

The Thread

November 2023

*"Stitching our community together,
"one thread at a time!"*

This month is our one year anniversary!

Can you believe how fast this year flew by?

When I pondered what to write this month, I thought about all of you and the contributions you make to our community.

We started with just 11 people coming together to form a new group to support those in need in our community and here we are one year later with 101 people getting our newsletter!

When you look at the number of handcrafted items and clothing items delivered since Nov 2022, please remember that we really have not been in existence for a year until Nov 11, 2023.

By that time we will top 10,000 items delivered!

How can I be certain of this (and I am)? We are meeting on Nov 1st; based on the requests we have received, the items we already have available to deliver and the 60+ red, white and blue blankets being delivered to local veterans by Nov. 11th, we will definitely top 10,000 items delivered in our first year.

I want to thank each and every one of you on behalf of our entire board.

Thank you for your contributions of items, clothing, supplies, monetary contributions, your fellowship, and spreading the word about our group to not only let folks know who we are and what we do, but also finding new members!

As we move forward please know how much all of you are part of the reason for the success of this organization and we are excited to see where the future takes us.

As always, if you have ideas or suggestions please reach out to any board member as we are always open to new ideas.

Thank you for all you do for our community and for your part in our group's success!

Community Threads

Our Mission Statement:

*Our mission is to serve the community
by providing items of warmth,
comfort and dignity,
hand crafted by our volunteers
and clothing donated by
our neighbors.*



*Happy 1st
Anniversary*



New Members

We are always open to new members! Invite your friends and family to join us for our meetings and workshops!

Stitch Count	Last Month's #s	Grand Total since 11/22
Handcrafted Items	208	4,607
From the Closet	Last Month's #s	Grand Total since 11/22
Clothes	213	5,218
	Since our start 11/22	Grand Combined Total
		9,825



Join the Celebration!! Saturday, November 4, 10am-3pm at The Ruritan

Come join us at our Fall Workshop, where we will celebrate Community Threads' first anniversary while we stitch and lunch together!! Bring a dish to share; paper goods as well as coffee, tea and bottled water will be provided. The event is free, but please register now so that we know how many will be attending and can plan accordingly!

You can register by emailing us today at Communitythreads@comcast.net

November Birthdays

- Georgeann Oberlin
- Wanda LaRue



Did we miss your birthday? If this is your birth month and you don't see your name listed here, please let us know! We don't want to miss saying Happy Birthday to anyone,

Our current requests:

- **Lap blankets** for men and women
- **Wheelchair totes (for back & side)**
- **Walker totes**
- **Shawls** for men and women

Why are these items needed? Several reasons, really. Some of the items we provide are seasonal, meaning an upcoming need can be anticipated and planned for — think hats and scarves for cooler weather. A location may have put in a special request for a specific item — patriotic blankets fall into this category. But the most common reason is that *the demand for these items exceeds our ability to meet that demand*, meaning that some recipients must wait to get their needed items.

so in case we did,
Happy Belated Birthday to You!

\$\$ November FUNdraising \$\$

Thank you to all who have donated!

The **Ruritan** does not charge us a fee to hold our meetings there but there will be a donation box at each meeting should you wish to make a donation to help with the operating costs of the facility.

Additionally, there will be a Community Threads donation box at each meeting should you wish to donate funds to help with the overhead and operating budget of our group.

If you know of a person or business that might be willing to make a donation or become a sponsor, please reach out to them. If you prefer not reach out, then provide us with the information and we will contact them.

Community Threads Clothes Closet!

Our primary clothing need is for anything in ladies size small and medium; we can also find homes for both women's and men's adult clothing in all sizes. These items are donated to local assisted living/nursing homes and others in need.

And now that the colder weather is almost upon us, please note that:

**Winter coats of ALL sizes
(both adult & children's) are needed!**

If you know of anyone in need, please let us know. We will do our best to help!

Thank you to everyone who has helped us build up such an amazing inventory to help us meet the needs of the community!

We have materials & patterns available if needed. As always, we encourage you make ANYTHING you like to make, and we will find a good home for it!

Upcoming & Ongoing Needs

- Hats - kindergarten to adult sizes
 - Blankets – lap/large and baby
 - Dialysis mitts (fingerless gloves)
 - Shirt protectors
 - Ladies button shirts for making dignity bibs
 - Toys
-

Community Spotlight: King George Community Threads



Our little group in King George has grown to 13. Although small, we turn out a nice number of items every month. We meet at the Smoot Memorial Library which is a wonderful environment.

Our meetings are every other Friday from 10:30 to 12:30. Our group is well attended every time.

We have knitters, crocheters and sewers. We help each other tag and finish items which are then brought to the Fredericksburg meeting.

Some of our members also attend the Fredericksburg meeting with regularity.

One of our members suggested early in the year that at the beginning of our meetings and as each member arrives, we all give them a hug. We have great affection for each other and this just might be the highlight of someone's day. We have a lot of fun.



Event Schedule - Fredericksburg

Unless otherwise noted; all Events are at the Chancellor Ruritan Club 5994 Plank Rd, Fredericksburg, VA 22407

Member Meetings 9:30-12:30
*Come when you can,
leave when you must!*

Fredericksburg 2023		
Nov	1st	Wednesday
Nov	4th	Saturday Workshop
Nov	14th	Tuesday
Nov	28th	Tuesday
Dec	12th	Wednesday

Fredericksburg 2024	
January	3rd & 16th
February	7th & 20th
March	6th & 19th
April	3rd & 16th
May	1st & 14th
Saturday	May 18th Workshop
June	5th & 18th
July	3rd & 16th
Aug	7th & 20th
Sept	4th & 17th
Oct	2nd & 15th
Nov	6th & 19th
Saturday	Nov 23rd Workshop
Dec	4th & 17th

Event Schedule - King George

All Events are at the Smoot Library Room A
9533 Kings Highway. King George, VA
22485

Member Meetings - Friday
10:30 am - 12:30 pm

King George	
Nov	17th
Dec	1st
Dec	15th
Dec	29th



**Reminder ... it will be here
before we know it.**

Inclement Weather Policy
Meetings will be cancelled if Spotsylvania schools open late or are closed due to weather.

Patterns & Other Resources:

If you have a favorite pattern, tip, tutorial, or other resource you'd like to share with our members, please email it (along with any relevant links) to communitythreads@comcast.net so it can be included in a future newsletter!



Tip of the Month:

Sometimes doing needlework can be a pain -- quite literally! If you find yourself developing discomfort as you stitch, try these tips:

- **Sit up tall!** It's easy to start hunching over your work. Remember to check your posture as you stitch.
- **Break it up!** Take frequent rest breaks as you work, getting up to move around and stretch.
- **Work it out!** Exercise to build strength in your arms and shoulders, and stretch daily to keep your body limber.
- **Change it up!** Alternate between various projects, needle sizes, and difficulty levels.
- **Check it out!** You may be holding your work in an awkward position if you're unable to see it well due to poor eyesight or lighting.
- **Listen up!** If your body is telling you it hurts, step away from the needles! See your doctor if pain persists.

(Heavily paraphrased from: "The Knitting Answer Book" by Margaret Radcliffe, 2015)

For more information on stretching, check out this video: [5 Hand Exercises for Knitters & Crocheters](#)



Meet the Board

Pam Greswolde – President 540-661-7967
Jeannie Duris – Secretary
Linda Foldvik – Treasurer 703-395-4064
Bertha Rector – 540-907-5259
Doris Bowling – 540-859-3081
Marcia Reed – 540-656-0474
Donna Edwards
Ferne Polk (not pictured)

Please reach out to any of the board members with comments, thoughts, and suggestions.