

# The Grateful Thread

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

## Letter from Lois

Believe it or not, Spring is coming! It's time to turn in all those cold weather items as soon as you can and begin stitching for those gloriously warmer days ahead.

Turn your thoughts to soft, light weight yarns for chemo hats. Stop by the shop and pick out your yarn. You may even like to try a few new patterns. There are always friendly stitchers waiting there to help you.

**See you at the shop!**

## New Calendar

Visit the new calendar of monthly meetings on our web site. Locations are included in a comprehensive listing by address.

[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

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

Eleanor Cannon is the March Scheduler. Contact her at 804/272-9215 or [e-cannon@msn.com](mailto:e-cannon@msn.com) to volunteer for a shift.



## Transformation

Lois Moore transforms scraps of leftover sock yarn into mitered squares that are knitted together and finished with I-cord borders to form 9-by-38-inch "Respect the Space Banners". Georgianne Ginder, certified health and wellness counselor, hangs them across the door to the room or foot of the bed of patients at VCU Hospitals. The

banners alert medical staff when patients are in session with chaplains, social workers, healing touch or meditation therapists. The banners, which take about 20 hours to make, are a silent signal to healthcare workers to enter quietly or, if possible, come back later so patient and therapist are allowed confidentiality in a serene space. Lois is teaching the mitered square technique at the shop. (See "March 2009 Stitching Workshops.")



## March 2009 Stitching Workshops

Mark your calendars for 2 p.m. Sunday March 8<sup>th</sup> and 15<sup>th</sup>.

**Crocheters** will be making a walker tote. Join Eleanor Cannon at the shop for this very useful project. This session will require a G hook. Yarn will be selected from the shop supplies. These totes will be great for the veterans at McGuire as well as residents in nursing homes.

**Knitters** may work on either the Magic Loop technique for making mittens, socks or baby hats or learn to make mitered squares for use in either scarves or blankets. Join Lois Moore at the shop. For Magic Loop bring your long circular needles to fit the gauge yarn you choose. It's best to use a needle with a long flexible cable that is a minimum of 29". The mitered squares can be done on any type needle, gauge fitting the yarn of your choice.

## Urgent Needs:

Our February Urgent Needs list received a wonderful response. As a result of everyone's hard work we were able to deliver 331 Adult and 447 child & baby hats! This does not include those in the shop ready to go out for delivery.

Now that the weather is changing we need spring and/or summer hats for toddlers, older children and adults. They are usually cotton or light weight acrylics. Remember that we need colors which are suitable for boys and men as well as the wonderful ladies hats. For anyone new to hat making we are including a simple knit and crocheted pattern. You will find we are adding patterns to the website so check it out if you can!

## New Patterns

Some of our talented knitters and crocheters create their own patterns. If anyone has an easy pattern they would like to share with our group email it to Lois at [lois@fheart.net](mailto:lois@fheart.net) and it can be posted on the website and added to the next newsletter.

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[Researchers from the Mayo Clinic found](#) that people aged 50-65 who had been busy reading, playing games or engaging in crafts like knitting were found to have a 40% reduced risk of memory impairment.

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## Donation Inventory Numbers

<b>Previous Total</b>	
<u>Mid 2002 – 2008:</u>	57,044
<b>2009</b>	
January	<u>1,092</u>
February	<u>1,343</u>
<b><u>Grand Total</u></b>	<u>59,479</u>

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*“In the rhythm of the needles,  
there is music for the soul.”  
~ From an old sampler ~*

## Christmas Store to Benefit Area Homeless

In a conversation recently with Maureen with Bon Air Baptist Church, I learned of a program sponsored by the Baptist Centers in which her church stitching group participates each December. They are working toward a goal of 450 warm scarves to be offered to those needing a little extra warmth next winter.

This is a project in which I feel we could be of service. If you would like to continue your warm wool or wool blend scarf stitching during the next 7 or 8 months, by all means do so. Be certain to attach our From the Heart dove tag to each. We will collect them at our shop, store them in a specially marked box and deliver them to the church by November 1<sup>st</sup>, 2009. From there they will be blessed by the church at Thanksgiving and offered from December 10<sup>th</sup> through the 20<sup>th</sup> in the Christmas Store program.

We do have quite a few avid scarf stitchers so feel free to continue with your passion and we should be able to contribute a nice large number of the 450 they are seeking. Check the shop for your wool and wool blend supplies.

## Meeting Location Change:

Beginning with Thursday March 5, 2009 meeting, the Panera Bread Midlothian **morning** group will be meeting at the Chesterfield Towne Center food court. They will retain their 9 to noon hours the first and third Thursday of each month. This group has grown to the point they need more space and having all those food vendors nearby is always a plus! It is suggested that you enter at the Barnes and Noble end of the food court.

## Write For Health! – April is National Poetry Month

The Arts in Health Care Department has once again received a donation to sponsor our Employee and Volunteer Poetry Celebration. The theme this year is “Write for Health.” We encourage you to write about Health and Healing. Cash prizes will be awarded. All employees and volunteers of the VCU Health System are eligible to enter two poems.

### Mark the following dates on your calendar now!

- March 27, 2009 the deadline for submissions
- April 17, 2009 winners notified.
- April 27, 2009 The Awards Reception at 3:30 PM in the Gateway Building on the first floor. Everyone is invited to participate as we celebrate the healing power of poetry.

Contact the Department of Cultural Programs for Registration forms at 828-4706. All entries must be emailed to [pbranch@mcvh-vcu.edu](mailto:pbranch@mcvh-vcu.edu) by March 27, 2009.

## Wednesday Pot Luck / Stitch Out

Wednesday, May 6<sup>th</sup> marks the date our Spring event. It will be held at the home of Russ and Lois Moore, 1425 Crawford Wood Place, Midlothian, VA 23114. Bring your stitching (or those stitching problems with which you would like assistance ☺ ) and a dish to share. Beverages will be provided. Come and enjoy the fun. You may arrive anytime after 10 a.m. and stay until sundown. We are looking forward to your visit!

## **Something to consider...**

We all know that the current economy causes additional stress for many of us. How can you help? What can we do when we are experiencing the same economic pressures?

The answer is actually quite simple – we can assist ourselves through our stitching. Everyone I have spoken to who knits or crochets on a regular basis say the same thing “they find it very therapeutic and relaxing”. This relaxation helps to reduce our stress. We are however helping to reduce someone else’s stress level at the same time. How you ask?

The individual whose finances are stretched so they do not want to spend money on a hat to hide their thinning hair from chemo, the person who’s budget is already stretched and they are now warmed by a blanket made by one of the From the Heart stitchers, the child whose family lost everything in a house fire but they are now hugging their new teddy bear wearing a sweater created by a member, or the child is now warmed by the hat donated by a From the Heart stitcher during the February project of quick items for children.

All of these are examples of how knitting and crocheting helps to reduce the stress for many individuals on both sides of the From the Heart organization. Thank you all for your efforts in brightening the days and lightening the load of others during these trying times.

## **New Newsletter Format**

Many of you have commented on how much you like the change in our website. We are attempting to achieve that same successful new look with our newsletter. If anyone is interested in working with our newsletter committee or has ideas, please let us know by emailing Lois at [lois@ftheart.net](mailto:lois@ftheart.net). We have a large talented group and look forward to hearing from you.

What would you like to see in the newsletter?

- patterns each month
- news on what the groups are doing

What would make the newsletter interesting for you?

Are you creative? Do you like organizing? Would you like to work with this committee each month or on occasion? Just let us know! We would love your assistance!

**Newborn Baby Knitted Hat  
(Written for Lion Brand Jiffy Yarn)  
A Lois Moore Creation**

1 skein Jiffy in pastel color will make 2 of these little hats with yarn left over.

Using either long size 10 needle for magic loop or double point needles. (16" circular is not suitable for knitting these small tube hats.)

Cast on 44 stitches. Join carefully being certain stitches are not twisted. Work in knit 2; purl 2 ribbing for 28 rows.

Decreases rows are very simple. During the first row you will knit the knits and purl the 2 purls together. On second row knit the knits together and purl the purl as follows:

Row 29: Knit 2, purl 2 together. Repeat around the row. 33 stitches remain.

Row 30: Knit 2 together, purl 1. Repeat around the row. 22 stitches remain.

Row 31: Knit 2 together. Repeat around the row. 11 stitches remain.

Row 32: Knit 2 together to last stitch, knit 1. 6 stitches remain.

Cut yarn, thread thru tapestry needle, pull thru remaining 6 stitches, snug up smoothly, weave in tail. Weave in tail at beginning cast on. Voila! It's done!

**Simple Spring/Summer Crocheted Hat  
(For Children and Adults)  
A Pam Greswolde Creation**

1 skein (3.5 – 4 oz) Cotton or cotton blend yarn will make 1 adult and 1 child's hat  
J Hook for child's hat and K hook for adult hat

**Adult hat:** K hook used for adult hat

Chain 4, join with a slip stitch to form a ring

**Round 1:** Chain 3, work 15 dc in the ring join with a slip stitch to the top of chain 3 (16dc)

**Round 2:** Chain 3, 2 dc in next stitch, (dc in next stitch, 2 dc in next stitch) repeat around join with a slip stitch to the top of chain 3 (24 dc)

**Round 3:** Chain 3, dc in next stitch, (2 dc in next stitch, dc in next 2 stitches) repeat around, join with a slip stitch to the top of chain 3 (32dc)

**Round 4:** Chain 3, dc in next 2 stitches, (2 dc in next stitch, dc in next 3 stitches) repeat around, join with a slip stitch to the top of chain 3, join with a slip stitch to the top of chain 3 (40 dc)

**Round 5:** Chain 3, (2 dc in next stitch, dc in next 4 stitches) repeat around, join with a slip stitch to the top of chain 3, join with a slip stitch to the top of chain 3 (48 dc)

**Round 6-12:** Chain 3, dc in each stitch around, join with a slip stitch in the top of beg chain 3.

**Round 13-14:** Chain 2, single crochet in each stitch around, join with a slip stitch in the top of beg chain 2.

Weave in ends and you are finished!

**Child's hat:** J hook used for child's hat

Chain 4, join with a slip stitch to form a ring

**Rounds 1-5:** Follow adult pattern

**Round 6-10:** Chain 3, dc in each stitch around, join with a slip stitch in the top of beg chain 3.

**Round 11-13:** Chain 2, single crochet in each stitch around, join with a slip stitch in the top of beg chain 2.

Weave in ends and you are finished!

For a fancy edging: after Round 13 work (sc, ch2) in ea stitch around, join and weave in the ends.

# From the Heart Newsletter

# March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Buford Rd Pharmacy 6:30-8:30 pm  Episcopal Church of Our Savior 10 – noon  Park @ Ridgedale 2-4 pm	3 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon	4 The Virginian Retirement Center 2 – 3 p.m.	5 Panera Bread Chesterfield Towne Center (food court) 9 – noon 6:30-8:00 pm	6 Starbucks, north end Huguenot Bridge 11 am 1:30 pm	7 Starbucks Oxbridge Square 10 – noon  Atlee Angels Atlee Library 1-3 pm
8 Knit and Crochet Workshops 1114 Westbriar Dr 2 p.m.	9 Episcopal Church of Our Savior 10 - noon  Park @ Ridgedale 2-4	10	11 The Virginian Retirement Center 2 – 3 p.m.	12 Chamberlayne Hts United Meth Church 1:30 – 3 p.m.	13 Starbucks – Huguenot 11 am 1:30 pm  Kay Berrey Group 4-6 pm	14 Louisa Group Louisa Library 10 - noon
15 Knit and Crochet Workshops 1114 Westbriar Dr 2 p.m.	16 Buford Rd Pharmacy 6:30-8:30 pm  Episcopal Church of Our Savior 10 – noon  Park @ Ridgedale 2-4  Atlee Angels Atlee Library 6:30 pm	17 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon  Francesca Parch Powhatan 6:30  Tuckahoe Library 6:30 p.m.	18 The Virginian Retirement Center 2 – 3 p.m.	19 Panera Bread Chesterfield Towne Center (food court) 9 – noon 6:30-8:00 pm	20 Starbucks - Huguenot 11 am 1:30 pm	21 Starbucks Oxbridge Square 10 – noon
22	23 Episcopal Church of Our Savior 10 - noon  Park @ Ridgedale 2-4	24 Louisa Group Hardees 7 p.m.	25 The Virginian Retirement Center 2 – 3 p.m.	26	27 Starbucks - Huguenot 11 am 1:30 pm  Kay Berrey Group 4-6 pm	28
29	30 Park @ Ridgedale 2-4	31 Summerhill Retirement 1:30 pm				

**March 2009**

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Day of Week</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
Francesca Parch		Powhatan	Tuesday 3rd	6:30 - 8:30pm
From the Heart	1114 Westbriar Drive	Henrico	Tuesday 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
Kay Berry		Powhatan	Friday 2nd, 4th	4-6 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
Panera Bread	<b>* Chesterfield Town Center</b>	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

**\* New location**