

**"From the Heart"**

*Volunteers are angels in disguise.*

*Sent with love...*



*"From the Heart"* ♥



**Grateful Thread – May 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 - May 2015

As I sit on my deck, stitching in hand, a pair of bluebirds are feasting on meal worms only 6 or 7 feet away. The birds and I look forward to this morning ritual. They chat with me, I pretend to understand and say a few words in reply. We've been doing this for 4 or 5 years now. They even brought their five fledglings last year for lessons in friendliness and of course, finding the perfect worm.

As we sit, enjoying the warm morning sun, a mockingbird comes to a screeching stop in the middle of their worm tray. The frightened little birds explode into the air to avoid being struck. And here I am, waving my white dishtowel to put that offender in his place. The bluebirds count on this. They are only a short distance away, knowing I'm there to protect them while they chatter and enjoy their breakfast. The upsetting part is that in my haste to defend them I jerked my knitting needle completely out of about 40 small gauge stitches on the beautiful shawl I'm knitting!

I've taken to doing a good bit of my stitching outside, on my deck. It's becoming more difficult for me to see my stitches lately. Now don't get the idea that I'm aging...I'm working hard to prevent that! Even so, it is so much more enjoyable outside in the presence of the soft pink blooms of columbine, the beautiful fronds of the Japanese Painted fern and the exuberance of the hostas, all enough to put smiles on my face just thinking about them.

The colors in the shawl I'm stitching reflect the many foliage colors in my gardens. Even in the glistening blue on the wet wings of the little bird playing in her little bird pool, enjoying a fresh dip before returning to her nest duty. Her mate waits patiently atop their home, prepared to defend against unwanted intruders as he enjoys watching his love enjoy her short spell of freedom from the confines of their nest.

My mornings on my deck or in a French wire chair on my patio have been a long time coming. My cabin fever starts around Thanksgiving and

relief never comes until the first warm, sunny day when I pack up my stitching supplies and my cup of coffee and head outdoors. Finally, relief is here!

Hope you are enjoying your Spring as much as I am! Bring your stitching and your Spring stories and join us at the shop! We look forward to seeing you there.

*Lois*

## 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 along with some others we have recently received which are a really good use of leftover yarns. You can bring any leftover yarn you might like to share and FOOD! Crockpots, veggies, chips, dips, and 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](mailto: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 is open and will continue until July 15th. As we've noted before, we need to be stricter in terms of registrations going forward in order to avoid problems on the actual day of the Retreat so please do send your registration to Beth as soon as possible to make absolutely sure you are included. Beth will send you an acknowledgement to let you know she has received it. This year, there is also an opportunity to 'pre-order' the Purple Book by checking a box on the registration form so perhaps it is time to start thinking about Christmas gifts ☺

Speaking of the Purple Book, it is coming along very nicely and I would like to thank all of those who have helped with it by sending in patterns, ideas, tips, tricks, articles and techniques and, also, a big thank you to those who have so diligently tested the patterns. We could still use a couple more crochet patterns so if you have a pattern you have designed and would like to see in the book, please send it on to me.

Classes at the Retreat this year will be held a little differently as we are planning to offer them all day long if possible. We are hoping to offer one simple 'make on the go' project in both knit and crochet and have each class last only about 15-20 minutes with teachers rotating throughout the day. In order to do this, we will need many more teachers than we have had in the past so please let me know if you can help out there. As a teacher, you would be supplied the pattern to use and the supplies you need to teach. Your time commitment on the day of the Retreat would be about ½ hour twice in the day.

Tricia (804) 683-9015  
Ennis1000@verizon.net

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

Tricia Ennis is the May scheduler. She can be reached by phone at (804)683-9015(c) or via email at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) if you want to volunteer at the shop this month.

**Congratulations** to Nancy Wright who is the winner for the April 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

<b>Previous Total</b>	
<b>Mid 2002 – 2014</b>	<b>211,105</b>
<b>2015</b>	
Jan – Mar	5,899
April	<u>1,535</u>
<b>Year to date total</b>	<b>7,434</b>
<b>Grand Total</b>	<b>218,539</b>

## Current Needs

### *Richmond, Petersburg and surrounding*

**Richmond** continues to need baby items, including blanket and hat sets. Shawls and cotton hats **for adults** are also needed. We also need 7" X 9" crochet or knit (not)squares to be made into blankets. These can be any stitch, any type of yarn.

### *Fredericksburg/ King George Area Current Needs*

Baby items. Summer cotton and/or soft lightweight acrylic blankets.

*For hats, please note that we are switching to cotton/cotton-ease at the moment. For adult hats, please work the hat for 8 -8.5" before starting the crown decrease.*

If you want to make items to match our current needs, there are patterns in this Newsletter for cotton hats and also for the 7 X 9 (non)squares.

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

## Directions to the Place at Innsbrook\* (Retreat Location)

**Date: August 29<sup>th</sup> 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 right

## Crocheted Chemo Cotton Hat designed by Marti Manson

F hook or size that is comfortable for you  
Soft Worsted Weight Cotton Yarn

### Directions:

Ch 4. Join to the beginning ch with sl st.

Ch 3, then 11 dc in the circle and join to top of ch3 with sl st.

Ch 3, 1 dc in same stitch, then 2 dc in each st around. Join to the top of the ch3 with sl st.

Ch 3, 1 dc in same stitch, \*1 dc in next stitch and then 2 dc in the next stitch. Repeat from \* around the row and join to the top of the ch 3 with sl st.

Ch 3, 1 dc in same stitch, \*1 dc in the next 2 stitches, then 2 dc in the following stitch. Repeat from \* around the row and join to the top of the ch 3 with sl st.

Ch 3, 1 dc in same stitch, \*1 dc in the next 3 stitches, then 2 dc in the following stitch. Repeat from \* around the row and join to the top of the ch 3 with sl st.

This next row is optional. If you feel the hat is not wide enough at this point you should do the following:

Ch 3, 1 dc in the same stitch, \*1 dc in the next 4 stitches, then 2 dc in the following stitch. Repeat from the \* until you reach the ch3 and join to the top with a sl st.

When you are happy with the width of the hat: ch 3 and dc in each stitch around joining to the top of the ch 3 with a sl st. Repeat this row until the hat is at least 8 inches from the beginning. I usually do a couple of rows after this just to make sure it is long enough.

### Finishing the hat:

Now you can finish the edge in several different ways. Sometimes I just make the last row all hdc which gives it a nice firm edge.

Another way that I sometimes finish the hat is to do the following:

1 sc \*skip 1 st, 5 dc in the next st. skip 1 st and 1 sc in the next st. Repeat from the \* until you come back to the beginning sc. This makes a scalloped edge and makes it a little more feminine.

Another way that I sometimes finish is with a row of hdc or sc all around and then make picot chains around the edge.

Ch 6, sl st in the 3rd ch from the hook and join with sl st then ch 3. Skip 3 stitches and join to the 4th st with a sl st. Repeat from \* around the hat to the beginning. Sometimes as you get near the end of the round you may have to adjust the number of stitches that you skip before joining the ch.



**The Inside Out Knit Chemo Cap**  
Knit Head Hugger Designed by: Joyce Forker  
Sample caps made by Joyce Forker

Use knitting needles size 8 and 10 (2 each)  
Soft Worsted Weight Cotton Yarn

**Directions:**

Cast on 80 stitches on size #8 needles K1, P1 for 1 3/4 inches.  
Change to size #10 knitting needles. ROW 1: Purl.  
ROW 2: Knit 1, Purl 1 across.  
Repeat rows 1 and 2 until cap measures 8 inches from beginning.

**TOP SHAPING:**

\*K2, K2 tog\*. Repeat from \*\* across. Purl 2nd row and all even numbered rows.  
3rd Row: \*K1, K2 tog\*. Repeat from \*\* across 5th Row: Repeat 1st row.  
7th Row: Repeat 3rd row. 9th Row: K2 tog across. 11th Row: K2 tog across.  
Purl across. Break off yarn leaving 18" tail. Draw yarn through remaining sts. And pull up tight. Fasten off on wrong side of cap. Sew seam.



<http://www.headhuggers.org/patterns/patterns.htm>

## 7" \* 9" (not) Squares

**Knit:** Using worsted weight yarn, which knits at 5 sts to the inch and US size 7 -9 (depending on your gauge), cast on 35 stitches and work for 9" if garter, stockinette or seed stitches are being knit. Cable patterns will require an extra stitch or so. Patterned work may

**Crochet:** Using worsted weight yarn and a suitable hook, chain 30 for SC, 27 for DC, 31 for shell or Half DC and work for 9"

\*\*\*\*\*

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

**From the Heart**  
**10<sup>th</sup> 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 15<sup>th</sup>.

**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

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><b>1</b> Starbucks Huguenot Rd 11 am-1:30pm</p>	<p><b>3</b> Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1–3 pm</p>
<p><b>3</b></p>	<p><b>4</b> Hillcrest UMC 10-12</p> <p>Midlothian Women’s Group Starbucks (inside Kroger)10am</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><b>5</b> 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><b>6</b> Colonial Heights Senior Center 10–noon</p> <p>ElmCroft Retirement 1:30</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd 2pm</p> <p>‘Colony Critters’, Patriot’s Colony in Williamsburg. 1.3pm</p>	<p><b>7</b> Hopewell Library 6 – 8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p><b>8</b> Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay’s Krafters 1 –5 pm</p>	<p><b>9</b> Louisa Group Hardee’s 10 - noon</p>
<p><b>10</b> King George - Peace Lutheran Church 3 - 5pm</p>	<p><b>11</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>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><b>12</b> 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><b>13</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>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p><b>14</b> Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p><b>15</b> Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p><b>16</b> Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<p><b>17</b></p>	<p><b>18</b> 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><b>19</b> 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><b>20</b> Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p>	<p><b>21</b> Hopewell Library 6 – 8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p><b>22</b> Starbucks Huguenot Rd 11 am -1:30 pm</p> <p>Kay’s Krafters 1 –5 pm</p>	<p><b>23</b></p>
<p><b>24</b> King George - Peace Lutheran Church 3 - 5pm</p>	<p><b>25</b> 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>The Crossings at Bon Air 2.00</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p>	<p><b>26</b> 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><b>27</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>28</b> Hopewell Library 10a-noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p><b>29</b> Starbucks Huguenot Rd 11 am-1:30pm</p>	<p><b>30/31</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)**

Name	Address	City	Day of Month	Time of Day
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	Wednesday 2 <sup>nd</sup> and 4 <sup>th</sup>	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
Colony Critters	Patriot’s Colony	Williamsburg, VA	Wednesday 1 <sup>st</sup>	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 <sup>nd</sup> , 4 <sup>th</sup>	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
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>	3 - 5pm
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	Tuesday, every	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