

Letter from Lois – August 2017

Once again, our large, red, white and blue blankets are needed. Liberation Family Services has asked for 25 for the beds of the Richmond area homeless veterans they are assisting. Thirteen have been completed, but we certainly need help completing those last 12!

While in the LFS community, participants are taught computer skills, home life skills and are supplied proper clothing to assist in finding full time jobs. Once they are established they are able to find their own housing. LFS even helps with setting up their new home by offering household items to them.

We supply the blankets for the 25 cots these veterans are using at their temporary home. They are given help in getting back into society and are allowed to stay for up to one year, or a little longer if necessary. The blankets we supply are just a very, very small “thank you” from From the Heart, our attempt to show them how much we appreciate their service and wish them well in their new lives.

These blankets measure approximately 36 X 60 and will fit nicely on their beds at LFS and will be taken with them when they move into their new lives. As I said back last April, “...I know how I feel about facing the stitching of large blankets but for me, 12 inch squares will be the way to go! I know that is something I can complete. I know I can easily use this as my portable travel project. And I know I can make a difference! My preference in knitting 12” squares should not affect you, however, and we are more than happy to accept full sized afghans...”

Come by the shop for your yarn soon. With the deadline for this project is in early September, we only have a little over a month to fill this request. You’ll find a nice supply of red, white and blue in the cubbies, just waiting for you hooks and needles.

See you very soon at the shop!

Lois

Children’s Museum of Richmond Event

It’s not too late to sign up to join in the fun coming up this Saturday, August 5th, at the Children’s Museum. Daniel Tiger will be the main attraction and From the Heart will be exposing kids to knitting and crocheting!

We will be gathering there from 10 until 2 (arriving about 9:30 for set up). Our focus will be creating outfits for our little 9-inch bears. These will be later donated to the prison system in Powhatan for inmates to have on

hand as gifts for their children during the winter holidays.

Patterns in both knit and crochet will be available as will yarn and a very few bears that can be used for fitting outfits as they are created. Bears will not be made available to the little visitors as if handled by outsiders they are no longer considered new and are not eligible for donating.

We will be there for 4 hours but if you can only share an hour or two with us, no problem! Let us know if you are coming so we will have a chair for you. Bring your hooks and needles and willing spirit and enjoy the day. If you can come or have questions, don’t hesitate to get in touch with Lois at loisfth@me.com or call at 804-305-4971.

From the Heart Retreat – 2017 Happy Birthday, Sweet Sixteen

Only 3 weeks to go now until many of us get together to celebrate From the Heart’s 16th Birthday on August 19th at the Place at Innsbrook. I sure hope you plan to be part of the festivities.

As you know, we always bring kits to the Retreat and they simply “fly off the shelves”. This year will be no different so we plan to bring lots and lots of kits but... We need help putting them all together. Lois has asked that anybody interested in assisting her to create kits for hats, scarves, and/or blankets please contact her at (804) 305-4971 or by email at loisfth@me.com.

This year we will, once again, be offering classes. They will be as follows and there are a few requisites so please take note of those.

Kulla Ficare will teach a class on “Double Sided Knitting”. For this class, you must know how to cast on, bind off, knit and purl. Please bring either circular or double pointed needles (size 7 or 8) and a small amount of two different color yarns if you want to retain your work. Otherwise, circular needles and yarn will be provided for use at the table.

Nancy Wright will teach a lesson on how to work the “Front/Back Post, Front/Back Loop” crochet stitch. For this class, you will need to be able to crochet at the basic level (create a chain, sc, dc).

Nancy Stallard will teach the “Tunisian Honeycomb Stitch” and it would be helpful if students had some knowledge of Tunisian crochet, especially the Tunisian Simple Stitch (TSS) and the Tunisian Purl Stitch (TPS) although Nancy says that you can probably “wing” it if

you don't.

The class "How to Read a Crochet Pattern" taught by Becky Hux will require that you are familiar with the various stitches used in crochet (making a chain, sc, dc, etc.)

"How to Read a Knitting Chart", taught by Tricia Ennis, will require a knowledge of the basic knitting stitches, k, p, sl st, k2tog, etc. Please note this is how to read a CHART, not a pattern.

All classes will be offered twice, once in the morning and once in the afternoon. It would be most helpful if you could let me (Tricia) know if you are planning to take any of these classes as it would help me plan for supplies and space at the event. You can reach me at (804) 683-9015 (leave a message if I don't answer), or email me at triciaennis2014@gmail.com.

What Happens to the Bears?

From the Heart members make, literally, hundreds of items of clothing for 9" bears every year. No bare bear leaves the shop but many fully clothed bears go out on a regular basis. Where do they go, these bears, wearing



their Sunday best?

We send bears to the Prison System where they are given to the inmates to use as gifts for their children and grandchildren when they come to visit. Those of you who attended the Retreat last year are well aware of the value of these bears to both the children who receive them and the inmates who give them away.

We also send bears to Crossover Ministry where they are used to calm children in various medical situations. Crossover Clinics offer "compassionate healthcare for people in need".

Bears are also sent to two units of MCV, the Pediatric Unit and the Burn Unit where, once again, they are given to children in frightening situations. When a child arrives at the hospital, often following an unexpected

medical emergency (especially in the Burn Unit), they are scared and very uncertain of what is happening. From the Heart's dressed bears give these children a way to mentally escape the fear while they focus on dressing and undressing their new "family member."

Thank you all for helping these little children through a difficult time.

Remote Area Medical/Wise County Project

Thanks to our From the Hearts stitchers, our part in the RAM project was a huge success again this year! We turned in almost 100 sweaters from our special project. The hats, scarves and blankets were quite a hit as well!

Two of our members, Johnnie Wood and Michele Waltz attended the event and lent their hands in not only the stitched items tent but I believe as assistants with the patients waiting in the long lines to be served by the doctors and dentists.

Kulla Ficare has put together a slide show of not only our sweaters but a few of the actual goings on at the Wise County fairgrounds. Johnnie and Michele will be joining us at the Retreat to offer a first-hand report on their trip. Be sure to register right away and enjoy not only their reports but join in all the festivities of the day!

Donation Inventory Numbers Through July

Previous Total	
Mid 2002 – 2016	259,125
2017	
January - June	<u>12,734</u>
July	1,378
Year to date total	14,112
Grand Total	273,237

Current Needs

Richmond and Surrounding areas have a need for:

Baby hats. Hats must fit over the 5" ball at the shop and blankets should be approx. 34 – 36" square. Crocheted hats need to have a stretchy brim to enable putting on an infant's head.

Adult cotton hats.

Dressed bears. (Bears are kept in the blue bin beside the side table as you enter the yarn hall. Take one or more to bring home and create clothing for them.)

Fredericksburg/King George has a need for:

Baby hats and blankets
Hats & scarves for ages K-12th grade

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. We will find a home for anything you care to create (except cowls, for which we currently have no outlet). Whatever you make, thank you for your untiring efforts and dedication to From the Heart.

Tip of the Month

Have you ever put yourself in the situation where you have selected several different colored yarns to make a multicolored afghan or blanket, laid them all out on the floor, loved the color combination you choose, start work on the blanket and a few rows in you simply can't remember the order of colors you had decided on? Happens to all of us, I think. Here is a way to avoid that problem.



Cut about a 10" length of yarn from each of the skeins you plan to use. Find an old skewer, knitting needle, or crochet hook and simply tie these lengths of yarn, in the color combination you want, onto the skewer. You can play around with the colors until you get to the combination that really catches your eye and appeals most to you. Using this method avoids the yarn getting tangled on the floor and you can easily check which color comes next when you need to as the result is very portable and can accompany your project wherever you take it.

Many thanks to Sheila Weisensale for this idea.

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, or tips such as the one (above) from Sheila this month. 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.

Shop Hours and August 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.

Jacqueline Muoio is the August scheduler and she can be reached at msjbangles@yahoo.com, or by phone at (804) 840-4687 if you would like to volunteer as a shop-keeper for two hours this month.

If you are interested in becoming a *scheduler* and want to know more, contact either Jacqueline using the contact information above, Tricia Ennis at (804) 683-9015, email triciaennis2014@gmail.com, or Ann Robbins (804) 270-6247 (home), (804) 921-1174 (cell), email aerobbins@live.com.

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 – July 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 (July) is Beth Williamson. Next time you are at the shop, Beth, 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, contact Ann Robbins at (804) 921-1174, email aerobbins@live.com, Tricia Ennis at (804) 683-9015, triciaennis2014@gmail.com, or Jacqueline Muoio at (804) 840-4687 msjbangles@yahoo.com and ask about how you can become a shop-keeper.

Easy Knit Top-Down Bear Sweater

Fits 9 inch bear

Worsted weight yarn, size 6 needle
Beginning at neck edge, cast on 33 stitches.

Knit 3 rows

Row 4: Knit 3 *inc in next stitch (knit in front then back on stitch) Knit 1*. Continue across row to last 4 stitches. Inc in next stitch, knit 3. (47 stitches)

Row 5: Knit 3, purl to last 3 stitches, knit 3.

Row 6: Knit 5, inc 1, place marker (pm), inc 1, knit 8, inc 1, pm, inc 1, knit 13, inc 1, pm, inc 1, knit 8, inc 1, pm, inc 1, knit 5. (55 stitches)

Row 7: Repeat row 5

Row 8: Knit across, increasing before and after each marker. (63 stitches)

Row 9: Repeat row 5

Row 10: Repeat row 8. (71 stitches)

Row 11: Repeat row 5



Separate body pieces from sleeves:

Knit 9 front stitches, remove marker, place next 16 sleeve stitches on holder (scrap yarn works best) remove marker, cast on 4 stitches for underarm, knit 21 back stitches, remove marker, place next 16 sleeve stitches on holder, remove marker, cast on 4 stitches for underarm, knit 9 front stitches. 47 body stitches on needle.

Work 10 rows of garter stitch (knit every row) Bind off all stitches.

Slip 16 sleeve stitches onto empty needle. On right needle cast on two stitches, knit across 16 sleeve stitches, cast on 2 stitches. (20 stitches)

Row 1: purl

Row 2: knit

Row 3, 4, 5: knit

Bind off all stitches.

Repeat for 2nd sleeve.

Stitch together underarm seams. Weave in all ends.

“Can-Can” Sundress fits 9inch bear

Worsted Weight yarn and I (eye) crochet hook

Chain 33 stitches, join to form ring, being careful not to twist chain.

Round 1: Chain 1, sc in same space as joining
Sc in each chain to end of row, join with slip stitch in beginning sc

Round 2: Chain 1, sc in same space as joining, sc in each sc of previous round to end of round. Join with slip stitch in beginning sc. (33 stitches)

Round 3: Chain 1, sc in same space as joining, (2 sc in next sc, 1 sc in next sc) repeat to end of round. Join with slip stitch in beginning sc. (49 stitches)

Round 4: Chain 2, hdc in same space as joining, (1 hdc in each next 2 sc, 2 hdc in next sc) repeat to end of round. Join with slip stitch in top of chain 2. (65 stitches)

Round 5: Chain 3, 2 dc in first hdc, (skip next hdc, 2 dc in next hdc) repeat to end of round. Join with slip stitch in top of chain 3. (66 stitches)

Contrast Color may be added here

Round 6: Chain 3, (3 dc in space between 2 dc ‘clusters’ of previous round, chain 2) repeat to end of round. Join with slip stitch in top of chain 3. Cut yarn.

Bib

Attach yarn to top of any chain at waist of skirt

Row 1: Chain 2. hdc in next 6 chain stitches. Turn. (6 stitches)

Row 2: Chain 2, hdc in each hdc. Turn, (6 stitches)

Row 3: Chain 2, hdc in each hdc. Chain 18 (first strap) join to top edge of back of skirt in a position that will create crossed straps. (in the tenth chain from beginning of bib.) Work 6 slip stitches across back of skirt. Chain 18, (second strap) attach to second corner of bib. Cut yarn. Sew in tails.



From the Heart Local Group Times

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 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>2 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 Tnpk. & Courthouse Rd. 12:00-3:00</p>	<p>3 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>4 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>5 Atlee Angels Legacy Park 1 – 3 pm</p>
6	<p>7 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>8 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>9 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>10 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>11 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>Kay's Krafters 1 –5 pm</p>	<p>12 Louisa Group Hardee's 10 – noon</p>
13	<p>14 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>15 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>16 ElmCroft 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 Tnpk. & Courthouse Rd. 12:00-3:00</p>	<p>17 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>18 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>19 Atlee Angels - Legacy Park 10 – noon</p> <p>SHOP CLOSED FOR ANNUAL RETREAT</p>
20	<p>21 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>22 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>23 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>24 Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30 – 3:30 pm</p>	<p>25 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>Kay's Krafters 1 –5 pm</p>	<p>26 Redeemer Lutheran Church, Redbridge Rd in the upstairs Conference room. 9 - 11am</p>
27	<p>28 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>29 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>30 Colonial Heights Sr Center 10-noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>31 Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30 – 3:30 pm</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
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