendation is to call ahead and ask when their best fitter is working.

Another item you can bring is a plain white T-Shirt that fits very snugly. Nothing new or nice needed; I will show you how to cut off the sleeves and neckline, mark it all up and make a nice self-fitting tool to help you with your fitting.

Wear a necklace each day so we can easily see the base of your neck.

Patterns – Bring any patterns (except pants) you would like to use during this class. You will learn the most if you pick fitted patterns, but it is also interesting to learn how to fit an oversized or "artsy" pattern. For commercial patterns (Butterick, McCall's, Vogue, Simplicity), make sure you have the correct size. A good diagram of how to measure is found on page 34 of the *The Palmer/Pletsch Complete Guide to Fitting*. Be sure to check out Palmer/Pletsch patterns from Butterick and McCall's—they have fitting advice built in! You will have the opportunity to work on princess seam patterns as well. They can be either shoulder or armhole princess.

Pamela's Patterns Studio does not stock any commercial patterns, so be sure to pattern shop before the workshop! In a pinch, there is a Joann Fabrics within 5 miles.

We will all start with the same pattern, the fitting pattern from Palmer/Pletsch and Butterick, B6849. This will essentially become your "sloper" or fitting tool for the class. The pattern is included in the workshop fee and will be here for you when you arrive. It is a basic fitted dress that you can make or just use as a fitting tool.

Fabrics – Bring any prewashed fabrics you may want to use. We will most likely not be doing any actual sewing during the class, but you will want to cut out fabric from your adjusted patterns and pin fit them at the workshop. If you would like to sew, we have machines you can use!

Book – ***The Palmer/Pletsch Complete Guide to Fitting*** — available at Pamela's Patterns Studio.
(I like mine spiral bound.)

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.

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
- 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 narrow binder with page protectors or project bags are helpful for organizing patterns and projects.
- Scotch Magic Transparent Tape. Ideal width (but hard to find) is ½", but ¾" is fine. The tape should be in a weighted dispenser.

NOTE: Pamela's Patterns carries almost everything on this list with the exception of patterns (Pamela's Patterns are available) and machine feet.

Fit Workshop One-day TEACHER TRAINING Schedule

Teacher Training will take place 9:00am to approximately 3:00pm.

Whether you intend to teach or not, Teacher Training is an excellent way to hone your pattern fitting skills. During lunch we will discuss any aspects of the business of teaching that pertain to you, but the majority of the day is spent doing independent fitting.

Fitting practice is the most important part of the day, and you will partner with other participants to learn and grow in your fitting skills. Pamela will help you prepare for your day during the workshop.

Action:

- Measure each other. Find out if you get the same size as was used in the workshop. If not, all discuss how and why you might have determined a different size.
- Pair with someone who has a different figure than you. Put them in the basic bodice in their size to determine basic alterations. Make a note of the alterations on a fit sheet.
- Fit each other by trying on the unaltered fashion pattern, deciding on initial alterations, making those alterations for the person you are fitting, and repeating the process until the pattern is completely altered. Have instructor check. Ask questions as needed, but try first to make decisions yourself.

Prior to teacher training, you will be given access to digital originals of documents for teaching as well as a PowerPoint presentation 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.

OPTIONAL OPPORTUNITIES

PRE-WORKSHOP CLASS:
Make a Custom Dress Form

Join Pamela the day before the workshop to make a Custom Dress Form—the perfect replica of yourself—to aid in your fitting once you get home! $250 includes lunch and a kit that contains many of the supplies you will need. Contact Pamela directly for more information, supply list, and to reserve your spot — pamela@pamelaspatterns.com.

A dress form is a useful tool for fitting and design. The problem is getting one to fit all your curves and "scallops." In this class, we will use an adjustable form that you will "build and pad" to look just like you! Other than the dress form, the supplies are simple—a bra and undies, batting and fiberfill, and some bandaging from the drug store. We'll finish the form with a custom cover. With the skills you learn, you will be able to change the dress form as your body changes. You will now be well equipped for your fitting and design challenges!

New York City Garment Distric 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 $175 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.