

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

Stitchin' and chillin', that's about all we can do with this heat and humidity. No strolls through the parks, no hikes in the woods and the beaches are way too blistering to be enjoyable. It's a great time to come to the From the Heart shop and just hang out! Share stitching triumphs and disasters with friends and catch up on what's happening in their lives. Share the great news of new arrivals in your family and tell all about the wonderful vacations you are planning or have experienced recently. It's just so wonderful to have so many friends with whom to share it all! Come by often, settle in comfortably and spend the day with us! Our shop hours are Tuesday, Wednesday, Thursday and Saturday from 10 a.m. until 2 p.m. And don't forget Fun Day every 2nd and 4th Sunday afternoons from 2 until 5. And please, bring a friend!

Lois

Stop by the Shop

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

Pat Allen is the August Scheduler. Contact her at 804-750-1606 or p.c.allen@comcast.net or to volunteer for a shift.

Urgent Needs!

The hot weather is definitely here to stay. Our chemo hat fibers should be the cooler cotton and cotton blends. Imagine how it must feel to have lost your hair and try to hide it in this hot weather. Help us meet the need for cool summer chemo caps.

Be sure to stop by the shop, pick up your patterns and yarn and continue stitching those beautiful projects. And if you happen to know of anyone who would enjoy stitching with us by all means, invite them to the shop or share a copy of our meeting schedule with them.

Our urgent needs are currently:

- Baby blankets (see size note on left side of page 2)
- Newborn hats
- Christmas stockings 12 inches or larger
- Cotton and cotton blend hats – remember that we need all colors for women, men and children
- Adult blankets of all sizes

As always anything you want to make we can really use to help fill the bins in the shop and warm the hearts and bodies of those in need. Stay cool and be careful not to dehydrate in this extremely hot weather!

Gulf Coast Clean-Up

In an effort to make a difference in the Gulf Coast Clean-up, we at From the Heart stitched 100% cotton washcloths, each measuring approximately 10 inches square, to be used in washing marine life in that area.

During the first few weeks 2 local yarn shops were collecting these and mailing them off to Pensacola, Florida. We learned that each cloth would be used several times before have to be disposed of. We also learned that the offers of sending terry cloth items was rejected because that fiber hardens when saturated with oil and could cause scales to be rubbed off fish as well as feathers on fowl being damaged. Of course many of us just wanted to hand deliver these cloths and help put them into use. Such sad circumstances, for not only the wild life but for those working diligently to save them.

To date we have contributed about 250 cloths.

Shopkeeping Prize Award

The July winner is Ann Robbins.

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

Thank you Ann for all your help; we can't wait to see what you make with your new yarn.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2009: 71,805

2010

Jan - June 8,636

July 1,403

Grand Total 81,844

"As it turns out, it's easier and a lot more fun to simply give things away and be happy about. In the end, it takes far less energy to give than it does to receive, and what's more, giving provides its own source of joy. When you give something away, whether it's your love, compassion, an idea, your energy, an insight, some money, a possession, creativity, passion, time, some kindness, or whatever else you have to offer, it feels really good and, in the end, that's what it's all about."

Richard Carlson

Summerhill Stitching Group

The Summerhill Group has decided to suspend their meetings for July and August. They will resume meeting again in September.

Arthritis Relief

- Don't try to crochet very early in the morning or very late at night, since arthritis pain and stiffness is more severe at these times.
- Soak your hands in warm water before and after crocheting. This will help soothe the inflammation and relieve tension.
- If your body is relaxed, your hands will be less apt to cramp. Don't stitch for lengthy periods. Take a break now and then to stretch and move, and flex your fingers in a nice warm water bath.
- Have a soothing cup of tea. Don't think about the arthritis; think about the lovely things you are creating and direct your energy toward that.

You'll be amazed at what you can accomplish if you put your mind to it-arthritis or not.

General Stitching Hints & Tips

- When I am casting on a large number of stitches, I cast on twenty stitches and then put a marker on my needle I then cast on another twenty stitches and place another marker. I keep doing this until there is the number of stitches on the needle I needed. This help with counting the stitches and; you never loose track on the number of stitches on the needle.
- Use a post-it note to follow a pattern. It can be moved from row to row and not damage your pattern. The note is also handy if you need to jot anything down about the pattern.

Recycling Ideas

- Metal Altoids mint boxes come in handy to hold those small knitting necessities: a row counter, markers, point protectors, yarn needles, etc.
- I use empty prescription bottles to store my stitch holders, markers, and any small accessories that I need. I then put them in a small plastic snap-lidded "pencil box" along with my scissors.

From the Heart
5th Annual Retreat
September 18, 2010

Come join us at this years' fun. As in the past, we will have some wonderful vendors to share their wares with us. Our own Bernice Koelzer will be there with her soaps and herbs: Sue Henshaw, a local potter, will be with us with her newest work of yarn bowls; and returning this year, Mary Clare Hughes will join us with her home grown, hand spun yarns and various handmade knit items. Another of our own, Tamara Gwathmey, expert machine knitter, will not only offer a demonstration on just how quickly items can be completed on her machine but we hope will also have time to help some of us learn her technique. Her projects are so beautiful!

This year the agenda will be very casual. We will have more opportunity to share our time and expertise with one another. We will offer a problem solving area for knitters and crocheters. You may bring your problem projects for assistance or maybe you might like to ask for help in pattern reading and mistake correcting. We are planning an area for you to browse through interesting stitching/pattern books. We are also planning a book exchange area. Here you may donate your good condition books, novels or stitching related in exchange for other books that grab your interest.

We will have a hands-on felting project area. Here you will have the chance to create your own small item using needle felting. Previously felted potholders will be provided as well as other supplies. Your finished project is yours to keep or possibly use as a holiday gift for someone.

We will have instructors available to teach creative embellishments, both knitted and crocheted. Supplies will be on hand but do bring you own supply of needles and hooks in a variety of sizes if possible.

AND...we have a special project in the works. This year you will be going home with your very own *From the Heart Memory Book* ! Please, submit your paragraph or two on anything relating to you and our organization. It might be how you learned of us, something special that has touched you through your stitching or maybe just a funny tidbit that has happen since becoming a part of this group. Please send your items to Lois Moore at lois@ftheart.net, or mail to From the Heart, 1425 Crawford Wood Place, Midlothian, VA 23114, or call Lois at 804-305-4971. We need your submission no later than August 7th to include in the Memory Book.

We will have a corner set up with some very special yarns for you to have for personal use, with a nice donation to FtH. These donations, as always, are used to purchase more suitable yarn for our members to use in their creations for others.

If you'd like, bring your show 'n tell projects to share with others at the Retreat.

A delicious lunch will be provided by Jason's Deli and we will also offer a morning snack and beverages, and an afternoon break will give us a chance to refresh with other beverages and goodies.

All this for only \$25.00 !! Mark your calendar, September 18, 2010, from 10 a.m. until 4 p.m. at Emmaus Christian Church, 1801, Huguenot Trail, Powhatan, VA 23139. Registration form and directions to church will follow soon.

From the Heart
5th Annual Retreat Registration Form
September 18, 2010

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Jason's Deli Box Lunch preference: (includes condiments, chips, pickle and cookie)
Ham or Turkey, each served w/ lettuce & tomato (choose one) _____

Served on your choice of bread: White/Wheat (choose one) _____

OR

Garden greens, cuke, red & yellow pepper w/dressings on multigrain ciabatta _____

I would like to participate in the needle felting project Yes _____ No _____

I will bring a Show 'n Tell item to share during lunch Yes _____ No _____

Reg. Fee \$25.00 per person. *****Make Check payable to From the Heart*****

Your check # _____ Amount _____

For planning purposes, registration must be received on or before **September 1, 2010**.

Registration will be available at the door at an increased price of \$30.00

Share the fun, bring a friend! Feel free to use one form for several attendees.

Mail completed registration and payment to:

Beth Williamson
3300 Southall Avenue
Richmond, VA 23234
804-233-4046

OR

bring your completed form and payment in an envelope to the shop and drop into the donation box.

Do you need a ride to the Retreat? Yes _____ No _____

If so, from what area? _____

