

# The Grateful Thread

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

## Letter from Lois

Our 6<sup>th</sup> Annual Retreat plans are set. We will return to normal newsletter next month.

Continue to be safe, enjoy your summer, and looking forward to seeing you at the shop soon!

Lois

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## Stop by the Shop

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

Gail Patrick is the July Scheduler. Contact her at 804-598-2317, 804-347-9747 or [ragslan@aol.com](mailto:ragslan@aol.com) to volunteer for a shift.

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## Shopkeeping Prize Award

The June winner is Virginia Bragg.

Please contact the scheduler to get your name in for the July drawing. Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you, Virginia for all your help. A beautiful bag of yarn is waiting for you at the shop on your next visit. We hope you will enjoy making a special something with it.

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## Urgent Needs!

We urgently need blankets in two different sizes

- Lap blankets 30" x 42 "
- Large blankets 40" x 70"

Since summer temperatures continue and are here to stay for the next several months we also need summer cotton hats.

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**THANKS & CONGRATULATIONS for all your hard work to make this happen!**

## Donation Inventory Numbers

### Previous Total

Mid 2002 – 2010:      **90,868**

### 2011

Jan – May                      8,247

June                              1,201

**9,448**

**Grand Total    100,316**

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## 6<sup>th</sup> Annual From the Heart Retreat

It's time to start planning to attend our 6th Annual From the Heart Retreat! It's just around the corner...September 10th this year. Our location will be in the spacious Brandermill Church in Chesterfield County. Directions are included and will be posted on the website. Possibly several friends and you may want to drive out together. If necessary, we will form car pools to be certain you can be there to enjoy all the fun. There is an easy to reach, well planned handicap access...no limitations this year!

Brandermill Church 4500 Millridge Parkway Midlothian VA 23112

## Quick Preemie Hat

These instructions give the number of stitches and dimensions for a preemie cap in 3 sizes: Medium (MD), Large (LG) and X-Large (XL). The instructions show a number followed by 4 numbers in parenthesis corresponding to the sizes MD, (LG, XL).

### Materials needed:

- \* Approximately æ to 1 oz. baby or sport weight yarn
- \* Crochet hook size F (Increase or decrease your hook size if you crochet tightly or loosely.)
- \* Blunt end yarn needle

### Gauge:

The length of the rows will vary slightly depending on the yarn you use and your tension. The amount turned up for the brim can vary to accommodate these differences. The following chart gives some guidelines.

Cap size	Length of row
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MD	6 to 6 1/2 inches
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LG	6 1/2 to 7 inches
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XL	7 1/2 to 8 inches this one is 6-8" length (with out a roll back brim) with a 7-9" width before sewing up the seam or circumference after sewn.
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### Instructions:

All rows are worked in the back loop only to create the ribbed effect.

Chain 30 (33, 36).

Row 1: Hdc in 3rd chain from hook and in next 23 (26, 29) chains. Sc in last 4 (4, 4) chains. Ch 1, turn.

Row 2: Sc in first 4 (4, 4) stitches. Hdc in next 24 (27, 30) stitches. Ch 2 turn.

Row 3: Hdc in first 24 (27, 30) stitches. Sc in last 4 (4, 4) stitches. Ch 1 turn.

**Note:** Turning chains are not counted as a stitch. You should work 28 (31, 34) stitches in each row.

Repeat rows 2 and 3 until cap measures approximately 7 (8 1/2 , 9 1/2) inches. End with row 2.

### Finishing

Either sew or slip stitch the beginning edge to the back loop of the last row, being careful to leave the front loops of the last row free on the outside of the cap so that the ribbed pattern is continuous around the cap.

Use yarn needle to weave a piece of yarn through the sc stitches at the top of the cap. (For extra security, I like to weave the yarn around the top twice.) Pull to close the opening and tie off. Weave all yarn ends in securely. Turn up the lower edge to form the brim of the cap.



# From the Heart

6<sup>th</sup> Annual Retreat

crochet & knitting & spinning & weaving & felting & more

Can you believe the *From the Heart* 6<sup>th</sup> Annual Retreat is just around the corner? We have been busy making plans for another wonderful gathering and we're excited about everyone's return. This year the retreat will be located at the Brandermill Church in Chesterfield County. Directions are included for your guidance.

September 10, 2011      10:00am to 4:00pm

games & prizes & give-aways

We will have several return vendors, Sue Henshaw with her very popular ceramic yarn bowls, Mary Clare Hughes with her wonderful alpaca and alpaca blends, hand spun yarns and products, and Bernice Koelzer's Flint Hill Soaps. Our own Maxine Crostic is bringing back her homemade stitch markers, bracelets, and shawl pins. Also returning from our 2<sup>nd</sup> retreat, Pat Kirkland of the Yarn Barn will be bringing her collections of patterns and incredible yarns. A new visitor this year will be a representative from Ben Franklin who will be selling a wide variety of notions and accessories.

learning & sharing

Projects during the retreat will be:

- ✓ New embellishments and instructions;
- ✓ A how-to table to help you with your pattern and/or stitch questions.....stuck on project?.....bring it in to get some help.
- ✓ Another look at weaving.....a triangle weaving loom and a table loom will be available for you to 'tinker' with.
- ✓ Samples and instructions for water felting .....techniques that are becoming quite popular!!
- ✓ Show and Tell.....please bring your favorite prized project.

If you've never been to a **From the Heart** annual retreat, you are missing an enjoyable opportunity to meet some fellow knitters, crocheters, and craftspeople who share in your giving nature. It is truly a fun day! Come join us!!!

**From the Heart  
6th Annual Retreat Registration Form  
September 10, 2011  
10:00am to 4:00pm**

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

Email: \_\_\_\_\_

Jason's Deli Box Lunch preference: (includes condiments, chips, pickle and cookie)  
Ham **or** Turkey, each served w/ lettuce & tomato (choose one) \_\_\_\_\_

Served on your choice of bread: White/Wheat (choose one) \_\_\_\_\_

**OR**

Garden greens, cuke, red & yellow pepper w/dressings on multigrain ciabatta \_\_\_\_\_

I will bring a Show 'n Tell item            Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please label your item with your name, the pattern used if possible, and materials used.

Reg. Fee \$25.00 per person.    **\*\*\*Make Check payable to From the Heart\*\*\***

Your check # \_\_\_\_\_ Amount \_\_\_\_\_

For planning purposes, registration must be received on or before **September 1, 2011.**

Registration will be available at the door at an increased price of \$30.00

Share the fun, bring a friend! Feel free to use one form for several attendees.

Mail completed registration and payment to:

**Beth Williamson  
3300 Southall Avenue  
Richmond, VA 23234  
804-233-4046**

**OR**

Bring your completed form and payment in an envelope to the shop and drop into the donation box.

**Do you need a ride to the Retreat?** Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, from what area? \_\_\_\_\_

(We will try to find a volunteer to assist you.)

## **Directions to The Brandermill Church from Points North**

Follow I-95 S and take exit #79, for I-195 South / I-64 West / Powwhite Parkway

Merge onto I-195 South

Take Powwhite Parkway exit.

Follow the Powwhite and its extension to the intersection of Route 288 (two miles beyond the 75 cent toll booth). Take exit towards Amelia.

Stay on Highway 288 until the first exit (Highway 360/Hull Street Road) towards Amelia.

Follow Highway 360 west toward the first stop light (about 300 yards) and turn right onto Old Hundred Road. You don't actually go to the stoplight, but exit to the right on the ramp as you approach the stop light.

Turn left onto Millridge Parkway which will be the first turn to the left.

Proceed on Millridge Parkway for .7 of a mile. The church will be on your left. Enter the road where you see the Sunday Park sign. Follow drive to the bottom of the hill and the entrance to the church parking lot will be on your left.

## **Directions to The Brandermill Church from Points South**

Follow Interstate 95 north to Highway 288 (toward Amelia).

Exit off of Highway 288 onto Route 360/Hull Street Road (toward Amelia).

Follow Highway 360 west toward the first stop light (about 300 yards) and turn right onto Old Hundred Road. You don't actually go to the stoplight, but exit to the right on the ramp as you approach the stop light.

Turn left onto Millridge Parkway which will be the first turn to the left.

Proceed on Millridge Parkway for .7 of a mile. The church will be on your left. Enter the road where you see the Sunday Park sign. Follow drive to the bottom of the hill and the entrance to the church parking lot will be on your left.

## **Directions to the Brandermill Church from Points East**

Take I-64 West

Continue on I-64W/I-95 North

Take exit 79, for I-64W / I-195 South / Powwhite Parkway

Take the Powwhite Expressway exit.

Follow the Powwhite and its extension to the intersection of Route 288 (two miles beyond the 75 cent toll booth). Take exit towards Amelia.

Stay on Highway 288 to the first exit (Highway 360/Hull Street Road) towards Amelia.

Follow Highway 360 west toward the first stop light (about 300 yards) and turn right onto Old Hundred Road. You don't actually go to the stoplight, but exit to the right on the ramp as you approach the stop light.

Turn left onto Millridge Parkway which will be the first turn to the left.

Proceed on Millridge Parkway for .7 of a mile. The church will be on your left. Enter the road where you see the Sunday Park sign. Follow drive to the bottom of the hill and the entrance to the church parking lot will be on your left.

## **Directions to the Brandermill Church from Points West**

Take I-64 East to exit #186 - Laburnum Ave. / I-195 S / Powwhite Parkway

Merge onto I-95 South

Take the Powwhite Expressway exit.

Follow the Powwhite and its extension to the intersection of Route 288 (two miles beyond the 75 cent toll booth). Take exit towards Amelia.

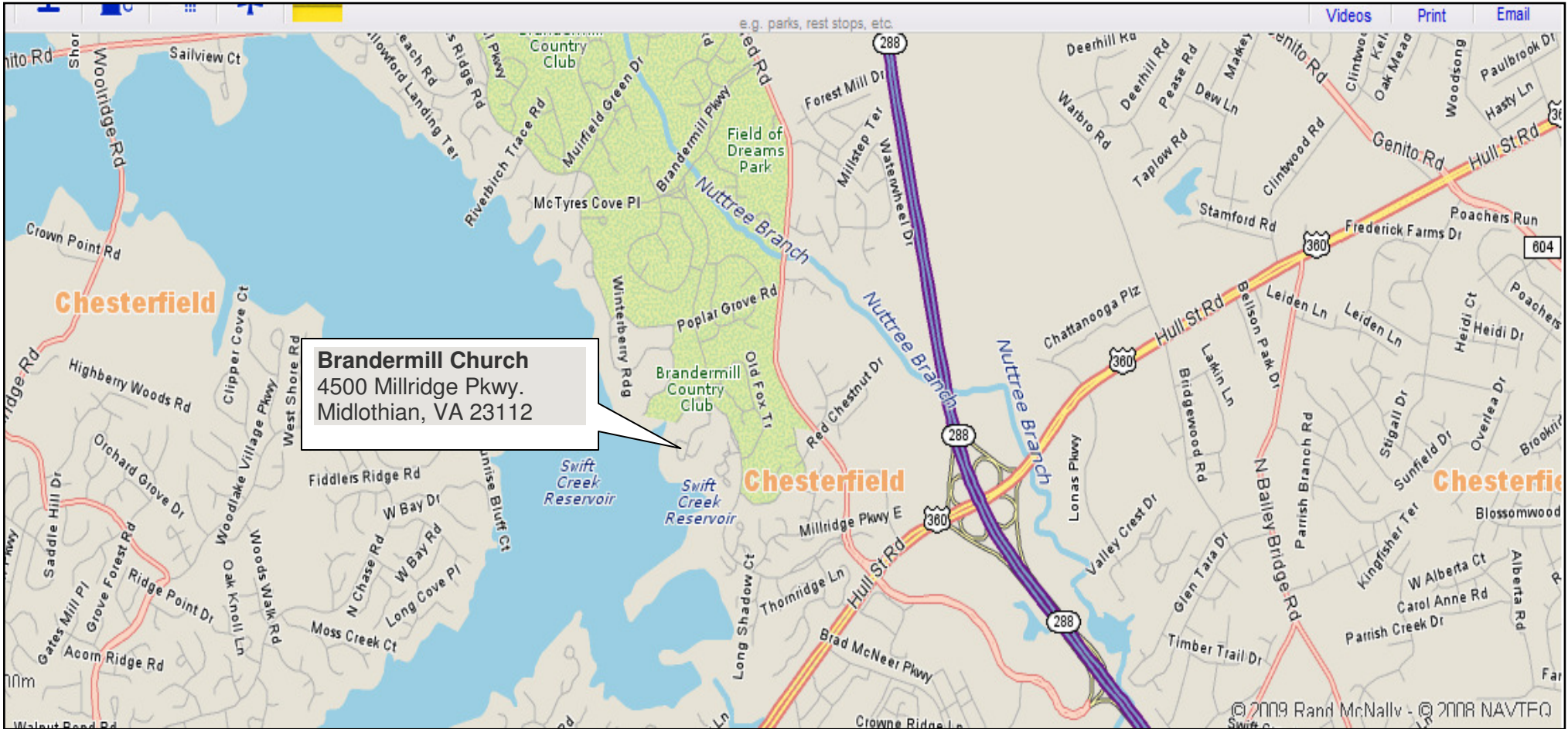
Stay on Highway 288 to the first exit (Highway 360/Hull Street Road) towards Amelia.

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e.g. parks, rest stops, etc.

[Videos](#) [Print](#) [Email](#)

**Brandermill Church**  
4500 Millridge Pkwy.  
Midlothian, VA 23112

**Chesterfield**

**Chesterfield**

**Chesterfield**

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# From the Heart Newsletter

# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Starbucks – Huguenot 11 am -1:30 pm	<b>2</b> Starbucks Oxbridge Square 10 – noon  Atlee Library 1–3
<b>3</b>	<b>4</b> <b>4<sup>th</sup> of July</b>	<b>5</b> Panera Bread Breckenridge Shop Center 10 – noon  Chesterfield Heights Community Center 2:00  Martin's Grocery 5:30 – 7:30 pm	<b>6</b> Colonial Heights Senior Center 10–12  ElmCroft Retirement 1:30	<b>7</b> The Mall Group @Chesterfield Towne Center (food court) 9-12  Hopewell Library 6-8 pm  Panera Bread Midlothian 6:30-8 pm	<b>8</b> Starbucks – Huguenot 11 am -1:30 pm  Kay's Krafters 1 –5 pm	<b>9</b> Atlee Library 10 – noon  Louisa Group Hardee's 10 - noon
<b>10</b> Fun Day 2–5 p.m	<b>11</b> Park @ Ridgedale 2 – 4 pm	<b>12</b> Martin's Grocery 5:30–7:30 pm	<b>13</b> Colonial Heights Senior Center 10–12  Hopewell Library 10 – noon  Dinwiddie Library 1:00- 3:00	<b>14</b> The Mall Group @Chesterfield Towne Center (food court) 9-12  The Ladies of Gayton Terrace 3:30 p.m  Chamberlayne Hts United Meth Church 1:30 – 3:00	<b>15</b> Starbucks – Huguenot 11 am 1:30 pm	<b>16</b> Starbucks Oxbridge Square 10 – noon
<b>17</b>	<b>18</b> Park @ Ridgedale 2 – 4 pm  Harvest Glen Stitches 2 - 4 pm	<b>19</b> Panera Bread Breckenridge Shop Center 10 – noon  Chesterfield Heights Community Center 2 pm  Martin's Grocery 5:30–7:30pm  Tuckahoe Library 6:30–8:30 pm	<b>20</b> Colonial Heights Senior Center 10-12  ElmCroft Retirement 1:30	<b>21</b> The Mall Group @Chesterfield Towne Center (food court) 9-12  Hopewell Library 6-8 pm  Panera Bread Midlothian 6:30-8 pm	<b>22</b> Starbucks – Huguenot 11 am - 1:30 pm  Kay's Krafters 1 – 5 pm	<b>23</b>
<b>24</b> Fun Day 2–5 p.m	<b>25</b> Park @ Ridgedale 2 – 4 pm	<b>26</b> Summerhill Retirement - NO Meeting  Martin's Grocery 5:30–7:30 pm	<b>27</b> Colonial Heights Senior Center 10–12  Hopewell Library 10 – noon  Dinwiddie Library 1:00- 3:00	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

## July 2011

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
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, every other	2:00 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2nd,4th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1st, 3rd	1:30 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	1 - 5 pm
Ladies of Gayton Terrace			Thursday 2nd	3:30 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