

Letter from Lois – March 2017

What should I stitch next?

I thought it would be a chemo hat/scarf set, or set to be sent to the Appalachian area for next fall, but then, we got the call for baby blankets for the military organization, Operation Homefront. I grabbed my supplies and patterns. My blanket reached (and still is) about 6 inches long. But, when I visited an infusion center I was asked about shawls so, again, I compiled all the necessities and got one going. That project made it to about 8 inches before I was once again side tracked by the suggestion of premie items.

Now, that's more my speed! Small, quick, get something completed! I can do that!

But, now...I've done it again. At that point I had 8 (now 9!) incomplete projects in my very large bag....

Does this happen to you? I'm not unique am I? Influenced by every suggestion? Wanting to cover all needs in all areas?

Well, I can tell you it isn't working for me. My suggestion is to focus in on the need closest to your heart and stitch toward it. Is it veterans? We can certainly use blankets for them. Is it cancer? Such a need here as well. Teal colored chemo hats for those dealing with ovarian cancer, other colors for men, women and children in various sizes. And don't forget those sleep caps. Nice, soft, smooth head warmers for naps and nighttime...such a comfort when made from Simply Soft (100% cotton tends to be too scratchy for sleep caps)! It's almost impossible to get that needed sleep when your head feels chilled.

And BABY, BABY, BABY! As I've already mentioned, we are working toward 100 baby blankets approximately 36" square for Operation Homefront. The hats we already have on hand. Now we are just waiting on blankets to match up into sets. Once that deadline passes we are faced with another 100 blanket/hat sets each for both the Capital Area Health Network (Richmond city) and Chesterfield Health's baby showers. These are usually due by early November. And just a reminder... those hats must fit over that 5-inch ball about which we constantly talk. We have a nice supply of those balls on hand for our groups. If your stitchers would like to have a couple on hand just let us know. We'll get them to you ASAP.

So, it's never quiet! The need seems to outdo our stitching every time! But we keep trying to make a dent in the constant lack of comfort items on hand at

hospitals, nursing homes, memory care facilities, dialysis centers, veterans and hospice locations, the homeless and many other locations. We know you are always willing to do your part...that's all we ask! And please, know how much we appreciate every single item you submit. We could never do this without YOU!

Lois

From the Heart Retreat – 2017 Happy Birthday, Sweet Sixteen

Registration for our next Retreat, Saturday, August 19, at The Place at Innsbrook will open on April 10th and close on July 31st. A registration form will be included with the next newsletter and we ask that you get yours back to Beth Williamson as soon as possible as we are limiting attendance to 200 people. The cost to register will be \$40.

We have lined up several vendors and speakers but we need to hear from you regarding what classes you would like to see this year. Please send me your suggestions by phoning me at (804)683-9015 or emailing me at triciaennis2014@gmail.com. I also need to know if you would be willing to teach a class and/or volunteer with other aspects of preparing for From the Heart's 16th Birthday Party.

Field Trip to 'Dances with Wool'

We are planning a Field Trip for Friday, March 17th to the new locally owned yarn shop, Dances with Wool, 1229 Sycamore Square in Midlothian (right across from the old Martins). We will meet at Dances with Wool at 11:00am and spend about an hour in the shop. Then, we will head to Awful Arthur's Seafood (an easy walking distance) where lunch items range from \$7 - \$15. After lunch, those who want will return to Dances with Wool where we can continue to shop or just sit, knit, crochet, and enjoy each other's company. Please let Tricia Ennis know if you'd like to come along as reservations will need to be made. You can reach Tricia by email at triciaennis2014@gmail.com or by phone at (804) 683-9015.

Powhatan's Festival of Fiber

Volunteers are still needed for this event. Contact Linda Hague by email at Llh607@verizon.net or phone her at 804-741-1135 for more information.

Saturday, April 29, 2017 - (Rain or Shine)

10:00am - 5:00pm

3920 Marion Harland Lane

Powhatan, VA 23139

Admission - \$5.00, children 12 and under free.

From the Heart “Waste Not” Workshop and Yarn Swap, Fredericksburg

Date: Saturday March 25, 2017

Time: 10:00 a.m.–4:00 p.m.

Location: Ruritan Building —5994 Plank Road, Fredericksburg (Between Battlefield Dental and the Fire Station just east of Andora Drive on Rt. 3.)

We will have yarn, patterns and help available. We are going to do a yarn swap - bring those skeins you don't like and swap for something you would like to work with.

See how leftovers can make up into useful beautiful items. All items completed will be delivered to various groups in the community.

Bring your tools and a dish to share and come for a fun filled day! Plates, napkins, cups, bowls, utensils, coffee, hot tea and bottled water will be provided. The building has a large kitchen for our use. We will need both a setup and clean up team so let us know which you can help with.

For more information or to volunteer to demonstrate, contact Pam Greswolde at 540.661.7967 or email at pegreswolde@comcast.net. We hope to see you there! Everyone is welcome so bring along your friends and relatives.

The Aztec Blanket



On a cold January day, a very sick Latino man came to the unit. He was in pain, spoke limited English, and was in need of medical and comfort care. He was completely alone with no family in Richmond. He had come to the United States from Guatemala some years ago. How he made that journey and his story remains a

mystery. Donna Burns Stewart visited with Mr. G., speaking a bit of Spanish and offering her special care. She had been saving one of your blankets for a special person. She knew that the unique designs in that blanket were meant for someone for whom bright color and design would bring joy. That blanket was an Aztec design with bright red, blue, green, and gold yarns. She decided Mr. G. was the right person for that very special blanket. When she brought the blanket to him and

explained in simple words that it was for him, he smiled brightly and said “Gracias”. Mr. G. remains on our unit. His pain is under control. His prognosis is not a good one, but for the rest of his life, he will be comforted by a blanket that reflects his culture and brings color to his days. When I visited him yesterday, the blanket was on his bed. I used a system called MARTI (My Accessible Real Time Trusted Interpreter) to talk with him. I speak to Mr. G. and an interpreter translates my words and then translates his words back to me. It is an amazing system.

Thank you for all of the hats and blankets. Your labor and love bring comfort and joy to all who receive them and all who deliver them.

With gratitude,
Judy Jamison

Spring has Sprung, Maybe...

It looks like Spring is seriously thinking of making a comeback (or maybe not... we'll have to give it a little longer perhaps). Here, however, is a really cool idea one of our members sent in on how to create nesting balls which will attract our feathered friends to your yarn now that they may be considering starting their new families.



First, get a small grapevine ball, a suet holder, an onion or garlic bag. Then stuff with any of the following items (or you could just stuff these materials between the branches of trees)

- The little pieces of yarn you are left with after you weave in your ends.
- Strips of cotton (3” or so in length) cut from quilting project leftover or use an old T-shirt
- Small pieces of string or twine
- Little bits of leftover ribbon
- Grass clippings
- Twigs or tiny, tiny branches
- Cotton balls
- Feathers which may have come free from pillows or quilts
- Soft natural materials such as cattails or milkweed

Do NOT use anything that might have chemicals in it, such as dryer lint, dryer sheets, or fur from an animal

recently treated for fleas or ticks as the chemicals can injure birds.

Once your ball is made, hang in a tree or from a bird feeder and have fun watching as the birdies come to take materials for their nests.

Tip of the Month

Do you have any of those older long knitting needles lying around your house? How about old, bent needles or crochet hooks? Why not re-purpose them for use as gardening stakes or even consider making a wind-chime from them using a lid from a mason jar, some yarn and, of course, the needles or hooks. Thanks to Kulla for these really cool ideas for recycling our old tools.

Don't have any old needles? Next time you are at the shop, check out the boxes in the hallway and feel free to take as many as you want of the old needles either there or on the table in the very back of the shop.



Shop-keeper of the Month – February, 2017

The winner of the February Shop-keeper of the Month prize is Ginny Wong. Next time you are in the shop, Ginny, please take sufficient of the nicer yarn with which to create something for one of your personal projects. Congratulations.

To have your name entered in our monthly drawing, all you need to do is volunteer two hours of your time to work in the shop as a shopkeeper. Contact any one of the schedulers, or ask the shopkeeper on duty when you are at the shop, if you are interested in finding out more about this opportunity.

Coming Soon

Sock Workshop at the shop on West Briar
From the Heart's Richmond Leftover's Workshop in Midlothian
Date will be announced soon.

Winter Knit and Crochet Along Project



Our Winter Knit and Crochet Along Project held its last Saturday meeting at the shop on February 25th with many completed items being turned in. There are still several being worked on and the last date to turn in your item is June 15th. Don't forget to include yarn label(s) when you turn in your project as we will need to prepare 'tags' with care instructions before we have these items sent to Wise County. Also, please include a note with the size of the item.

Below is a photo of Joyce assembling the granny square cardigan she made and, as you can see, it is a gorgeous, truly one of a kind item. Kulla is in the process of taking photographs of all the creations so seeing that is something for all of us to look forward to. Don't forget to send photos of your WIPs (Works in Progress) to Kulla at kulla.ficare@verizon.net to ensure that your creation gets included in the record she is making.



Current Needs

Richmond and Surrounding areas main need, now, is for:

Baby blankets of at least 36" square (no hats)
Chemo hats in adult sizes, any yarn other than wool (no loomed hats please)
Also, please note that we do not have a place which will accept cowls so we are requesting that no cowls be handed in. Thanks.

Fredericksburg/King George has a need for:

Baby items including baby blankets at least 36" square
Larger blankets up to twin-bed size
No adult hats are needed at this time

Please remember that, as always, you should create whatever you enjoy making as we can (please note the exception of cowls), and will, find a home for it.

Patterns for Chemo Caps

At the back of this newsletter are two patterns for chemo hats, one knit and one crochet. We try to provide you, each month, with patterns that you can use if you wish to make an item that we have a current need of. This month that is chemo hats. As you create your one-of-a-kind item (yes, they are all one of a kind even if the same pattern is used as we all use different yarns and colors), the question might occur to you "I wonder where this will end up?" So, with that in mind, the chemo cap you might choose to make this month may go to any one of the following places.

- Fredericksburg Hematology and Oncology
- Henrico Doctor's Hospital
- Virginia Cancer Institute
- Regional Memorial Hospital
- McGuire VA Medical Center
- Massey Cancer Center, VCU
- St. Mary's Hospital
- Southside Regional Medical Center, Petersburg
- The Hawthorne Cancer Foundation at J.W.

This is YOUR Newsletter

You probably noticed that the tip about reusing our old needles and hooks was suggested by Kulla, the cool idea about creating a nesting ball for our feathered friends was suggested by Nancy. The article about the Aztec blanket was submitted by Judy who volunteers at MCV,

and the idea to list where Chemo hats (which you might work on this month) was sparked by a member's question.

This really is your Newsletter. We really do want it to be something you enjoy receiving and reading so please continue to suggest articles and ideas. 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. I can't guarantee that anything you submit will be in the very next newsletter but I will certainly do my best.

Shop Hours and March Scheduler

Tricia Ennis is the March scheduler. Please contact her by phone at (804) 683-9015 or contact her by email at triciaennis2014@gmail.com if you have two hours this month to volunteer at the shop.

The From the Heart 'shop', is open from 10am until 2pm every Tuesday, Wednesday, Thursday, and Saturday. It is located at 1114 Westbriar Drive in Henrico Co. See the calendar at the end of this Newsletter for times and places of From the Heart group meetings which are additional to the shop hours.

Schedulers are responsible for ensuring that the shop is properly 'staffed' with two people on duty for each shift while the shop is open. Each scheduler takes on one month at a time in rotation. Contact any one of the current schedulers for more information.

Tricia Ennis, triciaennis2014@gmail.com
Eleanor Cannon, e-cannon@msn.com
Ann Robbins, aerobbins@live.com

Donation Inventory Numbers Through February 2017

Previous Total	
Mid 2002 – 2016	259,125
2017	
January	<u>2,655</u>
February	2,106
Year to date total	4,761
Grand Total	263,886

Mel's Fake Cable Stitch Chemo Hat (Knit)

Materials:

Approximately 2 oz. of cotton yarn
Size 6 or 7 circular 16" or double pointed needles

Pattern:

Cast on 85 stitches, join being careful not to twist.

Knit each row for 8 rows.

Row 9: Purl 2, knit 1, knit second stitch on left needle, leaving it on the needle, knit first stitch on left needle, remove both stitches at the same time.

Continue around.

Row 10: Purl 2, knit 3 around.

Row 11: Purl 2, knit second stitch, knit first stitch, remove both, knit 1, continue around.

Row 12: Purl 2, knit 3 around.

Repeat rows 9 thru 12 until hat measures approx. seven inches, ending with row 12.

Decrease:

Row 1: Purl 2, knit 1, and knit 2 together. Continue around

Row 2: Purl 2 tog, Knit 2. Continue around. (42 stitches at this point.)

Row 3: Purl 1, knit 2 together. Continue around.

Row 4: Knit 2 together around.

Row 5: Knit 2 together around. 9 stitches left.

Cut yarn, thread thru remaining loops and weave in end.



Skull or Chemo Cap (Crochet)

Materials:

Approx. 3 ozs soft worsted weight (#4) yarn, more for a longer cap
Hook: Adult size-use **J** hook, kids-use an **I** hook, little kids-use an **H** hook

Abbreviations:

ch = chain

dc = double crochet

sl st = slip stitch

sc = single crochet

Instructions:

Ch 4 and join with sl st

Round 1: Work 12 dc into ring and join with sl st (12 dc)

Round 2: Ch 1, work 2 dc into each stitch around, join to ch 1 with sl st (24 dc)

Round 3: Ch 1, *1 dc in next stitch, 2 dc in next st* around, join to ch 1 (36 dc)

Round 4: Ch 1, *1 dc in next 2 stitches, 2 dc in next st* around, join to ch 1 (48 dc)

Round 5: Ch 1, *1 dc in next 3 stitches, 2 dc in next st* around, join to ch 1 (60 dc)

Rounds 6-8: Ch 1, dc in each stitch around, join to first ch 1

(Note): to make the cap bigger, you may add another round of rows 6-8)

Rounds 9-12: (do not ch 1 here) sc in each st around (use stitch marker to mark start of each round-work a spiral for these four rounds)

Round 13: sl st each stitch around. Fasten off and weave in ends.



From the Heart Local Group Times

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>Colonial Heights Senior Center 10-noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p>	<p>2 Hopewell Library 6pm – 8 pm</p> <p>Five Rivers Fiber Guild, Burgess 1 – 3pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>3 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>4 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
5	<p>6 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Carson Library Group 3-5 pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p> <p>Midlothian Women's Group, Starbucks, Ivy Mount Shopping Center 10:00am</p>	<p>7 Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>8 Colonial Heights Senior Center 10-noon</p> <p>Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>9 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>10 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>11 Louisa Group Hardee's 10 – noon</p>
12	<p>13 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p> <p>Carson Library Group 3-5 pm</p>	<p>14 Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30pm</p> <p>Montpelier Crafters 1 – 3pm</p>	<p>15 Colonial Heights Senior Center 10-noon</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p> <p>ElmCroit Retirement 1:30</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>16 Hopewell Library 6pm – 8 pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>17 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Field Trip to Dances with Wool</p>	<p>18 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 – noon</p>
19	<p>20 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Carson Library Group 3-5 pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p>	<p>21 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6:30-8:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>22 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>23 Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30 – 3:30 pm</p>	<p>24 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>25 Redeemer Lutheran Church, Redbridge Rd in the upstairs Conference room. 9 -11am</p>
26	<p>27 Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Carson Library Group 3-5 pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p>	<p>28 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Montpelier Crafters 1 – 3pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30pm</p>	<p>29 Colonial Heights Senior Center 10-noon</p>	<p>30</p>	<p>31 Starbucks Huguenot Rd 11 am-1:30pm</p>	

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
A Common Thread, Mathews area group	Mathews Rescue Squad Building	Hudgins, VA	Wednesday, 1 st	10:30am – 2:00pm
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
Carson Crafters	Carson Library 16101 Halligan Park Road	Carson	Monday every	3 - 5pm
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	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	Fairfields United Methodist	Burgess	Thursday 1 st	1 – 3pm
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
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
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
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
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 nd , 4 th	2 - 4pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11am-1:30pm
Starbucks	10009 Hull Street Road (Oxbridge Sq)	Richmond	Saturday 1 st , 3 rd	10am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30 - 3:30pm
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 2 nd , 4 th	11:30a – 2:30p
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 3 rd	6:30 – 8:30pm