

"From the Heart"

Volunteers are angels in disguise.

Sent with love...



"From the Heart" ♥



1425 Crawford Wood Place
Midlothian, VA 23114
www.facebook.com/FromtheHeartStitchers
www.fromtheheartstitchers.org

Grateful Thread - August 2014

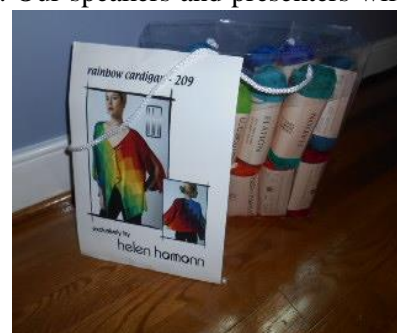
2014 From the Heart Annual Retreat Update - "Back to the Basics"

Where: The Place in Innsbrook
When: Saturday, August 23
Time: 10 am until 3:30 pm
Cost: \$35 in advance, \$40 at the door

Only 3 weeks left ladies and gents so... if you have not completed and sent in your registration form yet, **now** is the time to do so. Registration form and directions are near the end of the newsletter should you need them ☺

This year, as you know, we are celebrating YOU, the From the Heart Volunteer. Our speakers and presenters will address most of the areas for which we provide items but will also give you tips on how to stay healthy and active as you pursue your love of stitching. Our vendors will include jewelry, yarn and accessories, locally made jams and jellies, and chocolate. We have some door prizes which will knock your socks off and even our giveaways this year will delight you. We will also have raffles, classes, games and, of course, a delicious lunch.

This month's 'sneak peek' is one of the items we will have to be raffled. This Helen Hamann Elation kit, donated specifically for our Retreat, has a retail value of \$160. Raffle tickets for all items will be \$1 each or 6 for \$5.



2014 From the Heart Annual Retreat – front cover

Letter from Lois

Baby Hat Information

Trip to Fredericksburg

New Patterns from Johnnie's Heart

Attention FTH Stitchers!

Current Needs

Nancy Wright comes on Board

Schedulers URGENTLY needed

New LYS in Richmond

Remembering Jenny

Stop by the Shop

Donation Inventory Numbers

Letter from Lois - August 2014

Your may remember in my Letter from Lois in June I mentioned how we would like to be able to "spread our love" to other communities in Virginia. From this suggestion we have had a number of calls and emails from outlying areas interested in having a little help with their start up attempts. To date we have gotten a nice group of stitchers on board in Farmville, anxious to make a difference in their community. On my very first visit to them they already had 47 projects completed and have many facilities in mind as recipients! They are on their way to making a difference right there in their own neighborhoods!

On another note, you may also remember our notices to you regarding helping folks in Wise county and surrounding areas. Well, you really came through for them! We were able to donate many, many items from our own closets as well as bags and bags of hand stitched projects. The volunteers delivering to them as well as the recipients were overwhelmed with our generosity!

I understand the volunteers as well as the doctors and dentists were working in an open fairground location in less than ideal conditions...it was cold and rainy their entire 3 days there!! The lines were long waiting for treatments, the patients were getting wet and soggy, babies were crying and miserable. Then the teenagers in the volunteer force got the great idea of wrapping wet babies in our blankets, wrapping other blankets around the shoulders of parents and distributing hats and scarves to everyone! Even dentists were seen working on extracting teeth while clad in our hats! I understand it looked like a Minnie Pearl convention with all the From the Heart dove tags flapping in the wind! I would have loved to have seen that first hand! What a sight it must have been.

The help for that region doesn't stop there. We believe we have once again been able to connect with their hospital and school as we have in the past and will be helping make a difference in that remote, depressed area. We may even be able to help them learn to stitch, assist them in finding yarn sources in an attempt at helping themselves. What a great thing that would be! This is still in the works but I'm sure you will be hearing more of this as we work to find a way to make it all happen.

And last, maybe...just maybe...we may have a free location to hold get-togethers in the Brandermill, Woodlake, Ashbrook, Hampton Park area. I don't have it fully worked out but it certainly looks promising! More on this the moment it all comes together. Any ideas you may have in reaching folks in those areas with invitations to joining in the fun would be welcome.

Things are looking good for the future of From the Heart in the outer reaches of our state. We CAN make a difference in THEIR own back yards...WE CAN DO THIS! -

Lois

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" circumference 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. They also need to have some stretch.

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](#). Both patterns are also reprinted below.

44 Stitch Baby Hat – Lois Moore

1 skein Jiffy in pastel color will make 2 of these little hats with yarn left over.

Using either long size 10 needle for magic loop or double point needles.

(16" circular is not suitable for knitting these small tube hats.)

Cast on 44 stitches. Join carefully being certain stitches are not twisted.

Work in knit 2; purl 2 ribbing for 28 rows.

Decreases rows are very simple. During the first row you will knit the knits and purl the 2 purls together.

On second row knit the knits together and purl the purl as follows:

Row 29: Knit 2, purl 2 together. Repeat around the row. 33 stitches remain.

Row 30: Knit 2 together, purl 1. Repeat around the row. 22 stitches remain.

Row 31: Knit 2 together. Repeat around the row. 11 stitches remain.

Row 32: Knit 2 together to last stitch, knit 1. 6 stitches remain.

Cut yarn, thread thru tapestry needle, pull thru remaining 6 stitches,

Snug up smoothly, weave in tail. Weave in tail at beginning cast on. Voila! It's done

Crocheted Baby Hat - Created by Eleanor Cannon

F hook and Sport Weight Yarn (I used Baby Soft)

To begin: Chain 27 - NOTE: Turn and ch 1 at the end of all odd rows.

Row 1 – sc in 2nd chain from hook and in each chain across (26 sc)

Row 2 – sc in 20 sc (do not sc in last 6 sc), turn (do not ch 1)

Row 3 – sc in 20 sc back to beginning

Row 4 – sc in 20 sc and in 2 sc in Row 2 (22 sc) (do not sc in last 4 sc in Row 2) turn (do not ch 1)

Row 5 – sc in 22 sc back to beginning

Row 6 – sc in 22 sc and in 2 sc in Row 2 (24 sc) (do not sc in last 2 sc in Row 2) turn (do not ch 1)

Row 7 – sc in 24 sc back to beginning

Row 8 – sc in 24 sc and in remaining 2 sc in Row 2 (26 sc), turn (do not ch 1)

Row 9 – sc in 26 sc back to beginning.

Repeat Rows 2 thru 9 for following measurement:

Approximate hat size guideline (circumference):

12" Preemie

14" Newborn

16" Baby (approx. 3- to 6-month old)

Finish off; leave a long tail for sewing up seam. Fold piece in half and sew two sides together to form hat. Run yarn through stitches at top of hat to

close. Turn up about a 2" cuff when finished.

You can experiment with a G or H hook and other yarns to make larger hats.

Trip to Fredericksburg



Lois and I paid a surprise visit to From the Heart's Fredericksburg stitchers on July 8th. A terrific day was had by all and, I believe, the group was pleased to see us. We were certainly delighted to meet many of the wonderful people Pam and Sally had told us so much about. In excess of 400 items were turned in that day for delivery to people in need in the area.

Many, many thanks to you all.

Tricia and Lois

New Patterns from Johnnie's Heart

You may recall, I recently sent out an email with a promise of a new pattern for a Crocheted Breathing Square from Fredericksburg's Johnnie Wood. The pattern is below along with a second pattern Johnnie has also developed for a Knitted Basketweave Scarf.



In answer to a question I have gotten from a couple of people "What is a breathing square?", a breathing square is a square of approximately 8-9" (either knit or crochet) which can be held and 'fondled' by a person when there is a need for 'distraction'. One example would be an elderly person with, e.g. Alzheimer's, whose hands wander aimlessly looking for 'something to do' - a breathing square provides needed relief for those hands and calms the person's mind. Another would be for use as a distraction when a person is undergoing breathing therapy for serious lung or heart issues. It has been proven many times that concentrating on the act of breathing when the lungs are under stress can be counter-productive. A breathing square diverts the attention to the hands and makes the act of breathing a little easier for these folks.



The breathing square pattern is a great use of leftovers, very fast to make and depending on the colors looks like a Belgium Waffle. Extend the work beyond the square and it becomes a super-cool looking scarf. Many, many thanks to Johnnie for working on these for us :-). Both Patterns can be found at the back of this newsletter

Attention FTH Stitchers - Our new 'magic' number is 2,503

When you look at our grand total of items donated, it currently stands at 197,497. Lois looked at the number, calculated a little and discovered if we donate **834 items every week from now until the Retreat we will hit the 200,000 mark**. This seems like a lot but we can do it. After all, we have brought it down from 4022 to 2503 in approximately 10 days. Want to try something different for that '*motivational change of pace*'? Check out Johnnie Wood's two new patterns at the end of this newsletter.

We have 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, our new Farmville group, and all the Richmond groups! If each of our current members only stitched and turned in one item a week from now until the Retreat we would easily meet our 200,000 goal. We 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!

Current Needs

Richmond, Petersburg, and Surrounding

We have now started to collect hats and scarves for our school children - K through 12th grade - girls and boys. We are also in need of premie blankets, baby hats, and children's toys - turtles are specifically requested at the moment.

Note that hats for babies should be ~12" circumference and need to have some stretch in them.

Fredericksburg / King George Area Current Needs

Lap blankets - men, women, military

Hats and scarves for school children up through HS (we have **very** few boys' sets)

Baby items - blankets, hats, etc.

As always, these items are for guidelines only - please make whatever you enjoy as we can use anything you make

Nancy Wright is our Newest Board Member

For those of you who do not know Nancy, please keep an eye on the shop schedule and come by and introduce yourself when you can. Nancy is extremely knowledgeable and always very eager to help with any crochet problems you might have. Obviously, she will also be thrilled to keep any and all up to date on the 'news' of what the Board is up to.

Schedulers Urgently Needed

From the Heart currently has only 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. Contact Tricia Ennis at ennis1000@verizon.net, Eleanor Cannon at e-cannon@msn.com or Ann Robbins at aerobbins@live.com if you can help.

New LYS in town

For those who do not know, Richmond has a new Local Yarn Shop (LYS), The Knitting B, located at 8801 Three Chopt Road, Suite L, Richmond VA 23229 - phone number (804) 484-6005.

Several FTH members paid a visit recently and really had a good time. There are lots of lovely yarns and many wonderful patterns plus there is a sitting area for small groups to sit and stitch with a larger area a few doors down from the main shop for larger groups.

Well worth a visit next time you are in that part of town - mention From the Heart if you do visit and you will be sure to receive a nice warm welcome :-)

Jenny - submitted by Kay Berrey

I belong to a small group of ladies called "Kay's Krafters". We stay busy making blankets, hats, and many other things for cancer patients. We are only part of a much larger organization called "From the Heart" founded by Lois Moore.

Today, I would like to say a few words about a very special lady who has left us to meet her heavenly father. Give Jenny a ball of yarn and a crochet hook and she could whip out a blanket in no time flat! Along with that, she was a very beautiful and loving woman with a kind heart and always a warm smile on her face. We shall remember her always - Kay

Stop by the Shop

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

Ann Robbins is the August scheduler. Contact her by email or phone her at

921-1174 (C) 270-6247 (H)

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

Donation Inventory Numbers Through July

<u>Previous Total</u>	
Mid 2002 – 2013	180,534
<u>2014</u>	
Jan – June	13,813
July	<u>3,150</u>
Year to date total	16,963
Grand Total	197,497

Addresses for Newsletter Articles or Information

Please send newsletter articles or information you need inserted in the newsletter to Marti Manson at martimanson@comcast.net and/or Tricia Ennis at ennis1000@verizon.net. This should ensure that we do not miss information.

It's coming together!

New stitching group location Brandermill/Woodlake Area

Ashbrook
Brandermill
Deer Run
Hampton Park
Harbour Point
Woodlake

and anyone else interested in joining us

We can gather at the snack/lunch area
Martins in Harbour Point Village
at 13702 Hull Street Road
(across from the Deer Run entrance)

days/evenings/time? It's all up to you!

***We need your feedback to continue planning this
What works for you? Let us know***

***We plan to meet THIS Tuesday at 6:30pm
To discuss future dates/times***

Please join us if you can

Lois Moore loisfth@me.com (804)305-4971 / Tricia Ennis ennis1000@verizon.net (804)683-9015

From the Heart⁹th Annual Retreat Registration Form
August 23, 2014 - 10:00 am to 3:30 pm

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Which do you do? Knit _____ Crochet _____ Both _____

This year we will be having a buffet lunch.

Reg. Fee \$35.00 per person. *****Make Check Payable to From the Heart****

Your check # _____ Amount: _____

Registration will be available at the door at an increased price of \$40.00

Share the fun, bring a friend! Feel free to use one form for several attendees.

Mail completed registration and payment to:

Beth Williamson, 3300 Southall Avenue, Richmond, VA 23234

Do you need a ride to the Retreat? Yes _____ No _____

If yes, from what area? _____

(We will try to find a volunteer to assist you.)

Directions to The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060 (804)346-2100

From Washington D.C. / Fredericksburg:

95 South to 295W (toward Charlottesville). 64 East to Richmond Exit #178B (W. Broad St). At first light turn left on to **Dominion Blvd**. The Place is the second entrance on the right.

From Petersburg or South of Richmond:

64 West to Richmond Exit #178B (W. Broad St) At first light turn left on to **Dominion Blvd**. The Place is the second entrance on the right.

288 to 64 East (this is where 288 ends)

On 64 East take Exit 178B (W. Broad St) At the first light turn left on to **Dominion Blvd**. The Place is the second entrance on the right.

From Virginia Beach:

64 West to 295 W Charlottesville. 64 East to Richmond Exit #178B (W. Broad St) At first light turn left on to **Dominion Blvd**. The Place is the second entrance on the right.

JOHNNIE'S WAFFLE SQUARE - Johnnie Wood

Materials

- 2 strands contrasting colors worsted weight yarn (such as Caron)
- L hook (or size needed to achieve gauge)

Dimensions 10" X 10"

Chain 25 loosely

Row 1: DC (double crochet) in the 4th chain from hook, DC to end. ALL of the turn chains count as DC stitches.

(You should have 23 double crochet stitches in Row 1.) Chain 3 and turn.

Row 2: *FP/DC (front post double crochet) in the next DC, DC in the next DC*. Repeat * to *. This simply means alternating FP/DC and DC until you reach the end. End row 3 with a DC in the top of the end chain. (12 DC and 11 FP/DC). Chain 3 and turn.

Row 3: *DC in next st, FP/DC in next st*. Repeat * to *. End Row 3 with FP/DC and NOT a DC in the top of the end chain. Chain 3 and turn.

Alternate Rows 2 and 3 until you reach 10 inches and finish off.

Your tension and hook size will determine number of rows needed to make a 10" square. This pattern works up beautifully into a scarf or blanket. If you need to adjust the beginning chain, just be sure to chain an odd number

.....

JOHNNIE'S BASKET WEAVE SCARF (finished size 8 1/2 x 45") - Johnnie Wood

MATERIALS

Worsted weight yarn 6 1/2 oz. (190) grams, 410 yards

Straight needles, size 10 (6.00 mm) or size needed for gauge

LOWER BAND Cast on 38 sts. loosely

Row 1: (K1, P1)

Row 2: (P1, K1)

Row 3: repeat row 1

BODY Row 1: P1, K1, P1, (K4, P4) 4 TIMES, K1,P1,K1

Row 2: K1, P1, K5, (P4, K4) 3 TIMES, P5, K1, P1

Rows 3-6: repeat row 1 and 2 twice

Row 7: P1, K1, P5, (K4,P4) 3 TIMES, K5,P1,K1

Row 8: K1, P1, K1, (P4,K4) 4 TIMES, P1,K1,P1

Rows 9-12 repeat 7 and 8 twice

Repeat rows 1-12 for pattern until scarf measures 44 1/4 " from cast on edge, ending by working row 6 or row 12.

UPPER BAND Row 1: P1,K1 across

Row 2: K1, P1 across

Rows 3-5: repeat rows 1 and 2 once

Bind off loosely and add fringe if desired

From the Heart Local Group Times

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/31 - none					1 Starbucks – Huguenot 11 am -1:30 pm	2 Starbucks Oxbridge Square 10 – noon Atlee Angels - Legacy Park 1–3 pm
3	4 Hillcrest UMC 10-12 Harvest Glen Stitches 2 - 4 pm Carson Library Group 3-5 pm	5 Martin's @ Chippenham Crossing Center 5:30–7:30pm Prince George 2:00 – 4:00 pm Panera Bread Chester 10a-noon	6 Colonial Heights Senior Center 10–noon ElmCroft Retirement 1:30 Tuckahoe @ Shop 6:30- 8:30 pm	7 Hopewell Library 6-8pm Crossings at Fall Run 11 am Panera Bread Midlothian 6:30-8:30 Chesterfield Towne Center (food court) 9-noon	8 Starbucks – Huguenot 11 am-1:30 pm Kay's Krafters 1 –5 pm	9 Louisa Group Hardee's 10 - noon
10 Peace Lutheran Church – King George 3 - 5pm Fun Sunday Shop 2-5 pm	11 Hillcrest UMC 10-12 Crossings at Bon Air 2:00 Southside Angels – Emporia YMCA 2–4 pm Carson Library 3-5 pm	12 Martin's @ Chippenham Crossing Center 5:30–7:30pm Chesterfield Heights Community Center 2:00- 3:30 Fredericksburg Wegman's 2nd Floor Food Court 11:30-2:30	13 Colonial Heights Senior Center 10-noon Dinwiddie Library 1:00-3:00 pm	14 Crossings at Fall Run 11 am Hopewell Library 10a-noon Chamberlayne Hts. United Meth Church 1:30 – 3:00	15 Starbucks – Huguenot 11 am - 1:30 pm	16 Starbucks Oxbridge Square 10 – noon Atlee Angels - Legacy Park 10 - noon
17	18 Hillcrest UMC 10-12 Carson Library 3-5 pm Harvest Glen Stitches 2 - 4 pm	19 Martin's @ Chippenham Crossing Center 5:30–7:30pm Prince George 2:00 – 4:00 pm Panera Bread Chester 10a-noon Fredericksburg Wegman's 2nd Floor Food Court 6.30- 8.30pm	20 Colonial Heights Senior Center 10-noon ElmCroft Retirement 1:30 Tuckahoe @ Shop 6:30- 8:30 pm	21 Hopewell Library 6-8pm Crossings at Fall Run 11 am Chesterfield Towne Center (food court) 9-noon Panera Bread Midlothian 6:30-8:30	22 Starbucks – Huguenot 11 am -1:30 pm Kay's Krafters 1 –5 pm	23 Annual Retreat at The Place at Innsbrook 10am -3.30p
24 Peace Lutheran Church – King George 3 - 5pm Fun Sunday Shop 2-5 pm	25 Hillcrest UMC 10-12 Southside Angels – Emporia YMCA 2–4 pm Carson Library 3-5 pm	26 Martin's @ Chippenham Crossing Center 5:30–7:30pm Fredericksburg Wegman's 2nd Floor Food Court 11:30-2:30	27 Colonial Heights Senior Center 10-noon Dinwiddie Library 1:00-3:00 pm	28 Crossings at Fall Run 11 am Hopewell Library 10a-noon Summerhill Retirement 1:30-3:30 pm	29 Starbucks – Huguenot 11 am -1:30 pm	30

August 2014 Local Group Times. Shop on Westbriar is open 10am – 2pm Tues, Weds, Thurs, Sat every week unless noted

Name	Address	City	Day of Month	Time of Day
Atlee Angels	Legacy Park Social Center Midday Lane	Mechanicsville	Saturday 1 st , 3rd	1- 3 pm/10-noon
Carson Group	Carson Library 16101 Halligan Park Road	Carson	Monday every	3 - 5 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Road	Richmond	Thursday 2nd	1:30 - 3 pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2nd	2 – 3:30 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Crossings at Bon Air			2 nd Monday	2:00 p.m.
Crossings at Fall Run	60 Brimley Drive	Stafford	Every Thursday	11 am
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2nd,4th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1st, 3rd	1:30 pm
From the Heart	1114 Westbriar Drive	Henrico	Tues, Wed, Thurs every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am – 2 pm
Harvest Glen Stitchers			Mondays 1st, 3rd	2 - 4 pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2nd, 4th	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1st, 3rd	6 - 8 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	1 - 5 pm
Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2nd, 4th	3 - 5 pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1st, 3rd	9 am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
Panera Bread	12540 Jeff Davis Hwy	Chester	Tuesday 1st, 3rd	10 am - noon
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	6:30 - 8:30 pm
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1st, 3rd	2 - 4 pm
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 nd , 4 th	2 - 4 pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Road	Richmond	Saturday 1st, 3rd	10 am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4th	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Wednesday 1 st , 3rd	6:30 - 8:30 pm
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 2 nd , 4 th	11:30 – 2:30
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 3 rd	6:30 – 8:30 pm