

Letter from Lois – June 2017

Our Wise County donation deadline is looming just a few weeks away.

June 15th is the very last day we can guarantee our items will be included in the shipment this year.

Were you aware, those items go not only to Wise County here in Virginia but the RAM event attracts those from West Virginia, Kentucky, Tennessee and North Carolina as well? All those states bordering the Appalachian area are included at this 3 day weekend for free medical and dental services plus the fantastic clothing, both hand stitched and recycled. Amazing the outpouring of love and care happening at one small county fairgrounds!

I've heard recently there is always a great need for warm items for kids from about 1 year up to 5 or 6 years. The cold weather in those mountains comes much earlier than ours and lasts a bit longer. Things like little warm sweater and hat sets as well as nice mittens for that age group. No scarves please...they don't seem to be as popular. These items would be very nice made with some of our wool blends which we have in cubbies in the far back of the shop. Check out our supply and start stitching'!

While you are looking for your warm kid friendly yarn, take a look at both sides of our pegboard pattern/sample wall. With the recent shop overhaul in the back area we have been able to display a great number of items, mostly from our newest book, "It's Magic". You'll find the baby and children's items on the kitchen side of the wall.

Remember, any time you need help finding or selecting patterns or yarn, our very friendly, intelligent and able minded volunteer staff is there to help! Maybe just come in to sit, chat and stitch with them now and then. That's always a wonderful experience :-)

Hope to see you at the shop very soon!

Lois

Shop Hours and June Scheduler

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.

Tricia Ennis is the June scheduler. if you would like to volunteer to work at the shop as a shop-keeper for two

hours this month, Tricia can be reached by email at triciaennis2014@gmail.com or by phone at (804)683-9015.

Many thanks to Jacqueline Muoio for volunteering to become a scheduler. Jacqueline will be the scheduler for July or August so keep your eyes open for an email from her in the not-too-distant future 😊

If you are interested in becoming a scheduler and want to know more, contact either Tricia (contact information above) or Ann Robbins, aerobbins@live.com (804) 270-6247 (H) 921-1174 (C)).

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.

Shop-keeper of the Month – May, 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 (May) is Pat Clare. Next time you are at the shop, Pat, 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.

From the Heart Retreat – 2017 Happy Birthday, Sweet Sixteen

Registration for the Retreat remains 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.

I am looking for two volunteers to teach knitting classes. The first proposed class is "How to Read a Knitting Pattern" and the second would be on various tips and tricks we can use when knitting. If you have an interest in teaching either of these classes please get in touch with me (Tricia) at triciaenni2014@gmail.com or by phone at (804) 683-9015. If you have other ideas for classes, please let me know that too as we are not locked in to these specific topics.

One again this year, our Retreat will feature a raffle of

many beautiful hand-crafted items donated by From the Heart members. Tickets will be \$1 each or 6 for \$5. Below are photos of three of these items, a Family of Frogs, a quilt for a baby's crib, and a blue/green beaded shawl. All absolutely fantastic, all hand made, and all donated by members.



Finally, and still on the topic of the Retreat, don't forget to send photos of your groups to Mary Murray so she can include them in the display she is creating. Mary's email address is murraymary23@yahoo.com.

Current Needs

Richmond and Surrounding areas have a need for:

Baby hats and blankets. Hats must fit over the 5" ball at the shop and blankets should be approx. 34 – 36" square.

Adult cotton hats - no scarves please.

Red/white/blue blankets in a size of approximately 36" by 72" for Liberation Family Services in downtown Richmond. (see article further down in the Newsletter about this group.)

Fredericksburg/King George has a need for:

Baby items, including baby blankets approximately 36" square and lap blankets also about 36" square.

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.

Last Call for Sweaters/Vests for Wise County

As Lois mentioned in her Letter from Lois this month, the deadline for our Wise County Project is fast approaching. June 15th is the very last day we can guarantee our items will be included in the shipment this year so, if you are still working on something for Wise, please do all you can to have it at the shop by the date.

The project has been very successful and, at last count, 89 sweaters and vests had been turned in, along with 7 hats and 1 scarf. Kulla Ficare is putting together a really nice slideshow of all the items as they are being turned in and we will be showing that at the Retreat.

Once the items have been sent to Wise, you may not hear about this project again until the Retreat so, on behalf of the entire Board, thank you so very much for all the hard work and beautiful items turned in. None of us could have expected such a fantastic response when we first got the ball rolling on this project.

Liberation Family Services

Liberation Family Services is a 38 bed facility which provides a temporary place for homeless Veterans to live while in transition from homeless to housed. It is a fully coordinated service and has its own food bank, job search, clothing bank, washers/dryers and is located convenient to public transportation.

100% of Liberation Family Services clients receive help with case management and are provided with counselling and transportation to VA Medical Center so they can keep their medical appointments. 89% of clients achieve permanent housing and self-sufficiency within 12 months. 75% are enrolled in various courses of study, including plumbing and HVAC, while living at LFS and LFS has a collaboration with Focused Outreach, Richmond to provide employment assistance to their clients.

From the Heart has an ongoing program to provide Red/White/Blue blankets to LFS as a sign of respect and appreciation for our Veterans. When LFS clients leave the facility for their permanent home, they take these blankets with them. At the moment, we are attempting to have 25 blankets, approximately 36" X 72" in size, ready for delivery to LFS by the Fall.

We have plenty of r/w/b yarn at the shop and try to keep that area of the shop well stocked so feel free to take a look next time you are in and, then, jump right in should you feel inclined, with knitting or crocheting a blanket for this really terrific organization in downtown Richmond.

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.

Tip of the Month

I'm sure you've seen the craft beer or wine caddies one can get at grocery stores.

I'm equally as sure you have been frustrated at times when attempting to knit or crochet with more than one

color at a time. Well, problem solved as these caddies provide an excellent way to handle up to six colors of yarn at one time without them tangling up in each other. Simply place one skein in each slot and away you go. Turn the caddy as necessary as you work to prevent the yarns from tangling.

These caddies also come in handy as a way to store yarn.



Donation Inventory Numbers Through May

Previous Total	
Mid 2002 – 2016	259,125
2017	
January - April	<u>9,344</u>
May	1,672
Year to date total	11,016
Grand Total	270,141

Free Crochet Pattern from Lion Brand (Purely Square Baby Throw Pattern Number: 90279AD)

- SIZE:** One Size 40 x 40 in. (101.5 x 101.5 cm)
- MATERIALS:** 1 ball Lion Brand Pound of Love
Crochet Hook, size I -9
- GAUGE:** 11 dc + 8 rows = 4 in. (10 cm) in pattern.
- PATTERN:** Ch 4; join with sl st in first ch to form a ring.
- Rnd 1:** Ch 3 (counts as first dc here and throughout), 2 dc in ring, ch 1, (3 dc in ring, ch 1) 3 times; join with sl st in top of beg ch – 12 dc and 4 ch-1 sps.
- Rnd 2:** Sl st in each of next 2 dc, (sl st, ch 3, 2 dc, ch 1, 3 dc) in first ch-1 sp (first corner made), *(3 dc, ch 1, 3 dc) in next ch-1 sp (corner made); rep from * 2 more times; join with sl st in top of beg ch.
- Rnd 3:** Sl st in each of next 2 dc, (sl st, ch 3, 2 dc, ch 1, 3 dc) in first ch-1 sp, *3 dc in sp between next 2 dc-groups, (3 dc, ch 1, 3 dc) in next ch-1 sp; rep from * 2 more times, 3 dc in sp between next 2 dc-groups; join with sl st in top of beg ch.
- Rnd 4:** Sl st in each of next 2 dc, (sl st, ch 3, 2 dc, ch 1, 3 dc) in first ch-1 sp, *(3 dc in sp between next 2 dc-groups) twice, (3 dc, ch 1, 3 dc) in next ch-1 sp; rep from * 2 more times, (3 dc in sp between next 2 dc-groups) twice; join with sl st in top of beg ch.
- Rnd 5:** Sl st in each of next 2 dc, (sl st, ch 3, 2 dc, ch 1, 3 dc) in first ch-1 sp, *(3 dc in sp between next 2 dc-groups) across to next ch-1 sp, (3 dc, ch 1, 3 dc) in next ch-1 sp; rep from * 2 more times, (3 dc in sp between next 2 dc-groups) around; join with sl st in top of beg ch.
- Rep Rnd 5 until piece measures about 40 x 40 in. (101.5 x 101.5 cm). Fasten off and weave in ends..

Free Knitting Pattern from Red Heart : Precious Baby Blanket

- Materials:** 1,024 yds Worsted Weight (#4) Acrylic yarn
US #8 24" Circular Needle
Needle to weave in ends.
- Gauge:** 16 sts, 24 rows = 4"
- Special Abbreviation:** dec2 = slip 2 sts together knitwise, knit next st, pass the 2 slipped sts over the knit st.
- BLANKET**
- Cast on 145 sts. Do not join but work back and forth in rows. **Lower Border-Row 1 (Right Side):** K1, * p1, k1; repeat from * across. **Rows 2-7:** Repeat Row 1. Lower Border completed.
- Row 8:** [K1, p1] 3 times, p to last 6 sts, [p1, k1] 3 times. **Row 9:** [K1, p1] 3 times, * K1, yo, k4, dec2, k4, yo; repeat from * to last 7 sts, k1, [p1, k1] 3 times.
- Row 10:** Repeat Row 8.
- Row 11:** [K1, p1] 3 times, k2, * yo, k3, dec2, k3, yo, k3; repeat from * to last 17 sts, yo, k3, dec2, k3, yo, k2, [p1, k1] 3 times.
- Row 12:** Repeat Row 8.
- Row 13:** [K1, p1] 3 times, k3, * yo, k2, dec2, k2, yo, k5; repeat from * to last 16 sts, yo, k2, dec2, k2, yo, k3, [p1, k1] 3 times.
- Row 14:** Repeat Row 8.
- Row 15:** [K1, p1] 3 times, k4, * yo, k1, dec2, k1, yo, k7; repeat from * to last 15 sts, yo, k1, dec2, k1, yo, k4, [p1, k1] 3 times.
- Row 16:** Repeat Row 8.
- Row 17:** [K1, p1] 3 times, k5, * yo, dec2, yo, k9; repeat from * to last 14 sts, yo, dec2, yo, k5, [p1, k1] 3 times.
- Row 18:** Repeat Row 8.
- Row 19:** Repeat Row 8.
- Row 20:** [K1, p1] 3 times, k to last 6 sts, [p1, k1] 3 times.
- Row 21:** Repeat Row 8.
- Repeat Rows 8-21 fifteen times and then repeat Rows 8-18 once more. Repeat Rows 1-6 for Top Border. Bind off in pattern. Weave in all ends securely.



From the Heart Local Group Times

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 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>2 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>3 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
4	<p>5 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>6 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>7 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>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian Tnpg. & Courthouse Rd. 12:00-3:00</p>	<p>8 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>9 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>10 Louisa Group Hardee's 10 – noon</p>
11	<p>12 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>13 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>14 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>15 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>16 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>17 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 – noon</p>
18	<p>19 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>20 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6:30-8:30pm</p>	<p>21 ElmCroit Retirement 1:30</p> <p>Colonial Heights Sr Center 10-noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Michael's, Midlothian Tnpg. & Courthouse Rd. 12:00-3:00</p>	<p>22 Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30 – 3:30 pm</p>	<p>23 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>24 Redeemer Lutheran Church, Redbridge Rd in the upstairs Conference room. 9 - 11am</p>
25	<p>26 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>27 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>28 Colonial Heights Sr 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>Dinwiddie Library 1:00-3:00pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p>	<p>29</p>	<p>30 Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville</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