

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

There are so many colors of Spring to be enjoyed. Walking through parks or even through your neighborhood is such a treat for your eyes. Besides the beautiful yellows, pinks and reds I'm noticing all the shades of green this year.

Those of us who are able to get out of doors to enjoy the warm temperatures, songs of the birds as well as those seasonal colors are so fortunate. But we need to remember the folks who may not be well enough to walk through the parks or dig and plant in their gardens. Just maybe we can lift the spirits of those patients who have spent the long days of winter inside. And, just maybe a beautiful chemo hat in spring shades of greens and other light, bright colors will help create smiles on their faces.

Come by the shop very soon to pick up your yarn in pretty spring colors. Maybe you would even like to try a new hat pattern as well. Check out the pattern/sample rack and let's make some "Happy Hats".

Hope to see you at the shop very soon!

Lois

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

804-347-9747

804-598-2317

Wednesday Pot Luck / Stitch Out

Wednesday, June 3rd marks the date our Spring event. It will be held at the home of Russ and Lois Moore, 1425 Crawford Wood Place, Midlothian, VA 23114. Bring your stitching (or those stitching problems with which you would like assistance ☺) and a dish to share. Beverages will be provided. Come and enjoy the fun. You may arrive anytime after 10 a.m. and stay until sundown. We are looking forward to your visit! In case of rain..... the rain date is Wednesday June 10th.

Urgent Needs:

Now that the weather is getting warmer 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!

Stop by the Shop

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

Pat Allen is the May Scheduler. Contact her at 804/750-1606 or p.c.allen@comcast.net to volunteer for a shift.

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 and it can be posted on the website and added to the next newsletter.

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

Donation Inventory Numbers

Previous Total	
<u>Mid 2002 – 2008:</u>	57,044
2009	
Jan-Feb	<u>1,092</u>
March	<u>1,343</u>
<u>Grand Total</u>	<u>59,479</u>

September 19, 2009

4TH ANNUAL RETREAT

“CARING FOR THE COMMUNITY”

IMPERIAL PLAZA

1717 BELLEVUE AVE.

RICHMOND, VA

COST: \$25.00

INCLUDES:

CONTINENTAL BREAKFAST

BOX LUNCH

AFTERNOON SNACKS

DOOR PRIZES

GOODIE BAGS

RAFFLE

&

SILENT AUCTION

Information on classes as instructors are enlisted.

KEEP THE DATE OPEN

The Inside Out Knit Chemo Cap

Knit Head Hugger

Designed by: Joyce Forker

Use knitting needles size 8 and 10 (2 each)

Directions:

Cast on 80 stitches on size #8 needles

K1, P1 for 1 3/4 inches.

Change to size #10 knitting needles.

ROW 1: Purl.

ROW 2: Knit 1, Purl 1 across.

Repeat rows 1 and 2 until cap measures 6 inches from beginning.

TOP SHAPING:

K2, K2 tog. Repeat from ** across.

Purl 2nd row and all even numbered rows.

3rd Row: *K1, K2 tog*. Repeat from ** across

5th Row: Repeat 1st row.

7th Row: Repeat 3rd row.

9th Row: K2 tog across.

11th Row: K2 tog across.

Purl across. Break off yarn leaving 18" tail.

Draw yarn through remaining sts. And pull up tight.

Fasten off on wrong side of cap. Sew seam.



Sample caps made
by Joyce Forker

<http://www.headhuggers.org/patterns/kpatt20.htm>

Dr. Mom's Head Hugger

Crochet Head Hugger

Designed by: Sonya H. Puckett, M. D.

Materials:

- 2.5 to 4 oz. yarn (I use Red Heart yarn from Wal*mart)
- Crochet Hook size: H or 8 for average size head
(use larger or smaller hook to adjust size)

Directions:

Starting with the center top of hat, chain 5. Join the chain with a slip st so that you have a ring. Chain 2 and count this as first st on first row.

Row 1

Work 9 hdc in the ring (or you can use a single or double crochet st depending on the yarn and what effect you want to achieve).

Join last st to first with a slip st and chain 2 which makes the first st of row 2. **(chain 2 will be 1st st on each row).**

Row 2

Work one st in same st as joining st, then 2 st in each st around.

Join to top of chain 2. **(End all rows by joining to the top of chain 2)**

Row 3

Chain 2, one st in first st, two sts in the next st (increase by one st every other st. Do this all the way around). Join as in row 1.

Row 4

Chain 2, crochet around making 2 sts in every 3rd st (increase made), one st in the st in between.

Row 5

Chain 2, increase (2 sts) in every 4th st around.

Row 6,7,8

Chain 2, increase (2 sts) in every 5th st around.

Row 9

Decrease every 3rd st by skipping each 3rd st. Crochet in all others around.

Row 10,11

Hdc in every st around.

Row 12

Increase in every 5th st around.

Row 13,14

Hdc in every st around.

Row 15

Repeat row 9.

Row 16

Hdc in every st around.



Row 17

Decrease every 5th st by skipping each 5th st around.

After joining with slip st, do not make a chain 2 stitch.

Row 18

Shell Border: Make 5 hdc in next st Skip a st, slip st in next st.

*Skip a st, make 5 hdc in next st, skip a st, slip st in next st.

(Repeat from asterik around.) Join; cut yarn; tie off; weave tail into hat so it doesn't show.

Abbreviations:

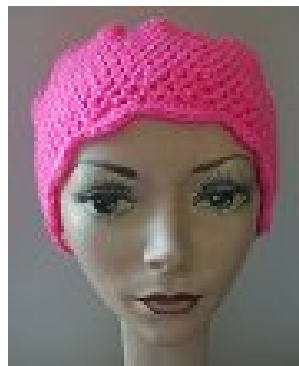
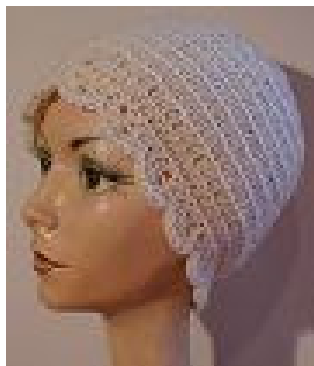
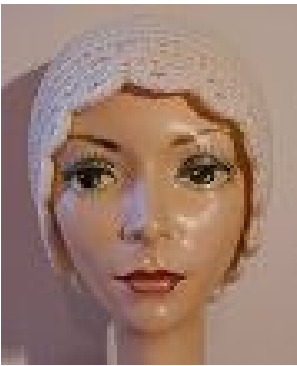
hdc = half double crochet

sc = single crochet

dc = double crochet

More styles/colors:

The cap can be worn with the brim turned back (or not).



<http://www.headhuggers.org/patterns/cpatt05.htm>

From the Heart Newsletter

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Starbucks, north end Huguenot Bridge 11 am 1:30 pm	2 Starbucks Oxbridge Square 10 – noon Atlee Angels Atlee Library 1-3 pm
3 Knit Workshop 1114 Westbriar Dr 2 p.m.	4 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4 Buford Rd Pharmacy 6:30-8:30 pm	5 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon	6 The Virginian Retirement Center 2 – 3 p.m.	7 Panera Bread Chesterfield Towne Center (food court) 9 – noon Panera Bread Midlothian Turnpike 6:30-8:00 pm	8 Starbucks – Huguenot 11 am 1:30 pm Kay Berrey Group 2-6 pm	9 Louisa Group Louisa Library 10 - noon
10	11 Episcopal Church of Our Savior 10 – noon Park @ Ridgedale 2-4	12	13 The Virginian Retirement Center 2 – 3 p.m.	14 Chamberlayne Hts United Meth Church 1:30 – 3 p.m.	15 Starbucks - Huguenot 11 am 1:30 pm	16 Starbucks Oxbridge Square 10 – noon
17	18 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	19 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon Francesca Parch Powhatan 6:30 Tuckahoe Library 6:30 – 8:30 p.m.	20 The Virginian Retirement Center 2 – 3 p.m.	21 Panera Bread Chesterfield Towne Center (food court) 9 – noon Panera Bread Midlothian Turnpike 6:30-8:00 pm	22 Starbucks - Huguenot 11 am 1:30 pm Kay Berrey Group 2-6 pm	23
24	25 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	26 Summerhill Retirement 1:30 pm Louisa Group Hardees 7 p.m.	27 The Virginian Retirement Center 2 – 3 p.m.	28	29	30
31						

May 2009

Name	Address	City	Day of Week	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
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	* Chesterfield Town Center Food Court	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**