


Community Works September 2024

August Updates:

 **3rd Annual Cardboard Boat Regatta- PACA-** We had a boatload of fun and are looking forward to participating next year. **Our team took home the “Pride of the Regatta” award!** *Many thanks to everyone who showed up to cheer us on, to our boat builders, and our fellow racers for participating!*

Luray Rotary Club Presentation- *Thanks to Miles* for inviting Community Works to present during their weekly meeting! We made great connections and good conversations about serving our community.

We joined the Poets Trail- Community Works sponsored a tree along the Hawksbill Greenway Poets Trail. With our sponsorship our poem has been printed on a plaque and displayed in front of our tree- for us all to see! (See photos)

Volunteer Support at Free Market Friday’s with the Community Gardens-

On August 30th we participated in the Free Market Friday in Luray! Community members went home with fresh produce from the garden and food donated by Page One. Volunteer with us or stop by for a garden tour in September during the Free Market EXTRAVAGANZA! **All 3 locations will be open from 9-12 on Friday September 27th!**

Upcoming and Ongoing Projects:

American Foundation for Suicide Prevention- Join us on Monday September 23rd from 9:30-1. Snacks provided. **safeTALK** is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Learn more about the training here: <https://va-st-09-23-24.attendase.com/>

Performing Arts of Luray Gala- We still need 3 more volunteers. Support the PAL by volunteering for 2 hours during their most important fundraiser of the year on Thursday September 26th.

Volunteer Support at Free Market Friday’s with the Community Gardens-

Help us end the growing season strong with one volunteer to help at each garden during the event! Volunteers help pass out free produce to community members. Easy Peasy!

All Gardens need support on: September 27th 9am-12pm Free Market Extravaganza happening at all 3 gardens! Our local coordinator will be at the Stanley Garden.

Learn more at: <https://www.pickedinpage.com/about>

Community Works

Volunteering with Remote Area Medical- providing free, quality healthcare to those in need. We have a team of 5 volunteers to help with the Clinic Break Down on Sunday September 29, 2024 from 1-7pm at Luray High School. Learn more about RAM-

https://pagevalleynews.com/ram-needs-volunteers-for-free-two-day-healthcare-clinic/?fbclid=IwZXh0bG9hZm90cmTEAAR1Qnv_W4dUthIF0LiJwukh3ly2eAmWKJLA9G5RiDHIDP7SWp2F7mNUP8sA_aem_aAuJakWvkocuzQilOvnTCQ

We make the biggest impact when we show up as a group. Join us! Sign up here and put “Community Works” in the company name section:

<https://www.ramusa.org/volunteer/>

Letters to the Editor Campaign- Can you submit a letter? This helps us recruit new volunteers, potential partners, and connect with the broader community. We can provide you a general outline for the letter and you can personalize it- or you can write your own. Just reach out to the team. **Easy action item: See one of our letters published? Take a clear photo and send it to us!**

Still going strong: Community Works and Friends of the Shenandoah River (FOSR)-

Community Works and the Friends of the Shenandoah River have developed a “Friends’ Raiser” to raise awareness, volunteer support, and funds to increase testing in Page County. FOSR provides weekly data during the summer free of charge for the public to view.

- 📰 **Check out their recent E. Coli test results: Look at Hawksbill Creek Results:** 👁️👁️ <https://fosr.org/wp-content/uploads/2024/07/FOSRs-2024-Summer-E.-coli-Testing-Program-Quantitative-E.-coli-Concentration-Results-through-07.24.2024.pdf>
- Page County Democratic Committee donated \$500 to the FOSR’s Page County Initiative: <https://fosr.org/support-the-page-county-initiative/>
- See our discussion with the Luray Town Council: (Skip ahead to minute 40 of the video) https://www.youtube.com/live/_pYaBDIm3TE?feature=shared
- Luray Town Council approved \$2,500 in funding to the FOSR Page Initiative.
- Support the efforts here: <https://fosr.org/support-the-page-county-initiative/>

Facebook Action Item: Like, Follow, and Share: Community Works 4Page and the National Community Works FB: Community Works

Have an idea that might fit in with Community Works? Let’s chat!

PageCommunityWorks@gmail.com

Community Works

September Bulletin:

- 📢 **Check out their recent E. Coli test results: [Look at Hawksbill Creek Results:](https://fosr.org/wp-content/uploads/2024/08/FOSRs-2024-Summer-E.-coli-Testing-Program-Quantitative-E.-coli-Concentration-Results-08.29.2024.pdf)** 👁️👁️
<https://fosr.org/wp-content/uploads/2024/08/FOSRs-2024-Summer-E.-coli-Testing-Program-Quantitative-E.-coli-Concentration-Results-08.29.2024.pdf>
- **American Foundation for Suicide Prevention- safeTALK training** Monday September 23rd from 9:30-1 at the Luray VFW. Snacks provided! Learn more about the public training here: <https://va-st-09-23-24.attendase.com/>
- **We still need 3 more volunteers. Support the PAL** by volunteering for 2 hours during their most important fundraiser of the year on Thursday September 26th.
- Volunteering with Community Gardens on September 27th @9am-12- **Garden tours and free produce at ALL 3 garden locations.** Our local coordinator will be at the Stanley Garden.
- Volunteer with us at the Remote Medical Access event on Sunday September 29, 2024 from 1-7pm at Luray High School. **Sign up here and put "Community Works" in the company name section:** <https://www.ramusa.org/volunteer/>
- Help us submit letters to the local editors and connect with community members.
- Want more info? Email: PageCommunityWorks@gmail.com

Community Works

Communi-Tree


*A tree - not alone:
a node in a network.
Its roots, fingers stretch to others.
Each tree - like we -
lives in community.*

Community Works
Page County, Virginia



Community Works joined the Poets Trail along the Hawksbill Greenway by sponsoring a Tree. Next to our tree is a plaque with our winning poem submission “Communi-Tree” for all the Greenway walkers to see! Tree and plaque is located near the public parking lot on North Alley



 **3rd Annual Cardboard Boat Regatta- PACA-** Our team took home the “Pride of the Regatta” award!

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LivingWorks safeTALK

Presented by AFSP Virginia Chapter

safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, safeTALK has been used in over 20 countries around the world. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

This program is presented in partnership with Page County Community Works and VFW Post 621 Comer-Jones Post, Luray.

Date

Monday, September 23, 2024

Time

9:30AM - 1:00 PM

Location

Luray VFW
918 Veterans Ln.
Luray, VA 22835

Contact

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AFSP Virginia Chapter
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Register: afspva.info/st0923



American
Foundation
for Suicide
Prevention

Virginia