



Supporting America's Largest Overseas U.S. Military Hospital Landstuhl Hospital Care Project

"The nation which forgets its defenders will be itself forgotten."
— Calvin Coolidge

And Combat Support Hospitals in Iraq and Afghanistan

Saluting Our Veterans

By Karen Grimord, LHCP President



Remember Our Veterans & Those Serving in the Military

What makes the veteran different than the rest of us? They come from small towns and large cities, from single-parent homes or parents married a life time. They are an only child or one of a dozen

children. They have high school diplomas and college educations. They speak English or languages from around the world. They represent all professions. Who would sign on the dotted line knowing they give their life to a life of physical challenges and physical danger to defend freedom for such little pay?

LHCP quotes Calvin Coolidge: "*The nation which forgets its defenders will be itself forgotten.*" It is our responsibility that we never forget those that raised their hands to pledge an oath of loyalty to our country and take pride in pledging that oath, either those serving now or those that served in the past.

Many think that a veteran is one that served fighting a war or battle far from home. There are 25 million living veterans and 75% served during a war or an official

period of hostility. A veteran close to my heart is my father, who never left home to fight in a war. He served during the Vietnam Era but was not deployed. He had more important things to do on U.S. soil. He served in the Air Force for 22 years. During the Cuban missile crisis, he stood guard of our aircraft in all types of weather. Later he worked flight simulators and missed many family celebrations and holidays. He also served as a First Sergeant. I dated only the bravest of souls—Dad could bring down the gauntlet on those young men, but he provided guidance for those troops coming up the ranks under him. Many may not have had a father figure growing up and my dad was it. I believe that our lives impact every life we come across. How many lives were saved because he kept the simulators running and provided proper guidance to the pilots?

Major veteran's organizations call on all veterans to express their patriotism and pride on Veterans Day through a display of medals earned in their military service. Wearing their medals is a way to show their community the spirit of America's veterans and to remind their neighbors of the service and sacrifice of those who have guarded democracy. Let us not just honor them once or twice a year but each

(Continued on page 7)

Inside this issue:

E-mails from Recipients	2
New Corporate Sponsor Donates Scrubs	3
Former LRMC Patient Shares Story	4
Idaho Contributor Leads by Example	5
Honorees for 4th Quarter Shipments	5
Needs at LRMC & Combat Support Hospitals	6
LHCP Sponsors	7
Handmade Projects for Patients	8

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E-mails Received from Recipients of Our Donations

October 2006

I wanted to let you know that we have received all your September packages! The blankets, sheets, and gowns are really needed, so they will definitely help us tremendously. I will keep you updated with our needs.

Again, thanks for all your support!

XXX Capt, USAF,
Afghanistan

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

I didn't get the chance to thank you for sending the sheets and towels last month. Thank you.

What your group is doing is great things. The soldiers that come in to our hospital are fresh off the battlefield. Many don't even have a shred of clothing on their back by the time they arrive. By providing small comforts it makes the transition from soldier to patient a little easier. I know many of the brave soldiers that have benefited from your program can not say thank you, but for all of them I will. Again thank you.

In regards to items that would be ideal for our situation, any clothing items such as underwear, socks, shorts, tee-shirts, or any like items. The soldiers again often don't even have a uniform by the time they reach our CSH so anything to wear for the trip to Germany would be great.

Let me know if there is anything else I can do for you, it would be my honor.

Sgt. xxxxx

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

My name is Rose xxxx. I have a Marine son, Cpl Christopher Txxx, being treated at Landstuhl Hospital at this time. I am so happy to know of all this group does that I wanted to help and contacted Karen to join in.

My son is doing very well. He is in a brace but he walks, talks, eats, etc. We feel so blessed and have no complaints.

Karen was very helpful to our family and I can't express how grateful I was that she contacted the correct people and they paid Christopher a visit.

Anyway, we contacted Sharon with a donation and we would feel honored to help out.

Sincerely, Rose xxxx

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Karen and Company,

Just wanted to let you know that the box of sheets, blankets and medicine bags arrived here yesterday to Baghdad XXth CSH...just in the nick of time—we were down to the bare minimum of sheets!

All the staff and patients want you to know how much the items were appreciated and that you really make us proud to be Americans and in the military—without your support emotionally and through gestures like this, it would be hard to get through some days.

I feel so honored to be here and to be taking care of our wounded soldiers—this is the reason I am an ARMY nurse and not a civilian one, hoooah!

Let me know if there is anything I can do for you from over here- sorry, camels can't be shipped though! lol

Mxxxxx. LTLT

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Karen and LHCP members,

We received a package from you yesterday, thank you very much. The staff is quite excited that you guys care so much as to support us the way you do. Thanks!

Ken, XXth CSH

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We greatly appreciate all your staff and yourself for all the great effort that you put into each of your packages. We received the last shipment that you sent today, and to be honest it was like seeing children with candy. For as hard and as tired as many of us are to see their faces when they saw what you had sent for us, it was refreshing. They were actually arguing over who could have which set of sweats, and what kind of drink mix to have first, some of us didn't get to get any but it was worth it to see the face of some of the young Corpsman light up with what might

have been the first smile since we arrived in country. Thank you and your staff so very much, if there is anything that I can do for you please let me know. I have included a picture that was taken today after we opened the box; I thought it would be nice to see the faces of those you have given more than hope to.

Your friend,
HM2 XXXX
XXXXXX Iraq Flight line aid station

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November 2006

XL or tall scrubs would be lovely! Thank you so much again for all you do for all of the servicemen and women down range. I couldn't believe how many sweatpants and shirts were sent our way. I can say that they are very much appreciated by the folks that receive them. You do a wonderful job of organizing, directing and ensuring completion of people's charitable gifts. I so wish that your organization was on the CFC – I'd personally promote you to everyone I meet (not that I don't anyway).

Sincerely, Andrew

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I have to just say thank you for all that you are doing, for the fervor with which you conduct your business, for your generosity, and for your concern for the men and women in the Armed Forces who are living the daily struggle out here. My hat is off to you. Indeed, I salute you, and your staff.

Sincerely, Capt Axxxxx

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The last box of underwear and socks was perfect. I can use tee-shirts, shorts, underwear, socks, sweatpants, sweat-shirts, or any other type of clothing. Any size is okay too.

It has been a very busy month for us in Xxxx. Please know that well all appreciate what your organization is doing for us and the wounded soldiers here. Thank you for all the help.

Sgt. Exxxxx

Sassy Scrubs Donates Scrubs in All Sizes

By Rachel Hause



LHCP is pleased to welcome

a new corporate sponsor—Sassy Scrubs, an internet retailer and manufacturer offering custom-made scrubs uniforms. Owned and operated by Karen Bradley, Sassy Scrubs custom makes each piece. Because of this, each customer has complete control of the number and placement of pockets, pants length, and fabric choice from over 1,400 fabrics available. In the 1990s, the company was the first to produce print scrubs. Sassy Scrubs has eleven full and part-time employees and is located in rural Upstate New York, in the Finger Lakes Region—the second largest wine producing region in the country.

Sassy Scrubs learned about LHCP when they were contacted by Karen Grimord about making a donation of scrubs for military medical personnel deployed to combat support hospitals. She couldn't have

contacted a more philanthropic-minded business. Sassy Scrubs' founder, Karen Bradley explains, "I feel it is the responsibility of every person, and every business, to help out where we can. I'm happy to be able to do so both personally and with my business." In addition to providing a shipment of scrubs tops and pants in a variety of sizes to LHCP, Sassy Scrubs sponsors its own Baby Blankets for China project in which its fabric scraps are used by employees during off-peak times to make blankets for children in orphanages in China.

Now that Karen Bradley has learned about LHCP, she has also become involved with our Stitches of Love projects. (See related article on page 8.) She is making med bags. As she enthusiastically states, "Once you understand the need(s), it's hard not to get involved!"

When asked if she had a message for our military medical personnel who wear scrubs, Karen Bradley

thoughtfully shares, "Well, my personal motto is to 'Think



positively and move in a forward direction,' so I'd expand that to our military medical people into 'Keep your spirits up, think positively, and do the best job you can do.' That, along with wishing them a safe journey through this aspect of their lives; and also sharing my respect for the commitment they have for their work and country."

Thank you, Karen and Sassy Scrubs, for supporting America's combat support hospitals through LHCP.

SASSY SCRUBS
1 Keuka Business Park
Penn Yan, NY 14527
Fax: 315-531-8017
Website: www.sassyscrubs.com
Email: info@sassyscrubs.com

E-mails (continued)

November 2006

We received our shipment this month and the pilots and staff gobbled the power bars in about two weeks. So that was a good item. And you're doing an excellent job by far! October was chaotic month over here....

TSgt S
XXXth EFSME

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Hello from Camp Xxxx, Iraq. I am Eric Lxxx, an orthopedic surgeon and I wanted to thank you for the wonderful gifts. It means a lot to me and my fellow soldiers. Thank you for your support

Sincerely, Eric Lxxx, MAJ, MC

Thank you and your Landstuhl Hospital Care Project. The gowns, sheets, pillow cases and scrubs were exactly what our patients and staff needed.

The beautiful light blue sheets brighten up our unit and allowed us to remember that many people care and support the job we do.

Thank each and everyone who has had a part in the process of helping—they are truly great Americans!

On our way to Iraq we stopped in Ireland. Please keep this Irish Blessing as it demonstrates the peace and good fortune that have been brought by your organization.

Thank you.
A grateful soldier
LTC R-S, Chief Nurse
Camp XXX, Iraq

December 2006

This is Xxxx from the Xth XX ABN team and I wanted to say thank you for the linen, flip flops, travel bags, and everything else. I believe we are set for the time being thank you again. I am so very appreciative of all that you have done for us. Many thanks.—Kxx

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The break-a-ways continue to bring smiles to the faces of those who need something adaptable (and still look decent). Thanks tons!—CS

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Thank you so much to the entire LHCP group- you all work seamlessly to get us what we need/request and I truly think you are all the "Angels" of the CSH and the rest of the service members downrange here.—Michelle

A Gift of Love

By Staff Sergeant Brian Higgins



**SERVING
OUR
COUNTRY**



It was in September of 2004, in a little village in Moker, Afghanistan. I was serving as a squad leader in A Co 3/116th Infantry when I injured my left knee running a patrol searching for Taliban. I was med-evaced out of Ghazni, Afghanistan on my way to Landstuhl, Germany.

From all the missions I ran in Afghanistan, I was both mentally and physically exhausted, as well as being hurt and in a lot of pain. My only thought was about my men. How are they going to be without me there? But worst of all I hated myself for leaving them behind, and I wanted to hurry back to be with them and carry out the mission I was sent to do.

Upon my arrival, I was bussed from the airport to the hospital. Once I arrived I was carried into the hospital where the doctors and nurses diligently worked to assess the condition of myself and several others who were in there that day. We were all confused and feeling the effects of being in combat and were talking of our friends who were still there and the ones that we had lost. Tears followed shortly after. Both for leaving our men behind and glad that we had made it. This was the first time we had actually had time to think back on the time we had spent in the combat zone and the emotions were flowing all over the place.

The injury of my knee was diagnosed as a torn MCL, ACL and some other things that I cannot pronounce. I was going to need surgery to repair the damage.

Others had lost legs, arms, and other wounds that you read about in war books but thought you would never see or experience. I cried for them and they cried for me, and we all were just a mess but glad to be alive.

As we were sitting in the waiting area after being treated and waiting for transportation to take us to our barracks where we would be staying, a nurse came over to us and asked us where all of our gear was. We informed her that we had been med-evaced out and had no gear, just what was on our backs; and that wasn't much due to our clothing being cut off of our wounds and all we had were the hospital gowns that we were wearing. She then entered into the hospital and said she would be right back. She returned with several of her colleagues and they carried us, pushed our wheel chairs and helped those on crutches to a place called the "Chaplain's Corner" [now called the Wounded Warrior Ministry Center]. There we met the most remarkable and most caring person we had ever met. Her name was, Karen Grimord. She welcomed us as if she had known us her whole life and the words "Welcome Home" was the first time we felt we were actually home.

She looked beyond our wounds and injuries and went straight to work by giving us sweat pants and sweat shirts, tennis shoes, shaving gear, and even underwear and socks. She gave us CD players, games, playing cards and most of all love and kindness—something we hadn't experienced in a very long time. She thanked us for our sacrifices and gave each of us a hug and told us if we needed anything else to just let her know.

As we were leaving to catch our ride to the barracks, she handed each of us a calling card and told us to call home. We thanked her for her kindness and left with a whole new feeling of worth.

The surgeries on my knee fixed me good as new, and on February 14, 2005 I returned to continue my mission in Afghanistan. I returned home to my family with the rest of my unit in late July of 2005.

"She looked beyond our wounds and injuries and went straight to work by giving us sweat pants and sweat shirts, tennis shoes, shaving gear, and even underwear and socks. She gave us CD players, games, playing cards and most of all love and kindness—something we hadn't experienced in a very long time."

Since my hospitalization, I have seen Karen Grimord at an American Legion picnic in Virginia to raise monies for more items for Landstuhl Hospital, and I gladly contributed and thanked her for her kindness while I was there.

The Landstuhl Hospital Care Project, is a much needed and appreciated gift from the heart.

My message to Karen Grimord, from all of us serving proudly is: "Thank you for the gift of love."

*From all supporters of LHCP,
thank you, Brian, for your service to
our country!*

Idaho Contributor Leads by Example



This quarter, we introduce one of our individual sponsors, Jim Spliedt. Jim served in the

Marines from 1978 to 1986 and learned about LHCP from AnyMarine.com under the website's "Other Efforts" tab.

Jim supports LHCP's mission of providing comfort and relief items by sending periodic packages of needed hygiene items, cash donations, and shower shoes, a new request we've had this fall.

When asked why he feels compelled to support our troops, he explains, "First, it comes down to doing the

decent thing. Some people call it Karma, but in the end, by doing worthy deeds, you will be a better person and it tends to come back to you."

He continues, "Second, you can talk about supporting our service personnel all day long. I decided to set the example, not only to my own daughter, but the community, too, by actually doing something and giving to these great people unconditionally."

He concludes, "Last, and this is a little selfish, but if those talented and dedicated people currently serving in the military do not think they have the support from back home, few of them will decide to make it a career, and those that stay may not

be up to the task in 20 years. I would like to know these bright kids joining today will be those senior NCOs or Officers when I'm 60 years old, and the military will carry on a strong tradition of leadership excellence."

If Jim could write a sentence or two to all of our troops, he would say, "I'm proud to live in a country where the best of our young people regularly volunteer to go into harm's way, and do so unselfishly, so others around the world have a chance to obtain the same level of freedoms they enjoy. I consider myself very wealthy to live in a country that has such strength of character in its people."

Honorees for 4th Quarter 2006 Shipments

October



Army Private First Class Sam W. Huff, age 18, of Tucson, Arizona, died April 18, 2005, in Baghdad, Iraq, of injuries sustained on April 17, 2005 when an improvised explosive device detonated near her HMMWV. Huff was assigned to the 170th Military Police Company, 504th Military Police Battalion, 42nd Military Police Brigade, Fort Lewis, Washington.

November



Marine First Lieutenant Frederick E. Pokorney, age 31, of Tonopah, Nev.; assigned to the Headquarters Battery, 1st Battalion, 10th Marine Regiment, 2nd Marine Expeditionary Brigade, Camp Lejeune, N.C.; killed in action near Nasiriyah, Iraq on March 23, 2003.

December



Navy Petty Officer Second Class (SEAL) Michael A. Monsoor, age 25, of Garden Grove, Calif.; assigned to a West-Coast based command; killed Sept. 29, 2006 while conducting combat operations against enemy forces in Ramadi, Iraq. Monsoor sacrificed his life to save his comrades by throwing himself on top of a grenade Iraqi insurgents tossed into their sniper hideout.

For more information on our Honorees, go to:
www.LandstuhlHospitalCareProject.org

Needed Items for the Wounded at LRMC & at CSH

Cash donations as well as donations of requested items are always welcome.

Please make checks payable to:
Landstuhl Hospital Care Project
and send to:
Sharon Buck, LHCP Treasurer
14101 Rectory Lane
Upper Marlboro, MD 20772

Mail packages of requested items to:
Landstuhl Hospital Care Project
Attn: Karen Grimord
29 Greenleaf Terrace
Stafford, VA 22556

LHCP is a 501(c)(3) tax-exempt nonprofit organization.

Recent Shipments

September = 709.20 pounds

LRMC = 131 pounds
Afghanistan = 219 pounds
Iraq = 359.2 pounds

October = 1358.53

LRMC = 87 pounds
Afghanistan = 61 pounds
Iraq = 1210.53 pounds

November = 1288 pounds

LRMC = 133 pounds
Afghanistan = 0 pounds
Iraq = 1145 pounds
Kuwait = 10 pounds

For this three-month period, we supported LRMC, 1 location in Afghanistan, 19 locations in Iraq, and 1 location in Kuwait..



Smiles from downrange for LHCP box!

We support Landstuhl Regional Medical Center (LRMC) and Combat Support Hospitals (CSH). If you are donating needed items, please purchase new items that match the specifics given below. People who work with patients on a daily basis have provided this information. Sizes and color (uniform requirements) matter. Please remember our female patients, too. Starred items (*) can be gently used. Lists of needed items are updated each month on our website. Thank you!

Items to Support Landstuhl Regional Medical Center for January

Urgent need for Break-Away Pants with snaps up both legs. (Must be flannel lined for winter months.) Dark colors only.
Long-Sleeve T-Shirts—NO DESIGNS PLEASE, in white, grey, tan, black, L-XL-M (in that order of need).
Cast Socks—knitted cast socks are accepted to a higher degree by service members. (Pattern available by joining LHCP Yahoo Group). Stock of fleece cast socks should hold until summer 2007.
Quilts and Blankets—3ft x 5ft size (no long fringe)
Travel-size Shampoo (Pert and Dandruff-type—NOT HOTEL-SIZE, NOT FULL-SIZE)
DVD's—positive themes—no extreme violence is requested (no VHS tapes)
CD's (no cassette tapes)
Portable CD players

Items to Support Hospitals in Iraq and Afghanistan for January

Urgent need for Hospital Scrubs*—new or gently used, all sizes
Urgent need for Hospital Gowns
Urgent need for Shower Shoes (flip-flops)
Urgent need for Blankets—twin-size only
Urgent need for Pillows—twin size and travel size (half of twin)
Vinyl Pillow Covers
Twin Sheet Sets, Twin Flat Sheets, and Pillow Cases (Dark Colors, NO RED)
Bath-Size Towels
2004/05/06 Current Guide to Medical Diagnosis*
2004/05/06 Griffith Five-Minute Consult Books*
2005/2006 Physician Desk References*
Drawstring "Med" Bags (10" x 16" bags with 30" drawstring) for patients to carry meds and personal items (photo posted on LHCP Yahoo group page)
Blue Pads—bed pads that go underneath patients while they are in the ward
Ankle Socks—low-cut, athletic style (NO CALF SOCKS)—WHITE only
Sweat Pants and Sweat Shirts—dark colors, all sizes
GOOD SOFT Toothbrushes—MUST BE INDIVIDUALLY WRAPPED BY MANUFACTURER FOR SANITATION—No multi-packs, please
Old Spice High Endurance deodorant/anti-perspirant
TRIPLE-Blade Razors
Dryer Sheets and Air Freshener (Iraq)
Phone Cards—international phone cards, 360 minutes (Afghanistan)
Current Magazines—sports, hunting, cars
Personal DVD Players for patient use in hospitals
LETTERS OF SUPPORT ARE ALWAYS WELCOMED.

We have contacts downrange who will soon be returning home:

Col. Robert, Maj. Mike, and Capt. Andrew—know that you will be missed on the receiving end of our shipments, but we celebrate with you as you return home to your families and friends! We applaud the efforts of you, your wonderful support staff, doctors, and medics in the care of our wounded service men and women.

**Big
Thank
You!**

LHCP Sponsors — Thank you for your generosity!

Fourth Quarter Sponsors

American Legion Auxiliary, Sidney, NY
American Legion Auxiliary Unit 180,
Vienna, VA
American Legion Auxiliary Unit 320,
Spotsylvania, VA
American Legion Auxiliary Unit 330,
Culpepper, VA
American Legion Auxiliary Unit 518
(Wee Chik), Three Oaks, MI
American Legion Post 290, Stafford, VA
American Legion Post 290 Color Guard,
Stafford, VA
American Legion Post 364,
Woodbridge, VA
Anne Loucks Chapter of the NSDAR,
Martinez, CA
Applebee's, Woodbridge, VA
Beta Analytics International, Inc.
Block Scientific, Inc., Nutley, NJ
Jeremy Linder, President
Boy Scout Troop 86, Huntsville, AL
Bruster's Ice Cream, Stafford, VA
Cato-Meridian Middle School, Cato, NY
Chili's, Stafford, VA
Coca-Cola, Alexandria, VA, Frank Belcher
Edina High School Football Team, Edina, MN
Facet Technologies employees, Marietta, GA
Fairfax County Voiture 1569
Annandale, VA
Gary's Ice Cream, Stafford, VA
Good Samaritan United Methodist Church,
Edina, MN
Grandmaster Kim's Tae Kwon Do class,
Cincinnati, OH
Henry Memorial Presbyterian Church's
"Heartstrings" knitters, Dublin, GA
Highland Church of Christ, Tecumseh, OK
Home Depot, Stafford, VA
Internal Medicine of Morristown, NJ
Employees
Knickerbocker Chapter of the NSDAR,
New York, NY
Knightsville Elementary School,
Charleston, SC
Laurentian Chamber of Commerce,
Virginia, MN
Meadow Farms, Stafford, VA
Mount Calvary Christian School,
Elizabethtown, PA
Northridge Church of Christ, Shawnee, OK
Perfect Image Screen Printing,
Cincinnati, OH
RapidTags, Oakland, NJ

Roche Miseo Group, LLC,
Mountain Lakes, NJ
Ruth Walters Fine Fashion,
Long Beach, CA
Saint Vincent Martyr School, Third Grade
Class, Madison, NJ
Sassy Scrubs, Penn Yan, NY
Karen Bradley, President
Shepherd of the Hills Lutheran Church,
Edina, MN
Super Cuts, Stafford, VA
Talley Electronics, Cincinnati, OH
UPS Freight delivery person, Stafford, VA
VFW Post 2297, Ladies Auxiliary
Walker Title Company, VA
610 Pawn Shop, VA

Ms. L. Altstaetter, VA
Ms. J. Badgley, MI
Mr. and Mrs. D. Bath, AL
Ms. S. Batten, IA
Ms. B. Braband, CA
Ms. G. Braud, CA
Ms. K. Brown, VA
Mr. and Mrs. T. Buck, MD
Ms. C. Chan-Wolfe, CA
Ms. C. Coleman, VA
Ms. S. Crocker, TX
Mr. and Mrs. P. Cunningham, NY
Ms. C. Dales, SC
Mr. and Mrs. D. Eanes, VA
Mr. and Mrs. R. Evans, MN
Mr. and Mrs. D. Fennessy, NJ
Mr. and Mrs. Fletcher, TX
Mr. and Mrs. R. Foutz, VA
Dr. S. Gardepe, AL
Mr. and Mrs. R. Geberth, VA
Mr. and Mrs. B. Grimord, VA
Mr. and Mrs. D. Grimord, VA
Mr. and Mrs. Halse, NY
Mr. and Mrs. K. Hauge, VA
Mr. and Mrs. L. Hause, MN
Mr. and Mrs. F. Hecht, NJ
*in memory of LHCP Honoree
SPC Hoby F. Bradfield, Jr.*
Mr. and Mrs. B. Higgins, VA
Ms. S. Hinshaw, OH
Ms. G. Horner, CA
Mr. and Mrs. J. Howard, VA
Ms. I. Hyatt, CO
Mr. and Ms. T. Karlson, VA
Dr. and Mrs. F. Katz, MN
Ms. P. Kassum, GA
Mr. and Mrs. B. Kendall, VA

Master A. King, Webelos Cub Scout
Pack 351, Madison, AL
Mr. and Mrs. J. Kingham, NC
Mr. and Mrs. M. Kirk, AZ
Mr. and Mrs. M. Kruse, AK
Ms. M. Lach, MN
in honor of her brother, a veteran
Mr. and Mrs. M. Lee, VA
Ms. T. Lillback, OH
Dr. L. Lynch, CA
Ms. C. Madson, MN
Mr. and Mrs. M. Martin, VA
Ms. C. Mayo, SC
Dr. C. McAdams, AL
Ms. L. Morrison Phillips
Ms. K. Monk, VA
Ms. M. Moniz, NJ
Mr. D. Morrison, VA
Mr. N. Mursin IV
Ms. J. O'Dell, OH
Ms. J. Pierce, AL
Dr. J. Rawls, AL
Ms. S. Reynolds, Germany
Ms. A. Ribuffo, VA
Mr. F. Shelton, VA
Ms. S. Schmidt, Germany
Ms. B. Schochet, CA
Mr. F. Schochet, MN
Mr. and Mrs. D. Schuster, APO AE
Mr. and Mrs. T. Sieradzki, NJ
Mr. and Mrs. Spena
Mr. J. Spliedt, ID
Mr. and Mrs. K. Sterling, NJ
Ms. J. Sullivan, MA
Ms. J. Treger, CA
Ms. M. Talley, OH
Ms. S. Timberlake, VA
Ms. R. Trevino, TX
Mr. and Mrs. T. Waggoner, MI
Mr. and Mrs. R. Washington, OK
in memory of our fathers, both veterans
Ms. S. Wilson, Germany


*Hoorah! We just made donating to
LHCP easier with **Click & Pledge!**
From our website:
www.landstuhlhospitalcareproject.org
Click on **HOW TO HELP**, and
then click on
DONATE NOW CLICK & PLEDGE.*

Saluting Our Veterans (continued from page 1)

day that we are able to wake in the morning and know that they are serving us on foreign soil and here in the U.S. Challenge yourself by thanking a veteran every day with a firm hand shake and tell him or her "Thank you!"

Few people understand the hearts of veterans. Few understand their sense of duty to serve. Few understand the drive to step forward and pick up where so many did before them. Few are willing to step up to the

challenge. However, we can all follow the words of President Lincoln: "Care for him who shall have borne the battle."





LHCP Update

**Landstuhl Hospital Care Project
29 Greenleaf Terrace
Stafford, VA 22556**

LHCP Stitches of Love Team Creates Handmade Items

By Maureen Moniz, SOL Coordinator



Cast Socks

An area of the Landstuhl Hospital Care Project that has drawn a lot of interest is the hand-crafted items to be sent

forward to our ill and injured troops with love, prayers, and good wishes. These items include cast socks, Afghans, quilts, and draw-string pouches called "med bags."

Although many of these items are made by LHCP supporters who have joined our LHCP Yahoo Group, there are a significant number of donations made by non-members and groups looking for a way to help. Frequently, these

donors do become members of the group. Our patterns or guidelines for each item are posted on the LHCP Yahoo Group site. We encourage anyone interested in making these projects to join us.

The sewing, knitting and crocheting members of LHCP formed an organized team during the late summer of 2006 called Stitches of Love. There are approximately two dozen women throughout the U.S. and Germany who craft the much-in-demand drawstring med bags that are shipped to combat support hospitals in Iraq and Afghanistan, as well as the quilt, afghans and cast socks that go to Landstuhl Regional Medical Center.

Since coming together as a team, the members of the group have significantly increased the number

of med bags made and shipped on a monthly basis. In November, 2006, SOL member actually produced more bags than were requested by all of the hospitals combined! It is our hope to maintain this level of commitment for all our hand-made items.

Stitches of Love gratefully embraces new members. Those interested in joining our effort are encouraged to email the SOL Coordinator, Maureen Moniz, at lhcp.solteam@yahoo.com. Thanks!

Handmade group blanket project from knitters at Henry Mem. Presbyterian Church in Dublin, GA

