

Letter from Lois – May 2017

At our recent Board of Directors meeting, the discussion of our upcoming Leftovers Workshop triggered thoughts in my mind. Thoughts that just started pouring out so I just had to start my list.

What can we possibly do with our leftover yarn, both small and large amounts. The colors and projects are endless! Below I'll try to list things that have been buzzing around in my head and hopefully, by writing them down, I can ease them aside and make room in my brain for brewing other interesting ideas.

There is no particular order to this list...just as they pop up I write them down. Here goes...

- ✚ Most anything with stripes:
- ✚ Blankets, both adult and baby as well as 12 inch squares,
- ✚ Sweaters, socks, slippers, hats, mittens, scarves and shawls,
- ✚ Book marks, cell phone and water bottle covers,
- ✚ Toys for kids and pets. Even catnip toys for furry friends,
- ✚ Pom-poms, tassels, embellishments,
- ✚ Head bands, baskets, bowls and bags,
- ✚ Holiday ornaments, jewelry,
- ✚ Bird nesting materials,
- ✚ Colorful hot pads and washcloths,
- ✚ And one of my favorites...finger puppets for covering finger pricks and distracting little ones after blood tests.

Bring your ideas, your patterns and your enthusiasm to our workshop at Brandermill Church on Saturday, May 20th and let's see what we can create using our materials as well as yours.

We hope to see you there!

Lois

From the Heart Retreat – 2017 Happy Birthday, Sweet Sixteen

Registration for the Retreat is open and will close on July 31st. Don't forget to mail your registration form to Beth Williamson quickly as attendance is limited to 200. Beth's address is on the form.

We have speakers from three of the organizations we donate to lined up, 4 classes ready to go (I still need two more knitting classes so please let me know as quickly as possible if you would like to teach a brief knitting class (15–20 min), once in the morning and once after lunch. We have 5 vendors, lots of door prizes, oodles of

terrific stuff for the raffle, Bingo, lunch, camaraderie and loads of fun lined up.

Our vendors will be:

- ✚ Saint John Neumann Baker's Guild
- ✚ Everblooming Glass (garden ornaments fashioned from recycled glass and pottery ware)
- ✚ Dances with Wool
- ✚ The Merry Soapmakers
- ✚ Sheila Weisensale's Pressed Flower Creations

As you already know, Mary Murray is putting together a special display which will require lots of photos of the From the Heart groups and people. Please send photos to Mary at murraymary23@yahoo.com and please be sure to identify to Mary which group the photo is of.

Two Day Sock Class

Our two-day sock class went very well and I think new techniques were mastered by all who took part. Many requests were made for a Sock Knit-a-Long and the board discussed that at our April Meeting. We will be offering that opportunity this fall. We have not decided on dates yet as there is so much else going on but be on the lookout for that this Fall. As Fall approaches you will hear more about this proposed event but you might want to have it on your radar as our Knit-a-Longs are always such fun ☺



Current Needs

Richmond and Surrounding areas have a need for:

- Baby hats and blanket (hats must fit over the 5" ball at the shop)
- Adult cotton chemo hats
- Blankets for adults, both red/white/blue and 'normal' colors. We have had requests from three different organizations in the last week for lap, wheelchair, and full size blankets. Liberation Family Services has requested r/w/b in size at least 36" X 72" for the Fall. That is a fairly good sized blanket so we are putting this request out early.

Fredericksburg/King George has a need for:

Baby items including baby blankets at least 36" square
Lap Blankets

As always, please make whatever you enjoy making. We make the current needs known, not to say that they are something you have to 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. We will find a home for anything you care to create (with the exception of cowls for which we currently have no outlet). Whatever you make, thank you for your untiring efforts and dedication to From the Heart.

4th Annual Richmond Leftover's Workshop and Potluck Luncheon

On Saturday May 20th, 2017 from 10am until 3pm, we are hosting our 4th Annual Richmond "Leftovers Workshop/Potluck Lunch" at the Brandermill Church in Sunday Park, Brandermill, Midlothian.

We are planning, among other things, a 'yarn swap'. If you have yarn in your stash that you loved when you got it but simply couldn't use or figure out a way to use, bring it along and see what you can swap it for. This will be for full skeins of nicer yarn only.

From the Heart will bring leftover yarn and patterns from the shop. You bring any leftover yarn you might like to share, any completed projects you'd like to turn in and FOOD! Crockpots, veggies, chips, dips, cookies... anything you'd like to bring will be welcome. Plan to spend the day with old friends and enjoy meeting new ones.

Sheila Weisensale will be offering a "Tips 'n Tricks" class so you are bound to pick up some new method or finally learn the answer to that niggling little question that's been in the back of your mind for ages. Kulla has something a little different planned for this year but, to find out what that is, you will have to come along and join us ☺

Please do let us know if you have questions and if you are planning to attend (this will help us in our planning). Email Lois at loisfth@me.com or phone her at (804) 305-4971 or call me (Tricia) at 804-683-9015 or email me at triciaennis2014@gmail.com.

Shop-keeper of the Month – April, 2017

At the end of every month, we put the names of all 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. The winner for this month (April) is Keyser Glancy. Congratulations, Keyser. Next time you are at the shop, please pick out some of the nicer yarn for your personal use as a thank you for the times you have volunteered this month.

If you would like to have a chance to have your name entered, please contact either Ann Robbins at (804) 921-1174, email aerobbins@live.com or Tricia Ennis (804) 683-9015, triciaennis2014@gmail.com to ask how you can become a shopkeeper.

Recognize this Pretty Lady?



Julia Karp is shown here wearing her "kokoshnik" (a traditional Russian headdress) in honor of her 90th birthday. The photo was taken at the shop as Julia is already back to business and making absolutely gorgeous blankets (such as the one she is holding in the photo), despite the fact that she suffered a stroke the week before Christmas - one which left her with no knowledge of how to knit. This remarkable lady has retaught herself that skill and is an inspiration to all of us. Thank you, Katya, for sending this photo.

Remote Area Medical Clinic Opportunity

Since 1999, the Remote Area Medical Clinic has served people in the Central Appalachian Region in Virginia, West Virginia, Kentucky, North Carolina and Tennessee. From the Heart Stitchers has been collecting clean, gently used clothing and shoes for the Remote Area Medical Clinic for some years and, this year, our Fall/Winter Project consisted of knitting and crocheting new sweaters and vests to be brought to the Wise County RAM event. From the Heart has been invited to be part of the team traveling to Wise this year.

Last year, 2,072 people registered for medical and dental services at the RAM Clinic and there was a total of 1,299 medical and lay volunteers working at the

clinic in all areas. The clinic teams rendered 14,383 individual procedures to these 2,072 Central Appalachian people. Also in 2016, 141 volunteers from around Virginia attended the RAM Clinic under the Virginians for RAM Banner. Volunteers assisted with the operation of the: Medical, Dental, Vision and Women's Health clinics. Additionally, volunteers served as Clothing and Shoe Tents volunteers, Patient Escorts, Food Delivery personnel, Traffic and Crowd control, etc.

If this opportunity to work with RAM in Wise County appeals to you, please get in touch with Lois, either by phoning her at (804) 305-4971 or emailing her at loisfth@me.com, as soon as possible and she will get more information to you.

Shop Hours and May Scheduler

Ann Robbins is the May scheduler. Ann can be reached by phone at (804) 270-6247 (h) or (804) 921-1174 (c) She can also be reached via email at aerobbins@live.com if you would like to volunteer to work at the shop as a shop-keeper for two hours this month.

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.

It is with regret that we say goodbye and a HUGE thanks to Eleanor Cannon who has been a scheduler for many years and has done an excellent job of overseeing and managing the other schedulers. Eleanor's departure leaves us with only two schedulers so please give some consideration, if you are already a shop-keeper, to the possibility of becoming a scheduler.

Contact either Ann or Tricia (804) 683-9015 or by email at triciaennis2014@gmail.com if you'd like to know more.

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.

Tip of the Month

How to knit jogless stripes in the round (*Minimizes that nasty little 'jump' when you change colors*)

"Circular" knitting is actually "spiral" knitting so that the row you are beginning is one stitch higher than the row you have just completed. Therefore, there is an

obvious difference when you change colors unless you know how to hide it.

1. When beginning a new stripe, knit the first round of new color as you normally would
2. Before starting the second round of color, use the right needle to lift the stitch below the first stitch of the left needle up on to the left needle
3. Knit these two stitches together

OR:

1. When beginning a new stripe, knit the first round of new color as you normally would
2. At the beginning of the second round of color, slip the first stitch purlwise and continue knitting the round as normal
3. This will result in one less row at the point where you change color but some people do prefer this method

These methods work well in decreasing the 'jog' between rounds but NO method will totally eliminate it. They work best on stripes with ≥ 4 rows in each stripe.

Additional tips for knitting in the round:

It can also help to twist the two yarns in the back of the work on every round as it ensures a more even tension. *Always* twist yarns every round if there are fewer than 4 rows in the stripe.

You can also change color one stitch before or one stitch after the absolute end/beginning of a round to minimize the appearance of the join but *only* if you are knitting using a jogless method.

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 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.

Donation Inventory Numbers Through April

Previous Total	
Mid 2002 – 2016	259,125
2017	
January - March	7,584
April	1,521
Year to date total	9,105
Grand Total	268,230

Jackie's Lacy Chemo Cap

Worsted weight cotton or cotton blend (approx. 3oz)

With size 8 or 9 – 16” circular needles cast on 72 stitches, place marker, join to work in the round.

1. Knit (join in round and place marker to mark beginning of round)
2. P2, * yo, K 1, K 3 tog, K 1, yo, P 2 repeat from * to end
3. Knit
4. Knit

Repeat four rows 6 times. Your hat should be about 6 inches.

Decrease:

1. K 6, K 2 tog
2. Knit (and all even rows Knit)
3. K 5, K 2 tog
4. K 4, K 2 tog
5. K 3, K 2 tog
6. K 2, K 2 tog
7. K 1, K 2 tog
8. K 2 tog

Cut yarn and gather remaining stitches on needle to close up the top.



Double Crochet Hat Pattern

Materials: Knitted worsted weight yarn. You can make this hat all one color or multiple colors.

Hook: Size I crochet hook (or hook size based on yarn type) **Quick Tip:** H & I for children; J & K for adults
Rather than use another pattern, change hook size

Gauge: 5 dc = 2 inches, 6 rows = 5 inches

Beginning at top with main color, ch 4, sl stitch in first ch to form ring.

Round 1: Ch 3, work 11 more dc in ring. Join with a sl st to top of ch 3. (12 dc) The beginning chain counts as your first st in each row. Do NOT turn at the end of the row.

Round 2: Ch 3, dc in same st, 2 dc in each dc around. Join. (24 dc)

Round 3: Ch 3, 2 dc in next st, (dc in next st, 2 dc in next) around. Join. (36 dc)

Round 4: Ch 3, dc in next st, 2 dc in next, (dc in next 2 sts, 2 dc in next) around. Join. (48 dc)

Rounds 5: Ch 3, (dc in each dc around). Join. Drop main color.

Rounds 6 – 8: Change to contrasting color for striping pattern. Ch 3, (dc in each dc around). Join.

Rounds 9 – 12: Change back to main color. Ch 3, (dc in each dc around). Join.

Quick Tip: Can continue all the way through with same color or make one or two shell rounds. Stop at round 12 for skull cap with decorative edge.

Round 13: With first contrasting color, sc in each st around. Join.

Round 14: With second contrasting color, sc in each st around. Join.

Round 15: With third contrasting color, sc in each st around. Join.

Round 16: With main color, dc in each st around. Join and end off. Fold last 5 rows to right side for cuff.



From the Heart Local Group Times

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 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>Midlothian Women's Group, Starbucks, Ivy Mount Shopping Center 10:00am</p>	<p>2 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>3 Colonial Heights Senior Center 10-noon</p> <p>Mathews Group, Rescue Squad Hudgins, VA 10:30 am - 2:00 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>ElmCroft Retirement 1:30</p> <p>Michael's, Midlothian Trpk. & Courthouse Rd. 12:00-3:00</p>	<p>4 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>5 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 - noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>6 Atlee Angels Legacy Park 1 - 3 pm</p> <p>Starbucks Oxbridge Square 10 - noon</p>
7	<p>8 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>9 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>10 Colonial Heights Senior Center 10-noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Brandermill/Woodlake, Clover Hill Library 6:30 - 8:00pm</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>11 Hopewell Library 10am - noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 - 3:00 pm</p>	<p>12 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Kay's Krafters 1 -5 pm</p> <p>Five Rivers Fiber Guild 10 - noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>13 Louisa Group Hardee's 10 - noon</p>
14	<p>15 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>16 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>17 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 - 8 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>ElmCroft Retirement 1:30</p> <p>Michael's, Midlothian Trpk. & Courthouse Rd. 12:00-3:00</p>	<p>18 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>19 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 - noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>20 Starbucks Oxbridge Square 10 - noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
21	<p>22 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>23 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>24 Dinwiddie Library 1:00-3:00pm</p> <p>Colonial Heights Sr Center 10-noon</p> <p>Brandermill/Woodlake, Clover Hill Library 6:30 - 8:00pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>King George - Peace Lutheran Church 10 am - noon</p>	<p>25 Hopewell Library 10am - noon</p> <p>Summerhill Retirement Center 1:30 - 3:30 pm</p>	<p>26 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Five Rivers Fiber Guild 10 - noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p> <p>Kay's Krafters 1 -5 pm</p>	<p>27 Redeemer Lutheran Church, Redbridge Rd in the upstairs Conference room. 9 - 11am</p>
28	<p>29 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>30 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p>	<p>31 Colonial Heights Sr Center 10-noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</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
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	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am - noon
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
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