

1425 Crawford Wood Place
Midlothian, VA 23114
www.facebook.com/FromtheHeartStitchers
www.fromtheheartstitchers.org

Grateful Thread – April 2016

“From the Heart”
Volunteers are angels in disguise.



Letter from Lois - April 2016

As you know, we are currently stitching Red, White and Blue lap size afghans for veterans in Hospice care through ASERA. The message you will read below will in no way affect our continued help for this group. But we are talented! We attempt to do it all! So, with this in mind, read Martha's information below and let's see how we can help.

Operation Serving Those Who Have Served

We are launching a special project for twenty-five homeless soldiers. A group of senior soldiers are renovating a building in South Richmond to house 60. They have space for 25 now and will have space for 35 more by fall. We will be donating Red, White and Blue afghans for each in the size of 36" X 60", knit or crochet. For the sewer, we could use pillow cases in said colors

Martha

Now, I know how I feel about facing the stitching of large blankets but for me, 12 inch squares will be the way to go! I know that is something I can complete. I know I can easily use this as my portable travel project. And I know I can make a difference! My preference in knitting 12" squares should not affect you, however, and we are more than happy to accept full sized afghans if that is what you enjoy creating.



I am planning a shopping trip by the end of March to stock up on our 3 colors in Red Heart Super Savers. If you can find time, please stop by our 1114 Westbriar Drive shop for your supply and let's create a big batch of SMILES!!

See you at the shop!

Lois

Powhatan Festival of Fiber

Saturday, April 30, 2016 is the date of the next Powhatan Festival of Fiber. The festival, held to celebrate and to share appreciation of the many fiber animals, fiber farmers and fiber artisans of the county and surrounding area, will be held rain or shine and is always worth attending so mark your calendar now. The festival includes demonstrations, exhibits, and classes (some of the classes are an additional cost). The event starts at 10:00am and continues until 5:00pm at 3920 Marion Harland Lane in Powhatan. The cost of admittance is \$5 for adults with children 12 and under being admitted free.

Volunteers are still needed to represent From the Heart at this event so please contact Linda Hague at 804-741-1135 or by email at llh607@verizon.net if you would like to help for a couple of hours that day.

A Day at Palliative Care at VCU Health

The following letter needs no introduction.

"March 1, 2016

I feel privileged to bring blankets to our patients. As a volunteer on Palliative Care, I never know what my assignments for the day will be. I visit with the fellows, Diane, the social worker, Bart, the Nurse Practitioner, Jason, the chaplain and of course the nurses to see what patient needs a visit or might benefit from a bit of comfort. Once I know whom to visit, I know what I need to take to that room. Last week I visited a 47 year old man dying of pancreatic cancer... a particularly painful and aggressive cancer. His one desire is to go home one more time to visit his two cats who have been with him for 8/10 years respectively. It is unlikely his health will allow him to make that last visit. We talked about a Plan B. If you can't go home for a few hours (Plan A), what can you do? Plan B was to use your blankets. Mr. G covered himself with one blanket and put another one behind his head. His scent would cover the blankets in short order. The blankets will be taken to his apartment where the cats can smell his scent and feel he is with them. I left him wrapped in his blankets. I encouraged him to talk into those blankets saying whatever he would have said to his beloved pets. I hope he did.

I know you do not crochet and knit blankets for pets to sleep upon, but I think all of you can appreciate that at the end of life with no children... no wife... and very limited family ... pets can be the most important thing you leave behind. Feeling that you have had closure with those pets is critical to dying well. Mr. G was afforded an opportunity to say goodbye to his kitties and leave behind a little bit of himself.

Today a 47 year old man left his sweat, tears, and love on your blankets. He will die knowing he has said goodbye as best he could under the circumstances to his beloved Ki Ki and Loco. I hope that makes you proud of what you do every day... every week... every month... for years.

Making a difference one blanket or hat at a time.

Thank you my friends at From the Heart for all you do.

All the best-

*Judy Jamison
Palliative Care Volunteer
VCU Health System*

3rd Annual Richmond Leftovers Workshop/Potluck

On Saturday June 18th, 2016 from 10am until 3pm, we are hosting our 3rd 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

Fredericksburg "Waste Not" Workshop

The Fredericksburg 'Waste Not' Workshop was again well attended and a great success! Everyone really enjoyed the day and can't wait for the next one. There were a number of new members who have not yet even attended a meeting. Thank you for your donations, given in exchange for yarn, books, etc., which will help us replenish our yarn supply.



As you can see in the photo our members enjoyed learning how to make the Bavarian Crocheted blanket. Johnnie will be teaching this technique at the retreat! Those who attended were able to learn multiple ways to use the leftovers we have been accumulating, learn some new patterns and find some good bargains on the Dollar Days tables. This was a win-win for everyone - bargains, money to replenish the yarn, new ideas for items for our recipients and lots of great food - what more could we ask! Everyone now has a good supply of leftovers to make the new patterns learned on Saturday. The Fredericksburg members were thrilled to have Lois join us as many had never met her until the workshop. A big thanks for coming to join us Lois!

Thank you to everyone who helped with setup and clean up. We have never set up as quickly we did this time, even though we had a lot more stuff, so the extra help was really appreciated. If you have any suggestions or ideas for the next one please let us know.

Be sure to mark your calendars for Saturday October 29th for our next 'Waste Not' workshop.

Tip of the Month

When knitting or crocheting a leftovers blanket you will have many balls of different color and size. Try lining them up for your desired design with the smaller balls on each end, trying to somewhat coordinate the colors. Graduate the balls accord to size and number them with masking tape so you know what order to use them in as you work.

Schedulers Needed

Schedulers are responsible for ensuring that the shop is properly 'staffed' with two people on duty for each shift while the shop is open. Each scheduler takes on one month at a time in rotation.

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

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. See the calendar at the end of this Newsletter for times and places of From the Heart group meetings which are additional to the shop hours.

Current Needs

Richmond and Surrounding area's main need at the moment is for:

Full term baby hats
Baby blankets of approximately 30” square (no preemie right now)
Cotton Hats, please, if you like making hats. If you need inspiration, you'll find lots of cotton hats on display at the shop at the moment and Lois is in the process of putting out lots of cotton yarn on new shelves in the back of the yarn hall. ☺

Fredericksburg/King George has a need for:

Baby hats, sweaters and blankets
Blankets of all sizes up to twin bed size
Dressed bears
Scarves in plain colors – all sizes

As always, although these are the current needs, you should feel free to work on whatever you want to make as we can, and will, find a home for anything you donate.

April 2016 Scheduler

Eleanor Cannon is the April scheduler. Please contact her, e-cannon@msn.com or (804)514-1168 (C) if you have two hours this month to volunteer at the shop.

2016 From the Heart Retreat “It’s Magic!” Saturday, August 27th - 10:00am – 3:30pm

The magic starts at 10am on Saturday, August 27th and your registration form is included with this newsletter. We are opening registration on April 18th, just a scant two weeks away, and will be closing registration on July 15th. Once again this year, we are limiting attendance at the Retreat to 200 so perhaps you should fill in your form, write your check, and put them in an envelope by your front door to pop in the mail on the 17th as, again this year, we will only be accepting registrations by mail. ☺

We have a couple of speakers lined up, there will be vendors, classes, speakers, games, raffles, door prizes, and lots and lots of fun and camaraderie.

Please get in touch with me if you would like to assist with any part of this event, whether it be stuffing goodie bags prior to it or by helping on the day of. I can be reached at 804-683-9015 or by email at ennis1000@Verizon.net if you would like to volunteer.

I am also looking for ideas for classes so if you have a good idea of technique you are willing to teach, please let me know. If there is a specific class you would like to see offered, let me know about that too.

As usual, although it is early days yet, our annual Retreat is building up to be great and it is all because of you and the magic you bring to the world.

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

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.

Winner of the Shop keeping Prize

The winner of the March shop-keeping prize is Pam Bryson, who happens to be one of our new shopkeepers so that's very nice. Welcome and congratulations, Pam! There will be a nice bag of yarn at the shop for you to pick up for a special project.

To have your name entered in our monthly drawing, all you need to do is volunteer two hours of your time to work in the shop as a shopkeeper.

Contact Eleanor Cannon at (804) 514-1168 or by email at e-cannon@msn.com if you want to volunteer and have a chance at winning this prize. Eleanor will arrange for you to be scheduled for your first couple of shifts with somebody who already knows the ropes.

Donation Inventory Numbers Through March,

Previous Total	
Mid 2002 – 2015	235,513
Jan - Feb 2016	3,630
March 2016	1,824
Grand Total	240,967

Two Lovely Photos



The King George From the Heart group (above)



The Hillcrest From the Heart group

Thanks to Jeanette Perry for sending these in ☺

This is YOUR Newsletter

This is YOUR Newsletter. We want it to reflect your interests so, if there is something you'd like to see in it, (an article of interest, a story about how you found us, a new technique you have found...) please send to Tricia Ennis at ennis1000@verizon.net or leave it on the front desk at the shop in an envelope with my name on it.

Bernat Cotton Stripes Hat for child or adult

Child (Adult): Worsted weight soft cotton yarn. Approx 2 oz for child, 4 oz for adult size (1 (2) ball(s))

Size 5 mm (U.S. H or 8) crochet hook **or size needed to obtain gauge.**

Gauge

14 sc/15 rows = 4" [10 cm]

Instructions

Ch 4. Join with sl st to first ch to form a ring.

1st rnd: Ch 1. 6 sc in ring. Join with sl st to first sc.

2nd rnd: Ch 1. 2 sc in each sc around. Join with sl st to first sc. 12 sc.

3rd rnd: Ch 1. (2 sc in next sc. 1 sc in next sc) 6 times. Join with sl st to first sc. 18 sc.

4th rnd: Ch 1. (2 sc in next sc. 1 sc in each of next 2 sc) 6 times. Join with sl st to first sc. 24 sc.

5th rnd: Ch 1. (2 sc in next sc. 1 sc in each of next 3 sc) 6 times.

Continue as established, inc 6 sts every rnd to 48 (**60**) sts.

next rnd: Ch 1. 1 sc in each sc around. Join with sl st to first sc.

next rnd: Ch 1. [2 sc in next sc. 1 sc in each of next 7 (**9**) sc] 6 times. Join with sl st to first sc. 54 (**66**) sts.

Cont in same manner, inc 6 sts on every following alt rnd to 60 (**72**) sts. Place marker at end of rnd.

next rnd: Ch 1. 1 sc in each sc around. Join with sl st to first sc. Rep last rnd until work from marked rnd measures 4 (**5**)"—[10 (**14**) cm].

next rnd: Working from **left** to right instead of **right** to left as usual, work 1 reverse sc in each sc around. Join with sl st to first sc.

Fasten off.



Knit Spiral Rib Cap

Materials: One 50 g skein of worsted weight soft cotton or cotton blend yarn.

Sixteen inch US size 6 circular needle, and size 6 double pointed needles

Gauge: 5.25 st/inch

Method: Using circular needle, cast on 88 stitches. Place marker to note beginning of round. Join, being careful not to twist. Work in K2 P2 ribbing for 8 rounds for a closer fit.

Begin spiral rib pattern: Rounds 1, 2, & 3: k2 p2 around

Rounds 4, 5, & 6: p1, *k2, p2* to last 3 sts, k2, p1

Rounds 7, 8, & 9: p2, *k2 p2* to last 2 sts, k2

Rounds 10, 11, 12: k1, p2, *k2 p2* to last st, k1

These 12 rounds form the spiral rib pattern. The ribbing shifts to the left after every 3 rounds. Continue until work measures 4.5 inches from beginning, ending after a repeat of round 3, 6, 9, or 12. Begin crown shaping. Change to dpns when there are too few stitches to work comfortably on the circular needle.

Shape Crown:

Row 1 and all odd rows: Knit

Row 2: *K 6, k2 tog* all the way around Row 4: *K 5, k2 tog* all the way around

Row 6: *K 4, k2 tog* all the way around Row 8: *K 3, k2 tog* all the way around Row 10: *K 2, k2 tog* all the way around

Row 12: *K 1, k2 tog* all the way around Row 14: *K2 tog* all the way around Row 16: *K 2 tog* all the way around Cut yarn and pull through remaining sts; secure.

Weave in end



From the Heart Local Group Times

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Starbucks Huguenot Rd 11 am-1:30pm	2 Atlee Angels Legacy Park 1 – 3 pm Starbucks Oxbridge Square 10 – noon
3	4 Carson Library Group 3-5 pm The Crossings at Bon Air 2.00 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Hillcrest UMC, Fredericksburg 10-12 Midlothian Women's Group Starbucks, Charter Colony Martin's	5 Martin's @ Chippenham Crossing Center 5:30–7:30pm Tuckahoe @ Shop 6:30- 8:30 pm Chesterfield Heights Community Center 2:00-3:30 Prince George Library 2:00 – 4:00 pm	6 Colonial Heights Senior Center 10–noon ElmCroft Retirement 1:30 Mathews Group, Rescue Squad Bldg, Hudgins, VA 10:30 am – 2:00 pm Colony Critters', Patriot's Colony in Williamsburg. 1:3pm Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00	7 Hopewell Library 6pm – 8pm Five Rivers Fiber Guild, Burgess 1 – 3pm Mall Group Chesterfield Towne Center (food court) 9-noon Panera Bread Midlothian 6 - 8:00 pm	8 Starbucks Huguenot Rd 11 am-1:30pm Kay's Krafters 1 –5 pm	9 Louisa Group Hardee's 10 – noon
10 King George - Peace Lutheran Church 3 - 5pm	11 Hillcrest UMC, Fredericksburg 10-12 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm The Crossings at Bon Air 2.00 Carson Library Group 3-5 pm Southside Angels Emporia YMCA, 2–4 pm	12 Martin's @ Chippenham Crossing Center 5:30–7:30pm Tuckahoe @ Shop 6:30- 8:30 pm Chesterfield Heights Community Center 2:00-3:30 Fredericksburg Wegman's 2nd FI Food Court - 11:30a -2:30p Montpelier Crafters 1 – 3pm	13 Colonial Heights Senior Center 10-noon B'mill/Woodlake Clover Hill Library 6.30 – 8 pm Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm Dinwiddie Library 1:00-3:00pm	14 Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm Hopewell Library 10am – noon	15 Starbucks Huguenot Rd 11 am - 1:30 pm	16 Starbucks Oxbridge Square 10 – noon Atlee Angels - Legacy Park 10 - noon
17	18 Hillcrest UMC, Fredericksburg 10-12 The Crossings at Bon Air 2:00 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Carson Library Group 3-5 pm	19 Martin's @ Chippenham Crossing Center 5:30–7:30pm Tuckahoe @ Shop 6:30- 8:30 pm Fredericksburg Wegman's 2nd FI Food Court - 6:30-8:30pm Chesterfield Heights Community Center 2:00-3:30 Prince George Library 2:00 – 4:00 pm	20 Colonial Heights Senior Center 10-noon ElmCroft Retirement 1:30 Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00 Colony Critters', Patriot's Colony in Williamsburg. 1:3pm	21 Hopewell Library 6pm – 8pm Mall Group Chesterfield Towne Center (food court) 9-noon Panera Bread Midlothian 6 - 8:00 pm	22 Kay's Krafters 1 –5 pm Starbucks Huguenot Rd 11 am-1:30pm	23 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am
24 King George - Peace Lutheran Church 3 - 5pm	25 Hillcrest UMC, Fredericksburg 10-12 Carson Library Group 3-5 pm Farmville Baptist Church 132 N Main St, Farmville, 5:00pm The Crossings at Bon Air 2.00 Southside Angels Emporia YMCA, 2–4 pm	26 Chesterfield Heights Community Center 2:00-3:30 Martin's @ Chippenham Crossing Center 5:30–7:30pm Tuckahoe @ Shop 6:30- 8:30 pm Fredericksburg Wegman's 2nd FI Food Court - 11:30a -2:30p	27 Colonial Heights Senior Center 10-noon B'mill/Woodlake Clover Hill Library 6.30 – 8 pm Dinwiddie Library 1:00-3:00pm	28 Hopewell Library 10am – noon Summerhill Retirement 1:30-3:30 pm	29 Starbucks Huguenot Rd 11 am-1:30pm 9	30

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
A Common Thread, Mathews area group	Mathews Rescue Squad Building	Hudgins, VA	Wednesday, 1 st	10:30am – 2:00pm
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 Crafters	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, every	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 , 3 rd	1.30pm
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Every Monday	2:00pm
Dinwiddie Designers	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
Five Rivers Fiber Guild Charity Stitchers	Fairfields United Methodist	Burgess	Thursday 1 st	1 – 3pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson Street	Hopewell	Thursday 2 nd , 4 th	10am - noon
Hopewell Helpful Hearts	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
Michael's, (craft room)	Midlothian Tnpk. & Courthouse Rd	Midlothian	Wednesday 1 st , 3 rd	Noon – 3pm
Midlothian Women's Group	Starbucks, Colony Charter Martin's	Midlothian	Monday 1 st	10:00am
Montpelier Crafters	Montpelier Center for the Arts and Education	Montpelier	Tuesday 2 nd	1 – 3pm
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	6 - 8:00 pm.
Prince George Yarnspinnners	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 (Oxbridge Sq)	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