

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

Let's do our part... While we are enjoying our beautiful weather, perfect temperatures and great outdoor season; as we go full steam into cookouts and family times this summer season, continue to remember others in our communities. Keep those beautiful blankets coming for the dialysis centers, hospice areas, bone marrow units, burn units and infusion centers.

Those beautiful little babies in NICUs and newborn nurseries need our help with blankets for cuddling and little hats to warm their sweet little heads.

Hats to warm the bare heads of both adult and pediatric patients are so appreciated when worn in those cool surroundings when undergoing treatments.

As you head to the parks and beaches, pack your stitching project to go. Our road trips give perfect opportunities for stitching on the go. Take it with you, get in a row or two now and then. It's amazing just how much can be accomplished even while enjoying other events and family time.

Continue to be safe, enjoy your summer, and we look forward to seeing you at the shop very soon!

Lois

Urgent Needs!

Summer temperatures have arrived and are here to stay for the next several months. With the summer heat the need for cotton hats continue to be an urgent item.

We have also had a request for the bandanna type of coverings that some of our sewers have provided in the past.

Other requests we are getting are for:

- Large blankets for palliative care
- Outfits for the bears

Many of our groups request the bears and are so excited to receive them. Bear outfits are quick and easy to make. The website has patterns for both knitted and crocheted items.

Also as mentioned in the Letter from Lois we can use hats and blankets for the babies in the NICUs and newborn nurseries as well as blankets for the dialysis centers, hospice areas, bone marrow units, burn units and infusion centers.

A Day Long Stitching Event!

LET'S STITCH
October 8, 2011 10AM – 4PM
held at the
Liberty Town Arts Workshop
Fredericksburg, VA

We are pleased to announce what we hope will become an annual Fredericksburg charitable event "Let's Stitch". The Fredericksburg Spinners and Weavers Guild, in affiliation with [From the Heart Stitchers](http://www.fromtheheartstitchers.org), will be hosting this all-day event. We will be knitting and crocheting to benefit many local groups. There will be ongoing demonstrations throughout the day as well as light refreshments. Bring your friends, mothers, sisters, brothers and join us for a day of fun, fiber and philanthropy!

For more information, registration and directions check out the Fredericksburg Spinners and Weavers Guild website.

<http://sites.google.com/site/fswguild/Home/let-s-stitch>

Stop by the Shop

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

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Eleanor Cannon is the June Scheduler. Contact her at e-cannon@msn.com or 282-0440; 514-1168 to volunteer for a shift.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2010: **90,868**

2011

Jan - April 8,247

May 1,157
4,051

Grand Total 99,115

Shopkeeping Prize Award

The February winner is Ann Hald.

Please contact the scheduler to get your name in for the June drawing. Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you, Ann 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.

General Stitching

Hints & Tips

- I find using zippered pencil cases are great to carry my small accessories and double pointed needles.
- Don't throw away the plastic sleeves from your newspaper delivery. recycle them to store yarn or keep materials clean and together for a project in progress. Bonus, they're free and by recycling, you're helping the environment!
- I have tried many different ways to keep a skein of yarn together while stitching and finally found one that works. I use those nifty plastic grocery bags we get when we shop. Place the ball or skein of yarn in the bag, wrap a rubber band around the bag below the handles just tight enough for the yarn to slip through, but not the skein.

Even if the skein pulls up to the opening a little nudge on the outside will loosen it. In case of a knot, unwrap the rubber band from the bag, get rid of the knot and proceed as above. This little trick saves lots of wear and tear on the nerves while keeping the yarn clean.

- When wanting to split 1 ball of yarn into 2, wind yarn around an empty toilet paper roll counting each turn then use another roll and wind 1/2 the amount on that roll therefore having the same amount of yarn on each. You can also use an empty small water bottle.
- Mailing tubes are a great way for storing knitting needles and crochet needles. They can be cut to fit lengths needed.
- When using a yarn that splits or ravel easily, leave a cut end a little longer than usual and tie a knot in the end. Cut the knot off later when you weave in the end.

Do you have a shortcut or hint that saves you time? Have you found an easy way to solve a knit or crochet problem? PLEASE send us your favorite hints and tips to share with everyone.

Check the website for a pattern to sew a chemo bandana.

Barb's Seamless Crocheted Baby Hat

Copyright © Barbara Feltner

Hat Size Guidelines

Size: full term newborn (13" circumference)

Materials: size F hook, 1.5 oz. baby yarn

Gauge: 9 sc = 2 inches

Pattern

1. ch 4, join w sl st to form ring 2. ch 1, work 10 sc in ring, do not join w sl st, keep working in rounds
3. 2 sc in ea sc around (20 sc)
4. work 1 rnd even (20 sc)
5. 2 sc in ea sc around (40 sc)
6. work 1 rnd even (40 sc)
7. *1 sc in next sc, 2 sc in next sc*, rep from * to * around (60 sc)
8. continue working sc in rounds until cap measures 8" from top to bottom
9. end off, weave end into outside edge
10. turn up 2" cuff



<http://www.bevscountycottage.com/preemies.html#p-hats>

Knitted Newborn Hat

Materials:

Soft Worsted weight yarn -
About 2 oz main color (MC)
and 3/4 oz contrasting color (CC)
Size 8 Needles



Directions:

CO 54 in CC

Work 1" in seed stitch (row 1, k1, p1 across - remaining rows k all p sts, p all k sts)

Change to MC

Next: Beginning with knit work 3 rows in stockinette

Next: Work 2 rows in knit

Next: Beginning with p, work 6 rows in stockinette

Next: Work 2 rows in knit

Next: Beginning with p, work in stockinette until hat measures 5" from beginning, ending with a p row.

Decrease row: (K2 tog, k next 5) across.

Next row: P across.

Decrease row: (K2 tog, k next 4) across.

Last row: P across.

Cut yarn, leaving a long end for sewing. Thread tapestry needle and weave yarn through top stitches, pull tight to gather. Sew seam. Add pom-pom if you wish.

(c)Heartfelt Creations 2003

<http://www.bevscountrycottage.com/baby-hats-booties.html>

From the Heart Newsletter

June 2011

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

June 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 |