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"From the Heart"

Volunteers are angels in disguise.



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From the Heart's

January 2013

Grateful Thread

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Letter from Lois

I've creates a "nest" at my house! The grandchildren rarely stay overnight anymore. If that changes there's always the guestroom bed for them.

The trundle beds are gone, the Goodwill loveseat is in! I've added a spare, little used stuffed chair, a lamp from storage and a red plastic storage bin is pretending to be a coffee table. The kid's book shelves now hold stitching books. Small boxes hold my UFO (unfinished objects) and larger boxes house the leftover yarn...where did all this sock yarn come from?!?

There's still a lot of organizing to do but I feel I'm on the way to having my own "space" free of tvs, politics and RedZone football. I'm missing a scented candle and maybe a plant. My hubby calls it my inspiration room.

I don't know why I've told you this except I am so excited about it all. It's the next best thing to being able to spend more time at our shop. I love the atmosphere there. Of course, here in my "nest" I'm alone, not always a bad thing. At the shop there are so many friends...so much YARN!

Now I remember where I was going with all this - come to the shop! You'll love it!

Lois

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From the Heart Workshops Begin Again!!!!

Our first workshop will be the Magic Loop method of knitting circular items too small to be worked on a 16 inch circular needle.

This class will be held January 12, 2013
2:00 p.m. at our shop at 1114 Westbriar Drive in Richmond, VA

Please bring with you the following:
Worsted weight yarn
Size 7 or 8 circular needle at least 29 inches long
And lots of enthusiasm!

If possible, bring with you if you have one, an unfinished, circular knit hat (and maybe a second one to share) made on a 16" circular needle. Work your hat(s) until your decreases have reduced the stitches to the point they no longer fit comfortably on your needle and you are being "forced" to switch to double points in order to complete your project. In class we will finish these hats using our magic loop method.
See you there!

If you would like to help teach, please let us know. The more instructors we have the faster this class will progress!

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"One Stitch At a Time" From the Heart 2013 Retreat Update

Just a few details to keep everyone up-to-date as we continue to work on making our 2013 event come together. We currently know that the 2013 Retreat:

Will take place on Saturday August 24, 2013
At The Place in Innsbrook
From 10am until 4pm
Admittance price will be \$30
Currently, we have committed vendors for yarn, yarn accessories, and locally sourced and produced jams/jellies/chutneys
Will include a Fashion Show Extravaganza

As we continue to pin down more details, they will be published in the Newsletter so watch this space and mark your calendar now.

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"One Stitch at a Time" Fashion Show Extravaganza 2013 From the Heart Retreat

The holidays are over so time to put away all the party hats and put on the thinking caps as we continue to get ready for our next Retreat by coming up with clever ideas and designs for our From the Heart Fashion Extravaganza J

We are asking as many of our members as would like, to put on your (knit, crochet, or sewing) thinking cap and see what you can come up for a hat, scarf, afghan, gloves... that you would like to see modeled at our next Retreat. The 'rules' are quite simple:

1. You can create anything you wish provided it is something our From the Heart recipients can use
2. The yarn used must be 'everyday' yarn that other members can also obtain
3. The pattern must not be copied from a magazine or book (copyright issues). Please note it is perfectly fine to modify a pattern to include another stitch, use the same stitch but make a hat or blanket instead of a scarf, etc. Bear in mind that 'there is (in essence) nothing new under the sun' but no direct copying is allowed
4. You must be willing to share the pattern with other FtH members following the Retreat. All patterns will most likely be added to the From the Heart collection of patterns in the binders at the shop
5. You must be willing to have your creation modeled at the Retreat (by yourself or somebody else - afghans can be hung over the arm, teddy bears can be carried by a child, etc.). The Board will help with finding models as we get closer to the date if that becomes necessary
6. You must complete the sample to be modeled no later than May 1st, 2013

So, starting today pick up your hook or needle, your paper and pen, and lets start on this project One Stitch at a Time. It might even become your New Year's Resolution if you don't already have one.

Contact Tricia Ennis (804)683-9015 or ennis1000@verizon.net if you have questions but more information will be forthcoming as this goes forward

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Current Needs

We currently need chemo blankets and 12 inch squares and help in putting them together. We also need joan pouches. As always, please make whatever you enjoy as we can use anything you make.

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Clean and sort yarn and fabric stash

Is this one of your New Year's Resolutions? One of our members has been making the cutest baby hats from fleece and her stash is empty. Has your cleaning and sorting unearthed any fleece you could spare? She will gladly use any size fleece from a 12 inch square and larger. If you do have some you can spare please just bring it to the shop and one of our helpful shopkeepers will make sure it is put into the

bag labeled "Fleece for Baby Hats." We will make sure it gets to the member who will turn it into adorable baby hats. You get to check off one resolution kept! Success for everyone!

- ✓ Clean and sort yarn and fabric stash

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Schedulers Urgently Needed

VOLUNTEERS GREATLY NEEDED TO HELP WITH SHOPKEEPING SCHEDULING.

From the Heart currently has 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.

Gail Patrick ragsland@aol.com
Tricia Ennis ennis1000@verizon.net
Eleanor Cannon e-cannon@msn.com

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Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Eleanor Cannon is the January scheduler. Contact her at e-cannon@msn.com or 282-0440 514-1168 .

Nancy Wright is the December winner of the Shopkeeping Prize award!

Thank you, Nancy, for all your help. A beautiful bag of yarn is waiting for you at the shop on your next visit. We hope you will enjoy making a special something with it.

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Donation Inventory Numbers

Click on the link below to see the inventory numbers for 2012. We donated more this year than in 2011! Check out the results of all your hard work during the past year.

Mid 2001 - 2011	116,321
Jan - Dec 2012	<u>21,743</u>
Grand Total	138,064

[2012 Inventory Information](#)

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Recipient Organizations

The Holiday Season reminds us we are not alone in this world. Most people, as they struggle with shopping lists, invitations, and getting cards out are reminded that there are people out there who are worth the trouble. In this light, those of us on the Board wanted to publish a list of organizations to whom From the Heart has given in the past year. We are so fortunate that, for From the Heart members, every day is part of the Holiday Season.

3 Locations of VCU/MCV's Massey Cancer Center
Virginia Cancer Center
St. Francis Hospital
Henrico Doctors' Hospital
Johnston Willis' Hawthorne House
Lynchburg Hematology and Oncology
The Kidney Foundation
Chippenham Hospital
McGuire Veteran's Center
Henrico March of Dimes
VCU/MCV Bone Marrow Transplant Unit
A.S.K. (Christmas Stocking for children's' Christmas Party)
Crossover Ministries
Children Inc.
NICU/regular newborn nurseries at VCU/MCV, Johnson Willis, and St. Francis
Pregnancy Resource Center
Nursing homes, including Ginter Hall, Louisa, Birch Garden
The Complete Care Center for Women
Richmond Animal Care and Control
Sargent Santa
The Christmas Mother
Meals on Wheels
Magical Touch (provides help for people with hair loss from medical treatments)
Richmond Friends of the Homeless
Cold Weather Shelters
Pediatric Emergency Rooms
Children's clinic and oncology areas at VCU/MCV
YWCA Woman and Children's Shelter
Henrico Public Schools
Chesterfield Co. Public Schools
Cumberland Co. Public Schools
Powhatan Co. Public Schools

This is not even an exhaustive list. We, the From the Heart Board, just wanted to say thanks and let you know where some of your many hours of Holiday Spirit have helped.

MERRY 2013 TO ALL - MAY IT BE YOUR BEST YEAR YET

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Inclement Weather Policy

It is the time of year when inclement weather that will be heading our way shortly, remember the shop policy. Any time school systems in our area are closed, so is the shop. Even if schools are not closed but you are uncertain of the street conditions in your area, STAY HOME! We'd rather keep the shop closed than risk putting any one of our members in danger. Stay home, stay safe and warm and just maybe you'll have time to finish some of those projects just waiting for your undivided attention.

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Addresses for Newsletter Articles or Information

Please remember to send newsletter articles or information you need inserted in the newsletter to both Pam Greswolde and Marti Manson. This should ensure that we do not miss information. Thanks!

Pam Greswolde pegreswolde@comcast.net
Marti Manson martimanson@comcast.net

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From the Heart Board Members

Click on the link to view a list of the board members and their functions.

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