

## Letter from Lois – April 2019

Finally!! I think it's safe to say, most of the cold, damp, dreary days are behind us and birds and flower blooms are becoming a large part of our environment.

Now we can once again turn to creating hats and blankets made of acrylic and cotton blends. We can put the wool back on the shelves for the upcoming season.

Even though the temperatures outside have greatly improved, the warmer the weather becomes the cooler the indoor living spaces become. This calls for more blankets for those undergoing treatments such as dialysis, chemo and other infusions. It's still necessary for blankets, lap robes and shawls for those in care facilities such as nursing homes – and hospice.

So...we have so many great reasons to continue pursuing our stitching passions!

We try to keep as many yarn choices available for you as possible. New ideas in patterns are most always available as well. Stop by your local meeting place and gather up your supplies soon. If your source is low on items you need, have your person in charge reach out to either the Richmond or Fredericksburg "supply centers" as soon as possible. It's our intention to keep you happy so, in turn, we can create more of those smiles so desperately needed in our communities.

Thank you for being who you are and doing what you do as well!

*Lois*

### Volunteers Needed

We have two opportunities coming up for people who love to teach others to knit.

On Saturday, May 18<sup>th</sup>, a group of 18 3<sup>rd</sup> and 5<sup>th</sup> grade Girl Scouts will be visiting the workshop for a tour and, then, a knitting lesson. They will arrive at the workshop at about 10:30am, take a tour and the lesson should start at about 11am. Obviously, we will need quite a bit of help and we will probably break the girls out into two groups, one in the front and one in the back. If you can help with this, please plan to be at the workshop from 10:15am until about 12:30pm.

On Saturday, June 8<sup>th</sup>, From the Heart will be teaching at Midlothian Library. Teachers need to arrive at the library no later than 10:15am for a class which will start at 10:30am and continue until 12 noon. Midlothian Library is located at 521 Coalfield Road in Midlothian.

For both of these teaching sessions, we will follow our usual class schedule of teaching a knitted cast on (with this they learn the knit stitch first thing while creating stitches on which they will be working) putting about 20 or 25 stitches on their needle. Then, with about 20 minutes to go until the end of class, we will teach how to cast off.

Please contact Lois Moore if you can help with either of these classes. She can be reached at [loisfth@me.com](mailto:loisfth@me.com) or by phone at (804) 305-4971.

### Powhatan Festival of Fiber

The Powhatan Festival of Fiber takes place, this year, on Saturday, April 27 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 contact Linda Hague at [lh607@verizon.net](mailto:lh607@verizon.net) if you would like to volunteer to help with this festival.

The workshop will be closed on April 27<sup>th</sup> to allow as many FtH folks to attend the Festival as would like to.

### 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 4** 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 will have a mini-workshop on how to create jewelry from "fancy" yarns (taught by Kulla Ficare), a yarn swap, lots of ideas on how to use up leftover yarn, a delicious pot-luck luncheon, and a raffle of a beautiful hand-made rabbit (see photo right), donated by Dorothy Bernstein, for your favorite girl or boy. Tickets will be \$1 each or 6 for \$5.



To help us plan properly for this event, please let either Tricia, [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), (804)683-9015 or Lois, [loisfth@me.com](mailto:loisfth@me.com), (804)305-4971 know if you plan to attend.

## A New Endeavor

As you no doubt know, From the Heart has always tried to meet the needs of those in Memory Care Facilities. As none of us are getting any younger, it seems that Memory Care Facilities are popping up all over the place. With that in mind, some of our members have taken on a push to do even more. We are working on developing more/new items to create for these facilities.



Developed by Nancy Wright, Sunshine Bags are bags which contain items, large enough to not be a tripping, falling hazard if dropped, inside. They can be sewn, knit, or crochet and the items

inside can be anything from soft toys to pom-poms to dressed teddy bears (no buttons anywhere on or in the bags please). Basic instructions for Sunshine bags can be found on the website under [“Members, classes”](#).

A second item worth considering is the Patchwork “Pillow Pony” created by Peggy Lunardini, a member of the Fredericksburg From the Heart group. The pattern in this month’s Newsletter is this little patchwork pony, so our seamstresses can try their hand at it if they wish. Fredericksburg area Memory Care Facilities love this pony, and we plan to introduce it in the Richmond area just as soon as we have a few made.



## From the Heart 2019 Retreat – August 24, 2019

The Retreat Registration form is at the end of this Newsletter so why not go ahead and get yours in early. That way you are sure of being among the 200 who will attend.

As you know, the event will take place on Saturday, August 24<sup>th</sup>, from 10:00am until 3:30pm, at The Place at Innsbrook and the theme this year is “Make New Friends but Keep the Old. Some are Silver and Others Gold.” The suggested donation to attend is \$40.

We have two confirmed speakers, Constance Jones with WRIC and Beverly Epps from John Randolph Medical Center. We are working on finalizing a third speaker.

We have 4 confirmed vendors with the potential of a fifth.

We currently have two mini-shops lined up and they are “Learn to Duplicate Stitch” and “Jewelry Creation Tips and Techniques”. In keeping with the “new friends, old friends” theme, we are thinking it would be nice to re-offer a class or workshop from the past. What was your favorite class or workshop? Let Tricia or Lois know, and we will see what we can do to offer it at the Retreat.

Our gift to attendees this year will be a book of classes we have offered in the past, but we will also have our door prizes and bingo prizes and, of course, our Raffle. Tickets for the Raffle will be \$1 each or 6 for \$5. Once again, this year, our members have been very generous in donating beautiful hand-made, one of a kind, items to be raffled.



Lunch will be a sit-down and there will be snacks and drinks available all day. All of this plus the opportunity to be with so many From the Heart members, getting to see those you may not see often as well as those you see on a regular basis. No wonder the Retreat is always such a blast !

If you have any ideas or suggestion as to how we can improve an already fantastic event, please just let any Board member know. You can reach me (Tricia) directly at [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), or phone me at (804)683-9015.

## Tip of the Month

I’m sure all the knitters in From the Heart have been in the position of taking their circular needles out and moaning a little because they are all curled up and really quite difficult to work with. Well, there is a quick and easy way to fix that problem.

Boil a pot of water and, once it has boiled, hold your circular needle by one tip, letting the other tip fall into the water along with the cable. Let the needle sit in the water for a couple of minutes (being careful to keep your hand out of the steam, which will be HOT). Then, lift



the needle out of the water and give it a quick snap. Problem solved, as the cable will now be straight and ready to go to work.

If you are still unhappy with how straight the needle is, just repeat the process.

### Current Needs (April 2019)

**Richmond and Surrounding areas** have a need for:

- Dialysis blankets. These blankets need to be as close as possible to 32" X 60" to fit on a dialysis bed without tangling on tubes.
- Cotton blend (it is softer than 100% cotton) hats in all sizes and colors (for men, women, and children)

**Fredericksburg/King George** has a need for:

- Baby blankets 30-40" square
- Lap – 32-36" square (or not quite square)
- Large - 32-34 x 48-50"
- Twin bed size

Please note that we give you our current needs, not to say that you need to focus on these items, but because these are our most pressing items. We prefer you work on something that you enjoy doing and, as you know, we can find an outlet for anything you wish to donate.

Please note, if you like to make underarm pillows, that we have had some turned in recently which could do with being a little thicker. These should be soft but **full**.

### Workshop Hours, April Scheduler, & March Elf of the Month

The From the Heart Workshop is open from 10am until 2pm every Tuesday, Wednesday, Thursday, and Saturday. Jacqueline Muoio is the April scheduler and she can be reached at [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com) or by phone at (804)840-4687. Please let her know if you would like to volunteer as a Workshop Elf in April.

At the end of each month, a random drawing is made from the names of the volunteer Elves for that month, one chance for each two-hour shift, and that Elf is asked to take some nice yarn from the workshop for personal use. The winner of the Workshop Elf prize for March is Karol Canada. Please pick up some nice yarn for your personal use next time you are at the Workshop, Karol.

Additional schedulers are needed at this time. Please let one of the current schedulers know if you would like more information. The schedulers are responsible for ensuring that the Workshop is properly staffed, and that two people are on duty for each shift.

Schedulers are responsible for one month at a time.

The schedulers are:

Ann Robbins: [aerobbins@live.com](mailto:aerobbins@live.com), 270-6247 (h), 921-1174 (c)

Tricia Ennis: [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), 683-9015

Jacqueline Muoio: [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 840-4687

### Fredericksburg Spring Waste Not Workshop

**Date/Time:** Saturday May 18 : 10:00a.m.– 4:00p.m

**Place:** Ruritan Building, 5994 Plank Rd, Fredericksburg (Between Battlefield Dental and the Fire Station just east of Andora Drive on Rt. 3.)

We will have yarn, patterns and help available. We are going to do a yarn swap - bring those skeins you don't like and swap for something you would like to work with.

Is there something you need help with? Bring it with you and we will find someone to help you. Something you want to learn? Let me know asap and we will try to add a class for that topic.

See how leftovers can make up into useful beautiful items. All items completed will be delivered to various groups in the community.

Bring your tools and a dish to share and come for a fun filled day! You can come for the day for just an hour or two just don't miss the fun. Plates, napkins, cups, bowls, utensils, coffee, hot tea and bottled water will be provided. The building has a large kitchen for our use.

We will need both a setup and clean up team so let us know which you are able to help with. If you need more information, have questions, would like to volunteer to help, or have some knitting or crocheting technique you would like to demonstrate, contact Pam Greswolde at [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net), or phone at 540.661.7967

Everyone is welcome. Bring your friends and relatives. We hope to see you there!

### Donation Inventory Numbers

|                          |         |
|--------------------------|---------|
| Previous Total           |         |
| Mid 2002 – 2018 .....    | 317,811 |
| 2019                     |         |
| Jan - Feb .....          | 5,668   |
| March .....              | 3,272   |
| Year to Date Total ..... | 8,940   |

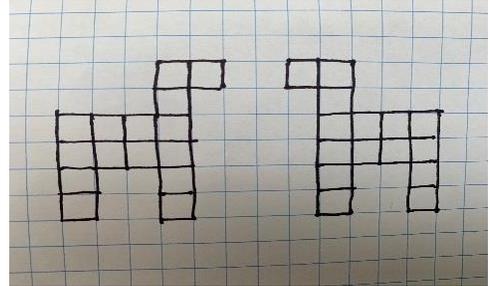
**Grand Total .....**326,751

# Pillow Pony



## Materials Needed:

1. fabric leftovers that go together
2. polyester stuffing
3. yarn to coordinate with fabric (can be bulky or use several strands at a time of regular worsted)



## Instructions:

1. Cut 56 (3" x 3") squares from a variety of fabrics. (perhaps 8 each of seven different fabrics; any combination will do)
2. Using  $\frac{1}{4}$ " seams assemble a front and back according to this diagram: (Note: the sides can be laid out to be mirror images of each other.) Make each side into vertical strips and then attach the strips to each other.
3. Using  $\frac{1}{4}$ " seams, make a strip with the remaining 26 squares. This will be used to attach the front to the back. (Optional: stitch a heart to the 8<sup>th</sup> square from the end)
4. Beginning under the belly, attach the strip to one side of the pony. Use the needle as a turning point at each corner. Stretch or push together to make the two pieces meet at the end of each seam.
5. Repeat with the second side, leaving an opening under the belly.
6. Invert and stuff the pony.
7. Hand stitch the belly opening.
8. Mane: hand stitch yarn to half of the top of the head and half (or more) of the neck.
9. Make and attach a yarn tail.

Peggy Lunardini  
pjlunar@gmail.com



**From the Heart**  
**14<sup>th</sup> Annual Retreat Registration Form**

**“Make New Friends but Keep the Old; Some are Silver, Some are Gold”**

**August 24, 2019**  
**10:00 am to 3:30 pm**  
**The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060**

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

Email: \_\_\_\_\_

Which do you do? Knit: \_\_\_\_\_  
Crochet: \_\_\_\_\_ Both: \_\_\_\_\_

Please complete the above as you will be contacted to verify that you have been registered.

**ONLY FORMS MAILED TO ADDRESS BELOW WILL BE ACCEPTED:**

**Beth Williamson**  
**3014 Westgate Drive**  
**Richmond, VA 23235**

**804-233-4046 (h), 804-920-1542 (c)**  
**elizabethwilliamson3300@comcast.net**

Registration Fee \$40.00 per person (used to assist and defray the cost of running the Retreat.) **\*\*Make Check Payable to From the Heart\*\***

Your check #: \_\_\_\_\_ Amount: \_\_\_\_\_

For planning purposes, registration must be *received* on or before July 31, 2019.

Share the fun, bring a friend! Feel free to use one form for several attendees. Given the large number of people attending the Retreat and the difficulties posed by large numbers of walk-ins on the day of the Retreat, **there will be no walk-ins** allowed so be sure to register both yourself and any friends in time for Beth to have your form(s) in hand on or before July 31

**There will be no walk-ins allowed and form must be mailed**  
**(not dropped in box at the workshop)**