

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

Grateful Thread – May 2016

Sent with love...



From the Heart 

Letter from Lois - May 2016

You may have noticed, we are doing a little “shop Shuffle”! Seating has changed a bit and our overstock of books has now been reduced. Now we even have an accent wall, very well painted by our own Cathryn!

Most yarns remain in their usual space while others, such as some selections of cotton, now have a new home in wire baskets at the back of the yarn hall. Ribbon yarn, for the time being, is displayed in the front room, on a book shelf and in bins, along with pattern books.

You will find kits of squares waiting to be assembled as well as leftover yarn kits for both blankets, scarves or hats now in book shelving in the far back space that was once our baby department.

We will soon be creating a new use for our baby crib (don't have a clue what that will be at this point!) and will be adding a good number of samples and their patterns to that repurposed space. Bare teddy bears are still “living” in the toy box in that area.

A great selection of very well organized knitting needles can be found in the rear kitchen area right now but that too will change soon as we create a better area for displaying them.

Confusing as this may sound, we think eventually everything will be better organized, seating more abundant and as always, we hope you are comfortable in our From the Heart space!

We look forward to seeing you at the shop very soon ☺

Lois

Operation Serving Those Who Have Served

As you may remember from our April newsletter, we have asked for 25 immediate and 35 additional red, white and blue blankets approximately 36X60” to cover beds in the newly established home for homeless vets in the Richmond, VA area.

We are thrilled to report we have now collected 13 beautiful blankets! With the additional need for the remaining beds to be ready in a few months, we hope you will continue to stitch toward this goal. We are doing our best to keep the necessary yarn on hand for you at the shop.

Thank you so much for your speedy stitching for not only this program but for all you do. The patterns at the end of this newsletter can both be made with red, white, blue yarns if you wish to do that.

Pinning Ceremonies at Asera Hospice

As many of you may know, From the Heart provides red/white/blue blankets to Aseracare Hospice for use in pinning ceremonies. These are individualized events during which veterans in hospice care are honored and thanked for their service to our country. Many veterans have never been thanked for their service and From the Heart is delighted to be part of these ceremonies in which each veteran is pinned and given a certificate of gratitude.



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

Hopkins Elementary School Keeping Needlework Skills Alive

"Hopkins Elementary School in Chesterfield County is busy keeping needlework skills alive and moving through their students. The art teacher at the school, Mrs. Langston, started a program with her 4th grade students to teach them how to knit. When she started at the first of the year, she had 102 students, both boys and girls, in her group. During the year several of them left the group, but many more stayed. Mothers, grandmothers, aunts and others have volunteered to come in and help teach the children. What is so wonderful, is that the children have gone home and taught their siblings their new skills, and on and on it will spread.

From The Heart as well as some of the volunteers have donated yarn and needles to help make this project a reality. Hopefully, the children will keep up their skills through the summer, and the group will start all over again in the fall.

Mary Brooks"

"Shop" Hours and Scheduling

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.

Ann Robbins is the May scheduler. Please contact her, aerobbins@live.com or by phone at 270-6247 (H) 921-

1174 (C) if you have two hours this month to volunteer at the shop.

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

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

Registration for the Retreat "Its' Magic" opened 11 days ago and we already have already received more than 80 registration forms. Your registration form is at the end of this Newsletter and I recommend you go ahead and register as soon as you can for obvious reasons ☺ You must mail it to Beth Williamson at the address given on the form. Beth will acknowledge receipt of and confirm that you have a place. There will be no walk-ins allowed as we simply don't have the room to accommodate that.

We have decided on classes this year and they are as follows:

Crochet:

1. Solomon's (Lover's) Knot taught by Nancy Wright. You must have a knowledge of basic crochet to take part in this class. (slip st, dc, yo, sc, ch)
2. Bavarian Crochet: Johnny Wood. This class will require a knowledge of basic crochet stitches to include the back post stitch.
3. Tunisian Crochet: Becky Hux, This class will require a basic level of knowledge (slip st., sc., dc, blp)

Knitting:

1. Wrist Warmer taught by Betsy Ziomek. Requires a basic skill level of casting on, k st, bind off, and whip stitch or basting). Please bring a size 11 or 13 needle with you if you would like to take this class.
2. Two Color Knitting (teacher undecided at this point). A simple 2-color method requiring casting on, binding off, and k skills.

Handicraft:

1. Home-made Dryer Balls. This very popular class is being repeated this year as it was requested by so many people. Linda Hague will teach it and there are no pre-requisites required.

Please get in touch with me (Tricia) if you would like to assist with any part of this Retreat and have not already done so. I can be reached at 804-683-9015 or by email at [ennis1000@ Verizon.net](mailto:ennis1000@Verizon.net) if you want to volunteer.

SunTrust Stitches Open House

The SunTrust Stitches held a very successful Open House at their Semmes Avenue Campus on Wednesday, April 20th. This group of Stitches displayed a few of their completed items to be donated to From the Heart and attracted many visitors in the process. Interested SunTrust Teammates learned about the generous and loving work that is accomplished by FTH volunteers and how easy it is to participate. A total of twenty-one new Stitches were recruited as a result.

In 2015, this small group of Stitches, with leadership from Joyce Puller and Becky Twiddy at the Semmes Avenue Campus, donated a total of 468 items to From the Heart!. They hope to meet and exceed this amount in 2016 with their newly recruited Stitches.



Teaching Opportunities on the Horizon!

Mark your calendars. We will be teaching beginner knitting at the Chester Library on June 25th, The Etrick Library on October 1st and Enon Library on October 15th, all this year, 2016.

It is not necessary for you to be an experienced knitter to participate. If you can do a knit stitch you can help! (and we NEED you!) The libraries will be furnishing all supplies. We will be working with about 15 students and it's really helpful to be able to work one on one. If you can be a part of this, all or any dates, just let me know at

either loisfth@me.com or call me at 804-305-4971. I look forward to hearing from you.

All the Way from Florida for Fth

On Saturday, April 23, Eliza and Stephanie Morton (grand-daughters of Estelle Grossman) came into the shop on Westbriar with the blankets they had completed for their service project for their school, Krop High School in Miami, Florida. Thank you, Stephanie and Eliza. Rest assured they will be loved by the person who receives these gifts all the way from Miami.



Tip of the Month

Would you like nice full fluffy pom-poms? After completing your pom-pom and ensuring it is tied nice and tight do the following to make it full, soft and fluffy. If you have a tea kettle (if not a pot of water will do) and get it boiling so it is steaming really good. Take a fork and stick in the middle of your pom-pom, fluff up the pom-pom as much as you can. Hold the pom-pom over the steam turning it constantly for a few minutes and remove from the steam. You will have the fullest, fluffiest pom-pom ever. Works every time.

Current Needs

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

Cotton Hats (lots of sample and patterns on display at the shop at the moment)

Blankets of all types, including red/white/blue

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.

Baby Basics Mom's Club

Many thanks to all of you who chipped in recently in response to our call for baby blanket and hat sets for The Virginia Dept. of Health, Chesterfield Co. Baby Basics Mom's Club baby shower. The event went extremely well with all the moms being given the opportunity to choose a set for their soon-to-be-born little one. They were so pleased and so excited to choose a hand-crafted item for their little bundle of joy. What a delight it was to be at the shop when a couple of ladies from the Dept. of Health showed up with a poster board size Thank-You card.



Winner of the Shop keeping Prize

The winner of the April shop-keeping prize is Katya Arsentyeva. There will be a nice bag of yarn at the shop for Katya to pick up for a personal 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 April

Previous Total	
Mid 2002 – 2015	235,513
Jan - March 2016	5,454
April 2016	1,981
Grand Total	242,948

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.

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.

Stash buster Granny Stripe Afghan (Crochet)

Materials:

Size J (6.0mm) Crochet Hook
Approximately 1630-1650 yds of Worsted Weight Yarn in several colors.
Yarn Needle, for weaving ends
Scissors

Abbreviations:

st or sts – stitch(es)
sl st – slip stitch
ch – chain
sk – skip
sc – single crochet
dc – double crochet



Gauge:

24 stitches and 4 row = 4". Finished Size: Approximately 45" x 40" (Pattern is multiple of 3+2)

Instructions: Ch 131 (Note: work through both loops of sts throughout pattern)

Row 1: 2 dc in 4th ch from hook, *sk 2 sts, 3 dc in the next st** Repeat from * to ** across. 3 dc into the last st. Turn.
Row 2: Ch 3, *3 dc into the space between the 3-dc cluster from previous row** Repeat from * to ** until the end of the row. 1 dc into the top of the ch-3. Turn.
Row 3: Ch 3, 2 dc into the space between the 1-dc and 3-dc cluster from previous row. *3 dc into the space between the 3-dc cluster from previous row** Repeat from * to ** until the end of the row. 3 dc into the space between the last 3-dc cluster and the ch-3. Turn.
Row 4-72: Repeat rows 2-3, changing colors whenever you like

Finish: Join border color yarn with a sl st in the last st of Row 72. Sc evenly around the entire blanket and finish off with an invisible join. Weave all ends.

Drop Stitch Blanket or Afghan (Knit)

Materials:

Size US #13 29" circular needle
Approximately 2200 yds of Worsted Weight Yarn (one or many colors)
Yarn Needle, for weaving ends

Abbreviations:

st or sts – stitch(es)
k – knit

Gauge:

10 stitches and 14 rows = 4". Finished Size: Approximately 45" x 60" (although you can stop when you like)

Instructions: Cast on 113 sts (with yarn doubled – hold yarn doubled throughout) Note: Work back and forth on the needle. Circular is used to accommodate stitches – DO NOT WORK in the round.

Row 1– 4: K
Row 5: Knit, wrapping yarn around needle twice on each st.
Row 6: Knit, dropping wraps from each st.

Repeat rows 1-6 until piece measures 60" or as long as you want it to be, ending on row 4.

Bind off loosely and weave in ends.



From the Heart Local Group Times

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>	<p>2 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, Fredericksburg 10-12</p> <p>Midlothian Women's Group Starbucks, Charter Colony Martin's</p>	<p>3 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Prince George Library 2:00 - 4:00 pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>4 Mathews Group, Rescue Squad Hudgins, VA 10:30 am - 2:00 pm</p> <p>Colonial Heights Senior Center 10-noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p>	<p>5 Five Rivers Fiber Guild, Burgess 1 - 3pm</p> <p>Hopewell Library 6pm - 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>6 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>7 Atlee Angels Legacy Park 1 - 3 pm</p> <p>Starbucks Oxbridge Square 10 - noon</p>
<p>8 King George - Peace Lutheran Church 3 - 5pm</p>	<p>9 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, Fredericksburg 10-12</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>10 Panera Bread, Midlothian and Chippenham 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 - 11:30a -2:30p</p> <p>Montpelier Crafters 1 - 3pm</p>	<p>11 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 - 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>12 Chamberlayne Hts. United Meth Church 1:30 - 3:00 pm</p> <p>Hopewell Library 10am - noon</p>	<p>13 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 -5 pm</p>	<p>14 Louisa Group Hardee's 10 - noon</p>
<p>15</p>	<p>16 Hillcrest UMC, Fredericksburg 10-12</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Carson Library Group 3-5 pm</p>	<p>17 Panera Bread, Midlothian and Chippenham 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>Prince George Library 2:00 - 4:00 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6:30-8:30pm</p>	<p>18 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p>	<p>19 Hopewell Library 6pm - 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>20 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>21 Starbucks Oxbridge Square 10 - noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<p>22 King George - Peace Lutheran Church 3 - 5pm</p>	<p>23 Hillcrest UMC, Fredericksburg 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>Southside Angels Emporia YMCA, 2-4 pm</p>	<p>24 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</p> <p>Chesterfield Heights Community Center 2:00-3:30</p>	<p>25 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 - 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p>	<p>26 Hopewell Library 10am - noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p>	<p>27 Kay's Krafters 1 -5 pm</p> <p>Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>28 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am</p>
<p>29</p>	<p>30 Hillcrest UMC, Fredericksburg 10-12</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>31 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</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
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	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
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	Midlothian and Chippenham	Richmond	Tuesday every	5:30 – 7:30pm
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	6 - 8:00 pm.
Prince George Yarnspinners	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