

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Stop by the Shop

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

Eleanor Cannon is the July Scheduler. Contact her at 804/272-9215 or e-cannon@msn.com to volunteer for a shift.

Shopkeeping Prize Award

The May winner is Monica Kropp.
The June winner is Lois Moore.

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

Thank you, Monica and Lois 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 - May 7,105

June 1,531

Grand Total 80,441

Letter from Lois

I seem to do my best thinking/newsletter writing out here on my deck with the breeze, wind chimes, flowers and birds...and of course, my current yarn project. So, here I am again, sock-in-the-works and coffee close by. The birds are very busy this morning, the hummingbirds in particular. One or two more visits from them and I'll have to stop writing to take time to refill their feeder! I keep flipping my dish towel in the air to discourage those big crows from trying to land on the suet feeder. Don't know why I bother, once there they still can't reach the good stuff!

I have something important and exciting to talk to you about. It's the 5th Annual From the Heart Retreat! It's just around the corner...September 18th this year. Our location will be in the very spacious Emmaus Christian Church, 1801 Huguenot Trail, Powhatan, VA 23139. This is just a short drive out Huguenot Trail, west of Richmond, into Powhatan County. I think it's probably only about 10 miles from our west end shop and a very short 4.4 miles from Rt #288. Possibly several friends and you may want to drive out together. If necessary, we will form car pools to be certain you can be there to enjoy all the fun. We can accommodate most everyone; even those who are wheelchair bound who haven't been able to attend in the past. There is an easy to reach, well planned handicap access...no limitations this year!

We think you will find this year's Retreat a little different from those of the past. We are not planning a Friday night social but instead are concentrating all our efforts into our 10 a.m. until 4 p.m. Saturday event. This will not be a day of speakers and structured classes. This will be a year of "this is what I'd truly like to learn" or, "here, let me show you how I do that". Did you ever hear ...'each one teach one...? At this year's Retreat we will all become teachers as well as students. Everyone will be teaching and sharing with friends. While roaming around, visiting old friends and meeting new ones you may happen upon someone doing a particular stitch or technique you have been anxious to try. Well, this year you can just pull up your chair and ask to be shown! Could be you've heard of that crochet technique referred to as the V stitch. Or, you may just wish someone would show you how to knit continental method. Maybe you almost understand socks or magic loop but need just a little more encouragement to fully understand. At this Retreat, don't be shy, jump right in and ask to be shown or offer to show someone how it's done. Bring your projects to work on and don't be surprised if someone stops by or pulls up a chair and asks just how you do that. Bring your extra hooks, needles and yarn so you are ready to tackle a new technique as well. As I said, no structured classes, just a terrific day in the country with food, friends, laughter and lots of stitching.

Board of Directors appoints new Secretary

After a number of years as secretary of our Board of Directors, Diane Barrett has stepped down and in her place we now have Glen Allen. We sincerely thank Diane for a job well done in the past and know Glen will serve our Board well.

Congratulations to you, Glen!

Mother Teresa

"We cannot do great things on this earth. We can only do small things with great love."

Recycling Ideas

What is your favorite item that you have recycled? Have you found a new use for an otherwise unused item? Please email your favorite hint to pgreswolde@comcast.net so we can get it in the next newsletter.

- Put clear nail varnish on yarn ends to keep them neat and prevent them from fraying.
- Use chopsticks to teach kids to knit. They are a perfect size for smaller hands and are cheap to use.

Be sure to bring whatever you are working on, projects you can't complete because you need a little help, show 'n tell items and any completed projects you'd like to turn in for distribution.

We are planning a corner for book/yarn swaps this time. Bring those books that you've read that are still in good shape and swap for something different to read. Bring in your full skein yarns, no leftovers please, and those what-was-I-thinking yarns and offer them for swapping for an equal amount of someone else's stash at the swap area.

In our vendor section this year we have invited Sue Henshaw with her unique yarn bowls and various other potteries. Bernice Koelzer of Flint Hill Minifarm will bring their selections of soaps and cashmere yarns and Mary Clare Hughes will be setting up her homegrown, homespun Alpaca products. We will also set up our own From the Heart boutique. There, for a donation, you will be able to secure some truly beautiful yarns for your own use.

We hope each of you will come this year. This event will be more casual than our first 4 retreats. This gathering is for YOU! A celebration of friendship and stitching...and don't forget the eating! If you have never experienced these events in the past, now is the time to join in.

There is one other area of change this year. In the past each attendee has been given a 'goody bag' at the door when signing in. Each year several very talented ladies have worked feverishly sewing bags or knitting little sock key chains just to make these bags special. Then, after weeks of collecting (begging from vendors and yarn shops!) donations of items suitable for stitchers, a day is spent assembling all the little gifts into those bags. Not this year... This year is all about YOU! Your thoughts, your experiences...in writing! With your help (lots of your help!) we are planning a From the Heart Keepsake. This will be a book/booklet and its size depends completely on you. We are asking you to submit to us, in writing, a paragraph or two about an experience you may have had since joining our organization. Maybe how you first learned of us, or about a unique friendship you've gained with another member. This could be a comment you heard when telling someone about your stitching for others. Also, we want to include a section on handy hints and \$\$\$ stretchers, like everyday items that can easily be repurposed instead of having to buy so many gadgets. It would be nice to include stitching tips that make life easier for you that maybe some of us just didn't think of. Just be creative if you like. But, just submit something! We really, really need all of you on this one! You can sign your name or initials to your submission or just send it to us anonymously. It's completely up to you. But, there is one BIG problem. I need all entries in my hands by July 31st if we are going to make this happen. Please, please. I truly need you on this one!

Since we certainly don't want to be accused of saving all the fun for ourselves we encourage you to please bring a stitching friend with you to the Retreat and introduce him/her to your buddies and our organization.

Stitching Hints & Tips

What is the best advice you ever got for knitting or crocheting? Please email your favorite stitching hint to pgreswolde@comcast.net so we can get it in the next newsletter.

Knitting

- I tend to knit very tightly so I've found that if I hold my two needles together and cast around them both I can simply pull out one of the needles when I'm ready to start the first row and I have the exact space available to insert the needle. The first row then "sets the stage" for the rest of my rows because I get a good feel for the loose tension with that first row.
- Does it bother you that the ends of your favorite knit scarf are wider than the middle?? If so, start with smaller size needles than the pattern calls for, and then change to the larger size after about an inch. Then switch back to the smaller size at the end of the scarf too.

When the registration forms are sent out, be certain to submit one for your friend as well as yourself.

We are getting excited about this Retreat. Planning is in high gear and we are anxiously awaiting your submission for our memory book. Please get those to me right away by either email to lois@ftheart.net or by mailing to me at From the Heart, 1425 Crawford Wood Place, Midlothian, VA 23114.

Urgent Needs!

The warmer weather is here and as the temps soar the need for cooler chemo caps also soars! Our chemo hat fibers should be the cooler cotton and cotton blends. We've found that Sugar and Cream and Peaches and Cream make really nice hats. Stop by the shop and pick up some cotton for stitching up some hats. 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. It is so nice the weather is finally changing, enjoy the nice weather!

Our Tireless Delivery Staff

Our inventory delivered numbers are wonderful! Your stitching is making such a difference to thousands. But, did you ever think about just how these items reach their recipients? Well, let me tell you...we have a group of dedicated members who deliver 6 or 8 very large bags of items each week to places like McGuire Veterans Home, Community Hospital in Mechanicsville, many bags to Virginia Cancer Institute, and VCU/MCV downtown as well as Stony Point. Bags go to Johnston Willis and St Francis hospitals, SPCA, Crossover Ministries in Richmond and theYWCA battered woman's shelter, just to name a few!

These folks come to the shop weekly, pick up these very heavy bags, drive to their intended destinations and carry them across parking lots, sometimes walking for blocks and blocks to get to their locations. We are so grateful to these tireless folks. Where would we be without them?! Our hats (both knitted and crocheted!) are off to them. We can never thank them enough for the part they play within From the Heart

Special Notice – Gulf Coast Clean-Up

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

There is a collection box at our shop. You may pick up cotton at our shop at 1114 Westbriar Drive. These washcloths are very simple and fast to make and are terrific carry-along stitching projects. Any pattern can be used for either knitting or crocheting.

This would be a wonderful way for groups of school age children to make a difference. Give it some thought then jump in and give us a hand!

Crochet

- Keep in mind that the sizes given with the pattern instructions were obtained by working with the size thread or yarn and hook given in the materials list. If you work with a smaller hook, depending on your gauge, your project size will be smaller; if you work with a larger hook, your finished project's size will be larger.

A.S.K. Assistance, Support, Kindness

“Making life better for children with cancer”

Thanks to your efforts we met the goal for the ‘Christmas in June’ party held for critically ill children with cancer.

Now our focus is to meet the need for 300 stockings (12 inches or larger) for their December party. If you would like to help with this, check by the shop for yarn in Christmas colors and textures. It may be in the store room right now, but within the next few days we will have it out, front and center! Also you might want to take a look at the several pattern books containing great ideas for stockings. As I understand, these children range from little babies to almost grown teenagers so stockings of all sizes will be needed.

Stockings may be just the carry along project for your stitching time during weekend trips or even spring or summer vacation. Why not see if you can fit in a little time here and there to give a hand with this very worthy project?

Size Chart for Baby Items

Size Categories Measurement	Less than 1 lb (approx.)	1-3 lbs.	3-5 lbs.	6-8 lbs.	9-11 lbs
Neck to Feet	8" to 9.25"	10.5"	14.25"	14.5"	17"
Wrist to Wrist		10.5"	12.5"	14.25"	16"
Bottom of Neck (circumference)	2" to 3"	3"	3.5"	4.5"	5.5"
Chest (circumference)	6"	8"	10"	11.5"	14.5"
Head (circumference)	5.5" to 6"	10"	12.5"	13.5"	14.5"
Feet (length from heel to toes)	1.25"	1.5" to 2"	2.5" to 3"	3" to 3.5"	3.25" to 3.75"

Sizes for premature and newborn baby hats

Knitted hats:

Use 4ply washable yarn and size 6 needles. Cast on the appropriate number of stitches you want to knit. Rib in k1, p1 for 1". In stockinette, knit to the size needed.

Child Size:

Cast on 74 stitches 1" ribbing (k1,p1) 6" to 6.5" stockinette.
Total length = 7" to 7.5"

Full Term:

Cast on 66 stitches 1" ribbing (k1,p1) 5" to 5.5" stockinette.
Total length = 6" to 6.5"

X- Large Premie:

Cast on 58 stitches 1" ribbing (k1,p1) 4.5" stockinette.
Total length = 5" to 5.5"

Large Premie:

Cast on 50 stitches 1" ribbing (k1,p1) 3.5" to 4" stockinette.
Total length = 4.5" to 5"

Medium Premie:

Cast on 44 stitches 1" ribbing (k1,p1) 3" to 3.5" stockinette.
Total length = 4" to 4.5"

Small Premie:

Cast on 40 stitches 1" ribbing (k1,p1) 2.5" to 3" stockinette.
Total length = 3.5" to 4"

After knitting the piece to the approximate dimensions, draw all stitches together tightly at the top by weaving yarn through all the stitches on the needle. Knot securely. Weave together the seam using yarn.

Optional: Make a pom pom or bow for the top.

From the Heart Newsletter

July 2010

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

July 2010

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
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie		
From the Heart	1114 Westbriar Drive	Henrico	Tuesday every	10 am - 2 pm
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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	No meetings in July & August	
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30 - 8:30 pm