


1425 Crawford Wood Place
Midlothian, VA 23114
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Grateful Thread – August 2016

Sent with love...



From the Heart 

Letter from Lois – August 2016

Summer Slow Down

We've been at this for 15+ years now! We've learned a few things along the way. One of the things we know is that speed is not important but occasional rest and relaxation is.

Perfection is not expected, enjoying stitching and creating smiles is a must!

We all need a break from our regular routines. This summer, take time for family, rest and revitalization...these we MUST do! When you are ready, pick up your projects and let's begin again.

I hope you have your Retreat registration either in our hands or on its way to Beth Williamson. Stay well, stay happy and we'll see you on August 27th if not before.

Lois

Thank You

“Dear Lois and Members of From the Heart,

On behalf of our staff, board and those we serve, we want to express our appreciation for your kind and extremely generous gift of many perfectly beautiful handmade red, white and blue blankets for our Homeless Veterans at our Transitional and Rapid Rehousing program. We also want to thank you for inviting Channel 8 to our facility at 1201 Hull Street to bring exposure of our agency to folks in the area that have not heard of us yet. Our clients continue to proudly use and display their blankets! We are very grateful and appreciate your generosity.

Without assistance from people like you, we would not be able to provide the resources needed to help those in crisis return to a normal and productive way of life. Meals, case management, shelter, clothing, recovery classes and many other forms of support are available through our program. We continue to see great successes, and by working together, we can help our local veterans who experience hunger and homelessness have a brighter future.

*Sincerely,
Kathy Crouch
Executive Assistant
Liberation Family Services”*

Closing In On 250,000 Items Update

You might recall that, last months, we were 2,768 items short of our goal of 250,000 items donated before the Retreat. Well, we are now only 1,643 items short so keep those needles and hooks clicking. We need to create and donate 1,643 items in exactly one month. We can, and we will, do this ☺

Tip of the Month

This might seem super obvious but I got caught by surprise the other day so I figured I'd remind all of you to:

Read an entire pattern through before you even make your first slip stitch. You might, on occasion, be amazed at how directions / instructions are written. Some very helpful hints or notes might well be added near the end of the pattern. Usually these are things you need to know right away. Be sure to read the pattern through completely, so you know what these are.

Volunteers Needed to Teach at Local Libraries

From the Heart will be teaching at two libraries in October. Even though that seems a ways away, you may already know your schedule or may want to start to fill it up if there is nothing on it. The two libraries are:

Ettrick/Matoaca Library, Saturday October 1
Enon Library, Saturday October 15

All classes will run from 10:30 until noon and teachers should be present no later than 10:15am. Volunteers need to have a knowledge of casting on, knitting (i.e., the knit stitch – no purl required), and casting off.

Please contact Lois at 804-305-4971 or loisfth@me.com if you can help on any of those dates.

Winner of the Shop keeping Prize

The winner of the July shop-keeping prize is Ginny Wong.

To have your name entered in our monthly drawing, all you need to do is volunteer two hours of your time to work in the shop as a shopkeeper.

Contact Eleanor Cannon at (804) 514-1168 or by email at e-cannon@msn.com if you want to volunteer and have a chance at winning this prize. Eleanor will arrange for you to be scheduled for your first couple of shifts with somebody who already knows the ropes.

Current Needs

Richmond and Surrounding area's main need at the moment is for:

Baby blankets, properly sized baby hats

Fredericksburg/King George has a need for:

Cotton hats

Baby items

Blankets of all sizes

This is YOUR Newsletter

This is YOUR Newsletter. We want it to reflect your interests so, if there is something you'd like to see in it, (an article of interest, a story about how you found us, a new technique you have found...) please send to Tricia Ennis at triciaennis2014@gmail.com or leave it on the front desk at the shop in an envelope with my name on it.

**2016 From the Heart Retreat "It's Magic!"
Saturday, August 27th - 10:00am – 3:30pm**

Classes for the Retreat this year are as follows:

Crochet:

1. Solomon's (Lover's) Knot taught by Nancy Wright. You must have a knowledge of basic crochet to take part in this class. (slip st, dc, yo, sc, ch)
2. Bavarian Crochet: Johnny Wood. This class will require a knowledge of basic crochet stitches to include the back post stitch.
3. Tunisian Crochet: Becky Hux, This class will require a basic level of knowledge (slip st., sc., dc, blp)

Knitting:

1. Wrist Warmer taught by Betsy Ziomek. Requires a basic skill level of casting on, k st, bind off, and whip stitch or basting). *Please bring a size 11 or 13 needle* with you if you would like to take this class.
2. Two Color Knitting taught by Kulla Ficare. A simple 2-color method requiring casting on, binding off, and k skills.

Handicraft:

1. Home- made Dryer Balls. This very popular class is being repeated this year as it was requested by so many people. Linda Hague will teach it and there are no pre-requisites required.

Classes will be taught 4 times during the Retreat in two sessions, once in the morning and once again in the afternoon. This is to accommodate the large number of people who want to take these classes. Tables will be set

up with room for the teacher and 9 'students' for each class.

Vendors:

Because of the need for additional room for the classes, we will be having four vendors this year. Those vendors are:

- a. Got Yarn – (bringing more yarn this year than last)
- b. Sterling Jewelry – Ruth has been at the Retreat a couple of times now so you may be familiar with her lovely handcrafted jewelry
- c. St. John Newmann's Bakers Guild – bringing an assortment of chocolate and other goodies
- d. Ever blooming Gardens Glass – lovely, functional 'ornaments' for your garden, ranging from bird feeders and baths to decorative one-of-a-kind hand created flowers (you have to see to believe)

Please get in touch with me (Tricia) if you would like to assist with any part of this Retreat. I can be reached by email at triciaennis2014@gmail.com or by phone at (804) 683-9015 if you want to volunteer.

Recipient Group

Massy Cancer Center is one of the leading recipients of items made at From the Heart. Regularly blankets (both big and small), hats, drain tube bags, underarm pillows, and dressed bears and toys are given to those suffering from various forms of cancer. Their units include the regular oncology departments as well as units for palliative care, pediatric oncology, and bone marrow treatment. The gratitude from both staff and patients is unending. Our tags bring smiles to those who receive the kindness of members of our group.

Donation Inventory Numbers Through July

| | |
|--------------------|--------------|
| Previous Total | |
| Mid 2002 – 2015 | 235,513 |
| | 2016 |
| Jan – June 2016 | 11,719 |
| July 2016 | <u>1,125</u> |
| Year to date total | 12,844 |
| Grand Total | 248,357 |

Nearly there.... 1,643 items to go until we reach the quarter million mark. Given the fantastic rate at which items are turned in (especially when we have a specific goal in mind, I just know we will make it). Can you imagine? One quarter million items ☺

Our Board is Changing

Some of you may know that two of our Board Members have recently resigned and some of you may not even know who is on the Board ☺ We want you all to know we are always open to questions or comments and, so, the Board Members are given below along with their contact information:

| Name | Telephone # |
|-------------------------------------|--------------------------------------|
| Lois Moore (Founder) | 804-305-4971 |
| Tricia Ennis (President) | 804-683-9015 (C) 804-744-4022 (H) |
| Mary Murray | 804-740-9018 |
| Ann Hald (Board Member Emeritus) | 804-272-4948 (H) 804-350-1118 (C) |
| Linda Hague | 804-741-1135 |
| Pam Greswolde | 540-972-3602 (H) 540-661-7967 (C) |
| Marti Manson | 804-731-6189 |
| Kulla Ficare | 804-674-4727 (H) 804-263-5480 (C) |
| Nancy Wright | 804-339-5138 (c) |

From the Heart Shop Keeping Duties

Morning Shopkeepers:

Turn on lights
Unlock back door
Place chair and sign outside front door, weather permitting
Pick up and clean areas as needed

Afternoon Shopkeepers:

Pick up and clean areas as needed
Lock back door upon leaving
Bring in chair and sign
Turn off lights
Lock front door, scramble lockbox code, close lockbox door

ALL Shopkeepers:

Put on your nametag
Welcome visitors. Have new guests sign guestbook
Meet and greet with a smile and offer assistance if needed
Accept incoming items, tag if necessary, sort items, and place on table in workroom
Place yarn donations in tubs provided in the front room
Assists members(s) with yarn selection(s)
Assist individuals from recipient groups with pickup of bagged items from distribution, normally in the work room. Mark off bags taken on the sheet affixed to the table.

Have members/guests make a note on the sign in/out sheet of the items they bring in or take out
Leave the shop neat and tidy

Be sure to scramble the lockbox and close the cover

“Shop” Hours and Scheduling

Ann Robbins is the August scheduler. Please contact her at aerobbins@live.com or (804) 921-1174 (C) 270-6247 (H) if you have two hours this month to volunteer at the shop.

Schedulers are responsible for ensuring that the shop is properly ‘staffed’ with two people on duty for each shift while the shop is open. Each scheduler takes on one month at a time in rotation. Contact any one of the current schedulers for more information.
Tricia Ennis, triciaennis2014@gmail.com
Eleanor Cannon, e-cannon@msn.com
Ann Robbins, aerobbins@live.com

The From the Heart ‘shop’, (our clubhouse/distribution center), is open every Tuesday, Wednesday, Thursday, and Saturday from 10am until 2pm. It is located at 1114 Westbriar Drive in Henrico Co. See the calendar at the end of this Newsletter for times and places of From the Heart group meetings which are additional to the shop hours.

Directions to the Place at Innsbrook* (Retreat Location)

4036-C Cox Road Glen Allen, VA 23060 804.346.2100

*Located in the Shoppes at Innsbrook
From Washington D.C. / Fredericksburg: 95 South to 295W (toward Charlottesville). 64 East to Richmond Exit #178B.

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.

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.

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.

At first light turn left on to Dominion Blvd. The Place is the second entrance on the right.

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From the Heart Project Sizes A Handy Guide for you to Keep

- Chemo Blankets/Shawls** 30" x 48"
- Lap Blankets** for McGuire's or nursing homes 27" X 36"
- Tie-on blankets** for Hospice/Palliative Care 27" x 36" (No fringe, no ties)
- Newborn Blankets** 32" to 40" sq.
- Preemie Blankets** 20 to 28" sq.
- Children's blankets** (for clutching or draggin') 24" sq. up to 36" or 40" & not necessarily square
- Bone Marrow Transplant Unit blankets** Large and **COLORFUL!** (Just enough to cover the top of twin bed)
- Home Again** (Battered Women and Children's Shelter) large enough to wrap a small child in a cold, drafty house
- Chemo Hats** Small, medium and large sizes for both adults and children
- SPCA** rounds or squares-- 15-18 inches up to 3 feet to fit crates using leftovers of mixed yarn, wool, blends, cotton or acrylics
- Squares** 12 inches to be stitched together into blankets
- Infant Hats** Preemies- not too small, should fit a large orange. Must be stretchy. Full term newborn to fit a 5" ball.
- Layette Sets** Used as "take me home" outfits for newborns.
- Bears and Toys** New bears from Dollar stores etc., dressed with knitted or crocheted outfits. Given to sick, scared or needy children in ER, clinic, oncology, hospice and other areas.

For more information contact www.fromtheheartstitchers.org

Crochet Baby Blanket: The “Jamie” Stitch

Size K hook and Lion Brand’s Pound of Love yarn

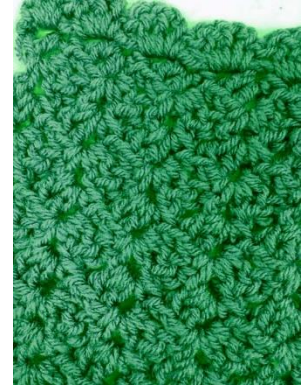
Begin with a 100 stitch chain for blanket apx 34 inches wide.
I started with 70 stitches for blanket apx 27 inches wide.

Row 1: Starting in 4th chain from hook work (1 double crochet, chain 2, 1 single crochet) all in same stitch. *skip 2 chains, (2 double crochet, chain 2, 1 single crochet in next stitch*. Repeat from * to * across, end (2 double crochet, chain 2, 1 single crochet) in last chain. Chain 2, turn.

Row 2: Work (1 double crochet, chain 2, 1 single crochet) in first chain space. *Work (2double crochet chain 2, 1 single crochet) in next chain space*. Repeat from * to * across.

Repeat row 2 for pattern until blanket measures about 33 inches or desired size. End off.

Edging: Returning to chain foundation row, join yarn and insert hook into space between first and 2nd stitches of first row and work *(chain 2, 1 double crochet, chain 2, 1 single crochet) in this space*, repeat from * to * in each chain space across row. End off.



Easy Garter Stitch Ruffled Blanket

It can be made using any thickness yarn from baby weight, fingering to 4 ply worsted weight.



2 sizes knitting needles, **29”** **circulars** work well to handle the number of stitches. Knitting needles should be in 2 different sizes, with approximately 10 sizes between them, such as size 3 and size 13 or size 5 and size 15. It is not important that there be exactly 10 sizes between them, 8 or 9 size difference will also work well.

With your larger needle, cast on anywhere from 100 to 120 stitches. You won’t be keeping up with stitch count so exact number of stitches is not important.

With your larger needle, knitting every row, work 8 rows. At this point, knit your next row onto your smaller needle and work 5 rows.

Continue knitting 8 rows with large size needle and then 5 rows with the other until blanket size suits you. Work last 8 rows using the larger needle so both ends of blanket match.

Bind off loosely and you are done!

From the Heart Local Group Times

August 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| | <p>1 Hillcrest UMC, Fredericksburg 10-12</p> <p>Carson Library Group 3-5 pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Midlothian Women's Group, Starbucks Colony Charter Martin's 10 am.</p> | <p>2 Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p> | <p>3 Colonial Heights Senior Center 10-noon</p> <p>Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p> | <p>4 Five Rivers Fiber Guild, Burgess 1 – 3pm</p> <p>Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p> | <p>5 Starbucks Huguenot Rd 11 am-1:30pm</p> | <p>6 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbriage Square 10 – noon</p> |
| 7 | <p>8 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2.00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p> <p>Carson Library Group 3-5 pm</p> | <p>9 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Montpelier Crafters 1 – 3pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30pm</p> | <p>10 Colonial Heights Senior Center 10-noon</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> | <p>11 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p> | <p>12 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p> | <p>13 Louisa Group Hardee's 10 – noon</p> |
| 14 King George - Peace Lutheran Church 3 - 5pm | <p>15 Hillcrest UMC, Fredericksburg 10-12</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Carson Library Group 3-5 pm</p> | <p>16 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6:30-8:30pm</p> | <p>17 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p> | <p>18 Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p> | <p>19 Starbucks Huguenot Rd 11 am - 1:30 pm</p> | <p>20 Starbucks Oxbriage Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p> |
| 21 | <p>22 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2.00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Carson Library Group 3-5 pm</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p> | <p>23 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> | <p>24 Colonial Heights Senior Center 10-noon</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> | <p>25 Hopewell Library 10am - noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p> | <p>26 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p> | <p>27 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am</p> |
| 28 King George - Peace Lutheran Church 3 - 5pm | <p>29 Hillcrest UMC, Fredericksburg 10-12</p> <p>Carson Library Group 3-5 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>The Crossings at Bon Air 2.00</p> | <p>30 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> | <p>31 Colonial Heights Senior Center 10-noon</p> | | | |

From the Heart Local Group Times – please check reverse for month specific meetings
Shop on Westbriar is open 10am – 2pm Tues, Weds, Thurs, Sat every week unless noted on calendar (see reverse side)

| Name | Address | City | Day of Month | Time of Day |
|---|---|------------------|---|------------------|
| A Common Thread, Mathews area group | Mathews Rescue Squad Building | Hudgins, VA | Wednesday, 1 st | 10:30am – 2:00pm |
| Atlee Angels | Legacy Park Social Center Midday Lane | Mechanicsville | Saturday 1 st , 3 rd | 1- 3 pm/10-noon |
| Brandermill/Woodlake | Clover Hill Library, Deer Run | Midlothian | Wednesday 2 nd and 4 th | 6.30 - 8.00pm |
| Carson Crafters | Carson Library 16101 Halligan Park Road | Carson | Monday every | 3 - 5pm |
| Chamberlayne Hgts Methodist Church | 6100 Chamberlayne Road | Richmond | Thursday 2 nd | 1:30 - 3pm |
| Chesterfield Heights Community Center | 901 Madrona Street | Midlothian | Tuesday, every | 2 – 3:30pm |
| Chesterfield Needlework Friends | Central Library, Lori Rd, | Chester | Wednesday, 2 nd | 1 -2 :30pm |
| Colonial Heights Senior Center | Roanoke Avenue | Colonial Heights | Wednesday every | 10 am - noon |
| Colony Critters | Patriot's Colony | Williamsburg, VA | Wednesday 1 st | 1.30pm |
| Crossings at Bon Air | Bon Air Crossing Drive | Richmond | Monday, every | 2:00pm |
| Dinwiddie Designers | Dinwiddie Library, 14103 Boydton Plank Road | Dinwiddie | Wednesday 2 nd ,4 th | 1:00pm |
| ElmCroft Retirement Group | 1000 Twinridge Lane | Richmond | Wednesday 1 st , 3 rd | 1:30pm |
| Farmville | Farmville Baptist Church, 132 North Main St | Farmville | Monday, every | 5:00pm |
| Five Rivers Fiber Guild Charity Stitchers | Fairfields United Methodist | Burgess | Thursday 1 st | 1 – 3pm |
| Gayton Kirk Knitters/Crocheters | 11421 Gayton Rd | Richmond | Tuesday, every | 7pm |
| Hillcrest United Methodist Church | 2208 Lafayette Boulevard | Fredericksburg | Monday every | 10am - noon |
| Hopewell Happy Caps | Hopewell Library, 209 E. Cawson Street | Hopewell | Thursday 2 nd , 4 th | 10am - noon |
| Hopewell Helpful Hearts | Hopewell Library, 209 E. Cawson Street | Hopewell | Thursday 1 st , 3 rd | 6 - 8pm |
| Kay's Krafters | 3105 Three Bridge Road | Powhatan | Friday 2 nd , 4 th | 1 - 5pm |
| King George, Peace Lutheran Church | 5590 Kings Highway | King George | Sunday 2 nd , 4 th | 3 - 5pm |
| Louisa Hardee's | 881 Jeff Davis Hwy | Louisa | Saturday 2 nd | 10am - noon |
| Mall Group | Chesterfield Town Center | Midlothian | Thursday 1 st , 3 rd | 9am - noon |
| Michael's, (craft room) | Midlothian Tnpk. & Courthouse Rd | Midlothian | Wednesday 1 st , 3 rd | Noon – 3pm |
| Midlothian Women's Group | Starbucks, Colony Charter Martin's | Midlothian | Monday 1 st | 10:00am |
| Montpelier Crafters | Montpelier Center for the Arts and Education | Montpelier | Tuesday 2 nd | 1 – 3pm |
| Panera Bread | Midlothian and Chippenham | Richmond | Tuesday every | 5:30 – 7:30pm |
| Panera Bread | 11649 Midlothian Tnpk | Midlothian | Thursday 1 st , 3 rd | 6 - 8:00 pm. |
| Prince George Yarnspinners | Prince George Library, 6605 Courts Drive | Prince George | Tuesday 1 st , 3 rd | 2 - 4pm |
| Redeemer Lutheran | 9400 Redbridge Rd.(upstairs Conference. room) | Richmond | Saturday 4 th (except Dec) | 9 – 11am |
| Southside Angels – Emporia YMCA | Emporia YMCA | Emporia | Monday 2 nd , 4 th | 2 - 4pm |
| Starbucks | 5001 Huguenot Road | Richmond | Friday Every | 11am-1:30pm |
| Starbucks | 10009 Hull Street Road (Oxbridge Sq) | Richmond | Saturday 1 st , 3 rd | 10am - noon |
| Summerhill Retirement Center | 3158 Lake Village Drive | Richmond | Thursday 4 th | 1:30 - 3:30pm |
| Wegman's 2 nd floor Food Court | Central Park | Fredericksburg | Tuesday 2 nd , 4 th | 11:30a – 2:30p |
| Wegman's 2 nd floor Food Court | Central Park | Fredericksburg | Tuesday 3 rd | 6:30 – 8:30pm |