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"From the Heart"

Volunteers are angels in disguise.



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From the Heart's

March 2013

Grateful Thread

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Letter from Lois

We continue work our magic when helping recipients like the children in Haiti who are enjoying our little comfort dolls and the children of the Sandy Hook tragedy who drew strength from our teddy bears. We help the many, many chemo, radiation and dialysis patients who are going through their struggles. The homeless on the streets can better withstand the cold nights because we were able to make warm clothing and sleeping bags for them. And all those tiny babies whose little heads and bodies we help to cover. But...there are other ways to be of assistance...

Sometimes the real joy comes when we are able to share our stitching talents with others. What a great feeling when we take the time to work with someone and watch the sparkle in their eyes when they finally understand how to crochet that chain and begin to turn it into a scarf or blanket. Or the look when that 'newbie' has those two knitting needles in their hands and realizes their stitches are really beginning to take on shape!

From time to time we work with seniors in assisted living communities, with church groups and schools. We are even currently helping some wonderful ladies who speak very little English! But you know language doesn't seem to be a problem at all. The love of stitching transcends barriers!

If you have never experienced the thrill of passing along your passion you are in for a treat! Now, don't think you have to be an expert to work with someone else. It could be that even if you only know a knit stitch or a single crochet you could be a big help to someone who doesn't have any idea even how to get started! There are many situations coming up in the next couple of months in which your help could mean so much to someone else. Take a look at the list of organizations we will be working with in the near future and just maybe you will want to jump in and lend a hand!

It's amazing how many new friendships are established through stitching. Just look around you when you are with some of your From the Heart friends...how many of them did you even know before becoming a part of this organization! Well, there are so many others out there for us to get to know! Help us teach them not only how to stitch but show them what a great community From the Heart has grown to be...invite them to share all the fun with us!

Lois

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Upcoming Workshops

The workshops we have planned are:

Saturday March 9th with Pam Greswolde and Marti Manson, "How to Read Charts". This workshop covers both knitting and crochet charts but will be divided into two 'sections' - one for knitting and one for crochet. There are a limited number of spaces still available.

Saturday March 23rd with Gail Patrick "Beginning Crochet". This class is full but please let us know if you would like to be added to the wait list as we can offer it again at some future date.

Saturday March 30th Ann Hald will be hosting a workshop on knitting toe-up socks on a circular needle. This class is also full but, again, we are maintain a wait-list.

On April 6th, Tricia Ennis will be teaching how to "Knit an Entrelac Scarf" and there is one space left.

We have workshops for learning to custom-fit socks and how to work a Smooth Tomato Heel for socks in the works and will announce those dates soon.

Contact Tricia Ennis if you have questions at (804) 683-9015 or ennis1000@verizon.net. We are also interested in knowing what you would like to see us offer so don't be shy about enquiring.

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8th Annual From the Heart Retreat - Update

Not a lot to report since last month but things are moving ahead with all our preparations for the Retreat to be held on August 24th.

We have added some mini-classes and workshops to our event to currently include:

- How to Knit with Beads
- How to Embellish Glove Cuffs to be High Fashion
- Seaming Methods
- Crocheting Flowers to Embellish your Work
- Knitting Flowers to Embellish your Work

We also have the following vendors lined up:

- Flint Hill Mini Farm
- Coordinated Colors Yarn Shoppe (accessories)
- The Yarn Barn (yarns)
- Nana's Homemades (gourmet hand crafted jams, jellies, chutneys...)

Our Fashion Show Extravaganza is coming along very nicely and you still have a couple of days to let us know if you would like to submit a design. Please contact Tricia Ennis at ennis1000@verizon.net if you would like to submit a design, test a design or model somebody else's creation.

**MARK YOUR CALENDAR NOW IF YOU HAVE NOT ALREADY
AUGUST 24TH, 2013**

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Fashion Show Extravaganza 8th Annual From the Heart Retreat

As you know, we are planning a Fashion Show Extravaganza as part of our Retreat this year. Please Contact Tricia Ennis (804)683-9015 or ennis1000@verizon.net if...

- You would like to volunteer to be a model at the Fashion Show
- You would like to volunteer to test a pattern
 - this will involve knitting/crochet/sewing from patterns members submit to ensure they are easy to follow and error-free
- You PLAN to submit a pattern (let Tricia know by March 1st)
- With your final design (no later than May 1st)

- You have questions

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Current Needs

We currently need baby blankets and drain tube bags. As always, please make whatever you enjoy as we can use anything you make.

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Requests

St. Edward's Church members will be going, once again, to Haiti in April 2013. They have reported that our little comfort dolls were a BIG hit with the babies and young children there! They have asked if we could possibly supply them with another batch of about 100 for their next trip. If you would like to help with this just turn your completed "babies" in at the shop and we will bundle them for their trip to Haiti. Thanks for your help!

We have had a request from Gravel Hill Baptist Church, located at 2600 Gravel Hill Road, just off Forest Hill Avenue in Richmond, to teach 8 to 10 ladies to crochet. They would like to start a prayer shawl ministry and will need our help to get it up and running. We will be working with these folks one Saturday morning, March 9, 2013 at 11 a.m. If you have a little free time and can give us a hand, please email Lois at loisfth@me.com or call her at 804-305-4971.

You can tell Spring is just around the corner! Fox School's 1st graders are ready to learn to knit! From the Heart has worked with Mrs. Sarah Ford's classes of eager learners for 3 or 4 years now, teaching them to knit. And each year the kids from previous classes have returned to lend a helping hand. Again this year we will be working with these children, teaching them to stitch blankets squares, putting their squares together into blankets and creating more excitement than you can even imagine! In the past we have also used this opportunity to teach previous students new stitches. Last year we even had some of them making basket weave squares! Such fast learners!

Mrs. Ford's class is a little larger this year. I think she has at least 25 students. We will be working with them each Monday morning beginning April 15th at 9:30 a.m. and will continue each following Monday for about 6 weeks. If you can possibly spare an hour or so of your Monday mornings with us just say the word, we'd love to have you join us. Email Lois at loisfth@me.com or call her at 804-305-4971.

One of our newborn nurseries has had such an overwhelming increase in full term births they are requesting more hats! St Francis Hospital has, in the past, needed about 50 hats each month. Recently that number has jumped to *150 !!*

Now, keep in mind, these are not preemie hats, these are full term hats that will fit a baby anywhere from 6 or 7 pounds all the way up to 10 or 11 pounds. So get those fingers flying and drop off your projects at your meeting place or the shop at your earliest convenience.

The Hawthorne Resource Center for cancer patients at Johnston Willis' Thomas Johns Cancer Center has asked that we make our chemo hats a little larger. They are describing their need as larger hats with "wiggle" room in the top, not the skull cap design. Just keep this in mind when you start your next batch of hats. We certainly want to keep those patients comfy.

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Back By Popular Demand

We have reordered our original red book, "From the Heart, A Heck of a Good Yarn". As you will remember, it is the tale of the beginnings of From the Heart and includes many pictures and stories of and by our members as well as a number of their patterns.

It will be available again the second week of March, 2013.

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Job Fair at Powhatan High School

From the Heart will be participating in a Job and Volunteering Fair again this year at Powhatan High School. We will be setting up a nice sized table, displaying show 'n tell items and talking with students during their free periods or lunch times about how we do our very best to be of service to folks who are sick or experience some other type of need. This has been such a wonderful experience for our members in the past and I'm sure will be just as wonderful this year!

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Powhatan Festival of Fiber

The Powhatan Festival of Fiber on Saturday April 27 is asking for 75 volunteers to help with all sorts of things during a two hour shift. Areas they will need help in are:

- Door Prizes
- Kids Tent
- Demos
- Shearing
- Ticketing
- T-shirts
- Meet Up Tent
- Animals (Contact Runner)

Admission is free for those volunteering. Check out the website for more information on the festival.

<http://www.powhatansfestivaloffiber.com/>

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Schedulers Urgently Needed

VOLUNTEERS GREATLY NEEDED TO HELP WITH SHOPKEEPING SCHEDULING.

From the Heart currently has 3 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

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Stop by the Shop

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

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

Ed Brantly is the February winner of the Shopkeeping Prize award!

Thank you, Ed, 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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Donation Inventory Numbers

Below are the inventory numbers for February as well as the previous totals.

Previous Totals

Mid 2001 - 2012	138,064
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2013 Totals

January	1,800
February	<u>2,119</u>
Totals	3,919

Grand Total 141,983

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Inclement Weather Policy

It is the time of year when inclement weather that will be heading our way shortly, remember the shop policy. Any time school systems in our area are closed, so is the shop. Even if schools are not closed but you are uncertain of the street conditions in your area, STAY HOME! We'd rather keep the shop closed than risk putting any one of our members in danger. Stay home, stay safe and warm and just maybe you'll have time to finish some of those projects just waiting for your undivided attention.

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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 pegreswolde@comcast.net
Marti Manson martimanson@comcast.net

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From the Heart Board Members

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