

**"From the Heart"**

*Volunteers are angels in disguise.*

*Sent with love...*



*"From the Heart"*



## From the Heart's Grateful Thread

May 2014

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### Letter from Lois

Just a couple of weeks to wait! The Leftovers Workshop/Pot Luck Lunch is right around the corner! May 17, 2014, from 10 until 3 at Brandermill Church in Sunday Park at 4500 Millridge Parkway in Midlothian, VA 23112. Tell everyone! Bring lots of friends...we might even find time to teach some of your non-stitching friends to enjoy our crafts.

We will definitely have lots of leftovers on hand...lots of samples...as many patterns as we can round up...helpers ready to help[ you solve project problems...folks available to teach you new tricks and, don't forget..AN AWESOME DOOR PRIZE!

While we are stitching, creating, using up leftovers, seeing old friends and making new ones and EATING, we will also be solving stitching problems and teaching new techniques of your choosing. We may even find time to try a little Tunisian stitching! Any hints or tips you might like to share are also welcomed.

We are so excited to have finally found the time and place for this event. We are hoping to not only use up quite a few of our leftover supplies but during the process create lots of items to turn in during the day. If you have items ready to turn in please bring them along. We plan to have tagging supplies and bins to collect items ready for

distribution. Remember our inventory count has reached over 186,000 and we are working toward that 200,000 mark by August 23, our 9th Annual Retreat. What a celebration that will be!!! And close your eyes and picture the thousands and thousands of smiles we have created since we began. Figure for each item we have donated we've put a smile on not only the recipient's face but everyone they have touched. AND YOU MADE THIS POSSIBLE!

Come join us on the 17th, bring lots of friends and ideas. Gain tons of inspiration...enough to last us to August 23? Just maybe!!

Mark your calendar. Tel your friends. Tell EVERYONE IN YOUR STITCHING GROUPS. I'm excited about all the things possible when we get together with our hooks and needles...AWESOME THINGS CAN HAPPEN.

See you on the 17th...come with your questions and talents, leave with a huge satisfactory smile :) See you there.

*Lois*

## **Leftovers Workshop/Pot Luck Lunch!**

On May 17th, 2014 we will be having a fun day working with leftovers, periods of inspiring show 'n tell, a few new techniques, patterns and lots of food!! !

We will meet at Brandermill Church in Sunday Park at 4500 Millridge Parkway in Midlothian, VA 23112, from 10 a.m. until 3 p.m. You might remember, we held our Retreat here in 2011.

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.

If you have favorite projects and/or patterns please bring them along. You may 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. Call Lois at 804-305-4971 or email, [loisfth@me.com](mailto:loisfth@me.com)!

## **Current Needs**

We currently need cotton chemo hats and baby hats. Please **NO** children's hats and scarves. In case you want to work on them now, please remember we will need hats & scarves for homeless vets this fall. These can be made with wool. As always, please make whatever you enjoy as we can use anything you make.

**NOTE:** There are cotton hat kits in the bin.

## **Fredericksburg / King George Area Current Needs**

Baby Items

Chemo hats

Lap blankets (not just military ones)

Socks for hospice patients (men & women)

As always, please make whatever you enjoy as we can use anything you make.

**NOTE:** Be sure to see the article below about the lap blankets for veterans.

### **Supporting our Veterans in Hospice Care - must be turned in by May 17th (20th if you are in the Fredericksburg area)**

Thank you to everyone helping us with this project and we are very close to our goal for Memorial Day.

The Fredericksburg/King George group is partnering with MWH Hospice to support our veterans who are in hospice care. We would like to recognize them by providing a lap blanket to thank them for their service.

When possible we are going to give them a lap blanket in the colors of the logo for their branch of service. We realize we may not be able to do this for all of them but that is the goal. We are striving to collect 100 for presentation on Memorial Day. After that we will deliver them on an ongoing basis.

Below you will see the colors for each branch of the service; however when this is not possible you will see other suggested colors. Approx. size for lap blankets: 30 to 34 inch square (or not quite square)

#### **Service Logo Colors and quantity of lap blankets needed for Memorial Day:**

- Army - Black and gold = 41
- Air Force - Gold and ultra-marine blue = 21
- Navy - Gold and Navy blue = 17
- Marines - Red and gold = 17
- Coast Guard - Red, white and blue = 4

Remember.... Leftovers could work great here too, stripes of color would be great. When these colors are not available any of these would work:

- Camouflage
- Red, white and blue
- Shades of blue, green, beige or gray
- Red, white & blue

If you have any questions, or yarn in the colors needed you would like to donate, please contact Pam Greswolde at [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net) or 540.972.3602

## 2014 From the Heart Annual Retreat

### “Back to Basics”

**Saturday August 23, 2014**

As you are all aware at this point, Retreat registrations are now open. Forms are available at the shop.

We are trying to stick to the Retreat theme of "Back to the Basics" with our demonstrations, classes, giveaways, vendors, and talks. Just to give you an idea, we will offer a class on basic knit slip stitches, have 'basic' knitting/crochet items as giveaways, and feature local products locally sourced from local vendors such as Nana's Homemade jams, jellies, and relishes.

We have had excellent response to our requests for volunteers but please don't hesitate to get in touch if you want to volunteer or have ideas/suggestions as to how to make this a truly great day for everyone. Send a message to [ennis1000@verizon.net](mailto:ennis1000@verizon.net).

Don't forget to mark your calendars now:

Saturday August 23, 2014  
2014 From the Heart Annual Retreat  
Suggested Donation \$35

### Cotton Yarn Section at the shop

Now that it is Cotton hat time, Lois has organized a cotton yarn section at the back of the shop. There is lots of cotton yarn there to tempt you to try new types of cotton for hats or to give you ideas of colors or yarns to combine to get you out of a rut.

Look to the right as you enter the yarn section of the shop and you can browse the Cotton Kit display for even more ideas of things to do with cotton yarn. Just grab a kit and get started!



## 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.

Tricia Ennis [ennis1000@verizon.net](mailto:ennis1000@verizon.net)  
Eleanor Cannon [e-cannon@msn.com](mailto:e-cannon@msn.com)  
Ann Robbins [aerobbins@live.com](mailto:aerobbins@live.com)

## Stop by the Shop

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

Eleanor Cannon is the May scheduler. Contact her at [e-cannon@msn.com](mailto:e-cannon@msn.com) or 804-282-0440 or 804-514-1168.

Congratulations to Ann Robbins who is the winner for the April shopkeeper prize. Ann, there will be a nice bag of yarn at the shop for you to pick up for a special project.

## Donation Inventory Numbers

<b><u>Previous Total</u></b>	
<b>Mid 2002 – 2013</b>	<b>180,534</b>
<b><u>2014</u></b>	
Jan - Mar	5,792
April	<u>2,186</u>
	<b>7,878</b>
<b>Grand Total</b>	<b>188,512</b>