

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

You've got to see it to believe it! Our shop transformation will just leave you speechless!

Six ladies and 2 hubbies did miraculous things in the way of cleaning, painting, sorting, organizing, creating space dividers as well as furniture shuffling...in just 5 short days! We've never felt so proud when folks come in to visit. Of course, everyone gets the guided tour immediately upon stepping into our surroundings!

We have set up an inviting outside display, plus a show window with interesting items, all in hopes of eliminating the mystery of just what is going on behind those closed window blinds! You will find a larger 'hang out and stitch' area in our front space with more rockers and seating than before. Our distribution room is now somewhat streamlined and oh, so much more organized! We even have a special yarn storage closet area for those out of season supplies plus collection spot for those special projects in which we participate once or twice a year.

Our 'yarn hallway' is more organized than ever...if that's possible! Baby yarn has been removed to make space for more cottons and current season yarns. The yarn boutique is now moved forward in that space and stitching kits are moved into an area just for them!

As you precede toward the back of the shop you will find a brand new surprise...we now have a baby department! Our 'nursery' setting includes all our baby yarns, patterns and samples.

Shop Transformation



Our new entrance!



Relaxing place to knit or crochet



Our baby department



Distribution room

Urgent Needs!

The warmer weather is definitely here now. Our chemo hat fibers should be 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!

Definitely a must see during your tour.

And, last but not least, our kitchen area has been enhanced! We have new carpet, a new storage wall and best of all...you have got to see our new cabinet...custom made just for us!

All in all, we feel our shop transformation was not only necessary but is so inspiring. With our well organized spaces and freshly cleaned surroundings we are so anxious to show off and want you to know you are invited to come see for yourself...You won't believe your eyes!!!

Lois

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
-

Stop by the Shop

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

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

Summer Stitch-A-Long

Our next Stitch-A-Long will begin June 12, 2010. Our project topic will be market/project bags. You may supply your own yarn for a bag to keep or use From the Heart shop yarn for a bag to donate to a battered woman's shelter.

We have chosen several patterns in both crochet and knit, or maybe you already have a favorite pattern you might share with us.

Beginning Saturday morning, June 12th and continuing each Saturday and Wednesday morning from 10 until noon throughout June, we will be available at our shop at 1114 Westbriar Drive to offer patterns, yarn, help or wonderful togetherness. Stop by and join the fun!

NICU and Newborn Burial Gowns

We realize this is a difficult subject for many of you, but so necessary. When new babies are expected the excitement is so high. The future plans include taking home a little bundle of joy and planning a wonderfully, exciting journey with that new creation. But, sometimes things just don't so as expected. Unavoidable problems develop and new plans must be formulated. ..Situations almost no one is prepared to face. That precious little one may not be coming home at all. This is where From the Heart can step in and offer comfort.

Hospitals, Johnston Willis in particular at this time, need burial outfits to fit from the tiniest little 8 or 10 ounce infant on up to full term 8 or 10 pound babies. Outfits can include gown, hat and blankets sets or in some cases just individual pieces. Normally a burial gown will open all the way down the back to facilitate ease in dressing. Little hats or bonnets range from medium orange to large grapefruit size. The blankets can be as small as about 18 inches to as large as 24 inches square.

Again, we understand this is a touchy subject with some stitchers but, just put yourself in the place of these distraught parents...unexpected circumstances, where would you turn...how would you dress your precious baby? We can't ease their pain but we certainly can relieve some of the stress of just where to turn at a time of grieving in their lives. Give this some thought. We do offer a few patterns at the shop so stop by and take a look. Just maybe you can help.

Retreat Plans Formulating

This seems to be slow going this year but we truly do plan to hold our 5th annual Retreat in September.

We would love your help in putting this all together. If you would like to participate please contact one of our Board of Directors members and join the fun!

Donation Inventory Numbers

Previous Total

Mid 2002 – 2009: 70,550

2010

Jan - April 5,693

May 1,412

Grand Total 77,655

Donations

If you are interested in making a donation to help From the Heart aside from stitched items we can use any of the following items:

Office supplies such as:

- Postage stamps
- Staples
- Rubber bands of various sizes
- White cardstock paper
- Paper clips

Cleaning supplies

Paper towels

Toilet paper

We can always use yarn or cash donations. Remember the website is setup to accept secure monetary donations to make it very easy for you to make a donation.

Funny Sayings

- ♥ If I stitch fast enough, does it count as aerobic exercise?
 - ♥ Knitting (or crocheting) fills my days, not to mention the living room, bedroom, closets and few other places too!
-

New President of Board of Directors

After four years as President of our Board, Gail Patrick has stepped down as of May 31, 2010. Taking on these duties now is Fran Topper. Fran has been a From the Heart member for over five years. She previously served on our Board and after a brief absence she has rejoined us and is now prepared to lead us forward. We hope you will all congratulate Gail for her extraordinary years of fabulous service and welcome Fran as she takes on her new duties. Gail has led us thru shop relocation, shop renovation and growth. As Fran steps up to the plate we see more growth in our future.

June 12th, National Knit in Public Day

Each year our craft is publicized by way of a national invitation to knit in public. This might be a wonderful opportunity to gather together at a popular public place with your friends and promote joining From the Heart to help further our mission. There are so many in need of our stitching and so few hands to fulfill these needs. Meet with your friends, invite them to our shop and help set them on the trail to volunteerism. You'll feel good about aiming them in this direction but probably not half as good as they will once they are bitten by the bug! By the way...CROCHETERS ARE MORE THAN WELCOME!!

New Groups

Both the Wednesday morning and Thursday evening groups meeting at the Hopewell Library are doing well and flourishing. Meeting every other week in a room at the rear of the building, these stitchers are creating items for their surrounding area in the name of From the Heart. We are conducting workshops with them and finding they learn very quickly. When we visit for their following meeting we often find them teaching on their own. We are so proud of what is being accomplished there. We invite everyone to join in the fun. If at first you don't see us, just follow the pathway to the rear of the building. We might not be very visible but we are still hard at work, creating wonderful things for others.

Our newest group has just begun meeting on Tuesday afternoons/evenings at the Martin's Grocery Store, 5201 Chippenham Crossing Center, near the intersection of Chippenham Parkway and Ironbridge Road (Route #10). Starting at 5:30 and lasting until about 7:30, this group is holding weekly meetings during the summer and may step back to twice a month as daylight hours shorten in the fall. We are excited about being able to start an after-work-hours space in this area so please, try to find time to join us. We think you will truly enjoy the experience!

Interest has been expressed in creating a From the Heart stitching group at the Dinwiddie Library. Plans will be coming together within the next month or so. If you are in that area, please let us know of your interest...just might help things move along a little faster! Look forward to hearing from you soon.

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 so we can get it in the next newsletter.

- Recycle that plastic container that a new toothbrush came in or a toothbrush case for travel to hold crochet hooks.
- To store knitting needles, sort and stand them inside a Pringles potato chip can, after washing and airing the canister. Several cans will be used to store needles of differing sizes.
- To keep track of all the little knitting or crocheting notions (stitch markers, cable needles, scissors, tape measure, crochet hook for latching up dropped stitches, etc...) get a little zippered pencil case or make up bag, preferably one that stands up by itself. Just pop it in your knitting bag and you will always have the notions you need.

Volunteer Hours for Massey Cancer

We thought all of you crocheters and knitters would be pleased to know that Massey Cancer Center credits From the Heart with volunteer hours each year. Through 2009 we have accumulated more than 6,000 hours in their records. This equals many more hours of pleasure to all the patients receiving the beautiful items you busy people create. What a wonderful feeling when you realize just how far the pleasure we gain from our craft can reach to benefit others. Stitching keeps us happy, gives us a feeling of fulfillment and is oh so important to our recipients.

Five Reasons to Join From the Heart

- 5 We gain new friends while helping others.
- 4 We have access to so many new techniques and patterns
- 3 Our stitching helps keep our fingers flexible.
- 2 We have a place to go where others understand our obsessions.
- 1 Stashification takes on a whole new meaning...come enjoy our stash!

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 so we can get it in the next newsletter.

Knitting

- A rubber band on each end of double pointed needles makes a great stitch holder.
- You can use a clear, top coat nail polish to paint and preserve over the needle size on your needles. It keeps the size from rubbing off with wear and keeps it easier to read!

Crochet

- When crocheting blankets be sure to leave 6-12 inches at the beginning and end for weaving in the ends. This avoids the ends coming loose when the blankets are washed.
- A new use for a crochet hook - a small crochet hook will remove hair from sink and bath plugholes. Just be sure to clean it really good when you are done!

From the Heart Newsletter

June 2010

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

June 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
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
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
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
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