

Letter from Lois – June 2018

Just for a moment, let's discuss UFOs...

UnFinished Objects

I think I'm addicted to STARTING projects and *avoid* completing them.

If I could get inspired to just sort through what I have here that needs attention! At a fairly quick glance I spotted 11 that are taking up space, just hanging out in nice, neat Ziploc bags 😞 I know if I dig deeper I could surely find quite a few more. I have three that are really not simple patterns but are all almost completed. One is a beautiful vest. Back, one front and about half of the second front are done. What is the hold up? Why can't I recreate the interest that took me that far? I love the yarn, the pattern is perfect for me but there it sits...just waiting for me to resurrect the gumption to pick it up and resume stitching...one day...maybe...



There is a knitted bag, made with cotton yarn, lovely shades of lime green and yellow... It's all finished! Except... I must find interest in stitching it together. That one, I know for a fact, has been waiting for this final step for just a little under ten years! WOW! I'm surprised I even admitted that little tidbit! And then there's the sweet little girl's sweater, maybe size 6 or so, it's all stitched, all seams sewn, just lacking the final steps of steaming, shaping to fit...one day...maybe..

I remember years ago, as a fairly new knitter, this whole obsession with starting projects, becoming bored with the process, gone too far to really rip it out...what to do? My solution was to line all these UFOs up on top of my washer and dryer, each morning if I forced myself to stitch at least one row on each, soon they would all be completed! Didn't happen... that lasted about two days... maybe 3.

One year my new year's resolution was to NEVER get into this predicament ever again. So, a few days before New Year's I began unraveling a few projects, re-balling the yarn to be used in future projects. But, this was not to happen either. After just a couple of projects I began noticing just how much I had stitched, thinking what a waste it would be to undo all that work, surely I could finish a few...but this left me right where I started, all those incomplete projects staring at me, probably making jokes about me after I went to bed each night.

So now, I just need to force myself to stitch up one baby sweater and put buttons on a second one. I need to complete the toes on one pair of socks, get back to work on the pair with the cables down the sides, and finish knitting the feet and toes of a third pair. I have 5 octopuses nearing completion. Seven little burial cradle sets lacking a little heart pillow for each. And a gazillion little burial blanket and gown sets just lacking matching hats!

I feel quite certain I will one day get a handle on this problem I have. But I also feel quite certain that will only come when the world runs out of yarn and I will have nothing on which to stitch but my large stack of UFOs.

Lois

From the Heart Retreat – 2018

Did you watch the Royal Wedding on May 19th? Were you fascinated by the fascinators? Why not use them to spark your creativity and design something for our Hat Fashion Show at the Retreat 😊 You don't have to make a full-sized hat so how about a fascinator, fancy head band or some other form of head adornment. If you plan to take part in this show, remember to let Tricia know. Your participation can be in the form of creating and modeling a hat, making a hat for someone else to model, or you might want to model somebody else's hat or, perhaps, fascinator 😊

A Registration form for "The Mad Hatter's Tea Party" is included with this newsletter. It will take place on Saturday, August 11th at The Place at Innsbrook. The price will remain unchanged at \$40 per person. Registration closes on July 13th and all reservations must be mailed to Beth Williamson at the address given on the form. Attendance will be capped at 200 and there will be no walk-ups allowed on the day.



18" Hand Crocheted Bear for Raffle

Mini-classes currently scheduled are "How to Make a Chemical Free Dryer Ball at Home" with Linda Hague, "Different Ways to Fringe" with Nancy Wright and "How to Make a Crocheted Log Cabin Blanket" with Kulla Ficare. We would dearly love to add one more class so if you willing to teach one (and have a topic in mind) please let Tricia Ennis know at (804)683-9015 or triciaennis2014@gmail.com.

We will have 5 vendors and ask you to bear in mind that not all accept credit/debit cards so please bring cash or your checkbook if you plan to visit the vendors.

We have 3 speakers lined up and will, as usual, have our sit-down lunch, our *"Take a Kit, Make an Item"* table, door prizes, a raffle (tickets will be \$1 each or 6 for \$5), Bingo, and, perhaps most enjoyable of all, a day to spend with friends and companions with whom we truly share a passion.

Time is winding down to submit patterns for the book being given as a door prize to all attendees. So, if you have anything just a bit "goofy" but suitable for use by our recipients, please get it to Tricia by the end of June.

Current Needs

Richmond and Surrounding areas have a need for:

- ✚ Knitted (no crochet) hats for **men**, requested by Liberation Family Services (hats do not need to be r/w/b. Any color is fine)
- ✚ Dialysis blankets for DaVita Dialysis. These need to be 32" wide by 72" long.
- ✚ Baby blankets

Fredericksburg/King George has a need for:

- ✚ All baby items
- ✚ All sizes of blankets
 - 32 -34" X 58-50"
 - 32 – 36" Square (lap size)
- ✚ Hats and scarves

Please note, although we only list what appear to be knit and crochet items, all blankets can be of the fleece or quilted variety and we have a constant need of other sewn items, such as chemo underarm pillows, port pillows, drain bags, etc.

Please also note, if you make anything using yarn which contains wool, you should include a yarn label when you turn it in as the label contains care instructions.

Along the lines of "taking care" of your finished items, if you find you need to wash/dry or freshen up your item, please remember to only use unscented dryer sheets or, perhaps, a dryer ball. The scented sheets leave an odor which some of our recipients may react to (those undergoing chemotherapy, for example).

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.

Shop-Keeping Workshop Scheduled

On **Saturday, July 21** From the Heart will be offering a Shop-Keeping Workshop for current and potential shop-keepers. If you have questions, whether a current shop-keeper or a member interested in becoming one, this Workshop is for you. There will be two "sessions", the first from 10:00am until noon and the second from noon until 2:00pm with a break for lunch at about 11:45am until approximately 12:15pm. Lunch will be pizza and soft drinks/water will also be provided.

Please note that the shop will be closed that day (July 21) except for the workshop.

Save the Date

Mark your calendars now for **Saturday, October 20th** and plan to attend the **Fredericksburg Fall Waste Not Workshop**. These bi-annual events are always fun, with mini-classes, great camaraderie, a yarn swap, tips and tricks and patterns to help you use up your leftovers and lots of good food. More information to follow.

Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon

Saturday, May 5, saw a very successful event as about 50 FtH members met at Brandermill Church for our annual Yarn Swap, Leftovers, and Potluck Luncheon. It is always such fun to learn new methods and enjoy good conversation while also getting to eat all sorts of fancy food that you might not otherwise have a chance to try.



Thank you to those of you who attended and to those who participated in our first ever Mini Dollar Daze, which turned out to be much more successful than we could have hoped for. We have not decided yet when we will hold our "normal" full-day Dollar Daze at the shop but it will be sometime in October.

Tip of the Month

To prevent tangles when working with multiple balls of thin yarn, plying them to be as one: run the strands together through a straw.

Who We Help – Where Your Creations are Sent

Our website, www.fromtheheartstitchers.org includes a listing of where we send donations. Check out “Who we Help” in the menu under the “About Us” tab on the webpage. There is insufficient room in this Newsletter to list all the places we donate to, but here is a list of our Southside recipients. Next month, if there is room, we will list recipients in another area.

- Appomattox Regional Library Youth Services Dept.
- Brighter Living Convalescent Center
- DaVita Dialysis (Hopewell)
- Dinwiddie Christmas Mother
- Emporia Manor
- Eugene Bloom Retirement Center
- Gates of Faith Ministries
- Hopewell Food Pantry
- Hopewell/Prince George Community Health Center
- James House
- Southside Regional Hospital Newborns
- Southside Regional Medical Center Nursery
- Southside Regional Medical Arts Pavilion
- The Heights Baptist Church
- Virginia Cancer Institute, Southside Regional Medical Center Unit

“Sites, Sounds and Taste of Summer” Fredericksburg Agricultural Fair

Fredericksburg Agricultural Fair “Sites, Sounds and Tastes of Summer” will be held July 27 – August 5. Founded in 1738, the Fredericksburg Agricultural Fair is the oldest fair in the United States. Join us in celebrating traditional fair events, contests, entertainment, food and fun for the whole family! Several of our members won ribbons last year for the entries. The Board of the Fredericksburg Fair has invited us to take part in the upcoming fair. We will have a table in the Homemakers building.

We need volunteers to:

- Sit and stitch
- Tell people about who we are and what we do
- Provide them with information about the group
- Teach them to stitch (knit and/or crochet)

The fair is open 5 – 10 pm during the week, 10 am – 10 pm on Saturday and noon – 10 pm on Sunday. Ideally, we would ask volunteers to do a 2-hour time slot and we must have 2 volunteers present at all times. The Fair Board would love our presence as much as possible however if we can do at least 2 hours each day, it would be wonderful. If you are able to volunteer at the fair, please contact Pam at pegreswolde@comcast.net or (540) 661-7967.

Shop Hours and June 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.

Tricia Ennis is the June scheduler and can be reached at triciaennis2014@gmail.com or (804)683-9015. Please let her know if you would like to volunteer as a shop-keeper. The schedule is posted under the “Members” tab on the From the Heart 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, (h) 270-6247, (c) 921-1174

Tricia Ennis: triciaennis2014@gmail.com, 683-9015

Jacqueline Muoio: msjbangles@yahoo.com, 840-4687

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2017	286,748
2018	
January – April	10,970
May	<u>2,434</u>
Year to Date Total	13,404
Grand Total	300,152

Shop-keeper of the Month for May 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 (May 2018) is **Keyser Glancy**. Next time you are at the shop, Keyser, please pick out some of the nicer yarn for your personal use as a thank you for the times you have volunteered this month.

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.

Box Stitch Blanket (Crochet)

Approximate Size:

36" x 45. *For a longer blanket, do not stop at 55 rows (see below)

Materials:

20 ozs. 4 ply knitting worsted yarn. Solid or variegated.

Size I or any size needed to obtain gauge

Gauge: 1 Pattern = 1 inch

Pattern:

Chain 100. Work in pattern as follows:

ROW 1: 3 dc in 4th ch from hook, *skip 3 sts, 1 sc in next st, ch 3, 3 dc in same st; repeat from * ending with 1 sc in last st (24 patterns), ch 3, turn.

ROW 2: 3 dc in last sc of previous row, *1 sc over the ch 3, ch 3, 3 dc in same place; repeat from * ending with 1 sc in top of ch 3.

*Repeat ROW 2 until 55 rows have been completed. Do not break yarn. Continue in pattern, working across each side and lower edge - work one pattern for each ch of 3 at side and one pattern for each pattern across first row. Fasten off.

Basketweave Blanket Square(Knit)

Size of finished square depends on the needle used and the weight of the yarn used. Make as many squares as you think would be joined to make a blanket of the size you want.

With needle size 7, 8, 9 or 10, cast on 30 stitches.

Rows 1, 2, 3: Knit all stitches.

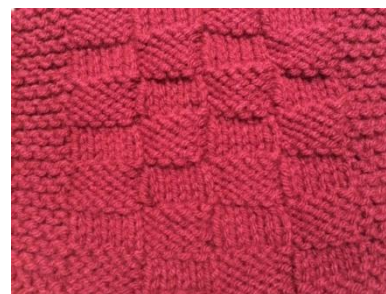
Pattern rows 4 – 8: Knit 10, Purl 5, Knit 5, Purl 5, Knit 5.

Pattern rows 9 – 13: Knit 5, Purl 5, Knit 5, Purl 5, Knit 10.

Work these 10 pattern rows 2 more times, then work rows 4 thru 8 once more.

Knit 3 rows.

Cast off, leaving a long enough tail to use to join this piece to another square.



Both of these patterns can be used to create blankets for dialysis patients. Dialysis blankets need to be 30" wide by 72" long

From the Heart Local Group Times

June 2018

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