

"From the Heart"

Volunteers are angels in disguise.

Sent with love...

"From the Heart" 



Grateful Thread – January 2015

1425 Crawford Wood Place

Midlothian, VA 23114

www.facebook.com/FromtheHeartStitchers

www.fromtheheartstitchers.org

Letter from Lois - January 2015

I've been told we are very low on adult hats for this season. I'm sure you may feel you have certainly stitched your share of hats recently but could we please ask for just a few more? These should be in adult sizes and warm enough for outdoor use. There is a very large selection of suitable wool blend yarns at the shop. They are in their normal cubby spot, just beside the door to the workroom but in the far back, just beside the furnace you will also find a great number of skeins in bins for these projects.

Hats could be crochet or knit...either will be very warm. You may use your tried and true patterns, look on the head hugger's website, stop by the shop for a firsthand look at just how some of the patterns work up, google something a little different or check our website (www.fromtheheartstitchers.org). If you run into a problem with your stitching, check with our shop keepers during regular open hours for a little help.

As many hats as we have already distributed, we just never seem to have enough to go around. We send many of them to the local homeless centers, McGuire veterans are on our list, a great number of them go to school systems and this year we were able to supply quite a few to Christmas Mother programs. This year we have had requests from nursing homes, were patients are not very mobile and with lack of movement circulation problems cause residents to feel chilled. We recently received a request from a hospice center, stating that same problem.

So as you can see...HATS, HATS, HATS...that's our greatest need at this time! Guy colors, girlie colors, funky colors... anything goes. Just be sure they are large enough to fit a full size adult and wool blends to make them warm. Try them on. Check to be sure they will cover your ears easily and don't forget to tag with **red** yarn if they contain wool :-). As your projects are completed, please drop them by the shop or turn in at your next stitchers meeting. We are doing our best to keep as many heads warm as possible this year. We truly appreciate all you do and you just know how many really big smiles you are creating!

See you very soon at the shop! *Lois*

Loopy Scarf in Crochet



Size K hook

Worsted Weight Yarn in bright colors

Chain 6

Half double crochet (hdc) in 3rd chain from hook - Hdc in next 3 chains

*Chain 2, turn work 4 hdc across row

Repeat from * until piece measures about 11 inches (length of sheet of copy paper)

End, leaving approx. 15 inch tail for seaming.

12 pieces needed for each scarf.

Loopy Scarf Knitted

Size 11 needles

Worsted Weight Yarn in bright colors

Cast on 9 stitches

Beginning with purl row, knit 42 rows in Stockinette Stitch (purl one row, knit one row) ending with knit row until piece is about 11" long (the length of a sheet of copy paper)

Bind off all stitches in purl leaving approx. 15" tail for seaming

Since this piece is knitted in Stockinette Stitch, the long edges will curl under. This is the way it should be!

It takes 12 pieces to make one scarf.



From the Heart to be Featured on PBS

Some of you may recall a Positively Richmond segment featuring From the Heart that aired last year on WRIC Channel 8. Well, that segment has been picked up, and re-edited to be longer, by PBS of Richmond and Charlottesville.

The PBS show, titled *Virginia Currents* and produced by Patty Nevadomski, is scheduled to air on **January 15 at 8:00pm** and again on **January 17 at 5:30pm** on our local PBS stations. Other PBS stations across Virginia will also run the show which will repeat in February, although we don't have times for those.

Tune in and tell others to do the same - what a great honor for From the Heart and what an affirmation to all of you of the value of what you do. Thank you for your involvement and dedication.

Fredericksburg "Waste Not - Want Not" Workshop

Date: Saturday March 14 Time: 9:30 a.m. - 4:30 pm

Location: 5994 Plank Road, Fredericksburg - Ruritan Building (directions at end of newsletter))

We are going to do a yarn swap - bring those skeins you don't like and swap for something you would like to work with. Bring your leftovers you want to figure out what to do with. Yarns, patterns and help will be available for those who are not sure what they want to do. Demonstrations of various types will take place during the day.

Bring your tools and a dish to share and come for a fun filled day! Plates, cups and utensils will be provided. Coffee, hot tea and bottled water will be available. The building has a large kitchen available.

We will need a setup and clean up team so let us know which you are able to help with.

Everyone is welcome so bring your friends and relatives. For more information or to volunteer to demonstrate, contact Pam at 540.661.7967 or email her at pegreswolde@comcast.net

Purple 'From the Heart' Retreat Book

I have heard from quite a few of you with ideas and patterns for this book so thank you for that. In this Newsletter, I am specifically requesting that anyone who is willing to test a pattern by knitting/crocheting it from scratch please let me know.

I still want more 'stuff' for the book, however, so please don't hesitate to continue to send your ideas and tips/tricks of the trade to me for inclusion. We need patterns, volunteers to test those patterns, tips and tricks you have found handy, and questions to which you'd like to know the answers. Send them all to me and, then, we will go through them, sort them out, put them all together and, I'm sure, have a terrific From the Heart Purple Book by next Retreat time. If you send a pattern in, please try to include information such as yarn type and weight (e.g. nylon, Red Heart Simply Soft, Worsted...), and the yardage required if at all possible as yardage does not equate to skein weight.

Tricia (804) 683-9015 - ennis1000@verizon.net

Mystery KAL/Mystery CAL Update

Lois and I are still tossing around the idea of hosting a (probably) 6 week Mystery Knit-a-Long and/or Crochet-a-Long project starting in January. We thought we should give you one more chance to indicate your interest in this before we 'close the gates' - several of you have already responded but there may be a few more out there so now is the time to let us know if you want to do this :-)

The concept of a Mystery KAL or CAL is that you are not told what the final project is. You are given a set of instructions to work on during the week - some people might master that set and

compete in one evening, others might need the entire week. The item made would be one for your own personal use and not intended for return to the shop.

We have really nice yarn (which we received as a donation) around which we will be designing this project and our concept is that those who can come to the shop for classes will be asked to make a donation for the yarn around which the design has occurred. Those who cannot attend the shop and follow the 'classes on line' would do so free but would have to supply their own yarn.

This is an idea in the making. Let us know what you think.

****Are you interested?**

****Would you like to come to the shop (day undecided so which day)?**

****Would you prefer to follow along via the 'net'?**

****Would you prefer to Crochet a Mystery item or Knit a mystery item?**

Contact either Tricia or Lois to let us know if you are interested

Tricia - ennis1000@verizon.net/(804)683-9015

Lois - Loisfth@me.com/ (804)305-4971

Robious Elem School After School Enrichment Program

From the Heart will be teaching a basic knitting class to 7 4th and 5th grade girls on consecutive Tuesdays from 3.45 until 5.00, starting on January 27th and continuing through March 3rd (6 weeks) with a possibility of a 'snow make up day on March 10th).

We are looking for volunteers to help with this. We would not be required, under any circumstance, to stay later than 5.15 as the Robious PTA moms take over at that point. You would not need to commit to each Tuesday but we do need a good idea of how many of you would like to participate. This is a basic class so if you can cast on and do a knit stitch you know enough to be of help. Robious Elementary

School is in Chesterfield County, near the intersection of Robious and Huguenot Roads.

Please let me know ASAP if you have availability and are willing to help with this program.

Tricia

(804) 683-9015

Ennis1000@verizon.net

Yarn Collection at Chesterfield Co. Central Library

Chesterfield County Central Library, located on Route 10 near the Courthouse, will be conducting a 'yarn collection drive' starting on January 1 and continuing through February. All yarn collected will be donated to From the Heart for use in our projects. Thanks so much to the library - next time you're in there don't forget to say a personal thanks for the person on the desk.

Powhatan Festival of Fiber

The Powhatan Festival of Fiber is gearing up for their next event which takes place on Saturday, April 25, 2015. **MARK YOUR CALENDARS NOW.** The event is from 10am until 5pm at 3920 Marion Harland Lane in Powhatan and admission will be \$5 with children 12 and under free. Linda Hague, one of our Board Members is heavily involved in putting this festival together and is looking for volunteers for lots of different areas. Contact Linda if you have an interest in helping out in any capacity or just for more information. Linda can be reached at 804-741-1135 or via email at Llh607@verizon.net.

As the name suggests, Fibers are celebrated at this festival. There will be hands-on exhibitions of felting, drop-spindling, weaving, spinning, shearing and more. Exhibited animals will include alpaca, angora rabbits, and multiple breeds of sheep...

"Loopy" Scarf Patterns

We have had requests from Compassionate Care Hospice in Chesapeake and also from Beth Shalom Lifecare Community here in Richmond asking if From the Heart could supply either dressed bears or 'Loopy' scarves for their residents. As you probably know, folks with dementia seem to have restless hands and are comforted by feeling objects - hence the bears and also these scarves as they serve the dual purpose of warmth and tactile comfort. Patterns for both the knit and crochet versions of the scarf can be found on the second page of this newsletter (bear clothes patterns were in last month's newsletter). If you decide to make scarves, please use bright colors for visual impact. It takes 12 loops to complete one scarf but you may make one or two or whatever you wish and we will be happy to take over from there... just remember to make them to the dimensions in the patterns.

Current Needs

Richmond, Petersburg and surrounding's main need at the moment is for Hats, hats, hats, - men's, women's children's - all colors and sizes as noted in the Letter from Lois this month ... We are also continuing to dress bears and 'Loopy' scarves have been requested - see second page for patterns for the scarves

Fredericksburg/ King George Area Current Needs ALL types of baby items are needed with the exception of preemie hats. Also needed are soft acrylic Chemo hats and lap blankets. As always, blankets of any size are appreciated.

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

Newsletter Articles / Information

Please remember to send newsletter articles or information you would like to see in the newsletter to Tricia Ennis. This should ensure that we do not miss information. Thanks!

Tricia Ennis ennis1000@verizon.net

Scheduling/Shopkeeping

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.

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

Eleanor Cannon is the December scheduler. She can be reached by phone at (804)514-1168 or via email at e-cannon@msn.com if you want to volunteer at the shop this month.

Congratulations to Kulla Ficare who is the winner for the November shopkeeper prize. There will be a nice bag of yarn at the shop for you to pick up for a special project.

Donation Inventory Numbers Through December

Previous Total	
Mid 2002 – 2013	180,534
2014	
Jan -Nov	25,256
Dec	<u>2,315</u>
Year to date total	30,571
Grand Total	211,105

Directions to ‘Waste Not, Want Not Workshop’

Saturday March 14th – 9:30am – 4:30pm

5994 Plank Road, Fredericksburg – Ruritan Building

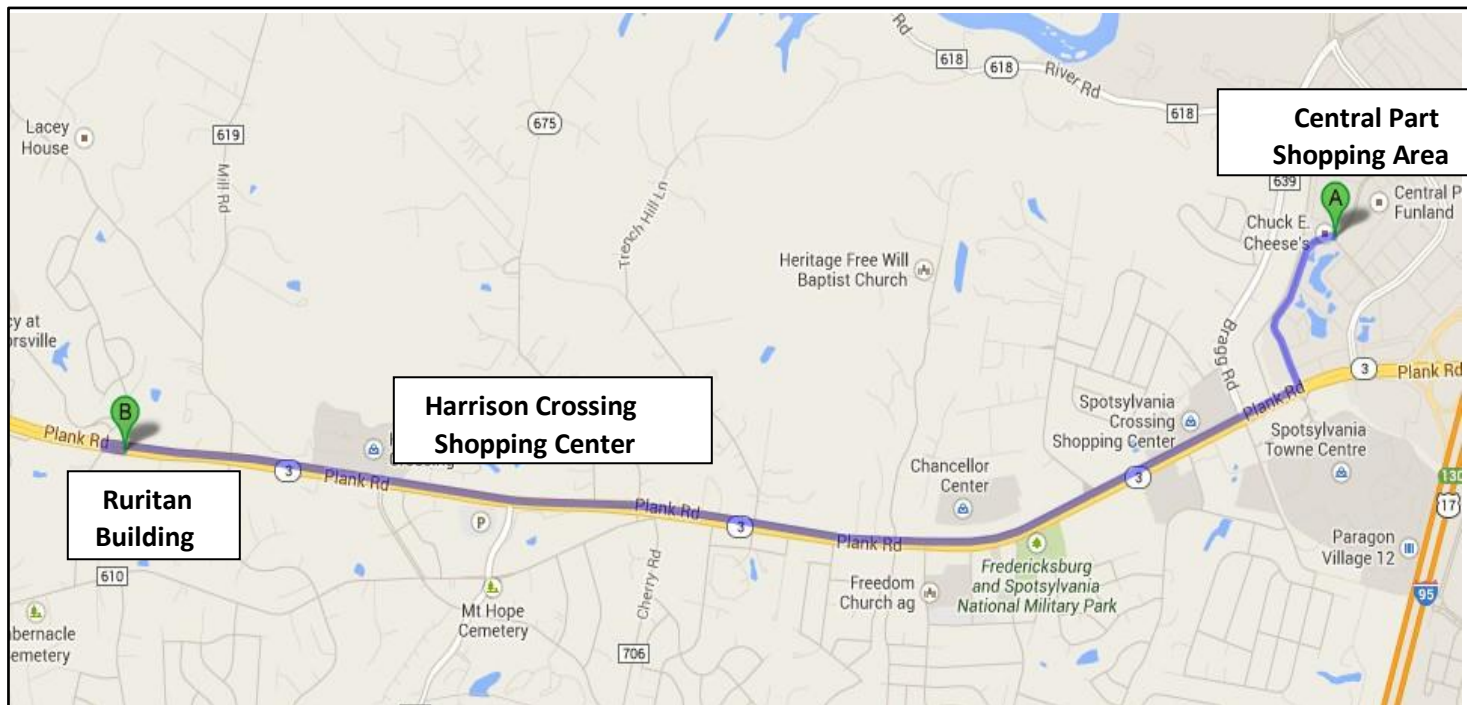
From Central Park—head west on Route 3 to the Ruritan Building. It is approx. 10 minutes west of Central Park.

You will pass a shopping center on right with CVS and McDonald’s, a short while later you will pass a traffic light at Gordon Road. Next you will see Walgreens’ on left and Harrison Crossing shopping center on the right.

Once you pass this shopping center get in left lane. At the 2nd traffic light you will see an Elementary school on the right and you will be turning left. Do a U-turn at this light.

There will be a **dentist office, the Ruritan building and a fire station**. There is plenty of parking at the building.

Questions on directions — Call Pam at 540.661.7967 or 540.972.3602



From the Heart Local Group Times

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Crossings at Fall Run 11 am</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p>2 Starbucks Huguenot 11 am-1:30 pm</p>	<p>3 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1–3 pm</p>
4	<p>5 Hillcrest UMC 10-12</p> <p>Midlothian Women's Group Starbucks (inside Kroger)10am</p> <p>Carson Library Group 3-5 pm</p> <p>The Crossinas at Bon Air 2.00</p>	<p>6 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5;30pm</p> <p>Prince Georae 2:00 – 4:00 pm</p>	<p>7 Colonial Heights Senior Center 10–noon</p> <p>ElmCroft Retirement 1:30</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>8 Crossings at Fall Run 11 am</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p>9 Starbucks Huguenot 11 am-1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>10 Louisa Group Hardee's 10 - noon</p>
<p>11 King George - Peace Lutheran Church 2 - 4pm</p>	<p>12 Hillcrest UMC 10-12</p> <p>Carson Library 3-5 pm</p> <p>The Crossings at Bon Air 2:00</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p>	<p>13 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Farmville Baptist Church 132 N Main St Farmville, 5;30pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 11:30-2:30</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p>	<p>14 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Dinwiddie Library 1:00-3:00 pm</p>	<p>15 Crossings at Fall Run 11 am</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p> <p>Hopewell Library 6 – 8pm</p>	<p>16 Starbucks Huguenot 11 am - 1:30 pm</p>	<p>17 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
18	<p>19 Hillcrest UMC 10-12</p> <p>The Crossings at Bon Air 2.00</p>	<p>20 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5;30pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 6.30- 8.30pm</p> <p>Prince George 2:00 – 4:00 pm</p>	<p>21 Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>22 Crossings at Fall Run 11 am</p> <p>Hopewell Library 10a-noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p>23 Starbucks Huguenot 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	24
<p>25 King George - Peace Lutheran Church 2 - 4pm</p>	<p>26Hillcrest UMC 10-12</p> <p>The Crossings at Bon Air 2.00</p> <p>Carson Library 3-5 pm</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p>	<p>27 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5;30pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 11:30-2:30</p>	<p>28Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Dinwiddie Library 1:00-3:00 pm</p>	<p>29 Crossings at Fall Run 11 am</p>	<p>30 Starbucks Huguenot 11 am -1:30 pm</p>	31

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	2 nd and 4 th Wednesday	6.30pm – 8.00pm
Carson Group	Carson Library 16101 Halligan Park Road	Carson	Monday every	3 - 5 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Road	Richmond	Thursday 2 nd	1:30 - 3 pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2 nd	2 – 3:30 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Crossings at Bon Air			Every 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 2 nd ,4 th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1 st , 3 rd	1:30 pm
Farmville	Farmville Baptist Church, 132 North Main St	Farmville	Every Tuesday	5:30pm
From the Heart	1114 Westbriar Drive	Henrico	Tues, Wed, Thurs, Sat every	10 am - 2 pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2 nd , 4 th	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1 st , 3 rd	6 - 8 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 nd , 4 th	1 - 5 pm
King George, Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2 nd , 4 th	2 - 4 pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 nd	10 am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 st , 3 rd	9 am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Center	Midlothian	1 st Monday	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	4:30 pm-7:00 pm.
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 st , 3 rd	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 1 st , 3 rd	10 am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Wednesday 1 st , 3 rd	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