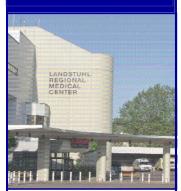
VOLUME 4, ISSUE 3
July-September, 2008



andstuhl Hospital Care Project "The nation which forgets its defenders will be itself forgotten." — Calvin Coolidge And Combat Support Hospitals in Iraq and Afghanistan

Supporting America's Largest Overseas U.S. Military Hospital

LANDSTEIN HOSPITAL CARE PROJECT

LHCP Update

In Remembrance

By Jim Spliedt, Vice President

During my visit to Virginia in mid-September, Karen and I planned to place flowers at the head stones of the 14 LHCP Honorees at Arlington National Cemetery. This included visiting the new Pentagon memorial to place flowers at our first Honoree's marker, who was a friend of Karen's family. It was a humbling experience to visit both places.

To be honest, I did have mixed feelings about going to Arlington. Before going on my trip, I stopped by the office of a friend of mine at work, who was a Vietnam veteran and has been to Arlington, and talked to him about visiting the cemetery. He said be prepared to be overwhelmed. My friend was right, and it was overwhelming to see the rows of white head stones that seemed to go on forever. Arlington is more then a cemetery; it represents the history of our country and each head stone represents a person with a unique story.

Of our Honorees, many are sons and daughters of veterans; one is a Medal of Honor recipient; and another is described as a troubled teenager who became a role model for his community. Their ages are 19 years old to 40 years old with many leaving behind families of their own. One was an LHCP member's son and one the son of a Bataan Death March survivor.

They represent all of the services, including the Coast Guard, and both enlisted and officers. One of our Honorees



emigrated from France and became a U.S. citizen. Family and friends describe our Honorees as gentle, caring, and generous people. These Honorees represent only a fraction of the approximate 250,000 people buried on these 612 acres.

Why does LHCP annually place flowers at the headstone of our Honorees? The answer is simple. It gives us the opportunity and honor to remember who they were, not only as someone who gave the ultimate sacrifice, but as individuals with stories of their own. Karen met the sister of one of these Honorees at Arlington a while back, and this lady broke down and cried when she found out LHCP placed flowers at her sister's head stone. She was grateful that someone made the effort to remember her sister. I encourage everyone to visit our website and read the biographies of our Honorees to find out what great people they were.

Remember us. Remember why we fought. Remember why we died. Remember us.

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Thank You Notes from Recipients of Our Donations

The wonderful email and "snail" mail that we receive is posted on our website. Click on the "Troop Thanks" button to read more of the thank you notes that come to LHCP. Here is a sampling from this quarter:

July 2008

I wanted to personally thank you for the care packages of magazines, snacks, pillow cases, and shaving cream. Thank you so much for your support and dedication to soldiers we appreciate everything you do for us. Your donations have been sent to our soldiers on patrol bases with very little. Thanks again for all your support!

With Thanks! SGT M. D.& SPC T-M

* * * * * * * * * * * * * * * * *

Jen at Al Asad here. Thank you guys so much for the boxes of blankets and pillows, we got them last week. The travel pillows are perfect for MEDIVAC patients. If you still have them available we could use 1 more box of the travel pillows. We could also use 1 or 2 cases of ankle socks, we seem to go through them like it's going out of style. We would also appreciate any DVDs you could send.

* * * * * * * * * * * * * * *

Fortunately I had a very quiet 4th of July, there were no fireworks. We really don't like fireworks here, plus it is hard to see them when you are hiding under a vehicle.

It has been quiet inside the wire so far this month. Not so quiet outside since one of our neighboring bases got overrun and we suffered many causalities. The Taliban army received many more causalities, but they were expecting that.

The weather has been very nice until late afternoon when the wind picks up. Temperatures during the day are mid 90's and lows in the mid 60's.

The wind should stop around the end of July.

We wrapped up a season of poker at the end of last month. I came in 5th and won a DVD player and a wireless X-Box headset.

* * * * * * * * * * * * * * * *

August 2008

Received the packages today...thanks so much!! PFC Cxxx is with 75th Ranger Regiment and we wanted to ensure the Rangers knew that you all have honored one of their own... thank you for all your group does for us... we have already given the pillows to some of our Soldiers that are inpatient with us and it truly brightened their spirits. We also received the socks and movies..:) Thanks again!!

V/r

* * * * * * * * * * * * * * * * *

We have been in dire need of pillows and such here at our MTF and we received two full boxes today from the Landstuhl Hospital Care Project. Attached to the box was a note that told us this shipment was made in honor of SSG Nino Livaudais, KIA 3 APR 03 while rushing to the aid of a pregnant women... to that end, we made a little note to honor and thank him for his sacrifice and to remember him.

* * * * * * * * * * * * * * * * *

We did receive the scrubs and the sheets. We are happy to have them. It's hard to believe how difficult it is to get stuff sometimes. Were the pillow cases mailed separate from the sheets?

I just asked the Commander of the CMC if they would like some blankets and they said they would like 50 to distribute to their Soldiers for the winter. They could also use socks if you still have some left. They

rarely have any socks etc. in the PX here on our FOB (we did get the ankle socks you sent us and they were a big hit). Do you guys ever get media entertainment stuff for Morale and Welfare etc. such as movies or Wii games? The AF bought the unit a Wii gaming system, but they do not have any games here. The guys were curious vs. ordering online.

* * * * * * * * * * * * * * * *

My one year anniversary of being in Afghanistan was this month, and I have a lot of memories. Usually I say "wow where did the time go?" but this past year seems like I've done a lot to remember. I've made two emergency trips out of here, one in a medical evacuation helicopter and the other on commercial for the passing of my mother. I also went on a normal vacation trip through the Kabul International Airport. I'm now considered an old pro at getting in and out of this war zone. I've done more living this past year than I have in the past several, and I own very few material things. I have no house, no car, my meals prepared for me, my laundry done for me, if I had someone to change my bed I'd have just about nothing to do. If it wasn't for the guys shooting at me it would be just about livable. Oh yea, I forgot about the 12-hour work days and the hiding in bunkers when the sirens go off. Ah, minor details. I really am happy to be doing a job to support the effort here and to be among the finest Americans I have ever seen. The warriors here are a special breed of people. Which is why I signed up for another year and intend to sign up for several more.

Of course there is always a reminder that the enemy is close. Last week 6 French soldiers were killed about a mile from here and 4 kidnapped and later killed. The French contingent

(continued on page 3)

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Volunteer with Graphic Arts Skills Updates LHCP Logo

Like many other LHCP volunteers, Tamara Burner discovered LHCP through its web site. She was impressed by the programs that get what is needed to where it is needed. But Tamara took a closer look. She reviewed LHCP's financial documents that are posted on LHCP's web site and found what she was looking for—an organization that strives to keeps its operating expenses low and has a totally volunteer board.

After talking to LHCP president Karen Grimord, Tamara volunteered her skills as a graphic artist—she's a freelance designer whose portfolio name is "Making Work an Art." So far she has designed a retractable banner and a



table banner for LHCP to use at presentations and displays. In the process she updated our logo as well.

LHCP is a good fit for Tamara because the morale of our military personnel is very important to her. Her husband is an Army veteran. New table banner and updated LHCP logo



Troop Thanks (continued)

here are teachers and not infantry soldiers. After they were killed a couple of Special Forces groups appeared here. I always feel a little safer when those guys are around.

* * * * * * * * * * * * * * * * *

September 2008

I look at you as part of our team. Thank you for your support. God Bless, T. S. J MAJ, AN Chief Nurse

* * * * * * * * * * * * * * *

Thank you so much for your support in helping our wounded warriors here at the Contingency Aeromedical Staging Facility (Xxxxxxx). Our job is to launch and recover patients. Our patients arrive from all over Iraq, they are stabilized and packaged for transport to LRMC. They sometimes arrive with nothing to wear. Sometimes supplies are hard to get in the

AOR. Our facility can hold 50 patients and it can expand to 100; we're having a difficult time keeping sheets and blankets and it can get cold on the flight to Germany. Thank you so much for sending the blankets they came at a time when we were running very low. Bath towels are also in short supply, so if you have a supply, Xxxx can always use towels.

Thank you again for your support for our mission to help our heroes home.

V/R C. R-D, Lt Col, USAF, NC Chief Nurse "TUSKEGEE MEDICS...BUSTIN OURS TO SAVE YOURS"

* * * * * * * * * * * * * * * *

We just received one of your packages with the fitted sheets and quilts. I wanted to let you know that they have all been given out between the FST and the C-Med Co of the xx Brigade Combat Team, xx Infantry Division that is co-located with us and assists us with some of our

trauma patients. We gave out our "Big Daddy Adult Pajamas" last week to a team of U.S. Casualties that were shot up... but not too bad. The Soldiers were very appreciative to have them after we cut all their clothes off, to assess and treat them! ... Please tell all the people that are donating items and time that we are humbled by their support and that we are very happy when we get the packages you send. It is a touch of home in a place that often feels forgotten. Your organization and support has lifted spirits and assisted us in our ability to provide basics for our staff and our patients alike. On a special note, please thank the people who have been making the quilts, they are absolutely beautiful and everyone wants one. The 300 to 400 thread count sheets were like gold. All sheets sent are now in use by our Soldiers. We look forward to everything you send.

Thank you and God Bless, TJ MAJ, AN

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"Comfort the Troops Drive"— A Way for Us to Honor and Serve Our Military

Remembering her grandmother telling about rolling bandages for the Red Cross during WWI and her mother discussing the scrap metal drives and the like of WWII, Peg Seljeskog knows that holding a drive for LHCP is "a way for us to honor and serve our military during today's wars."

This past summer, Peg organized a drive for LHCP at her church in Rapid City, South Dakota—Calvary Lutheran Church. They named the drive "Comfort the Troops Drive" and chose to collect DVDs, 3x5 quilts, comfort pillows, medication bags, travel pillow cases, and monetary donations.

Publicity The drive was very successful. This organized drive was promoted by:

- Writing an article for the monthly church newsletter.
- Speaking at all 3 church services one weekend.
- Preparing a booklet about the drive, including instructions for the sewn items. The church photocopied it and had it available for members.
- Placing a large, decorated box for the donations by the church office.
- Writing a short blurb for the church bulletin each week noting the drive's progress.

Advance Work Before the drive started, Peg and her pastor met with the Calvary Quilters to see if they would be interested in and had time to make quilts for LHCP. The pastor arranged for the church Social Concerns Committee to direct \$100 to the Quilters for fabric. The quilters were very interested in helping and committed

to 20 quilts... which turned into 40 by the end of the drive. Other congregation members made 15 quilts for a total of 55! Due to the solicitation of sewn items, the drive was held over a two-month period. When the drive started, LHCP still needed travel pillow cases but the focus switched to DVDs when the DVD drive started.

Family Focus Because Peg's drive was for her church, her booklet focused on the project as a way to do a family ministry project. Families decided how they wanted to participate. Some went and bought DVDs as a family. One young boy had a lemonade stand, chose two projects to fund, and gave half of his proceeds to the church drive. A young brother and sister pooled their savings and purchased DVDs for the drive.

Results During the weekend of July 12 and 13, Calvary Lutheran Church had a blessing of all the donated items at the services—all 555 (!) items plus two "Thank You" banners were then shipped to LHCP: 275 DVDs, 49 CDs, 55 quilts, 56 travel pillows, 40 comfort pillows, and 80 medication bags. The church pooled all the donations and sent a check for nearly \$2,000 to LHCP on behalf of its members.

As Peg summarizes her successful drive, "This all boils down to learning about what LHCP does, telling the story to people, and giving them an opportunity to help our warriors. People came up to me and thanked me for giving them a way to help. Veterans came up and just thanked me, period. I feel so blessed to be a part of this church and to be able to participate to any extent with LHCP."





Quilts, pillows, DVDs and more!

A message for our combat nurses:

What you deal with is often indescribable, plus you see these warriors for such a short, intense time before they are shipped off to Landstuhl and you may never know what happens to them. As a former ICU nurse, even I can only barely imagine the stress and loss that you may feel. If, by providing you with a quilt and a colorful pillow to give to a wounded warrior. LHCP can help you comfort a soldier, please remember that we make these items knowing that they may assist in your healing. You are angels in uniform and we are thankful that you are there to care for our husbands, wives, sons, daughters, fathers, mothers, brothers, sisters, nephews and nieces. God Bless and keep safe every one of you.

> Peg Seljeskog Vietnam Era veteran (Navy Nurse Corps)

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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
52 Seminole Trail
Ft. Mitchell, AL 36856
(note address change)

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

July 2008 = 3,759 pounds

Afghanistan = 1,612 pounds (8 contacts) LRMC = 390 pounds (1 contact)

Iraq = 1,757 pounds (11 contacts)

August 2008 = 2,592 pounds

Afghanistan = 861 pounds (8 contacts) LRMC = 425 pounds (1 contact) Iraq = 1,306 pounds (13 contacts)

September 2008 = 2.033 pounds

Afghanistan = 401 pounds (4 contacts) Germany = 205 pounds (2 contact) Iraq = 1,427 pounds (5 contacts)

53 contacts served during third quarter received 8,384 pounds.

LHCP collects clipped coupons for families at military installations to use at the commissary. They are able to use grocery coupons that are up to six (6) months expired.

Our coupon drive is going well. We have many people clipping coupons, and mailing them in.

Coupons Shipped:

June 4550 July 1000 August 3050 September 3010

That is a total of 11,610

Krystal Alexander, LHCP Coupon Coordinator

We support Landstuhl Regional Medical Center and Combat Support Hospitals. 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, October 2008

Important Notice: Due to the overwhelming generosity of many individuals, groups, and organizations, Landstuhl Regional Medical Center (LRMC) in Germany cannot—until further notice—receive any additional donations except those listed below. We will update our list as LRMC informs us of their wishes. Please check our website on a regular basis.

Needed NOW!! Polo shirts—L-XL-M-S (in this order)

Needed NOW!! Pajama pants (men's sizes L- XL-M (in this order)

Needed NOW!! Men's colored t-shirts L,-M with NO LOGO's (not undershirts)

Long sleeve t-shirts/shirts-L-XL-M-S (in this order)

Hanes jogging jersey cotton shorts (black) M-L- XL (6 to 8 inch inseam)

Men's white ankle socks (please no calf or tube socks)

Men's slippers (slip-on, non-slip) sizes 8-14

Woman's T-shirts-NO LOGO's (not undershirts)-S-M-L,

Sports bras 32-38

Small hand-held mirrors

Toe nail clippers

Travel-size shower gel, (NO Hotel Size)

Travel-size Gold Bond Powder

Bath towels and face cloths

Healthy snack bars, chocolate, and candy (PLEASE DO NOT REMOVE FROM ORIGINAL BOXES)

iTunes Cards and iPod Shuffles

Hand-held electronic games

DVDs (no extreme violence or nudity-no VHS tapes)

Phone cards—Domestic only with NO expiration date

Items to Support Hospitals in Iraq and Afghanistan, October 2008

NEEDED NOW!! bath towels

NEEDED NOW!! clothing

Men's boxers and men's boxer-briefs (dark colors, NO MEN'S BRIEFS)

Ankle socks (white)

Wrist watches for medics and patients

3 x 5 quilts

Fitted sheets only

Shaving gel (Please put inside ZIP LOCK BAGS)

Toothbrushes and travel-size toothpaste

Snacks: trail mix, hard candy, jerky, granola bars, peanuts (keep in original packaging; no popcorn, please)

Electronics: 15 portable DVD players

DVD movies (no extreme violence or nudity, no VHS tapes)

X Box Games, Board Games, Computer Games, DS Lite Games, Wii games (Wii system all ready in country)

Current magazines—sports, hunting, car, nursing, medical, healthcare Phone cards (200-minute cards)

CARDS AND LETTERS OF SUPPORT ARE ALWAYS WELCOMED

Additional items are listed at www.LandstuhlHospitalCareProject.org—HOW TO HELP
See the new section on supporting Ramstein CASF
(Contingency Aeromedical Staging Facility)

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LHCP Sponsors — Thank you for your generosity!

James E. Kier **Memorial Golf Benefit**



It was a perfect day on July 21, 2008 at the Ogden (Utah) Golf and Country Club, even with the little bit of rain that fell, and great fun was had by all who attended the James E. Kier Memorial Golf Tournament benefiting Landstuhl Hospital Care Project. Kier employees thoroughly enjoyed the company of their friends and associates and appreciate so much their support for this very worthwhile project.

It was a full tournament with 36 teams, a total of 144 players. There were also 36-hole sponsors contributing \$500 per sponsor, of which \$467 went directly to LHCP. Total cash received from hole contests was \$1,080.00, also going directly to LHCP. All told, the Kier Companies will give a donation of approximately \$24,000.00 toward Landstuhl Hospital Care Project.

Thank you to all who supported this wonderful event remembering James E. Kier and our wounded troops! Look for photos and more details on the LHCP website in the near future.

Third Quarter Sponsors—2008

Businesses & Organizations

Adams County PA Assoc. of School Retirees, Biglerville, PA

American Legion Auxiliary Unit 139, Arlington, VA American Legion Auxiliary Unit 286, Newark, NY American Legion Auxiliary Unit 428, Amberg, WI

American Legion Auxiliary Unit 787, Cicero, NY American Legion Post 787, Cicero, NY

American Legion Riders Post 189, Norwich, NY Calvary Lutheran Church, Rapid City, SD

Catholic Women's Council Church, Christ the King Parish, Cedar City, UT

Church of the Resurrection, Leawood, KS DAR, Elizabeth Ludingon Hagans-Colonel John

Evans Chapter, Morgantown, WV Elier Vela Foundation, Nicholasville, KY Episcopal Church of the Epiphany, Newton, NC Girls Scout Gold Award Project-

R. Lambert, Crofton/Gambrills, MD

Hats4Ewe, Poplar Bluff, MO Heartstrings Knitting Group, Dublin, GA James E. Kier Memorial Golf Tournament, Ogden, Utah

Kiwanis Northside, West Palm Beach, FL Lutheran Church of the Holy Trinity,

Mount Pleasant, NC

Mercedes Medical, Orlando, FL Mutual First Federal, Omaha, NE

NGA & NGA Needle Navigators, St. Louis, MO New Life Industries, Somerset, KY

North Norwich Motors & Trailer Sales LLC, North Norwich, NY

Northrup-Grumman Corp., Linthicum, MD Plainview Old Bethpage Public Library. Long Island, NY

Saint Paul's Church, Norwich, NY Sassy Scrubs, Penn Yan, NY

Sewing for Wounded Soldiers, CA

SJ Physician Services, Inc. DBA Nashua Medical Group, Nashua, NH

Smithtown High School West,

Class of 2008, Smithtown, NY Standard Textile, Cincinnati, OH

Starbucks, Cicero, NY

The Church of Jesus Christ of Latter Day Saints, Battle Creek, MI

The Church of Jesus Christ of Latter Day Saints, Salt Lake City, UT

The Federation of International Trade Associations, Reston, VA

The Grannies, Whitewood, SD

United Daughters of the Confederacy, Hamilton Wade Chapter, Christiansburg, VA

United Daughters of the Confederacy, Virginia Division, Christiansburg, VA

Valencia Gals, FL

VFW Ladies Auxiliary Post 969, Tacoma, WA Wal-Mart Foundation, Bentonville, AK

Wilkinson Sword, Germany

Wolf River Ladies of Harley, Shawano, WI

Individuals & Families

Ms. G. Abernathy, MS

Ms. K. Alexander, WA

Ms. J. Amrani, Ramat Yishay, Israel

Mr. and Mrs. R. Arseculera, VA

Ms. J. & B. Badgley, MI

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Ms. C. Waddell, NC

Ms. M. Waddell, NC

Ms. C. Weber, PA

Ms. D. A. Werlinger, SD

Ms. A. Will, VA

Ms. B. Zenner, VA

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An Uncommon Request

By Jim Spliedt, Vice President

Karen asked me to share this story because it reflects in one way why LHCP works very well in supporting our wounded overseas. It also shows that even the simplest of requests made can have an effect beyond one person.

Not long ago I received an email from an Army veteran, and she asked if we could send a set of crutches to her brother who was stationed in Iraq. Her brother was on his second deployment to Iraq and had been recently injured in battle. He had stress fractures in his leg with serious swelling. The reason she wrote us was her brother is 6'-9" tall and they did not have a set of atypical crutches tall enough for him to get the weight off his leg. His sister was very concerned that he was not going to able to heal properly before he was sent back to

the field. She asked if LHCP could somehow help get aid to him quickly.

I discussed the situation with Karen and we both did an Internet search for crutches that would fit someone at least 6'-9" tall. I found a set that was adjustable to 6'-10" and Karen found one up to 7'-4". I emailed the lady back and assured her that we would take care of the situation and ordered a set that night. A medical supply company had a set of crutches to my house the next day, and I mailed them to Karen for processing overseas. It took only a few days to complete the order from the time of the Army veteran's original email until a new set of tall crutches were on their way overseas. During this time her brother was transferred out of Iraq because of his condition, but this medical unit, which could use a tall

set of crutches, now had a set on hand.

This raised a question about this unusual incident and whether or not other units wanted at least one set of tall crutches. I doubt if my small local hospital even has a set on hand. To be proactive, Karen emailed our contacts and so far we have received 5 requests for this style of crutch. This Army veteran's email about her brother identified a previously unknown want concerning our wounded. LHCP ensured that every unit that made a request received a new set of this style crutch, all because of one person's concern for her brother and the determination to find a solution.

Honorees for 3rd Quarter 2008 Shipments

July



Army Staff Sgt. Nino D. Livaudals, age 23, of Ogden, Utah; assigned to 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga.; died on April 3, 2003 from severe injuries sustained in car-bomb suicide attack in Iraq.

August



Army Staff Sgt. Bryant W. Mackey, , age 30, of Eureka, Kansas; assigned to the 3rd Squadron, 3rd Armored Cavalry Regiment, Fort Hood, Texas; died Feb. 20, 2008 in Mosul, Iraq, of wounds sustained when a rocket-propelled grenade struck his vehicle.

September



Air Force Tech. Sgt. William J. Kerwood, age 37, of Houston, Missouri; assigned to the 20th Special Operations Squadron, died November 23, 2003 in a helicopter crash in Afghanistan.

For more information on our Honorees, go to:

www.LandstuhlHospitalCareProject.org

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LHCP Expands Board of Directors

LHCP is pleased to add two new board members. Peg Seljeskog, will serve as DIRECTOR OF POLICIES AND PROCEDURES and Art Dupay will serve as a non-voting advisor as DIRECTOR OF COMPLIANCE AND OVERSIGHT.

Peg Seljeskog will be overseeing the preparation of the Annual Report; and writing, reviewing, maintaining any policies and procedures that are needed to keep us in compliance with our 501.c.3 status, auditing standards, and any other standards the LHCP must meet.



While sewing numerous items as a Stitches of Love member (a "sub-group" of LHCP), Peg committed to a five-week volunteer experience with the Wounded Warrior Ministry Center (Chaplain's Closet) at Landstuhl Regional Medical Center.

A Vietnam Era veteran (Navy Nurse Corps), Peg realized she could have been assisting children of some of her former US Navy and Marine Corps patients! "It should have made me feel old, but these soldiers, sailors, Marines and airmen and women energized me beyond belief. We are so fortunate to have them in our defense forces."

Peg is married to a Desert Storm veteran physician and lives in Rapid City, South Dakota

Art Dupay's principle role is to help assure that LHCP meets and exceeds the Better Business Bureau Wise Giving Alliance Standards for Charity Accountability. An immediate focus is to help prepare LHCP for a 2009 review by Charity Navigator, America's premier independent charity evaluator.



Art retired from the US Army in 1998, following a 31-year career. His assignments included combat tours in Vietnam and Desert Storm. His final assignment was as Chief of Staff for the Army Personnel Command. Following his military career he has worked as the Human Resources Director and Senior Program Manager for a defense contracting firm. For the past six years he has worked as an independent consultant.

Art is the Service Officer for American Legion Post 162 in Lorton, VA. He remains closely associated with the Army and has a reputation for providing assistance to soldiers, veterans, and family members. He lives in Woodbridge, VA.