

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

My daffodils and crocus are blooming! There are robins and bluebirds everywhere! Finally, there's hope of Spring with warm sunshine and beautiful, long days! Our long winter days were very productive as evidenced by our donation totals.

With the temperatures rising, the need for warm hats will be diminishing. We have a nice supply of cotton and cotton blend yarns for those hats for covering baldness but when the need for warmth doesn't real exist. Stop by the shop for your yarn supply and check out the hat samples and patterns as well. We look forward to seeing you very soon!

Lois

Stop by the Shop

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

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Kathleen VanPaasschen is the March Scheduler. Contact her at 804/320-5279, 804/617-5364 or imfkvp@netzero.com to volunteer for a shift.

Urgent Needs!

Our greatest need remains at more hands. We need knitters, crocheters and seamstresses of all ages. If you can aim us toward groups or individuals who might be willing to join in our efforts to help others then, by all means, let us know. We are anxious to hear from anyone, those with previous experience, those who just occasionally pick up their yarn and hooks or needles as well as those who would like to learn our crafts. Get in touch with us at lois@ftheart.net or call 804-305-4971. We look forward to hearing from you

This month's urgent need is more hats; however it is time to change our chemo hat fibers from the warm acrylics to the cooler cotton and cotton blends. We can always use blankets and baby items along with anything else you would like to make. We will continue to use the acrylics for all of our blankets.

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 almost 95,000 items...that's ***NINETY- FIVE 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 or call 804-305-4971, or email our FtH president, Fran at fran4@verizon.net. We are waiting to hear from you!

Donation Inventory Numbers

Previous Total

Mid 2002 – 2010: **90,868**

2011

Jan 2,364

Feb 1,687

4,051

Grand Total 94,919

Shopkeeping Prize Award

The February winner is Kathleen VanPaasschen.

Please contact the scheduler to get your name in for the March 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.

General Stitching Hints & Tips

- You can always find the right side to your knit or crochet project by finding the "tail" of the yarn from where you started your project on your left. If it is on your right, it is the wrong side.

Just remember to work the "tail" in after you finish. No more marking the right side of a project.

Phone Cards

A generous donation to From the Heart has enabled our organization to help veterans and soldiers being deployed. We received in excess of 6000 phone cards to distribute to veterans in medical facilities and those soldiers leaving for war zones. So far 2075 cards have been given to McGuire Medical Complex, 1000 to a group of helicopter pilots deployed from Richmond, 500 to Goochland VFW who took them to the Veterans Hospital in Salem, and 500 to the Fisher house. To be able to 'reach out and touch someone' is so very important to those so far from family and loved ones. From the Heart is grateful for the opportunity to supply in this manner.

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 really appreciate every one of you and thank you for your efforts.

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From the Heart

I consider it such a blessing whenever someone thinks about my son – and all my military children – as they serve to protect us and our freedoms. Many folks don't realize the tremendous sacrifices they and their families make nor the horrendous things they themselves are called to do and experience every moment of every day while stationed for months on end during repeated deployments in Afghanistan or Iraq. Every little comfort, even the smallest thing done for them means so very much and is truly appreciated – reminding them they're not forgotten, their sacrifices are not in vain, people DO care.

God has showered them – and me – with blessing through your kindness and the love woven with every stitch as you made the helmet liners for 'my children'. On behalf of them and myself I want to thank all of you for your thoughtfulness and caring..... Mary

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Committee Request

Wow, 2011 is already flying byespecially when you're having fun, as I hope you all are. I hope that you have had an opportunity to come to the shop recently, to pick up yarn, drop off finished items, or come by to simply sit and knit or crochet with some fellow crafters. We are so fortunate to have such an awesome place where we can store our yarn, take care of distribution needs, pick up patterns, learn new stitches, get help with a pattern when needed, or also get away from our busy days to rest and relax with our comforting yarn.

- For measuring lengths of yarn for fringe on scarves, I cut empty paper towel tubes in the length of fringe I want. Then I cut a 1" wide length-wise piece out of the tube, and wrap the yarn end-to-end around the tube. Finally I cut all the wrapped strands at one end and remove. The curve of the tube keeps the yarn from sliding off the edges as I wrap and cut it. Various lengths of cut tubes store easily slipped inside each other to use over and over.
- When working with ribbon on any project, a small dab on clear nail polish on the ends will keep the ends from fraying.
- Plastic is great for storing yarn, etc. but beware if you are using a retail store bag in which you brought a purchased item. I lost one of my needles that way. It made a hole in the bag and slipped out without notice. Boo hoo...so when I got where I was going I couldn't knit because my prime needle had disappeared!

Stitching fills my days, not to mention the living room, bedroom, and closets.

~Author Unknown~

With this luxury, there comes request. In order to keep the shop open **Tuesday, Wednesday, Thursday, Saturday 10:00 am to 2:00 pm** we need help keeping those doors open. We do this by having 2 two-hour shifts with 2 ladies on each shift each day. We are very fortunate to have some ladies who continue to sign up as shopkeepers on a regular basis, **thank you to all of you!!!**, but the request today is help with the scheduling. Currently, there is a scheduling committee of four that takes care of making sure we have at least four volunteers each of the days we are open. The scheduler coordinates the shopkeeping signups for a month at a time. It is not a difficult task but it is a very important one. If the committee had six members, each member would schedule just two months of the year.

Our committee is in serious need of **your** help. If you would like additional information or would like any questions answered or feel that you can give us your help, please contact anyone on our committee. We all look forward to hearing from you. Thank you!!

Eleanor Cannon
 Tricia Ennis
 Kathleen VanPasscchen
 Gail Patrick

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CHUM (Chamberlyne Heights United Methodist Church)

About seven years ago I began looking for a way to use my stash of yarn for a useful purpose. I was referred to Lois Moore, who was just beginning what has become "From the Heart". I put a notice in the Chamberlyne Heights United Methodist Church bulletin and newsletter asking for knitters and crocheters who might be interested in making chemo hats for Massey Cancer Center, as well as caps for newborns. About 15 people showed up at the first meeting, and we have been meeting once a month ever since. We enjoy the fellowship and the feeling that we are doing something worthwhile with our time. We encourage other knitters and crocheters, as well as those who would like to learn, to join a group near you and find the satisfaction of doing something to help make life easier for others.

Mary McFarland

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. Custom calendars can make a great funding raising idea. Check out the website.

www.thecalendarmarket.com



From the Heart Newsletter

March 2011

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

March 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
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

Easy Crochet Bear Sweater

A Pam Greswolde Creation

Fits 9 inch bear

1 oz. Worsted weight yarn, G hook

NOTE: If you crochet loose you may want to use a smaller hook. 5 dc = 1 inch

Chain 41

Row 1: dc in the 4th chain from the hook and the next 4 chains, 3 dc in the next ch, dc in the next 6 ch, 3 dc in the next ch, dc in the next 11 ch, 3 dc in the next ch, dc in the next 6 ch, 3dc in next ch, dc in the last 6 ch. Chain 2 and turn.

Rows 2-6: dc in each cc across putting 3 dc in center of dc of 3dc group below. Chain 2 and turn.

Row 7: dc to center of the first 3dc group, ch 4, skip across to the next 3dc group, dc in center of st (this makes the armhole) and each st across to the center stitch of 3rd dc group, ch 4, skip to last 3dc and dc in center of 3dc group and across to the end. Chain 2 and turn.

Rows 8 – 12 dc in each dc across including both of the chain 4 stitches. Chain 2 and turn.

Finish:

Option 1: Chain 1, work 1 sc in each stitch up the front side of sweater. Work 2 sc in corner and 1 sc in each neck stitch. At end of neck do 2 sc and then sc down the last front side. Finish off.

Option 2: Use this option if you want to put buttons on the sweater. Chain 1, work 2 sc in each stitch up the front side of sweater. Work 2 sc in corner and 1 sc in each neck stitch. At end of neck do 2 sc and then 2 sc down the last front side. Finish off.

Sleeves: Join yarn to the center stitch at bottom of armhole and dc around the sleeve. Work the desired numbers of rows to give you sleeve length you wish. Finish off.



Easy Crochet Bear Pants

A Pam Greswolde Creation

Fits 9 inch bear

1 oz. Worsted weight yarn, G hook

Chain 50

NOTE: If you crochet loose you may want to use a smaller hook. 5 dc = 1 inch

Chain 50 and join to the beginning ch being careful not to twist.

Rows 1:

Ch 2, dc in each chain across. Join to the top of the beginning ch, ch 2 and turn.

Rows 2-5: dc in each dc across, join to the top of the beginning ch, ch 2 and turn.

First leg

Rows 6-11 (1st pant leg): dc in 25 dc, join to opposite side (you should be able to lay piece down and it will be flat). And complete back side of leg with 25 dc. You will have one complete row of one leg. Ch 2 and turn, dc in each stitch around for 5 additional rows. Fasten and finish off.

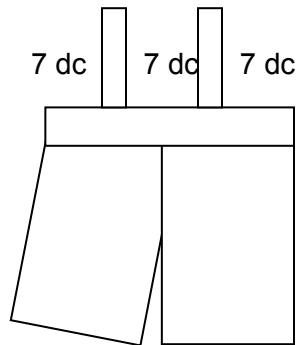
Second leg

Join yarn in first stitch after 1st leg on 6th row with sl st. Ch 2 to start stitch and dc in each stitch around to beginning – join with a sl st, ch 2 and turn. Dc in each stitch around for 5 additional rows. Fasten and finish off.

Waistband and straps:

Waistband: Join yarn at waist of pants ch 1 and sc in each stitch around. Join to the beginning ch. Chain 1 and sc in each stitch for a 2nd row. Fasten off and finish.

Straps: Lay pants flat so you are looking at the back of the pants. Join yarn to back with sl st at the 8th dc from the right edge as shown in illustration. Ch25 and turn, sc in each stitch back to the body of the dress. Slip stitch into the body of the pants, ch 1 and turn. Sc in each st to the end of the strap.ch 1 and turn. Sc in each stitch back to the body of the pants and sl st into the pants. Fasten off and finish. Repeat the same procedure by joining yarn 8 dc from the 1st strap. Attach the front of the straps by either stitching to front of pants or using a button and stitching through button, strap and body.



Easy Crochet Bear Dress

A Pam Greswolde Creation

Fits 9 inch bear

1 oz. Worsted weight yarn, G hook

NOTE: If you crochet loose you may want to use a smaller hook. 5 dc = 1 inch

Chain 40 and join to the beginning ch being careful not to twist.

Rows 1: Ch 2, dc in each chain across. Join to the top of the beginning ch, ch 2 and turn.

Rows 2-6: dc in each dc across, join to the top of the beginning ch, ch 2 and turn.

Bottom of dress ruffle:

Option 1:

* 2 dc in same st. Complete 3 dc in each stitch around dress to the end forming ruffle.

Join to top of beginning ch with sl st. Follow pattern * completing 3 rows of ruffle. Fasten off and finish.

Option 2: longer dress

Join to middle of the back of the bottom of the dress. Chain 2, 2 dc in same st.

Complete 3 dc in each stitch around dress to the end forming ruffle. * Join to top of beginning ch with sl st. Chain 2, dc in each stitch around. Follow pattern * for another row or until ruffle is desired length. Fasten off and finish.

Top of dress ruffle edge and straps:

Ruffle: Join yarn at back center right where the loose yarn is from starting the chain, ch 2 and sl st in same joining stitch. Chain 2 and sl st in same st for the next 3 st (total of 4), chain 25 to create strap.

Strap: Ch1 and turn, sc in each stitch back to the body of the dress. Slip stitch into the body of the dress, ch 1 and turn. Sc in each st to the end of the strap.ch 1 and turn. Sc in each stitch back to the body of the dress and sl st into the dress.

Ruffle: Chain 2 and sl st in same st around the dress stopping 6 stitches from where you started. Chain 25 to create strap.

Strap: Ch1 and turn, sc in each stitch back to the body of the dress. Slip stitch into the body of the dress, ch 1 and turn. Sc in each st to the end of the strap.ch 1 and turn. Sc in each stitch back to the body of the dress and sl st into the dress. Fasten off and finish. Strap are to be crossed in the back and joined to the front by stitching or securing a button to strap and secured in back of dress. Each strap is joined so the back and front of strap are even when dress is laid flat.

Front

