

# The Grateful Thread

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

## Letter from Lois

You may not have heard much about recipients who are the residents in battered women's shelters. These ladies are often forced to flee their homes quite suddenly with little kids in tow. They have not had time to plan a leaving date nor pack a bag for their trip. They must escape when they can seize the moment. Hence, they normally have only the clothes on their backs.

We have tried to devise a plan for helping these families and our only method is our stitching talents. During cold weather we can offer warm clothing items such as hats, scarves, mittens and sweaters. But this time of year we can't be of much assistance...but, just maybe...

We are considering, for our Summer Stitch-A-Long, making bags we normally consider market bags or project bags. These could also be considered "stuff" bags and could give a lady a place to keep her small personal items or maybe a few of her child's toys. Just to be able to keep track of your own things when forced to live in a shelter or group home could be a challenge. Maybe our bags would help!

We are 'test driving' a few knit and crochet patterns for these 'stuff bags' this month in preparation for workshops beginning in June.

## Urgent Needs!

As the spring season is here and the temperatures are quickly warming up, we have switched our chemo hat fibers from the warm acrylics to the cooler cotton and cotton blends. We will continue to use the acrylics for all of our blankets. Be sure to stop by the shop, pick up your patterns and yarn and continue stitching those beautiful projects. And if you happen to know of anyone who would enjoy stitching with us by all means, invite them to the shop or share a copy of our meeting schedule with them.

Our urgent needs are currently:

- Baby blankets (see size note on left side of page 2)
- Newborn hats
- Christmas stockings 12 inches or larger
- Cotton and cotton blend hats – remember that we need all colors for women, men and children
- Adult blankets of all sizes

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!

## Shop Closed on Saturday May 15th!

The shop will be closed on Saturday May 15<sup>th</sup> for refurbishing and spring cleaning. Normal hours will resume on Tuesday, May 18, 2010.

## 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?

continued

If you happen to have a tried and true pattern to share with us for this event please let us know.

We will be making these using 100% cotton yarn to help with the durability factor.

Stay tuned, as we work out the details we will post them at the shop as well as put a notice in June's newsletter. And if you would like to get started ahead of us please do so!

Lois

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## **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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## **Stop by the Shop**

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

Mary Jo Lesniak is the May Scheduler. Contact her at [mrsedly933@yahoo.com](mailto:mrsedly933@yahoo.com) to volunteer for a shift.

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## **Boxes at the shop**

As you may have noticed, we have new lockable donation and suggestion boxes in the shop. If you have any ideas or suggestions please feel free to note them on the paper provided with the box. We'd love to hear from you! Names are not required.

## **Making Squares?**

In analyzing our inventory numbers, comparing the first four months of 2009 and 2010, I have found we have donated over 1,100 more items in this past 4 months than in 2009. Also I've found a good part of that, 443 items in that figure has been the increase in the adult blankets we've been able to share. It looks like those blanket squares you are making are creating quite an impact!

Keep up the great work and if at all possible, stop by the shop and pick up a package of squares, already matched and ready to be stitched together. We do have a number of helpers in this area but could always use more! Thanks so much to each of you for stepping up and helping us help so many.

## **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](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

## **Knitting**

- Do you have a broken wooden knitting needle tip? Sharpen it in a desk or wall mounted pencil sharpener - the type with the dial-a-size...sand to finish - then rub with candle wax - wipe down.
- Double-pointed and circular needles are often not marked for size and they almost always get separated from their original packages. I mark them with a fine-point permanent marker (two dots for size 2). The larger needles usually have enough space to mark the actual number. It works for all needles (wood, metal, and plastic.)

## **Crochet**

- I love textured yarns like "Homespun" but have trouble "seeing" the stitches. I found while working my first project, that if I hold onto the last stitch in a row, I can make the sc for the beginning of the new row and not lose my place when I turn the piece and begin working back. Also, I can find the correct place to insert the hook by feel, rather than by sight.
- To keep the size readable on a crochet hook, use a fine tipped permanent marker to write the size right on the end. The mark won't wear off with use, and you won't have to squint to see what size it is.

## Shopkeeping Prize Award

The April winner is Glen Allen.

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

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

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## Donation Inventory Numbers

### Previous Total

Mid 2002 – 2009: 70,550

### 2010

Jan - March 4,391

April 1,302

**Grand Total** 76,243

## General Stitching Hints

- If you do not have a ruler readily available to measure, a dollar bill measures 6".
- Patterns are most often written on an 8.5 X 11 sheet of paper which, when folded, can produce any number of measurements down to 1 inch! I use this one all the time!
- Keep a bag with your crochet projects by the door. When you have to run an errand, grab the bag so you'll have something to do if you're left waiting. This is especially great for runs to the dentist or doctor's office.
- Use a CD case or a DVD case as a tool for easy fringe making. Wrap the yarn around the case as many times as you wish. Cut straight across the yarn (with bottom scissor blade between the yarn and the case) and you've got quick, easy, and even fringe. The CD case will create 2 different sizes of fringe depending on which way you wrap the yarn. It appears to be square but it's not. The DVD case will make long to extra long fringe depending on how you wrap the yarn.

## 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](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

- I keep a few of the old fashioned wooden clothes pins in my stitching bag to hold things together as a second set of hands. I also use them when I am piecing something. I have found they also work to hold needles together when I am knitting sox or something small.
- Clear plastic zipper bags that sheets come in are great for are perfect for your smaller balls of novelty (Fun Fur, etc.) yarn or the small balls of cotton yarn. These smaller ones would also make a nice dust free place to store your patterns.
- For stitch markers on larger needles, I use the elastic ponytail holders. They really work great especially if you have the solid ones without the metal fastener.

# From the Heart Newsletter

# May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Starbucks Oxbridge Square 10 – noon  Atlee Library 1 – 3 pm
2	3 Harvest Glen Stitchers 2 - 4 pm  Park @ Ridgedale 2–4pm	4 Panera Bread Breckenridge Shop Center 10 – noon	5	6 Hopewell Library 6-8 pm  Panera Bread Midlothian 6:30-8:00 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 2–4pm	11	12 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  <b>Shop closed</b>
16.	17 Park @ Ridgedale 2 – 4 pm  Harvest Glen Stitchers 2 - 4 pm	18 Panera Bread Breckenridge Shop Center 10 – noon  Tuckahoe Library 6:30 – 8:30 p.m.	19	20 The Mall Group @ Chesterfield Towne Center (food court) 9-12  Hopewell Library 6-8 pm  Panera Bread Midlothian 6-8 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	26 Hopewell Library 10 - noon	27	28 Starbucks – Huguenot 11 am 1:30 pm  Kay's Krafters 2 –6 pm	29
30	31 Park @ Ridgedale 2 – 4 pm					

## May 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	157 Roanoke Avenue	Colonial Heights	Wednesday Every	10 am - noon
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
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