

"From the Heart"

Volunteers are angels in disguise.

1425 Crawford Wood Place

Midlothian, VA 23114

www.facebook.com/FromtheHeartStitchers

www.fromtheheartstitchers.org



Grateful Thread - September 2015

Letter from Lois - September 2015

After seeing the very large participation at our classes during our Retreat this year, it appears that we really do need to keep that ball rolling. This is something that has slipped past us for some time now. We want to get back into our How-To classes!

In the past we have always held these workshops at our shop on Saturday afternoons. But maybe a little change of pace is in order. Those Saturdays will still work but we would like to change this up a bit. We can also come to your group!

Put your heads together and determine if there is some area in which your group would like to expand its knowledge, be it knit or crochet. Talk it over, pick a topic (or two), get in touch with us with dates and times that work best for your stitchers. We will line up a team of 2 or 3 and come to you!

With the season change just around the corner, some of our stitching habits may be altered a little. During these last warm months we have concentrated on smaller projects, take-alongs for road trips and vacations. Now it's time to start the colder weather thinking. Warm hats/scarves for those school kids and homeless men and women will be needed. This area may well be a good topic for workshops.

Think this over, talk about with your group and your friends. We are ready to get these classes going! Let us know how we can help you.

And as always, come see us at the shop!
Lois

Colors of the World 2015 From the Heart Retreat

What a terrific day of fun we had on Saturday. From start to finish, it seemed every minute was filled with something to do from listening to our speakers, to visiting the vendors, to playing Bingo, to taking classes, to winning door prizes

and vying for raffle prizes... and then, of course, there was the food ☺ I hope you all enjoyed it as much as I did the focus of the day was on YOU - the From the Heart Volunteer and what a joy it was to see it all come together and see you all get the kudos you so richly deserve.

This year, as those of you who were there know, we had two large maps displayed on easels and people were asked to stick a pin in to mark the place they were born. Those maps are now at the shop on Westbriar so, next time you're in, please place a pin in it if you have not already. It is really interesting to see the many different places and countries are represented in From the Heart.

I want to take a moment to thank all of those who helped make this Retreat such a success. Ayn did a fantastic job MC'ing and many, many others assisted in so many ways both visibly on the day and behind the scenes beforehand to pull it all together. The Purple Book was a compilation of tips, ideas, patterns, and articles by far too many people to list here. Thank you so much to all of you! I honestly cannot conceive of a nicer, more friendly, and willing group of people than From the Hearters.

While I think to mention it, we have Purple Books available at the shop by request and all we ask is that you make a donation in the amount of \$12 to defray the cost of printing. Have you looked at them? They are quite something and entirely put together by our members.
Tricia

A Quick Note re Shop-keeping

A quick reminder to check that the doors are locked at the end of the day. In the last month, there have been a few occasions when the incoming shopkeepers found the doors unlocked when they got to the shop. This has mostly involved the back door but there was one case where the front door was unlocked. Please remember to check the back door and give the front door handle a tug to make certain the lock has engaged properly. Thanks.

2nd Dollar Daze Donation Day

We once again need to do a big 'clean up' at the shop on Westbriar Drive and, so, we have decided to repeat the Dollar Daze Donation Day we had last year. For those of you who are new to From the Heart, this was a day dedicated to minimizing the number of items we have been fortunate enough to have had given to us but which we can't really use in the fulfillment of our mission while, at the same time, not wasting these items.

On **Saturday, October 3rd**, during regular shop hours, we will host our second Dollar Daze Donation Day. All the pattern books, crochet hooks, knitting needles, and yarn we have accumulated over the past year and cannot really make good use of for the purpose of providing items to our recipients will be made available to members for a donation of as little as \$1. All proceeds from this day will then be turned into useable yarn which will be put in the shop and made available for use in creating items for donation. Those of you who were there last year know what fun we had and, also, I'm sure you saw the results in terms of a fully stocked yarn room following it. Come along on October 3rd and join in the fun. You will find yourself a terrific bargain while also helping From the Heart.

Church of Jesus Christ of Latter Day Saints Project

Once again, this year The Church of Jesus Christ of Latter Day Saints, Petersburg Ward is involved in a service project for which they are making ~500 12" squares for blankets. The program will be ending in late September in time for their 2015 Women's Conference. From the Heart will be presented with the squares at the Women's Conference on Saturday 26th..

We will be needing people to connect the squares once we have received them in order to turn them into blankets so please let either Tricia (ennis1000@verizon.net) or Lois (loisfth@me.com) know asap if you can help in this regard.

The timing on the project is excellent as these squares could potentially be converted into blankets for all manner of events we supply for at this time of year.

From the Heart Crochet-a-Long

We are planning to hold a Crochet-a-Long (finally) starting in late October or early November. As with the Knit-a-Long, this will involve a 3-part pattern and we will hold it on 3 successive Saturdays at the shop starting immediately after the shop closes at 2:-00pm. I already have a list of people who expressed interest when we first floated the idea but I am more than interested in having you contact me if you would like your name included in this (or if you just want to check that I still have your name), so contact me at (803)683-9015 or by email at Ennis1000@verizon.net if you want to do this. Please note you do NOT have to be present at the shop each of the 3 Saturdays to take part as I can email the pattern parts to you if you prefer.

Tricia

Camp Rainbow

The Mary Washington Hospice Camp Rainbow program will be held October 4 & 5th at the Rappahannock Outdoor Center along the river. Last year several of us had the pleasure of attending the closing ceremony. It was an amazing site to watch so many children who had lost a parent or sibling carrying their turtles which were we made by you.

Thank you for all your help in making the turtles for the children. We now have sufficient for this year but, if you want to continue to make them either for personal use or to be used as toys for the little ones in hospital care, the patterns are in the July 2015 newsletter which you can also find archived on our webpage. Just remember that buttons should only be used for eyes for children older than 6. If you plan to make one for a

younger child, please use French Knots for eyes.

If you have any questions please contact Pam at pgreswolde@comcast.net or 540.972.3602.

Let's Stitch, Fredericksburg

The Fifth Annual "Let's Stitch" Charitable Event Saturday, October 10, 2015 The Fredericksburg Spinners and Weavers Guild will once again give area knitters and Crocheters a chance to ply their craft at "LET'S STITCH," held at Liberty Town Arts Workshop, 916 Liberty Street, 10-4PM.

Guild members, in conjunction with From the Heart of Richmond, will host this charitable event as a way to do what they love while serving those in need in the community. Do you have a crochet or knitting question and need help? Stop by and get answers to your questions/problems with your project. From the Heart needs volunteers to mingle in the stitching rooms to meet people and help us let people know what From the Heart is all about. If you have any questions or are willing to volunteer please contact Pam Greswolde at (540) 972-3602 or pgreswolde@comcast.net.

Donation Inventory Numbers Through August

Through August, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – July	12,329
August	2,310
Year to date total	14,639
Grand Total	225,744

Tip of the Month

Yarn bowls are lovely and keep your yarn from getting tangled or rolling all over the place, but



they are very expensive

Use a teapot if working with just one color



Working with lots of colors? Use a colander

Current Needs

Richmond and Surrounding area has a need for cotton hats for adults, both men and women. We also need blankets, preferably in sizes of approximately 45" X 32"

Fredericksburg/King George has a need for hats and scarves sizes preschool through adult. Please remember hats & scarves for boys & men's as well as girls & Ladies. We need baby items (especially for boys) and blankets – lap size and larger. No more turtles are needed for Camp Rainbow.

Schedulers Urgently 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

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’ 😊
Tricia Ennis is the September scheduler. Contact her by email at ennis1000@verizon.net or phone her at 804-683-9015 (C)

Winner of the Shopkeeping Prize

Congratulations to Jacqueline Muoio, the winner of the August shopkeeper prize. There will be a nice bag of yarn at the shop for you to pick up for a special project. How did Jacqueline win that?, you might be asking. Well, every month, we have a random drawing of the names of that month’s shopkeepers and the winner of that drawing is the lucky recipient of a nice bag of yarn for their personal use.

Rainbow Peaks Leftovers Yarn Blanket

Adapted by Pam Greswolde & Sally Moore

Worsted weight yarn (quantity of yarn varies by size made)

K hook

Finished width of blanket approx. 34 "

Gauge: each group of [5 DC, ch 1 (2 DC, ch 2, 2DC) ch1] measures approx. 3.5 inches

Notes:

To increase width add 8 chains from beginning chain

To decrease width subtract 8 chains from beginning chain

Chain 79

1st row

DC in 4th ch from hook and next 3 st (ch 3 counts as a DC), * skip next st, in next ch (2 DC, ch 2, 2 DC), skip next chain and DC in next 5 st. Repeat from * to the end of the row, chain 3 and turn.

2nd row

Ch 3 counts as 1st dc, dc in next 4 DC of previous row, * skip next 2 st, in next ch 2 space (2 DC, ch 2, 2 DC), skip next 2 st, DC in next 5 stitches.

3rd row

Repeat row 2 until blanket is desired length.



Knitted Leftovers Afghan

Meas. Approx. 48" X 30"

This blanket will use up lots of those little leftovers you just can't throw away! You can use chunky, baby weight, eyelash...anything goes!

With size 10 ½, 11, or 13 long circular needle, cast on approximately 120 stitches using any firm yarn such as worsted weight acrylic for that beginning row. Don't worry if you don't have exactly 120 stitches as the number isn't that important. Needle size is up to you. The longer the better. I use a size 11, 36" long.

Leave a long tail, both when you begin and when you end, with each selection, at least 6 to 8 inches.

The object is to knit one row with any color, any size, any texture yarn. It's fun to put all your little leftover balls of yarn into a grocery sack and take out each new one without looking. Leaving the long tail as mention before, knit one row. Cut this first yarn leaving a long tail and grab another ball from the bag. I knot the two neighboring tails as I go so they can't come unknitted. Continue knitting in these stripes until your blanket is anywhere from 30 to 36 inches wide. The tassels are already added. Just smooth them out, trim to even the lengths of tassels and your blanket is ready to donate to be enjoyed by a very appreciative cancer patient.

Note: Rather than have tassels on your blanket you might like to knit several rows with one color or use up an entire small ball then just knot the ends of the working yarn with the next addition and keep stitching!

**HINT: How do I know if I have enough yarn to complete a row?*

It normally takes a length of yarn at least 4 times the length of your row to complete one whole row.

Lois Moore

Email: loisfth@me.com

Colors of the World – 2015. We didn't all fit in this photo but keep your eye on the website as they will be going up soon.



From the Heart Local Group Times

September 2015

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