

Letter from Lois – December 2017

Stitchers, we are facing a new challenge. Little red hats for babies...and each must fit those 5-inch balls.

These hats are needed by our area hospitals in February, so we do have a little time on our side. But...I've totaled up the expected birth count reported by 5 of our six hospitals, just in the Richmond area, and at this point that count is at 980! Our sixth hospital has yet to report in and it's a biggie! That one is VCU/MCV. I just have no idea what to expect from their count!

The purpose of this little red hat campaign for February is because that is heart awareness month. This program is promoted by the American Heart Association in connection with The Children's Heart Foundation. "Little Hats, Big Heart" honors babies, moms and heart healthy lives in a very special way. The Foundation reports "... supporters are knitting and crocheting red hats to be given out to thousands of babies during American Heart Month in order to empower moms to live heart healthy lives and to help their children to do the same." You may want to check out the website promoting this program for additional information and patterns: <http://www.heart.org/HEART/ORG/Affiliate/Little-Hats-BigHearts.UCM.487734.SubHomePage.jsp#mainContent>

So, grab your hooks, needles and favorite baby hat patterns and let's do this! You will find red yarn ready for you at the shop within the next few days. You may use our Red Heart yarn readily on hand if you like. Remember, once you stitch with Red Heart, if it feels a little harsh to you, just spritz it with water and toss in the dryer with a softener sheet. If you would like to share a pattern with others, please bring it to the shop and we'll make copies to be offered for use. Also, if you need a pattern, check out our website for those which we have posted there, check for patterns in our pattern books, which so many of you already have in your possession or, as written above, we will have donated patterns at our Westbriar Drive shop.

We have a separate bin in the shop workroom in which we are collecting these hats. Be certain to test that each one fits properly on the 5" Styrofoam ball and is tagged with our Dove tag before being placed in the bin.

As we've experienced in the past, our stitchers are always ready to help others. Remember when we needed warm hats for Medics in Kuwait? I requested 100 and in a very short time we had a total of 300 turned in! So, I KNOW we can do this! Baby hats are quick-stitch projects and with the willingness and caring of our membership it will be exciting to watch this unfold.

And, as the total grows we will be certain to keep you up to date on our progress.

Come by the shop soon, get your supplies and patterns if you need them and join in the fun...for a great cause.

Hope to see you very soon at the shop!

Lois

A Little Trip to Wise

The following article was printed in Roanoke's Sunday Post and was sent to us by Marianne Booberg.

"In this season, I am thankful for the generous spirit and the warm hearts of the people of the Episcopal Church of the Redeemer. We have just returned from our quick trip to Wise, Virginia. As we were making plans for this year's effort to brighten the lives of the people in the Appalachia, there was the usual flurry of activity. I did not focus on what our fellow Parishioners were doing to help as we unloaded a box from a car or a car full, last Sunday. It was somewhat of a blur as we received the gifts and packed the truck.

On Monday, I climbed up the ramp of a fully loaded 16 ft. truck which was parked in front of the Families in Crisis storage building. As I handed down the many packages, I realized how much Redeemer had stepped up. There were sheets and blankets and comforters; everything to make a person warm and comfortable in their bed. There were pot and pans and small kitchen appliances, new sets of flatware and sets of dishes. There were even a few pieces of furniture. There was a box of knitted things for the two new babies at the shelter. As we unloaded, the helpers were putting aside material to take immediately to the shelter. There were dozens of items to aid people who would be starting over as they leave the shelter to go to a new place to live. Also on Monday, we delivered \$600 worth of new socks and underwear to the Minnick Schools that operate in Wise and Bristol. In addition, we left gently used clothing, and knitted hats and scarves donated by **From the Heart Knitters** for the children. We dropped more knitted hats and scarves and a small amount of durable medical equipment at the Health Wagon. We learned that two women from Georgia had just dropped of a carload of Winter Coats at the Health Wagon that same morning, great timing. Beautifully crafted baby caps, gowns and sweaters from Infants in Need of Richmond were delivered to the Norton Community Hospital. Finally, gifts, toys, clothing, much of which were collected by Central Baptist Church, were dropped at the Order of the Eagles in St. Paul to support their effort to make Christmas a joy for the children of that community.

I am thankful for everyone who gave and everyone who prayed for this effort. I am thankful for my fellow travelers, Nancy Markwith, Marianne Booberg and Carl Booberg and our Master Packer, Mike Webb.

Praise God!

Lou Markwith

P.S. Thank you to the Outreach Committee for supporting the truck rental and the gas.”

Open House at the Shop

Please join us on Saturday, December 16th for a From the Heart Open House at the shop on Westbriar Drive in Henrico. The two shopkeepers that day, Kulla Ficare and Linda Pinkham, will both be there from 10am until 2pm. From the Heart will provide cutlery, plates, cups, napkins, drinks, and ice. You bring a smallish amount of something edible. If you plan to be there at lunchtime, please bring something “lunchy”. If you plan to arrive spot on at 10am, a snack item might be better. We just want to celebrate the Holidays by having people get together to sit, chat, knit, crochet, and have a little something to nibble on.

“New” From the Heart Website

The From the Heart Website has been redesigned and now contains more information which we hope will be relevant to our members. One item we have added is a feature announcing Upcoming Events. We have updated the pattern section and, also, the “Useful Links” section. Pop on over to www.fromtheheartstitchers.org and see what you think. Any suggestions for improvement can be sent to Tricia Ennis at triciaennis2014@gmail.com or you can leave a note for Tricia at the shop, or phone her at (804)683-9015. Note that while we are not promising to implement suggestions you might make, they will definitely be considered and, if they would improve the website and are actionable, we will implement them.

An Unexpected Kindness

One afternoon this week, I unexpectedly found a large envelope in my mailbox. Upon opening it, I found two hat and scarf sets along with several additional hats.

This is the note which accompanied this unexpected gift.

“Hi Tricia,

My name is Heather Burden and I broadcast a knitting show under the name Girlnovember on Twitch.tv, a video platform that showcases video games, crafts and more. My viewers earn in-channel currency while watching the broadcast, and can spend that virtual currency to either receive hand knit items for

themselves, or can fund items for charity.

Many of my viewers have chosen to fund charity items. Two online viewers in particular, Probability-Distribution and Siliun, both generously funded the yarn that I used to make the enclosed hats and scarves for the Veterans’ Encampment. We all hope that the items will come in handy and provide some much needed warmth.

Thank you for all you and From the Heart Stitchers do to provide outreach, comfort and assistance to folks here in Virginia. I have spread the word of your organization, and hope that you’ll receive more inquiries via your website and Facebook, and more hand crafted items to help in your efforts.

All the best,

Heather Burden

Girlnovember Knits and Crafts LLC

GirlnovemberCrafts”



There are times when acts of unexpected kindness deserve to be shared. This is one of them. Thank you to 3 Super-Secret Ninja Helpers (as my grandson puts it), Siliun, ProbabilityDistribution and Girlnovember ☺

Upcoming Mini-Workshops at the Shop

Lois will be presenting mini-workshops at the shop on Westbriar starting on Wednesday, December 6th. Currently, she has three classes planned and they are:

Wednesday morning, 10am until noon, December 6th:
Joining Squares/Strips for Blankets. As we do not have many squares at the shop at the moment, please plan to bring 5-6 small (6” or so) squares with you if possible.

Wednesday morning, 10am until noon, December 13th:
Simple Cables.

Wednesday morning, 10am until noon, December 20th:
Learn to Crochet.

Please let Lois know at loisfth@me.com or by phone at (804)305-4971 so she will have an idea of how many to expect.

Glen Allen Returns to the Board

Glen had taken some time away from the Board to deal with some personal matters, including recuperating from surgery. Glen rejoins the Board this month. Her contact information is email: gfalobster@gmail.com, phone number 804-305-6152. Welcome back, Glen.

Liberation Veteran Services

*“Dear Lois and Members of **From the Heart**,*

On behalf of our staff, board and those we serve, we want to express our appreciation for your kind and extremely generous gift of (24 Afghans and four hats) perfectly beautiful handmade, red, white and blue Afghans for our Homeless Veterans at our Transitional and Rapid Rehousing program. We are very grateful and appreciate your generosity.

Without assistance from people like you, we would not be able to provide the resources needed to help those in crisis return to a normal and productive way of life. Meals, case management, shelter, clothing, recovery classes and many other forms of support are available through our program. We continue to see great successes, and by working together, we can help our local veterans experiencing hunger and homelessness have a brighter future.

Sincerely,

*Kathy Crouch
Executive Assistant”*



Tip of the Month

When knitting or crocheting 2 or more strands of yarn it is helpful to run them through a 2 to 4” piece of a large diameter plastic straw. It stops the twisting and wrapping around each other and make for an easier way to knit or crochet together different stands of yarn. It especially helps when the yarn is very thin or there are several strands. Many thanks to Janet Sparzak for this tip.

Shop-keeper of the Month – November 2017

Every month we put the names of the people who have volunteered to staff the shop that month (one chance per shift worked) into a bag, give it a shake, and pull out a name to be the Shop-keeper of the month. This month’s winner (November) is Katya Arsenyeva. Next time you are at the shop, Katya, please pick out some of the nicer yarn for your personal use as a thank you for the times you have volunteered this month.

Shop Hours and December Scheduler

Tricia Ennis is the December scheduler and she can be reached by email at triciaennis2014@gmail.com or by phone at 804-684-9015. Please contact her if you would like to volunteer as a shop-keeper. Shopkeepers should also be aware that the shop schedule is now posted under the “Members” tab on the redesigned website. Every attempt will be made to keep the posted schedule as up to date as possible, so you can check there to see what is still available and to double-check on what you are already signed up for. Please note that you will still need to contact the scheduler in order to volunteer.

Schedulers are responsible for ensuring that the shop is properly staffed, and that two people are on duty for each shift. Schedulers are responsible for one month at a time.

If you are interested in becoming a *scheduler* and want to know more, contact one of the current schedulers.

The schedulers are:

Ann Robbins: aerobbins@live.com, 270-6247 (h), 921-1174 (c)

Tricia Ennis: triciaennis2014@gmail.com, 683-9015

Jacqueline Muoio: msjbangles@yahoo.com, 840-4687

The From the Heart ‘shop’ is located at 1114 Westbriar Drive in Henrico and is open from 10am until 2pm every Tuesday, Wednesday, Thursday, and Saturday. See the calendar at the end of this newsletter for information about the times and places of From the Heart groups which are additional to the shop hours.

Incident Weather Policy

As we approach the Winter Season with its potential for snow and ice, we want to remind you that the general rule for From the Heart is "If the schools are closed or opening late, the shop will be closed." This rule applies regardless of where you live. In Richmond, we look at Chesterfield, Henrico, Hanover, and Richmond... In Fredericksburg, it would be Spotsylvania. If your schools are closed/opening late, your meeting spot will be closed.

From the Heart Retreat – 2018

As mentioned last month, the theme for next year's Retreat will be The Mad Hatter's Tea Party. As you know, we will be putting together a book of slightly wacky patterns. I have not gotten many patterns yet so please send them along to me for potential inclusion, bearing in mind that we would like these patterns to be ones which, although a bit out of the ordinary, could still be used for our work with From the Heart.

I also had the thought that it might be fun to name our patterns using the characters from Alice in Wonderland and, if we find there are insufficient characters in that story, we could use characters from other Lewis Carroll works. I'm working on a Caterpillar Hat pattern at the moment but we could have a Dodo scarf, a Cheshire Cat blanket, a March Hare lap blanket... you get the idea. When you send me a pattern, please give it a name and I'll get back to you if it has already been taken.

If you want to test a pattern, please let me know that too as I am starting to compile a list of testers for when that time comes. You can reach me (Tricia) at 804-683-9015 or by email at triciaennis2014@gmail.com.

Because I was Asked

I posted something on Facebook a couple of nights ago and some people have suggested I include it in the Newsletter as, they say, it reflected their own feelings about From the Heart. From the Heart serves a real need in my life which is why I posted what I am copying below,

Tricia

"Sometimes, my heart just breaks. Some of you may know I am the President of a very worthwhile organization called From the Heart Stitchers. We have given away close to 300,000 items to people in need - all hand made, knitted, crocheted, or sewn. We are entirely volunteer. Almost 300,000 items and, yet, every time I receive a letter or an email from an FtH recipient, I want to cry. I just got an email from a woman in an Abused

Women's Shelter in a town near where I live (FtH does not know the actual locations of the shelters we serve, there are two go-betweens in each case as the actual locations cannot be well known.) The email I got was forwarded from the FtH's "Contact Us" button on our website. This woman had received a pair of finger-less gloves and is thrilled with them. I absolutely love being a member of From the Heart. From the Heart makes me feel like I am worth something and have something of value to give back to those in need. One pair of finger-less gloves in close to 300,000 items given away amounts to basically nothing but it is not about the number of items From the Heart gives away. It is about the effect each single item has on the receiver."

Current Needs

Richmond and Surrounding areas have a need for:

Scarf and hat sets, adult sized
Red hats for babies (see this month's Letter from Lois)

Fredericksburg/King George has a need for:

Hats, scarves and cowls - all sizes (don't forget the boys and men)
Baby blankets & hats (NO preemies please)
Lap, and larger, blankets (approx. 32" X 50" up to twin bed size)

As always, please make whatever you enjoy making. We make the current needs known, not to say that they are something you must make but only to keep you 'in the loop' and give you the opportunity to work on these items should you wish to do so.

Donation Inventory Numbers

| | |
|--------------------|---------------|
| Previous Total | |
| Mid 2002 – 2016 | 259,125 |
| 2017 | |
| January - October | <u>29,454</u> |
| November | 2,575 |
| Year to date total | 32,029 |
| Grand Total | 291,154 |

This is YOUR Newsletter

This really is your Newsletter. We really do want it to be something you enjoy receiving and reading so please continue to suggest articles, ideas, or tips. You can do that by letting me, Tricia, know by leaving me a note at the shop, by phoning me on (804) 683-9015, or by emailing me at triciaennis2014@gmail.com.

Spiral Baby Cap (Knit)

Size 8 long circular needle for magic loop knitting or
Size 8 double point needles

Spiral Rib is created by “moving over” the ribbing by one stitch every 5 rows

Cast on 56 stitches. Join to work in the round.

Rows 1 – 5: Work in Knit 2, Purl 2 ribbing around.

Rows 6 – 10: Purl 1, (knit 2 purl 2) to last 3 stitches. Knit 2, purl 1

Rows 11 – 15: (purl 2, knit 2) to last 2 stitches. Knit 2.

Rows 16 – 20: Knit 1, (purl 2, knit 2) to last stitch. Knit 1.

Rows 21 – 25: (knit 2, purl 2) around

Rows 26 - 30: Purl 1, (knit 2 purl 2) to last 3 stitches. Knit 2, purl 1

Rows 31 & 32: (knit 2 together, purl 2 together) to last stitch. Knit 1

At end of row 32, cut yarn leaving a long tail. Using a yarn needle, thread the yarn through the remaining stitches. Turn cap inside out, pull yarn tight. Tie securely. Weave in all ends.

This cap can easily be made larger by increasing your cast on stitches in multiples of four.



Seamless Crocheted Baby Hat

Hat Size Guidelines

Size: full term newborn (13" circumference)

Materials:

F hook, 1.5 oz. baby yarn Gauge: 9 sc = inches

Instructions:

ch 4, join w sl st to form ring 2. ch 1, work 10 sc in ring, do not join w sl st, keep working in rounds

2 sc in ea sc around (20 sc)

work 1 rnd even (20 sc)

2 sc in ea sc around (40 sc)

work 1 rnd even (40 sc)

1 sc in next sc, 2 sc in next sc, rep from * to * around (60 sc)

continue working sc in rounds until cap measures 8" from top to bottom

end off, weave end into outside edge

turn up 2" cuff



From the Heart Local Group Times

December 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|--|
| | | | | | <p>1 Starbucks Huguenot Rd 9:30am - noon</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p> | <p>2 Atlee Angels Legacy Park 1 – 3 pm</p> |
| 3 | <p>4 The Crossings at Bon Air 2:00 Gayton Kirk K/C. Gayton Kirk Church 7pm Midlothian Women’s Group, Starbucks, Ivy Mount Shopping Center 10:00am</p> | <p>5 Chesterfield Heights Community Center 2:00-3:30 Panera Bread, Midlothian and Chippenham 5:30–7:30pm North Courthouse Chesterfield Library, Courthouse Rd. 11am – 1pm Prince George Library 2:00 – 4:00 pm</p> | <p>6 ElmCroft Retirement 1:30 Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm Colonial Heights Senior Ctr 10-noon Colony Critters’, Patriot’s Colony in Williamsburg. 1:3pm Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Michael’s, Midlothian Tnpk. & Courthouse Rd. 12:00-3:00</p> | <p>7 Hopewell Library 6pm – 8 pm Mall Group Chesterfield Towne Center (food court) 9-noon Panera Bread Midlothian 6 - 8:00 pm</p> | <p>8 Starbucks Huguenot Rd 9:30am - noon Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville Kay’s Krafters 1 –5 pm</p> | <p>9 Louisa Group Hardee’s 10 – noon</p> |
| 10 | <p>11 The Crossings at Bon Air 2:00 Gayton Kirk K/C. Gayton Kirk Church 7pm</p> | <p>12 Chesterfield Heights Community Center 2:00- 3:30 Panera Bread, Midlothian and Chippenham 5:30–7:30pm Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd.. 10:00am – 1:00pm North Courthouse Chesterfield Library, Courthouse Rd. 11am – 1pm Montpelier Crafters 1 – 3pm</p> | <p>13 Dinwiddie Library 1:00-3:00pm Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm Colonial Heights Senior Ctr 10-noon Farmville Baptist Church 132 N Main St, Farmville, 5:00pm King George - Peace Lutheran Church 10 am – noon</p> | <p>14 Hopewell Library 10am – noon Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p> | <p>15 Starbucks Huguenot Rd 9:30am - noon Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p> | <p>16 Atlee Angels - Legacy Park 10 – noon</p> |
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| 24/31 | <p>25 CHRISTMAS DAY</p> | <p>26 Chesterfield Heights Community Center 2:00- 3:30 Panera Bread, Midlothian and Chippenham 5:30–7:30pm Montpelier Crafters 1 – 3pm</p> | <p>27 Dinwiddie Library 1:00-3:00pm Colonial Heights Senior Ctr 10-noon Farmville Baptist Church 132 N Main St, Farmville, 5:00pm King George - Peace Lutheran Church 10 am – noon Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm</p> | <p>28 Hopewell Library 10am – noon Summerhill Retirement Center 1:30 – 3:30pm</p> | <p>29 Starbucks Huguenot Rd 9:30am - noon Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p> | 30 |

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 |
|--|---|------------------|--|------------------|
| 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 (DS time only) | 6.30 - 8.00pm |
| 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 | Chester Library, 11800 Centre St. | Chester | Wednesday, 2 nd , 4 th | 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 | Monday, every | 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 | Wednesday, every | 5:00pm |
| Five Rivers Fiber Guild Charity Stitchers | Rice's Hotel/Hughlett's Tavern | Heathsville | Friday, every | 10am - noon |
| Fredericksburg Group | Redeemer Lutheran Church, 5120 Harrison Rd. | Fredericksburg | Tuesday 2 nd , 4 th | 10:00am – 1:00p |
| Fredericksburg Group | Wegman's 2 nd Floor Food Court, Central Park | Fredericksburg | Tuesday 3 rd | 5:30 – 7:30pm |
| Gayton Kirk Knitters/Crocheters | 11421 Gayton Rd | Richmond | Monday, every | 7pm |
| 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 | Wednesday 2 nd , 4 th | 10am - noon |
| 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 |
| Mathews area group, A Common Thread | Mathews Rescue Squad Building | Hudgins, VA | Wednesday, 1 st | 10:30am – 2:00pm |
| Michael's, (craft room) | Midlothian Tnpk. & Courthouse Rd | Midlothian | Wednesday 1 st , 3 rd | Noon – 3pm |
| Midlothian Women's Group | Starbucks, Ivy Mount Shopping Center | Midlothian | Monday 1 st | 10:00am |
| Montpelier Crafters | Montpelier Center for the Arts and Education | Montpelier | Tuesday 2 nd , 4 th | 1 – 3pm |
| North Courthouse Chesterfield Library Fiber Trends | 325 N. Courthouse Rd. | Richmond | Tuesday, every | 11 am – 1 pm |
| 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 |
| Starbucks | 5001 Huguenot Road | Richmond | Friday Every | 9:30am - noon |
| Summerhill Retirement Center | 3158 Lake Village Drive | Richmond | Thursday 4 th | 1:30 - 3:30pm |