

"From the Heart"

Volunteers are angels in disguise.



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From the Heart's

May 2013

Grateful Thread

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Letter from Lois

My hat's off to every one of you. Whether you stitch non-stop and turn in stacks of items weekly or manage to find a moment after meals, kids and homework or between appointments to add a stitch or two to your row, we salute you! You may only turn in one or two items now and then...not a problem, you are as important as every other member in our list of almost 1,200 stitchers.

All those all day stitching sessions as well as those stolen moments to sneak in a row or two add up quickly. In just about 12 years since our beginnings your precious time has accumulated 150,938 donated items ! Now remember, during those first few years there were only a few of us, turning in maybe a couple hundred items per year. But now, with our membership numbers, the count has soared wonderfully!

Think of this. If you turn in a hat, that hat is given to maybe a chemo patient; the smile you have created is wonderful. Now, the happiness of that patient is

seen on the face of the nurse who offers the hat basket for that selection to be made. Most often there is a friend or family member with the patient during infusion...another smile! Those patients/visitors in other infusion chairs are bitten by the smile bug...there you go...a room full of smiles! Now follow that patient out of the cancer center. That infectious smile may just touch those in passing on the way to the parking lot but the best...when our patient encounters their family and extended family...everyone is so excited to finally see a smile on our patient's face...everyone lights up! And it all started with you and your stitches.

You can quickly see how important you have become to your community. As a team we have become key in the lives of homeless folks, giving them a sense of someone caring enough to think of their comfort. Your touch is certainly felt by all the children and adults in our area dealing with the discomforts of cancer treatments. Think about the warmth you spread to dialysis patients and nursing homes with your blankets. There are those teeny, tiny preemie babies. Some are beginning to grow and flourish in their NICU environment, preparing to go home while others have been abandoned there...left behind by those who should love them. A lovingly made little outfit may be the only thing of their own for some time, until they are placed as a foster care child and begin to face their uncertain lives. It's such a warm feeling to be able to at least show them our love.

And then there are those suffering parents who face having to go home alone after the birth of their baby. We help there...just a little bit, by supplying a precious outfit for that tiny one and by giving those grieving parents a keepsake to have forever of that sweet little memory. (Just wipe away those tears on your newsletter and keep reading...)

So, where am I going with this? I think we should consider May as **Hats off to Stitches** month! A pat on your own back and pass it along! Celebrate! Spread the word! There just might be others out there who would enjoy being a part of our sharing community. Invite them in! We welcome everyone!

Look forward to seeing you at the shop soon.

Lois

New Workshop

The very successful Toe-up sock workshop will be reoffered on Saturday, May 4th. We have several people already on the waiting list and they are being contacted in order to offer them right of first refusal. You will need to bring a circular needle at least 29" in length - size 6, 7 or 8. That is all as we will supply the yarn and the written information you will need.

However, you MUST ALREADY KNOW HOW TO USE THE MAGIC LOOP TECHNIQUE. I know we've told you that before but it is very important as there are a number of techniques to learn and we won't have time to teach that as well.

There are three different techniques to learn for this workshop so we will be making a mini-sock in order to give everyone time to learn the techniques. We will be working on just one sock as to plunge people into doing two at once would be difficult for most. The cast on we are learning makes it very easy to do two at once as you'll see but we won't actually be doing it.

We will be giving out a pattern for the mini sock and a pattern for an adult size. The techniques are easily adaptable to any sock pattern so, once you have those, you will be able to use them with any pattern(s) you already have.

For questions please contact Ann Hald at annhald@verizon.net or myself at ennis1000@verizon.net.

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 Monthly Update

Following are the vendors we have lined up for the Retreat on Saturday, August 24th.

Coordinated Colors Yarn Shoppe - www.coordinatedcolors.com
will be bringing a wide selection of knitting and crochet accessories

***Flint Hill Mini Farm** - berniceandmike2@gmail.com
Our own Bernice Koelzer will be returning with a selection of soaps for both adults and kids (some of you may remember her special kid's soaps from the 2011 Retreat). If you are interested in preordering, email Bernice and she will send you a list of present items on hand and what can be custom made to be picked up at the Retreat

***Nana's Homemades** - www.nanashomemades.com
Small gourmet food company which produces hand crafted jams, jellies, chutneys , relishes.... all from locally sourced produce. Jim from Nana's Homemades will also take pre-orders for pick-up at the Retreat

***Williamsburg Chocolatier** - fudge, chocolate, brownies...
Let me know what you'd like to see and I will pass it along to Maryann at Williamsburg Chocolatier as she is willing to 'cater' to our desires
J (no peanut butter items for safety reasons)

Kirtland's Yarn Barn of Dillwyn will once again offer a lovely selection of yarns and you can preview their wares at www.yarnbarn.com.
Obviously, Pat cannot bring everything you will see on her website but it does give an idea of the many lovely yarns she carries

TCM Creative Solutions (The Calendar Market)
will be present and will offer a lovely selection of cards, some of which will use photographs actually taken at the From the Heart shop. Their website is www.tcmcreativesolutions.com

All the vendors have given permission us permission to publish their contact information and, in the case of the three vendors marked with a star, have also indicated that they would be happy to try to meet specific requests if they know in time.

Also, just to make you aware ahead of time, cash and/or checks are appreciated by most of the vendors on the day of the Retreat.

Contact Tricia Ennis at ennis1000@verizon.net or (804) 683-9015 with any questions.

MARK YOUR CALENDAR NOW IF YOU HAVE NOT ALREADY

AUGUST 24TH, 2013

Retreat Volunteer Request - August 24th 2013 From the Heart Retreat

Plans are going very well for our Retreat and we are now at the point where need to request volunteers. We need help with the following areas:

Models for the Fashion Show

Pattern Testers

2 Volunteers for Bingo

Somebody to teach a workshop on making knit flowers

Somebody to teach a workshop on making crochet flowers

A volunteer to spend the day taking photos

Contact Tricia Ennis (804)683-9015 or ennis1000@verizon.net if you can help or if you have questions.

Last Call for Fashion Show Extravaganza

As you all know by now, our 2013 From the Heart Retreat Fashion Show Extravaganza is scheduled for Saturday, August 24 at The Place in Innsbrook.

You still have one week in which to submit to be included on the Fashion Extravaganza and/or to volunteer to be a model or a tester for the patterns.

Contact Tricia Ennis (804) 683-9015 or ennis1000@verizon.net if you can help or if you have questions.

Current Needs

We currently need cotton hats, baby hats and blankets. We do not need any scarves at this time. As always, please make whatever you enjoy as we can use anything you make.

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 is now available.

Stop by the Shop

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

Eleanor Cannon is the May scheduler. Contact her at e-cannon@msn.com or (804) 282-0440 or (804) 514-1168.

Hi Ladies,

Just a final thank you to you all for helping out at the shop in April. It can't be done without YOU!

Congratulations to **Matilde Woolcott, as she is the winner for the April shopkeeper.**

Matilde, I will have a nice bag of yarn for you to pick up for a special project.

Again, Thanks to you all!!
Gail

Donation Inventory Numbers

Previous

Totals

Mid 2001 - 2012	138,064
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2013 Totals

Jan- March	5596
April	<u>1682</u>
Totals	7,278

Grand Total	150,938
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