

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

Blankets, blankets, blankets

.....let's make more blankets!
Crocheted, knitted, chemo, wheelchair, bone marrow or just 12 inch squares...we need them all! It has become almost impossible to keep up with the demand this fall. Blankets are a wonderful use of leftover yarn. A stripe of this and one of that, adding textured yarn to simple plain yarns gives such an interesting look and just might give an infusion patient something to focus on rather than the fact that the clock is moving so slowly during their treatment. Or beautiful colors chosen by you for your special blanket. Pick the size of your project, knit or crochet, add a From the Heart dove tag and it will soon be in the hands of a very appreciative person. Someone who will feel so blessed to be wrapped in love, knowing they are very special and not forgotten.

If you choose to make a square or two, please, please, cut yourself a 12 inch by 12 inch template from newspaper or whatever you have handy. Stitch your square to fit this pattern as closely as possible and soon your handy work will be combined with that of others and a beautiful blanket will be on its way to someone special for snuggling.

We will be including in our newsletter some of the wonderful thank you notes we receive from

Shopkeepers!

It seems that many of you have really pitched in to fill the new Wednesday openings. Woohooooo!!! Good going.

We now have a little something extra to help encourage you to sign up even more, or to get some newbie shopkeepers. Starting with November, every time you sign up to be a shopkeeper, your name will go into a 'hat', and at the end of the month, at random, a name will be pulled from the hat to award the winner with a very nice bundle of yarn from our specialty yarns at the shop.

Yup, you read it right!! EVERY time you sign up within the month, your name will be entered for a chance to win some of these fine yarns. SOOOOOO, the more you sign up, the better the chance that you will be the owner of some of the really great, soft, beautiful, expensive yarn. We will continue to do this each month, so sign up often.

Also, to help encourage you to sign up, I wanted to make sure we are all on the same page with just what it means to 'shopkeep'.

***Welcome all who enter the shop. Be in the front room whenever possible.

***Offer any newcomer information about From the Heart and help answer any questions they may have. Have them sign into our guest book; get address and/or phone...or preferably email address.

***Offer help with accepting donations, whether it be knit/crochet/sewn items, yarn donations, or financial donations. (Remember to have all hand stitched items noted on our index card file by the front door.)

***Offer help with finding yarn, patterns, etc. (Have yarn taken noted on our index card file)

It is no longer necessary to tidy the yarn bins, or work in the work room. We now have committees that take care of all incoming yarn, distribution of items and stocking yarn. Any yarn donations that come in while you may be shopkeeping can be placed in the appropriate bins in the front room. If you are interested in signing up for any committee to help in distribution, donations, etc, please notify a board member, committee member or chairwoman. We would love any help that you have to offer on our many committees. If there are incoming items without our From the Heart tag in place, please tag these items while you are out front so that you may also welcome any one entering the shop.

Again, thank you for all of your time, help, stitching, and friendship!!!

folks who have been given one of your blankets. Such heartwarming letters...they just make you want to stitch non-stop to help as many patients as possible!

Keep up the wonderful work you are doing and just be assured of how far you and your stitches go toward comforting someone who might be feeling down or alone and in need of knowing we truly care about them!

Blanket Sizes:

Chemo 48 x 30

Bone Marrow Transplant—large enough to fit top of twin bed, very colorful to brighten a sterile room (and soul)

Wheel chairs 27 x 36 with 72 inch long tie threaded through one narrow end and please, no fringe.



“Volunteers are unpaid, not because they are worthless, but because they are priceless.”

~ Author Unknown ~

This applies to all of you who volunteer your time to stitch for all of our needs.

Stop by the Shop

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

Gail Patrick is the November Scheduler. Contact her at 804-598-2317, 804-347-9747 Or ragslan@aol.com to volunteer for a shift.

Quality time with a friend

Does it seem like you never get to spend quality time with a friend? Do you wish you had more time to volunteer? Why not sign up with a friend to work at the shop together? You get to spend some quality time together and really help From the Heart – what a great way to spend a few hours!

Fall has arrived.....

The leaves are falling along with the temperatures and boy the colors on the trees are beautiful this year. With the nip in the air we all know that winter is right around the corner so stop by the shop and pick up the warmer yarns to get those winter projects going. Aside from needing lots of blankets the cold weather always brings a greater need for keeping people warm. Every item you stitch is one more warmed body and soul.

Urgent Needs!

Our project bins were empty and we had a great response to our pleas for help. We will continue to need more items and right now here are the urgent needs:

- Blankets – chemo, bone marrow transplant or wheel chair
- Hats
- Shawls

Basically 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.

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 are going to include some of the thank you notes we receive each month so you can see how much your work means to those who receive the beautiful items you stitch. We really appreciate every one of you and thank you for your efforts.

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## **Dear Friends at From the Heart**

Thank you very much for the beautiful blankets, hats, scarf set and kick back socks. They will all be put to good use. It is refreshing to know in these hard economic times that people are so kind and willing to give ‘from the heart’. Thank you once again.

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Donation Inventory Numbers

Previous Total

Mid 2002 – 2008: **55,979**

2009

Jan-Sept 10858

Oct

Grand Total 66,837

New Patterns!

Be sure to check the website patterns. During the retreat we heard some of the Crocheters mention that we do not seem to have many crochet patterns so we have added some and are working on adding more.

Do you have a pattern you really like that can be posted? Have you created a pattern you really like that we can post? Please send to lois@ftheart.net.

Suggestions?

Is there something you would like to see added to the newsletter? Do you have any articles we could include or ideas? Please email suggestions to pgreswolde@comcast.com

Dear Stitches


Thank for you for the yarn and stuffed animals for the seven 'displaced' children from Burundi. The colors are wonderful and much love I'm sure has gone into your knitting. May God bless you always in **all** ways.

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## Dear Mrs. Moore and 'From the Heart Stitches'

Thank you so much for the beautiful lavender and white baby blanket and hat! We are so thankful for the lovely gift and we will always treasure it! Our little girl made her debut a little early so your hat was one of the few that fit her sweet little head. Your organization does such wonderful work and your generosity is so appreciate by our family.

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 What a wonderful blessing that you donate your time and talent providing lovely hats and scarves for chemo patients. You have been improving my appearance and keeping my head warm for several years and I wanted to express my appreciation. THANK YOU SO VERY MUCH!

Cancer patient

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## Stitching Hints & Tips

We are adding something new to our newsletter. Each month we will post several helpful hints for both Knitters and Crocheters as well general hints for all stitchers. Do you have a favorite hint you would like to see posted in the newsletter? Please email your favorite stitching hint to [pgreswolde@comcast.net](mailto:pgreswolde@comcast.net) so we can get it in the next newsletter.

## Knitting

- I have found a terrific and easy way to make shorter needles by taking double pointed needles and putting a rubber/plastic point protector on one end of each of two needles. Perfect for those little projects, like baby booties, baby mitts etc.
- To keep track of the increases / decreases I count out the number of decrease rows needed then make a chain of the little coil-less safety pins with one pin per row. As the knitting progresses, I remove a pin and place it on the row where the decrease occurs. This way I can see the progression of the increases/decreases. When I am out of pins... I know that I'm much closer to being done!

## **Funny Stitching Definitions!**

### **Catalog:**

A dangerous device that hypnotizes stitchers. It lulls them into a catatonic state, causing them to spend the family's grocery money on patterns and yarn. It may also be an evil plot to cause the downfall of the American economy.

### **Hook:**

A device permanently attached to a stitcher's hand. It is also connected to her blood supply, and if for some reason it becomes dislodged from her hand, she breaks into a sweat and starts to feel faint. If the hook cannot be immediately replaced, the only valid substitute is a catalog (see above).

### **Doily:**

This seemingly innocent item looks like a table protector, but if someone actually tries to put a wet glass or an ashtray on it, the creator will instantly turn into a snarling Doberman. Use doilies at your own peril.

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- Can't believe someone hasn't thought of this yet! On your knitting needles mark off inches and with a permanent marker mark the needles so that they can be used to measure our work in progress instead of searching for the measuring tape each time we need to measure the length of our project.
- Use a liquid talcum powder to keep my knitting needles smooth. It dries quickly and makes my work in progress smell sweetly.
- When sewing up a side seam in a sweater, use a knitting needle to hold the sides together while sewing. It makes the seam come out much straighter!!

## **Crochet**

- When beginning an afghan, make the chain and row one with a hook one size larger than the size needed for gauge. This prevents the afghan from getting wider as it goes along..
- When working pattern stitches (popcorns, bobbles, etc.) you need to draw your hook through three or more stitches on your hook try spinning your hook away from you instead toward you as you normally would. This will help to keep your hook from getting caught in the loops and helps to keep your tension even.
- When weaving in the loose ends after completing a crochet project, I use a hook which is at least two sizes smaller than the one used to crochet the item. It is much easier to work with and less invasive to the finished piece.
- When I crochet with a black yarn or thread, I place a white sheet of paper on my lap and I can see the stitches much easier without any eye strain.

## **General Stitching Hints**

- When you make a copy of the pattern, copy a tape measure in the margin to measure against. If you are copying a pattern from a book be sure to write the name of the book on your pattern so you know where you got it.
- Ever lose your crochet or knitting bag with your project in it? Be sure to have your name and contact number on the bag.
- Color the ends of crochet hooks or knitting needles with nail polish to make it easier to identify each hook's size. Use a different color for each size and either keep a master list or use a color that will remind you of the size, i.e., gold for "g" hook.

# From the Heart Newsletter

Nov. 2009

| Sunday                | Monday                                                                                                                                                                        | Tuesday                                                                                | Wednesday                                     | Thursday                                                                                                                          | Friday                                                             | Saturday                                                                 |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|
| 1                     | 2 Episcopal Church of Our Savior 10 - noon<br><br>Park @ Ridgedale 2-4<br>Harvest Glen Stitchers 2-4<br><br>Buford Rd Pharmacy<br>6:30-8:30 pm                                | 3 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon                                    | 4 The Virginian Retirement Center 2 – 3 p.m.  | 5 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon                                                                | 6 Starbucks – Huguenot 11 am 1:30 pm                               | 7 Atlee Library 1 - 3:00 p.m.<br><br>Starbucks Oxbridge Square 10 – noon |
| 8 Fun Day 2 – 5 p.m.  | 9 Episcopal Church of Our Savior 10 - noon<br><br>Park @ Ridgedale 2-4                                                                                                        | 10                                                                                     | 11 The Virginian Retirement Center 2 – 3 p.m. | 12 Panera Bread 6:30-8:00 pm<br><br>The Ladies of Gayton Terrace 3:30 p.m.<br><br>Chamberlayne Hts United Meth Church 1:30 – 3:00 | 13 Starbucks – Huguenot 11 am 1:30 pm<br><br>Kay's Krafters 2-6 pm | 14 Louisa Group Louisa Library 10 - noon                                 |
| 15                    | 16 Episcopal Church of Our Savior 10– noon<br><br>Park @ Ridgedale 2-4<br>Harvest Glen Stitchers 2-4<br><br>Buford Rd Pharmacy 6:30-8:30 pm<br><br>Atlee Library 6:30-8:30 pm | 17 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon<br><br>Tuckahoe Library 6:30 p.m. | 18 The Virginian Retirement Center 2 – 3 p.m. | 19 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon                                                               | 20 Starbucks - Huguenot 11 am 1:30 pm                              | 21 Starbucks Oxbridge Square 10 – noon<br><br>.                          |
| 22 Fun Day 2 – 5 p.m. | 23 Episcopal Church of Our Savior 10 – noon<br><br>Park @ Ridgedale 2-4                                                                                                       | 24 Louisa Group Hardees 7 p.m.                                                         | 25 The Virginian Retirement Center 2 – 3 p.m. | 26 Happy Thanksgiving                                                                                                             | 27 Starbucks – Huguenot 11-1:30 pm                                 | 28                                                                       |
| 29                    | 30 Episcopal Church of Our Savior 10 - noon<br><br>Park @ Ridgedale 2-4                                                                                                       | 27 Summerhill Retirement 1:30 pm                                                       | 28 The Virginian Retirement Center 2 – 3 p.m. | 29                                                                                                                                | 30 Starbucks - Huguenot 11 am 1:30 pm                              | 31                                                                       |

**Nov 2009**

| <b>Name</b>                        | <b>Address</b>           | <b>City</b>      | <b>Day of Month</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         |
| 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         |
| Hardees                            | 413 East Main St         | Louisa           | Tuesday 4th         | 7-9pm              |
| Harvest Glen Stitchers             |                          |                  | Mondays 1st, 3rd    | 2-4 pm             |
| Kay's Krafters                     | 3105 Three Bridge Road   | Powhatan         | Friday 2nd, 4th     | 2-6 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         |
| 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 Ctr          | 3158 Lake Village Drive  | Richmond         | Tuesday Last        | 1:30-3:30pm        |
| The Ladies of Gayton Terrace       |                          | Richmond         | Thursday 2nd, 4th   | 3:30 pm            |
| 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       |