



IEHA SALUTES OUR MILITARY HEROES

This program consists of three areas of support to our military men and women.

(1) SENDING PACKAGES TO OUR MILITARY

Our men and women in the military look forward to and appreciate boxes they receive. This is one way to show our appreciation to them for all they do to keep us and our great country safe. For possible names contact your local high schools, churches, VFW American Legion, organizations and the Blue Star Mothers of America, Inc. The BSMofA can't supply names but can give other helpful information. For contact information go to the Internet, search for Blue Star Mothers of America, Inc. The home page will have a link for chapters by state.

Contact the State VCS Chair for a complete list of items to send. Some suggestions are:

"To Go" mixes	noodle soup	Teddy Grahams, Oreos, p/b crackers-small pkg
chewing gum	beef jerky	life savers, hard candy
cocktail weenies	corn nuts	cup of soup mix
fruit cups	Spaghetti-Os	instant mocha mix
micro/popcorn	hand wipes	pudding & jello cups (with metal tops)
mouthwash	tooth paste	magazines -- hot rod, sports, etc
chapstick	foot powder	SMALL pkgs of detergent (zip baggies)
hair clips	Vitamin C	feminine hygiene products
artificial tears	multi vitamins	dental floss
eye drops	face/hand cream	shaving supplies
playing cards	board games	batteries
compact discs	dominos	movies
crosswords	Frisbees	phone cards
white tube socks(cotton/wool)		liquid insect repellent
disposable cameras	helmet liners*	cool-hot neckbands*

Do not send chocolate, homemade cookies, or pork. Put anything that might leak into a zip lock bag to for extra protection against spillage. Use special military boxes which say "America Supports You". This is the largest flat rate box available. All Indiana post offices have this box, there is no restriction on weight, and it has a flat rate of \$10.95 postage for APO and FPO addresses. A Customs Declaration slip must also be filled out, this too is available at all Indiana post offices. *State Volunteer Community Support Chair has patterns for these items.

(2) SPECIAL NEEDS CLOTHING

There is a need for adaptive clothing for wounded military personnel who cannot wear regular clothing. An organization is already established for this service. It is a non-profit 501(c)(3) called Sew Much Comfort. Contact the Indiana Veterans hospitals to see how you can help. For more information on this please go to: www://sewmuchcomfort.org. The home page will come up with links at the top. For information on sewing click on both the Seamstress Information link and The Need link. You can connect to the mission statement and history on the About Us link. The Donations link shows there is always a need for donations of money, clothing and fabric. Please send only clothing and fabric as listed.

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(3) QUILTS OF VALOR

In 2003 Catherine Roberts of Seaford, DE started the Quilts of Valor Foundation when her son and his 630th MP Company were being deployed from Germany to Iraq for one year. She started the group by appealing to both quilt-toppers and the longarming groups to volunteer their fabric, talents and time to make wartime quilts of valor that would comfort our wounded. Over 15,000 Quilts of Valor have been delivered. The mission of the QOV Foundation is to cover ALL wounded and injured service members from the War on Terror, whether physical or psychologically, with wartime quilts called Quilts of Valor

Purchase good quality 100% cotton fabric, enough to make a minimum size quilt 50"x 60" or up to 72" x 96" size. Quilting may be done either by hand or machine. Choose red/white/blue, branch of service design or masculine colors as most injured combat veterans are males between the ages of 18-25.

When piecing together it is very helpful for durability to tack (back sew) at start/end of seams and wherever seams cross each other. These quilts will have repeated washings so put it together to make it strong. Press seams well, gently press quilt before adding border.

When quilt is finished wash and check for stains, loose seams, etc. and if possible remove stains and repair where necessary. If stain or repair is noticeable, please do not send quilt. Since your quilt is going to a wounded person who is vulnerable to infection it is very important that the quilt is washed and put directly into its pillowcase (see below*). Enclose written washing instructions. Make a label, your choice of design. Include history of first names, town and state of those who pieced and quilted along with month and year of completion. Label should also have space for chaplain to include name of recipient.

*Sew or purchase a 'pillowcase' sized to enclose folded quilt. If possible include a journal describing the steps in making the quilt, was it a group, did you have pitch in lunch, how many pieced and how long did it take, etc. OR include a hand or typed message to the soldier. They really appreciate the thanks and encouragement.

The piece will then be quilted and edges finished. Sometimes quilt shops will help do the quilting and even supply the batting. A quilt club in your community might also be willing to help.

Kathy Fruhner has agreed to be a contact person for IEHA members who wish to work on this project. She may be contacted by email at this address: prv3122@yahoo.com. With some effort it is possible to locate Indiana military personnel to present the quilts to.

NOTE: Donations may also be made to the non-profit Quilts of Valor Foundation to offset the costs of making and shipping the QOV to military hospitals. QOV Foundation is a 501(c)(3) organization.

Visit this website: www://Quilts of Valor Foundation.org