

# The Grateful Thread

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

## Letter from Lois

National Volunteer Week is commemorated April 19-25. I wanted to take this opportunity to thank each and every one of you for your efforts in making From the Heart a successful charitable organization. Without you and your hard work, our organization would not survive.

It is easy to forget that we survive solely on donations and volunteers. When you look at the quantities of items donated it is hard to forget all the hard work all of you have done to make it happen.

Thank you for all you do you! Your efforts are appreciated by this organization and all of the recipients of your handmade items.

Keep up the good work and see you at the shop!

---

## Stop by the Shop

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

Gail Patrick is the April Scheduler. Contact her at 804/347-9747 or [ragslan@aol.com](mailto:ragslan@aol.com) to volunteer for a shift.

## Fox School Project 2009 Help Needed!!!

From the Heart has been asked again this year to spend time with approximately 20 first graders at Fox School. Last year everyone involved had a wonderful time and we ended up with a very special blanket for the homeless. This year we will be working on a smaller blanket.

We need **your** help to make this a success again this year. We will be going to the school at 9:00 am on Wednesday mornings for six weeks beginning April 8th for an hour at a time. Carpooling can be arranged and even if you can't make it each week, any help will be wonderful. Last year's project was rewarding for everyone that participated.....come have some fun with these delightful kids!!

Please contact Gail Patrick to sign up.

[RAGSLAND@aol.com](mailto:RAGSLAND@aol.com)

804-347-9747

804-598-2317

## Wednesday Pot Luck / Stitch Out -- POSTPONED

Regrettably it is necessary to postpone our planned May Pot Luck / Stitch Out. Watch the newsletter for a new date.

## April 2009 Stitching Workshop

Mark your calendars for 2 p.m. Sunday April 5th. Knitters may work on completing their projects from the previous meetings.

## Urgent Needs:

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!

## Meeting Location Change:

Beginning with Thursday March 5, 2009 meeting, the Panera Bread Midlothian 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.

## **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@ftheart.net](mailto:lois@ftheart.net) and it can be posted on the website and added to the next newsletter.

---

## **Each One, Teach One.**

You may have heard this old saying. Generally I believe our organization does very well following this rule. But, why not concentrate on this a little more. If you go to our meetings and/or the shop, bring a friend along. If you do your stitching at home, invite a neighbor, relative or friend for tea or coffee and offer to help them join our fun. If you don't feel qualified to teach then by all means, introduce them to From the Heart. Someone will take care of the instructions for you!

If you give a gal a scarf, she'll have an accessory. If you teach her to knit, she'll be in stitches for the rest of her life.

---

## **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)

## **Meeting Time Change:**

Beginning in April Kay Berrey's Group will be meeting from 2- 6pm. This will accommodate those who like to finish early and those who like to stay later.

## **The Shop Will Extend Its Hours.**

The 2nd and 4th Sunday afternoons of each month starting in April the shop will open for fun and relaxation, stitching and chatting. No work. No agenda. We hope to have two hostesses whose only responsibility is to open and lockup. Each person attending is expected to clean up her own clutter. The hours will be from 2 until 5. Any questions call Joan Beck (282-8460) or Peggy McCreery (360-5446).

## **Buttons**

Buttons, buttons who's got the buttons?  
Big buttons that is. Preferably 1½" and larger.  
We need them for Einstein coats and jackets for the Homeless project.  
It would be great if you could bring in six buttons to accommodate one coat.

## **From the Heart Newsletter**

We are all aware of how the economy has changed things for many of us. Since From the Heart has no regular income source, the economic crunch is forcing us to discontinue monthly mailings to those from whom we have had no contact in the past three months. We do have our newsletter available electronically if you are an internet user.

We do understand that sometimes circumstances beyond our control prevent us from doing things we would normally do. We appreciate and value all of our members. We do not want to take someone off the list who temporarily cannot be an active member; however we need to trim expenses wherever possible.

Please send your e-mail address to [lois@ftheart.net](mailto:lois@ftheart.net) so we can add you to our electronic newsletter list. To remain on our regular mailing list, please call 804/ 305-4971 before May 1.

## Donation Inventory Numbers

**Previous Total**  
Mid 2002 – 2008: 57,044

**2009**  
Jan-Feb 1,092  
March 1,343  
**Grand Total** 59,479

## Quickie ("5-hour") Baby Sweater

<http://www.fibergypsy.com/patterns/5hrpatt.shtml>

**Sizing:** To fit 8-10 lb. newborn  
[finished chest size 20 1/4" (51.4 cm), finished length 11 1/4" (28.5 cm)]

### Materials :

- 4 oz. (120 g) worsted weight yarn (55-75 yd/oz, 180-240 m/100g)
- size 10-1/2 needles (6.5 mm)

### For smaller sizes:

- To fit 4-7 lbs  
[finished chest size 15" (38.1 cm), finished length 8 3/4" (22.2 cm)]:
  - 3.5 oz (100 g) sport yarn (75-100 yd/oz, 240-300 m/100g)
  - size 6 needles (4 mm)
- To fit 1-3 lbs [finished chest size 12" (30.5 cm), finished length 6" (15.25 cm)]:
  - 1.75 oz (50 g) baby or fingering yarn (125-155 yd/oz, 400-500 m/100g)
  - size 3 needles (3.25 mm)

This pattern has been checked, rechecked and test-knit many times over several years ... if you have any questions or problems, please reread the "Important Note" below to be sure you are making the increases properly. If you still have questions, please contact [Joan Hamer](#), who was instrumental in ensuring the accuracy of the pattern. Joan is also the publisher of a wonderful knitting newsletter called [Pine Meadow Knitting News](#).

**Important Note:** There are two methods of increasing in this sweater. It is important that you use the one specified on a given row to obtain the correct stitch count.

- **M1:** This method increases by creating a new stitch in between two existing stitches.
  - **This increase produces a decorative hole.** With tip of the right hand needle, pick up the running thread between the stitch just worked and the next one, bringing your needle from back (away from you) to front (towards you). Place this loop on the left hand needle and knit it from the front, as you would normally knit a stitch.
  - **If making a sweater for a boy** and/or a less lacy appearance is wanted, use this method **but** knit into the **back** of the stitch, thus twisting it. This will not produce a hole.
- **Inc1 in next stitch:** This method increases by making two stitches from one existing stitch.
  - Knit into the front and back of the next stitch, slipping both sts off the needle.

**Cast on** 34 sts for neck edge

**Note** You will always keep first and last 3 stitches in "knit" even on a "P" row.

- **Row 1** K
- **Row 2** K
- **Row 3** K3 P2tog,\*YO, P2tog. Repeat from \* to last 3 sts, K3 (33st)
- **Row 4** K
- **Row 5** K3, P to last 3 sts, K3
- **Row 6** K3 \*inc1 in next stitch, K1. Repeat from \* ending with inc.1, K3 (47 st)
- **Row 7** K3, P to last 3 sts, K3
- **Row 8** K3 \*K2tog. Repeat from \* to last 4 sts, K4
- **Row 9** K3 \*K1, M1; repeat from \* to last 4 sts, K4 (47 st)
- **Row 10** K3 \* inc1 in next st, K2. Repeat from \* end inc1, K4
- **Row 11** K3, P to last 3 sts, K3 (61 sts)
- **Row 12** K3, \*K2tog. Repeat from \* to last 4 sts, K4 (34 st)
- **Row 13** K3 \*K1, M1; repeat from \* to last 4 sts, K4 (61 st)
- **Row 14** K4 \*inc1 in next st, K3. Repeat from \* to last 4 sts, inc in next st, K4 (75 st)
- **Row 15** K3, P to last 3 sts, K3
- **Row 16** K3 \*K2tog. Repeat from \* to last 4 sts, K4 (41 sts)

- **Row 17** K3 \*K1, M1; repeat from \* to last 4 sts, K4 (75 st)
- **Row 18** K4 \*inc1 in next st, K4. Repeat from \* to last 6 sts, ending inc1 in next st, K5 (89 sts)
- **Row 19** K3, P to last 3 sts, K3
- **Row 20** K3 \*K2tog. Repeat from \* to last 4 sts, K4 (48 st)
- **Row 21** K3 \*K1, M1; repeat from \* to last 4 sts, K4 (89 st)
- **Row 22** K5 \*inc1 in next st, K5. Repeat from \* to end. (103 sts)
- **Row 23** K3, P to last 3 sts, K3
- **Row 24** K3 \*K2tog. Repeat from \* to last 4 sts, K4 (55 st)
- **Row 25** K3 \*K1, M1; repeat from \* to last 4 sts, K4 (103 st)
- **Row 26** K18 (front), inc1 in next st, place marker (pm), inc1 in next st, K 14 (sleeve), inc1 in next st, pm, inc1 in next st, K31 (back), inc1 in next st, pm, inc1 in next st, K 14 (sleeve), inc1 in next st, pm, inc1 in next st, K18 (front) (111 st)
- **Row 27** K3, P to last 3 sts, K3
- **Row 28** \*Knit to within 1 st of marker, inc1 in next st, slip marker, inc1 in next st; repeat from \* 3 more times then knit to end of row (119 sts)
- **Row 29** K3, P to last 3 sts, K3
- **Row 30** \*Knit to within 1 st of marker, inc1 in next st, slip marker, inc1 in next st; repeat from \* 3 more times then knit to end of row (127 sts)
- **Row 31** K3, P to last 3 sts, K3
- **Row 32** K22 sts and place on holder. Inc1 in next st, work 20 sts, inc1 in next st and leave on needle for sleeve. Place next 39 sts on holder for back. Place next 22 sts on another holder for other sleeve, and place last 22 sts on another holder for other front.

#### First Sleeve

- **Rows 1-15** : Starting with a purl row, work in stockinette st (24 sts)
- **Row 16** (right side): K1, k2tog, \*p1, k1, p1, k2tog; rep from \* to last st, k1.
- **Rows 17-21** Work K1, P1 rib. *Note: You may wish to go down a needle size for the ribbing to hold it in a bit better.*
- Bind off loosely in ribbing.

#### Second Sleeve

- With right side facing, pick up sleeve sts.
- **Setup row**: Inc1 in first st, k20, inc1 in last st (24 sts)
- **Rows 1-15** : Starting with a purl row, work in stockinette st
- **Row 16** (right side): K1, k2tog, \*p1, k1, p1, k2tog; rep from \* to last st, k1.
- **Rows 17-21** Work K1, P1 rib. *Note: You may wish to go down a needle size for the ribbing to hold it in a bit better.*
- Bind off loosely in ribbing.

**Body**: With right side facing, place first 22 sts on needle. Join yarn and knit across the back sts and other front. (83 sts).

- Keeping 3 sts at each end of row in garter stitch, work in stockinette stitch for 13 more rows.
- **Row 14** K3, \*k2tog; repeat from \* to last 4 sts, k4
- **Row 15** K3, \*K1, M1; repeat to last 4 sts, k4
- **Rows 16-19** Keeping 3 sts at each end of row in garter stitch, work in stockinette stitch
- **Row 20** K3, \*K2tog, YO, repeat from \* to last 4 sts, K4.
- **For a picot edge:**
  - **Rows 21-24** Work in stockinette stitch
  - Bind off, turn up hem at eyelet row and sew in place.
- **For a no-sew finished edge:**
  - **Rows 21-24** Work in garter stitch (knit every row)
  - Bind off loosely.

**Finishing**: Sew sleeve seams. Crochet a chain and thread through eyelet holes at neck edge. Darn in all ends

# From the Heart Newsletter

# April 2009

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

**April 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	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
Panera Bread	<b>* Chesterfield Town Center Food Court</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**