



welcome

We've got so much information packed into this month's News that we've had to leave out some of the regulars this month, but they'll be back again for the next issue.

For those of you wanting a new challenge, turn to page 2 to read about Hazel's mini knitting - beautiful, lacy patterns at $\frac{1}{12}$ th scale! You can even knit $\frac{1}{12}$ th scale socks! Now that's something to think about.

Having true supportive friends is one of life's pleasures, perhaps luxuries, so this month we're celebrating a very special Stitchlinks friendship on page 4. Read about how two of our members met up for the first time this summer and how they've found their kindred spirits in each other.

Our theme, as the seasons change, is immunity and our *Medical update* this month will give you a better understanding of how your own immune system works, and how you can boost it to fight off infections and disease that often accompany the changing seasons.

Your computer is prone to infection too, so on page 7 we show you how you can surf the internet safely and minimise the risks of viruses, spyware, worms and trojans finding their way to your machine. If it all sounds a bit scary, your quick guide to a healthier computer will take you through the steps you need to take to enable you to enjoy the technical wonders of the internet. Did you know there are 450,000,000 people already connected, to contact?!

So until next month, take care and maybe we'll see you at Alexandra Palace or Unravel - turn to page 12 for more details.

Betsan 

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4 step action plan for next month

- Follow our guide to a healthier immune system and take steps to fight off infection and disease to enjoy the new season ahead.
- Install the necessary software to boost your computer's immunity to enjoy safer surfing wherever you live in the world.
- Get in touch with another Stitchlinks member, either via the Forum, or by post. You might just find that very special bond!
- Try another challenge. Use our beginner's guides to learn to cross stitch, knit and crochet and alternate between the three.