

"From the Heart"

Volunteers are angels in disguise.



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Letter from Lois

Where do we go from here? What does the future hold for From the Heart? We have made such an amazing difference in our communities. Of course we can never keep up with the need. We do our best. We invite new members - those who can stitch and those who would like to learn. And we offer to teach most anyone!

We continue to learn of additional organizations that would like our help, and we encourage you to reach out to new recipients in our name. There is another way we can help folks in need. We can assist other localities to form groups, with our help, to share comfort in their own communities. This would in no way place a burden on our current stitchers or supplies and certainly would not take away from our abilities to continue to supply our long list of recipient organizations.

If we began to look for out-of-our-area facilities such as small hospitals, dialysis

centers, cancer centers, clinics, you see where I'm going with this...I would then contact those locations to make them aware there may be help for them. I could contact their newspapers or other publications, reach out to the powers-that-be in the new area and with their help attract their local stitchers to cover the needs of their own people. I could help them find ways to let their communities know the new group needs stitchers and yarn donations. I could share with them our pattern ideas and our methods of reaching out to those in need who aren't even aware there might be help for them! And just think of the stitchers out there who have completely saturated their families with their made-with-love blankets, hats and scarves! Bet their folks would be thrilled for mom/granny to have a new purpose for her stitches. See, there's still another benefit to aiming able bodied stitchers toward those who are truly in need! This would give those who love to stitch a new direction and way to help in areas that truly need them! Keep in mind what it does for the stitchers!

Imagine the possibilities! If we start now we just might be able to get things rolling before another long winter sets in! Before the next patient starts chemo and has a need for a soft, beautiful hat. Before that next beautiful new baby arrives in a less than perfect situation and needs a cuddly blanket or warm sweater set for their trip home. And the hospitals...they would be ecstatic! Just to have supplies on hand so that all their new babies could go home with a cuter than cute hat on their little noggins! Or wrapped in just the most perfect little blanket!

This may sound like a total impossibility to some of you. That's okay, not everyone will be on board I'm sure. But, if you like this idea and if you have connections with anyone in outlying areas (I'm thinking anywhere within our state borders) that you think just might be a candidate for a program like ours, please, please, let me know about them. I'll take it from there. Just the thought of folks helping their own...able to create the smiles we have been a part of for so long... absolutely makes me giddy!

I really do want your input on this. You may have more ideas I can incorporate into a program like this. It's exciting to be able make a difference just by sitting down in our spare time and creating something that will not only be such a benefit itself to someone but to be able to send out the feeling to them that someone really does care! We need to share that feeling. It just doesn't get any better than that!

I'm waiting to hear from

Lois

Attention FTH Stitches

When you look at our grand total of items donated, it currently stands at 189,919. Lois looked at the number, calculated a little and discovered if we donate 840 items every week from now until the Retreat we will hit the 200,000 mark.

Soooooo, we want to challenge the FTH stitchers to help meet this goal:

840 items donated every week until the Retreat Aug 23.

Just look at those amazing numbers of items turned in and donated each week by all our wonderful groups in Carson, Colonial Heights, Dinwiddie, Emporia, Fredericksburg, Hopewell, King George, Powhatan, Prince George, Roanoke and all the Richmond groups! If each of our current 1280 members only stitched and turned in one item a week from now until the Retreat we would easily meet this goal. I know, I know, some of you just can't stand to do just one item a week and we certainly don't want to put limits out there for you. So with hooks and needles at the ready - Get stitching, please!

Field Trip to J.J.'s Knitting Nook - Monday June 16th

We are planning a Field Trip to J.J.'s Knitting Nook (<http://www.jjsknittingnook.com/index.php>) in Waynesboro for Monday, June 16th. We will drive up to Waynesboro, spend some time at J.J.'s, eat lunch at The Purple Foot in Waynesboro and visit the Cheese Shop while we are in the area. Our previous field trips have been terrific and this one promises to be just as good J

We plan to meet at the shop at about 9am that morning and car pool so we need to know, in advance, how many are going. Please let Lois (loisfth@me.com) or Tricia (Ennis1000@verizon.net) know asap if you would like to join us for a day of fun, fellowship, food and, last but not least, YARN. Please also let us know if you are willing to drive if necessary.

Upcoming classes at From the Heart

Saturday June 21st : Basic Crochet with Susan Ford. This class is designed for the person with none or very limited knowledge of crochet. Susan will teach the basic techniques for you to start on your (possibly) first crochet project. Techniques covered will include casting on for crochet, chaining, single and double crochet stitch, and turning without creating a lump at the side. A basic scarf pattern will be used to demonstrate the techniques and the scarf will be started in class and yours to take home to finish. You will be required to bring yarn and a crochet hook to this free class. More details will be provided on yarn type and hook size when you register. Please note that Susan will be teaching more advanced crochet classes in the future.

Saturday July 19th : Flat to Circular with Tricia Ennis. Ever come across a nice pattern but it is knit in the flat and you hate the thought of having to sew the seams at its

completion? This class will teach you how to convert a pattern written for flat knitting into a pattern to knit in the round. All the basic stitches will be covered and you will convert a basic hat pattern from flat to round during class to ensure you know what to do before you leave the class.

Both classes are limited in terms of attendance so sign up soon to reserve your place. There is no fee for these classes and they will be held from 2:00 until 4:00 at the shop at 1114 Westbriar Drive. Contact Tricia Ennis at ennis1000@verizon.net or (804) 683-9015 to reserve your place. You will be contacted to confirm your place.

Leftovers Workshop/Pot Luck Lunch Report

You should have been there! About 60 of your friends were! It was an amazing event! We purposely kept it very informal, offering help to anyone with questions or wishing to learn a new technique. We had a copy machine available and loads of patterns there to be duplicated. And so much food!

Many, many items were turned in to be taken to the shop for distribution. Probably nearly 100 total! So many beautiful blankets...just what we needed.

We supplied 4 or 5 very large bags of leftovers and much of that was taken by our attendees and many were already working on projects as we sat and stitched together.

This was such a successful day many asked if we could do it again very soon! And that we would love but at this point it's looking like our next one will be sometime in the fall, maybe early November. We'd love your comments about your experience and maybe tips as to what you would like us to include during our next Leftovers Workshop.

And to you who shared your day with us, thank you so much for coming!





Scenes from a wonderful day!

Looking for Volunteers for a New Opportunity with NURTURE RVA

Through one of our members, From the Heart has an opportunity to join with Nurture RVA (<http://nurturerva.org>) this summer in their mission to improve the health and well-being of childbearing families through fitness, education, social support, and community engagement.

Nurture is hosting four 'get-togethers' this summer at the Byrd Market downtown and have asked if we could possibly have 2-3 people from From the Heart go there to sit, knit, and chat as part of their "Let's Talk Breastfeeding" event. The dates and times of the markets are:

June 24, July 15, September 16, and October 14
3:30 - 7:00 pm

Please note that From the Heart would not need to be represented for the entire time - just a portion as your own schedule would allow. The event is planned to be fun and casual, with information booths, children's activities, a storyteller or two, and food demonstrations, along with all the regular vendors at the market.

We have also been asked by Nurture if we can provide them with some baby hats so this would be an excellent opportunity to knit/crochet for a good cause while also potentially passing on your skill to another.

The Byrd House Market is held at 980 Idlewood Avenue. Please contact Tricia at Ennis1000@verizon.net if you have an hour or two on any or the above dates during which you would like to help with this.

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 - blanket, hats, etc.

Cotton Chemo hats - men's and women's

Lap blankets (not just military ones)

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 Project

Memorial Day 2014 will long remain a warm memory in our minds. As we stood singing songs of our America, in a room full of U.S. Veterans, our hearts filled with such warm thoughts of each and every stitcher who donates their time and talent.

Standing before the assembled group singing "America the Beautiful", our eyes wandered around the room. There before us where the aging faces of men and woman, who had served in the United States Military. One gentleman wore his red Marine Core hat; another lady had her Army jacket on, and another was wearing his military medallions. What a wonderful sight!

As the song of each service unit was sung, we distributed blankets to the Veterans. Shaking a hand, giving a hug, asking how long they had served proved to be a wealth of information - 2 years in the Navy, 20 years in the Army, 30 years in the Marines, and the stories went on. Some leaning on walkers, some being assisted to stand, and others remaining seated, received a handmade lap blanket made by the wonderful members of From the Heart.

Yes, we may have been the ones standing there assisting in passing out the lap blankets to the Veterans, but each and every one of you made it possible. It seems that only a few short weeks ago we were asked to stitch lap blankets for the Veterans in Hospice Care. Our hope was to offer 100 blankets to be distributed. With such a generous heart your wonderful stitching began. In no time you shared your stitching talents and overwhelmed From the Heart with an amazing 225, original, handmade, amazing lap blankets.

We cannot tell you how much we love and appreciate each and every one of you. For it is YOUR wonderful talents that made a difference for our U.S. Veterans on Memorial Day.

Many of you asked if we are going to continue this as you want to make more for our veterans. Yes, we are going to do this again on Veteran's Day; however we have lots of time to complete this next round of blankets. This will not need to be the mad rush we just completed. We will be accepting blankets until the end of October. Thank you again for your efforts now and desire to continue to honor those who have served our country.



One of the many blankets created for the veterans!



Before delivery!

2014 From the Heart Annual Retreat

“Back to Basics”

Saturday August 23, 2014

Our Retreat plans are coming along very nicely but we still want to remind everyone that we are very interested in hearing if you have any specifics to suggest to make the experience better for your fellow From the Heart members. This year, we will again be holding the Retreat at The Place in Innsbrook, from 10am until 3:30pm and the cost of attending is \$35 now, \$40 at the door.

We have two questions for you all and would love to hear from you with your thoughts:

1) We have been very fortunate in that Susan Ford has offered to teach a class of whatever crochet technique YOU want. Please let Tricia Ennis know and Susan will teach a class on whichever technique is most desired by our members

2) We are planning a special display of stories from our members of how knitting/crochet have helped them overcome traumatic experiences in their lives. Once

again, please contact Tricia if you have a story to share and also let her know if you want your name withheld

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
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 June scheduler. Contact her at aerobbins@live.com or 804-270-6247 or 804-921-1174.

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

Donation Inventory Numbers

<u>Previous Total</u>	
Mid 2002 – 2013	180,534
<u>2014</u>	
Jan - Apr	7,348
May	<u>2,037</u>
	9,385
Grand Total	189,919