



U.S. Department of Defense Casualty Statistics

As reported for September 23, 2010

Operation Iraqi Freedom (OIF)

Wounded and *RTD:	18,029
Wounded and not *RTD:	<u>13,905</u>
TOTAL WOUNDED:	31,934
Increase from previous month:	8

As reported for September 23, 2010

Operation Enduring Freedom (OEF)

Wounded and *RTD:	3,762
Wounded and not *RTD:	<u>4,278</u>
TOTAL WOUNDED:	8,040
Increase from previous month:	396

*Returned To Duty within 72 hours



Freedom of Speech

Freedom from Fear



Freedom from Want

Freedom of Worship

OQC Online is a bi-monthly publication of Operation: Quiet Comfort designed for our online community. The deadline for submissions is the 20th of the month preceding publication. To submit articles for consideration, please contact Marian Watt, Volunteer Project Coordinator, marianw@operationquietcomfort.com

www.operationquietcomfort.com

MISSING THE ACTION

By Jan Houin, Plymouth, IN

It's fall and the acorns are covering our drive. We made a trip to Ft. Benning over Labor Day weekend and found the temperatures in Georgia a bit warm. What did people do without air conditioning!

I don't know what to write this time. The needs of our injured troops are the same and growing. We are sending GOBags and high protein snacks on a regular basis. The quilts we send are so appreciated, and we send clothing and other items when we can. It seems it's never enough.

Do you grow weary hearing of the needs? Do you grow weary hearing of the war? Sometimes I do, and other times I get frustrated because we are not hearing enough about it. We are a country at war but it seems the focus is on the economy, politics, the latest Hollywood scandal or some sensational news story.

We must not forget our men and women who are sacrificing a time of their lives to keep ours safe and free. We must not forget their families who are waiting and praying for their safe return home or preparing for their loved ones next deployment.

The mother of a friend of mine passed away recently. My friend's son could not come home for his grandmother's funeral because he is a Captain in the Army and training for Special Forces. How many life events and celebrations do our military families miss out on because of their commitment to their country and to each of us?

My grandson will turn seven in a few weeks. His daddy was in Iraq when he was born and he's only celebrated two birthdays with him in person. Three of those he was in Iraq and the other one he was off on a training mission. This year he is away at training again. That is just one example of the sacrifices our military families make.

We must be determined not to grow weary in doing what we can to add a small measure of comfort to these brave men and women who are keeping on keeping on to make our lives safe and free.

The "Letters From the Front" where they thank us for doing so much for them humbles me and re-energizes me to do more. I challenge each of you to KEEP TALKING, spreading our mission and doing what you can to support our amazing military men and women.



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A Closer Look at Packing Days in Plymouth *by Jan Houin, Plymouth, IN*



Packing day in Plymouth, IN

We continue to pack and ship comfort items from Plymouth, IN, with the help of many willing volunteers. We have a great time putting these supplies together for our precious wounded warriors and the amazing medical staff. It's not uncommon to be laughing and crying as we share stories with new friends and old as we work side by side.

When we pack GOBags many of the hygiene items are packed individually in snack size zip bags. For every 50 bags we pack we use 100 gallon size bags, 50 quart size and 250 snack size zip bags.

And the underwear! I believe I have bought and laundered more men's underwear in the past few months than my mother-in-law did in her lifetime and she raised eight boys! Each underwear kit has a pair of boxer briefs, a T-shirt and a pair of crew socks all packaged in a zip bag with a label that states the size and "New and Pre-washed". This makes it easy for the medical staff to grab a bag and distribute it where needed.

We launder the underwear and T-shirts before sending them so they are soft and fresh smelling. Country Charm Laundromat in Plymouth is gracious enough to let us wash and dry everything FREE and they provide the detergent. The ladies that work there even help fold. Sometimes we include

jersey shorts, pajama pants, or sweat pants in each underclothing kit (all of them new and pre-washed before we send them).

Imagine an assembly line sorting sizes and folding 50 sets of clothing at a time and getting it bagged and boxed, ready to ship. I'll bet that makes your own laundry chores a little less challenging!

These are just two of the routine packing projects. Hope this helps you visualize a little better what we do and why we do it. If you are anywhere near Plymouth, IN, or just passing through we hope you will take the opportunity to stop in and join us for a packing day.

This is all made possible because of donations to Operation Quiet Comfort. Everyone doing a little makes a big difference. We hope you will offer everyone you know the opportunity to support our mission to the best of their ability.



Packed GOBags

Upcoming Events

Saturday, November 6, 2010

Detroit Veterans Day Parade, Detroit MI – Operation Quiet Comfort will have a block signing booth set up at the start and finish of the Parade.

Sunday, November 7, 2010

Holiday Packing Day, Plymouth MI – We will be filling and packing 500 stockings for our troops overseas.

For more information on these events, please contact Marian Watt at marianw@operationquietcomfort.com.

★ ★ FROM THE FRONT ★ ★



August 2010

(received via snail mail)

Dear Operation Quiet Comfort:
 My husband, Cpl. XXX, received your amazing package while in the hospital for wounds sustained during OEF. We really appreciate everything your organization accomplishes and supports! We love the feeling of family which is the military community and its supporters. You made his stay better during a very trying time! Thank you again for everything! God Bless you ALL!

Semper Fidelis,
 Cpl & Mrs. XXX
 Oceanside, CA



Message received August 10, 2010

BAGRAM AIR FIELD

We received your travel pillows, quilts, black caps & cards for our troops. Thank you for your thoughtfulness. Your support of our troops and our mission in Afghanistan is greatly appreciated. It is always a blessing to know that the people back in the states are thinking of us. The support we're given from caring people such as you help us to carry on through the challenging days we face here. God bless you.

Blessings,
 Hospital Chapel Staff



Message received August 27, 2010

AFGHANISTAN

Godspeed from Afghanistan. ...from the XXst Combat Support Hospital. This place became one of the most dangerous places in Afghanistan. We opened our hospital 3 months ago and have already received a lot of patients...they usually arrive with only the clothes on their backs, which

are promptly cut off during treatment. Your wounded back packs are the most important items as I distribute to my wounded warriors every day. Thank you so much. Right now, I have 14 bags.... I hope and pray that I have more bags arrive here soon. I have many good responses from patients and from my commander because of these bags. God bless you!

CH XXX



Message received September 22, 2010

AFGHANISTAN

Dear Marian Watt and Operation Quiet Comfort,
 Greetings from Afghanistan,

Thank you so much! I could not send emails because all communication were blocked by the post rule for few days.

I received 7 boxes of care packages with full of Lapghans, small quilts, surgical caps, travel pillows and cases. It means lot to us. Thank you so much for your outstanding support of American service members, especially to the XXst Combat Support Hospital. I am always glad to know that those we serve are proud of us and are willing to go to the extra mile to ship us some of the comforts of home. Every item that reaches us Soldiers here at Camp XXXXX goes a long way to improve our morale. I pray this note finds you and your family well and I want to thank you on behalf of my Soldiers and families as well.

God bless you!
 CH XXX



Member Profile: Janice Amrani *by Kim Taylor, Washington IL*

Janice Amrani, from Ramat Yishay, Israel, became interested in Operation: Quiet Comfort when an Israeli children's TV program, "5:30," a "newsy" program on the Children's Channel, caught her son, Yonatan's, attention. Janice says, "As you can imagine, Israeli kids encounter the news all the time, so they wonder what's going on."

Janice says that one day, early into the war in Iraq, they talked about "a day in the life of an American soldier in Iraq." Afterward her son, who was little at the time, came to her in the kitchen and said he would like to send a gift package to an

American soldier in Iraq because "they have a really rough time there."

Since she had been wondering what she could do to bolster his "Americanness," she thought this was a great idea. And so began her corresponding with, sending (small) gift packages to, and quilting for U.S. soldiers.

"I'm sorry that there's still so much need for these things, but I can safely say I've gotten more out of it than the soldiers!" says Janice.

She grew up in New York State, where she wore two hats as an adult speech therapist and special education teacher. For mostly religious reasons, she moved to Israel, where she has lived for more than twenty years. She is married with one child. Her husband is a 20-year Army veteran.

"I can tell you this," Janice says, "having been here for 20-plus years, when I was sitting in my sealed room while Saddam was pelting us with scuds (30-some anyway), which he threatened to tip with nerve gas during the First Gulf War in 1991, I felt a real surge of American pride when I heard and even felt the American Patriot missiles being fired in response from a nearby missile battery."

Janice loves being an at-home Mom. She says, "Now that our son is 13, I have more time to—yes!—quilt and do volunteer work."

For OQC, Janice is now working on some 36"x 60" quilts. She has four labels, so plans to make four quilts. She is also writing messages on cards. "I'm running out, so I may just have to explore the craft of card-making!"

The shipping from Israel is very expensive. Janice says the guy at the post office thinks she's nuts. "It's also difficult, downright impossible in our area, to get cards here that aren't written in Hebrew. There are some lovely, scenic "Season's Greetings" and "Merry Christmas" cards available, but only in November and December."

So Janice is discovering the art of card-making. Her son is also making cards. "He regards arts and crafts-type activities as either for girls or little boys, but he does want to send greetings to American soldiers in harm's way, so he's helping out with the cards."

The ladies in Janice's weekly quilting class know about her quilt donations, so they bring her scraps and sometimes fabric.

The rewarding part of OQC Janice says, "For me, personally, I get to do something I love—quilt for such a good cause!"

Janice does not currently have someone serving, but her late father was an Army Air Corps officer in WWII and continued to serve in the Reserves until the early 60s.

One thing that Janice would like people to know about OQC, "I think the biggest thing that most people just don't understand is that the armed forces do not supply everything and that, if a soldier is wounded, he arrives at Landstuhl with nothing. I would like to tell people that it's not about politics, it's about people. Besides that, a former navy man once told me that the highlight of his day was mail call."



Janice and rescue cat, Mishmish.



Janice and son, Yonatan, on Rhodes

NJ Mini Meet & Greet—Great Success! by Marian Watt, Dearborn Heights, MI

After the official Meet & Greet on the West Coast was cancelled, Katie Baron of Stanhope, NJ, graciously stepped up to the plate and invited all who were still interested in a Meet & Greet the weekend of August 14 and 15 to join her at her home on August 14. What a great idea and an awesome turnout of some OQC volunteers, local girl scouts, and two OQC Board members who drove from Michigan to New Jersey to attend!

During the Mini Meet & Greet, sewing machines were humming away on Four Freedoms Gratitude Quilts and cool comfort neckties; tables were set up with volunteers crafting away on cards to be signed and bagged up (and then shipped to Diane Schneider for review). Boxes of CDs were being reviewed, and then banded into groups of 3 for future GOBags. Everywhere you looked people were busy with work for our troops.

Some of the girl scouts were new to our mission, so Katie took them aside with one of the quilts and explained what we do and why we do it. Of course, there was some down time for good food that local attendees brought to share; and time was spent getting to know each other just a little better.

Those who have never attended a Meet & Greet event should consider doing so in the future. It is an awesome way to network with others in and out of the group.

President Marian Watt and Board Member Dawn Sleeman would like to thank Dawn's employer, Towers Watson, for their generosity in funding their trip to the Mini Meet & Greet in New Jersey.

Easy Potato Soup by D. Hacker, League City, TX

(Page 30, *Comfort Cooking Recipes from the Homefront*)

Ingredients:

24-oz. bag of frozen cubed hash browns
1 C. chopped onion
32-oz. cream of chicken soup (heat & serve kind – not condensed)
10³/₄-oz. can cream of celery soup
10³/₄-oz. can cream of chicken soup
2 C. milk
salt
pepper
thyme
shredded cheese (optional)

Directions:

Combine bag of hash browns, onion and 32-oz. cream of chicken soup in pot and simmer on stove for 30 minutes. Stir in both 10 3/4 oz. cans of cream soup and milk. Heat, then season to taste with salt, pepper and thyme. Serve with shredded cheese and crackers.



Fill this stocking and a soldier's heart

FOR ONLY

\$10



Each \$10 sponsorship fills a stocking with:

- An individually wrapped beef stick or beef jerky
- An Individually wrapped granola bar or protein bar
- 1 - pair of white socks
- A SPAWAR calling card
- A letter or card specially written from an OQC member for the holidays

Donations can be made via Pay Pal (admin@operationquietcomfort.com) or by check mailed to the following address:

Operation: Quiet Comfort
23309 Ford Road
PMB 168
Dearborn, MI 48128

***Please act soon!
In order to get the
stockings into the
hands of our soldiers the
deadline for donations is
10/31/2010.***



Operation: Quiet Comfort is a 501(c)(3), nonprofit, charitable organization registered in the state of Michigan. We graciously accept financial contributions that will help us continue this work. We have your help during this time of war. Donations are an essential part of how our work is accomplished at home and abroad. Your gifts are tax deductible to the extent allowed by law. Please consult your tax advisor with questions.

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Shipped with Love Aug./Sept. 2010



26 Boxes
 Total Weight: 625 lbs., 2.7 oz.
 Total Shipping Cost: \$495.96
 Category: CLOTHING &
 FOOTWEAR
 10 Dozen Surgical Caps
 60 Men's Underclothing Sets +
 Jersey Shorts
 60 Men's Underclothing Sets +
 Sweat Pants
 Category: BEDDING &
 LINENS
 24 Small Quilts
 12 Lapghans
 48 Travel Pillows
 100 Travel Pillowcases
 Category: FOOD &
 EQUIPMENT
 64 oz. *Good* Coffee

44 Coffee Singles
 1 box Cold Brew Tea Bags
 1 Sugar (4-lb. can)
 1 Coffee Mate Creamer (50-oz.
 can)
 200 Granola/Energy Bars
 500 Dink Mix Singles
 Category: GROOMING &
 HYGIENE
 48 GOBags
 Category: MWR
 TONS of cards from home!
 Bless all of you who have
 stepped up to be counted and
 who are working so hard ...
 sacrificing so much ... to ensure
 our wounded warriors know
 we were there for them "just in
 case."



Notice:

In compliance with IRS regulations, receipts
 are sent for all donations of \$250.00 or more,
 or for any lesser amount upon request.

Download this newsletter from our website. Go to
www.operationquietcomfort.com
 <<http://www.operationquietcomfort.com/>>
 and visit the NATIONAL NEWS page!

REMINDER...

OQC is ONLY accepting:
 financial donations and signed blocks
 until further notice as we "friend-raise" and "fund-raise" to get
 existing supplies to the troops. Send donations to:

Operation: Quiet Comfort
 23309 Ford Road
 PMB 168
 Dearborn, MI 48128



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Established in July 2004 for the purpose of honoring and comforting members of the U.S. Armed Forces injured while in harm's way, and providing support to those who care for them.

About Our Work

We're creating care packages for U.S. Military men and women receiving care at medical facilities abroad. Often our injured men and women arrive for medical care without their belongings and it can take weeks before those belongings catch up with them—and sometimes they don't arrive at all. Even when injured our troops need items like hygiene and grooming products, clothing, entertainment and support from the home front.

It is the mission of this effort to help assure those individuals are honored for their sacrifice and comforted by creating "GO BAGS," or transition kits, that include comfort items like our "Four Freedoms Gratitude Quilt," personal care items and products that entertain and provide "down time" for their spiritual, emotional and physical healing.

We rely on the expertise of Pastoral Care Services and others knowledgeable about what items are most appropriate for their particular unit or facility. As a result, the program focus will change to meet the needs of those we sponsor. The Go Bags and Four Freedoms Gratitude Quilts are just part of our work ... there are opportunities for everyone to show their thanks and appreciation.

Everyone brings different gifts to the table ... we invite you to share yours!

Operation: Quiet Comfort
23309 Ford Road
PMB 168
Dearborn, MI 48128
www.operationquietcomfort.com

Founder Lori Pate, La Salle, MI
lpate@operationquietcomfort.com

Volunteer Project Coordinators

PROJECT: OQC Online Newsletter
Coordinator: Marian Watt
marianw@operationquietcomfort.com

PROJECT: Four Freedoms Gratitude Quilts
(must become an approved quilter)
Coordinator: Dawn Sleeman
quilts@operationquietcomfort.com

PROJECT: Quilt Assembly Questions
Carol Anderson
chateau@cablespeed.com

PROJECT: Small Quilts - 3' x 5' Cot/ Gurney/Litter Quilts
Coordinator: Cristina Conciatori
CristinaC@operationquietcomfort.com

PROJECT: Member-to-Member Program- Quilt Supplies & Blank Denim Blocks, matching Angels with members needing supplies
Coordinators: Sandy Scharf
oqcmembertomember@gmail.com

PROJECT: Cool Comfort Neck Ties
Coordinator: Leslie Pangilinan
funtobewithlp@yahoo.com

PROJECT: Crochet & Knitted Items
Coordinator: Laura Hemly
lahemly@gmail.com
(Also matches Yarn Angels with needlework members)

PROJECT: Travel-size Pillowcases
Coordinator: Connie B.
mbfans@aol.com

PROJECT: Cards of Thanks and Well Wishes and Volunteers to Sign Them
Contact: Diane Schneider
Diane52381@nc.rr.com for guidelines

PROJECT: Coke Points for CDs/Players, DVDS/Players
Coordinator: Tracy Branigan for information
tabranigan@comcast.net

PROJECT: Sea to Shining Sea - Recycling Printer Cartridges
Contact: Maggie Alverado
maesafron@yahoo.com
Chair Cristina Conciatori
cristinac@operationquietcomfort.com

PROJECT: Fundraising, eBay & Amazon Sales
Contact: Cristina Conciatori for information, to register for selling on eBay or Amazon for OQC
cristinac@operationquietcomfort.com

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