

"From the Heart"

Volunteers are angels in disguise.

Sent with love...



"From the Heart" ♥



Grateful Thread – June 2015

1425 Crawford Wood Place

Midlothian, VA 23114

www.facebook.com/FromtheHeartStitchers

www.fromtheheartstitchers.org

Letter from Lois - June 2015

Here I am again, on my deck, baby blue birds sitting overhead on the pergola (oops!), begging for just anyone to drop a goody into their gapping mouths! These lovely little blue babies bring to mind again the spring, early summer, beautiful flower colors.

I think it would be wonderful to create chemo and newborn size hats for this season using these delightful colors in softer yarns. At the shop we have Caron Simply Soft, Bernat Soft Baby, even Red Heart has one now called Soft. With the warmer season, these lighter weight yarns will be perfect for a head covering that does its job without causing too much warmth. Just one thing, be sure to try on your chemo hat to be certain it is long enough to cover your ears. And those baby hats, not preemie size, not toddler size but just right, just stretchy enough to fit a 6 pounder on up to a 12 pounder...amazing how large some of those new babies are these days!

Give this some thought and come "shopping" at our location on Westbriar Drive. Hope to see you there soon!

Lois

Current Needs

Richmond/Petersburg area needs soft summer cotton chemo hats (there are patterns in this newsletter should you decide you'd like to make one) and continues to have a need for baby blankets.

Fredericksburg/King George area currently needs baby items (not preemie). Also Summer cotton and/or soft lightweight acrylic blankets.

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

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

Registration for the Retreat continues until July 15th and, as we currently have more than 140 people already registered, I strongly urge you to go ahead and do so if you know you want to attend and have not already sent your form in. Beth will send you an acknowledgement to let you know she has received it. This year, there is also an opportunity to 'pre-order' extra copies of the Purple Book by checking a box on the registration form so perhaps it is time to start thinking about Christmas gifts ☺

A few words about this 'Purple Book' – we have ~100 patterns (knit, crochet, and sewn) which cover the gamut from hats to blankets with all manner of items in-between. These have all been designed by our members so this alone makes the book very special in my mind. However, we also have sections in the book to address and answer all the issue and questions you have sent and brought up to me since the book idea was first floated. It will contain all sorts of sizing information, sections on how to avoid common problems in knitting and crochet, sections to teach you new techniques and stitches, helpful tips and hints and lots of other exciting stuff that we crafters value.

Can you tell I am just a little excited about it?? The idea of the book was that it would be a 'go-to' when you have a question to which you don't know the answer and I have to say all of us on the Board are very pleased with how it is turning out and really hope that it will become one of the more valued books in your library.

Our very own From the Heart knit and crochet compendium at least that is how I see it. Yes, I have to admit I am just a little excited ☺

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

A Few Shopkeeping Item Reminders

As you all know, we are tightly regulated by the IRS and are required to account for every donation that comes in to us – whether it be cash or actual yarn. This is the reason for the sign in / sign out sheet and book on the desk near the front door. Individuals should use the sheet to record what they take from the shop and what they return as items to be donated to our recipient groups. The book is used by the various groups that craft for From the Heart so, if you take out yarn or bring in items from a FTH group you belong to, that is where you would record it.

On occasion, an item will come in to the shop which has been exposed to smoke, animal hair, or mothballs. When this happens, one of the shop-keepers will usually take the item(s) home and run them through whatever is needed to remove the odor/pet fibers. The reason we need to do this is that many of the end-recipients of From the Heart items have compromised immune systems and cannot tolerate smoke or animal hair. Should you need to deal with this before you bring your items in (or, indeed, should you volunteer to take a few items home to help with this at any time), we have found that spritzing them with water using a plant mister or other spray type bottle and then running them through a short dry cycle usually solves the problem. If you decide to use a fabric softener in the dryer, please be careful to use one which does not have a strong odor in itself.

Thank you so much for helping us with these potential problems.

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

Few Still Seeking a Few Good Teachers

I am still in need of volunteers who are willing to teach a class at this year's Retreat. The commitment would be only about 20 minutes on two occasions during the day – one in the morning and once in the afternoon.

So far, I have 5 teachers, three which will offer crochet classes, one knitting and one another craft. I have had a request for a class on how to use double-pointed needles so that is one you might be willing to consider doing. Any other ideas are also welcome but, along with the ideas, I need teachers to teach them. Please consider and let me know if you can help out. Thanks.

Tricia (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
Eleanor Cannon e-cannon@msn.com
Ann Robbins aerobbins@live.com

Ann Robbins is the June scheduler. She can be reached by phone at 270-6247 (H) 921-1174 (C) or via email at aerobbins@live.com if you want to volunteer at the shop this month. Don't forget that, if you use the white board at the shop to sign up, you will need to let Ann know you have done so.

Congratulations to Ginny Wong 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 May, 2015**

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – April	7,324
May	<u>1,334</u>
Year to date total	8,658
Grand Total	219,763

**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 right

Crocheted Baby Hat

Eleanor Cannon

F hook and Sport Weight Yarn (I used Baby Soft)

To begin: Chain 27

NOTE: Turn and ch 1 at the end of all odd rows.

Row 1 – sc in 2nd chain from hook and in each chain across
(26 sc)

Row 2 – sc in 20 sc (do not sc in last 6 sc), turn (do not ch 1)

Row 3 – sc in 20 sc back to beginning

Row 4 – sc in 20 sc and in 2 sc in Row 2 (22 sc) (do not sc in last 4 sc in
Row 2) turn (do not ch 1)

Row 5 – sc in 22 sc back to beginning

Row 6 – sc in 22 sc and in 2 sc in Row 2 (24 sc) (do not sc in last 2 sc in
Row 2) turn (do not ch 1)

Row 7 – sc in 24 sc back to beginning

Row 8 – sc in 24 sc and in remaining 2 sc in Row 2 (26 sc), turn (do not ch 1)

Row 9 – sc in 26 sc back to beginning.

Repeat Rows 2 thru 9 for following measurement:

Approximate hat size guideline (circumference):

12” Premie

14” Newborn

16” Baby (approx 3- to 6-month old)

Finish off; leave a long tail for sewing up seam. Fold piece in half and sew two sides together to form hat. Run yarn through stitches at top of hat to close. Turn up about a 2” cuff when finished.

You can experiment with a G or H hook and other yarns to make larger hats.



FULL TERM NEWBORN/TODDLER HAT

Circular Knit creation by Lois Moore

Yarn: Acrylic worsted weight – 80 to 100 yards

Needles: Size US # 9 of your choice, circular (at least 29" for magic loop) or double points

Pattern:

Cast on 52 stitches, Join to knit in the round.

Work 32 rows of knit 2, purl 2. Hat will measure about 7".

Decreases:

Row 1: Knit 2, purl 2 together to end of round (39 sts)

Row 2: Knit 2 together, purl 1 to end of round (26 sts)

Row 3: Knit 2 together to end of round (13 sts)

Row 4: Knit 2 together 6 times, knit 1 (7 sts)

Cut yarn leaving a tail of about 8 – 10". Thread tail through 7 stitches and snug up tightly.

Weave in ends.



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

June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 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>2 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>3 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>4 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>5 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>6 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1-3 pm</p>
7	<p>8 Hillcrest UMC 10-12</p> <p>Crossings at Fall Run 11 am</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>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>9 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 Fl Food Court - 11:30-2:30</p>	<p>10 Colonial Heights Senior Center 10-noon</p> <p>Dinwiddie Library 1:00-3:00 pm</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>11 Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p>12 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>13 Louisa Group Hardee's 10 – noon</p>
14 King George - Peace Lutheran Church 3 - 5pm	<p>15 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>16 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>17 ElmCroft Retirement 1:30</p> <p>Colonial Heights Senior Center 10-noon</p>	<p>18 Panera Bread Midlothian 4:30-7:00 Pm</p> <p>Hopewell Library 6 – 8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p>	<p>19 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>20 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
21	<p>22 Hillcrest UMC 10-12</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>Crossings at Fall Run 11 am</p> <p>The Crossings at Bon Air 2.00</p>	<p>23 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>24 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>25 Hopewell Library 10a-noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p>26 Starbucks Huguenot Rd 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	27
28 King George - Peace Lutheran Church 3 - 5pm	<p>29 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>The Crossings at Bon Air 2.00</p>	<p>30 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 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
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
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