

Letter from Lois – July 2018

Helping those in need...it's just what we do!

We look around us, assess the need, think “how can we help?” then formulate a plan of action and jump in with both feet. Simple as that! We do it all the time! In fact, not sure we ever even think before we leap! We've learned from experience, if there's a need we WILL find a way to help.

But the enormous need around us is so overwhelming at times it just may keep us awake at night. It bores into our brains, haunts us when we're eating, insists we think about it almost nonstop.

In many cases we find methods to not solve but help to our fullest capabilities. We sew, crochet, knit, dig into our closets for clothing to donate and give it our all. But somehow, try as we might, we can hardly even touch the minimum needs.

We try to concentrate on our veterans, our homeless, the tiniest of new borns, and those so small they can't possibly survive. We work for cancer centers, dialysis facilities and school systems. We assist in comforting the animals in rescue centers. We give all we can to those attending the Rural Area Medical event in far western Virginia including folks from Tennessee, West Virginia, Ohio and Kentucky as well.

We don't receive rewards for what we do and will never, ever expect recognition. Our rewards come when we can smile and feel grateful for what we have been given and the life we live that allows us to do our part. Now, reach waaaaaay back and give yourself a good pat on your back! Your reward is the fact that you are heroes to so many in need. Think how your blanket, your hat or other items you create give comfort. That's our reward...just knowing we are doing our best and truly making a difference in the lives of others.

Grab your hooks and needles, come by the shop for yarn, join friends while there and plan to sit, stitch and chat for a while. You'll be so glad you did!

Hope to see you soon at the shop!

Lois

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

Fredericksburg's 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, noon-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.

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.

From the Heart Retreat – 2018

A registration form for “The Mad Hatter's Tea Party” is included with this newsletter. It will be the last one to go out this year as registration for the Retreat closes on July 13th, a mere two weeks from now. So, if you haven't gotten yours in yet but plan to attend, please mail it soon to make sure you can get in. Attendance is limited to 200 and there will be no walk-ups allowed. The event takes place on Saturday, August 11th at The Place at Innsbrook.

The price will remain unchanged at \$40/person. We have received a donation, from a member who wishes to stay anonymous, that will enable Beth to have some freedom in reducing that price for 3 or 4 people. If you want to discuss this with Beth, please phone her at (804)233-4046 (h) or (804)920-1542 (c). Your conversation with Beth will be kept private.

Mini-classes 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. This year, we will be setting up two tables for each class, with each class being taught twice so more people can attend each class. Please let Tricia know if you'd like to attend a class or classes as we would like to ensure that those who need a seat get one.

As usual, there will be a table reserved for those who might need to have a little more room, such as those in wheelchairs. With the exception of this one table, we ask that you do not put a reserved sign on the tables. You can, of course, sit with you friends but you will need to arrive early enough to save a seat for them. The doors will open at 9:30am.

Lunch, when it is served, will be served table by table to prevent the build-up of a long line but those in wheelchairs or on walkers, although called first, should feel free to go to the lunch station at a time convenient to them.

Vendors will be:

- Dances with Wool, a local yarn store in Midlothian
- Everblooming Garden Glass (china and glassware which has been repurposed for use in the garden)
- St. John Neumann Bakers Guild (chocolate and confectionary items)
- Sheila Weisensale Creations (pressed flower items, including framed designs, hand-crafted note cards, and other surprises)
- Merry Soapmakers of Powhatan, VA (hand-made soaps, lotions and personal items)

Please 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 5 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.

If you have any questions, please don't hesitate to contact me, Tricia, at triciaennis2014@gmail.com or by phone at (804)683-9015.

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2017.....	286,748
2018	
January – May	13,404
June.....	<u>3,010</u>
Year to Date Total	16,414
Grand Total.....	303,162

Shop-keeper of the Month for June 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 (June 2018) 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.

How We Help – What We Donate

We are sometimes asked what sorts of items we receive at the shop, how many of type of item have we donated, which item do we donate most of? Below is a list of the items we have sent out this month (June).

Adults

Hats	519
Blankets/Afghans/Wheelchair Blankets.....	276
Scarves	159
Underarm Pillows	142
Drain Tubes/Suzy Bags55
Slippers/Socks/Booties19
Sweaters/Vests5
Totes for Wheelchairs/Walkers37
Bibs48
Gloves/Mittens2
Bags for the Homeless52
Twiddle Muffs34
Seat Belt Protectors	664
Misc88
Total	2,100

Baby/Kids

Hats	369
Blankets/Quilts	171
Sweaters/Vest/Ponchos11
Scarves22
Socks/Booties14
Mittens3
Infant Burial Pouches/Gowns61
Bears/Toys99
Bibs75
Octopuses5
Washcloths9
Total	839

Other

Pet Snuggler	34
Misc	37
Total	71

GRAND TOTAL3,010

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)
- ✚ Baby hats (must fit over a 5" Styrofoam ball)
- ✚ We do not have a need for purple blankets for Henrico Doctors any more at this point in time

Fredericksburg/King George has a need for:

- ✚ All baby items
- ✚ 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.

The shop will be closed that day (July 21) except for the workshop. If there are any specific questions or concerns you have about shop-keeping, please send them to Tricia at triciaennis2014@gmail.com or contact

her by phone at (804)683-9015 to let her know. We will do the best we can to address all these questions and issues at the workshop.

Just to reiterate, you do not have to be a current shop-keeper to attend this workshop. All you need is an interest in shop-keeping.

Shop Hours and July 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 July scheduler and she can be reached at msjbangles@yahoo.com, or by phone at (804) 840-4687. Please let her know if you would like to volunteer as a shop-keeper during the month of July. 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

Tip of the Month

Organize your yarn stash by hitting up the Dollar Store for inexpensive gift bags in varying colors. Keep your red yarn in the red bag, green yarn in the green bag etc. Hang the bags on rods or hooks in the closet and the next time you're looking for the perfect shade of pink, pull your pink bag down and voila!

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.

Warm Woolly Hat for the Homeless

Materials:

2 strands of worsted weight (#4) wool or wool blend yarn held together throughout (approx. 190 yards total) OR 1 Strand Bulky (#6) yarn (approx. 130 yards)

Size 9 or 10 16" circular needle or straight needles if knitting flat

Tapestry Needle

Pattern:

In the Round

Cast on 60, 64 or 68 stitches and join to work in the round, being careful not to twist work

Knit 2, Purl 2 every row

To 10" long.

Knit 2 together for 3 rows.

Cut yarn, thread thru remaining stitches and tighten.



On Straight Needles

Requires sewing of seam

Cast on 60, 64 or 68 stitches

Knit 2, Purl 2 every row

Until 10" long.

Knit 2 together for 3 rows.

Cut yarn, thread thru remaining stitches and tighten.

Sew seam

Easy, Fast Men's Crocheted Cap

Materials:

I or J size hook

WW 4 ply yarn in dark colors appropriate colors for men. To make a thicker warmer hat use 2 strands of yarn. If doing this, you will need to use a J or K hook

Chain 4, slip stitch to form a ring.

Row 1: Chain 3, 15 dc into the ring. Slip stitch to join.

Row 2: Chain 3, 1 dc in same sp, 2 dc in each st around, sl st to join. (32 stitches)

Row 3: Chain 3, 1 dc in same sp, *1 dc in next 3 sts, 2 dc in next st, repeat from * around, ending with dc in 3 dc. sl st to join. (40 stitches)

Row 4: Chain 3, 1 dc in same sp, *1 dc in next 4 sts, 2 dc in next st, repeat from * around. sl st to join. (48 stitches)

Row 5: Chain 3, 1 dc in same sp, * 1 dc in next 5 sts, 2 dc in next, repeat from * around. sl st to join. (56 stitches)

Row 6: Chain 3, 1 dc in same sp, * 1 dc in next 7 sts, 2 dc in next, repeat from * around, sl st to join. (64 stitches)

Rows 7-11:

Chain 3, 1 dc in each st around, sl st to join.

Continue in this pattern until the hat measures 7 inches from the crown down to the bottom on the hat.

Complete 5 additional rows in the pattern to fold up for brim.

End off and weave in the ends.



From the Heart Local Group Times

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2 The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Midlothian Women's Group, Starbucks, Ivy Mount Shopping Center 10:00am</p>	<p>3 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>4</p> <p>Shop Closed for Independence Day</p> <p>Check with your group leader about your specific group</p>	<p>5 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>6 Starbucks Huguenot Rd 9:30am - noon</p> <p>Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>7 Atlee Angels Legacy Park 1 – 3 pm</p>
8	<p>9 The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>10 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>11 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>12 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>13 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>14 Louisa Group Hardee's 10 – noon</p>
15	<p>16 The Crossings at Bon Air 2.00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>17 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>18 Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Colonial Heights Senior Ctr 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. noon-3:00pm</p>	<p>19 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>20 Starbucks Huguenot Rd 9:30am - noon</p> <p>Five Rivers Fiber Guild 10 – noon, Rice's Hotel/Hughlett's Tavern, Heathsville</p>	<p>21</p> <p>Shop Closed for Shop-keepers Workshop</p> <p>Check with your group leader about your specific group</p>
22	<p>23 The Crossings at Bon Air 2.00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>24 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>25 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>26 Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30pm – 3:30pm</p>	<p>27 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>28</p> <p>Redeemer Lutheran, Redbridge Rd 9 – 11 am in the Upstairs Conf. Room</p>
29	<p>30 The Crossings at Bon Air 2.00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>31 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>				

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