

"From the Heart"
Volunteers are angels in disguise.



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Letter from Lois

A month or so ago I wrote a piece on our shop being a 'stress free' zone. I do feel this is true! When we go there we are in the company of others who have similar 'addictions'. We can sit in comfort, share our knowledge, ask questions, learn new techniques and even share lunch. There are so many restaurants nearby it's difficult not to indulge!

All of this is now at risk. We have a handful of members who willingly give two hours a month to be shopkeepers, some give much more...just so we can keep our doors open four days a week from 10 a.m. until 2 p.m. On the other side of this we have so many members who come in quite often, many staying most all day, but failing to offer to help

out just 2 hours a month so we can remain open. It's an easy task. Just learn the door lock code in order to either be part of the team opening or closing each day. Putting out our signature chair and sign or taking it into the building when locking up for the day. Greeting folks coming in to drop off projects and maybe to pick up more yarn. And tagging items that come in if needed and placing them on the work room center table. That's it! That's all there is to it!

If we can't soon find more volunteers to sign up to help with these tasks we will have no choice but to decrease the number of days or possibly hours we are open. Give this problem some deep thought. See if you can find just 2 hours in your monthly schedule to give a hand and help From the Heart remain open and keep our wonderful program going. We're counting on YOU! Being a shop keeper will in no way cut into your shop stitching time so be sure to bring your current project or just look around while you are there and pick out a pattern you can enjoy and find the perfect yarn to complete this picture.

See you at the shop!
Lois

We Need Your Help

Once again our shop back door alarm has been destroyed. Not sure of just what message I can post on that door to put a stop to this. Those alarms are not cheap!

We don't feel it's safe to not have some way of knowing if our back door is opened. Since the fire department tells us that door must remain unlocked when our shop is occupied we have to come up with a method of doing this without having to constantly buy new alarms!

If you have a suggestion to this problem we would love to hear it.

Lois

From the Heart items found at Goodwill

As you can see, once again one of our From the Heart items, still bearing our tag, has shown up at a Goodwill store. One would think the person applying the price sticker would notice it clearly states "Not for Sale"! We have discovered we have no control of what happens to our projects once they are given to recipients. However, we can control our tags being attached to items for which someone has to purchase with cash. If you should happen to ever see our tag on an item for sale please, will you just remove the tag by tearing it off and disposing of it?



Under Internal Revenue regulations we are a 501(c)3 non-profit organization. Therefore, we CAN NOT sell items made from yarn that is donated to us! We could lose our status if this is detected! We are asking for your help with this serious problem. Anytime you see this occurring, please, first remove the tag then second, let us know where this is happening. We love what we do, we love the opportunity to help others, we hate the fact that unknowing people can put this all in jeopardy .

Let's Stitch - Fredericksburg - Oct 11th

The Fourth Annual Let's Stitch event took place in Fredericksburg on October 11th was once again a success. It was a really fun event attended by members from the Richmond area as well the Fredericksburg, Stafford and King George.

We have approximately 15 new members as a result of this event as we are still receiving emails from those who were unable to attend but want to join us.

The event is offered though the Fredericksburg Spinners & Weavers Guild in affiliation with From the Heart and we are already looking forward to next year!

Some of our members had their photo in the newspaper when they did an article on the event.

Chesterfield Health District

Chesterfield Health District has begun hosting a Baby Basics Mom's Club on a semi-monthly basis which targets expectant mothers in all stages of their pregnancy. To date, the Baby Basics Mom's Clubs throughout Virginia have had great success in educating women on various important topics to include breastfeeding, healthy relationships, nutrition, safety, and baby care. The overall goal of the program is to reduce the incidence of pre-term births and raise awareness to improve the health outcomes of both mom and baby.

At present, they have been able to supply the mothers who attend with various useful, albeit, impersonal gifts (e.g., diapers, wipes, etc.). We have been asked if our organization is willing and able to donate handmade items to the mothers as part of a reunion gift? The end of year reunion is scheduled for December 15 and all of the mothers who have participated in the Baby Basics Mom's Club throughout 2014. Those mothers would really appreciate getting a handmade baby hat or baby blanket, and the more personal nature of the gift would help with forming those new relationships between mother and child.

Anything we can donate will be very much appreciated and will go directly to those expectant mothers. So, let's get our hooks and needles going again to help fulfill a

worthwhile need. Just turn your items in at the shop and our distribution team will do the sorting and counting. Thanks again for your continued help

Third 'From the Heart' Book

We are currently in the planning stages of our third From the Heart book - the "Purple Book" - that we plan to have completed before our 2015 Retreat so that we can give each of you a copy then.

The concept of this book will be new FTH patterns and we already have a few which were published in the last three newsletters from Johnnie, Susan, and Larissa. We need more, though, and they will need to be tested before we can include them so put on your thinking caps and see what you can come up with. Preferably, we would like designs that could be modified or used for many different items - hats, scarves, blankets and we would like a mix of knit and crochet. We have decided on a cut-off date for your ideas of March 15th as they will need to be tested, potentially modified, organized and printed before the next Retreat.

We also plan to include 'tips and tricks of the trade' in this book so please send any suggestions, special tips or ideas for those too. An example here might be "Did you know that old Rx containers make excellent sewing needle holders" or you may have a special method of weaving in ends so that they never unravel. Any special little thing that you have come to find invaluable and that you think others would benefit from knowing.

If you have a knitting or crochet question or issue you'd like this book to address please also let me know what that is, one off the top of my head question would be "When you combine two strands of yarn of different weight to work with them together, how do you know what the gauge of the resulting thread is?" Get the idea? Any thought or question to which you don't know, but would love to know, the answer.

So, we need patterns, volunteers to test those patterns, tips and tricks you have found handy, and questions to which you'd like to know the answers. Send them all to me and, then, we will go through them, sort them out, put them all together and, I'm sure, have a terrific From the Heart Purple Book by next Retreat time.

Thanks a bunch,
Tricia (804) 683-9015 - ennis1000@verizon.net

Robious Elementary School After School Enrichment Program

From the Heart has been asked to take part in the Robious Elementary School After-school Enrichment Program which runs from January 27 to March 5, 2015.

We will be teaching a group of up to 10 4th /5th grade boys and girls on 6 successive Tuesdays from 3.45 until 5.15pm and are looking for volunteers to help with this. We would not be required, under any circumstance, to stay later than 5.15 as the Robious PTA moms take over at that point. You would not need to commit to each Tuesday but we do need a good idea of how many of you would like to participate.

Robious Elementary School is in Chesterfield County, near the intersection of Robious and Huguenot Roads.

Please let me know asap if you have availability and are willing to help with this program.

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

Waste Not Workshop - working with less than a full skein

Date: Saturday 11/22/14 Time: 9:30 am - 4:30 p.m.

Location: 5994 Plank Road, Fredericksburg - Ruritan Building

Learn how to use up your leftovers. We will have leftover yarn, patterns and help available. See how leftovers can make up into useful beautiful items. All items completed will be delivered to various groups in the community.

Bring a dish to share. Plates, cups and utensils will be provided. Coffee, hot tea and iced tea will be available. The building has a large kitchen available.

Various demonstrations will be given on topics such as how to read a pattern, making a stitch buster blanket fast and others. If you are willing to demonstrate an item which can be made from leftovers, please contact Pam by the end of October.

Everyone is welcome so bring your friends and relatives. For more information or to volunteer to demonstrate, contact Pam at 540.972.3602 or email at pegreswolde@comcast.net. We hope to see you there!

Camp Rainbow

The Mary Washington Hospice Camp Rainbow program was held October 4 & 5th at the Rappahannock Outdoor Center along the river.. Several 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 we made by you.

Some carried them by the heart button sewn underneath, others by the neck and some tucked them in pocket or snuggled in their lanyard. The colorful bandannas were worn around on their heads, tied around their arms and sometimes as a mask to hide when they were upset.

Many of children and adult 'big buddies' came up and thanked us for the wonderful turtles. We later learned they were taught a relaxation and breathing exercise using the turtle which they could do everyday even once they went home.

A special thank you to Joyce Freud and Millie Goodrich for making so many wonderful colorful bandannas, Barbara Schwinn for making the lanyards for the campers and their buddies as well as all of you that made the turtles. Everyone at the camp thanks you!

Knit and Crochet Afghan Patterns

Since the time of year is approaching where everyone is stitching afghans, we have included a pattern for both knitters and crocheters. Patterns are near end of the newsletter.

It's happening in Fredericksburg!!

A very caring realtor and her very generous client have agreed to allow From the Heart to use one of her properties for yarn storage for Fredericksburg stitchers and those areas nearby!

It's a fantastic space. The best part being there is no rent or utilities to pay! We will be using about 7 or 8 hundred square of space for shelving and yarn storage.

Some of you who have been with FtH for 6 or 7 years might remember when we began...in 3 bedrooms of my house, in my dining and living rooms plus filling my van and two car garage before Wilton Properties donated the space we are now in. Well, the situation at Pam's house is nearing capacity as well. So, finally, she will be able to get her life back, be able to eat a meal without yarn peeking out at her from nearby.

We will be installing portable shelving and beginning to fill it with yarn. This is such a wonderful opportunity for From the Heart. We are already making such a difference in that northern Virginia area. Once the space is cleaned, shelving install and yarn sorted, life will be so much easier for those in charge in our Fredericksburg area!

Congratulations Fredericksburg Stitchers...you've come a long way!

Lois

Fun Sundays at the Shop

Starting in November, the Fun Sundays at the shop will be canceled until further notice.

Current Needs for Richmond, Petersburg and surrounding

Our main need at the moment is for acrylic hats in SOLID colors, all sizes, both genders - we plan to match these with the scarves we have in stock that do not have a hat with them.

We also need baby hats and blankets.

Fredericksburg / King George Area Current Needs

Lap blankets - 30 x 30
Blankets other than lap 36 x 48 or larger

Male hats & Scarves - all sizes (boys through adults)

As always, these items are for guidelines only - please make whatever you enjoy as we can use anything you make

Check the website www.fromtheheartstitchers.org for patterns for all of these items.

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

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

Ann Robbins is the November scheduler. Contact her by phone her at 921-1174 (C) 270-6247 (H) or by email at aerobbins@live.com.

Congratulations to Gwen Glasser who is the winner for the October 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 October

Previous Total

Mid 2002 - 2013 180,534

2014

Jan - Sept 22,957

Oct 2,194

Year to date total **25,071**

Grand Total 205,685