

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

"From the Heart"

Volunteers are angels in disguise.

Grateful Thread - December 2015



Letter from Lois - December 2015

Just a few short notes:

1. Enjoy the season - lots of shopping, cooking and best of all, cookie making with kids. You will have as much fun from the experience as they will.
2. Stay safe, hug family and friends daily!
3. Remember those sick or less fortunate than you - one day we may be in their position
4. Stitch lots of warm hats, scarves, mittens and blankets. Let's keep our communities warm.
5. Feed the birds! My Blue Jays even eat table leftovers! And starlings will eat anything :-(-.
6. Take care of yourself first so you are in the position to help others.
7. Get outside for a walk daily. Could be you can only make it to your mailbox and back but, don't stop walking! Keep at it so you CAN keep at it!
8. Come to the shop often to stitch or just for a short visit. We miss seeing your smiling face :-)
9. Give thanks daily - we have so much for which to be grateful.
10. Motivate! As we age, as our spouses age, we experience a "new normal". But our abilities to give back and to show compassion remain the same. It's something that is always a part of us, always reliable. If you have an itch to stitch for others we are here for you! If you wish to motivate others to become involved, we can help. We can supply the yarn for projects. We can help you teach as well as help motivate others to become involved.
11. Remember, as members of From the Heart you are a part of a very large community of stitchers and givers. We love that you are with us and hope to see you very soon at the shop!

Lois

Stop by the Shop – Shop Hours

The From the Heart 'shop' which is actually 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. When was the last time you sat, stitched and enjoyed the camaraderie? We would love to see you there whenever you can drop by.

Changes to December Calendar

Before heading out to your regular local group meeting, be sure to check the calendar as the many holidays in December have affected the times and dates of some of the meetings. If you are unsure of your meeting, be sure to contact your group leader just to be on the safe side.

Inclement Weather Policy

As we approach the Winter Season with its potential for snow and ice, we want to remind you that the general rule for From the Heart is "If the schools are closed, so is the shop." Scheduling for shopkeepers continues as normal but, should the shop need to be closed, the scheduler will send out an email to let everybody know. If you feel unsafe or unsure about heading out as a shopkeeper, let the scheduler know and she will find a replacement for you. From the Heart's primary concern is for the safety of the shopkeepers and members.

Current Needs

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

SOLID color hats and/or scarves which we can match to multicolored ones we already have waiting for partners at the shop.

Fredericksburg/King George has a need for:

Baby items

Hats and scarves of all sizes for male and female.

As always, although these are the current needs, you should feel free to work on whatever you want to make as we can, and will, find a home for anything you donate.

December Scheduler

Tricia Ennis is the December scheduler. Contact Tricia by email at ennis1000@verizon.net or by phone at (804)683-9015 if you have two hours to spare for volunteering at the shop. Please also let Tricia know if you sign up on the whiteboard at the shop.

Request for YOUR Story

As has been said many times, this is your Newsletter. Along those lines, we thought it might be nice to include some personal stories and thoughts from you, the members of From the Heart. Of course, we couldn't promise that everyone's story would be told in the Newsletter but please consider writing a short paragraph about yourself, how you found out about From the Heart, what made you decide to join, what you enjoy about being a member, and what projects you most enjoy making as a member.

You can send your paragraph to me, Tricia Ennis, at ennis1000@verizon.net or, if you do not have access to a computer, leave it in an envelope for me at the shop. If neither of those work, just give me a call at (804)683-9015 and I will let you have my mailing address to send it to. Also, let me know when you send it, if you want your name published alongside your story or not.

I got involved as a result of volunteering with FeedMore in downtown Richmond. We were putting together backpacks to see the children through the Christmas Holidays and one of the items being put in the packs was a hat and scarf set. They were gorgeous and all were hand-made. When I took a closer look, I saw the From the Heart tag and was intrigued by the fact that so many beautiful hand-made hats and scarves has all come from the same place so I later looked From the Heart up. As a backstory, both my parents had died suddenly within 6 weeks of each another just over a year before this and I had (I suppose in grief) bought yarn and yarn and more yarn and yet more yarn. So much yarn that my closets were crammed and there was not an inch of room under any of the beds in my home. It had dawned on me, by that time, that there was no way I could possibly use all that yarn so maybe, I now thought, I could donate it to this "From the Heart."

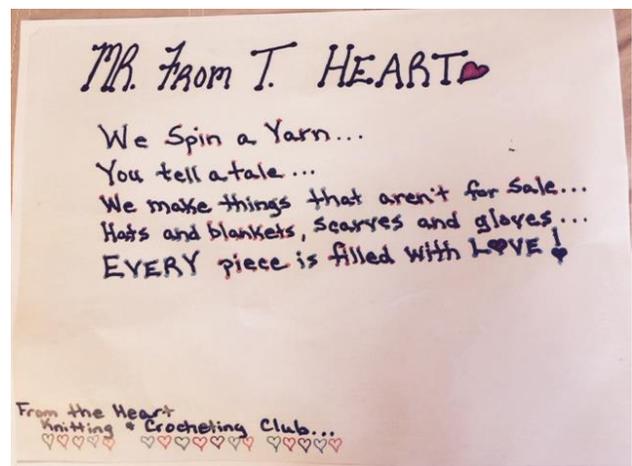
The following week, I put several bags of yarn in my car and drove over to check it out. When I got there, I was greeted by the shopkeepers who happened to be the lovely and friendly Ann Robbins and Pat Allen. Ann gave me the grand tour and, when she told me and showed me what From the Heart does, I was totally hooked. The rest, as they say, is history.

Introducing Mr. From T. Heart



Mr. From T. Heart was created by Elizabeth Parker and Margaret Cosby who knit and crochet with the group in the Chesterfield Heights Retirement Center in Midlothian. Elizabeth and Margaret's creation won a \$20 prize which they promptly spent on yarn for their group. Thank you and congratulations, Margaret and Elizabeth.

Below is a poem they wrote to go along with their Halloween time creation ☺



So, You Are Thinking About Becoming a Shopkeeper

...and you want to know what would be required of you. You would have to:

- 1) Unlock the doors, front and back, when you arrive (morning shift)
- 2) Put out the chair and sign so people know we are open
- 3) Tag incoming items and place them on the table in the distribution room
- 4) Ensure that people use the log correctly by signing in what they donate and signing out yarn they take to use to create items for donation (important as we need to account for what comes in/goes out)
- 5) Make new tags if needed (all materials are supplied)
- 6) Clean up the shop as needed
- 7) Bring in the chair and sign at the end of the day
- 8) Lock the front and back doors when leaving (afternoon shift)
- 9) Smile, be pleasant, and greet everyone who comes in – VERY easy for From the Heart folks

That's it. Easy as pie. Plus, the first couple of times you volunteer, a seasoned volunteer will be assigned to work with you to show you the ropes. Please think about volunteering a couple of hours of your time. Contact Eleanor Cannon at (804) 514-1168 or by email at e-cannon@msn.com to find out more ☺

Winner of the Shopkeeping Prize

Congratulations to Beth Williamson, the winner of the December shopkeeping prize. There will be a nice bag of yarn at the shop for you to pick up for a special project.

To have your name entered in our monthly drawing, all you need to do is volunteer two hours of your time to be a shopkeeper. Contact Eleanor Cannon at (804) 514-1168 or by email at e-cannon@msn.com if you would like to volunteer and have a chance at winning this prize. Eleanor will arrange for you to be trained and to work your first couple of shifts with somebody who already knows the ropes. See above for further details.

How Long Should You Knit Your Scarf?

A traditional scarf goes tip to tip. If you hold out your arms the scarf should reach from your left fingertip across to your right. This averages about 60". A men's scarf is typically about 6" wide, whereas, a women's scarf width has more flexibility. A narrow scarf can be knit just 5" wide or a dramatic wider scarf up to 10". Here is a sample of four different scarf lengths with a description of what they can do. There is no wrong way, just a few great options depending on your need.

Child's Scarf (about 50" long)

A child's scarf can be as narrow as 5" wide

Short Scarf (about 55" long)

This is the size of the typical men's scarf. It's a great all season scarf length.

1. Drapes unwrapped to perfect blazer length.
2. Ties under bust and hangs to waist.

Medium Scarf (about 70" long)

Highly versatile scarf length.

1. Wrap it around once.
2. Fold it in half and pass the tail through for the European look.

Long Scarf (about 82" long)

Lots of length to wrap for a cozy and dramatic look.

1. Wrap it once and hang to waist
2. Wrap it twice around
3. Fold it in half and tuck it through with lots of tail.

Recipient Groups

You have probably noticed the many calls for hats and scarves over the last couple of months and may well have wondered "What on earth happens to all those hats and scarves?" Well, first of all, if they do not come into the shop as sets, our distribution ladies (Joan, Linda, and Sandy) try to create sets from them, which is why you sometimes see calls for solid colored hats and/or scarves. They focus on one color in any singleton hats and scarves and then match them to a solid colored partner.

Then, although we do have other recipient groups for hats and scarves, at this time of year, the sets are

distributed through the public school systems of many surrounding counties. We are all fortunate to live in fairly affluent areas so it may not come easily to us to imagine the large numbers of hats and scarves we distribute through the school systems but an average number would be 3,500 SETS of hats and scarves in a single year. These are distributed on an as-needed basis (if a counsellor sees a need or if a child requests a hat and scarf, perhaps because they have come to school cold) to schools in Richmond City, Chesterfield, Powhatan, Henrico, Goochland and Cumberland counties as well as through Fredericksburg, Stafford, Spotsylvania and King George schools. From the Heart has been doing this for many years now and there is nothing quite as rewarding as receiving a hand-made card or hand-written note from a child thanking us for these hats and scarves. Sometimes these notes come with photos of the children modeling the gifts we have sent them and it is such a joy to see the smiles on their faces. Thank you all for making this possible.



Powhatan Festival of Fiber

Saturday, April 30th 2016 is the date of the next Powhatan Festival of Fiber. The festival, held to celebrate and to share appreciation of the many fiber animals, fiber farmers and fiber artisans of the county and surrounding area, will be held rain or shine and is always worth attending so mark your calendar now. The festival includes demonstrations, exhibits, and classes (some of the classes are an additional cost). The event starts at 10:00am and continues until 5:00pm at 3920 Marion Harland Lane in Powhatan. The cost of admittance is \$5 for adults with children 12 and under being admitted free.

From the Heart Crochet-a-Long

Our last meeting will be Saturday from 2pm until 4pm, during which time we will admire our finished projects and have a little time to chat ‘party style’ so, those of you who are participating in the C-a-L, don’t forget to bring along a little fun food to share. From the Heart will supply the drinks.

Those of you who are not participating, check the web site if you have access to see the finished project at some point the following week and don’t hesitate to contact me if you want a copy of the pattern. Phone me (Tricia) at (804)683-9015 or email me at ennis1000@verizon.net.

Tip of the Month

How to Get Nice Sharp Corners on a Crocheted Blanket

When turning a corner on a square item, the pattern usually says to make an extra 2 or 3 stitches to allow for turning, but if you make the stitches one stitch taller, the corners come out really sharp! For example, if you are single crocheting, make the corner stitches a half-double or even a double crochet. Try it, it works!

Donation Inventory Numbers Through November, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – October	16,165
November	2,559
Year to date total	21,724
 Grand Total	 232,829

Schedulers Needed

Contact any one of the current schedulers for more information.

Tricia Ennis ennis1000@verizon.net
 Eleanor Cannon e-cannon@msn.com
 Ann Robbins aerobbins@live.com

Montgomery Knit Scarf

Abbreviations: k knit, p purl

k2tog put the tip of right needle through the first two needles on the left needle and knit them together

yo bring yarn from back to front over right needle

Materials:

Approximately 275 yds bulky weight yarn (or two strands of light worsted held together for a total of ~600 yards of yarn)

US size 8 or 9 knitting needles

5.0 mm needles

Gauge not important but approximately 16 stitches = 4 inches

Finished size: Approximately 6.5 x 80 inches

Instructions:

Cast on 25 sts. If you want to change the width of the scarf, increase or decrease the number of stitches by 2's.

Rows 1-4: Knit.

Row 5: *K2tog, yo; rep from * until 1 st remains on left needle, k1.

Rows 6-9: Knit.

Rows 10, 12, 14: Purl.

Row 11, 13: Knit.

Repeat these 14 rows, ending with row 9, until scarf is the desired length. (Approximately 60 - 80 inches).

Bind off.



Popcorn Scarf (crochet)

Abbreviations:

ch(s) = chain(s)T

sc = single crochet

rep = repeat(s)

yo = yarn over

Materials:

2 skeins (approx. 400 yds.) Worsted Weight Yarn

Hook size h-8_ 5MM

Finished size approx.: 6.5" * 50 "

Gauge is not important



Popcorn: (Yo, insert hook in indicated st, yo and draw a loop) 4 time, yo and draw through all loops on hook

Begin by: Ch 23.

Row 1: Sc in 2nd ch from hook and in each ch across - 22 sc.

Row 2: Ch 1, turn, sc in next sc, *popcorn in next sc, sc in next 2 sc; rep from * across - 7 popcorn.

Row 3: Ch 1, turn, sc in each stitch across.

Row 4: Ch 1, turn, *sc in next 2 sc, popcorn in next sc; rep from * to last sc, sc in last sc.

Row 5: Rep Row 3.

Rep Rows 2-5 until scarf is as long as you want it or until yarn is almost gone, ending on a Row 3 or 5

Fasten and weave in ends

From the Heart Local Group Times

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>2 Colonial Heights Senior Center 10-noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1.3pm</p> <p>ElmCroft Retirement 1:30</p> <p>Michael's, Midlothian Tnpk. & Courthouse Rd. (craft room) 12:00-3:00</p>	<p>3 Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p> <p>Five Rivers Fiber Guild, Burgess - 1pm -3pm</p>	<p>4 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>5 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
6	<p>7 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>Hillcrest UMC 10-12</p> <p>Midlothian Women's Group Starbucks (inside Kroder)10am</p>	<p>8 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 11:30a -2:30p</p>	<p>9 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>10 Hopewell Library 10am - noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00</p>	<p>11 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>12 Louisa Group Hardee's 10 – noon</p>
13 King George - Peace Lutheran Church 2 - 4pm	<p>14 Hillcrest UMC 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>Crossings at Fall Run 11 am</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>15 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 6:30 - 8:30pm</p>	<p>16 Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Michael's, Midlothian Tnpk. & Courthouse Rd. (craft room) 12:00-3:00</p>	<p>17 Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p>18 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>19 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
20	<p>21 Hillcrest UMC 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>22 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>23 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p>	<p>24 Summerhill Retirement 1:30-3:30 pm</p> <p>SHOP CLOSED</p>	25	26
27 King George - Peace Lutheran Church 2 - 4pm	<p>28 Hillcrest UMC 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>Crossings at Fall Run 11 am</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>29 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	30	<p>31 Hopewell Library 10am - 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
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 Group	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, 2 nd	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	Every Monday	2:00pm
Crossings at Fall Run	60 Brimley Drive	Stafford	Monday, 2 nd , 4 th	11am
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	Every Monday	5:00pm
Five Rivers Fiber Guild Charity Stitchers	Fairfields United Methodist	Burgess	Thursday 1 st	1 – 3pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2 nd , 4 th	10am - noon
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	2 - 4pm
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
Martin's Grocery Store	5201 Chippenham Crossing Center	Richmond	Tuesday every	5:30 – 7:30pm
Michael's (craft room)	Midlothian Tnpk. & Courthouse Rd	Midlothian	Wednesday 1 st , 3 rd	Noon – 3pm
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Center	Midlothian	Monday 1 st	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	4:30 - 7:00 pm.
Prince George	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
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Tuesday, every	6:30 - 8:30pm
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