

"From the Heart"

Volunteers are angels in disguise.



From the Heart's

August 2013

Grateful Thread

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Letter from Lois

Have you heard? Chocolate, books, yarn, fragrant soaps and beautiful cards to send notes to folks who didn't make it to the Retreat, plus all those friends we haven't seen in forever! All in one place!!! I'm not sure I can wait another minute. I've never been known for my patience...EVER! ☹. Twenty four more days...it's like a lifetime!! And then, add to that, all that wonderful food. And did I mention? CHOCOLATE!! Oh, and I've seen those at-the-door-give-away goodie bags...wonderful things in them this year.

I've also heard that if you missed getting your red From the Heart history/pattern book from several years ago, they have been reprinted and will be available at the Retreat. And the pink From the Heart pattern book from last year...it will be there as well! They would make wonderful gifts for special occasions.

I've seen some of those free gifts that will be passed out as ticket numbers are called or bingo cards are filled. Some gift bags are hand crocheted by Gwen, others are brand new From the Heart project bags!!! And the items inside are just a terrific bonus. Too good to miss! And then there are those wonderful, stitched creatures on each table, donated by some of our very creative stitchers. I want my ticket number pulled for at least one of those!

Also an added special feature this year will be one of our fellow stitchers, Roni, showing us very simple methods for easing the stress from our arms and hands from too much of a good thing. We all know we should put our projects aside every 20 minutes or so and just walk away. But I've found I can take that walk around the house, even the yard, but I mostly just take my project with me! Not a good thing, I guess.

Sure hope your registration form has already been sent. If not, get going, friend! Time is running out!

I will see you all on the 24th. You can look for me near the CHOCOLATE...or the BOOKS...or the YARN...or the SOAPS...or the CARDS...gosh, just where should I begin???

Can't wait... Lois

Current Needs

We currently need cotton hats , baby hats and baby blankets. We need both preemie blankets - 24 x 24 inches and the regular size baby blankets. As always, please make whatever you enjoy as we can use anything you make.

Fredericksburg / King George Area Current Needs

We currently need cotton chemo hats, baby items (blankets, hats, layettes) and toys. We REALLY NEED TOYS, please! We have had a request for more shrugs! The chemo patients have really loved the ones we gave them in May. You could also start to make hats and scarves for fall and turn them in now. This will help us build up a stock so we will be ahead of curve for fall. We are servicing many more groups this year so the requests will be greater. As always, please make whatever you enjoy as we can use anything you make.

Schedulers Urgently Needed

VOLUNTEERS GREATLY NEEDED TO HELP WITH SHOPKEEPING SCHEDULING.

From the Heart currently has 4 ladies working on the shopkeeping scheduling. These ladies coordinate shopkeeping hours with our wonderful shopkeepers. With YOUR help, this would allow the scheduling rotation to be spread out more. It is NOT a difficult job, but it must be done. Won't you give it a try?!? Contact any one of the current schedulers for more information. Thank you for considering this opportunity with From the Heart.

Gail Patrick ragslan@aol.com
Tricia Ennis ennis1000@verizon.net
Eleanor Cannon e-cannon@msn.com
Ann Robbins aerobbins@live.com

8th Annual From the Heart Retreat

Everyone loves a countdown. Or at least I do and I have always considered myself to be fairly normal so...

It's Countdown Time

I hope you have already blocked out the day of Saturday August 24th at The Place in Innsbrook to come join all you're From the Heart Friends as we knit, crochet, chat, eat, have fun, get lots of freebies, and even have the chance to shop for the things we knitters and crocheters love (and should I add need).

Our vendors this year are outstanding and represent the best of yarns, accessories, soaps, FTH themed and locally sourced/made items, including chocolate (yum yum).

Our fun classes include how to Knit with Beads, How to Embellish Glove Cuffs to be High Fashion, Seaming Methods and how to crochet the Crocodile Stitch. Never heard of Crocodile Stitch before? Come and learn how.

We will have our very own From the Heart Fashion Show, we will play Bingo, we will have speakers and, for the first time, we will also have a raffle of some of the most beautiful items made by our very FTH ladies.

You will find the [registration form](#) here and also at the shop. Please mail it to Beth Williamson at the address on the form or drop it in the Donations Box at the shop. [Directions to The Place](#) at Innsbrook are here.

MAKE YOUR RESERVATION TODAY IF YOU HAVE NOT ALREADY DONE SO AND MARK YOUR CALENDAR - AUGUST 24TH, 2013

Retreat Vendors

A little teaser about the Retreat

As promised, we have a few 'new and different' events for the Retreat this year. One of those events is a raffle of some of the items donated by some of our talented artists at From The Heart (Mary Murray, Ivonne Schuh and Dorothy Bernstein to mention a few). Below is a photograph of some of the items these artists have donated. Stop by the table at the Retreat and see if you'd like to try to take one home. Raffle tickets will be \$1 each or 6 for \$5 and you can pick and choose which item(s) you'd like to try to win. Just one more way From the Heart is trying to make our 2103 Retreat a fun and exciting way to say **Thanks** to you - our volunteers.

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Jiffy Yarn

WE HAVE BEEN GIVEN A VERY NICE SUPPLY OF JIFFY YARN! It's perfect for those little full term baby hats for the hospitals. Check by the shop, look in the drawers in the "nursery" area and take your pick! You may find a few suitable skeins in the Jiffy section in the yarn aisle as well. Great stuff! ENJOY

Annual Cancer Survivor Day

The Annual Cancer Survivor Day event held on June 1st at Regional Memorial Hospital was attended by Matilda and Judy. We set up tables to show the samples of all the beautiful work done by the knitters and crocheters of our group. The crochet blanket, which included hand prints and names of some of the Cancer Survivors, was done by Phyliss, Beth, Matilda and Judy. It was displayed in a prominent place where all arriving people could see it. This blanket will be shown at our retreat in August.

Crossings Group

In response to our request for bereavement blankets the ladies at the Crossings turned in 28 blankets! Many thanks to our fun group of knitters!!!



Stop by the Shop

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

Tricia Ennis is the August scheduler. Contact her at ennis1000@verizon.net or 804-683-9015.

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