

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

In mid August we were given many, many new-in-their-package skeins of acrylic yarn by Sherri with Coordinated Colors yarn shop in Yorktown, VA.

Her generosity was so great that we have actually revamped our yarn supply area to accommodate all the beautiful colors. You must stop by the shop very soon to select from this very special gift "from Sherri's heart" to our stitchers for our very special recipients!

I'm sure you will be thrilled with the chance to choose just the perfect yarn for your next project. Come by and let's make September's donations just overwhelm our recipients!

Lois

Urgent Needs

We are in desperate need of chemo blankets. If you could just come by the shop and grab a skein of any of our acrylic yarn and make a 12 inch square, we could join these together with a bright colored yarn and create blankets very quickly. But, we need your help. We have learned that Massey Cancer Center's downtown Richmond location sees an average of 83 chemo patients every day in their infusion rooms. They urgently need blankets for keeping those folks warm during treatments. If we each just make a few squares we could help solve this problem. When stitching these, whether knit or crochet, please cut out a 12 inch square pattern from newspaper or a cereal box to use as your guide. Measure against this to insure all our squares are the same measurement. Together we can make such a difference!

Other Urgent Needs

Our current urgent need is Chemo hats and blankets. Remember that for the chemo hats we need sizes and colors for men, women, and children. Everyone loves to make the hats for women; however we do need them for men and children as well.

We also desperately need lots of full term baby hats and would love to have lots of newborn sweater sets as well. Stop by the shop and pickup yarn for whichever you can make. We have included both a knitted and crocheted pattern for baby hats in the newsletter just in case you need one.

From the Heart Library

If you frequent our shop you can attest to the great numbers of pattern books, pamphlets and other literature that has been graciously donated to From the Heart. Our library area contains so many resources for creating any number of items from our donated yarn. But, with so many choices it remains a constant battle keeping them in order so that one might actually find what they are searching for. Three of our ladies, Joan, Louis and Peggy, have taken on the enormous job of putting these things in order. Our 'library' now is in perfect condition and we hope you will do your best to help keep it that way. Thank you so much to our ladies for taking on this job. We greatly appreciate all your hours of hard work.

Stop by the Shop

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

Kathleen Van Paasschen is the September Scheduler. Contact her at 804-320-5279 or imfkvp@netzero.com to volunteer for a shift.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2008: **55,979**

2009

Jan-July	<u>7537</u>
Aug	<u>1570</u>

Grand Total **65,086**

From the Heart Yarn Supplies

Many hours have been spent in our shop lately sorting, arranging and re-arranging our yarn areas. We have been through all of our wool and picked out 87 pounds of 100% wool which has gone unused for so long by our members. We have found another nonprofit organization, Afghans for Afghans, who can use only 100% wool for their projects. We have shipped this supply to them and in return they reimbursed us for postage plus an extra \$15.00! In the past when this organization has had acrylic given to them they have sent it on to us.

Along those same lines, we have been able to help another nonprofit in our area, Circle Center for Adults, by supplying them with other of our unused wool yarn. Our better-for-our-purposes wool blend yarns are now organized in the cubbies by brand and ply rather than grouped together by color. We think this will encourage members to be able to find just what they are looking for when creating items for Frank Foundation, Children Incorporated and our area homeless.

This same method of organization has been used in our acrylic yarn supply. Now you will find groups such as Red Heart Soft, Caron Simply Soft, TLC and many other brands sorted by their names and ply rather than everything being grouped together by color. This will be a help if you have a favorite yarn you will now be able to see every color we have in your type.

While working in our cubbies we have discovered many skeins of sport and DK weight yarn. We are hoping this will be put to good use by possibly carrying two strands at a time when making projects or carried along with worsted to increase the bulk in making warm scarves and hats for the upcoming cold weather.

Our Wonderful Shop Volunteers

From the Heart shop would not exist without the many volunteers who donate their time to tend the shop. It can be very rewarding and the duties are minimal. Some of the duties include: greeting guests and occasionally answering questions about the shop and its role, assist them with their yarn selections, remind them to sign in their projects as well as sign out their yarn; tag items that are brought in for donation and place them in the proper bins in the work room (frequently items are brought in that are already tagged and only need to be placed in the bins), help keep the shop neat; periodically someone will bring in a bag or bags of donated yarn – this yarn will be handled by our new yarn committee and can be put aside for them. If inclined, the copies of our samples/patterns can always be checked to see if additional copies are needed. These are some of the duties of the volunteers but reap big rewards for the overall smooth running of the shop. If you are new to shop keeping, Just let us know and we will be sure that your partner will have prior experience. **It cannot be stressed enough how truly valuable you are to From the Heart!**

Are you on our mailing list?

Since From the Heart has no regular income source, the economic crunch is forcing us to watch everything we spend. Our current monthly mailings are running about \$33.00 for annual postage expense of \$396.00 plus the cost of paper and envelopes. If anyone is able to get the electronic version emailed to them or a relative please send your e-mail address to lois@ftheart.net so we can add you to our electronic newsletter list.

Prison?

Prison is not normally a heading I see for my emails. However when an email is from Lois Moore I figure - sure; go with it. I'm so glad that I did. On Wednesday August 26th Lois, Alice Linyear, Glen Allen and I went to Central Virginia Correction Unit #13 to be presented with the finished projects of their crocheting group. From the Heart helped to form this group of detainees several months ago. FTH provided yarn for them and taught those who didn't know how to crochet.

We were their guests at a short program which included a beautiful poem written by one of the ladies, a sort of testimonial by one of the ladies on the importance of giving back to the community and the presentation of a beautiful and artistic box of projects including hats, baby sweaters and lap blankets. During the presentation six of the ladies sat and crocheted furiously.

After the presentation the very energetic and informative superintendent, Tammy Brown, gave us a tour of the prison which can house as many as 280 detainees. We saw the dorms, the laundry, the library and the kitchen filled with the scent of rising yeast rolls. We learned that all the ladies have a job for which they are paid; that they have opportunities to work towards their GED and to learn plumbing. The facility was bright and clean, everyone was friendly and responsive. They even fed us lunch; for dessert there were freshly baked cinnamon rolls.

This program is a perfect example of From the Heart's two fold mission in giving our members the opportunity to use their talents – to give something beautiful to those in need and to have our members, in this case women in prison, know the satisfaction of using their talents to help others. It was a wonderful day. Susan Michael Hoelschen.

Will we see you at the Annual From the Heart Retreat?

The Annual From the Heart Retreat is scheduled for Saturday September 19th from 9 am to 4 pm. If you have not registered, it is not too late. The form is attached to register. We hope to see many of you there!

New Shop Hours

There has been an interest in the shop being open on Wednesday so we are going to start in October on a trial basis. If volunteers to staff the shop are available to keep it open and if the visitors come, it will continue. Effective Wednesday October 7th the shop will be open on Wednesdays from 10-2.

Crocheted Baby Hat

Created by Eleanor Cannon

F hook and Sport Weight Yarn (I used Baby Soft)

To begin: Chain 27

NOTE: Turn and ch 1 at the end of all odd rows.

Row 1 – sc in 2nd chain from hook and in each chain across (26 sc)

Row 2 – sc in 20 sc (do not sc in last 6 sc), turn (do not ch 1)

Row 3 – sc in 20 sc back to beginning

Row 4 – sc in 20 sc and in 2 sc in Row 2 (22 sc) (do not sc in last 4 sc in Row 2) turn (do not ch 1)

Row 5 – sc in 22 sc back to beginning

Row 6 – sc in 22 sc and in 2 sc in Row 2 (24 sc) (do not sc in last 2 sc in Row 2) turn (do not ch 1)

Row 7 – sc in 24 sc back to beginning

Row 8 – sc in 24 sc and in remaining 2 sc in Row 2 (26 sc), turn (do not ch 1)

Row 9 – sc in 26 sc back to beginning.

Repeat Rows 2 thru 9 for following measurement:

Approximate hat size guideline (circumference):

12” Preemie

14” Newborn

16” Baby (approx 3- to 6-month old)

Finish off; leave a long tail for sewing up seam. Fold piece in half and sew two sides together to form hat. Run yarn through stitches at top of hat to close. Turn up about a 2” cuff when finished.

You can experiment with a G or H hook and other yarns to make larger hats.

The 28 Stitch Knit Baby Hat

As seen on The Carol Duvall Show

It can be made with any yarn, using needle size to fit your yarn.
For Premie size: US #3 needles

Materials: Acrylic Yarn to fit your needles

For Baby/Child: US #6 or 7 needles

For Adult: US #8 or #9 needles

Cast on 28 stitches.

Row 1: Knit all 28 stitches, turn.

Row 2: Knit to within 8 stitches of the end (you will knit 20 stitches), turn work and knit back to beginning of row. ***Tie scrap yarn to this last stitch to indicate the edge to which you will always knit to the end of the row.*** Turn.

Row 3: Knit to within 6 stitches of the end (you will knit 22 stitches), turn work and knit back to beginning of row. Turn.

Row 4: Knit to within 4 stitches of the end (you will knit 24 stitches), turn work and knit back to beginning of row. Turn.

Row 5: Knit to within 2 stitches of the end (you will knit 26 stitches), turn work and knit back to beginning of row. Turn.

Row 6: Knit all 28 stitches, turn work.

Repeat Rows 1-6 of the pattern 9 times for a total of 10 sections.

Cast off leaving a long tail of yarn. Fold knitted piece in half and sew the two sides together to form the hat. Be sure to run yarn through stitches at top of hat to close.

Registration Form

Name: _____

Address: _____

Contact Phone or Email: _____

The cost of registration is \$25.00

The cost of the kit for the Magic Loop Class is \$10.00

Circle your lunch choices:

Sandwich: Ham and American cheese on sourdough _____

Turkey and Swiss on whole wheat _____

Cold plate: Chicken salad, coleslaw _____

Vegetarian: _____

Will be attending the magic loop class Yes _____ NO _____

Payment : Registration \$25.00: _____

Magic loop Kit fees \$ 10.00: _____

Total: _____

Deadline for registration is September 1st, 2009.

Make check payable to **From the Heart** and send it along with your registration form to:

Beth Williamson, 3300 Southall Ave., Richmond, VA 23234-2345.

Directions and information can be found in the June Newsletter or check the website:

www.fromtheheartstitchers.org

From the Heart Newsletter

Sept 2009

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

Sept 2009

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	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	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	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