

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

Decisions, decisions, decisions
...what to do about continuing to
keep the shop open 4 days a week.

Without the participation of our
membership, we are facing the
possibility of unlocking our doors
only one, maybe 2 days a week.
We are so thankful for those ladies
who continue to volunteer to cover a
two hour "shift" but they need help!
From our very long list of ladies who
have in the past given of their time,
these precious few are so faithful to
From the Heart and to those who
benefit from our donated items.

At present our doors are open
Tuesday, Wednesday, Thursday and
Saturday from 10 a.m. until 2 p.m.
to receive donations of yarn,
completed items, books, magazines
and sometimes hooks and needles.

As our list of shop helpers
continues to dwindle we are facing
the decision of possibly only opening
one week day plus Saturday.

Look at your schedule; see if you
could help us just 2 hours a month.
It's such a pleasant task, coming to
the shop, sitting with your friends,
stitching, chatting, and solving the
world's problems ☺. Please see if
you can give us a hand. If this is
something you have not tried before
come in one day and get a feel for
just what is involved – no obligation
– just come see.

We are so grateful to those of you
who continue to help keep our shop
functioning and are asking that more
of you please step up and help us
keep our doors open.

Hope to see you there soon! Lois

Top Ten Reasons to come to the Retreat – Part Deux

In the last Grateful Thread, we were given the Top Ten Reasons to come to the 6th Annual From the Heart Retreat. In this issue, it seems like a reasonable idea to review those reasons and see how they panned out.

The 10th reason was the waterside venue which was described as, and turned out to be, beautiful. Numbers 9 and 7 promised sharing, companionship, fun and fellowship. With over 90 people in attendance companionship and fellowship really contributed to the sharing and fun. Playing Heart Bingo was also a great addition to the fun. The surprise promised in Reason #8 turned out to be two surprises, the first a really terrific and specially designed From the Heart 2012 Calendar and the second a free knitting or crochet magazine on the way out. Add to these the great written patterns and instructions handed out by #5 (Displays and sharing of ideas) and the terrific bags of yarn awarded as Bingo Prizes and #6 (an excuse to knit or crochet for the day) becomes a no-brainer with lots of new patterns and ideas to look at and mull over even if you did not bring your own project.

Number 4 was the Terrific vendors and indeed they were. We had the chance to purchase, or just admire, yarns, pattern books, knitting jars and bowls, shawl pins, stitch markers, soaps, spices and even eggs. One of these vendors added to the 'surprise' aspect by bringing two lovely prizes for which drawings were held shortly after our delicious lunch and slice of celebration cake. We had the chance to publicly recognize some of our special people who collect the items we create and deliver them to those who need them. It was so nice to be able to thank them personally and they seemed so pleased that we had considered them by asking them to attend (numbers 3 and 2). We can also include there the news reporters who came along and spoke to attendees and took photos.

And, of course, the Number One Reason to Attend ...
To Celebrate the creation of more than 100,000 donated items we had a delicious cake, the icing on which matched the cover of the calendar. Thank you all for making the cake possible. It was delicious.

One of our From the Heart members even wrote a poem as she had enjoyed her day so much.

Stop by the Shop

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

Eleanor Cannon is the October Scheduler. Contact her at e-cannon@msn.com or 804 - 282-0440; 514-1168 to volunteer for a shift.

Shopkeeping Prize Award

The September winner is Kathleen VanPaasschen.

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, Kathleen 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.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2010: **90,868**

2011

Jan - August 9,448
Sept 1,541
13,599

Grand Total 104,467

This Retreat will be a hard act to follow for next year but, thanks to all the Survey Forms and comments you submitted, we have a great place to start.

We have collected all the forms and will take every one of your words into consideration as we do our best to make our 7th Annual From the Heart Retreat even better than our 6th – even though the task seems like a difficult one given what a great success this one was. A Big Thank You to all the ladies who made this great day possible.



Lois Moore cuts our celebration cake.

NOTE: If you were not at the retreat and would like to have a calendar, specially designed for From the Heart, get yours at the shop for \$9.00.

Urgent Needs!

Summer is finally behind us after a crazy summer of scorching temperatures, an earthquake and a hurricane. The temperatures are cooling down and it is time to change from the cotton to acrylic for hats. Remember we always need adult hats for both women and men. For men's hats remember to use the darker solid colors.

We also need lap robes and baby blankets as well as outfits to help dress our 13 inch bears. **We have 13" bears waiting for clothing!** As always we can always use anything you feel like stitching.

RIDDLE ME THIS:

- ❖ How can you save time and money on your Holliday Shopping while hanging out with friends yet still end up with gifts that are just as nice, or nicer, than if you'd spent all your time shopping and spending?

ANSWER:

- ❖ Check out From the Heart's new 'Holiday and Special Occasion Kits'

Donations

If you are interested in making a donation to help From the Heart aside from stitched items we can use any of the following items:

Office supplies such as:

- Postage stamps
- Staples
- White cardstock paper
- Paper clips

Cleaning supplies

Paper towels

Toilet paper

We can always use yarn or cash donations. Remember the website is setup to accept secure monetary donations to make it very easy for you to make a donation.

REMINDER:

The weather will be getting colder soon and some of you will start making hats with yarn containing wool or 100% wool. Please remember to mark these as being wool by tagging it with a piece of red yarn. If you have no red yarn please put a note with these items when you turn them in. Thanks for your help as some of our recipients have sensitive skin due to their condition and wool might worsen their problem.

Just for this Holiday Season, knitting and crochet kits are being specifically put together with yarns chosen to match the patterns.

Patterns are being chosen because of their ability to work well for gifts. They are simple and fast to complete and could become the perfect gift you have been looking for – socks, scarves, wrist-warmers, and other smaller projects - for that friend who 'already has everything'.

These kits will be available starting in early October and will be for your own personal use for a small donation. Be sure to check them out as we promise you will be pleased with what we are putting together. Then, having chosen one, sit and work on it among friends in the From the Heart Shop. A great way to rest, relax, save time and money, yet pamper your friends this Holiday Season.

Stitching Hints & Tips

Thanks to the members who submitted the following items. Do you have a favorite tip for knitting or crocheting? What is your favorite way to store your circular knitting needles? How do you keep your scissors, stitch markers and accessories organized? Please share with us so we can add to next month's newsletter.

Please tell us so we can share your ideas with everyone!

- When someone tells me, "I don't know how to make a hat; it's just too hard," I trick them into it. I ask them, instead, to knit an 8 x 16 inch rectangle all garter stitch. I then show them how to sew together the two short ends. We make a 15-18-inch chain out of a contrasting color yarn, and pull it through holes along the edges of one of the round ends and tie it into a strongly knotted bow. Tah-Dah! It's a cute hat! Before you know it, they're doing variations of their own with different stitches, colors, tie-offs, pompoms, edges, etc! ... (A 12 x 16 inch rectangle creates a hat with a nice deep warm cuff.)
- I store my circular needles in an oval lidded tin that once held cookies; I use yarn to tie together "clusters" of similar length needles.
- I like stitching 12 inch squares to use up all of my leftover yarns but I don't like sewing them together. We have wonderful members who will sew them together I want to be sure I leave enough of a starting and ending tail to sew together with same color. Before start I measure the tail at approx. 36", wind it around my finger and use a plastic bread tie, a twist tie or mini clip clothespin to hold it together.

Easy Garter Stitch Ruffled Blanket

Can be made using any thickness yarn from baby weight, fingering to 4 ply worsted weight.

2 sizes knitting needles, 29" circulars work well to handle the number of stitches.

Knitting needles should be in 2 different sizes, with approximately 10 sizes between them, such as size 3 and size 13 or size 5 and size 15. It is not important that there be exactly 10 sizes between them, 8 or 9 size difference will also work well.

With your larger needle, cast on anywhere from 100 to 120 stitches. You won't be keeping up with stitch count so exact number of stitches is not important.

With your larger needle, knitting every row, work 7 rows. At this point, knit your next row onto your smaller needle and again, work 7 rows.

Continue knitting 7 rows with first one size needle and then the other until blanket size suits you. Work last 7 rows using the larger needle so both ends of blanket match.

Bind off loosely and you are done!

Simple, Easy Baby Blanket

A Pam Greswolde Creation

SIZE: 28 inches square (This can be made up to a 40 inch square)

MATERIALS

- Approx. 8 oz. baby yarn
- Size H or I

For a 28" square: chain 101.

Row 1:

Sc and dc in 2nd ch from hook, *skip 1 ch, sc and dc in next ch; rep from * across. Ch 1, turn.

Row 2:

Sc and dc in first dc, *skip next sc, sc and dc in next dc; rep from * across, skip last sc, chain 1 and turn. Repeat row 2 for pattern, Continue until the blanket measures 10 inches long, fasten off.



For larger sizes: chain an even number of stitches to measure the desired square, then one more chain. Example: For a 40 inch square, chain enough stitches (even number) to create a 40 inches plus one more chain. Next follow the directions as shown above for rows 1 and 2.

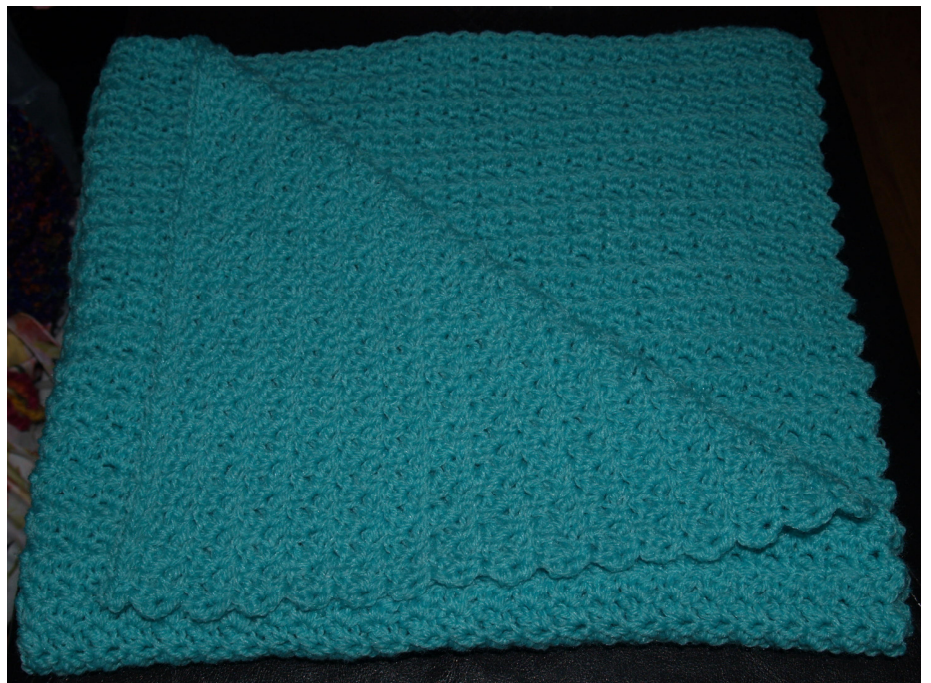
Follow pattern completing Row 1 and 2. Repeat row 2 until the blanket measure the desired length.

ABBREVIATIONS

ch(s) = chain(s)

dc = double crochet

sc = single crochet



Crocheted Front Post Hat

Materials:

Worsted weight yarn - Approximately 3 oz. (use scraps for contrasting rounds)

Crochet hook – J (an I hook will work but you may have to add an extra row before the last one)

Stitches:

sc – single crochet

dc – double crochet

fpte – front post triple crochet

fphdc – front post half double crochet



Instructions:

Chain 4 and join with a slip stitch to form a ring.

Note: 1 chain 2 at the beginning of each row, some people chain 3; try both and determine which you think looks neater.

- Row 1: Chain 2 (counts as first dc), 11 dc in ring, join with slip stitch to top of Chain 2 (12 dc)
- Row 2: Chain 2, (fptc in next dc, dc in top of same dc) around, end by working a fptc around the beginning chain 2. Join with a slip stitch to top of Chain 2 (24 stitches)
- Row 3: Chain 2, dc in same stitch, fptc in next fptc (2 dc in next stitch, fptc in next fptc) around. Join with a slip stitch to top of Chain 2 (36 stitches)
- Row 4: Chain 2, dc in same stitch, dc in next dc, fptc in next fptc (2 dc in next dc, dc in next dc, fptc in next fptc) around. Join with slip stitch to top of Chain 2 (48 stitches)
- Row 5: Chain 2, dc in same stitch, dc in next 2 dc, fptc in next fptc (2 dc in next stitch, dc in each of next 2dc, fptc in next fptc) around. Join with slip stitch to top of chain 2 (60 stitches)
- Rows 6 – 12: Chain 2, (dc in each dc around and fptc in each fptc around. Join with a slip stitch to top of Chain 2.
- Last Row: Chain 1, (sc in each dc and fphdc in each fptc around) around. Join with a slip stitch in first sc. Fasten off and work in loose ends.

**The Fredericksburg Spinners and Weavers Guild
And LibertyTown Arts Workshop
Present**

“LET’S STITCH”

A Fredericksburg Area Charitable Event in affiliation with From the Heart Stitchers

OCTOBER 8TH, 2011

10:00AM-4:00PM

916 Liberty St.
Fredericksburg, VA 22401

Calling all beginner—intermediate—and advanced knitters and crocheters. Bring your yarn, needles, patterns, your moms, daughters, sisters, brothers and your friends and spend the day with others stitching for those in need of a warm fuzzy. Don’t know how? Come and learn for a cause.



**Join us throughout the day for demos, refreshments,
Stitching and camaraderie
Shop at the vendors tables or throughout the artists studios**



**Knitted and Crocheted items will benefit the
Following local groups:**

**Micah
RCDV**

**Mary Washington NICU and Cancer Units
State Police Victims Unit
SPCA**

**Donations of yarn (full skeins only please), needles, patterns, books,
and completed items are now being collected at the FSWG studio at
LibertyTown Arts Workshop, 916 Liberty St., Fredericksburg**

To Pre-register* go to:xxxx guild website xxxxxxxx

Forms also available at LibertyTown Arts Workshop

For questions contact: Lynette Reed at yarnlyn@aol.com

*Pre-registration encouraged but not required

Parking available at xxx William St. (Star Directory parking lot)

Directions to Let's Stitch

Local Considerations:

Liberty Street is a one block ONE WAY street (North) that can only be approached from the South (the George Street end)

Barton Street is a one block ONE WAY street (South) - but does not allow a left turn onto George Street.

Liberty Town can only be reached via George Street or Hanover Street.

From Points North:

Take I95 South

Exit Route 3 East, Fredericksburg

Stay on Route 3 (becomes Blue Gray Parkway) - *1.5 miles*

Turn left on William Street (Route 3 East Business)

Bear left (to stay on William Street) - *1.1 miles*

Turn right on Prince Edward Street - *0.1 miles*

Turn right on George Street - *0.1 miles*

Turn right on Liberty Street

Liberty Town is on your left - 916 Liberty Street .

From Points South:

Take I95 North

Exit Route 3 East, Fredericksburg

Stay on Route 3 (becomes Blue Gray Parkway) - *1.2 miles*

Left on William Street (Route 3 East Business)

Bear left (to stay on William Street) - *1.1 miles*

Right on Prince Edward Street - *0.1 miles*

Right on George Street - *0.1 miles*

Right on Liberty Street

LibertyTown is on your left - 916 Liberty Street.

From Points East:

Take Route 3 West Business, Fredericksburg

Cross the Falmouth Bridge

Left on Sophia Street - *0.1 miles*

Right on George Street - *0.3 miles*

Right on Liberty Street

LibertyTown is on your left - 916 Liberty Street.

From the Heart Newsletter

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Starbucks Oxbridge Square 10 – noon Atlee Library 1–3
2	3 Park @ Ridgedale 2–4pm Harvest Glen Stitchers 2 - 4 pm	4 Panera Bread Breckenridge Shop Center 10 – noon Chesterfield Heights Community Center 2:00 Martin's Grocery 5:30 – 7:30 pm	5 Colonial Heights Senior Center 10–12 ElmCroft Retirement 1:30	6 The Mall Group @Chesterfield Towne Center (food court) 9-12 Hopewell Library 6-8 pm Panera Bread Midlothian 6:30-8 pm	7 Starbucks – Huguenot 11 am -1:30 pm	8 Atlee Library 10 – noon Louisa Group Hardee's 10 - noon
9	10 Park @ Ridgedale 2 – 4 pm	11 Panera Bread Fredericksburg - Central Park 12:30- 2:30 Martin's Grocery 5:30–7:30 pm	12 Colonial Heights Senior Center 10–12 Hopewell Library 10 – noon Dinwiddie Library 1:00- 3:00	13 Chamberlayne Hts United Meth Church 1:30 – 3:00 The Ladies of Gayton Terrace 3:30 p.m	14 Starbucks – Huguenot 11 am 1:30 pm Kay's Krafters 1 –5 pm	15 Starbucks Oxbridge Square 10 – noon
16	17 Park @ Ridgedale 2 – 4 pm Harvest Glen Stitchers 2 - 4 pm	18 Panera Bread Breckenridge Shop Center 10 – noon Chesterfield Heights Community Center 2:00pm Martin's Grocery 5:30–7:30pm Tuckahoe Library 6:30–8:30 pm	19 Colonial Heights Senior Center 10-12 ElmCroft Retirement 1:30	20 The Mall Group @Chesterfield Towne Center (food court) 9-12 Hopewell Library 6-8 pm Panera Bread Midlothian 6:30-8 pm	21 Starbucks – Huguenot 11 am - 1:30 pm	22
23	24 Park @ Ridgedale 2 – 4 pm	25 Panera Bread Fredericksburg - Central Park 12:30- 2:30 Martin's Grocery 5:30–7:30pm	26 Colonial Heights Senior Center 10-12 Hopewell Library 10 – noon Dinwiddie Library 1:00- 3:00	27 Summerhill Retirement 1:30-3:30 pm	28 Starbucks – Huguenot 11 am - 1:30 pm Kay's Krafters 1 – 5 pm	29
30	31 Park @ Ridgedale 2 – 4 pm	Martin's Grocery 5:30–7:30 pm				

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
Panera Bread	Central Park	Fredericksburg	Tuesday 2 nd , 4 th	12:30 – 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