

# The Grateful Thread

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

## 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 January Scheduler. Contact her at [e-cannon@msn.com](mailto:e-cannon@msn.com) or 282-0440; 514-1168 to volunteer for a shift.

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## Shopkeeping Prize Award

The December winner is Amy Newberger.

Please contact the scheduler to get your name in for the January drawing.

Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you, Amy 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.

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## Letter from Gail

Wow, what a beautiful white Christmas!! Hopefully, everyone was able to travel and visit loved ones as you had planned. If the weather continues to bring us these remarkable storms, we could be in for an interesting winter season. I can think of worse things than to have to stay home in a cozy chair knitting or crocheting while watching the white 'stuff' come down. Now our next step is getting into another new year. As you enjoy working on your projects and contemplating what the new year will bring, think about how fortunate we are to simply have the opportunity to do so.

This is the time of year when we reflect on what the past has meant to us, what we hope to do in the future, and also ask ourselves just how much attention should we really pay to those snappy quotes and witticisms that we see so often this time of year. Here are a few that have come to my attention recently, some to laugh at, some to reflect on and some to simply enjoy.

[Only a life lived for others is a life worth while.](#)

A New Year's resolution is something that goes in one year and out the other.

And here are some tips that circulate annually on how to have a better life:

- When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today?'
- Take a walk each day, smile while you walk. It is the ultimate anti-depressant.
- Make time to practice meditation and prayer. They provide us with the daily fuel for our busy days.
- Get more sleep.
- Live with the 3 E's.....Energy, Enthusiasm, and Empathy.
- Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- Try to make at least three people smile each day.

## Donation Inventory Numbers

### Previous Total

Mid 2002 – 2009: 71,805

### 2010

Jan - Nov 17,111

December 1,952

**Year-to Date** 19,063

**Grand Total** 90,868

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## 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
- Rubber bands of various sizes
- 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.

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- Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.

- Life is too short to waste time hating anyone.

- No one is in charge of your happiness except you.

- Get rid of anything that isn't useful, beautiful or joyful.

- Each night before you go to bed complete the following statements:

I am thankful for \_\_\_\_\_.

Today I accomplished \_\_\_\_\_.

- Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy it!!

- **And in the end, it's not the years in your life that count. It's the life in your years.**

"Here's to the bright New Year, and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold."

Gail

## Have We Mentioned?

***We are planning a great party!*** If you've been watching you will have noticed that our inventory figure for items donated since we began keeping records has reached over 90,000 items...that's ***EIGHTY-EIGHT THOUSAND!!!*** When we reach the 100,000 mark we are going to celebrate...and celebrate BIG! Maybe an all day open house at the shop with media invited? Not really sure but we would love your input; your ideas might make this (us!) the talk of the town! At our current rate we could possibly reach this land mark by late Spring so we need to get the wheels turning to make this an event to remember. ***And if everyone who reads our newsletters will turn in just 2 additional items, or...if you are enjoying our news and information but not contributing, this is the time...send us just 2 items!*** You can make a world of difference in the life of someone else. Let us hear from you so we can put things in motion. Email me at [lois@ftheart.net](mailto:lois@ftheart.net) or call 804-305-4971, or email our FtH president, Fran at [fran4@verizon.net](mailto:fran4@verizon.net). We are waiting to hear from you!

## Baby Blanket Sizes!

Baby blanket sizes can be any of the following:

- As small as a 24 inch square up to as large as a 40 inch square
- As small as a 24 inch rectangle up to as large as a 40 inch rectangle

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## General Stitching Hints & Tips

Thanks to the members who submitted the following items. Do you have a favorite tip for knitting or crocheting? Please share with us so we can add to next month's newsletter.

- If printing out a pattern with more than one page, I print the first page then feed the printed one back into the printer and print the second page. I use both sides of the printed paper and it takes up less space. Last, I place all the double pages back to back in a clear plastic sheet holder.
- Do you ever want to add fringe to a scarf? I use a DVD case. I run yarn around the width of the DVD case about ten times; then I cut through to release the yarn. All of the yarn cut is about the same length, and I can use them to make the tassels.

## Urgent Needs!

Our urgent needs continue to be cold weather 'warmers', like hats, and blankets.....for ALL ages, male and female. With the cold months ahead, we will be trying to supply as many men, women and children with some warm items that they need so badly. We all probably have several of these items in our closets that we may take for granted, however, when you think about it, some of these folks might not even have the closet. We are always in need of men's hats so you will find two patterns for men's crocheted hats at the end of the newsletter.

## OPEN HOUSE!

From the Heart Shop on Westbriar Drive is going to be open to all and all are welcome. Please join us on Sunday, January 16<sup>th</sup>, 2011, 2:00pm to 4:00pm for beverages and snacks. We don't get the opportunity to visit with so many of you throughout the year and hope that you can make your way to the shop. Also, bring a friend if you'd like, we would love to show off some of the hard work and beautiful and useful items that come into and go out of the shop regularly. JOIN US!!

## Stitching in Southside

Reflecting back on the past 11 months gives me great pause filled with tremendous gratitude. Unlike many of the From the Heart gatherings, ours was birthed by a majority of beginning stitchers. They shared a desire to learn, a desire to give back to the community, and a desire to get to know other people. As the organizer of the groups that meet at various libraries in the Appomattox Regional Library System, I am astounded (and quite relieved) by the quickness with which so many of our group members have learned. One member who joined us last July is now writing her own patterns. Another can't get enough of group crocheting, so she travels to the From the Heart office on Saturdays as well. When a shelter for abused women requested stockings for the children, no one shied away. People YouTube'd and Googled and Ravelry'd until they found doable patterns. And then they taught themselves to knit and crochet stockings. We delivered 27 of them to The James House in time for their Christmas celebration.

We have formed precious friendships, and even more importantly, have been able to forge relationships with several organizations in the area. As we approach the end of one year and the start of another, we have delivered approximately 450 items to a half dozen organizations. We are challenging ourselves to grow and to give even more in 2011. If you're ever down our way, please join us!

## Talk about community service projects!

This young lady is Korrina Smith. Not only is she a From the Heart stitcher, she took on a community service project for one of her Hopewell High School classes. She collected for From the Heart 45 skeins of new yarn, 9 stitched hats, 11 scarves, 4 baby blankets, 17 blanket squares, and a box of yarn leftovers and a large bag of misc. items such as yarn scraps, books and knitting needles.

She donated all of these items to us at one of our December evening meetings at Hopewell Library. What a terrific young lady she is! We are so grateful to her for all of her help.



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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. They offer a variety of calendars as well as custom calendars. They can easily and affordably customize a calendar for you and/or your loved ones. Custom calendars can make a great birthday gift or funding raising idea.

Check out the website.

[www.thecalendarmarket.com](http://www.thecalendarmarket.com)



# From the Heart Newsletter

# January 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 pm  Martin's Grocery 5:30 – 7:30 pm	5 Colonial Heights Senior Center 10–noon  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 Fun Day 2–5 p.m	10 Park @ Ridgedale 2 – 4 pm	11 Martin's Grocery 5:30 – 7:30 pm	12 Colonial Heights Senior Center 10–12  Dinwiddie Library 1:00 Hopewell Library 10 – noon	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 2 –6 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 2:00 pm  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 Fun Day 2–5 p.m	24 Park @ Ridgedale 2 – 4 pm	25 Summerhill Retirement 1:30 - 3:30 pm  Martin's Grocery 5:30 – 7:30 pm	26 Colonial Heights Senior Center 10–noon  Hopewell Library 10 – noon Dinwiddie Library 1:00	27	28 Starbucks – Huguenot 11 am 1:30 pm  Kay's Krafters 2 –6 pm	29
30	31 Park @ Ridgedale 2 – 4 pm					

## January 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	2 - 6 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

# Men's Single Crochet Hat

## Materials:

K size hook

Approximately 6 oz. soft worsted weight yarn in dark colors appropriate colors for men.

**Round 1:** Chain 4, slip stitch to form a ring. Work 6 sc in the ring.

**Round 2:** 2 sc in the next 6 scs. (12 sts).

**Round 3:** sc in the next st, 2 scs in the next st, 6 times (18 sts)

**Round 4:** sc in the next 2 sts, 2 scs in the next st, 6 times (24 sts)

**Round 5:** sc in the next 3 sts, 2 scs in the next st, 6 times (30 sts)

**Round 6:** sc in the next 4 sts, 2 scs in the next st, 6 times (36 sts)

**Round 7:** sc in the next 5 sts, 2 scs in the next st, 6 times (42 sts)

**Round 8:** sc in the next 6 sts, 2 scs in the next st, 6 times (48 sts)

**Round 9:** sc in the next 7 sts, 2 scs in the next st, 6 times (54 sts)

**Round 10:** sc in the next 8 sts, 2 scs in the next st, 6 times (60 sts)

**Round 11:** sc in the next 9 sts, 2 scs in the next st, 6 times (66 sts)

**Round 12:** sc in the next 10 sts, 2 scs in the next st, 6 times (72 sts)

Mark end of the 72 stitches.

Continue working sc in each stitch around until hat measures at least 7 inches from the marker.

Fasten off and weave in the ends.



## Easy Men's Crocheted Cap

### Materials:

I or J size hook

WW 4 ply yarn in dark colors appropriate colors for men. This hat makes up very quickly.

To make a thicker warmer hat use 2 strands of yarn. When doing this pattern you will need to use a hook one size larger (J or K).

Chain 4, slip stitch to form a ring.

**Row 1:** Chain 3, 16 dc into the ring. Slip stitch to join.

**Row 2:** Chain 3, 2 dc in each st around, sl st to join.

**Row 3:** Chain 3, 1 dc in same sp, \*1 dc in next 4 sts, 2 dc in next st, repeat from \* around. sl st to join.

**Row 4:** Chain 3, 1 dc in same sp, \* 1 dc in next 5 sts, 2 dc in next, repeat from \* around. sl st to join.

**Row 5:** Chain 3, 1 dc in same sp, \* 1 dc in next 7 sts, 2 dc in next, repeat from \* around, sl st to join.

### Pattern

Chain 3, 1 dc in each st around, sl st to join.

Continue in this pattern until the hat measures 7 inches from the crown down to the bottom on the hat.

Complete 5 additional rows in the pattern to fold up for brim.

End off and weave in the ends.

