

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

"From the Heart"

Volunteers are angels in disguise.

Grateful Thread – January 2016



Letter from Lois - January 2016

Pardon our dust!

We are currently working on a long overdue shop makeover. You'll notice new seating (with more to come) in our front room. Also, the absence of the easel holding the shop schedule. In its place we have shelves on either side of the door to the yarn hall. On your left the schedules, on your right additional shelf space with hooks for your sweater or jacket.

To come, more cleanup of our reference book section and a little more furniture shuffling in our front area.

Once the front room is completed we plan to move on to the back area, nursery section. You will notice the two underused chests are gone. Those baby pattern reference books you will soon find with other books at the front of the shop. Extra book cases may go into that back area to house kits for hats, scarves, blankets and blankets squares. This area will become home for all our sample projects along with their matching patterns.

Some areas are still in the planning stages so, stay tuned... watch our transformation!

See you at the shop!

Lois



Mark Your Calendars NOW

Fredericksburg Waste Not Workshop

Mark the date on your calendar for the next Fredericksburg Waste Not Workshop **Saturday March 26th**.

More details next month but we will be looking for volunteers to help with setup and clean up.

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.

Core Pattern Book New to the Shop

Along with our clean up and re-do of the shop, we are re-doing and re-organizing the collection of patterns. From the Heart has at the shop. By the end of February, at the latest, we will have a binder on the bookshelf which will contain ONLY the core patterns which we use often and which reflect our most common needs. The collection of binders we currently use will still be available but ALL the binders will now be on the shelves in the front part of the shop along with the 'how to' and reference books. This new binder will contain only the most often used patterns and should make it easier to select a pattern if you are unsure what to make and also make it easier for the shopkeepers to recommend a pattern to a new member. There will be completed samples in the shop to match all these core patterns although some of these may not be available as early as the book itself. If you would like to assist with this project by knitting or crocheting a sample, please contact Tricia at ennis1000@verizon.net or by phone at (804) 683-9015

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.

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.

Talking of Inclement Weather.... (Not)

Below is a photo sent in by Betty Mayes of the Dinwiddie group meeting outside on the grass before the library opened on December 31, 2015. Yes, outside in the sunshine. Thank you, Betty, for sending this shot of the dedicated group you have in Dinwiddie. Pretty soon, that delicious sunshine might be only a memory so I hope you enjoyed it while you could, Tricia



Current Needs

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

Chemo and Dialysis blankets. Sizes need to be approx. 30" X 48" for chemo and up to 38" by 68" for dialysis.

Fredericksburg/King George has a need for:

Baby items

Blankets of all sizes

Hats and scarves of all sizes for male and female (this weather will eventually get cold)

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.

January 2016 Scheduler

Eleanor Cannon is the January scheduler. Contact Eleanor by phone at (804) 514-1168 or by email at e-cannon@msn.com if you have two hours to spare for volunteering at the shop. Please note that we are nixing the white board at the shop as it is barely being used to please DO call or email Eleanor if you have two hours to volunteer. Thanks.

"Really, all you need to become a good knitter are wool, needles, hands, and slightly below-average intelligence. Of course superior intelligence, such as yours and mine, is an advantage."

Elizabeth Zimmermann, Knitting Without Tears

How it All Began

Have you a story you'd like to see in the newsletter? Send it to me, Tricia, 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. Below is Lois' story.

"From the Heart is heading into its 15th year! Our membership has grown from those 4 or 5 stitchers, back in 2001, meeting at Starbucks, to about 1,200 members in 2015! Our love of stitching and an equal love of giving brought us together and it's those same reasons that have attracted others to join us.

When we first endeavored to make a difference, we were each supplying our own yarn, hooks and needles. As we finished a handful of hats, I would take them to Massey Cancer to be given, free of charge, to anyone going through chemo and experiencing hair loss. As the word spread the requests for more hats came in...and we stitched faster. Then the need for blankets for those patients was passed along to us...and we stitched faster.

Now the babies and little kids need a little love so we were asked for smaller hats and blankets...and we stitched faster than we ever thought possible!

I learned I could buy yarn at Goodwill for much less than at a craft store so I picked up all I could, bought a few plastic bins, removed the back seats from my van and loaded it up. I would pull in to the Starbucks parking lot and stitchers who had been awaiting my arrival would come rushing out to claim yarn for their next projects. Soon Starbucks customers, having noticed our now growing group taking up the entire front area of the store, (and most all the extra chairs!) would come chat with us, ask about our group, admire the nice piles of items turned in now covering two coffee tables. Some would tell about extra yarn they would bring to us. Others would actually go home for their current project and come back to hang out with us!

As word spread and our member count increased our incoming yarn donations did as well. I had yarn stored, not only in my now seatless van but in a spare bedroom at home. I learned about online forums and began asking those folks about the best ways to find free yarn, in an attempt to give our stitchers whatever they might enjoy using. I reached out to yarn companies but quickly learned that wasn't beneficial at all. Then "Saint John" entered our lives. He lives way out in the mid-West but it was almost like he was holding my hand. He started sending us huge boxes of beautiful new yarn! Now that man knows how to find a yarn sale! Soon his yarn began coming in. In

fact, before long not only was my van full but that spare bedroom was overflowing out into the hallway. That's when it all move into my garage.

Now that garage was huge! Empty, two car size, nice and bright and clean so down to the garage it all went. I bought more bins...lots of bins! The stitchers were spreading the word to their friends so more members joined...and the need for more yarn! At this point I began planning our next step...a From the Heart shop! I searched for low rent places but either they weren't in safe areas or they weren't handicap accessible (We still had no income and I still had not mentioned to my hubby that I was planning for him to pay the rent!)

Lucky for hubby I could not find anything suitable. By now our membership was several hundred. Our yarn supply had completely filled that nice big garage, even the four full length rows of shelves I had built were filled with bins of yarn leaving only a very narrow pathway to get from driveway into the house! I began to think the stuff was multiplying at night when I turned off the light so that light stayed on, 24/7!

During all of this I felt the need to incorporate our business since by now it had taken on a life of its own. In 2005 we incorporated and became From the Heart, Inc. This was comforting. We were taken more seriously in our endeavors but large donors asked about declaring their donations as deductions on their taxes. Well, now was the time to take the next step. So in 2006 I filed to become a non-profit organization and we became a 501(c)3 organization with that date being made retroactive back to our date of incorporation, July 2005.

Ok, we are on our way...NOT! We still have no place to house our yarn. We still have no central location for stitchers to come for yarn or turn in their finished projects. Up steps Mr. Hank Wilton! He offered to put a roof over our heads, in a location of his choice. We were told we could use his property free of charge but if someone leased our space he would move us to another location. And this he has done...for 10 years Mr. Wilton has been our number one donor...he supplies us with our shop and all our utilities and we in turn stitch as fast as we can in order to help as many sick or needy as we possibly can. This is our Mission...to serve our community by preserving and promoting fiber arts, creating a spirit of fellowship and love among our volunteers and board members, and producing handmade items which bring comfort, love and solace to others. This 15 year journey has been an unexpected experience for me. I never planned any of this! When things like this start happening you just react! You take the next step when it's necessary. You try to plan ahead but it all happens so fast sometimes I think I was just hanging on and enjoying the ride. I have met hundreds of new

friends and together we have created thousands of smiles from one corner of our state to the others and beyond.

From the Heart is an amazing organization. I am so glad you have chosen to join us and by all means, invite your friends, family and neighbors to join in. This is one amazing ride that I want to share with everyone! Thank you for being a part of it."

Lois

Working with Two Strands Together (including gauge)

Some items are made using two strands of yarn held together throughout. If the pattern uses only one skein of yarn, you have two choices:

1. Roll each skein into two equal- sized balls
2. Use yarn from both the outside and the inside of the skein.



A general rule when doubling

- 2 strands fingering = one strand sport weight
- 2 strands sport = one strand worsted weight
- 2 strands worsted = one strand chunky to super bulky weight

Rule of thumb is that when you double a yarn you can expect to be able multiply the original gauge by .72 to get the new working gauge. For example, if using fingering weight of a gauge of 28 st = 4 inches and you double it, you can expect a new gauge of $28 \times .72 = 20.16$ so about 20 sts to 4 inches.

If combining yarns of different weights – say one fingering (28 to 4") and one worsted weight of 16 sts to 4" you would add those two $28+16 = 44$ and then divide by 3 so $44/3 =$ a new gauge of 14.67 sts to 4".

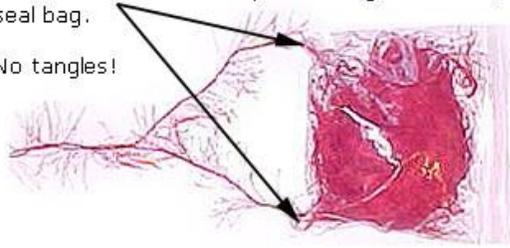
A swatch is always recommended when doubling yarn



Tip of the Month

Helpful Hint: When using both ends of a skein, place the yarn in a plastic Zip-Loc style bag. Clip the corners and thread yarn through the holes, seal bag.

No tangles!



Winner of the Shop keeping Prize

Congratulations to Margaret Almond, 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.

Recipient Groups

This month, as you can see, we have a need for chemo and dialysis blankets in the Richmond Area. Where do we donate those?

Four local dialysis units receive our blankets, including Westhampton and Glen Forest. We send chemo blankets to the Hawthorn at Johnston Willis, the MCV Massey Cancer Center, and the Bon Secours Oncology Center at St. Mary's. We send blankets to Heartland and Compassionate Care Hospice, to the Massey Palliative Care Unit, and to Memorial Geriatrics. This list is by no means exhaustive but will give you just a small flavor of where your donations go.

We have also asked for hats and scarves for the homeless. These are mostly distributed through Friends of the Homeless in Richmond.

Wonderful Wool Blend Yarn Supply at the Shop

The season is finally here that allows us to start putting our wool blend yarns to good use. You will find 3 bins of Lion Brand Woolease and similar yarns in the back area, near the crib. I'm hoping to create a better display for samples and this type yarn very soon, probably somewhere in the front area for the season. But for now, please head on back to the rear of the building for your wool blend choices. You'll also find wool blends in their normal cubbie area, just to your right as you enter the work/distribution room.

Now, what can we do with this yarn? Well, always, always...warm hats for our homeless. I'd much rather bring these folks inside in bad weather but since that isn't possible the best we can do is offer them more warmth than they currently have. This warmth comes in the form of hats, scarves or nice large mittens that can be layered over whatever they are currently using. These could be a great source for added warmth for those facing having to sleep outside. Large blankets are another wonderful gift for those having to face winter weather night and day.

Give this request some thought. You may have other ideas for using this yarn. If so, please pass along your ideas to us so we can get the word out and make things happen!

And remember, *always mark your project as containing wool by adding an extra strand of red yarn to one corner or near your FTH dove tag.*

Donation Inventory Number Through December, 2015

Previous Total	
Mid 2002 – 2014	211,105
Jan – November 2015.....	21,887
December 2015.....	2,521
Year to date total	24,408
Grand Total.....	235,513

Schedulers Needed

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

Knit Ripple Blanket

Materials:

Caron Simply Soft (100% acrylic, worsted weight): Or any other worsted weight (#4) acrylic yarn
3 oz. each of three colors (A), (B), & (C) : 4 oz of one color (D) : 12 oz. white (E)
1 pair US size 7 (4.5 mm) circular needles, at least 29 in. long

Ripple pattern:

Row 1: On a multiple of 58 sts plus 4, K2. Then *K2, YO, K4, (K2tog) twice, K4, YO, K1, YO, K4, (K2tog) twice, K4, YO, K2.

Rep. from * to last 2 sts. K2

Row 2: K4. P to last 4 sts. K4.

Row 3: K.

Rows 4-12: Rep. rows 1-3 3 times more.

These 12 rows complete one pattern sequence (PS).



Blanket directions:

With (D), loosely CO 178 sts. Complete 1 PS. Switch to (E) and complete another PS. Continuing to switch colors, complete 1 PS each in (A), (E), (B), (E), (C), (E). Repeat this color pattern [(D), (E), (A), (E), (B), (E), (C), (E)] 2 times more*. Switch to (D). Work rows 1-11. BO loosely knitways. Weave in all loose ends.

Finished size as given is aprox. 34" X 37". Repeat more Ripple Pattern sequences to make the blanket longer.

Rainbow Peaks and Ridges Leftover Blanket

Worsted weight yarn (quantity varies by size made), K hook
Finished width of blanket approx. 34"

Gauge: Each group of [5 DC, ch 1 (2DC, ch 2, 2DC) ch 1] = approx. 3.5"

Notes: To increase width, add 8 chains to beg chain. To decrease, subtract 8

Chain 79

1st row

DC in 4th ch from hook and next 3 st (ch 3 counts as a DC), * skip next st, in next ch (2 DC, ch 2, 2 DC), skip next chain and DC in next 5 st. Repeat from * to the end of the row, chain 3 and turn.

2nd row

Ch 3 counts as 1st dc, dc in next DC of previous row, FPDC in next st and DC in next 2 st, * skip next 2 st, in next ch 2 space (2 DC, ch 2, 2 DC), skip next 2 st, DC in next 2 st, FPDC in next stitch, DC in next 2 st. Repeat from * to the end of the row (ending with DC in top of ch 3), chain 3 and turn.

3rd row

Ch 3 counts as 1st dc, dc in next DC of previous row, BPDC around FPDC of previous row, DC in next 2 st, * skip next 2 st, in next ch 2 space (2 DC, ch 2, 2 DC), skip next 2 st, DC in next 2 DC of previous row, BPDC in FPDC of previous row, DC in next 2 st. Repeat from * to the end of the row, chain 3 and turn.

Repeat rows 2 and 3 until blanket is desired length.



From the Heart Local Group Times

January 2016

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

**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, 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	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