

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

"From the Heart"

Volunteers are angels in disguise.

Grateful Thread - November 2015

Sent with love...



"From the Heart" ♥



Letter from Lois - November 2015

Once again our Dollar Daze event was an overwhelming success. Thank you for your donations, given in exchange for yarn not suitable for From the Heart projects. And, thanks to you we now have on hand or have ordered acrylic yarns in 18 colors (which includes variegated) in worsted weight as well as a thinner yarn for making those precious baby items. Our cubbies are packed with more coming in within the next few weeks. You have enabled us to purchase enough to keep our fingers flying for many months to come!

We do continue to offer those Dollar Daze bins at the shop. You will find them lined up in the "yarn hall" just waiting for you. Make your choices then deposit your donation in our wooden cash box in our front room.

Near the cash box you will see a small 3 shelf cabinet filled with our red, pink and purple books. On top of the cabinet you will see our suggestions box, now posing as our deposit box for \$\$ donated for our books. Our cost of printing these books was \$10.00 for both the red and the pink books. However, our newest, the purple book is a bit thicker containing many more patterns as well as lots of helpful hints and charts. The printing of this one was \$12.00 each so keep this in mind when picking up your copy to take home.

We'd love some feedback from you regarding our Dollar Daze set up. I think we did a much better job this year. Last year we had everyone crowded into the yarn hall and beyond. Not a happy situation! It was almost impossible to exit once you had entered that area plus the yarn bins were packed into such a small area it was difficult to go through them in search for that perfect, beautiful selection.

This year, with the sofas spread out and all extra furniture out of sight it was so much easier to peruse the bins. And having them up on the sofas made reaching into them a bit easier on our backs, I think. Books and magazines on the long table, up high enough one could sift through them seemed to be a plus as well.

This has been such a wonderful way to open up space taken by yarn we can't use for creating items

for donations, making room for those skeins we use daily for blankets, hats and other items. We will continue hosting our Dollar Daze each autumn...not only is it beneficial but it's soon much fun!

We look forward to hearing from you.

Lois

From the Heart Crochet-a-Long

Our first meeting for the Crochet-a-Long will be at the shop at 2pm on Saturday November 7th. At that meeting, we will hand out the first portion of the pattern and answer any questions you might have. Then you will go home and start work on the project. We will meet again on the 14th and the 21st, again at the shop at 2pm, to see our progress and pick up the 2nd and 3rd portions of the pattern. Finally, we will meet on December 5th to show off our completed projects. On that last day, please plan to bring a little treat to share. From the Heart will supply the drinks. You do not have to be able to get to the shop on all these dates. Just let me know if you want to take part and I will email you the pattern.

We are using a pattern which calls for DK weight yarn (#3 on the Craft Yarn Council Standard of Weights). There are two sizes, S-L and XL-XXL. We have a limited supply of yarn which we can make available on the 7th (sufficient for 14 people) for a donation of your choice or you can purchase your own. The size S-L calls for 1095 yards and the XL-XXL calls for 1314 yards of yarn. The original pattern uses a linen/cotton mix but we recommend getting whatever suits your fancy and, then, if you really like the end result, you can invest in something more expensive to repeat the pattern. This is an item of clothing so bear that in mind when choosing your yarn. The completed project will be yours to keep whether you purchase your yarn or make a donation for the yarn we have available.

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.

A new vendor added to the event is Gwendoline, the Yarn Truck. Gwendoline is a mini version of Knitting Addiction, on wheels.

Current Needs

Richmond and Surrounding area has a need at the moment for knit and crochet turtles to be given to a prison ministry in order that the inmates have a gift for their visiting children this holiday season. We have opted for the turtles as boys like them as much as girls ☺ Please be aware, should you make these, that some of the children are younger so a few turtles with embroidered eyes (rather than buttons) would also be very welcome.

Also needed in Richmond are SOLID color hats which we can match to the scarves 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
Blankets of all sizes Lap (approximate sizes 32" – 42" square, 34 x 48" and 34" x 60")

Reminder: ALL blankets for veteran stand down MUST be turned in by 11/10.

Changes to November Calendar

Before heading out to your regular local group meeting, be sure to check the calendar as the time change and Thanksgiving 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.

An Update on the Squares

Many thanks to Kulla Ficare, who organized and oversaw a group of 20+ people on Monday 19th to join the squares provided by the Church of Jesus Christ of Latter Day Saints. Many were joined that day and others taken home by people to work on later.

The completed blankets have started coming into the shop and many have already gone back out again to serve their intended purpose of warmth and comfort to those in need.

We have grouped the remaining squares by size and color (with a lot of help from Joan Beck and Sandy Morrison) and they are awaiting volunteers to stitch them together. They can be joined by any neat method. Should you want to help with this, just let either myself (Tricia (804-683-9016 or ennis1000@verizon.net) or Lois (804-305-4971 or Loisfth@me.com) know and we will be happy to get them to you. If you are not sure how to join them, there are lots of videos and tutorials on line for you to look at.

From this...



To this



Recipient Groups

Below are two recipient groups From the Heart distributes items to on an on-going basis:

CrossOver Healthcare Ministry which provides quality and compassionate health care to the uninsured in the greater Richmond Metropolitan area. Since 1983, CrossOver has offered a full continuum of health care services to the uninsured including family medicine, primary care, obstetrics and pediatrics, podiatry, dental and vision care, mental health care, HIV diagnosis and treatment, and critical medications. CrossOver operates 2 free clinics located in areas of identified need in Richmond and serves more than 6,800 individuals annually.

Pet cozies and pet toys to the Richmond pound, the Henrico pound, Pal (Prevent a Litter), Betty Baugh Vet, and the SPCA. We are working on creating a relationship with the Chesterfield Pound. For those who like to make pet cozies, we have a basket of pre-wound 5 or 6 string balls of yarn in the back of the shop as this is an excellent way to use up those odd scraps or older skeins of yarn and saves our newer, shelved yarn for use for our 'human friends'. The animals don't mind so long as their beds are cozy ☺

Please be aware that we are constantly looking for places to which we can donate the beautiful items you create and turn in so don't hesitate to let any Board Member, Joan Beck, Linda Hague, or Sandy Morrison know if you hear or know of a place need and we will do what we can to help.

Donation Inventory Numbers Through October, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – September	16,791
October	2,273
Year to date total	19,064
Grand Total	230,169

Dollar Daze Wrap-up



Lois, in her Letter from Lois this month, covered the dollar daze event very well. A good time was had by all who attended, as evidenced by these photos.

What better thing is there than a triple blessing – our Members got some terrific yarn, From the Heart got some incredible donations, and our recipients will be better served by your generosity so thank you to all who came, perused, chose, and donated. As Lois mentioned, some of the yarn is still in bins in the Yarn Hall so take a look next time you are in if you have not already.



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. If you have

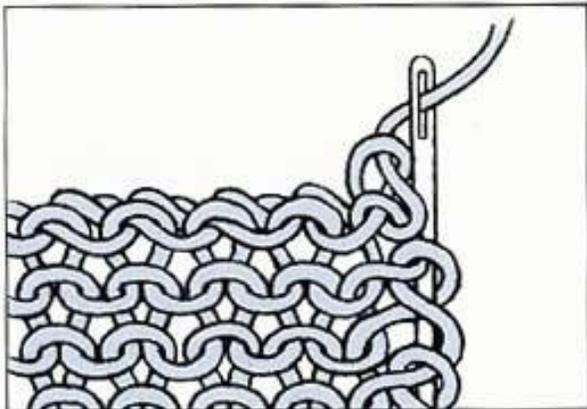
never been before, tell one of the schedulers that “Tricia sent you” and I’m sure she would be happy to give you the ‘grand tour’.

Tip of the Month

What is the best way to weave in ends?

The recommended way is to have a ~6” tail and weave in in a zigzag pattern. If you do it in a straight line it may come out when being laundered. Weave the yarn one way, then back the direction you came and then back again – so 3 weavings total going back and forth.

Ends of yarn can be woven directly into your knitting. Thread a darning needle with the end of the yarn and run it in and out in an inconspicuous place for an inch or two. Turn and repeat then turn and repeat again. Yarn is taken down, up, down the work. This gives a very secure weave. Clip remaining excess yarn.



Schedulers 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.

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

October Scheduler

Eleanor Cannon is the November scheduler until you hear from Ann Robbins (as they are splitting the month this time). Contact Eleanor by email at e-cannon@msn.com or by phone at (804)514-1168. Ann’s contact information is (804) 921-1174 (C) 270-6247 (H) or contact her via email at aerobbins@live.com.

Winner of the Shopkeeping Prize

Congratulations to Jacqueline Muoio, the winner of the September shopkeeper 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 to do that at the information given above. Eleanor will arrange for you to be trained and to work your first couple of shifts with somebody who already knows the ropes.

Dylan's Turtle (Knit)

Shell:

cast on 6
stitches, row
one: knit
row two: knit one, make one
(repeat rows 1 and 2 three
times)
knit 6 rows (alternating color every 2 rows)
knit 4, k2g rep to end of
row knit to end of row
knit 3, k2g rep to end of
row knit to end of row
knit 2, k2g rep to end of
row knit to end of row
knit 1, k2g rep to end of
row knit to end of row
k2g rep until you have 6 stitches on your DPN's
Stuff the shell, thread tail through last 6 stitches, pull through, tighten.



Head:

Cast on 6 stitches
Knit to end of row
K1, M1 to end of
row knit to end of
row *K1, M1* to end
of row Knit 4 rows
Knit 4, ktg rep to end of
row *Knit 3, ktg* rep to end
of row *Knit 2, ktg* rep to
end of row *Knit 1, ktg* rep
to end of row
Ktg rep until you have 6 stitches left, stuff the head, thread remaining yarn through last six stitches, pull tight.

Made 4 'flippers' for legs (6 stitches for 6 rows, decrease 2, knit 3 more rows, decrease 1, knit one row, bind off) and one tail (knit 4 stitches for 3 rows, decrease two, knit for 2 rows, bind off) and sewed them all together. I tried to do everything on DPN's because I hate seaming more than anything.

Amigurumi Turtle (free from LionBrand)

Pattern Number: 70591AD

SKILL LEVEL: Easy

SIZE: One Size 2 in. (5 cm) tall

MATERIALS

- Lion Brand Wool Ease: Lemongrass 1 Ball (A)
- Lion Brand Wool -Ease® Yarn Avocado 1 Ball (B)
- Lion Brand Crochet Hook - Size G-6, Lion Brand Stitch Markers, Large-Eye Blunt Needles (Set of 6)
- Additional Materials: 2 plastic safety eyes, 6 mmdiameter Fiberfill stuffing



STITCH EXPLANATION:

sc2tog (sc decrease) Insert hook into st and draw up a loop. Insert hook into next st and draw up a loop. Yarn over, draw through all 3 loops on hook.

NOTES:

Work in continuous rnds; do not join or turn unless otherwise instructed.

UPPER SHELL

With A, ch 2.

Rnd 1: Work 6 sc in first ch; place a marker to indicate beg of rnd; move marker up as each rnd is completed.

Rnd 2: 2 sc in each sc around - 12 sc.

Rnd 3: *2 sc in next sc, sc in next sc; rep from * around - 18 sc. **Rnd 4:** *2 sc in next sc, sc in next 2 sc; rep from * around - 24 sc. **Rnd 5:** *2 sc in next sc, sc in next 3 sc; rep from * around - 30 sc. **Rnd 6:** *2 sc in next sc, sc in next 4 sc; rep from * around - 36 sc. **Rnd 7:** *2 sc in next sc, sc in next 5 sc; rep from * around - 42 sc. **Rnd 8:** *2 sc in next sc, sc in next 6 sc; rep from * around - 48 sc. **Rnds 9-14:** Sc in each scaround.

Fasten off.

BOTTOM SHELL

With B, ch 2.

Rnds 1-8: Work Rnds 1-8 of Top Shell - 48 sc. Fasten off.

HEAD

With B, ch 2.

Rnd 1: Work 6 sc in first ch; place a marker to indicate beg of rnd; move marker up as each rnd is completed.

Rnd 2: 2 sc in each sc around - 12 sc.

Rnd 3: 2 sc in next sc, sc in next 10 sc, 2 sc in next sc - 14 sc. **Rnd 4:** 2 sc in next sc, sc in next 12 sc, 2 sc in next sc - 16 sc. **Rnd 5:** 2 sc in next sc, sc in next 14 sc, 2 sc in next sc - 18 sc. **Rnd 6:** Sc in each scaround.

Rnd 7: Sc2tog, sc in next 14 sc, sc2tog - 16 sc. **Rnd**

8: Sc2tog, sc in next 12 sc, sc2tog - 14 sc. **Rnd 9:**

Sc2tog, sc in next 10 sc, sc2tog - 12 sc. Fasten off.

LEGS (make 4)

With B, ch 2.

Rnd 1: Work 4 sc in first ch; place a marker to indicate beg of rnd; move marker as each rnd is completed.

Rnd 2: 2 sc in each sc around - 8 sc.

Rnds 3-5: Sc in each sc around. Fasten off.

TAIL

With B, ch 2.

Rnd 1: Work 4 sc in first ch; place a marker to indicate beg of rnd; move marker as each rnd is completed.

Rnds 2-4: Sc in each sc around - 4 sc. Fasten off.

FINISHING

Following package directions, attach safety eyes to Head. Stuff Upper Shell and sew to Bottom Shell. Stuff Head and sew to Shell. Stuff Legs and Tail very lightly and sew to Shell. Weave in ends.

ABBREVIATIONS / REFERENCES

Click for explanation and illustration

<u>beg = begin(s)(ning)</u>	<u>ch(s) = chain(s)</u>
<u>rep = repeat(s)(ing)</u>	<u>rnd(s) = round(s)</u>
<u>sc = single crochet</u>	<u>st(s) = stitch(es)</u>

A Cat Toy can be created very easily by crocheting or knitting a tube and then stuffing it with something crinkly such as the crumpled up bag that cereals are contained in inside the boxes. Close up the ends, add ears, whiskers, eyes, and a tail, if you like, for a mouse and you have something for a cat to bat around while being amused by the sound. Or pinch at both ends to make a fish, or just close it up for a snake....



From the Heart Local Group Times

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>	<p>2 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 Kroger)10am</p>	<p>3 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>4 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>Dinwiddie Library 1:00-3:00pm</p>	<p>5 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>6 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>7 Atlee Angels Legacy Park 10 – noon</p> <p>Starbucks Oxbridge Square 10 – noon</p>
<p>8 King George - Peace Lutheran Church 2 - 4pm</p>	<p>9 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>Crossings at Fall Run 11 am</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>10 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>11 Colonial Heights Senior Center 10-noon</p> <p>Veteran's Day libraries closed</p>	<p>12 Hopewell Library 10am - noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00</p>	<p>13 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>14 Louisa Group Hardee's 10 – noon</p>
<p>15</p>	<p>16 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>17 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>18 Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>19 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>20 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>21 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<p>22 King George - Peace Lutheran Church 2 - 4pm</p>	<p>23 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>Crossings at Fall Run 11 am</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>24 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>25 Colonial Heights Senior Center 10-noon</p>	<p>26</p> <p>THANKSGIVING DAY</p>	<p>27 Starbucks Huguenot Rd 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>28 Redeemer Lutheran Church, Redbridge Rd. 9 – 11am</p>
<p>29</p>	<p>30 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>					

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
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