

"From the Heart"

Volunteers are angels in disguise.

Sent with love...

"From the Heart" 



Grateful Thread – April 2015

1425 Crawford Wood Place

Midlothian, VA 23114

www.facebook.com/FromtheHeartStitchers

www.fromtheheartstitchers.org

Letter from Lois - April 2015

Can you feel the excitement in the air? It's coming in just a little less than five months! The Retreat is coming! The Retreat is coming!

Mark your calendars right now...August 29th, 2015. Once you have your registration form in hand, fill it in, add your check and drop it in the mail to Beth Williamson to ensure a spot will be available for you. This year they **MUST BE MAILED TO HER!** Do NOT drop them in the cash donation box at the shop...MAIL IT RIGHT AWAY!!

Each year our attendance numbers have increased significantly, to the point where we are having to make a few changes in how Retreat day is handled. For starters, **NO WALK-INS AT THE DOOR...NO EXCEPTIONS!!** Remember that...if you have not registered before our deadline we will not have a space for you. We are sorry it has come to this but we **MUST** know in advance you are coming in order to have enough chairs, table space and food on hand for everyone. In the past this has been a problem. The only way we can ensure we never again have someone who has registered in advance miss out on lunch because someone who made a last minute decision to attend took the seat and food allotted for them. This year this will not be a problem because we are limiting access to only those whose payment has been received and whose name is on the door-entry list.

That said, we are looking forward to spending another wonderful day honoring our members. As always, there will be very nice take-home treats for each one and best of all, another special From the Heart book to add to your growing library! We will have a limited number of classes and as always, vendors. You know from past years the food will be delicious and don't forget our celebration cake in the afternoon!

About those vendors. You will recognize some from past years but we just may have one or two new-to-you folks as well. Williamsburg Chocolatier will be joining us again (YUM!) and Sterling Jewelry will be returning also.

We will have a yarn vendor and back this year after a couple of years absence is Bernice with her awesome soaps and scents! New this year we are planning for Tastefully Simple to join us with lots of goodies and food prep ideas.

So, as you can see, things are shaping up quickly. Actually the wheels have been in motion since about 5 o'clock the afternoon of last year's Retreat...It really takes that long to put together an event like ours. We are so excited to be gathering again to celebrate our members and are anxiously awaiting YOUR ARRIVAL!

See you at the shop soon and most definitely looking forward to our 10th Annual From the Heart Retreat!

Lois

Baby Blanket - Crochet

SUPPLIES:

4 – 6oz skeins of Caron Simply Soft yarn.

K Crochet Hook

BODY:

Foundation: Ch. 100 & turn (to make larger add increments of 4)

Row 1: in 4th chain from hook (dc2ch1sc1) repeat all the way across in every 4th chain... At the last chain do just one dc, ch2 and turn.

Row 2: In the space created by the chain (not the actual chain stitch) continue the same stitch pattern (dc2ch1sc1) repeating all the way across. After doing the last one in the top of the last dc stitch from the row below dc1 and the ch2 and turn.

Row 3-63: repeat row 2.



If you made it wider the 100 chains continue rows until it is square – 100 chain results in a blanket approximately 35” sq.

RUFFLE:

Round 1: ch1 sc around all 4 sides of the blanket sc3 in each of the 4 corner stitches, sl to connect at end of round

Round 2: ch2, dc2 in each sc all the way around dc4 in each of the 4 corners, sl to connect at end of round

Round 3: ch2, repeat the pattern (dc2 in the first sc, dc1 in the next sc) all the way around dc3 in each of the 4 corners, sl to connect at end of round

Round 4: ch2 repeat the pattern (dc2 in the first sc, dc1 in the next 2 sc) all the way around dc3 in each of the 4 corners, sl to connect at end of round and tie off to complete. Weave in all loose ends.

4-BALL GARTER WEAVE BABY BLANKET

Approx. Size: 32" X 32"

Gauge: approx. 2.5 stitches/inch Materials:

Size 13 circular needle, 24" – 36" length

4 Balls Plymouth Encore Worsted Weight Yarn (2 strands held together, approx. 800 yds.) Using yarn held double, cast on 77 stitches, K 9 rows

Pattern:

Row 1: K7, (P3, K9) 5 times, P3, K7

Row 2: K4, P3, (K3, P9) 5 times, K3, P3, K4

Row 3: Repeat row 1

Row 4: K

Row 5: K13, (P3, K9) 5 times, K4 Row 6: K4, (P9, K3) 5 times, P9, K4

Row 7: Repeat row 5

Row 8: K

Repeat rows 1 –8, 13 more times (14 repeats total)

K 8 rows Bind Off



2nd Annual Richmond Leftovers Workshop/Potluck Lunch

On Saturday May 16th, 2015 from 10am until 3pm, we are hosting our 2nd Annual Richmond "Leftovers Workshop/Potluck Lunch" at the Brandermill Church in Sunday Park.

We are planning, among other things, a 'yarn swap'. If you have yarn in your stash that you loved when you got it but simply couldn't use or figure out a way to use, bring it along and see what you can swap it for. This will be for full skeins of nicer yarn only.

We'll bring leftover yarn and patterns from the shop, you bring any leftover yarn you may like to share and FOOD! Crockpots, veggies, chips, dips, desserts... anything you would like to bring will be welcome. You will be able to turn in any completed items while there as well as pick up yarn or kits for your next projects. Plan to spend the day with old friends and enjoy meeting new ones.

Let us know if you have questions and if you are planning to attend (this will help us in our planning). We are also interested in hearing from anybody who has an interest in demonstrating techniques for quick'n'easy use of leftover yarns.

Call Lois at 804-305-4971

Or email her at loisfth@me.com

2015 Retreat - Saturday August 29 - "Colors of the World"

WE HAVE SET THE DATE so mark your calendars and register now.

Saturday August 29th - 10am until 3:30pm

Registration for the Retreat will open on April 15th and close on July 15th. As Lois mentioned in her Letter from Lois this month, we have had to make a few changes as the numbers attending have increased dramatically and we really do want to ensure that our members have a good time. The worst thing I can imagine is for somebody to look forward to this event and then

find, at the last minute, there is no food for them to eat, no place for them to sit, no goodies waiting at the door 'with their name on them'... so I thank you all for your understanding of our need to make these changes.

That being said, the Registration form is in this Newsletter so fill it in and mail it to Beth as soon as you possibly can. This year, the Retreat once again promises to be fantastic. Directions to the Place at Innsbrook, where the Retreat will be held, are at the end of this Newsletter.

Tricia (804) 683-9015

Field Trip to the Yarn Barn

We are planning a field trip to The Yarn Barn in Dillwyn for Friday, April 10th. Many of you may know Pat Kirtland, the owner of the Yarn Barn, as she has been a vendor at the Retreat for many years. We would leave from the shop at about 10am and travel out (a little over an hour) to Pat's place and we would like to car-pool. Let either Tricia (804)683-9015 or Lois (804)305-4971 know if you would like to be part of this. Following the shopping, we would stop for lunch on the way back to the shop. Between us, Lois and I can fit about 10 people into our cars comfortably so let us know if you would like to come and whether you would be willing to drive if necessary.

2015 Retreat - "Colors of the World" Volunteers Needed

Please contact Tricia at (804)683-9015 if you would like to volunteer to teach at the Retreat this year. We plan to handle the classes a little differently than we have in the past as we have so many people attending. The idea is that we would offer classes all day long (except during lunch, speeches, photos, and Bingo) so that nobody feels they did not have the opportunity to attend one. To make this work, we will need several teachers willing to spend about 20 minutes teaching. We will be coming up with a simple project applicable to both knitting and

crochet and which can be taught in about 20 minutes.

One more, quick note about the Retreat. Although the date for submission of patterns for the Purple Book has passed, I am still interested in hearing from you if you have a question, tip or trick you would like to see included so contact me about that if you do have one.

Thanks a bunch,
Tricia (804) 683-9015

Members, we have a problem!

Have you noticed lately the number of cubbies at the shop donated to white or red yarn? I'm really beginning to think it multiplies overnight! We would like for you to put on your thinking caps and help come up with a way to put this great, acrylic yarn to use to benefit our recipients. Maybe blankets of mostly white or red using a simple row of other contrasting color here and there? I'm drawing a total blank on how to use a good part of this rather quickly in



order to free up some cubbie space for other colors that just may be tucked away in the storage closet.

Think long and hard. Come up with as many possibilities as you can. I've even been trying to work out some type of

contest...anything to find a way to put this really nice (but too abundant at this time) yarn to work for us. Let us know what brilliant ideas you have...we're waiting to hear from you!

If you can't think of anything, why not try the Garter Weave Blanket at the end of this Newsletter or the Crochet one at the beginning.

Happy crafting to all,

Current Needs for Richmond, Petersburg and surrounding

Richmond needs baby items, including blankets (see sizing chart in last month's newsletter). 7X9 crochet or knit (not)squares to be made into blankets. Also needed are shawls for adults and cotton hats

Fredericksburg/ King George Area Current Needs

All types of baby items with the exception of premie hats. Chemo hats. Blankets of all sizes (please note that oncology is requesting blankets of 30 X 50 or larger).

For hats, please note that we are switching to cotton/cotton-ease at the moment.

These items are for guidelines only - please make whatever you enjoy as we can use anything you make

What would you like to see in YOUR Newsletter?

Please 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 PLUS we love to put members' ideas and thoughts in the Newsletter. Thanks!

Tricia Ennis [\(804\)683-9015](tel:8046839015)

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 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...

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

Congratulations to Jacqueline Muoio who is the winner for the March 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 March, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – Feb	4,022
March	<u>1,695</u>
Year to date total	5,717
Grand Total	216,822

Directions to the Place at Innsbrook* (Retreat Location)

Date: August 29th from 10am until 3:30pm

4036-C Cox Road
Glen Allen, VA 23060
804.346.2100

*Located in the Shoppes at Innsbrook

From Washington D.C. / Fredericksburg:
95 South to 295W (toward Charlottesville).
64 East to Richmond Exit #178B.
At first light turn left on to Dominion Blvd.
The Place is the second entrance on the right.

From Petersburg or South of Richmond:
64 West to Richmond Exit #178B.
At first light turn left on to Dominion Blvd.
The Place is the second entrance on the right.

288 to 64 East (this is where 288 ends)

On 64 East take Exit 178B.
At the first light turn left on to Dominion Blvd.
The Place is the second entrance on the right.

From Virginia Beach:

64 West to 295 W Charlottesville.
64 East to Richmond Exit #178B.
At first light turn left on to Dominion Blvd.
The Place is the second entrance on the rig\

From the Heart
10th Annual Retreat Registration Form

August 29, 2015

10:00 am to 3:30 pm

The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060

There will be no walk-ins allowed and form must be mailed (not dropped in the box at the shop)

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Which do you do?

Knit _____ Crochet _____ Both _____

Please complete the above as you will be contacted to verify that you have been registered.
ONLY FORMS MAILED TO ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson

3300 Southall Avenue

Richmond, VA 23234

804-233-4046 (h), 804-920-1542 (c)

elizabethwilliamson3300@comcast.net

Reg. Fee \$35.00 per person. *****Make Check Payable to From the Heart****

Your check # _____ Amount: _____

For planning purposes, registration must be **received** on or before August 15, 2015.

Share the fun, bring a friend! Feel free to use one form for several attendees. Given the large number of people attending the Retreat and the difficulties posed by large numbers of walk-ins on the day of the Retreat, **there will be no walk-ins** allowed this year so be sure to register both yourself and any friends in time for Beth to have your form(s) in hand on or before August 15th.

Attendees at the Retreat will each receive one copy of the Purple Book as a gift. Do you wish to pre-order additional copies? If so, how many _____

Please include, with this form, an additional amount of \$12 per pre-ordered book

The \$35 donation is to assist and defray the cost of running the retreat

The donation of \$12 per Purple Book defrays the cost of printing

From the Heart Local Group Times

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Colonial Heights Senior Center 10–noon</p> <p>ElmCroft Retirement 1:30</p> <p>‘Colony Critters’, Patriot’s Colony in Williamsburg. 1.3pm</p>	<p>2 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>3 Starbucks Huguenot 11 am-1:30pm</p>	<p>4 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1–3 pm</p>
5	<p>6 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 Crossings at Bon Air 2.00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>7 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>8 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>Chesterfield Needlework Friends Central Library, Lori Rd 2pm</p>	<p>9 Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p>10 Starbucks Huguenot 11 am-1:30 pm</p> <p>Kay’s Krafters 1 –5 pm</p>	<p>11 Louisa Group Hardee’s 10 - noon</p>
12 King George - Peace Lutheran Church 3 - 5pm	<p>13 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>14 Martin’s @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman’s 2nd Fl Food Court - 11:30-2:30</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p>	<p>15 Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p>	<p>16 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>17 Starbucks Huguenot 11 am - 1:30 pm</p>	<p>18 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
19	<p>20 Hillcrest UMC 10-12</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>21 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 Fl Food Court - 6:30 – 8:30pm</p>	<p>22 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>23 Hopewell Library 10a-noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p>24 Starbucks Huguenot 11 am -1:30 pm</p> <p>Kay’s Krafters 1 –5 pm</p>	25
26 King George - Peace Lutheran Church 3 - 5pm	<p>27 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>28 Martin’s @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman’s 2nd Fl Food Court - 11:30-2:30</p>	<p>29 Colonial Heights Senior Center 10-noon</p>	<p>30 Hopewell Library 6-8 pm</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
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
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	3 - 5pm
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
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	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