

THE RED LINE

Landstuhl - KMC
Issue 2 / April 2011



Landstuhl Regional Medical Center

Mona Moreno and a soldier. Quilt donated by Citizen S.A.M.

Citizen Support for Today's Military

By Austin Young

Citizen Support for America's Military (S.A.M.) is a nonprofit organization that works locally and globally and is composed of volunteers who desire to support our Armed Forces. We would like to take time to recognize this incredible contributor to Wounded Warrior morale here at Landstuhl. They have donated hundreds of quilts to ensure our service members are warm and comfortable during their stay here. Citizen S.A.M. provides beautifully crafted quilts made of patches put together by amazing volunteers. For more information on Citizen S.A.M., please contact them at:

Citizen SAM, PO Box 10565

Peoria, Illinois 61612

309-693-9533

www.citizensam.org ~ info@citizensam.org

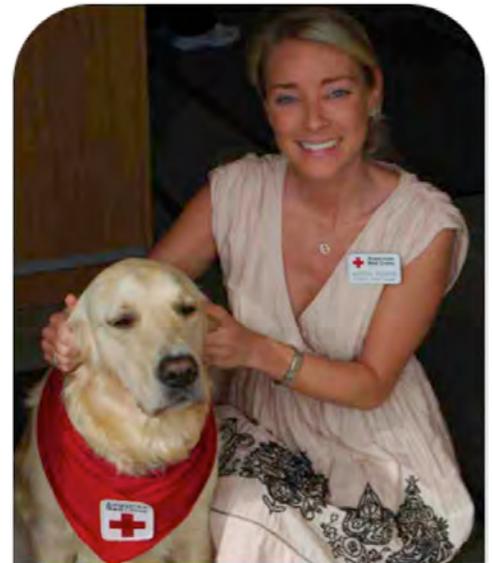
Other donors we would like to thank for their outstanding support:

VFW Alfred Alleman Post No. 2539 Gulfport, MS

Ladies Auxiliary Gulfport, MS

MOMs Superstore (Ramstein AB), Vogelweh Library, Ramstein Library,

Megan DeYoung and Tabby Roberts



Welcome

Springtime has rolled around and we are all glad for more sunshine! We've had an excellent first quarter and are very proud to announce that the ARC Red Cross had 35 Bronze, 13 Silver and 7 Gold level award winners for the President's Volunteer Service award winners who devoted an astounding amount of hours to the programs and services here at Landstuhl. See page 5.

The Landstuhl Red Cross has also nominated 8 outstanding volunteers for the Volunteer of the Year to be presented by the Army Community Services Volunteer Corp on May 20th at 1800 at Armstrong's Club where the winners will be announced. The winner will also be announced in next quarter's newsletter. The American Red Cross has also been nominated as the Volunteer Group of the Year because of your outstanding support and dedication. Feel free to stop by our office anytime for a nice break in your day!

Austin Young
Assistant Station Manager



.Philanthropist

By Alyshia Lemley

Greetings to all teenagers and parents! My name is Alyshia Lemley and I am the new Youth Representative for the American Red Cross, LRMC. This is strange and exciting for me, as I am just a teenager myself at 16, but the American Red Cross welcomed me with open arms.

I joined the Red Cross six years ago while stationed in another area of Germany. Once we moved to the KMC area, my mother became a volunteer at LRMC and I saw how happy she was helping the troops, so I decided to join. This past year I got involved with the American Red Cross, LRMC, and it has been an outstanding experience! To be able to give back to the troops that have been wounded and or given their lives for us has given me such a sense of wellbeing and emotional fulfillment. I have not regretted one second!

As for myself, I am the middle daughter of three. My family is wonderful! I know that my parents are the best, and that my sisters are insanely awesome. My grandparents are fantastic, and I am so lucky that they live three minutes away. My grandma is a nurse at LRMC, and she loves working there. My best friends include my mother, grandma and sisters. My future plans include getting a degree in Nursing and traveling as much as I can while living in Europe. There is so much to see!

I think that it is amazing that the people at the Red Cross have opened up a program that gives us teenagers a

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Give a Little Bit, Get a Lot More

By Deborah Lemley

A few years ago it hit me that something was "missing" from my day-to-day life. I would watch TV and see all that was going on around me and think, "Man, I wish there was something I could do to help" but that seemed to be the circle I was in. Then one day it finally hit me that there was something I could do. It may not be on the scale of impacting thousands but I finally realized, if I could just help one other person, this was a good thing...so I started volunteering with the American Red Cross LRMC.

Here I am 3 years later and I have to say, this is the best, most fulfilling thing I have done in my life! I have worn different hats in the three years with the American Red Cross but I am super excited about my newest one. I am now the American Red Cross Donations Representative for LRMC. This is a very new venue for me and I am learning as I go, but wow! I have to say, the people and organizations in the KMC area are wonderful! It seems that most of the people I have spoken with are looking for a way to give back and are very excited to find an easy way to do it. Our mission is to support our Wounded Warriors, and other patients at LRMC. We are in need of supplies

that go directly to these patients and if we end up with an overabundance of a particular item we send them to troops downrange.

As for myself, other than being a very proud American Red Cross volunteer I am an extremely proud mother of three awesome daughters and wife of 21 years to one wonderful man! I have also met some awesome people that

volunteer, and work for the American Red Cross. What a great group with an outstanding dynamic! As for the staff at LRMC all I can say is WOW, and thank you for what you do on a day-to-day basis! Put all these wonderful people together in my life and I can't help but smile!

Down to business! One of the things that I would like to do as the Red Cross Donations Representative is make sure that people that donate needed items get the recognition that they deserve. Every newsletter we will have an area set aside just to say thanks, and I would like to start that with this newsletter! Additionally, if you would like to see a list of needed items or would like to donate something you can either come into the American Red Cross located on Landstuhl or get in touch with me at Deborah.Lemley@us.army.mil.





.Max's Corner

I hope you are enjoying all of this sunshine we have had lately. Spring is in the air, and it is making me feel extra frisky. I can't wait to start swimming again! I have been working like a dog lately. I really need help and am looking for some fellow dogs and cats that would like to make a world of difference at the hospital. With the right attitude, you too can be a part of our elite group of furrapists. You just have to pass a test so that everyone knows you won't act like a fool when you go into the hospital. My brother Maui would never pass. He is a Pekingese. If you notice, the middle of his breed says king. That is what he thinks he is. King of the world. All 8 pounds of him.

Anyway, back to business. There are plenty of fringe benefits to being a furrapist. You get a doggie or kitty massage every time you volunteer. Humans love to give you treats. You get a brand new outfit to wear, and although I generally hate it if the two legged's try to dress me up, the scarf is pretty sweet. You also get to meet new friends, like the ones in the picture-that is Sam, Toffee, and me.

If you or some dog or cat that you know has a pretty chillaxin attitude, just have their person give our office a call at 06371-86-7298. The people in charge changed the requirements in the program so you get started much faster! We need your help to make the patients here feel a little better during a tough time. I look forward to begging for treats with you in the future!

Above: Stephanie McDowell and Boots. Below: Omar Maben, Kaley Maben and Sam.

Making One PaWW Print at a Time

By Raffella Burriss

As Chairman of the PaWWs (Pet and Wounded Warriors) Program, I would like to welcome three new members of the Landstuhl Red Cross family. Sam is a three-year-old Labrador and Husky mix owned by loving owners, Omar and Kaley Maben. Since their first visit in January, they have been volunteering on a regular basis.

Did you know pets provide internal chemical therapeutics for people? Tests show that within minutes of petting a dog, humans and dogs alike experience a massive release of beneficial hormones, which can actually lower blood pressure, as well as have a soothing and calming effect on both patients and staff.

Just in the first quarter, PaWWs volunteers have already made more than twenty-eight visits to over 1,500 patients receiving treatment here at Landstuhl Regional Medical Center.

I want to thank you all for sharing your pets with the patients and staff at LRMC. Your dedication to this program touches more lives than you can imagine.





.Spotlight

Congratulations to our very own, Truman "Goody" Goodwin! Goody has been an official American Red Cross volunteer with the Marine Liaisons since February 2007 (after getting away with doing some undercover volunteer work.) Goody will be recognized by Landstuhl Regional Medical Center for his outstanding contribution at LRMC and will be presented with an award by COL Cho, Hospital Commander, at an appreciation ceremony on May 2, 2011 in Heaton Auditorium.

He has put in over 2,150 hours of free service to a department that has seen many effects of war. When SGT Sichelof, Marine Liaison Team, was asked about Goody, his response was, "He is your best volunteer. Truman Goodwin's dedication to his fellow Marines, his nation and his community are something that all around him could benefit. His ability to offer a genuine smile and a hearty handshake, strong work ethic and commitment keep with the greatest traditions of our Marine Corps both past, present and future."



Mark Your Calendar

Upcoming Classes/training:

May 3 - LRMC staff - Volunteer Orientation
May 11 - Volunteer Orientation
May 20 - International Humanitarian Law Course
May 25 - Volunteer Orientation

No classes/training in June



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For more information visit our websites
kmc.redcross.org or www.redcross.org

Philanthropist (continued from pg. 2)

way to get involved. The stars must have aligned in some way, as I have been placed in charge of this brilliant program, and I hope that I can convince other youth in the KMC area to join me. I have so many exciting ideas that I cannot wait to get started on. If you are interested in any way, or you know others that might be, contact the American Red Cross, LRMC at 06371-86-7298 for more information.

Donate Us Your Tired, Poor, Huddled Mass of...Jeans?

The American Red Cross at Landstuhl is having a Denim Drive! We will be re-cycling your old jeans in to rag quilts for the patients. ARC volunteers will make the first quilt. It will be a sample for future quilts made by MTD patients, and hopefully we will receive enough denim to make several. We would like it to



be an ongoing project. The jeans will be cut in to squares, painted with individual drawings, unit info or anything that comes to mind. When we have enough squares, they will be sewn together and the edges raveled. Each quilt will be unique. Help us make this project a success! Bring in all your old jeans, with holes or not! Donate that perfect pair of jeans that you have been saving because they may fit again 'someday'! Kids jeans are welcome too, stains and all!! Bring all of your donations to the Red Cross office.

Presidential Award Winners

Gold:

Xavier Adams, Truman Goodwin, Haley Haydon, Sonia Johnson, Neina Rollins, Deborah Salyers, Winda Zerrudo.

Silver:

Matida Ahlborn, Steven Alhouse, Kristine Cariga, George Deitrick, Charlotte Engeman, Pamela Ferguson, Anja Hudson, Jessica Nelson, Stephanie Ouano, Wanda Strickler, Samantha Swiderski, Desmond Taylor, Christine Wolcott.

Bronze:

Halimat Adeparusi, Rahman Bolagi, Lauren Brown, Raffaella Burris, R Burton, Carol Byrne, Samuel Castro, Nadja Chatelain, Nicholas Curcuru, Donna DeMaria, Hernando Dominguez, Anna-Karina Dragolich, Katie Lott, Lawrence Lottenburg, Mallorie Maenhaut, Kristine Malit, Justin Merwitzer, David Moses, Maria Nolden, Jessica O'Donnell, Anna Salgado, Don Schneider, Richard Strain, Susan Sustaita, Katherine Sutton, Bethany Swan, Stephanie Troy, Kelly Van Parys, Juan Vittone, Kerstin Watkins, Rachel Williamson.