

Letter from Lois – April 2018

Today is the first day of FOREVER! What you do now and going forward can mean so much, not only to you but, to those around you.

You can choose to mope, slip into an “oh, poor pitiful me” mode and waste away as the world passes you by. Or, you can be thankful for who you are, where you are and what you’ve experienced and...best of all...aim full force into what comes next...what are your plans for your future? Where are you going next? How will you be a blessing to your surroundings; to your community?

Well, this is where From the Heart comes to your rescue! We know where there’s need. We know how to find resources to help those needs but we are only lacking sufficient help in making good things happen for deserving people.

YOU are our main asset. YOU are the one who makes good things and deeds possible. Come by our place. We are at 1114 Westbriar Drive in the West End of Richmond. We can assist you in making an impact, truly making a difference.

We are waiting for you! We look forward to seeing you over and over again at our place. Lots of supplies, yarn, hooks and needles. Lots of patterns, lots of assistance and soooooo much inspiration! But best of all...lots of SMILES :)

Looking forward to seeing you at the shop soon!

Lois

Highlighting One of our Main Assets

Elizabeth sent the following email and gave permission for it to be included in the April newsletter. Thank you, Elizabeth for being a From the Heart designer and knitter at the age of 99. You are so valuable to us.

“In 1980 I joined a Red Cross knitting group started by my friend Nancy Ketner and in 1982 received an award from the Red Cross for knitting 365 caps, one for each day of the year and all of them one-of-a-kind. At that time, I was knitting caps for premature babies at MCV.



After Nancy's death our knitting group merged with the Atlee Angels. I turned 99 on the 20th of February, am still a member of the Angels, and continue to knit caps from my original designs.

Sincerely,
Elizabeth Britton”

From the Heart Retreat – 2018

The Registration Form for our 2018 Retreat “The Mad Hatter’s Tea Party” can be found [HERE](#). As mentioned in the last newsletter, registration opens on April 1st and closes on July 13th and, as in the last couple of years, attendance will be capped at 200. The event will take place on Saturday, August 11th, 2018 and will be held at The Place at Innsbrook. The price will remain unchanged at \$40 per person.

At this point, it is time to start seriously working on the new pattern book so send me any patterns you have that are slightly out of the ordinary and which will appeal to the Mad Hatter in all of us. I need MORE patterns.

It is also time to begin to think about mini-classes to be offered at the Retreat. What would you like to see as a mini-class? Is there anything you would like to teach?

Let me know what you’re interested in seeing in the new pattern book, learning at the Retreat, or teaching at the Retreat. You can reach me (Tricia) at 804-683-9015 or by email at triciaennis2014@gmail.com.

Above all, don’t forget to get your registration in early.

Red Hats for American Heart Month and the MCV Neonatal Intensive Care Unit

“As a new volunteer in training as a cuddler in the NICU at VCU Health (MCV), I spent time today on Critical Care 6. The baby I rocked, talked to, and cuddled had a red hat on! A baby born in Richmond in February and wearing a hat made by stitchers “From the Heart”. This little guy had striped socks on, a white onesie, and a crocheted red hat. He was styling, and I might add rocking his hat and socks. Thank you for making hats for all of the babies born in February.”

Judi Jamison

Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon

Mark your calendars now and plan to attend From the Heart’s Richmond area event on **Saturday, May 5** from 10:00am until 3:00pm at the Brandermill Church in Midlothian. We will have a yarn swap, patterns which will make quick use of our many leftovers, and a potluck luncheon. Please bring a dish to share.

We are still in the planning stages but are hoping to offer mini-workshops on the log-cabin technique for making squares, one knit and the other crochet. If you would like to teach one of these workshops, please contact Tricia or Lois to let them know.

If you have unopened, full skeins of yarn that you bought with the best of intentions, please bring them as we will have a Yarn Swap at this event.

This year, we will also have a mini Dollar Daze where you will be able to donate to From the Heart for some of our nicer yarn which we cannot use for items to be given to our recipients (silks, linens, etc.).

Please let either Tricia, triciaennis2014@gmail.com, (804)683-9015 or Lois, loisfth@me.com, (804)305-4971 know if you plan to attend as this will help greatly with planning.

"The Coming of Spring!"

March's ides begin it all.
Winds collide as they rise and fall.
Jack Frost hides when warm breeze is tossed.
Winter subsides--forever lost
And spring glides in on a butterfly's wing.

Welcome wonderful spring!

Love, Joan (Beck)

Shop-keeper of the Month March 2018

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 (March 2018) is Matilde Woolcott. Next time you are at the shop, Matilde, please pick out some of the nicer yarn for your personal use as a thank you for the times you have volunteered this month.

Knitted Knockers

A Massey patient had an appointment for a wig fitting. At Massey there is a wig salon for people who cannot afford to purchase a wig following chemotherapy. Having a wig, provides the ability to reconnect with oneself before cancer. This patient was happy to have the opportunity to choose a wig, but in the middle of that process, she began to weep. The Massey employee, ever sympathetic, asked what was wrong. Thinking of course that the wig had upset her. When the patient shared her story, it had nothing to do with a wig.

At church the previous Sunday, a man had come up to her and said, "It is obvious you had a mastectomy. You are so lopsided." More than missing her hair, she missed her breast. This heartless man had hit her where it hurt the most. Our Massey wig salon employee knew she had knitted knockers, but all of them were very small. This lady had lost a very large breast. This is

where From the Heart comes in. There were many hats intended to cover the heads of cancer patients missing their hair. Some were quite large! Our Massey person pulled the stuffing out of a number of knitted knockers in small sizes and stuffed a hat which was placed in the bra of our patient. She looked normal. She felt normal. She left with a smile on her face.

When Lois was asked to provide "knitted knockers" in large sizes, you all provided. Thank you for making a difference. Thank you for making a difference to babies, cancer patients, Palliative care patients, veterans, hospice patients, and our beloved feline and canine friends at the SPCA in Richmond. From the Heart stitchers make a difference.

Thank you,
Judy Jamison

Fredericksburg Waste-not Workshop



A great time was had by the 50+ who attended this event on Saturday March 24.

There was lots of chatter, laughter, great food, a yarn swap, free patterns galore, a class on Tunisian Crochet for anybody who wanted one, tips of the trade freely shared, and a project table absolutely piled high with all manner of items to be donated.

Great job to the ladies who pulled this day together ☺

Powhatan Festival of Fiber

Don't forget the Powhatan Festival of Fiber takes place on Saturday, April 28 from 10:00am until 5:00pm with vendors, delicious food, fiber animals, demonstrations, hands-on fiber crafts, door prizes and MORE. Children under 12 are admitted free and the charge for adults is \$5. No pets are allowed.

Please note: The shop on Westbriar will be CLOSED on this day so that all who want can attend this festival.

Shop Hours and April 2018 Scheduler

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.

Jacqueline Muoio is the April scheduler and she can be reached by email at msjbangles@yahoo.com or by phone at (804)840-4687. 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 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* (as opposed to a shop-keeper) and want to know more, please 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

Current Needs

Richmond and Surrounding areas have a need for:

- ✚ Baby blankets and hats (blankets 36X36". Hats to fit over the 5" Styrofoam ball at the shop)
- ✚ Wheelchair lap blankets, 27"X36"
- ✚ Purple blankets to be given by HDH to mothers who have lost an infant (36"X36")
- ✚ 32 X 38 blankets (knit or crochet) with NO HOLES for use to cover incubators at MCV
- ✚ "Throw" blankets (30 X 30" or thereabouts and not necessarily square) for foster children entering/leaving homes

Fredericksburg/King George has a need for:

- ✚ All baby items
- ✚ Blankets
 - (32 -34" X 58-50"
 - 32 – 36" Square (lap size)
- ✚ Turtles – at least 18 more are needed. MUST be

turned in no later than Tuesday, April 10th
✚ Scarves

We make the current needs known to 'keep you in the loop', not to say that these are items you must make but to give you the opportunity to meet an immediate need should you want to do so. Please make whatever you enjoy making as we will find a home for it.

Tip of the Month

We all need help every now and again. We forget how to make backward loop cast-on, we don't know what a central double increase, and so on. We hop on Google or YouTube to look it up and we often find so much information that we end up more confused than we were when we started out.

Next time, try going to www.knitpurlhunter.com. This website is close to, or maybe actually is, the definite compendium of all things knit.

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2017	286,748
2018	
January - February	6,574
March	<u>2,136</u>
Year to date total	8,710
Grand Total	295,458

Your Newsletter and Your From the Heart

We want this Newsletter to be something you look forward to receiving because it is of interest to you, so please continue to suggest articles, ideas, or tips.

Several items in this month's Newsletter were submitted by members. Items like these really contribute to the "newsiness" of the Newsletter so keep them coming. Send to me (Tricia) at triciaennis2014@gmail.com, leave me a note at the shop or phone me at (804) 683-9015.

Please note that the Suggestion box at the "shop" has been moved into the workroom as a member expressed concern that some may not want to be seen putting something in the box.

Our website, www.fromtheheartstitchers.org has been updated to include a list of where we send donations. Check out "Who we Help" in the menu under the "About Us" tab on the webpage.

Slipped Stitch Baby Blanket (Knit)

Materials:

US Size #10, 29" circular needle

Worsted weight (#4) soft acrylic yarn, approx. 1,200 yds

Tapestry needle to weave in ends

Abbreviations:

k knit

p purl

rep repeat

sl slip stitch PURLWISE with yarn held loosely to back of work – do not pull tight

st(s) stitch(es)

Pattern:

Cast on 133 sts (long tail method is best).

Rows 1 – 5: k

Row 6 (ws): k5, p to last 5 sts, k5

Row 7 (rs): k

Row 8 (ws): k5, p to last 5 sts, k5

Row 9 (rs): k

Row 10 (ws): k8, sl 1 *(k3, s1), rep from * to last 8 sts, k8

Row 11 (rs): k

Row 12 (ws): k8, sl 1 *(k3, s1), rep from * to last 8 sts, k8

Row 13 (rs): k

Repeat rows 6 -13 until blanket measures approx. 1" less than you want it to be, ending after row 6.

Knit 4 rows, cast off knitwise, and weave in ends.



Easy-Peasy Pretty Crochet Afghan or Blanket

Materials:

Worsted weight (#4) yarn.

Size J crochet hook

Gauge:

A chain of 120 give a width of about 36" and the blanket needs a foundation chain in multiples of 3. Therefore, adding an additional 3 chains to your foundation will add about $\frac{3}{4}$ of an inch in width.

Abbreviations:

ch chain

dc double crochet

sc single crochet

Pattern:

Chain 120 (or more by adding multiples of 3 if you want a blanket larger than 36")

Row 1: Make 2 double crochets in the 3rd chain from the hook.*Skip 2 ch. Make 1 sc in next ch.

Make 2 double crochet in the same ch. Repeat from * to the end of row 1 ending with 1 sc in the last ch.

Row 2: Chain 2, turn, make 2 dc in first sc. **Skip the next 2 dc, Make sc and 2 dc in next sc. Repeat from ** across ending with 1 sc in the top of the ch-2.

Repeat Row 2 until desired length is made.



You can add a border if you want. If you want to use the same stitch pattern for your border, you can use the row 1 instructions but work it around the edge of the blanket. Instead of working into chains, you'll be working into the sides of stitches that are along the edge of the blanket.

From the Heart Local Group Times

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 Chesterfield Heights Community Center 2:00- 3:30 North Courthouse Chesterfield Library, Courthouse Rd. 11am – 1pm Panera Bread, Midlothian and Chippenham 5:30–7:30pm Prince George Library 2:00 – 4:00 pm	4 Colonial Heights Senior Ctr 10-noon Colony Critters', Patriot's Colony in Williamsburg. 1:30pm ElmCroit Retirement 1:30 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Mathews Group, Church of Francis De Sales, Mathews,10:30a – 2:00p Michael's, Midlothian Tnpg. & Courthouse Rd. noon-3:00pm	5 Hopewell Library 6pm – 8 pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon Panera Bread Midlothian 6:00pm- 8:00pm	6 Starbucks Huguenot Rd 9:30am - noon Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville	7 Atlee Angels Legacy Park 1 – 3 pm
8	9 The Crossings at Bon Air 2:00 Gayton Kirk K/C. Gayton Kirk Church 7pm	10 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 Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd.. 10:00am – 1:00pm Montpelier Crafters 1 – 3pm	11 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Colonial Heights Senior Ctr 10-noon Brandermill/Woodlake Group Clover Hill Library, 6:30pm – 8:00pm Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm Dinwiddie Library 1:00-3:00pm King George - Peace Lutheran Church 10 am – noon	12 Hopewell Library 10am – noon Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm	13 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 Twin Hickory Clubhouse Group 10:30am – 12:30pm	14 Louisa Group Hardee's 10 – noon
15	16 The Crossings at Bon Air 2.00 Gayton Kirk K/C. Gayton Kirk Church 7pm	17 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 Fredericksburg Wegman's 2nd Fl Food Court - 5:30-7:30pm Prince George Library 2:00 – 4:00 pm	18 Colonial Heights Sr. Ctr 10-noon Farmville Baptist Church 132 N Main St, Farmville, 5:00p ElmCroit Retirement 1:30 Michael's, Midlothian Tnpg. & Courthouse Rd. noon-3:00pm	19 Hopewell Library 6pm – 8 pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon Panera Bread Midlothian 6:00pm - 8:00 pm	20 Starbucks Huguenot Rd 9:30am - noon Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville	21 Atlee Angels - Legacy Park 10 – noon
22	23 The Crossings at Bon Air 2.00 Gayton Kirk K/C. Gayton Kirk Church 7pm	24 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 Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd.. 10:00am – 1:00pm Montpelier Crafters 1 – 3pm	25 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm Colonial Heights Senior Ctr 10-noon Brandermill/Woodlake Group Clover Hill Library, 6:30pm – 8:00pm Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm Dinwiddie Library 1:00-3:00pm King George - Peace Lutheran Church 10 am – noon	26 Hopewell Library 10am – noon Summerhill Retirement Center 1:30pm – 3:30pm	27 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 Twin Hickory Clubhouse Group 10:30am – 12:30pm	28 Redeemer Lutheran, Redbridge Rd 9 – 11 am in the Upstairs Conf. Room
29	30 The Crossings at Bon Air 2.00 Gayton Kirk K/C. Gayton Kirk Church 7pm					

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	Church of Francis De Sales, 176 Lovers Lane	Mathews, 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
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 nd , 4 th	10:30am – 12:30pm