

**"From the Heart"**  
*Volunteers are angels in disguise.*



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### **Letter from Lois**

### **Kits Galore!!!**

**Come by the shop soon to pick your kit**

#### **Blanket Square Kits:**

We ask for 12" crochet or knit squares...what happens next? As the squares come in we match them together with others we've received, put them usually 6 at a time into ziploc bags and stack them on a shelf.. Magic stitchers come in, grab a bag, stitch them together, add a decorative edge and return them to the shop and PRESTO! We have another blanket ready for delivery! You can be a part of this by either creating a square or selecting a kit for constructing a blanket. If you don't see them at the shop please ask and someone will direct you to them. And...ENJOY!!

#### **Leftovers Blanket Kits:**

These kits can be found very near the blanket square kits. On the shelf, in ziploc bags, little elves put together a selection of leftover yarn in a variety of thicknesses, colors and textures. Your job...pick up hook or needles, reach into the bag (you don't even have to

look!), grab the first thing you touch and start your project. You may use all of the first ball then reach for a second or just work a few rows before adding your next addition. Whichever you chose works fine. A nice mix of colors and textures is what we need. Those stripes of color once stitched into a blanket will be cherished by the recipient of your finished project. For a chart on approximate blanket measurements check our website under project sizes or at the shop we keep copies at the front desk. Another idea for these kits...turn them into hats and scarves! We can use whatever you decide to create...just be sure you are working on something you enjoy.

### **Hat/Scarf Kits:**

These kits have been put together using the beautiful yarns we received in a recent donation. Make patterns you are comfortable using or look around the shop for inspiration. You'll find lots of samples with patterns there. Also in our Red and Pink books we've included many hat and scarf patterns. Items created from these kits will be donated in the fall to the Hats and Scarves for School Kids program of which we are a part.

### **"Snake" Scarf/Hat Kits:**

Yep! That's what it says! "Snake" scarves! Well, they're not really snakes but once we get the hats to go with these already-made-scarves we will add eyes and of course, a tongue :-). Once you've made a hat to complete the set, return it to its ziploc bag and we will do the rest. These sets will be used in the fall to warm kids from age 5 to about 7. They will be so thrilled to receive their own snake to keep their little necks warm and with the bonus of a nice hat...it will be wonderful!

### **Cotton Hat Kits:**

These are requested by chemo patients for summer wear. We have chosen a variety of colors for you...but you may chose others! Mix and match works well...knit or crochet...no problem! Just be sure to enjoy your stitching.

## **Leftovers and Intriguing Mistakes Workshop**

**Date:** Saturday, 7/12/14

**Time:** 10 am to 3 pm

**Location:** Sapony Baptist Church, Stony Creek, VA

Learn ways to use up your leftover yarns. Bring your creative or not so creative mistakes - we have plenty of ours we can share so don't be shy, please. We will have items to show leftover yarn use and plenty of help with ideas for those ever increasing leftover yarns. All items completed will be delivered to various groups in the community.

Come and spend the day or just a couple of hours, whatever time you have.

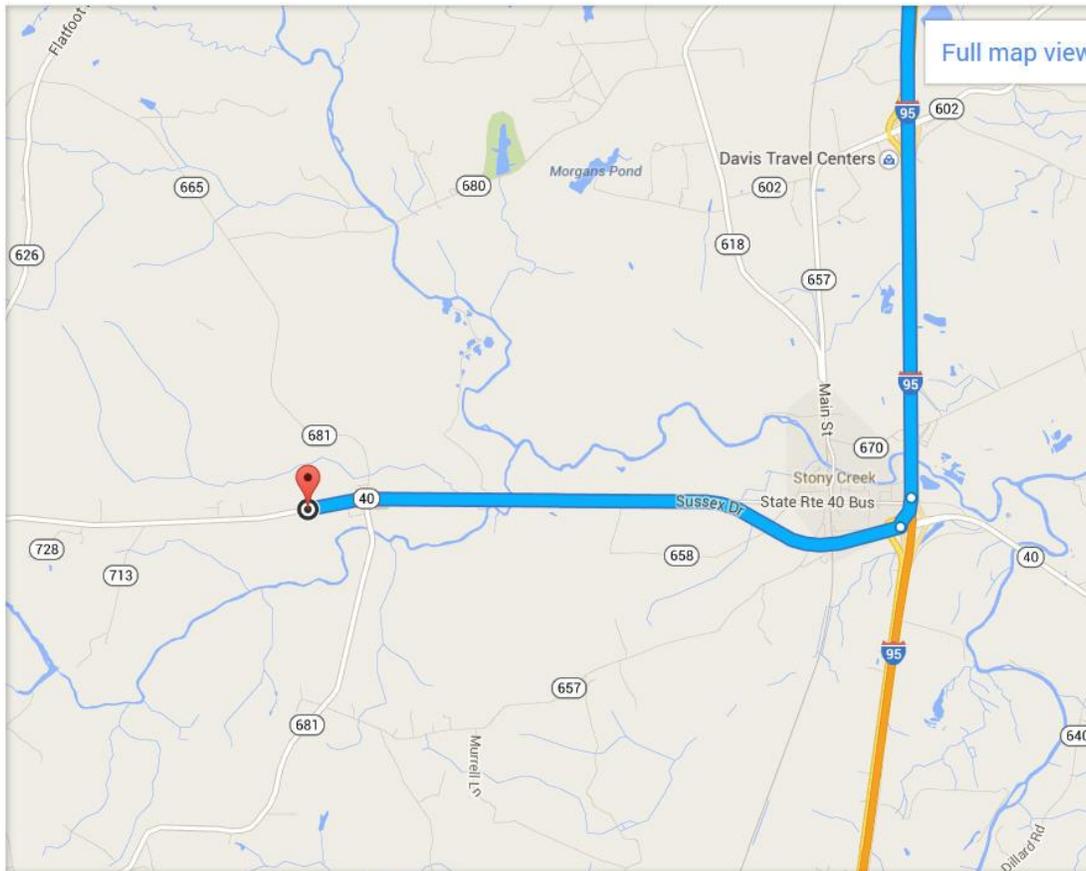
Bring a dish to share. Plates, cups and utensils will be provided. There is a kitchen available. Iced tea, coffee and hot tea will be available.

Various demonstration will be given such as the Magic Knot and others.

## Directions to Leftovers and Intriguing Mistakes Workshop

Take I95 South and take Exit 31, Route 40. At the end of the off ramp turn right onto Rt. 40. Go 3.7 Miles to the church which will be on the left. It is a white frame building. Park anywhere on the grounds

Enter through the front door.



Contact Marti Manson for more information.

804-861-3026

### Attention FTH Stitchers

When you look at our grand total of items donated, it currently stands at 194,315. Lois looked at the number, calculated a little and discovered if we donate 809 items every week from now until the Retreat we will hit the 200,000 mark. This is down from the 840 needed per week as of last month.

Soooooo, we want to challenge the FTH stitchers to help meet this goal:

**809 items donated every week until the Retreat Aug 23.**

Just look at those amazing numbers of items turned in and donated each week by all our wonderful groups in Carson, Colonial Heights, Dinwiddie, Emporia, Fredericksburg, Hopewell, King George, Powhatan, Prince George, Roanoke and all the Richmond groups! If each of our current 1280 members only stitched and turned in one item a week from now until the Retreat we would easily meet this goal. I know, I know, some of you just can't stand to do just one item a week and we certainly don't want to put limits out there for you. So with hooks and needles at the ready - Keep stitching, please!

## **Converting Flat Knitting to Round Knitting Class**

**Saturday July 19th** : A class in how to convert a pattern for flat knitting so that you can knit in the round and avoid all those nasty and annoying seams. All the basic stitches will be covered and you will convert a basic hat pattern from flat to round during class to ensure that you know what to do before you leave the class.

This class is free but is limited in terms of attendance so sign up soon to reserve your place. It will be held from 2:00 until 4:00 at the shop at 1114 Westbriar Drive. Contact Tricia Ennis at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or (804) 683-9015 to reserve your place. You will be contacted to confirm your place.

## **From the Heart at Regional Memorial Hospital Cancer Awareness Day**

From the Heart was once again represented on Jun 7th at the Regional Memorial Hospital Cancer Awareness Day. This has been a yearly event with a table showing the afghans, pillows, laprobes, wheelchair bags, etc. which we deliver to the Oncology and Infusion centers of the hospital. There was quite a large group of cancer survivors attending. Matilda, Judy and David represented From the Heart.



## **Current Needs**

We currently need cotton chemo hats and full term baby hats - 12 inch diameter. We also need blankets. Lap blankets should be at least 30" X 38". Newborn baby blankets should be at least 28" X 30".

Please **NO** children's hats and scarves. In case you want to work on them now, please remember we will need hats & scarves for homeless vets this fall. These can be made with wool. As always, please make whatever you enjoy as we can use anything you make.

## **Fredericksburg / King George Area Current Needs**

Baby Items - blanket, hats, etc.

Cotton Chemo hats - men's and women's

Lap blankets (not just military ones)

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

## **Baby Hat Information**

There are some things we stitchers need to remember as we are making the full term baby hats. The hats need to be at least 12 inches in diameter and at least 6 inches long. It is much better to have a hat that needs to be turned up a little than one that won't come down to the baby's ears.

There is a 44 stitch hat made with Jiffy yarn in a 2 x 2 ribbing on the FTH website - Newborn Baby Knitted Hat with picture. For those who want to crochet, there is a crocheted baby hat pattern on the website - Crocheted baby hat.

## 2014 From the Heart Annual Retreat

### “Back to Basics”

**Where:** The Place in Innsbrook

**When:** Saturday, August 23

**Time:** 10 am until 3:30 pm

**Cost:** \$35 in advance, \$40 at the door

We will be having classes on basic cabling and slip stitching (knitting), crochet (let us know what specifically you want), Gwen will offer a class on how to make those lovely recycled bags and finally a class on necklace making (all included with the cost of registration).

We will have speakers and presenters, among others, from McGuire Hospital, the Hospice Center in Fredericksburg, Tidewater PT will be addressing repetitive hand/wrist injury prevention, we will have a session on Laughing Yoga and we will also have a speaker from SERVE (an emergency relief organization).

We will also have vendors to include jewelry, yarn and accessories, locally made jams and jellies, and others. We will have raffles, door prizes, games and, of course, a delicious lunch.

Take a sneak peek at a few hand-crafted to be raffled goodies...these made by Betsy Ziomek - check out the recent Constant Comment mail which you received to have a peek at another couple of items.



**Only the doll clothes are to be raffled!** The dolls were on loan for modeling only.

Tricia's email address is [Ennis1000@verizon.net](mailto:Ennis1000@verizon.net)

## 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.

Tricia Ennis [ennis1000@verizon.net](mailto:ennis1000@verizon.net)  
Eleanor Cannon [e-cannon@msn.com](mailto:e-cannon@msn.com)  
Ann Robbins [aerobbins@live.com](mailto:aerobbins@live.com)

## Stop by the Shop

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

Tricia Ennis is the July scheduler. Contact her at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or 804-683-9015

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

## Donation Inventory Numbers

<b><u>Previous Total</u></b>	
<b>Mid 2002 – 2013</b>	<b>180,534</b>
<b><u>2014</u></b>	
Jan - May	10,876
June	<u>2,930</u>
	<b>13,806</b>
<b>Grand Total</b>	<b>194,340</b>