

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Gail Patrick is the April Scheduler. Contact her at 804-598-2317, 804-347-9747 or ragslan@aol.com to volunteer for a shift.

Shopkeeping Prize Award

The March winner is Karol Canada.

Please contact the scheduler to get your name in for the April drawing.

Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you, Karol for all your help. A beautiful bag of yarn is waiting for you at the shop on your next visit. We hope you will enjoy making a special something with it.

In charity there is no excess.
Sir Francis Bacon

Letter from Lois

As I was putting together these few paragraphs I received an email from a chemo patient saying she had just picked up a cotton hat with our dove tag on it while receiving her infusion. She said her hats on hand had just become much too warm for our spring weather. Thankful we had some summer hats available from which she could choose. So...with that said...guess you've figured out what our urgent request is! You've got it...lots of light weight summer hats! And please, don't forget, the guys need hats as well, even when temperatures warm up, some of the men still want to cover their bald heads.

Cotton is normally our yarn of choice this time of year but we understand that the cottons that are blended with some acrylic are more comfortable and retain their shape much better. We have tried to stock these blends at the shop but they go out the door as fast as they come in. So better hurry by to get your supply!

Acrylic hats still work for warm weather as long as we make them lighter weight by moving up a number/letter to two on the size of our hooks and knitting needles. Some of the more open patterns work as well. Just be sure they aren't so lacy that bare skin shows through.

And speaking of summer weight stitching, remember the lighter weight blankets are best for summer. The adult size blankets are our greatest need currently. Some of those desired are for use during chemo or dialysis treatments when just a little cover is usually all that is necessary. Those measuring approximately 30 inches by about 48 inches are wonderful. In some cases the 30 X 42 work equally as well.

For use by wheelchair patients the best size is about 27 X 36 inches. These normally have a 72 inch long tie cord. A single chain stitch using double yarn works well. Or an equal length of cording if you have some on hand. This is threaded through the narrow side of the blanket for use in tying around the waist of the patient while in the chair.

And of course, if you really don't feel up to making an entire blanket we can still use your 12 inch squares. We have some very talented ladies who can be coerced into stitching these together and applying beautiful edging stitches...but we do have to supply them with lots of chocolate in order to get the job done!

Donation Inventory Numbers

Previous Total

Mid 2002 – 2010: **90,868**

2011

Jan - Feb 4,051

March 1,491

Year-to-Date 5,542

Grand Total 96,410

General Stitching Hints & Tips

- I keep a heavy flat magnet in my knitting/crochet tools. My little scissors and all of my large-eyed blunt needles are always in one place and not rattling around in the bottom of my bag.
- When I have yarn left over from a project, I wind it into a ball. I then use small clip barrettes to fasten the end of the yarn to keep it from unraveling. It's easy to find the end and keeps them nice and neat!

Knitting Hints

- Using circular needles instead of straight ones prevents dropping your needle.
 - Wax paper rubbed over bamboo needles makes for smoother knitting.
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So, put aside all those winter stitching supplies and let's get hopping on the light weight, beautiful summer yarns and whip up a nice batch of blankets and hats to help those in need through their trying times. You'll feel wonderful knowing you are helping someone in need ☺

Lois

Urgent Needs!

Our greatest need is lots of light weight summer hats and more hands. We need knitters, crocheters and seamstresses of all ages. If you can aim us toward groups or individuals who might be willing to join in our efforts to help others then, by all means, let us know. We are anxious to hear from anyone, those with previous experience, those who just occasionally pick up their yarn and hooks or needles as well as those who would like to learn our crafts. Get in touch with us at lois@ftheart.net or call 804-305-4971. We look forward to hearing from you

This month's other urgent need is summer weight hats. We can always use blankets and baby items along with anything else you would like to make. We will continue to use the acrylics for all of our blankets.

What we do And why we do it...

Have you ever considered what we do, why we do it and why we need to do even more? Read the following, see if it makes you feel like it made us feel ...to start stitching.

Today, a woman in a cancer care unit received the news that she was losing her struggle with cancer; nothing more could be done. She had arrived with a rather tatty blanket to warm her. A worker in the unit asked if perhaps she would like a new handmade hat and blanket (made by From the Heart). Because of her African heritage, the worker selected bright colored items and gave them to the patient, thinking she would like them. The woman was happy with the selections and adjusted the hat on her bald head and admired the blanket, gladly replacing the one she had come in with. She said, "I wish I had a mirror that so I could see my new hat." Her husband slipped off his chair, sat at her side on her bed and said, "I'll be your mirror."

We were all teary-eyed reading this and it made us want to start stitching faster.

Thank You!

Every month we ask for help and every month you are all so wonderful and respond to the need. You never get to see the faces of those whose lives, hearts and families you touch or how much what you do means to them. We really appreciate every one of you and thank you for your efforts.

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## From the Heart

I had another chemo treatment at the Virginia Cancer Institute in the Thomas Johns Center today and, to my great surprise, I found some COTTON chemo hats the From The Heart stitchers had donated. My wool hats are getting a bit too warm for the daytime now, so I was soooo happy to see the cooler cotton ones. I couldn't resist two of the gorgeous pretty colored, adorable, oh so comfy hats. Thank you again for making these hats which are greatly appreciated... A grateful recipient

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Knitters From the Heart

Just a little note to let you know how much we appreciate all of the beautiful clothing you knit for our babies.

Words can't express the impact your work has made on our families as well as our nurses. We thank you for volunteering your time and hope to continue to receive your amazing clothing for our babies.

Sincerely..... Carissa (RN)

Chesterfield Heights Retirement Center

The Chesterfield Heights ladies started their group in September of 2010 with the help of Lois Moore and Darlene Holland, the activities coordinator. Not only did they start this new group, these ladies were also getting use to their new home at the brand new Retirement Center.

In October 2010, Fran Topper started working with this delightful group and loves the hour that they share twice a month. The ladies just finished their first afghan which they will present to From the Heart in March.

They love making the 12" squares in the pretty colors and they have already started making squares for the next afghan in fall colors. They are also making baby blankets, hats and scarves.

The ladies enjoy the fellowship and knit or crochet every Tuesday even when Fran is not there. New ladies come to see what they are doing and say, Oh, I know how to knit or crochet, so another one has joined the group and enjoyed the fellowship.



The From the Heart newsletter is now being sponsored by The Calendar Market, Inc. This family owned business is run by two of our members. Custom calendars can make a great funding raising idea. Check out the website.

www.thecalendarmarket.com



From the Heart Newsletter

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Starbucks – Huguenot 11 am -1:30 pm	2 Starbucks Oxbridge Square 10 – noon Atlee Library 1–3
3	4 Park @ Ridgedale 2–4pm Harvest Glen Stitches 2 - 4 pm	5 Panera Bread Breckenridge Shop Center 10 – noon Martin's Grocery 5:30 – 7:30 pm	6 Colonial Heights Senior Center 10–12 ElmCroft Retirement 1:30	7 The Mall Group @Chesterfield Towne Center (food court) 9-12 Hopewell Library 6-8 pm Panera Bread Midlothian 6:30-8 pm	8 Starbucks – Huguenot 11 am -1:30 pm Kay's Krafters 1 –5 pm	9 Atlee Library 10 – noon Louisa Group Hardee's 10 - noon
10 Fun Day 2–5 p.m	11 Park @ Ridgedale 2 – 4 pm	12 Chesterfield Heights Community Center 2:00pm Martin's Grocery 5:30–7:30 pm	13 Colonial Heights Senior Center 10–12 Dinwiddie Library 1:00- 3:00 Hopewell Library 10 – noon	14 Chamberlayne Hts United Meth Church 1:30 – 3:00 The Ladies of Gayton Terrace 3:30 p.m	15 Starbucks – Huguenot 11 am 1:30 pm	16 Starbucks Oxbridge Square 10 – noon
17	18 Park @ Ridgedale 2 – 4 pm Harvest Glen Stitches 2 - 4 pm	19 Panera Bread Breckenridge Shop Center 10 – noon Martin's Grocery 5:30–7:30pm Tuckahoe Library 6:30–8:30 pm	20 Colonial Heights Senior Center 10-12 ElmCroft Retirement 1:30	21 The Mall Group @Chesterfield Towne Center (food court) 9-12 Hopewell Library 6-8 pm Panera Bread Midlothian 6:30-8 pm	22 Starbucks – Huguenot 11 am - 1:30 pm Kay's Krafters 1 – 5 pm	23
24 Fun Day 2–5 p.m	25 Park @ Ridgedale 2 – 4 pm	26 Chesterfield Heights Community Center 2:00pm Summerhill Retirement 1:30 - 3:30 pm Martin's Grocery 5:30–7:30 pm	27 Colonial Heights Senior Center 10-12 Dinwiddie Library 1:00- 3:00 Hopewell Library 10-12	28	29 Starbucks – Huguenot 11 am - 1:30 pm	30

April 2011

Name	Address	City	Day of Month	Time of Day
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 1st	1 - 3 pm
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 2nd	10 am - noon
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Rd	Richmond	Thursday 2nd	1:30 - 3 pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, every other	2:00 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2nd,4th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1st, 3rd	1:30 pm
From the Heart	1114 Westbriar Drive	Henrico	Tuesday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Wednesday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Thursday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am – 2 pm
Harvest Glen Stitchers			Mondays 1st, 3rd	2 - 4 pm
Hopewell Library	209 E. Cawson Street	Hopewell	Wednesday 2nd, 4th	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1st, 3rd	6 - 8 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	1 - 5 pm
Ladies of Gayton Terrace			Thursday 2nd	3:30 pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am - noon
Panera Bread	12540 Jeff Davis Hwy	Chester	Tuesday 1st, 3rd	10 am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1st, 3rd	9 am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	6:30 - 8:30 pm
Park at Ridgedale	5001 Ridgedale Pkwy	Richmond	Monday Every	2 - 4 pm
Starbucks	5001 Huguenot Rd	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Rd	Richmond	Saturday 1st, 3rd	10 am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Tuesday Last	1:30 - 3:30pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30 - 8:30 pm

Row of Hearts Summer Chemo Hat

1 ball cotton yarn or cotton/acrylic blend

16" size 8-9 circular needles for body of hat and size 6-7 for rolled brim.

Using smaller needle, cast on 84 st. Join row being careful not to twist stitches. Knit 8-12 rows; change to larger needles. Continue until about 2 ½ in from the bottom. Place markers every 12 stitches. Begin pattern of 13 rows:



Pattern:

Row 1: *knit 5, yo, knit 1, yo, knit 6; repeat from*. 98 stitches; 14 between markers.

Row 2 *and all even rows*: knit.

Row 3: *knit 2, k3tog (yes, that's 3), yo, knit 3, yo, slip next 3 stitches individually knitwise, insert left needle into fronts of the stitches and knit them tog through back loop (tbl), knit 3. Repeat from*. With multiples of 12 stitches again, you have 84 stitches.

Row 5: *knit 1, k2tog, yo, knit 5, yo, ssk, knit 2; repeat from*.

Row 7: *k2tog, yo, knit 7, yo, ssk, knit 1; repeat fom*.

Row 9: Slip the first stitch in the first group of 12 without twisting it (this will become the last stitch of the last repeat),

*yo, knit 9, yo, slip 2tog knitwise, remove marker, knit 1, pass the 2 slipped stitches over the knit stitch, replace marker after the pssso; repeat from *. You have just repositioned all markers; when the row is complete there are still 12 stitches between each.

Row 11: *yo, k2tog, knit 3, yo, knit 1, yo, knit 3, ssk, yo, knit 1; repeat from *. After this row you have 98 stitches temporarily; multiples of 14.

Row 13: *knit 1, yo, knit 4tog (yes, that's right, 4!), yo, knit 3, yo, slip next 4 stitches individually knitwise, insert left needle into front of stitches and knit them tog tbl, yo, knit 2; repeat from*. You have 84 stitches again with multiples of 12 stitches.

Continue knitting every row until you have knit 1 ½ - 2 inches above the last pattern row.

Decrease in every row: knit 10 stitches knit 2 tog—these 2 should be the last 2 before a marker; continue around. In the subsequent rows: knit to within 2 stitches of the marker, knit 2 tog and continue until 7 stitches remain. Cut yarn and pull it through the remaining stitches. Secure and weave in tails.

Rita's Rolled Rim Chemo Hat

A Rita Creation

This design helps overcome the 'sag factor' for roll brim hats made with the least resilient yarns (such as summer cottons and linens), providing a bit of extra bounce and body (like some shampoos!).

Hat may be made using worsted weight and size 7, 8 or 9 16" circular needle or sport weight and size 5, 6 or 7 16" circular needle. Number of cast on stitches must be divisible by 4.

Sample was made using sport weight cotton, size 7 needle and cast on of 84 stitches.



Join stitches being careful not to twist. Knit all stitches around until piece measures approximately 1 inch. Purl 1 row.

Beginning next row, knit 2, purl 2 all rounds until piece measures approximately 7 inches.

Decrease crown:

Row 1: Knit 2, Purl 2 together around.

Row 2: Knit 2, Purl 1 around

Row 3: Knit 2 together, Purl 1 around

Row 4: Knit 1, Purl 1 around

Row 5 etc.: Knit 2 together around until 11 stitches remain. Cut yarn and pull through these stitches. Weave in ends

Email: lois@ftheart.net

Web: <http://www.fromtheheartstitchers.org>

Men's Single Crochet Hat

Materials:

K size hook

Approximately 6 oz. soft worsted weight yarn in dark colors appropriate colors for men.

Round 1: Chain 4, slip stitch to form a ring. Work 6 sc in the ring.

Round 2: 2 sc in the next 6 scs. (12 sts).

Round 3: sc in the next st, 2 scs in the next st, 6 times (18 sts)

Round 4: sc in the next 2 sts, 2 scs in the next st, 6 times (24 sts)

Round 5: sc in the next 3 sts, 2 scs in the next st, 6 times (30 sts)

Round 6: sc in the next 4 sts, 2 scs in the next st, 6 times (36 sts)

Round 7: sc in the next 5 sts, 2 scs in the next st, 6 times (42 sts)

Round 8: sc in the next 6 sts, 2 scs in the next st, 6 times (48 sts)

Round 9: sc in the next 7 sts, 2 scs in the next st, 6 times (54 sts)

Round 10: sc in the next 8 sts, 2 scs in the next st, 6 times (60 sts)

Round 11: sc in the next 9 sts, 2 scs in the next st, 6 times (66 sts)

Round 12: sc in the next 10 sts, 2 scs in the next st, 6 times (72 sts)

Mark end of the 72 stitches.

Continue working sc in each stitch around until hat measures at least 7 inches from the marker.

Fasten off and weave in the ends.



Dr. Mom's Head Hugger

Crochet Head Hugger

Designed by: Sonya H. Puckett, M. D.

Materials:

- 2.5 to 4 oz. yarn (I use Red Heart yarn from Wal*mart)
- Crochet Hook size: H or 8 for average size head
(use larger or smaller hook to adjust size)

Directions:

Starting with the center top of hat, chain 5. Join the chain with a slip st so that you have a ring. Chain 2 and count this as first st on first row.

Row 1

Work 9 hdc in the ring (or you can use a single or double crochet st depending on the yarn and what effect you want to achieve).

Join last st to first with a slip st and chain 2 which makes the first st of row 2. **(chain 2 will be 1st st on each row).**

Row 2

Work one st in same st as joining st, then 2 st in each st around.

Join to top of chain 2. **(End all rows by joining to the top of chain 2)**

Row 3

Chain 2, one st in first st, two sts in the next st (increase by one st every other st. Do this all the way around). Join as in row 1.

Row 4

Chain 2, crochet around making 2 sts in every 3rd st (increase made), one st in the st in between.

Row 5

Chain 2, increase (2 sts) in every 4th st around.

Row 6,7,8

Chain 2, increase (2 sts) in every 5th st around.

Row 9

Decrease every 3rd st by skipping each 3rd st. Crochet in all others around.

Row 10,11

Hdc in every st around.

Row 12

Increase in every 5th st around.

Row 13,14

Hdc in every st around.

Row 15

Repeat row 9.

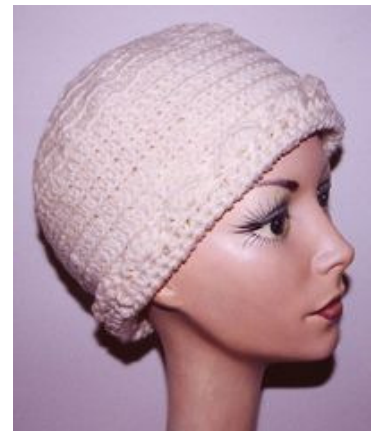
Row 16

Hdc in every st around.

Row 17

Decrease every 5th st by skipping each 5th st around.

After joining with slip st, do not make a chain 2 stitch.



Row 18

Shell Border: Make 5 hdc in next st Skip a st, slip st in next st.

*Skip a st, make 5 hdc in next st, skip a st, slip st in next st.

(Repeat from asterik around.) Join; cut yarn; tie off; weave tail into hat so it doesn't show.

Abbreviations:

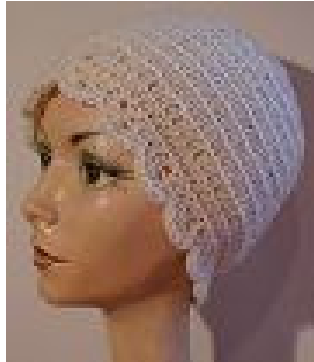
hdc = half double crochet

sc = single crochet

dc = double crochet

More styles/colors:

The cap can be worn with the brim turned back (or not).



<http://www.headhuggers.org/patterns/cpatt05.htm>