

# The Grateful Thread

Visit our website at [www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

## Letter from Lois

### Holidays and winter

It is hard to believe that the holidays and winter weather are both right around the corner. As I think about both of these it makes me think about the people whose lives we touch everyday with the things we provide to warm their hearts and bodies.

Each of you is appreciated greatly not only by me but by those who benefit from your amazing work. As we all prepare for the holidays we get very busy and have less time to knit or crochet. I know it is easy to set the needles and hooks aside as other things occupy our thoughts and time. Remember how therapeutic it is to knit and crochet ... completing even one item this time of the year can provide you some relaxation and help us warm another person and touch their heart at what has to be a very challenging time.

With our continued warm temperatures I know it may be difficult to believe, but before long we will probably be experiencing real winter weather, dangerous driving conditions and school closings. As in the past, our shop will not be open if schools in your area are closed due to road conditions.

## Winter Party

There will be a Winter Party at the shop on Sunday December 13<sup>th</sup> from 2 pm until 5 pm. We welcome all volunteers to stop by the shop to have a cookie, enjoy a cup of cider and reconnect with other volunteers. We hope to see you there!

## 5<sup>th</sup> Annual Retreat Fall 2010

The time has come to start thinking about next years retreat. We are looking for volunteers to work on the committee to help plan next year's retreat. If you are interested in helping to plan the retreat please contact Gail Patrick at 804-598-2317, 804-347-9747 or [ragland@aol.com](mailto:ragland@aol.com).

We are very pleased to announce

## Now available on DVD From the Heart's 4th Annual Retreat

You may purchase the still picture DVD, beautifully set to wonderful music. Truly great pictures of all who were in attendance at this Imperial Plaza gathering on September 19<sup>th</sup>, 2009.

Also available is a 2 DVD set video of the entire event.

Once again hearing our speakers somehow brought their messages home even more than when hearing them originally.

The still picture DVD is offered for just \$10.00 each or the 2 set DVD video offered for only \$15.00. These may be purchased by contacting our photographer, John Allen. You may reach him at 804-794-9722 Or thru his web site, [www.dmdsdvd.com](http://www.dmdsdvd.com).

I have watched all 3 of these DVDs and can honestly say Mr. Allen is such a talented professional and has captured ever bit of our gathering and these DVDs hold such beautiful memories. What wonderful keepsakes!

Don't miss out! Get in touch with him right away!

As we always stress...even if schools are open, if you look out your door and encounter any conditions that may render walking or driving as hazardous, please stay home!

You will never be expected to show up for your scheduled shift if it in any way endangers you. Your safety is far more important than having the shop open.

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## Stop by the Shop

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

Eleanor Cannon is the December Scheduler. Contact her at 804-282-0440 or 804-514-1168 or [e-cannon@msn.com](mailto:e-cannon@msn.com) to volunteer for a shift.

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## Donation Inventory Numbers

**Previous Total**  
Mid 2002 – 2008: **57,044**

### 2009

Jan-Oct	<u>11,975</u>
Nov	<u>1,200</u>

**Grand Total**     **70,219**

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## Urgent Needs!

Our urgent need continues to be blankets along with hats. Please keep in mind that we need them for women, men and children so colors appropriate for all would be greatly appreciated.

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.

## 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 are going to include some of the thank you notes we receive each month so you can see how much your work means to those who receive the beautiful items you stitch. We really appreciate every one of you and thank you for your efforts.

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**Dear Lois** 

How can one properly thank you for the tireless effort you put forth on supplying us with chemo blankets, drain bags, pillows and hats. You and your staff are wonderful in making these items! Our patients benefit so from these aids to their comfort. Your consideration is appreciated.

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**To the volunteers of "From the Heart"** 

I have just started my second round of chemotherapy. I had breast cancer 10 years ago and now a new breast cancer has come on.

On the day of my first treatment for this second go-around, I was offered a beautifully, crocheted afghan with your 'From the Heart' tag on it. My nurse explained the significance of the gifted afghan (or cap or both) that is freely given to us cancer patients.

I want you to know how appreciative I was to be a recipient of such a heart felt gift. It will be my 'blankie' for the 9 weeks duration of my chemo sessions. You have touched my heart (a perfect stranger) and I am sure the hearts of so many more of us at a time when we are very vulnerable.

My thanks to all of you that have made this gift giving possible. You may never know what a comfort you bring through your handiwork.

Cancer patient

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## Stitching Sayings!

Stitch your stress away.  
~Author Unknown

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If the knitter is weary the baby  
will have no new bonnet.  
~Irish Proverb

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I'd rather be stitchin' than in  
the kitchen!  
~Author Unknown

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## Newsletter Suggestions?

What would you like to see in  
the newsletter?

Do you have ideas on how we  
could improve the newsletter?

If you have any suggestions or  
ideas for the newsletter please  
send to [lois@ftheart.net](mailto:lois@ftheart.net).

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## From the Heart made the news!

Whoever said knitting was just a hobby hasn't met Peggy Vreuls and the group of Valley knitters in Augusta County. For the past five years, the Valley chapter of the "From the Heart" charity group has been knitting for a special cause.

They made the news on WHSV and the article in online

They have donated nearly 6,000 hats, scarves, and blankets to local hospitals and families in need each winter.

"It's a fun thing. It's a needed thing. I have been raised years and years ago with the mindset of, if you can do something to help someone, you do," says Peggy Vreuls with From the Heart. So far the group has donated more than 1,000 hand knit items this year alone.

The group meets Tuesdays and Thursdays at Books A Million in Waynesboro.



## Shopkeeping Prize Award

November was our first month of the new promotion to encourage signups for shopkeeping. Our first winner is Anne Bakker. Anne's name was drawn for a gift of some very nice yarn from our yarn 'boutique'. She had signed up for 2 shifts in November to help out with shopkeeping; therefore her name was entered twice for the drawing. Please contact the scheduler to get your name in for the December drawing. Shopkeeping is easy, fun and a great time visit with other stitchers.

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

## **Stitching Hints & Tips**

Do you have a favorite hint you would like to see posted in the newsletter? Please email your favorite stitching hint to [pgreswolde@comcast.net](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

### **Knitting**

- When trying to determine if you have enough yarn left to complete one more row...using moderate tension it takes a yarn length between 4 and 5 times the width of your row to be able to complete one more row. Handy if you are attempting to have enough left to bind off or if you do not want to add your next/new skein mid row.
- Looking for a sturdy knitting needle container that is stylish while traveling to and fro? Use one of those cardboard embellished wine bottle covers that are so popular AND plentiful now in all types of patterns and decor.
- When knitting an edge trim on large object like shawl, use a double pointed needle in same size for the edging part. Much easier than trying to use the opposite end of a large circular needle.

### **Crochet**

- To keep yarn from tangling as you work with two skeins, place one skein on each side of you. The first time you turn your hook, turn it counterclockwise. Next time, turn it clockwise. Repeat.
- To figure out how much time an afghan will take to complete, time yourself making one row, a series of rows or a block. Multiply by the number needed and determine how much time you can work on the afghan each day or week. Pick yourself off the floor and make it anyway!
- For those of you who hold the end of your hook in the palm of your hand - wrap a rubber band several times around the end of your hook for a better grip. This works especially well with the smaller steel hooks.

### **General Stitching Hints**

- I keep a complete list of the needles/hooks I own in my purse, so I know at a glance whether I have to buy needles/hooks for a new project. For the knitting needles keep the length of the needles as well.
- When you make a copy of the pattern, copy a tape measure in the margin to measure against.

## Vine Edged Chemo Hat

**Needles:** Size 7, 8, or 9, Double Pointed set or Round, 16"

**Yarn:** #4 (Medium Worsted) (Makes up well in TLC acrylic, or other soft yarn) (You can use the same number of stitches, though each size needle will make a different size hat.)

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**Cast on 66 stitches:** (pattern is multiples of 6 stitches)

**Divide over 3 needles if using Double Pointed needles:**

Needle 1 = 24 stitches

Needle 2 = 18 stitches

Needle 3 = 24 stitches

Or, use a 16" circular metal needle

**Round 1:** - Purl

**Round 2:** \* YO, K1, SL1, K2 Tog, PSSO (Pass slip stitch over),  
K1, YO, K1; repeat from \* to end of round

**Round 3:** Knit

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**Repeat Rounds 2 and 3 to desired height of edging, about 1-1/2".  
Knit every round until hat measures about 6-1/2" to 7" from  
cast on row.**

**DECREASES FOR TOP :**

**Round 1:** (K 4, K2 tog); repeat to end

**Round 2:** Knit

**Round 3:** (K 3, K2 tog); repeat to end

**Round 4:** Knit

**Round 5:** (K2, K 2 tog); repeat to end

**Round 6:** Knit

**Round 7:** (K 1, K2 tog); repeat to end

**Round 8:** Knit

**Round 9:** (K2tog, K3 tog) 4 times; K2 tog. 9 stitches left.

**Cut yarn, leaving 12". Run yarn on needle through 9 remaining stitches and draw up tightly. Secure end. Weave in beginning yarn tail.**



# From the Heart Newsletter

# Dec. 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon	2 The Virginian Retirement Center 2 – 3 p.m.	3 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon	4 Starbucks – Huguenot 11 am 1:30 pm	5 Atlee Library 1 - 3:00 p.m.  Starbucks Oxbridge Square 10 – noon
6	7 Episcopal Church of Our Savior 10 - noon  Park @ Ridgedale 2-4 Harvest Glen Stitchers 2-4  Buford Rd Pharmacy 6:30-8:30 pm	8	9 The Virginian Retirement Center 2 – 3 p.m.	10 Panera Bread 6:30-8:00 pm  The Ladies of Gayton Terrace 3:30 p.m.  Chamberlayne Hts United Meth Church 1:30 – 3:00	11 Starbucks – Huguenot 11 am 1:30 pm  Kay's Krafters 2-6 pm	12 Louisa Group Louisa Library 10 - noon
13  Fun Day 2 – 5 p.m.	14 Episcopal Church of Our Savior 10– noon  Park @ Ridgedale 2-4	15 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon  Tuckahoe Library 6:30 p.m.	16 The Virginian Retirement Center 2 – 3 p.m.	17 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon	18 Starbucks - Huguenot 11 am 1:30 pm	19 Starbucks Oxbridge Square 10 – noon  .
20	21 Episcopal Church of Our Savior 10 – noon  Park @ Ridgedale 2-4  Harvest Glen Stitchers 2-4  Atlee Library 6:30-8:30 pm  Buford Rd Pharmacy 6:30-8:30 pm	22 Louisa Group Hardees 7 p.m.	23 The Virginian Retirement Center 2 – 3 p.m.	24	25  Merry Christmas	26
27  Fun Day 2 – 5 p.m.	28 Episcopal Church of Our Savior 10 - noon  Park @ Ridgedale 2-4	29 Summerhill Retirement 1:30 pm	30 The Virginian Retirement Center 2 – 3 p.m.	31		

**Dec 2009**

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Day of Month</b>	<b>Time of Day</b>
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 1st	1-3 pm
Atlee Library	9161 Atlee Rd	Mechanicsville	Monday 3rd	6:30-8:30 pm
Buford Road Pharmacy	2608 Buford Road	Richmond	Mondays 1st, 3rd	6:30-8:30 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Rd	Richmond	Thursday 2nd	1:30-3 pm
Colonial Heights Senior Ctr	157 Roanoke Avenue	Colonial Heights	Wednesday Every	10 am-noon
Episcopal Church of our Saviour	4000 Stigall Drive	Richmond	Monday Every	10 am-noon
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
Hardees	413 East Main St	Louisa	Tuesday 4th	7-9pm
Harvest Glen Stitchers			Mondays 1st, 3rd	2-4 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	2-6 pm
Louisa Library	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
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 Ctr	3158 Lake Village Drive	Richmond	Tuesday Last	1:30-3:30pm
The Virginian Retirement Ctr	300 Twinridge Lane	Richmond	Wednesday Every	2-3 pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30-8:30 pm