

# "From the Heart"

*Volunteers are angels in disguise.*

*Sent with love...*



"From the Heart" 



## **Grateful Thread – February 2015**

1425 Crawford Wood Place

Midlothian, VA 23114

[www.facebook.com/FromtheHeartStitchers](http://www.facebook.com/FromtheHeartStitchers)

[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

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### **Letter from Lois - February 2015**

Hubby thinks I'm becoming obsessed with 'loopy' scarves and 'baby' bears for dementia patients... and now I'm beginning to realize it too. I know I've been aware of these problems but didn't give it a second thought... Well, sure I did but it was just too scary to consider seriously. With my visits to memory care facilities, I have been becoming more aware.

The more I see and hear of dementia/Alzheimer, the more I want to learn how to avoid it. From what I've read, as much as possible stay mentally and physically active with a good bit of healthy nutrition as well. So, as much as possible I've added more preventions to my daily routine. More physical exercise (hubby draaaaaags me to the gym at least twice a week. I wouldn't mind if he would just let me work on my socks while on the treadmill). Brisk walks would be good but, right now, I can't fit that in but when I can I'll certainly bring my stitching for a walk as well. I'll bet I could even work on a scarf as I walk and just toss the length over my shoulder as it grows! I've even added squats to my routine...gotta keep those hips working! Some of us have limitations that prevent very physical activity. We still must keep up as much movement as we can. Work with what you've got to KEEP what you've got. After all, we've got to keep as much blood flowing to our brains as possible... preventing stagnation in that area.

Mentally, I already spend lots of time doing online crosswords and Sudoku - that's an easy one. And when I'm not doing these, I'm either knitting or crocheting - so far so good! Next I'm working on nutrition. Number one, I've done my best to eliminate wheats and nitrates from my diet and, boy-oh-boy, do I feel better. I could never prove they are the reason but I like to think so. I stay hungry and 'graze' all the time so I'm doing my best to make the choices lean more towards fruits and veggies and away from all the things I LOVE - chips, fries, cookies, and anything chocolate.

In making deliveries to memory care facilities, I'm hearing some of the good results of our stitches. In one instance a patient was given a bear dressed as a baby complete with a cute little blanket. Last time I check she was still holding it! The care givers were having a problem with here maintaining her bath routines. At that same facility two

other bears were being 'baby-sat' for several hours by one patient, kissed goodbye and handed off to the next pair of waiting arms. Seems we ARE making a difference.

So, healthy eating, staying social, exercising, continued education (do we need more stitching classes?) should all become part of our daily routine.

Stay healthy, both physically and mentally and come see us at the shop more often! ---

*Lois*

## CROCHETED RIPPLE BLANKET

Materials:

Worsted weight yarn

Size I hook. If you want the blanket bigger or smaller just use a bigger or smaller hook.



Chain 118, DC in third ch from hook (your two ch count as 1 DC) DC in next 5 chs (total of 7 DC including the first 2 chs) \*In next ch, DC CH1 DC (this is the peak) DC in next 7 Chs. Skip the next 2 CHS. DC in next 7 CHS\* Repeat from \* until you make your last peak. After you make the last peak DC in next 6 Chs, Skip the next CH, DC in last stitch for a total 7.

Next Row: CH 2, Turn. Skip a stitch, DC in next 6 stitches. Then DC CH1 DC in CH1 stitch. Then repeat the pattern like before. After you make the last peak DC in next 6 stitches, skip one DC in last stitch, CH 2 turn and repeat.

Repeat the second row until you have the length you desire.

## KNIT RIPPLE BLANKET

Materials:

Caron Simply Soft (100% acrylic, worsted weight, no dye lot yarn):  
3 oz. each of Three colors (A), (B), & (C); 4 oz. (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.

**Approx. finished size:** 34 in. wide x 37 in. long as given. Repeat more Pattern sequences to make the blanket longer.

From: (<http://roadtogrinnell.blogspot.com/2011/01/classic-ripples-baby-blanket.html>)



## **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](mailto:pegreswolde@comcast.net)

## **Mystery Knit-A-Long / Crochet-A-Long**

Those of you who have indicated a strong interest in doing this.... please don't lose heart. We have taken note of what you want and will be in touch soon. We are trying to tie up a few loose ends.

In the meantime, anyone else who is interested in taking part in a Mystery Knit-A-Long or Crochet-A-Long, contact Tricia at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or Lois at [Loisfth@me.com](mailto:Loisfth@me.com) to let us know of your interest as we can still fit you in.

## **Chesterfield County Library (Midlothian Branch) Knitting Class - Teachers needed.**

From the Heart will be teaching a knitting class at the Midlothian Branch of Chesterfield Co. Library (521 Coalfield Road, Midlothian) on Saturday, February 7th from 10:30 until noon.

There are currently 15 registered and another 5 on the waiting list so, as you can see, I will need several people to assist with teaching. The knitters will be beginners for the most part although there may be a few who already have some skill.

There is a strong possibility this class will repeat on either February 28 or March 21 (both days are Saturdays) so let me know if there is a possibility you could help out then and I'll get back to you once either/or of these dates have been decided on.

Please let me know ASAP if you are available to help. Thank you so much.

Lois  
(804) 305-4971  
[loisfth@me.com](mailto:loisfth@me.com)

## **2015 Retreat - "Colors of the World"**

Our Retreat this year will be held in August although I still have not heard back with final confirmation as to which Saturday. Does that matter? Nah, didn't think so - just block out all five until I have the date confirmed which will hopefully be within a couple of weeks :-). Our theme, in keeping with our 'Purple' Book and to recognize the flags of all the many countries our members hail from will be 'Colors of the World'. We have some really cool ideas as to how to make the concept a reality so stay tuned for more as details and ideas get smoothed out.

Don't forget I continue to seek tips, tricks and patterns for the Purple Book and am also looking for volunteers to test the patterns as they come

in. Once again, please try to include information about yarn type, weight and amount needed on any patterns you submit.

Thank you so much. As with our previous Retreats, we expect this one to be outstanding.

Thanks a bunch,  
Tricia (804) 683-9015 - [ennis1000@verizon.net](mailto: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.

## **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](mailto:ennis1000@verizon.net)  
Eleanor Cannon [e-cannon@msn.com](mailto:e-cannon@msn.com)  
Ann Robbins [aerobbins@live.com](mailto:aerobbins@live.com)

Ann Robbins is the February scheduler. She can be reached by phone at (804)921-1174 (c) or via email at [aerobbins@live.com](mailto:aerobbins@live.com) if you want to volunteer at the shop this month.

**Congratulations** to Linda Pinkham 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.

## **From the Heart's Winter Weather Policy**

As winter weather becomes come of a daily occurrence, please remember that your safety is the most important thing at From the Heart. Our winter weather policy is simply

- a) If the schools are open, the shop is open
- b) If the schools are closed, the shop is closed

However, if you are unsure, please do not take any chances either as a shopkeeper or a member and stay at home if you are not comfortable with going out even if the schools are open.

If you are scheduled to shopkeep and do not feel comfortable with being on the roads but the schools are open, simply let the scheduler for that month know and we will do our best to find a replacement.

## **Powhatan Festival of Fiber - April 25, 2015 - Mark your calendars now**

The Powhatan Festival of Fiber is gearing up for their next event which takes place on Saturday, April 25, 2015. Please contact Linda Hague to volunteer to help or if you would like more information. Linda's email address is [llh607@verizon.net](mailto:llh607@verizon.net) and her phone number is 804-741-1135. Lots and lots of help is needed as this is a big event.

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.

As the name suggest, 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...

## Current Needs

### Richmond, Petersburg and surrounding

Richmond needs scarves - solid colors and all sizes from children to adult.

Also needed are blankets for use by dialysis patients. Please note these blankets need to be approximately 30" by 60" as shorter leaves part of the patient's body exposed (and cold) during treatment.

### Fredericksburg/ King George Area Current Needs

ALL types of baby items are needed with the exception of premie hats. Also needed are soft acrylic Chemo hats and lap blankets. As always, blankets of any size are appreciated.

Should you decide you wish to make something in line with our current needs, a pattern for a scarf is near the end of the newsletter and two for blankets are on the second page.

*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](mailto:ennis1000@verizon.net)

## Donation Inventory Numbers Through December

<b>Previous Total</b>	
<b>Mid 2002 – 2014</b>	<b>211,105</b>
<b>2015</b>	
January	<u>1,821</u>
<b>Year to date total</b>	<b>1,821</b>
<b>Grand Total</b>	<b>212,926</b>

## *Basket Weave Scarf*

### Materials:

- 1 Skein of Worsted Weight Yarn (says #4 on the label)
- 2 One pair of US 8 straight needles.

Cast on 32 stitches (You can make this scarf narrower or wider but you must have a multiple of 8 stitches so narrower would be 24 and wider 40 stitches)

Row 1: Knit all

Rows 2, 3, 4, 5, & 6: Knit 4, Purl 4, (continue to end of row)

Row 7: Purl all

Row 8, 9, 10, 11, & 12: Purl 4, Knit 4, (continue to end of row)

Repeat these 12 rows until your scarf is as long as you want it or until you have about 1 ½ yards of yarn left)

Cast off all 32 stitches



## Directions to ‘Waste Not, Want Not Workshop’

**Saturday March 14<sup>th</sup> – 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

# February 2015

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

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Day of Month</b>	<b>Time of Day</b>
Atlee Angels	Legacy Park Social Center Midday Lane	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm/10-noon
Brandermill/Woodlake	Clover Hill Library, Deer Run	Midlothian	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday	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 <sup>nd</sup>	1:30 - 3pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2 <sup>nd</sup>	2 – 3:30pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Every Monday	2:00pm
Crossings at Fall Run	60 Brimley Drive	Stafford	Every Thursday	11am
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:00pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1:30pm
Farmville	Farmville Baptist Church, 132 North Main St	Farmville	Every Monday	5:00pm
From the Heart	1114 Westbriar Drive	Henrico	Tues, Wed, Thurs, Sat every	10am - 2pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6 - 8pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	1 - 5pm
King George, Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2 <sup>nd</sup> , 4 <sup>th</sup>	2 - 4pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 <sup>nd</sup>	10am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	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 <sup>st</sup>	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	4:30 - 7:00 pm.
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2 - 4pm
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 <sup>nd</sup> , 4 <sup>th</sup>	2 - 4pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11am-1:30pm
Starbucks	10009 Hull Street Road	Richmond	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	10am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	6:30 - 8:30pm
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	11:30a – 2:30p
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 3 <sup>rd</sup>	6:30 – 8:30pm