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From the Heart's Grateful Thread

October 2013

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Letter from Lois

It's *Stitch-A-Long* Time with From the Heart Friends!!

We haven't had a fun Stitch-A-Long in several years so it may be new to some of you.

This **is not** an opportunity to learn to crochet or knit. You must already know the basics.

We have had a request from Caroline County for help in keeping their children warm this winter and we would love your help in filling this need. We have selected two simple jacket patterns for this project, one each in knit and crochet. These patterns can be found in your pink pattern book...page 2 is the crochet version, page 132 is the knit pattern. If you do not have our book you may pick up your pattern at the shop when choosing your yarn. Keep in mind, since kids come in all sizes so should our offerings.

As in most Stitch-A-Longs, you will stop by our shop either on a Wednesday or Saturday between 10 a.m. and 2 p.m. beginning October 2nd to choose your pattern and yarn. You may prefer to pick up your supplies and just turn in your project when completed but we would like for you to stay a while and get your jacket started. This is best in case you have questions about our patterns. You will take your project home with you and work at your pace (these are not items that can be completed overnight). When your schedule allows, we would

love for you to bring your stitching in as you progress and sit and stitch with us. This is a great time to learn new techniques or offer tips to other stitchers. We will be available on Wednesdays and Saturdays during regular shop hours throughout the month of October. Please, let us know if you want to participate so we are certain to have enough yarn on hand for you.

We've had fun with these workshops in the past. This stitch-a-long promises to not only be interesting for our participants but should bring in lots of warm, cozy jackets to warm children as they head for school each morning or when just playing outside at home as the season turns cool.

If you have questions please drop me a note by email at loisfth@me.com or call me at 804.305.4971. I'd love to hear from you!

See you at the shop!

Lois

The Third Annual "Let's Stitch" Charitable Event Saturday, October 12, 2013

The Fredericksburg Spinners and Weavers Guild will once again give area knitters and crocheters a chance to ply their craft at "LET'S STITCH," held at LibertyTown Arts Workshop, 916 Liberty Street, from 10-4PM. Guild members, in conjunction with From the Heart of Richmond, will host this charitable event as a way to do what they love while serving those in need in the community.

From the Heart needs volunteers to mingle in the stitching rooms to meet people and help us let people know what From the Heart is all about. If you have any questions or are willing to volunteer please contact Pam Greswolde pegreswolde@comcast.net.

See enclosed flyer for more information or directions to Liberty Town.

Current Needs

We currently need baby blankets, blankets of any size, winter hats and scarves and adult acrylic chemo hats. As always, please make whatever you enjoy as we can use anything you make.

Fredericksburg / King George Area Current Needs

We currently need any of the following: baby items - newborn through toddlers, blankets of all sizes, shrugs and/or shawls, chemo hats, hats and scarves for children and adults (in particular plain colors for men and boys).

As always, please make whatever you enjoy as we can use anything you make.

Ssssimple Knit Snake

Materials:

Left over yarn of any color/weight

Appropriate needles for yarn - straight and double point

Snake can be any size, any color. Yarn chosen will dictate size. Try using a heavier yarn half way through the body and the snake will look as though it just had dinner J

Head of snake

Cast on 1 st -Tail can be used later to create a tongue or you can use a separate piece of yarn

Row 1: Knit into the front and back (KFB) of stitch (2 sts on needle)

Row 2: KFB of 1st st, K1 (3 sts)

Row 3: KFB of 1st st, K2 (4sts)

Row 4: KFB of 1st st, K3 (5 sts)

Continue knitting into the front and back of 1st st every row and knitting the rest of the row until you have 15 sts on needle

Knit 10 rows

Next row: K6, K the next two sts together (K2tog), K7 (14 sts on needle)

Knit 2 rows

Body

Row 1: Knit

Row 2: Purl

Repeat these 2 rows (stockinet stitch) until snake is *almost* as long as you want it to be

Tail

Row 1: K1, K2tog, knit until 3 from end of row, K2tog, K1

Row 2: Purl

Repeat these two rows until you have 4 sts on needle. Change to double point needles of one size smaller than you have been using and make a 4-stitch I-cord for the rattle

To make an I-cord

Knit the 4 sts on the DP needle and then, INSTEAD OF TURNING, SLIDE THE STITCHES TO THE OTHER END OF THE NEEDLE and knit them with the second DP needle

Slide the stitches again to the other end of the needle

Knit, slide, knit, slide.....

Repeat until rattle is as long as you like

Then K2tog, slide to other end of needle and K2tog again - bind off the last stitch and weave in

Eyes and tongue

Sew two buttons onto the head for eyes and use either the tail of the cast on yarn or a separate piece of yarn to create a tongue for the snake. You can crochet a tongue or just leave the yarn as is.



Booties

Ginny Wong

Make 2.

Sole

Chain 6.

Row 1: Sc in 2nd ch from hook and each ch across - 5 sc at the end of this row.

Rows 2-7: Ch 1, turn, sc in each sc across. This is the heel end.

Row 8: Ch 1, turn, 2 sc in first sc, sc in each sc to the last sc, 2 sc in last sc - 7 sc at the end of row.

Rows 9-13: Ch 1, turn, sc in each sc across. This is the toe end. Place stitch marker in the last st worked. Do not fasten off and do not turn.



Side

Rnd 1 (RS): Work 13 hdc evenly spaced across side edge of sole; work 3 hdc evenly spaced across Row 1 for heel; work 13 hdc evenly spaced across the other side edge of sole; hdc in each sc across last row of sole to marker, 36 hdc at the end of this rnd.

Rnd 2: Working through the two back loops of each hdc only, sc in each hdc around. Join with first hdc.

Rnd 3: Sc in each sc. Join with first sc.

Rnd 4: Repeat Rnd 3.

Top of Foot

Rnd 1: *Sc in next sc. Puff Stitch in next 2 sc* (YO draw up a long loop the height of a dc 3 times in the same sc and 3 times in the next sc. YO pull through all the loops. Ch 1. Repeat ** 11 times. Sl st in the first sc. 12 puffs.

Rnd 2: Sc on each side of the sc in Rnd 1. Sc on Puff Stitch. 36 sc. Fasten off.

Cuff

Row 1: Join yarn in the 8th sc from the center of the toe, *Sc in next sc. Puff Stitch in next 2 sc *. Repeat 7 times. 8 puffs. Fasten off.

Row 2: Join yarn. Sc all the way. Fasten off.

Row 3: Join yarn. *SC YO draw up a long loop the height of a dc 5 times in the same puff stitch. YO pull through all the loops. Ch 1. * Repeat 7 times.

Finish

SC all the way around. Decrease 3 stitch in the toe area. Fasten off.

Using 2 strands of yarn and a bigger hook, make a 90 stitch chain. Fasten off. Weave in the cuff.

One Stitch at a Time

As we wind down from our very successful Retreat, we wanted to give you this last opportunity to connect with vendors you may have missed. Don't forget that you can continue to purchase items from them throughout the year if you would like. Great as the From the Heart Retreats are, you don't have to wait for a Retreat to fulfill your desire for great goods. ☺

Nana's Home Mades will take orders from you and bring your order to any one of the Farmers' Markets they attend in the area. You can check them out at www.nanashomemades.com

The Williamsburg Chocolatier does not have a website but feel free to visit if you are down that way.

Flint Hill Mini Farm has provided us with an informational sheet which is available at the shop. Contact Bernice Koelzer or Renate Boecke at berniceandmike2@gmail.com if there is something specific you would like.

Coordinated Colors Yarn Shoppe of Yorktown (www.coordinatedcolors.com) is downsizing and is offering terrific discounts on their stock prior to a possible move. Check out their site and possibly plan a visit for one of the many classes they offer at their shop.

Pat Kirtland of **Kirtland's Yarn Barn** has a wide selection of lovely yarns for you to choose from at www.yarnbarn.com and has an on-line store in addition to a store front.

TCM Creative Solutions, www.tcmcreativesolutions.com, who provided those lovely cards are kindly providing some cards that we can offer you through the shop. Take a look next time you come to visit.

Thank you all - Here's to next year

Tricia
Board President

Stop by the Shop

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

Ann Robbins is the October scheduler. Contact her at aerobbins@live.com.

Congratulations to Marie Corso, who is the winner for the September shopkeeper prize. Marie, there will be a nice bag of yarn at the shop for you to pick up for a special project.

Donation Inventory Numbers

Previous Total

Mid 2002 - 2012 **150,977**

2013

Jan - Aug 14,258

September 2,407

Year to date total **16,665**

Grand Total **167,642**

Addresses for Newsletter Articles or Information

Please remember to send newsletter articles or information you need inserted in the newsletter to both Pam Greswolde and Marti Manson. This should ensure that we do not miss information. Thanks!

Pam Greswolde
Marti Manson

pegreswolde@comcast.net
martimanson@comcast.net

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