

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

It seems to have turned cool over night. These autumn temperatures and the shorter daylight hours are bringing us back into the comforts of stitching. The cool weather also brings to mind the homeless sleeping outside, the cancer patients with their bare heads or thinning hair and the new babies heading home with little to wear or in which to be wrapped.

November marks the official beginning of fall in our business and the need for the wonderful hat/scarf/mitten (or individual pieces) stitching gets into full swing. We've had a request for over 600 hats and scarves for children in kindergarten and first grade. This may be something you would enjoy working on. And as always, we need baby blankets, lap blankets, wheel chair blankets and those large enough to cover the top of a twin size bed. And don't forget, we have all those bare bears at the shop waiting to be clothed.

Any of these areas are spots where your stitching can be such a help. But remember, anything you enjoy stitching will find a home through From the Heart and be greatly appreciated. Stop by the shop and pick up yarn and patterns if you like and let get stitchin'!

Something to think about...now is the perfect time for field trips. A group of your stitching friends, a few folks willing to drive and an adventure within an hour or so of home! If this is of interest to you, let's get our heads together and make plans.

We need your help...

Chesterfield County's Title 1 program has contacted From the Heart with a request for 668 warm hats and scarves to fit their kindergarten and first graders. If you would like to help out with this please just jump right in! You can pick up yarn and/or patterns at the shop or just use what you have on hand. Either way I'm sure these little ones will be grateful to you when the temperatures drop and the snowflakes start flying. You can drop your finished projects off at the shop or at any of the scheduled meetings around town.

Meals on Wheels needs our help

We have had a special request from Meals on Wheels of the Richmond Area for 660 'Joan Pouch's which are little 4"X 6" bags worn around the neck of individuals unable to hand-carry such items as pill bottles, medical alert systems, cell-phones, etc.

These should be made from cotton yarns (to avoid potential stretching) and can be any color including deep blues and black as 50% of MOH's clientele are male. They work up quickly and patterns for both crochet and knitting are in this newsletter. Patterns are also available at the shop (as is plenty of cotton yarn) along with samples.

Urgent Needs!

We need hats and scarves for kindergarten and first graders, blankets of all sizes, Joan Pouches, and of course, anything you want to make we can find a home for it.

Upcoming "Sit & Stitch"

Ben Franklin on Patterson Avenue in Richmond will be sponsoring a "Sit and Knit" for us.

The "Knit and Stitch" will be Nov. 11th from 9:00 am until 5:00 pm. All are invited so we hope to see lots of you there!

Participants can stay all day or come for a short time. Please join us for part or all of the day.

Some time mid November, before holiday chores take over our lives, would work well. Let me know if you are interested. I think maybe a trip west into the beautiful country side to the Yarn Barn with a stop on the way back for lunch.

Depending on how many are interested, we may need an extra vehicle or two to make the trip. Think about it and get in touch with me if you are interested. Once I hear from you we'll better know what day will work for the majority interested in going. Email me at lois@ftheart.net or call me at 804-305-4971. Look forward to hearing from you! Lois

Stop by the Shop

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

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

Shopkeeping Prize Award

The October winner is Ann Robbins.

Please contact the scheduler to get your name in for the October 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.

'Let's Stitch' Event held October 8th in Fredericksburg

In previous newsletters we told you about this event organized by the Fredericksburg Spinners & Weaver's Guild in affiliation with From the Heart. The event was a great success!

There were so many people there an accurate count of the attendance is a struggle. There were a number of From the Heart members who came and supported the Let's Stitch event.

As a result of the event we collected approx. 250 completed items, many large bags of yarn and over 40 new members! Even more people were very excited to find our organization as well as a local place (The Fredericksburg Spinners & Weaver's Guild) to drop off completed items on a regular basis.

We welcome the new members and look forward to our new affiliation with the guild. Watch our numbers grow as they start collecting and distributing the items collected.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2010: **90,868**

2011

Jan – September 13,599
Oct no report
13,599

Grand Total 104,467

October numbers will be reported next month.

Fredericksburg Panera Stitching Group – starting in November we are moving our meetings to Wegman's (eating area) as we have outgrown the space in Panera. Call Pam if you have questions 540.972.3602

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 fund raising idea. Check out the website to see the 2012 calendars and the new note cards available. These make great gifts and are perfect note cards to send a birthday note or get well wish.

www.thecalendarmarket.com



'The Joan Pouch' Knitting Pattern

– Approx. Finished Dimension = 4" X 6"

Using cotton with a gauge of 20 stitches = 4" and a #6 single point needle

Cast on 39 stitches and

Row 1: K1, *P1, K1, repeat from * across row

Repeat row 1 until piece measures approx. 6"

Cast off all except final stitch and, using this stitch as starting row, make a chain (with a crochet hook) about 30" long.

Fold the piece in half (so that it is approx. 4" wide by 6" high)

Join seams, leaving top open. Join chain so as to make a strap.

Optional Variants:

Use double point or circular needles, which means you only need to seam the bottom of the bag. Pattern if knit in the round is:

Round 1: K1, *P1, K1, repeat from *

Round 2: P1, *K1, P1, repeat from *

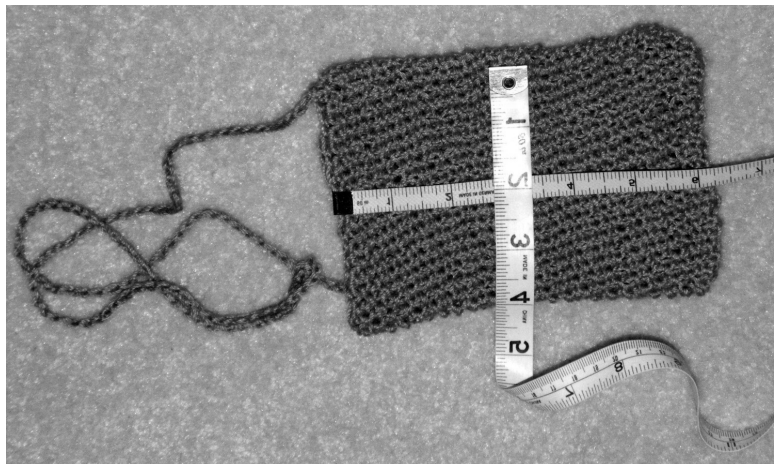
Optional button/hole:

Pick up a stitch two rows down and two stitches from the center on one side of pouch (on the outside.) Chain 10 then fasten the chain two stitches to the other side of the center stitch on the same side of pouch. Sew button to match on other side of pouch.

Weave in ends.

Embellish if desired.

Different weights of yarn can be used but must be lighter weight cotton. You will need to cast on twice (less one stitch if necessary to obtain an uneven # of stitches) the number of stitches given for 4" on the ball band and use a needle one size smaller than recommended on band.



Crocheted Joan Pouch

Cotton thread or heavier weight cotton
G hook, H if using a heavier cotton
Needle
Button - optional

Chain 30, should be about 8"

Row 1

Turn, single crochet (sc) in 2nd chain and in each chain across
(half double may also be done.)

Row 2

Chain 1, turn and sc across

Repeat Row 2 till piece measures 6"

Optional

On last row across, single stitch for about 2" then chain 10 to make button loop in next sc, continue sc to corner. Sew on button when finished.

Fold piece in half and crochet around three sides leaving the top open, make a chain 30" long and attach.

Use 3 strands of crochet cotton thread. If using heavier cotton you will need only 2 strands.

From the Heart Newsletter

November 2011

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

October 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
Wegman's	Central Park	Fredericksburg	Tuesday 2 nd , 4 th	11:30 – 2:30
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	Thursday 4th	1:30 - 3:30pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30 - 8:30 pm