



**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 Field Hospitals in Iraq and Afghanistan

Why I Support Our Troops

By Karen Grimord, LHCP President

I have been asked since I started LHCP, "WHY? Why do I do this day in and day out? What do you get out of this?" These are difficult questions for me to answer.

I could say it is the "in thing" to do. Look at all the grassroot and 501(c)(3) efforts that have started since 2004, but it is more than that. I have worked for more military organizations/support groups over the years than I wish to admit (due to not wanting to age myself).

I could just say I have 6 family members that have served in the Middle East since 9-11, but still that is not the full answer.

I could say I served in the Bosnia war zone as a government contractor. I know the hardships, the sacrifices, the living conditions, the operating constraints, language barriers, countless sleepless nights, friendships made and grief of loss, but that is still not the entire answer.

I could say I have lived in countries with automatic weapons on every corner and in each building and I am just thanking our military members for doing what they do so my family and I can live the life we have each day. I could say I do this work because of my deepest gratitude and respect for the work that all our military members do for me, but I know it is more than that.

I feel it is what I have to do, what I need to do, and what is a privilege for me to do.

I do not feel I chose LHCP but it chose me. It is not just sweat pants and foot powder, it is personal: I am here, depend on me for anything and not just now, but for as long as needed. It is not just bed sheets and pillow cases but a faint whisper of encouragement around the world to our troops, saying "carry on, we are with you." I am inspired by our military's sense of duty, their loyalty to my nation, and to each other.

What do I get out of it? That is a little easier to answer. The best description for it is "heart swell"—that feeling in my chest when each box goes out and I know whoever gets it will feel care and love. Only by giving more of yourself is enough taken away to make room for receiving more of that "heart swell."

It is not always easy to be personal shoppers for those in a war zone but we are. We are not at our best perched on the mountain top—we are climbers. As members and supporters of LHCP, challenges are what we thrive on. We are doing a great job, and when the work speaks for itself, you don't interrupt it.

I am guided by "If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad." To learn why others do what they do for our troops through LHCP and what it means to those on the receiving end, please read their stories in this issue.

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E-mails Received from Recipients of Our Donations

June 2006

I can't thank you enough for all that you do for our deployed military members. Kathryn has told me of all the great things you have done in the past. We will put your kind works to good use here at the XXX.

Warmest Regards,
XXX, Colonel, USAF
Commander, XXX

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Thank you so much for your efforts on our behalf. I continue to marvel at the great folks, like you and your group, that we have supporting us. Your kindness will directly help our ability to care for our hero/patients.

July 2006

This is from a hospital receiving med bags.

Karen, We received the shipment. Thank you and your friends. It is very appreciated!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Thank you so much Karen and your group.... I really appreciate your hard work. I am amazed at you everyday, you NEVER give up. I want you to know that I have learned so much from you and you have become an inspiration, I just can't get over how you do it????!!!! I've never seen anyone with the heart you have. It renews my faith in the human race!!!

XXX

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Karen, this has been an excellent newsletter [2nd quarter issue]. Please make sure that everyone know that we are thankful for all of the support here at FOB XXX, Iraq.

This was the first time that I've received this newsletter please remember to send it to us in the future.

I will be finishing up my stay here in Iraq soon. I would like to pass on your information to the new unit if that

would be alright. Please reply to let me know if so.

God Bless you in all your endeavors

XXX from FOB XXX

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

I have been out with the team on many missions. I received a box with the PDR and sheets. Thank you so much... You and your team are angels... I will try and write more soon.

XXX

Here is a picture of me and some of my medical staff... the 2 guys by me are my platoon SGT's (Iraqi) and outstanding medics. They saved 4 US soldiers last week that were trauma pt's and had them evac'd to a US FOB.— Great guys....

XXX

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Hello!!! Just received a shipment of sheets from you! Thank you very much! The story on the package was about Chris Thompson [LHCP's July 2006 Honoree]. Our wing clinic on mainside is the Christopher Thompson clinic! Appreciated you putting his story on that package.

Still no word on the CBC analyzer. Will keep you posted.

Thanks again for all you do!
XXX

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

August 2006

We received the shipment today. I took the liberty of posting the dedication to Anissa Shero [LHCP's June 2006 Honoree] on our lab wall. It reminds us of how we are all connected and continue to support each other through this journey. Hope you like that.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆

We received the gowns, sheets and cases. The corpsmen were excited. We used one the first time yesterday. Thank you so much. I think it is important to do what you can for patient

comfort and privacy, even in a war zone, if possible. Thank you, too, for trying to help with the CBC analyzer. Will be mailing it soon.

Enjoyed your sweet dedication on the front of the package. I am sure that Anissa Shero's family would be touched by your remembrance of her.

Bless you for your kindness. You will never know what your gestures mean to so many.

Very Respectfully,
XXX
Senior Medical Officer

September 2006

On behalf of the XXX Expeditionary Aerospace Medicine Squadron, I would like to personally thank you for the generous donations of underwear, briefs, and foot powder and support that your group provided for our injured war heroes who are awaiting air-lift transportation to a safer area. Your continued commitment in providing for our troops is sincerely appreciated by the troops themselves, their families back home, and the Contingency Aeromedical Staging Facility (CASF) medical staff.

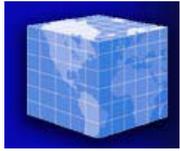
One of the many missions of the CASF is to provide the incoming heroes with a quiet resting area, warm shower, clean change of clothes, and the small but meaningful extras that remind the troops just how much we love and support them. Donations from supporters like you help to ensure our heroes are comfortable and well taken care of as they continue their homeward journey.

I would like to personally acknowledge your support for our troops and can not begin to tell you how much your support means to all of us. To know that we are remembered is a wonderful gift. Thank you again for your generous donations and continued support.

XXX, Col, USAF, BSC
XXX Commander
XXX, Iraq

Block Scientific, Inc. Donates Centrifuge

By Rachel Hause



Block Scientific, Inc., a worldwide industry leader of quality

reconditioned and new laboratory equipment, has generously donated a Clay Adams Dynac II centrifuge to LHCP to ship to a hospital in Iraq.

A centrifuge is a piece of equipment that puts a substance in rotation around a fixed axis in order for the centrifugal force to separate lighter and heavier substances. In a hospital setting, a centrifuge is used for the separation of the solid and the liquid parts of blood. Test tubes containing blood specimens are set in the rotating part in holders so arranged that when the rotary motion begins, the test tubes swing into a slanted or a horizontal position with the open ends toward the axis of rotation; the heavier, solid part of the blood is thrown outward into the bottom of the tube and the lighter liquid part comes to the top.

When asked why Block Scientific wanted to donate such a valuable piece of equipment, company president Jeremy M Linder explained, “We decided to assist because, myself being ex Air Force from the first Gulf War, wanted to do something to help the troops as the situation in Iraq and Afghanistan seems to be getting more involved and will not end as quick as we all thought.”

“Over the past year or so,” Mr. Linder continued, “I really did not know of a way since there seemed to be a lot of support. Then, I saw a CNN documentary on the field hospitals and Landstuhl [Regional

Medical Center]. I did an internet search on Landstuhl, and found you. Since there are not many lab equipment suppliers out there, I figured we finally are able to help!”

Mr. Linder also hopes to involve other medical suppliers in future donations of needed medical equipment. “I am trying to get a network of other suppliers like myself together, so that as the inquiries come in, I can email them to others and hopefully grow the network. I look forward to working with LHCP more.”

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Nutley, NJ 07110
Tel: 973-667-8400
Fax: 973-667-4480
Website: www.blockscientific.com
Email: Info@blockscientific.com



The Clay Adams Dynac II General Purpose Centrifuge has great versatility, with four horizontal and four angle rotors. It has a wide variety of shields and tubes. Other Features of the Clay Adams include: Adaptable for use with HEMOGARD® closure tubes, Large capacity, Variable speed, Electronic timer, Built-in tachometer, Electric brake, Durable cover and safety latch, Low noise, Compact and easy to operate.

The following thank-you note (sent via e-mail in June 2006) is in appreciation for Block Scientific, Inc.'s donation of a blood centrifuge and LHCP President Karen Grimord's efforts to obtain a much needed piece of laboratory equipment for a combat zone medical unit in Iraq.

Ma'am,

I thank you for taking the time to make this happen. Your consideration of our mission, and efforts to procure this centrifuge, will provide us with an essential piece of equipment that we literally can not operate the blood bank portion of the laboratory without.

Please know that your kindness has secured the future health and quality care for our soldiers and that this is truly an act of heroism in itself. You can never know the lives that you will be indirectly responsible for helping/saving, but know that, in fact, it came down to the use of a centrifuge...and you were the one who got it to us.

Again, I can not say thank you enough or impart upon you the impact this gift will have on our mission here in IRAQ. Thank you, thank you, thank you.

XXX, Colonel, USAF
Commander, XXXX

Wife Shares Story of “Overwhelming Gratitude”

When news of the support that Landstuhl Hospital Care Project was providing a medical unit in Iraq reached one wife back home, Sharee contacted LHCP with a thank-you email. She also agreed to answer a few questions for this article. Sharee’s husband has been deployed in Iraq since September 2005.

What are your husband’s responsibilities in Iraq?

My husband is a senior leader who supervises a platoon of medical specialists. He cares for the soldiers professionally and personally and he also provides patient care to soldiers, Iraqi civilians, and coalition forces in the battalion’s area of responsibility. Generally, a doctor and two physician assistants oversee and plan the patient care and my husband ensures his soldiers follow the doc’s plan of care. He also designates who will support the infantry during missions and who will provide patient care from the aid station.

What type of supplies/items have been received by your husband’s platoon?

Donations included: soap, pillows, patient litters, sweat suits, foods and snacks, mouth wash, a variety of toiletries and much more.

When you learned about your husband’s platoon receiving support from LHCP, how did that make you feel?

When I found out LHCP was providing supplies to my husband’s section, I felt overwhelming gratitude. I’m a wife who is very involved with my husband’s career and have a genuine interest and concern for his soldiers, patients, and mission in Iraq. I know that it isn’t always easy to get items, like patient litters, that aren’t designed to immediately save a life, limb, or eyesight. So quickly receiving customized orders from LHCP

made the difference in the ease with which they performed the mission in Iraq. As a result, I felt more confident that my husband and his troops had what they needed to maintain a measure of comfort for themselves and their patients.

Prior to learning about the shipment from LHCP, were you aware of LHCP?

I never heard of LHCP before my husband shared stories of their generosity and care. Now, I visit the LHCP web site frequently.

What do you want people who do not have loved ones in the military or in combat deployments to know about the importance of supporting the troops and about supporting groups like LHCP?

With all the war buzz, it’s easy to forget that soldiers are real people whose last breath may be taken in a sandpit in Iraq, Afghanistan, or beyond. What is the real cost of providing a glimmer of pleasure to a soldier who has been helping the wounded, surviving blistering 138 degree temps, choking down tasteless food, and enduring hardships in a strange culture? Not much. Your support provides two things: a customized gift for soldiers who have a need, and peace of mind to the families who love the men and women in harm’s way.

What you do while your husband is overseas?

Before we transferred to our current duty assignment, I was a freelance writer and newspaper editor. I hoped to

trade in my career to be a stay-at-home mom. During this deployment, our baby daughter was born without a heartbeat, so I’ve temporarily traded one dream for another. This was our third loss, so I decided to encourage other military and civilian parents through a collection of stories about infant and pregnancy loss. Our book, *Stolen Angels: 25 Stories of Hope after Infant or Pregnancy Loss*, will be published before the end of 2006.

I also stay active in the Family Readiness Group as the battalion newsletter editor and as a point of contact for my husband’s section. Additionally, I update my blog at www.infantloss.blogspot.com.

“Your support provides two things: a customized gift for soldiers who have a need, and peace of mind to the families who love the men and women in harm’s way.”

What else do you want people to know?

As families, we are a silent majority who provide the behind-the-scenes support that enables our soldiers to do a fantastic job at home and abroad. I think it important to note that at times it feels impossible to keep the home fires blazing while our soldiers are gone. Many days, what should be a roaring bonfire can fizzle to a mere flicker. As a member of the community, if you know of someone who has a loved one deployed, share a word of encouragement. Look her in the eye and say “thank you—job well done.” It may well be just the spark she needs.



Sharee

A Soldier and His Wife Appreciate LHCP



My name is Jonathan Messare. At the time of my injury, I was a sergeant in the Army infantry. I was injured in Bagdad, Iraq. Due to the weight of my battle armor and mission-specific gear, I ended up with a herniated disc in my back.

I was medevaced from Bagdad to the field hospital in Balad. From there I was sent to Kuwait and then back to Balad for a flight to Germany. It was very hard. I was told four times that I was to be operated on, but each time it was delayed because there were

more severely wounded warriors who needed attention first. It was sad to see so many injured young men and women.

I met Karen Grimord, president of Landstuhl Hospital Care Project, at Landstuhl Regional Medical Center. It was real nice to meet Karen and to receive a phone card to call my wife, who was scared and didn't know what was happening to me. Karen really was a blessing to us. It was important to know that people care enough to visit after such a traumatic time and that people care enough to give phone cards, clothing, and money to organizations like Landstuhl Hospital Care Project.

At this time, I am getting a medical discharge out of the military due to my injuries. As I continue my recovery, my future includes going home to New York to continue the business that my brother and I started in 2003 that is geared towards homeland security and equipping leaders for the defense of freedom.

Thank you to all the people who support the troops!

Jonathan & Kathleen Messare

Honorees for 3rd Quarter 2006 Shipments

July



Navy Petty Officer 3rd Class Christopher W. Thompson, age 25, of N. Wilkesboro, North Carolina; assigned to Echo Company, 2nd Battalion, 2nd Marines, 8th Regimental Combat Team, 2nd Marine Division, Fleet Marine Forces Atlantic, based in Camp Lejeune, North Carolina; killed in action on October 21, 2005 from an IED explosion while conducting Combat operations against enemy forces in the Al Anbar Province of Iraq.

August



Army Captain Douglas A. DiCenzo, age 30, of Plymouth, New Hampshire; assigned to the 2nd Battalion, 6th Infantry, 2nd Brigade, 1st Armored Division, Baumholder, Germany; killed May 25, 2006 when an improvised explosive device detonated near his Humvee during combat operations in Baghdad. Also killed was Spc. Robert E. Blair.

September



Army Pfc. Benjamin T. Zieske, age 20, of Concord, California; assigned to the 1st Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Kentucky; died of injuries sustained May 3, 2006 when an improvised explosive device detonated during a dismounted combat patrol in Kirkuk, Iraq.

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

Requests for the Wounded at LRMC & in the Field

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

June

LRMC = 136 pounds
Afghanistan = 65 pounds
Iraq Hospital = 91 pounds

July

LRMC = 190 pounds
Afghanistan = 0 pounds
Iraq = 63 pounds

August

LRMC = 165 pounds
Afghanistan = 0 pounds
Iraq = 135 pounds

For this three-month period, we supported LRMC, one location in Afghanistan, and 10 locations in Iraq.



Items to Support Landstuhl Regional Medical Center for October

Urgent need for adaptive-type (“tear-away,” “snap-off”) warm-up pants with snaps up both legs. Dark colors only—heavy weight for winter.

Urgent need for Sweat Pants ONLY—in grey and black, all sizes

Urgent need for Jersey Shorts/PT-type shorts—black in color, S-M-L-XL-2XL

Urgent need for TWIN- or TRIPLE-Blade Razors

Long-sleeve T-shirts—NO DESIGNS PLEASE in white, grey, tan, black, M-L-XL-2XL

Quilts and Blankets—3ft x 5ft size

Travel Size Mouth Wash & Toothpaste (NOT HOTEL SIZE)

Dental Floss, Lip Balm, Q-tips

Bristle (Not plastic) Hairbrushes (NOT Combs)

Plastic Soap and Toothbrush Holders

Travel-size Shampoo (Pert and Dandruff-type – NOT hotel-size)

Black (MUST BE BLACK) small backpacks.

DVD's and CD's (no VHS or cassette tapes)

Travel-size Hand Sanitizer

Items must be new!

Items to Support Hospitals in Iraq and Afghanistan for October 2006

Drawstring bags (10” x 16” bags with 30” drawstring) for patients to carry meds and personal items (photo posted on LHCP Yahoo group page)

Blankets—twin-size only

Electric blankets (Afghanistan)

Twin Sheet Sets and Pillow Cases (Dark Colors, NO RED) or flat sheets

Pillows—twin size and travel size (half of twin)

Vinyl pillow covers

Hospital Gowns

Bath-size towels

Orange/Blue Pads—Bed pads that go underneath patients while they are in the ward

Goggles for patient transport

Ankle socks

Jersey Shorts: M-L-XL

Current magazines—sports, hunting, car

Shower shoes

Old Spice High Endurance

Dove Soap

Dental pick floss—NOT the rolled dental floss-

Flavored drink mixes—Country Time Lemonade, Gatorade (Iraq)

Hot drink mixes (Afghanistan)

Dryer Sheets (Iraq)

2004/05/06 Current Guide to Medical Diagnosis*

2004/05/06 Griffith Five-Minute Consult Books*

Medical textbooks*, any medical equipment/scrubs*, instruments*/suture material/bandages/dressings &/or supplies for local national MDs (Iraq).

TWIN or TRIPLE Blade Razors

Phone cards—international phone cards, 360 minutes (Afghanistan)

Coaxial and ether net cable for LAN set-up. router, discarded or outdated laptops (Afghanistan)

Letters of support are always welcomed.

Items must be new unless starred (*).

Winter Coats (seasonal drive)

It's time to start sending warm coats to LRMC for the Wounded Warriors Ministry Center (formerly known as the Chaplains' Clothing Closet). **All coats must be new.** Coat sizes requested are S, M, L and XL.



LHCP Sponsors — Thank you for your generosity!

Third Quarter Sponsors

98.7 WMZQ Country Radio, Rockville, MD
American Legion Post 290 and Auxiliary
Unit 290, Stafford, VA
American Legion Auxiliary Unit 364,
Woodbridge, VA
Block Scientific, Incorporated, NJ
Jeremy Linder, President
Carlisle Coatings and Waterproofing, TX
Fredrikson & Byron, P.A., Minneapolis, MN
R. Stuart, L. Hause, P. Bernard
Grand Dental, Englewood, NJ
Gustavo A. Garces, DMD
Highland Church of Christ and
Broadway United Methodist Church,
Tecumseh, OK
Knights of Columbus, Jacksonville, FL
Father Murphy Council 5535
Little Union Baptist Church, Dumfries, VA
Northrup Grumman Corporation,
Integrated Platform Solutions, AL
West Virginia High Technological
Consortium Foundation, Wheeling, WV
Women's Auxiliary to the Military Order of
the Cootie, Doodlebugs Pup Tent #65,
Lakeland, FL
Mr. D. Bath,
Bernie, France
Ms. C. Branson, CA
Mr. and Mrs. G. Briggs, VA
Mr. and Mrs. T. Buck, MD
Ms. C. Dales, SC
Mr. and Mrs. D. Eanes, VA
Mr. and Mrs. B. Grimord, VA
Mr. and Mrs. L. Hause, MN
in honor of family members who have
served in the military

Mr. and Mrs. L. Hause, MN
in honor of Wilson Tool International's
40th anniversary
Mr. C. Jenkins, AR
Mr. and Mrs. R. Jerome, CA
in memory of Richard O. Barkley
Ms. K. Kamisaki & Mr. W. Lill, Jr., CA
Ms. C. Kamps, MI
Ms. S. Karlson, VA
Ms. M. Moniz, NJ
Ms. K. Monk, VA
Mr. and Mrs. R. Moore
in memory of Richard O. Barkley
Ms. J. O'Dell, OH
Ms. J. Pierce, AL
Ms. S. Schuster, Germany
Simon Family, OH
Mr. and Mrs. R. Spiegel, MN
Steiner Family, APO/AE
Mr. and Mrs. K. Sterling, NJ
Ms. M. Tally, OH
Mr. and Mrs. J. Thompson, MI
Ms. S. Timberlake, VA
Ms. K. Turrentine, AL
Ms. S. Wilson, Germany



Carlisle Coatings and Waterproofing, TX

Special Announcement !!!!!

LHCP has been approved by the IRS as a 501(c)(3) tax-exempt nonprofit organization. We sincerely appreciate the legal services and assistance of Larry Hause, Bob Stewart, and Paula Bernard at the law firm of Fredrikson & Byron, P.A. in Minneapolis, Minnesota for their *pro bono* work.

Don't forget—LHCP donation cards can be printed from our web site's Sponsor page. Honor a veteran in your life this Veteran's Day with a contribution to LHCP and let him or her know about it with an LHCP "To Honor One Who Served" card. Current military personnel can be honored with an "In Support of Our Troops" card.

Florida Knights of Columbus Conduct Drive for LHCP

By Rachel Hause

This summer we were pleased to have a new group conduct a drive for LHCP—the Knights of Columbus, Father Murphy Council 5535, of Jacksonville, Florida. Bob Bilik, Past Grand Knight, explains that “Most of our members are either retired military or have served in the military, so we have a strong feeling of affection for our military and believe in its purpose. Several members have served in Iraq or are serving in the war zone.”

The Knights of Columbus is a Catholic men's fraternal benefit society that was formed to render financial aid to members and their families. Mutual aid and assistance are offered to sick, disabled and needy members and their families. Social and intellectual fellowship is promoted among members and their families through educational, charitable, religious, social welfare, war relief, and public relief works.

The Jacksonville council, which counts approximately 270 Catholic

family men as members, collected 150 DVDs to send to wounded military personnel at Landstuhl Regional Medical Center in Germany. They plan to hold another drive later this year.



Officers of Council 5535

LHCP Update

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

Individual Supporters of LHCP Serve Important Roles



HELPING HANDS

Individual supporters typically learn about LHCP through our web site, from a link with another site, or by word-of-mouth.

This issue we

highlight two individuals, Judy O'Dell of Ohio and Cathy Dales of South Carolina, who actively support LHCP by participating in our monthly projects and contributing requested items when they can.

Judy's "nephew," the son of her best friend, is in the Air Force and is stationed at Ramstein Air Base, working as a medic at Landstuhl Regional Medical Center (LRMC). When she learned about LHCP through our web site, she knew she wanted to help in our mission. "My heart is much bigger than my wallet

these days," Judy says, so as a strong advocate for volunteerism, she serves in two important functions for LHCP: she coordinates our LHCP Yahoo Group membership duties and collects coupons from U.S. members to send to Ramstein Air Base, where military personnel and their families can use them in the commissary (up to six months after expiration) to help with their household expenses.

Two of Cathy's three sons and a daughter-in-law are in the Air Force. One son is currently in Balad, Iraq. Many other family members were in the military—Army, Air Force, and Navy, from WWII to Desert Storm. She feels strongly that, "every American should be supporting our troops regardless of their feelings about the war. There are many good organizations available... just pick one and be an *active* participant. If

money is tight, volunteer your time in your own city through the VA, DAV, USO, etc."

Cathy works on making med bags and quilts each month. Med bags are drawstring cloth pouches used by service members for their medications. Currently, combat field hospitals and LRMC are requesting at least 50 bags per month. Quilts are used in ICUs and for patient transports. To fit litter requirements, a finished quilt size is 3 feet by 5 feet.

Both Cathy and Judy serve as examples of how individuals can make a difference in the lives of wounded troops and in the operations of a support group like LHCP. As Judy explains, "I think it's very important to emphasize to people that 'every little bit helps.' There is no donation too small."