



December 2007

This Newsletter is a
A Quarterly
Publication for
Care Wear Volunteers



Daniella Marie Hunter
September 4, 2007
6:25pm • 8 lbs. 5 oz.



Welcome

Daniella Marie Hunter!



A *Special Thanks* to:
Bonnie Hagerman
for the beautiful hand made items
Yvonne Schreck
for the adorable outfit and gift card

Daniella came early! Mom and Dad were happy to welcome her into the world several days early. Baby Dani is healthy and happy and mommy and daddy are feeling truly blessed.

 Please submit
newsletter
articles, photos,
comments
and stories to:
hagerman@hood.edu

In This Issue:

A Letter From Bonnie.....	pages 2-3
Stitched With Love	page 12
Crochet Column by Sara Greer.....	page 20
Lazy Knitting with Cathy	page 24
Make A Difference Day	page 27
It's Raining Babies	page 31

Greetings from Bonnie and Care Wear Volunteers!

Greetings to everyone who participates in this very rewarding project that warms and comforts hospitalized children. Thank you for all that you do and thank you for caring about others. You make a difference in this world.

Today's date is October 14th and I have just begun writing this part of the newsletter. October is a very busy month for me. I will attend the national conference NACADA (National Association of Academic Advisors) from Thursday, October 18 until Sunday, October 21. This is an excellent conference and is conveniently located in Harborplace (Baltimore), Maryland. Happily, I will not have the hassles of airport transportation and security lines!!!

This is a busy month because Make A Difference Day is scheduled for the 27th and I am pleased to announce that I have received donations to fund the following:

1. breakfast treats & beverages (from Aubrey Dixon, Tuscarora Racquet Club, Frederick, MD)
2. a buffet lunch (from Barbara Brewster, Accounting Software Services)
3. home-baked cookies for dessert (from Peggy Wight, Uncle Ralph's Cookies, Frederick, MD)
4. paper goods for both breakfast & lunch (from Costco, Frederick, MD).

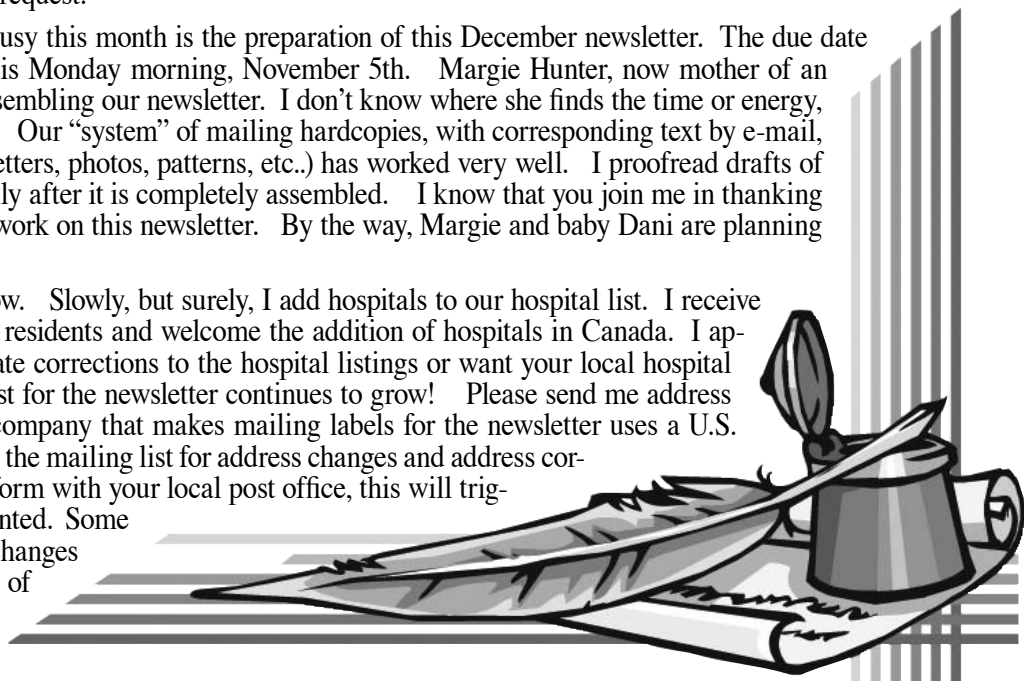
In addition, Board Member Marilyn Harrington generously provided 100 pounds of fiberfill for stuffing fabric toys & pillows. I made the first purchase of non-perishable supplies for the event and I just unloaded the following items into my office: paper plates, hot cups, cold cups, paper tablecloths, napkins, spoons, cases of soda and fruit juice, etc. I will purchase the breakfast treats (muffins & pastries) as well as carrots & chips for lunch on Friday evening October 26th and my husband will drive to Costco at 11:00 a.m. on the 27th to pick the sandwich trays. I have many kind volunteers who offered to help with check-in, counting & packaging finished items to be donated to Frederick Memorial Hospital, set up, clean up, knit & crochet instruction, etc. And, my office looks like a warehouse with stacked boxes of completed items to add to our collection of donated items (and increase our count on the 27th! THANK YOU to those who sent items because you could not be here in person. FYI: I already donated a few items that were sent for Make A Difference Day to the local hospital. When nurses reported shortages, I responded. Make A Difference Day donations are going to the local hospital so I did not think that anyone would mind an early delivery because items were needed.) I have yarn and other supplies gathered and labeled for transport to the room where Make A Difference Day will be held. SINCERE THANKS to everyone who sent supplies such as yarn and fabric. Thanks to your generosity we will create some adorable hats, blankets, booties, quilts, etc. I have been cutting, sewing, clipping, and turning fabric bunnies in order to have a large supply for those who wish to stuff fiberfill on the 27th. Thanks to those of you who are helping me and to those who sent bunnies, bears, and other animals. I appreciate your assistance. I now have about 700 fabric toys ready (with faces---thanks to helpers Penny Manousoff and her mother), but hope to have 1000 ready by the 27th. I also have prepared 11 quilts for tying with yarn on the 27th so that volunteers can sit and immediately begin work on that effort. One large quilt is the joint Wal-Mart / Care Wear project for a wall hanging at Children's National Medical Center (DC) that was mentioned in a newsletter about two years ago. Unfortunately, this project did not move along as quickly as expected. BUT, thanks to donated squares from several Care Wear Volunteers participants and donated batting & backing fabric from Wal-Mart (Route 26-Walkersville), this project will be finished and photographed on the 27th. I will try to include that photo in this issue along with other photos from Make A Difference Day. Care Wear Board Member Bonnie Neuman will take photographs for me. I am now making signs (outside & table signs) and working on publicity. LOTS more to do and I will be away from the 18th-21st, so I have to get an early start. Lists!! Lots of lists!!!!

October 1st was the due date for a grant application to the Community Foundation of Frederick County. Keep fingers crossed for approval of Care Wear Volunteers' grant request.

The other activity that is keeping me busy this month is the preparation of this December newsletter. The due date for sending the newsletter to the printer is Monday morning, November 5th. Margie Hunter, now mother of an adorable baby girl, agreed to continue assembling our newsletter. I don't know where she finds the time or energy, but I am very thankful for her assistance. Our "system" of mailing hardcopies, with corresponding text by e-mail, and forwarding electronic information (letters, photos, patterns, etc.) has worked very well. I proofread drafts of the newsletter at various stages—especially after it is completely assembled. I know that you join me in thanking Margie for her creative and professional work on this newsletter. By the way, Margie and baby Dani are planning to visit during Make A Difference Day.

Care Wear Volunteers continues to grow. Slowly, but surely, I add hospitals to our hospital list. I receive more and more inquiries from Canadian residents and welcome the addition of hospitals in Canada. I appreciate hearing from you when you locate corrections to the hospital listings or want your local hospital to be added. In addition, the mailing list for the newsletter continues to grow! Please send me address changes for the newsletter. FYI: The company that makes mailing labels for the newsletter uses a U.S. Postal Service software program to check the mailing list for address changes and address corrections. If you filed an address change form with your local post office, this will trigger an update before the actual label is printed. Some of you have contacted me with minor changes in your address. For some reason, some of those changes are different from the off-

continued on page 3



Annual Fund-Raising Appeal—December 2007

As you know, Care Wear Volunteers does not charge any dues or membership fees, but relies on donations for postage, printing, and other expenses. Once per year I reserve space in the December newsletter to make a brief appeal for donations. Care Wear Volunteers, Inc., is an IRS-approved charitable nonprofit 501(c)(3) organization and your donations are tax-deductible (please review details with your tax preparer).

Financial goals for Care Wear Volunteers:

#1 Care Wear Volunteers' office is now a "guest" in half of my staff office at Hood College. I don't pay rent, utilities, insurance, etc. I am 62 years of age and plan to retire at age 65 when eligible for social security and Medicare benefits. At that time I will devote full-time to the leadership of this organization, but cannot do that from my small condominium and will not be permitted to remain in office space on the Hood campus. So, Financial Goal #1 is to save for annual overhead expenses for an office for Care Wear Volunteers. Rest assured that I will not rent an office in the Watergate or facilities with gold-plated faucets and luxurious accommodations!!!! Frederick has many opportunities for rental and I will look for convenience, safety, and reasonable rental fees. Having an office will mean overhead expenses, such as insurance, possibly utilities, internet fees, telephone fees, office furnishings, etc.

#2 Once established in its own office space, Care Wear Volunteers will evaluate hiring an assistant to the Director who would handle requests for patterns, maintaining the mailing list for the newsletter, updating the hospital list, logging in cash and in-kind donations, correspondence, etc... This would free my time to work on the Pat-

tern & Information Book, the quarterly newsletter, recruitment efforts, grant research and applications, and to explore the feasibility of establishing state/local chapters, mass producing burial garments, etc. I have lots of ideas!!!! It is my hope that this assistant would eventually take over the leadership of Care Wear Volunteers so that the transition is an easy one and the future of this organization is ensured.

Please share information about Care Wear Volunteers and what we do to help hospitalized children with anyone or any company in a position to make a donation or underwrite current expenses. Here are a few options:

1. An individual or company could underwrite one or more issues of the quarterly newsletter. The total cost to print and mail you the September issue was \$2483.54.

2. An individual or company could underwrite the cost of printing 500 or 1000 copies of the Care Wear Pattern & Information Booklet. When last printed, I paid \$1735. for 500 copies.

(fyi: The college print shop is no longer able to handle the large print jobs (newsletters or pattern books) so Care Wear Volunteers uses local printers. Thus there is a significant increase in price for printing.)

3. An individual or company could make a donation to the Care Wear Volunteers "endowment fund"—income from which will pay for office rental and overhead expenses when this organization is no longer a "guest" in an office at Hood College.

4. Individuals who wish to ensure that Care Wear Volunteers will always be able to spread the word about the needs of hospitalized children might consider a bequest to Care Wear Volunteers in their will.

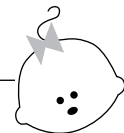
5. Individuals who work for companies that match donations or provide grants for volunteer hours of service, like Wal-Mart, Disney, Merck, The Sallie Mae Fund, ExxonMobil, etc., please complete the necessary paperwork so that your donation is matched or the grant is sent. Sincere thanks to all who participate in these and similar programs.

6. Please be aware that you can designate Care Wear Volunteers, Inc. (with official IRS registration address-102 Mercer Ct. #23-5, Frederick, MD 21701 and IRS number 52-2137470) as your selected charity on United Way donations. I have received several United Way donations, but not all areas permit such designations & donations may be reduced as much as 25% to cover overhead & handling costs to United Way.

Many thanks to everyone who has made a donation during the past year. Large and small, those donations have helped to warm and comfort hospitalized children. I appreciate your support and encouragement and I have not forgotten your generosity. Thank you as well for donations of supplies (fabric, yarn, etc.) that are distributed to individuals and groups who request assistance and for use during Make A Difference Day.

Mailing Address for donations: (Please make checks payable to Care Wear Volunteers)

CARE WEAR VOLUNTEERS, INC.
ATTN: BONNIE HAGERMAN
C/O HOOD COLLEGE
401 ROSEMONT AVENUE
FREDERICK MARYLAND (MD)
21701-8575



Care Wear Volunteers, Inc.
Bonnie Hagerman
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701-8575
Telephone: 301-696-3550
Email: Hagerman@hood.edu
Fax: 301-696-3952
Website: www.carewear.org
Care Wear Volunteers is a
501 (c)(3) nonprofit organization

Letter from Bonnie

continued from page 2

cial address provided by the U.S. Post Office!!! So, I am not totally inefficient when it comes to recording address changes and corrections. Changes do occur after I send the mailing list on.

I hope that everyone enjoys the holi-

day season that will soon be here. Happy Thanksgiving to all and Season's Greetings to everyone. I hope that you have a safe, happy, and loving holiday season & new year. The next quarterly newsletter will be the March 2008 issue.

Sincerely,
Bonnie

Memorials for

*Anna Wilding,
A.C. Blake,*

and

Lillian Donovan

These Care Wear Volunteers will be missed by hospital staff members, by patients & their families, and their own family members and friends. They made a difference in the lives of others by sharing their time, skills, and concern for those in need.

I was touched by this letter from the daughter-in-law of Anna Wilding.

Hi Bonnie,

August 29, 2007

I just wanted to let you know that Anna Wilding (my husband's Mom) passed away on Saturday - she turned 82 since my last e-mail to you. She took her crocheting to the hospital and made sure that she finished a blue preemie blanket and hat and had started a laprobe. She was so proud to be a Care Wear Volunteer and even during her ordeal was thinking of others and her work for them. She just loved making the tiny blankets and hats (I can't tell you what joy that brought to her) and we always delivered her preemie blankets and hats to Magee Women's hospital in Pittsburgh Pennsylvania. When we make the last delivery of her items I know it will make us feel sad. I make them too but not at the pace she did even at 82.

Diane

LETTERS we love to receive:

I am not sure who to contact, but I wanted to say thank you to your organization. My daughter was born at 33 weeks and spent 15 days in the NICU at Emanuel Hospital in Turlock, CA. I was so surprised to see her the first day wearing a hand knitted little hat and covered in a beautiful knitted blanket. I was told that they were made by a volunteer named Betty Keller from Seloh, Washington. I don't know if she belongs to your group or not, but I just wanted to say how much I appreciated these items. Our little one came unexpectedly early and these little bits of love helped brighten her hospital isolette.

Thank You,
Jennifer G



Natalie VanKirk sent this photo and note. How adorable!!! Can you imagine the NICU filled with babies wearing pumpkin hats!!!!

I thought maybe you might like to take a peak at my little inventions. They will be going in the carton I deliver at the end of September. Last year I had made 2 and the nurses all went wild over them!!

~ Natalie

Care Wear Volunteers
received a donation
from

Elaine F. Davies

in honor of

Vi Saunders

for sharing her time and talents helping to preserve a treasured afghan made by Elaine's grandmother.

Care Wear Volunteers participants are generous with their time and talents and are always helping those in need.

Jeanne Corazza shared:

Care Wear Volunteer, Michelle Robinson, a 4-H member from Montgomery County has been making hats for hospitals and an Indian reservation for the past few years. This year one of her hats was entered in the You Be The Judge Contest at the Montgomery County Fair. All hats were given to charity after the fair and Michelle was one of the winners, competing with all adults. Fair visitors voted for the hat they liked the best. Michelle also won the Care Wear Award at the Damascus Community Fair this year for the best charity entry in the teen division.

Jean



Jean Corazza sent this photo showing a few charity knitters working at the Montgomery County (Maryland) Fair. All of those knitters made things for Care Wear. She was pleased to report that there were 7 knitters who did charity work throughout the week.

Care Wear Volunteers sends sincere sympathy to the family of Sandra Landeapa, a Care Wear Volunteers participant who passed away suddenly. Her sister called me to share this sad news.

How I love to receive letters like this one!

Good Morning Bonnie,

The Stitch Witches of The Polo Club in Matthews, NC are so-o-o excited! Last week we gave Presbyterian Hospital of Charlotte, Matthews, NC branch, 32 lap blankets and 39 IV covers. This brings our total to 415 separate items to 7 different organizations. What a surprise to yesterday receive a call from the hospital that there had been a supervisors meeting and the blankets were displayed. The head of the maternity ward asked that we be asked to donate blankets in pale yellow, pale green or white for babies, that did not survive, to be wrapped in--instead of hospital ones. About 6--twice a year would be sufficient as hopefully most will go home.

I do wish you and Carewear continued success. OH yes, I believe you recently received a picture from Jean Corazza, taken at the Montgomery County Fair of 2 ladies knitting in the 4H building. I promise you that if Jean had furnished a near by table, I would NOT be wearing my Knifty Knitter loom on my head while looking for yarn!

Please tell all I said "HI"----

Mollie K
Matthews, NC



CROCHET STRIPE AFGHAN

MEASUREMENTS

Approx 36 x 42 ins [91.5 x 106.5 cm].

MATERIALS

Bernat Cottontots

(Solids: 100 g/3.5 oz or

Ombres: 85 g/3 oz)

Main Color (MC) (White)

6 balls (Solids) or **7 balls** (Ombres)

Contrast A (Pink)

3 balls (Solids or Ombres)

Contrast B (Green)

3 balls (Solids or Ombres)

Contrast C (Yellow)

3 balls (Solids or Ombres)

Size 5.5 mm (U.S. I /9) crochet hook **or size needed to obtain gauge.**

GAUGE: 14 sc and 16 rows = 4 ins [10 cm].

ABBREVIATIONS

www.bernat.com/glossary.php

ABBREVIATIONS

www.bernat.com/glossary.php

Many thanks to Bernat for their permission to reprint patterns in this newsletter. For additional patterns see their website: <http://www.bernat.com>

INSTRUCTIONS

With MC, ch 131.

Foundation row: (WS). 1 dc in 4th ch from hook. 1 dc in each ch to end of ch. 129 dc. Join A. Ch 1. Turn.

***1st row:** With A, 1 sc in each of first 4 dc. *Ch 1. Miss next dc. 1 sc in each of next 9 dc. Rep from * to last 5 dc. Ch 1. Miss next dc. 1 sc in each of last 4 dc. Ch 1. Turn.

2nd to 4th rows: 1 sc in each st to end of row, ending last row with join MC. Ch 1. Turn.

5th row: With MC, 1 sc in each of first 4 sc. *1 tr in missed sc 4 rows below. Miss next sc behind tr. 1 sc in each of next 9 sc. Rep from * to last 5 sc. 1 tr in missed sc 4 rows below. Miss next sc behind tr. 1 sc in each of last 4 sc. Ch 3. Turn.

6th row: Miss first sc. 1 dc in each st to end of row. Join B. Ch 1. Turn.

7th row: With B, 1 sc in each of first 9 dc. *Ch 1. Miss next dc. 1 sc in each of next 9 dc. Rep from * to end of row. Ch 1. Turn.

8th to 10th rows: As 2nd to 4th rows.

11th row: With MC, 1 sc in each of first 9 sc. *1 tr in missed sc 4 rows below. Miss next sc behind tr. 1 sc in each of next 9 sc. Rep from * to end of row. Ch 3. Turn.

12th row: Miss first sc. 1 dc in each sc to end of row. Join C. Ch 1. Turn.

13th to 17th rows: As 1st to 5th rows substituting C for A.

18th row: Miss first sc. 1 dc in each sc to end of row. Join A. Ch 1. Turn.

19th to 23rd rows: As 7th to 11th rows substituting A for B.

24th row: Miss first sc. 1 dc in each sc to end of row. Join B. Ch 1. Turn.

25th to 29th rows: As 1st to 5th rows substituting B for A.

30th row: Miss first sc. 1 dc in each sc to end of row. Join C. Ch 1. Turn.

31st to 35th rows: As 7th to 11th rows substituting C for B.

36th row: Miss first sc. 1 dc in each sc to end of row. Join A. Ch 1. Turn. These 36 rows form pat.

Cont in pat until work from beg measures approx 41 ins [104 cm], ending on a 36th row of pat, omitting turning ch at end of last row. Fasten off.

Afghan Edging: 1st rnd: With RS of work facing, join MC at top right corner of Afghan. Ch 1. Work 1 rnd of sc around, working 3 sc in corner sc. Join C with sl st to first sc. Ch 1.

2nd rnd: With C, 1 sc in same sp as last sl st. *Ch 1. Miss next sc. 1 sc in next sc. Rep from * around working 3 sc in each corner sc. Join MC with sl st to first sc. Ch 1.

3rd rnd: With MC, 1 sc in same sp as last sl st. *1 long sc in missed sc 1 row below. Ch 1. Miss next sc. Rep from * around working 3 sc in each corner sc. Join with sl st to first sc. Fasten off.



P.O. Box 40 Listowel ON N4W 3H3

“home style... life style... your style.”

FYI: Domino Knitting by Vivian Hoxbro contains a picture and pattern for a knitted pom pom. It was translated from Norwegian by Carol Huebscher Rhoades. The English translation was published by Interweave Press LLC (201 East Fourth Street, Loveland, CO 80537 <http://www.interweave.com>)

I will try to get permission to print the directions, but it may be complicated and take some time. Maybe your library has this book.

Sally McMillin thought that pom poms made this way would not have any stray yarn ends that a baby might ingest. I dislike the mess of trimming and shaping regular pom poms. Sounds like a great idea!

A Message from Kathy North:

Hi all,

I just received my copies of Knit Simple Holiday, so it should be out on newsstands this week. My three hats (1 crochet, 2 knit) are on pp. 47-48. Hope you can find a copy!

Love to all, Kathy

Kathy North, Designs by KN

kathy@designsbykn.com

www.designsbykn.com

Beth Israel Hospital (Newark, NJ) sends thanks and applause to the ladies in the Fanwood Presbyterian Women's Association for their wonderful, large, useful, and regular deliveries for their young patients. Fiona Leahy continues to deliver the finished items to Beth Israel Hospital and her kindness is appreciated. Recent deliveries included afghans of all sizes, booties, sweaters, hat-bootie-sweater sets, knit dolls, teddy bears, baby caps, and chemo hats, etc...

Thank you to everyone who participates and cares about young hospital patients. Special thanks to Peggy Ficken (also a Home Economist like me!!!) for all that she does to keep me informed. A note from Peggy with details of her childhood and schooling in China was VERY interesting. I shared it with neighbors in my condominium--a couple who taught in China in the 50s.

News from **Kathy North:**

They finally posted the new issue on the Knit Simple website: all 3 of my hats made it to the fashion preview page here (pink, blue & white):

<http://www.knitsimplemag.com/node/126#2>

(in case you haven't yet seen a copy of the magazine)

Christine Hessler, RN, BSN, (Manager, NICU, Children's Hospital, St. Louis, MO) sent a letter of thanks to Care Wear Volunteers participant Dot Crum for her August delivery of hats. Christine wrote, "Your kindness to those in need is appreciated. Because of volunteers and organizations like yours, who contribute their time and talent, enables us to reach some of the needs of our many families."



Care Wear Volunteers – Join an RSVP group near you!

On behalf of RSVP, I would like to invite you as a Care Wear Inc. volunteer to join the Retired and Senior Volunteer Program (RSVP), a national volunteer program for 55+ adults. Nationwide, over 480,000 RSVP volunteers serve at an estimated 65,000 local organizations, providing over 80 million hours of volunteer service in their communities. RSVP is a network of programs all over the U.S. – if you join, **we can connect you with a RSVP program in your local community.**

If you are new to Care Wear, Inc. or are a long time volunteer, here's why it's important to join: Your hours of service and involvement in the community are documented by RSVP, and reported to Congress. Your efforts, as well as the contributions of other RSVP volunteers, indicate to our elected officials the extent to which older Americans are making a difference in their community. This helps support programs such as Social Security and Medicare.

Membership in RSVP is **FREE**, and RSVP volunteers receive the following benefits:

- FREE supplemental automobile liability insurance coverage to and from volunteer assignments.
- FREE volunteer liability and personal injury insurance coverage.
- Invitations to special local RSVP volunteer recognition events.
- Nominations for state and national recognition awards.
- Personalized consultation and placement if you are interested in exploring new volunteer opportunities.

To register for RSVP – visit www.volunteerfrederick.org/rsvp, click on "joining RSVP" in the large multicolored box, complete the registration form and mail to: Volunteer Frederick RSVP, 31 W. Patrick St., L2, Frederick, MD 21701. Or, you can call Volunteer Frederick at 301-663-5214. I welcome all Care Wear Volunteers, Inc. volunteers in advance to RSVP.

301-663-5214

Attn: RSVP Coordinator

I received a thank you letter from **Linda Swanson** (WV) with sincere thanks for the lovely mauve, cranberry and green lap blanket that she received from Larry Crowley Woods of the Hospice in Martinsburg. Linda appreciated this gift after many losses in her life.



A photo of Kathy North at the private autograph party at her area Michael's store. This is Kathy North, world famous knitting and crochet designer, holding a copy of Knit Simple magazine (Kathy's hat on the cover).

Thanks to Sherrie for permission to reprint her photo. Kathy's patterns are also available on Sherrie's website:

www.piece-by-piece.net/Crochet



Betty Cole (Director, Volunteer Services, Bronx-Lebanon Hospital Center) wrote a thank you note to me and to all of the volunteers who send apparel, toys, books, etc. for the young patients at Bronx-Lebanon Hospital. Betty wrote, "Your thoughtfulness is appreciated."

Care Wear Volunteers was saddened to learn of the death of **Lillian Donovan**. Her daughter wrote that Lillian loved making preemie outfits--in Pennsylvania and also after moving to Massachusetts. Lillian enjoyed receiving and reading the Care Wear Volunteers newsletters and saved them all. Lillian's daughter found several lovely thank you letters from many different hospitals that received her creations.

Lillian's daughter wrote, "Thank you for making her so happy."

Lillian will be missed. Her good works touched the lives of many young hospital patients.



Providence/St. John Health sent thanks to **Mary Beeuwsaert** for her delivery of hats and blankets. The NICU staff wrote that parents love that these items are hand made. They enclosed a photo of a baby wearing one of Mary's hats. Mary wrote that she made that hat with 27 stitches & Simply Soft Yarn. Considering the small size of the infant in the photo, Mary will try 24 stitches next time!

Don't we wish that every hospital would acknowledge receipt of deliveries! And, don't we wish that other hospitals would send a photo of a baby wearing the donated items!!!!

Care Wear Volunteers received a letter from **Karen Rieker** (Project Coordinator, Children's Hospital Foundation, St. Louis, MO). Karen wrote, "Thank you so much for thinking of our tiniest patients, the babies in the newborn intensive care unit (NICU). Your donation of hand-made burial gowns, caps, booties, and blankets, is a true act of kindness.

The NICU at St. Louis Children's Hospital is a 75-bed unit consisting of intensive care beds, transitional care beds, and two family participation rooms where parents can stay with their baby before discharge. The unit admits about 700 babies per year and provides state of the art treatment and monitoring equipment including: surfactant therapy (a medicine that helps prematurely born babies to breathe more easily), conventional ventilation (helps infants breathe) and high frequency oscillatory ventilation (a type of rapid breathing machine that is necessary for some infants to help their lungs develop and heal).

The obvious focus of the NICU is the care of medically fragile infants. Another focus is to help families make the transition from illness to wellness and help them overcome fear of their baby's condition when they are preparing for discharge. A parent support group of parents who have had similar experiences is available to provide families with advice and support through their baby's stay. Full-time social workers are also available to facilitate family coping.

Unlike other NICUs, this unit has a diverse population of newborn infants. Only about half of our babies are premature, with the other half composed of full-term infants requiring multiple services. The NICU's range of services is diverse--including everything from cardiology/cardiothoracic surgery and neurology/neurosurgery to immunology and other surgical procedures.

Thank you again. Your thoughtfulness helps us achieve our mission to do what's right for kids.

Sincerely, Karen Rieker



Alexander's Round Neck Cardigan

In Memory of My Beautiful Grandson



4 ply wool. No. 3.25 needles
(6 sts repeat)

Back and Fronts in one Cast on 105
stitches

Knit 5 rows garter stitch for band

Pattern

1st row knit

2nd row k4 purl to last 4 sts k4

3rd row k5, * wrn, p1, p3 tog,
p1, wrn k1. repeat from * to last 4 sts
k4

4th row k4 purl to last 4 sts k4

Repeat last 4 rows to work is 4 1/2
inches ending on 4th row

Divide for fronts and back

K26 sts, cast off 4 sts, k45 sts cast off
4 sts k26 sts

L Front (26 sts)

1st row k4., purl to end of row

2nd row k2 tog, p1, wf, k1,* wrn, p1,
p3 tog p1,wf, k1.repeat to last 4 sts k4.

3rd row k4, purl to end of row

4th row knit

5th row k4, purl to end of row

6th row k2 tog, p1, wf, k1 * wrn, p1,
p3 tog, p1,wf, k1. repeat to last 4 sts
k4

7th row k4, purl to end of row

Hold stitches on spare needle

Back (45 sts)

Rejoin wool

1st row purl

2nd row p1, p2 tog, p1, * wf, k1, wrn,
p1, p3 tog p1, repeat to last 4 sts.
wrn, p1, p2 tog p1.

3rd row purl

4th row knit

5th row purl

6th row p1, p2 tog, p1, * wf, k1, wrn,
p1, p2 tog p1, repeat to last 4 sts, wrn
p1, p2 tog, p1.

7th row purl

Hold sts on spare needle

R Front (26 sts)

Rejoin wool

1st row purl to last 4 sts, k4

2nd row k5, * wrn, p1, p3 tog, p1.
wf, k1, repeat from * to last 3 sts,
wrn, p2 tog, p1.

3rd row purl to last 4 sts, k4

4th row knit

5th row purl to last 4 sts k4.

6th row k5, * wrn p1, p3 tog, p1,
wf k1, repeat from * to last 3 sts,
wrn, p2 tog, p1

7th row purl to last 4 sts k4

Do not break off wool

Sleeves Cast on 24 stitches,
knit 2 rows garter stitch.

3rd row inc. k3 * inc in next stitch,
k2. repeat from * to end of row
(31 sts)

Pattern

1st row knit

2nd row purl

3rd row k1, * wrn,p1, p3 tog, p1, wf,
k1.repeat from * to end of row

4th row purl

Repeat last 4 rows to 4 1/2 inches.
ending with 4th row.

Next decrease at armhole then knit 8
rows in pattern

1st row cast off 2 sts knit to end.

2nd row cast off 2 sts. Purl to end
(27 sts)

3rd row. p.1, p2 tog, p1, * wf k1, wrn,
p1, p3 tog, p1,.repeat from * to last 4
sts. wrn, p1.p2 tog, p1

4th row purl.

5th row knit

6th row purl

7th row . p1, p2tog, p1, p1,* wf,
k1wrn, p1, p3 tog, p1,repeat from *to
last 4sts. wrn, p1, p2 tog, p1

8th row purl

Hold stitches on spare needle

ROUND YOKE DECREASE

Starting from R. Front

R. Front. k8. (k2 tog K4) 3 times
(23 sts)

Sleeve k3. (k2 tog, k2) 6 times
(21 sts)

Back. k2, k2 tog to last stitch, k1
(34 sts) Total 122 sts

Sleeve k3, (k2 tog, k2) 6times
(21 sts)

L Front (k4, k2 tog) 3 times. K8
(23 sts)

Decreasing

1 st row. knit

2nd row. k1, k2 tog, wf, . knit to the
end

3rd row. knit

4th row. k11,* sl 1, k1, pssso,k2 tog,
k8. rep.from* to last 15 sts, sl 1, k1,
pssso, k2 tog, k11. (104)

5th row. k4 purl to last 4 sts k4

6th row. knit

7th row. k4 purl to last 4 sts k4

8th row k10,* sl 1, k1, pssso, k2 tog,
k6 rep. from* to last 14 sts sl 1, k1,
pssso, k2 tog, k10 (86)

9th row. k4, purl to last 4 sts. K4

10th row knit

11th row k4 purl to last 4 sts. K4

12th row k9,* sl 1, k1, pssso, k2 tog,
k4.rep. from* to last 13 sts sl 1, k1,
pssso, k2 tog, k9 (68)

13th row k4 purl to last 4 sts k4

14th row knit

15th row k4 purl to last 4 sts k4

16th row k8 * sl 1, k1, pssso, k2 tog,
k2 rep. from* to last 12 sts. Sl 1, k1,
pssso, k2 tog, k8 (50)

Change to No 3.00 needles

1st row knit

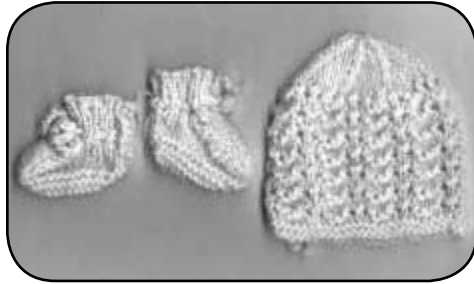
2nd row k1, k2 tog, wf, knit to end

continued on page 9

Alexander's Round Neck Cardigan

continued from page 8

of row. (buttonhole)
 3rd row knit
 4th row Cast off.
 Sew up (1/2 inch) from sleeve to back and fronts at top from yoke down



Bonnet

Cast on 55 stitches
 Knit 3 rows garter stitch
 Pattern
 1st row knit
 2nd row k3, purl to last 3 sts k3
 3rd row k4 * wrn, p1, p3 tog, p1, wf, k1. repeat * to last 3 sts k3
 4th row k3, purl to last 3 sts. k3.
 Repeat last 4 rows 6 times
 Next row decrease (7 sts.) k6. (k2 tog, k5) 7 times (48)
 Next row purl
 Shape Crown
 1st row. k4, k2 tog, repeat to end of row (40)
 2nd and alternate rows. purl
 3rd row. k3, k2 tog. Repeat to end of row (32)
 5th row k2, k2 tog. Repeat to end of row (24)
 7th row. k1, k2 tog. Repeat to end of row (16)
 9th row k2 tog. Repeat to end of row (8)
 Thread wool through sts and sew up crown.

Bootees

Cast on 21.
 1st row k1. increase, k7. increase k1. increase. k7 increase. k1. (25)
 2nd row knit.
 3rd row k1. increase. k9 increase. k1. increase. k9. increase. k1 (29)
 4th row knit.
 5th row. k1, increase. k11 increase. k1.increase.k11. increase. k1. (33)
 6th row. knit.
 7th row. k1. increase. k13. increase. k1. increase.k13.increase.k1. (37)
 8th row p2 tog, p33, p2 tog. (35)
 9th row knit
 10th row purl.
 Next row k21. k2 tog turn.
 Next row. purl 7, purl 2 tog, turn
 Next row. k7, k2 tog, turn.
 Continue in this manner until 24 sts are left on the needle purl to end of row.
 Rib 2 rows
 Next row. k1, wool forward k2 tog. Repeat to end of row (ribbon holes)
 Rib 5 rows
 Cast off loosely in Rib
 Make chain corf

Thanks to **Denny Kelly** for sharing her creative skills with Care Wear Volunteers. (Note: yarn & needle sizes are not US. 3.25mm equals US size 3 needles. 4 ply yarn is baby sport or baby yarn)



I suspect that many of you share my delight with the readings and programs with Garrison Keillor. I especially like his closing quotation.
"Keep well. Do good work. And Keep in Touch."



Barbara Brewster

one of the founding members of Care Wear. She was one of the original volunteers who responded to the first call for help with this project. In fact, she thought of the name, Care Wear. Barbara has been Board Member--Treasurer since Care Wear Volunteers incorporated. An avid crocheter and sewer, she enjoys making blankets, kimonos, hats, etc. The mother of a daughter who spent two months in a NICU, and grandmother of two preemies, she can identify with parents who appreciate our efforts to bring warmth and caring to difficult situations.

A native of New Hampshire, Barbara lives with her husband Calvin in Middletown, MD on a three acre home in the country. They enjoy both vegetable and flower gardening and also have a large berry patch for making several types of jam. Their 15 grandchildren enjoy summer squirt gun fights, playing ball and just rolling down the hill in the grass! Two additions to the home and a new patio give plenty of room for all. Barbara makes frequent visits back to NH to see her family, including her mother, who will turn 90 in November.

Barbara's other charitable work has been with Big Brothers Big Sisters. In addition to being a board member, she was a Big Sister to Tiffany for 13 years. Tiffany was a real part of the family from the age of 6.

A graduate of Hood College with a degree in Business Management, Barbara has her own Accounting/Bookkeeping business in Frederick. Accounting Software Services employs 5 bookkeepers, doing all areas of accounting and payroll for small businesses throughout Frederick county. She works closely with CPAs in the area to help keep businesses on track between tax seasons.

Care Wear Volunteers owes a big "THANK YOU" to Barbara for her contribution of time, talent, and enthusiasm to the Care Wear Volunteers organization.

Joshua's Round Neck Cardigan

In Memory of My Second Grandson



4 Ply Wool. No 3.25 needles
(5 stitch repeat)

Back and Fronts in one

Cast on 105 stitches

Knit 5 rows garter stitch for band

Pattern

1st row knit

2nd row k4 purl to last 4 sts k4

3rd row k6 *wf, sl 1, k2 tog, pssso, wf, k2, repeat to last 4 sts, k4

4th row. k4, purl to last 4 sts. k4

Repeat last 4 rows to work is 4 1/2 inches ending with 4th row

Divide for fronts and back

Knit 26 sts, cast off 4 sts, knit 45 sts, cast off 4 sts, k 26 sts.

Knit another 7 rows of pattern on each front and back as follows.

L Front. (26 sts)

1st row. k4, purl to end of row

2nd row k2, * wf, sl 1, k2 tog, pssso, wf, k2. repeat from* to lat 4sts k4

3rd. row k4, purl to end of row

4th row knit

5th row . k4, purl to end of row

6th row k2 * wf, sl 1, k2 tog, pssso, wf, k2. repeat from * to last 4 sts, k4

7th row k4, purl to end of row

Hold stitches on spare needle

Back (45 sts)

Rejoin wool

1st row. purl

2nd row k1, * wf, sl 1, k2 tog, pssso, wf k2. repeat * to last 4 sts. sl 1, k1, pssso, k2

3rd row. purl

4th row knit

5th row purl

6th row k1, * wf, sl 1, k2 tog, pssso, wf k2. repeat * to last 4 sts. sl 1, k1, pssso, k2

7th row Purl

Hold stitches on spare needle

R Front (26 sts)

Rejoin wool

1st row. purl to last 4 sts k4

2nd row k6, * wf, sl 1, k2 tog pssso, wf, k2. repeat from * to end of row

3rd row purl to lat 4 sts k4

4th row knit

5th row purl to last 4 sts k4

6th row k6 *wf, sl 1, k2 tog, pssso, wf, k2, repeat to end of row

7th row purl to last 4 sts k4

Do not break off wool

Sleeve

Cast on 24 stitches, knit 2 rows garter sts

3rd row inc. k3 * inc in next st, k2. repeat from * to end of row (31sts).

Pattern

1st row knit.

2nd row purl.

3rd row. k1. * wf, sl 1, k2 tog, pssso, wf, k2. to end of row.

4th row. purl

Repeat last 4 rows to 4 1/2 inches.

Next decrease at armhole

1st row cast off 2 sts, knit to end

2nd row cast off 2 sts. purl to end (27 sts)

3rd row. sl 1, k1, pssso. * wf, k2. wf, sl 1, k2 tog, pssso, to last 5 sts. wf, k2, wf, sl 1, k1, pssso, k1

4th row purl

5th row. knit

6th row. purl

7th row. sl 1, k1, pssso, * wf, k2, wf, sl 1, k2 tog pssso, to last 5 sts wf, k2, wf, sl 1, k1, pssso, k1.

8th row. purl.

Hold stitches on spare needle

ROUND YOKE DECREASE

Starting from R. Front

R. Front. k8. (k2 tog K4) 3 time s (23 sts)

Sleeve k3. (k2 tog, k2) 6 time s (21 sts)

Back. k2, k2 tog to last stitch, k1 (34 sts) Total 122 sts

Sleeve k3, (k2 tog, k2) 6time s (21 sts)

L Front (k4, k2 tog) 3 times. K8 (23 sts)

Decreasing

1 st row. knit

2nd row. k1, k2 tog, wf, . knit to the end

3rd row. knit

4th row. k11, * sl 1, k1, pssso, k2 tog, k8. rep. from* to last 15 sts, sl 1, k1, pssso, k2 tog, k11. (104)

5th row. k4 purl to last 4 sts k4

6th row. knit

7th row. k4 purl to last 4 sts k4

8th row k10, * sl 1, k1, pssso, k2 tog, k6 rep. from* to last 14 sts sl 1, k1, pssso, k2 tog, k10 (86)

9th row. k4, purl to last 4 sts. K4

10th row knit

11th row k4 purl to last 4 sts. K4

12th row k9, * sl 1, k1, pssso, k2 tog, k4. rep. from* to last 13 sts sl 1, k1, pssso, k2 tog, k9 (68)

13th row k4 purl to last 4 sts k4

14th row knit

15th row k4 purl to last 4 sts k4

16th row k8 * sl 1, k1, pssso, k2 tog, k2 rep. from* to last 12 sts. Sl 1, k1, pssso, k2 tog, k8 (50)

Change to No 3.00 needles

1st row knit

2nd row k1, k2 tog, wf, knit to end of row. (buttonhole)

continued on page 11

Joshua's Round Neck Cardigan

continued from page 10

3rd row knit

4th row Cast off.

Sew up) (1/2 inch) from sleeve to back and fronts at top from yoke down



Bonnet

Cast on 54 stitches

Knit 3 rows garter stitch.

Pattern

1st row knit.

2nd row k2, purl to last 2 sts, k2

3rd row. k3, * wf, sl 1, k2 tog pss0, wf k2. to last stitch, k1

4th row k2, purl to last 2 sts. k2

Repeat last 4 rows 6 times

Next row. decrease. k6. * k2 tog, k6 sts to end of row (48 sts)

Next row. purl.

Shape crown

1st row. k4, k2 tog to end of row (40)

2nd and alternate rows purl

3rd row. k3, k2 tog. to end of row (32)

5th row. k2 k2 tog. to end of row (24)

7th row k1, k2 tog. to end of row (16)

9th row. k 2 tog. To end of row (8)

Thread wool through sts and sew up crown.

Bootees

Cast on 21.

1st row k1. increase, k7. increase k1. increase. k7 increase. k1. (25)

2nd row knit.

3rd row k1. increase. k9 increase. k1. increase. k9. increase. k1 (29)

4th row knit.

5th row. k1, increase. k11 in-

crease. k1.increase.k11. increase. k1. (33)

6th row. knit.

7th row. k1. increase. k13. increase. k1. increase.k13.increase.k1. (37)

8th row p2 tog, p33, p2 tog. (35)

9th row knit

10th row purl.

Next row k21. k2 tog turn.

Next row. purl 7, purl 2 tog, turn

Next row. k7, k2 tog, turn.

Continue in this manner until 24 sts are left on the needle purl to end of row.

Rib 2 rows

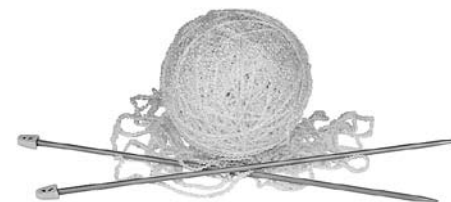
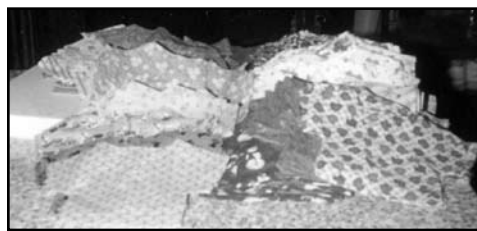
Next row. k1, wool forward k2 tog. Repeat to end of row (ribbon holes)

Rib 5 rows

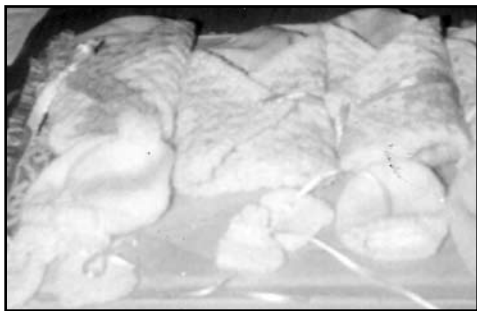
Cast off loosely in rib

Make chain cord

Thanks to **Denny Kelly** for sharing her creative skills with Care Wear Volunteers. (Note: yarn & needle sizes are not US. 3.25mm equals US size 3 needles. 4 ply yarn is baby sport or baby yarn)



*Finished items made by **Ester Elian** of Skowhegan, Maine.*



Laurie Adams (National City Mortgage, Sacramento, CA) and her group are still producing BEAUTIFUL layette items for area hospitals. Their 2006 project continues to help hospitalized children. BRAVO to all who participate!

Stitched With Love

Kathy Vish • 1308 Bayshire Lane, Herndon, VA 20170-3606 • kvish001@yahoo.com

What to do with all those scraps...

Recycling and reusing are all the rage today. But women throughout American history have been recycling clothes, blankets, curtains, even feed sacks, into useful quilts to warm their families. So carry on this tradition and make useful items with your scraps of fabric.

If you are like me and hate the cold, you will be inside most of the time during the coming winter. I usually take this opportunity to clean out and organize closets and drawers. You may be surprised what you have stored away, what is just taking up space. Here are some suggestions to get those scraps out of your house, and turn them into useful items for someone else.

Fabric scraps:

- Fabrics suitable for Care Wear projects must be WASHABLE, AND SOFT. Suggested fabrics include 100% cotton fabrics, cotton/poly blend fabrics, cotton flannel, and fleece. Upholstery fabrics and denim are suitable for making the wheelchair caddies only. Please do not use wool or wool blends, since some people have allergies to them. If you don't know the fiber content, it is best to not use it.
- Please wash fabrics BEFORE making Care Wear items. To wash a lot of smaller pieces, pin them into a pillowcase or mesh laundry bag. Use detergent but not fabric softener. Some people are sensitive to the perfumes. If the fabric has a musty smell, chances are it won't wash out, so best to not use it. Fabrics can shrink, and no two fabrics will shrink the same amount in the lengthwise and crosswise directions. So, preshrinking (by washing and drying) is critical when combining fabrics in a pieced project.
- If the scraps are big enough, you can use

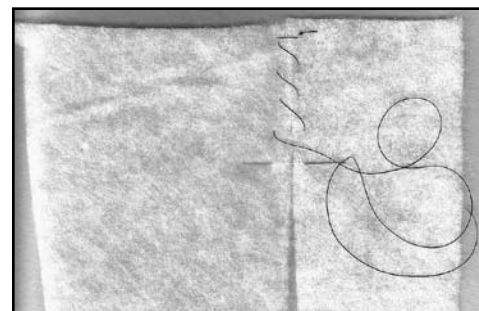
them to make toys, chemo hats, kimonos, burial gowns etc. Smaller pieces can be turned into bibs. Don't be afraid to make the two sides of the bibs or toys in different fabrics.

- Consider combining many different fabrics into a baby quilt or lap robe. Fleece should only be used with fleece. Cotton fabrics may be used with flannel, as long as they have all been pre-washed. Using many fabrics makes the finished quilt more interesting and colorful. Babies (and moms) like color, so use a mixture of lights, mediums and dark fabrics. Go beyond the pastels... Try the Simple Block Baby Quilt that follows.
- Quilt blocks leftover from other projects can be sewn together to make "fabric". If the blocks aren't all the same size, sew strips of fabric around the smaller ones like a frame, then trim them all to the same size. Also if you have strips or strip-sets leftover, sew those together to create "striped fabric". Use the "fabric" to make toys or bibs.
- If you don't have many fabric scraps and want to try making a quilt, consider asking friends, pool your scraps, and make a quilt together. Next time you are in the fabric store check out the remnant bin. Remnants are pieces of fabric that are left over, that the store isn't selling. The longer a remnant stays in the bin, the cheaper it is. This is a good place to find kids prints and smaller pieces of fleece. Challenge yourself and buy several that you might never sew for yourself, but that would be fun for the kids.

Batting Scraps

- Consider saving batting strips you cut off when making quilts. Polyester batting pieces can be used to stuff toys. It can get a little lumpy, so mix it with fiberfill for a smoother look. Consider putting batting between the two layers of fabric in bibs. You will need to quilt or tie the larger bibs, so the batting doesn't separate when laundered. You can tie with the knots on the back if desired.
- You can sew smaller pieces of batting

together to make one big enough for a quilt. Make sure the pieces of batting have the same fiber content – don't mix cotton and poly pieces together. Cotton shrinks when washed, the poly does not. Just align two pieces of batting with edges touching. Whipstitch them LOOSELY together by hand, using white or a light colored thread. Knot both ends of the stitching securely.



Rickrack, Lace, and Other Trims

- Since the baby Care Wear items are quite small, it only takes a few inches of trim to dress them up. Consider adding lace or piping to kimonos and burial gowns. Rickrack looks good around the outer edges of bibs. Just make sure that the trim is washable and sewn securely. Do not use beaded trim, or anything that can come off and be swallowed. Do not use buttons.

Simple Block Baby Quilt

Skill Level: Beginner

Finished size: 32 inches x 32 inches

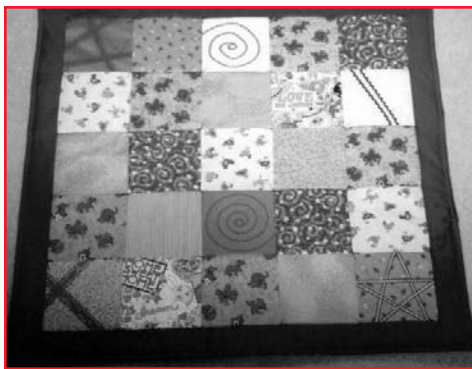
Supplies:

- 25 6-inch squares of fabric for the blocks

continued on page 13

Stitched With Love

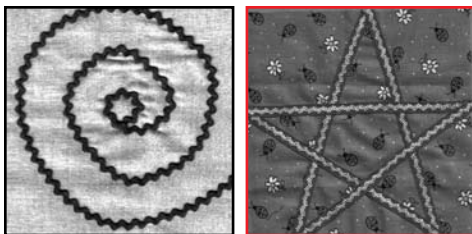
continued from page 12



- 1/3 yard fabric for borders
- 35x35 inch piece of low loft batting (cotton, poly or blend)
- 35x35 inch piece of fabric for the backing
- Sewing thread
- Assorted scraps of trims (optional)
- Cutting tools (rotary cutter, ruler, mat, or scissors)
- Iron
- Pins

Cut scraps into 6-inch squares using a rotary cutter, ruler and mat. If you don't have rotary cutting supplies, you can use a 6x6 inch piece of lightweight cardboard. Trace around the cardboard onto fabric and cut out with scissors. Use a variety of light, medium, and dark fabrics in fun colors and patterns.

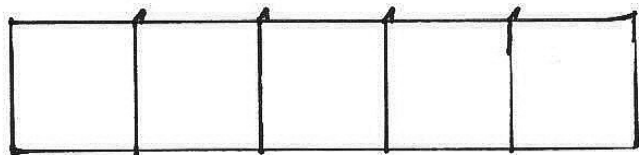
Arrange the blocks in five rows of five in a pleasing arrangement. It is helpful to pin small pieces of paper to the first block in each row identifying the row number. If you have some blocks that are plain, consider adding trims to them. Just keep the corners of the blocks free of trims, to reduce bulk when blocks are sewn together. Here are some ideas:



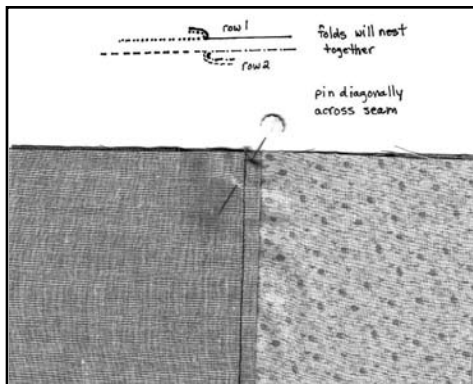
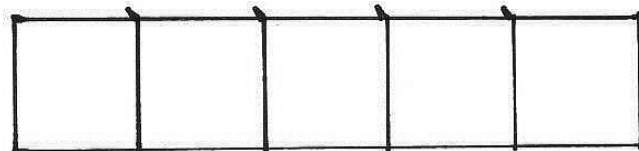
Sew the blocks together into horizontal rows with a 1/4 inch seam allowance. Press all of the seams in rows 1, 3, and 5 toward the RIGHT. Press all of the seams in rows 2 and 4 to the LEFT.

PRESS SEAM ALLOWANCES IN OPPOSITE DIRECTIONS

row 1,
3 and 5



rows
2 and 4



Pin rows 1 and 2 together, interlocking the seams at the intersections and pin as shown. You can add other pins, as you feel necessary.

Sew together with 1/4 inch seam, stopping just before each pin to pull it out. Add row 3 to row 2 and so on, until all five rows are joined. Press all seams in one direction (towards the top or the bottom of the quilt).

Measure all sides of the quilt top. If you were perfect in cutting and sewing, they all should measure 28 inches. But we are not perfect, so some adjustments can be made. Measure two opposite sides and average those measurements.

Cut two strips of border fabric that av-

erage length, by 3 inches wide. Sew them to opposite sides of the quilt top. Sew with the longer piece on the BOTTOM. The feed dogs of the machine help ease in the extra length. Press the seams toward the border. Now measure the top and bottom sides, and average those measurements. Cut 2 strips that average length, by 3 inches wide. Sew these borders to the top and bottom of the quilt top in the same manner. Press seams towards the border. Here is an example of the calculations:

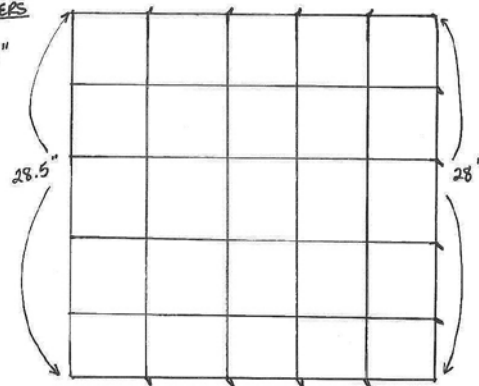
CALCULATING BORDER LENGTHS

EXAMPLE: SIDE BORDERS

$$\frac{28.5 + 28}{2} = 28.25"$$

CUT 2 BORDERS

$$28.25" \times 3"$$

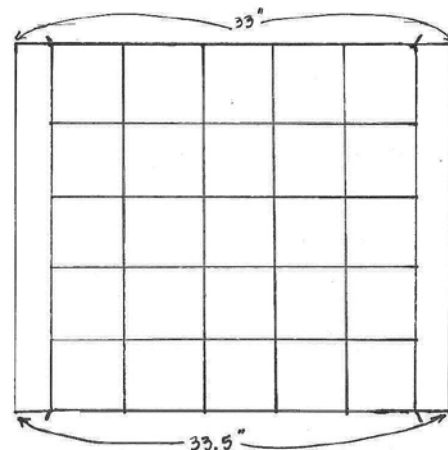


EXAMPLE: TOP & BOTTOM BORDERS

$$\frac{33.5 + 33}{2} = 33.25"$$

CUT 2 BORDERS

$$33.25" \times 3"$$



continued on page 14

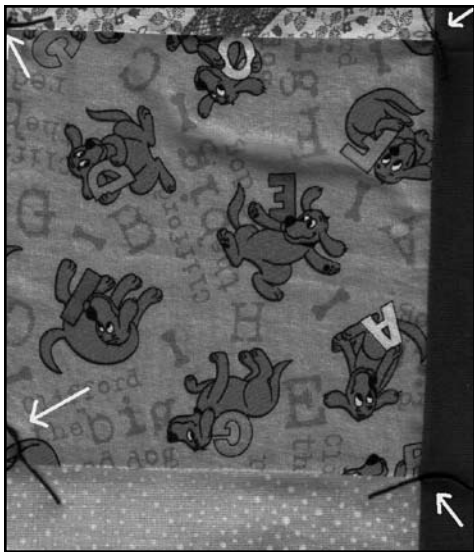
Stitched With Love

continued from page 13

Lay batting on a table or floor, smoothing out wrinkles as much as possible. Put backing fabric RIGHT SIDE UP on top of batting centering it and smoothing out wrinkles (iron it if necessary). Place quilt top RIGHT SIDE DOWN on top of backing, centering it and smooth out any wrinkles. The batting and backing should extend about an inch beyond the top on all sides. Pin all three layers around the outside edge, getting it as smooth as possible without stretching.

If you have a walking foot for your machine, put it on now. If you don't have one, I strongly recommend you get one if you plan to make more quilts. It is a pressure foot that helps feed the multiple (especially the batting) layers evenly as you sew. Without a walking foot, you may sew to a corner and find your batting is shorter than the quilt top.

Starting in the middle of one side, start sewing around the quilt top, 1/4 inch from the edge, reinforcing with backstitching at the corners. Stop sewing about 10 inches from where you started, leaving an opening to turn the work. Trim off the extra backing and batting even with the quilt top. Clip the corners at a diagonal close to stitching to reduce bulk. Turn the quilt right side out and press the edges. If using poly batting, use a warm but not hot setting so you won't melt the batting. Pin the opening closed, tucking the raw edges inside and hand whipstitch them closed



The Wednesday afternoon Craft Group of Homewood Senior Residence requests assistance. Few group members sew, but they are willing & able fiberfill stuffers! Homewood's Activities Director provides fiberfill for their projects. If you would be willing to cut, sew, clip, & turn fabric bunnies or bears, please send them to:

Mary Kay Huber-Leslie

Apt # 314, 7401 Willow Road
Frederick, MD 21702

Mary Kay coordinates this group and will see that the finished bunnies and bears (or other animal shapes) are donated to Frederick Memorial Hospital or to me to mail to other hospitals.

FYI: Frederick Memorial Hospital gives a toy to every child in the ER--to calm and distract. It works like a charm!!!! (NOTE: Please leave a reasonably large opening--on a non-curved section of the toy--for the ladies to stuff the fiberfill.)

THANKS.

with matching thread. Topstitch around the quilt top a consistent distance from the edge.

Your quilt needs to be tied or quilted. If you don't secure the batting, it will come apart and clump when the quilt is washed. The batting package will tell you how closely to tie or quilt. Detailed instructions for tying a quilt follow.

Tying a Quilt

You will need a large-eyed needle with a sharp point and thread for tying. Embroidery floss (6 strands) works well as does crochet cotton (any size). Pearl cotton is too slippery and the knots do not stay tied. You can also use acrylic yarn but it tends to fuzz after several washings.

Thread the needle with a length of thread no longer than 24 inches long. For the Simple Block Baby Quilt you can tie the quilt at the intersections of the blocks and where the blocks intersect with the borders. This results in ties every 5.5 inches, which should be close enough for most types of batting. Lay the quilt RIGHT SIDE UP on a table and smooth out any

wrinkles from the front and back. At a seam intersection, insert needle from front to back, through all three layers, and back up diagonally under the seam intersection. Tie an overhand knot, like you were knotting a shoelace, close to the quilt top. Tie it three times so it will stay secured. Trim the ends of the tie to 1/2 inch. Repeat for all intersections. You can add ties in the center of each square if desired, or if the batting recommends closer quilting.





BERNAT BABY BUBBLES

■ ■ □ □ **Zig-Zag Lace Blanket (to knit)**

MEASUREMENTS

Approx 35 ins [89 cm] wide by 40 ins [101.5 cm] long.

MATERIALS: Bernat Baby Bubbles (70 g/2.4 oz) 75714 (Bubblicious) **7 balls**

Size 6 mm (U.S. 10) circular knitting needle 24 ins [60 cm] long **or size needed to obtain gauge.**

GAUGE: 14 sts and 19 rows = 4 ins [10 cm] in stocking st.

INSTRUCTIONS

Cast on 94 sts.

Knit 3 rows, noting 1st row is WS and inc 12 sts evenly across last row. 106 sts.

1st row: (RS). K4. *K2tog. yfwd. Rep from * to last 4 sts. K4.

2nd and alt rows: K3. Purl to last 3 sts. K3.

3rd row: K5. *K2tog. yfwd. Rep from * to last 5 sts. K5.

5th and 9th rows: As 1st row.

7th and 11th rows: As 3rd row.

13th row: As 1st row.

15th row: K1. *yfwd. Sl1. K1. pssso. Rep from * to last st. K1.

17th row: K2. *yfwd. Sl1. K1. pssso. Rep from * to last 2 sts. K2.

19th and 23rd rows: As 15th row.

21st and 25th rows: As 17th row.

27th row: As 15th row.

28th row: K3. Purl to last 3 sts. K3.

These 28 rows form Zig-Zag lace pat.

Cont in pat until work from beg measures approx 39 ins [99 cm], ending on 14th or 28th row of pat.

Next row: Knit, dec 12 sts evenly across. 94 sts. Knit 2 rows. Cast off knitwise (WS).



BERNAT BABY BUBBLES

■ ■ □ □ **Hat and Scarf (to knit)**

MEASUREMENTS

Scarf: Approx 6 x 40 ins [15 x 101.5 cm], excluding fringe.

Hat: To fit child 2/4 (6) yrs.

MATERIALS

Bernat Baby Bubbles (70 g/2.4 oz) 75620 (Sweetie Bubbles) (both sizes)

Scarf **Hat** **Set**
2 **2** **3** **balls**

Size 8 mm (U.S. 11) knitting needles **or size needed to obtain gauge.**

GAUGE: 12 sts and 20 rows = 4 ins [10 cm] in garter st.

INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ().

SCARF

Cast on 18 sts. Proceed in garter st (knit every row) until Scarf from beg measures 40 ins [101.5 cm]. Cast off knitwise.

Fringe: Cut yarn 8 ins [20.5 cm] long. Taking 3 strands tog, knot into fringe across ends of Scarf.

HAT

Note: Hat is made in 1 piece.

Cast on 46 (52) sts. Proceed in garter st (knit every row) until work from beg measures 10 (11) ins [25.5 (28) cm]. Cast off knitwise.

FINISHING: Fold piece lengthwise. Sew top and side seam, reversing last 3 ins [7.5 cm] for turnback.

Tassel: (Make 2). Cut a piece of cardboard 4½ ins [11.5 cm] wide. Wind yarn around cardboard 30 times. Break yarn leaving a long end and thread end through a needle. Slip needle through all loops and tie tightly. Remove cardboard and wind yarn tightly around loops 1 inch [2.5 cm] below fold. Fasten securely. Cut through rem loops and trim ends evenly. Sew Tassels to corners of Hat as shown in picture..

ABBREVIATIONS

www.bernat.com/glossary.php



P.O. Box 40 Listowel ON N4W 3H3

"home style... life style... your style."

Many thanks to Bernat for their permission to reprint patterns in this newsletter. For additional patterns see their website: <http://www.bernat.com>



It is hard to show you how marvelous the Hood College Whitaker Campus Commons Room looked with 122 people working hard to make hats, booties, toys, quilts, and surgical/cough pillows. The room is very large and has a balcony surrounding it. This photo was taken from the balcony. Thank you to everyone who participated (being here, sending supplies or finished items, providing lunch and snacks, helping with set-up, clean up, etc...). You made a big difference for 1744 hospital patients.



: Bunny production! While off on a break, supplies for bunny production wait for the return of the volunteers. We had ribbon, fiberfill, pre-sewn bunnies (and other animal shapes), needles & thread, and chopsticks to help get that fiberfill into the ears and other extremities of the toys.



Here is a view of knit and crochet instruction--as seen from the balcony of the Campus Commons Room. Although the day started with clouds and showers, the sun came out and the day was beautiful! Everyone found a comfortable place to work and had the support and encouragement of others in the room. It was also great to be able to see all of the various projects underway. I noticed several people taking a short break to walk around--stretching the legs and greeting new friends.

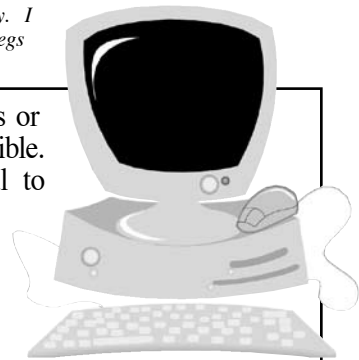
Natalie Van Kirk is now making sweater sets for Peace River Regional Medical Center (FL). She is using her "easy gown" pattern, and just adding 5 extra stitches. Here is photo of one of the sets. She wrote, "This photo is showing lower tie smaller, I'm making both ties that smaller size, as I think it looks better.

That lower tie, I just loop through the sweater, so if they rather not use it, all they have to do is pull it out, or move it elsewhere.

When I first started making items for them, I asked if they would like any special colors, and I was told no. I only used soft pastel colors, and very little yellow. But now they expressed a preference for pink & blue items. I'll be using pink and blue (with white mixed in)."

Natalie

If you have patterns, photos, e-mail thank you letters or information to share, please send via e-mail if that is possible. The easiest way for me to deliver newsletter material to **Margie Hunter** is via e-mail. Having the material in electronic form provides the clearest reproduction in the newsletter. Clarity is lost when hardcopies must be scanned into the computer and time is lost when I have to mail envelopes to Margie. For those who do not have Internet access, OF COURSE, I welcome hardcopies in the U.S. mail. But, if there's a choice, please opt for e-mail to hagerman@hood.edu. Please clearly PRINT names, text, group name, and location for each photo.



Remember that I prepare newsletters two months before the distribution month. This September newsletter will be finished and delivered to the printer on August 1st. Anything received after Margie & I finish an issue will be saved for the next issue.

Another "thank you" to Margie for contributing her expertise to Care Wear Volunteers.

Cute Pink Crochet Hat

(see website: <http://www.carewear.org> Patterns Page)

I received permission to reprint this similar pattern for those who admired that style and wanted to make a few.

Sincere thanks to Barbara Wampler for sharing her expertise and concern for children.

In case of questions, contact Barb ([craftymimi@comcast.net](mailto:craftermimi@comcast.net))

Barb & Cita's Crochet Hat

Materials:

White Crochet Thread Size 10 (Bedsread Weight), Fingering/Baby Yarn

1/4" Ribbon

Size 2, 3 or 4 Steel Crochet Hook

Use small size hook with yarn

Instructions:

Ch 6, join with sl st in form ring.

Rnd 1: Ch 3, 17 dc in ring, join with sl st in top of ch 3. (18 dc)

Rnd 2: Ch 3, skip 1st dc, sc in next dc, (ch 3, skip next dc, sc in next dc) repeat around, join in bottom of ch 3. (9 ch 3 loops)

Rnd 3: Sl st in first ch 3 loop, ch 3, 3 dc in loop, (ch 3, 4 dc in next ch 3 loop) repeat around, join with sl st in top of ch 3. (9 4 dc groups)

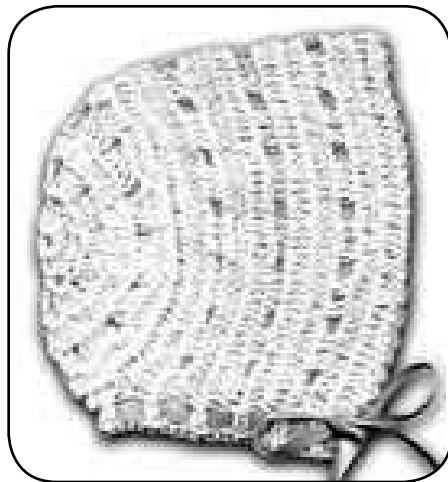
Rnd 4: Ch 3, dc in each dc and 3 dc in each ch 3 loop working "4" dc in 2 of the ch 3 loops, join. (65 dc)

Rnd 5: Ch 3, dc in next 3 dc, (ch 3, skip 2 dc, dc in next 4) repeat around ending with ch 3, skip 1, join. (11 4 dc groups)

Rnd 6: Ch 3, dc in each dc and 3 dc in each ch 3 loop, ending with 2 dc in last ch 3 loop, join. Ch 3, TURN. (76)

Crown:

Row 1: (Wrong Side and will form ridge for the crown) Dc in post of each dc, leaving last 12 dc's unworked for back. Ch 3, turn.



Row 2: Dc in each dc and in top of ch 3, ch 3, turn. (64)

Row 3: Dc in next 3 dc, (ch 2, skip 2, dc in next 4) repeat around ending with last dc in top of ch 3. Ch 3, turn. (11 4 dc groups)

Row 4: Dc in each dc and 2 dc in each ch 2 loop, dc

in top of ch 3, ch 3 turn.

Row 5-8: Repeat Rows 2-4 and then Row 2. Do not fasten off. Ch 3 and you'll now work neck band (right side facing).

NOTE: For larger hats follow pattern and add a few extra rows before starting neck band.

Neck Band and Brim:

Row 1: (Eyelet row) Dc in same space, *ch 1, 2 dc in side st of dc row* repeat from * to * across bottom ending with 1 dc in top of ch 3, (I had 21 2dc groups..you want an uneven number). Now sl st in side of dc just made and in the 1st dc along front of hat, *ch 3, skip next st, sc in next* repeat from * to * across. Fasten off. Thread ribbon through eyelet row.

© 1999 Barbara A. Wampler

You may use this pattern for charitable purposes only. Neither the pattern nor items produced from this pattern are to be sold. Do not publish or post this pattern without my written permission.

Volunteer Regional Representatives

One year ago (March 2006 newsletter) I began recruiting Volunteer Regional Representatives to help me with hospital updates and "recruiting" tasks. The long list of hospital updates that appears in this newsletter comes to you thanks to the efforts of a number of dedicated Care Wear Volunteers participants/regional representatives. Thank you to all of them!

#1 priority for Regional Reps is to help me update the hospital list for your area. I want to be sure that the hospital list on the website contains correct information (address, contact persons, needs, etc.). Regional Reps can send me corrections via USPS mail or e-mail.

#2 priority for Regional Reps is to help me add new hospital listings to the Care Wear Volunteers hospital list. Regional Reps are asked to contact other area hospitals. If those hospitals would like to be on our hospital list, Regional Reps send me the details via USPS mail or e-mail.

#3 priority for Regional Reps is to help me "recruit" new participants. This might involve telling local knitting, crochet, quilting, or craft groups, Activities Directors at Senior Centers/residences, or other groups about Care Wear and giving out pattern booklets. I will send a box of pattern booklets and brochures for the Regional Reps to distribute to prospective participants.

There is no timetable for these tasks. As mentioned above, the most important task is to ensure that hospital listings on our website are correct. Once that's done, the Regional Reps can work on the other two priorities--as time permits. Contact me, if you would like to do this for your community/county/state. At this time I do have Regional Reps for the following areas: Sacramento-CA, FL, NV, Houston-TX, eastern PA, southwestern PA, Denver-CO, AZ, ND, KS, MO, and Canada.

Even if you are not a Regional Representative, please send me any hospital corrections that you discover. Please be sure to indicate the hospital name/state. (There are a lot of Children's Hospitals across the USA!!!) I appreciate your help.



Martha Paul sent these ADORABLE burping pads as well as a collection of fabric bears to Care Wear for Make A Difference Day. What beautiful workmanship! A+ (I taught Home Economics for 28 years and award A+ for Martha's work!!!)



Attn: Care Wear Volunteers participants using Macintosh computers
Faith Holcombe (fholcombe@comcast.net) has written instructions for creating graph paper and for graphing a pattern using the spreadsheet function. She is happy to share those directions with anyone who contacts her. The directions might work with any spreadsheet program.



Care Wear Volunteers is now listed on GoodSearch.com, which is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo! Just go to

www.goodsearch.com

and be sure to enter Care Wear Volunteers as the charity you want to support. Every penny helps!

Thanks for spreading the word and thanks to anyone who opts to use this search engine.

I received a telephone message that after loading the www.goodsearch.com search engine to her computer, a participant in Care Wear Volunteers discovered a worm or virus on her machine. This is the one and only report that I had of such a problem, but I send out warnings to everyone to be sure that your virus protection is up to date while working on the Internet. My apologies if the computer did pick up a problem while loading this search engine.



Care Wear Volunteers – Join an RSVP group near you!

On behalf of RSVP, I would like to invite you as a Care Wear Inc. volunteer to join the Retired and Senior Volunteer Program (RSVP), a national volunteer program for 55+ adults. Nationwide, over 480,000 RSVP volunteers serve at an estimated 65,000 local organizations, providing over 80 million hours of volunteer service in their communities. RSVP is a network of programs all over the U.S. – if you join, **we can connect you with a RSVP program in your local community.**

If you are new to Care Wear, Inc. or are a long time volunteer, here's why it's important to join: Your hours of service and involvement in the community are documented by RSVP, and reported to Congress. Your efforts, as well as the contributions of other RSVP volunteers, indicate to our elected officials the extent to which older Americans are making a difference in their community. This helps support programs such as Social Security and Medicare.

Membership in RSVP is **FREE**, and RSVP volunteers receive the following benefits:

- FREE supplemental automobile liability insurance coverage to and from volunteer assignments.
- FREE volunteer liability and personal injury insurance coverage.
- Invitations to special local RSVP volunteer recognition events.
- Nominations for state and national recognition awards.
- Personalized consultation and placement if you are interested in exploring new volunteer opportunities.

To register for RSVP – visit www.volunteerfrederick.org/rsvp, click on “joining RSVP” in the large multicolored box, complete the registration form and mail to: Volunteer Frederick RSVP, 31 W. Patrick St., L2, Frederick, MD 21701. Or, you can call Volunteer Frederick at 301-663-5214. I welcome all Care Wear Volunteers, Inc. volunteers in advance to RSVP.

301-663-5214
Attn: RSVP Coordinator



#225 BABY'S HAT AND BOOTIES (TO CROCHET)

SIZE

Hat and Booties: To fit baby 6-12 mos.

MATERIALS

Bernat Cottontots

(Solids: 100 g/3.5 oz/Ombres: 85 g/3 oz)

Main Color (MC)

(90005 Wonder White)

1 ball

Contrast A

(90128 Little Boy Blue)

1 ball

Size 4.5 mm (U.S.7) crochet hook **or size needed to obtain gauge.**

GAUGE

16 sc and 16 rows = 4 ins [10 cm].

INSTRUCTIONS

HAT

With MC, ch 60. Join with sl st to first ch to form a ring.

1st rnd: Ch 1. 1 sc in same sp as sl st. 1 sc in each ch around. Join with sl st to first sc. 60 sc.

2nd to 4th rnds: Ch 1. 1 sc in each sc around. Join A with sl st to first sc at end of 4th rnd.

5th rnd: With A, ch 1. *1 sc in each of next 3 sc. 1 long sc 2 rnds below. 1 long sc 3 rnds below. 1 long sc 2 rnds below. Rep from * around. Join with sl st to first sc.

6th to 8th rnds: Ch 1. 1 sc in each st around. Join with sl st to first sc. Join MC at end of 8th rnd.

9th rnd: With MC, ch 1. *1 long sc 2 rnds below. 1 long sc 3 rnds below. 1 long sc 2 rnds below. 1 sc in each of next 3 sc. Rep from * around. Join with sl st to first sc.

10th to 12th rnds: Ch 1. 1 sc in each st around. Join A at end of 12th rnd.

Rep 5th to 12th rnds for pat until work from beg measures approx 4 ins [11.5 cm], ending with 5th rnd.

To shape top: 1st rnd: With A, ch 1. *1 sc in each of next 8 sc. *Draw up a loop in each of next 2 sc. Yoh and draw through all 3 loops on hook - sc2tog made.* Rep from * around. Join with sl st to first sc.

2nd rnd: Ch 1. 1 sc in each sc around. Join with sl st to first sc.

3rd row: Ch 1. *1 sc in each of next 7 sc. Sc2tog over next 2 sts. Rep from * around. Join MC with sl st to first sc.

4th rnd: With MC, ch 1. 1 long sc 2 rnds below. 1 long sc 3 rnds below. 1 long sc 2 rnds below. 1 sc in each of next 3 sc. *1 long sc 2 rnds below. 1 long sc 3 rnds below. 1 long sc 2 rnds below. 1 sc in each of next 2 sc. Rep from * around. Join with sl st to first sc.

5th rnd: Ch 1. *1 sc in each of next 6 sc. Sc2tog over next 2 sts. Rep from * around. Join with sl st to first sc.

6th rnd: Ch 1. 1 sc in each st around. Join with sl st to first sc.

7th rnd: Ch 1. *1 sc in each of next 5 sc. Sc2tog over next 2 sts. Rep from * around. Join A with sl st to first sc.

8th rnd: With A, ch 1. 1 sc in each sc around. Join with sl st to first sc.

9th rnd: Ch 1. *1 sc in each of next 4 sc. Sc2tog over next 2 sts. Rep from * around. Join with sl st to first sc.

10th rnd: Ch 1. *1 sc in each of next 3 sc. Sc2tog over next 2 sts. Rep from * around. Join MC with sl st to first sc.

11th rnd: With MC, ch 1. *1 sc in each of next 2 sc. Sc2tog over next 2 sts. Rep from * around. Join with sl st to first sc.

12th rnd: Ch 1. *1 sc in next sc. Sc2tog over next 2 sts. Rep from * around. Join A with sl st to first sc.

13th rnd: Ch 1. *Sc2tog over next 2 sts. Rep from * around. Join with sl st to first sc. Fasten off.

With **WS** of work facing, join A with sl st to any rem loop of foundation ch. Working into rem loops of foundation ch, proceed as follows:

1st rnd: Ch 1. 1 sc in first ch. 1 sc in each ch around. Join with sl st to first sc. 60 sc.

Next rnd: Ch 1. Working from **left** to right instead of from **right** to left as usual, work 1 sc in each sc around for reverse sc. Join with sl st to first sc. Fasten off.

Fold 6 rnds to RS.

BOOTIES

With MC, ch 24. Join with sl st to first ch to form a ring.

1st rnd: Ch 1. 1 sc in same sp as sl st. 1 sc in each ch around. Join with sl st to first sc. 24 sc.

2nd to 4th rnds: Ch 1. 1 sc in each sc around. Join A with sl st to first sc at end of 4th rnd.

5th rnd: With A, ch 1. *1 sc in each of next 3 sc. 1 long sc 2 rnds below. 1 long sc 3 rnds below. 1 long sc 2 rnds below. Rep from * around. Join with sl st to first sc.

6th rnd: With A, ch 1. 1 sc in each st around. Join with sl st to first sc.

7th rnd: Ch 1. 1 sc in first sc. *Ch 1. Miss next sc. 1 sc in next sc. Rep from * to last sc. Ch 1. Miss next sc. Join with sl st to first sc.

To form instep: 1st row: (RS). Ch 1. 1 sc in same sp as sl st. 1 sc in each of next 7 sc.

Turn. 8 sc.

2nd row: Ch 1. 1 sc in each of next 8 sc. Turn.

3rd row: Ch 1. *Draw up a loop in each of first 2 sc. Yoh and draw through all 3 loops on hook - sc2tog made.* 1 sc in each sc to last 2 sc. Sc2tog over last 2 sc. 6 sts.

4th and 5th rows: Ch 1. 1 sc in each of next 6 sts.

6th row: Ch 1. Sc2tog over first 2 sc. 1 sc in each of next 2 sc. Sc2tog over last 2 sc. Turn. 4 sts.

7th row: Ch 1. 1 sc in each of next 4 sts. **Do not turn.**

Working into side of instep, proceed as follows: Ch 1. Work 6 sc in left side of instep. 1 sc in each of next 16 sc. 6 sc in right side of instep. 1 sc in each of next 4 sc. Join with sl st to first sc. 32 sc.

Next 4 rnds: Ch 1. 1 sc in each sc around. Join with sl st to first sc. Join A at end of 4th rnd.

Next rnd: With A, working in back loops only, ch 1. 1 sc in each sc around. Join with sl st to first sc.

Next rnd: Ch 1. Sc2tog over first 2 sts. 1 sc in each of next 12 sc. (Sc2tog over next 2 sts) twice. 1 sc in each of next 12 sc. Sc2tog over last 2 sc. 28 sts.

Next rnd: Ch 1. Sc2tog over first 2 sts. 1 sc in each of next 10 sc. (Sc2tog over next 2 sts) twice. 1 sc in each of next 10 sc. Sc2tog over last 2 sts. 24 sts. Join with sl st to first st. Fasten off.

With RS of work facing, join A with sl st to rem loops of foundation ch. Working into rem loops of foundation ch, proceed as follows:

1st rnd: Ch 1. 1 sc in each ch around. Join with sl st to first sc. 24 sc.

2nd rnd: Ch 1. Working from **left** to right instead of **right** to left, as usual, work 1 reverse sc in each sc around. Join with sl st to first sc. Fasten off.

Sew bottom seam.

Drawstring: With MC, make a chain 18 ins [45.5 cm] long. Fasten off. Thread through eyelets of 7th rnd. Tie ends in a bow.

Many thanks to Bernat for their permission to reprint patterns in this newsletter. For additional patterns see their website: <http://www.bernat.com>

ABBREVIATIONS

www.bernat.com/glossary.php



P.O. Box 40 Listowel ON N4W 3H3

"home style... life style... your style."
www.carewear.org

Seasons Greetings Everyone!

It is Christmas time already. My how quickly times goes! When you all read this I will be about one month out from my due date. Look for pictures of our new addition in the next issue. I know with shopping and parties that time is tight. So this time the NICU Set is worked mostly in motifs and the Going Home Layette has lots of color change to feel as if you're finishing faster. The NICU Set is totally girl, but the Going Home Layette can be made for a boy if the colors are changed.

Merry Christmas and Happy New Year!

Gauge Chart

Size 10 thread and hook size 7 (1.5mm)	3 dc rows = 1" and 7 dc = 1"
Baby Fingering yarn and hook size "D"	4 dc rows = 2 1/2" and 8 dc = 1 1/2"
Baby Sport Yarn and hook size "G"	6 dc rows = 3" and 6" dc = 1 1/2"
Sport Yarn and hook size "I"	3 dc rows = 2" and 7 dc = 2"

A Rose is A Rose NICU Set

Special Note

Not matter what size hat, kimono, and booties you work, make the isolette cover with an "H" hk and light worsted weight yarn so that it is big enough to cover the isolette cover.

Special Stitch

pc-popcorn, work 4 dc in the st indicated, remove hk from lp, insert hk from front to back of first dc and pull working lp through.

Hat

Rnd 1: Ch 3, 12 dc in the 3rd ch from hk, join. 12 dc

Rnd 2: Ch 2, 2 dc in the same st and in each dc around, join. 24 dc

Rnd 3: Ch 2, 2 dc in the same st, dc in the next dc, (2 dc in the next dc, dc in the next dc) round, join. 36 dc

Rnds 4-8: Ch 2, dc in the same st and in each dc around, join.

Rnd 9: Ch 2, pc in the same st, dc in the next st, (pc in the next st, dc in the

next st) around, join.

Rnd 10: Ch 1, rsc in each dc and pc around, join, finish off.

Weave in ends.

Motif

Make 36

Rnd 1: Ch 2, 8 sc in the 2nd ch from hk, join with a sl st to beg. sc. 8 sc

Rnd 2: Ch 2, (pc in next sc, ch 2, pc in next sc, ch 3) 3 times, pc in the next sc, ch 2, pc in the next sc, ch 1, join with a hdc in the first pc st. 8 pc

Rnd 3: Ch 2, 3 dc in the same sp, 3 dc in the next ch-1 sp, [(3 dc, ch 2, 3 dc) in the next ch-3 sp, 3 dc in the next ch-1 sp] around, 3 dc in the same sp as beg. 3 dc, ch 2, join, finish off.

With right sides tog., working in the inside lps, matching st for st, sew 2 rows of 6. Then sew the 2 rows of 6 tog. so that it is 6 by 2. This is for the kimono. Sew 3 rows of 8. These are for the isolette cover. Do not do anything else until instructed.

Kimono

Row 1: (RS) Ch 39, dc in the 3rd ch from hook and in the next 3 chs, 3 dc in the next ch, dc in the next 7 chs, 3 dc in the next ch, dc in the next 11 chs, 3 dc in the next ch, dc in the next 7 chs, 3 dc in the next ch, dc in each rem ch.

Rows 2-5: Ch 2, turn, dc in the same st and in each st across to middle dc of

next 3-dc group, 3 dc in the middle dc of 3-dc group, (dc in each dc across to middle dc of next 3-dc group, 3 dc in the middle dc of 3-dc group) 3 times, dc in each dc across.

Row 6: Ch 2, turn, dc in the same st and in each dc across to the middle dc of the next 3-dc group, *yo, insert hk into middle dc of 3-dc group, sk all dc between, insert hk into middle dc of next 3-dc group, yo and pull up a lp, (yo and draw through 2 lps on hk) twice, dc in each dc across * to the middle dc of next 3-dc group, rep between *s across.

Rows 7 and 8: Ch 2, turn, dc in the same st and in each dc across. 41 dc

Rnd 9: Ch 2, turn, dc in the same st, 2 dc in the next 5 dc, (dc in the next dc, 2 dc in the next dc) 14 times, 2 dc in the next 6 dc, dc in the last dc. 66 dc

Do NOT finish off. Sew motif piece to row 9 matching st for st. Finish off.

Plackets

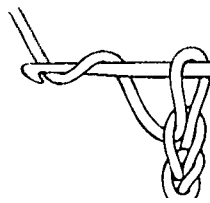
Left

Row 1: With wrong side facing, join yarn with a sl st in the 2nd ch st, of last motif on left side. Ch 1, sc in the same st and in st across motifs, working in the ends of rows, work 2 sc in the end of each row. 40 sc

Rows 2-4: Ch 1, turn, sc in the same st and in each sc across. At the end of row 4 finish off.

continued on page 21

I welcome comments, questions and ideas.
504 Toledo Street
Aurora, Colorado 80011
303-360-0635 MST
Happy Stitching!
Sara Greer



Crochet Column

continued from page 20

Right

Row 1: With WS facing join yarn with a sl st in the top of right side. Ch 1, working in the ends of rows, 2 sc in the end of each row across to motifs, sc in each st across motifs. 40 sc

Rows 2-4: Rep rows 2-4 of left placket. At the end of row 4 do NOT finish off.

Edging

Work rsc evenly around entire garment, join, finish off.

Booties

Rnd 1: With MC, ch 8, 4 dc in the 3rd ch from hook, dc in the next 4 chs, 7 dc in the last ch, working in opposite side of chs, dc in the next 4 chs, 3 dc in the same ch as beg. 4 dc, join.

Rnd 2: Ch 2, 2 dc in the same st and in the next 3 dc, dc in the next 4 dc, 2 dc in the next 7 dc, dc in the next 4 dc, 2 dc in the next 3 dc, join.

Rnd 3: Ch 2, using the same st and next dc, dc dec, dc dec 3 times more, sc in the next 10 dc, sc dec, sc in the next 10 dc, dc dec three times, join.

Rnd 4: Sl st in the next 2 sts, ch 2, using the same st and next st dc dec, sc in the next 8 sc, sc dec, sc in the next 8 sc, dc dec, double dc dec, join.

Rnd 5: Sl st in the next st, ch 1, sc in each sc around, double dc dec, join.

Rnd 6: Ch 2, pc in the same st, dc in the next st, (pc in the next dc, dc in the next dc) around, join.

Rnd 7: Ch 1, work rsc in each dc and pc around, join, finish off.

Isolette Cover

Dc Panel Make 2

Row 1: Ch 33, dc in the 2nd ch from hk and in each ch across. 31 dc

Rows 2-44: Ch 2, turn, dc in the same st and in each dc across. At the end of row 44 do NOT finish off.

Edging

Ch 1, working in ends of rows, work

2 sc in the end of each row; 88 sc. Working in the free lps of beg. ch sc in each ch across; 31 sc. Working in the ends of rows again, work 2 sc in the end of each row; 88 sc. Working in sts across row 44, sc in each st across; 31 sc. Join with a sl st to beg. sc. Do NOT finish off.

Joining

Using chart below, with right sides tog., working in inside lps, sl st across matching st for st, finish off.

Edging

After joining final piece, rsc in each st around, working 2 rsc in each corner, join, finish off.

Finishing

Weave in all ends.

Glue Velcro to close kimono.

Weave ties through rnd 6 of booties.

Candy Stripes

Going Home Layette

Fun! Lots of color changes and ends to weave in but FUN! You will need purple, yellow, pink, blue, mint and a variegated that contains all those colors. Or a variegated and five coordinating colors. Have fun!

Bonnet

With purple, ch 3, join to form a ring.

Rnd 1: Ch 2, 12 dc in ring, join.

Rnd 2: Ch 2, 2 dc in the same st and in each st around, join, changing to yellow.

Rnd 3: Ch 2, 2 dc in the same st, dc in the next dc, (2 dc in the next dc, dc in the next dc) around, join. You will now be working in rnds.

Row 1: Ch 2, 2 dc in the same st, dc in the next 2 dc, (2 dc in the next dc, dc in the next 2 dc) 7 times, finish last dc changing pink.

Rows 2 and 3: Ch 2, turn, dc in the same st and in each dc across, changing to blue at the end of row 3.

Rows 4 and 5: Rep rows 2 and 3 changing to mint at the end of row 5.

Row 6: Rep row 2.

Edging

Ch 1, turn, sc in the same st, (ch 3, sc in the next st) across, working in the ends of rows work (ch 3, sc) 12 times, working in unworked sts of rnd 3, work (ch 3, sc) across, working in the ends of rows work (ch 3, sc) 12 times, ch 3, join with a sl st to beg. sc, finish off.

Dress

Bodice

Row 1: With purple, ch 45, dc in the 3rd ch from hook and in the next 3 chs, 3 dc in the next ch, dc in the next 7 chs, 3 dc in the next ch, dc in the next 12 chs, 3 dc in the next ch, dc in the next 7 chs, 3 dc in the next ch, dc in each rem ch.

Row 2: Ch 2, turn, dc in the same st and in each st across to middle dc of next 3-dc group, 3 dc in the middle dc of 3-dc group, (dc in each dc across to middle dc of next 3-dc group, 3 dc in the middle dc of 3-dc group) 3 times, dc in each dc across, changing to yellow with last dc.

Rows 3 and 4: Rep row 2, changing to pink at the end of row 4.

Row 5: Rep row 2, no color change.

Row 6: Ch 2, turn, dc in the same st and in each dc across to the middle dc of the next 3-dc group, *yo, insert hk into middle dc of 3-dc group, sk all dc between, insert hk into middle dc of next 3-dc group, yo and pull up a lp, (yo and draw through 2 lps on hk) twice, dc in each dc across * to the middle dc of next 3-dc group, rep between *s across, changing to blue at the end of row.

Rows 7 and 8: Ch 2, turn, dc in the same st and in each dc across. At the end of row 8 join with a sl st to 6th dc. You will now be working in rnds, changing to mint at the end of row 8. 42 dc

continued on page 22

Skirt

Rnd 1: Ch 2, 2 dc in the same st and in each dc around to last 5 dc, overlapping sk dc with last 5 dc, working through both lps of both sts, work 2 dc in each st, join.

Rnd 2: Ch 2, dc in the same st, dc in the next 5 sts, yo, insert hk in the next st, yo and draw up a lp, yo and draw through 2 lps, sk the next st, yo, insert hk in the next st, yo and draw up a lp, yo and draw through 2 lps, yo and draw through all lps on hk, (dec made); dc in the next 5 dc, (3 dc in the next dc, dc in the next 5 dc, dec, dc in the next 5 dc) around, dc in the same st as beg. dc, join, changing to variegated.

Rnd 3: Rep rnd 2, changing to purple, do NOT cut variegated.

Rnd 4: Rep rnd 2, changing to variegated.

Rnd 5: Rep rnd 2, changing to yellow, do NOT cut variegated.

Rnd 6: Rep rnd 2, changing to variegated.

Rnd 7: Rep rnd 2, changing to pink, do NOT cut variegated.

Rnd 8: Rep rnd 2, changing to variegated.

Rnd 9: Rep rnd 2, changing to blue, do NOT cut variegated.

Rnd 10: Rep rnd 2, changing to variegated.

Rnd 11: Rep rnd 2, changing to mint, do NOT cut variegated.

Rnd 12: Rep rnd 2, changing to variegated.

Rnd 13: Rep rnd 2, changing to purple, cut variegated.

Rep 14: Rep rnd 2, join, finish off.

Sleeves

Rnd 1: Join pink with a sl st in the armpit, ch 2, dc in the same st and in each st around, join, changing to blue. 20 dc

Rnds 2 and 3: Ch 2, dc in the same st and in each dc around, join, changing to mint at the end of rnd 3.

Rnd 4: Rep rnd 2.

Rnd 5: Ch 1, sc in the same st, ch 3, (sc in the next dc, ch 3) around, join, finish off.

Diaper Cover

Row 1: With purple, ch 4, sc in the 2nd ch from hk and in each ch across. 3 sc Work the following rows in the BLO until indicated otherwise.

Row 2: Ch 1, turn, sc in the same st, ch 1, sk the next sc, sc in the last sc.

Row 3: Ch 1, turn, sc in the same st and in each st across.

Rows 4-38: Rep rows 2 and 3, 17 times then rep row 2 once more. Ch 1, turn, working in the BLO of row 38 and in the free lps of row 1, sl st the 2 ends tog., ch 1 changing to yellow, and turn right side out, you will now be working in rnds.

Rnd 1: Sc in the end of each row around, join in both lps. 38 sc All rnds are worked in both lps.

Rnd 2: Ch 1, sc in the same st, (2 sc in the next sc, sc in the next sc) around, join changing to pink. 57 sc

Rnds 3 and 4: Ch 2, dc in the same st and in each st around, join changing to blue at the end of rnd 4.

Rnd 5: Ch 2, (dc dec, dc) around, join in both lps. 38 dc

Rnd 6: Rep rnd 3, join changing to mint. You will now be working in rows.

Row 1: Ch 2, dc in the same st and in the next 6 dc. 7 dc

Row 2: Ch 2, turn, dc in the same st and in each dc across, changing variegated.

Rows 3 and 4: Rep rows 1 and 2, finish off.

Row 1: With right side facing, sk the next 12 dc, join mint with a sl st in the next dc, ch 2, dc in the same st and in the next 6 dc. 7 dc

Rows 2-4: Work rows 2-4 above, do NOT finish off.

Turn inside out. Holding right sides tog., working through all 4 lps, sl st the

2 pieces tog., finish off.

Edging

Rnd 1: Join mint with a sl st in joining of rows 4, ch 1, working in the ends of rows and in the sk sts on rnd 6, work 30 sc evenly around, join. 30 sc

Rnd 2: Ch 1, sc in the same st, ch 3, (sc in the next st, ch 3) around, join, finish off.

Repeat for second leg hole.

Booties

Rnd 1: With purple, ch 8, 4 dc in the 3rd ch from hook, dc in the next 4 chs, 7 dc in the last ch, working in opposite side of chs, dc in the next 4 chs, 3 dc in the same ch as beg. 4 dc, join.

Rnd 2: Ch 2, 2 dc in the same st and in the next 3 dc, dc in the next 4 dc, 2 dc in the next 7 dc, dc in the next 4 dc, 2 dc in the next 3 dc, join, changing to yellow.

Rnd 3: Ch 2, using the same st and next dc, dc dec, dc dec 3 times more, sc in the next 10 dc, sc dec, sc in the next 10 dc, dc dec three times, join.

Rnd 4: Sl st in the next 2 sts, ch 2, using the same st and next st dc dec, sc in the next 8 sc, sc dec, sc in the next 8 sc, dc dec, double dc dec, join, changing to pink.

Rnd 5: Sl st in the next st, ch 1, sc in each sc around, double dc dec, join.

Rnd 6: Ch 2, dc in the same st and in each st around, join changing to blue.

Rnd 7: Rep rnd 6, changing to mint.

Rnd 8: Ch 1, sc in the same st, ch 3, (sc in the next st, ch 3) around, join, finish off.

Blanket

With purple ch 73.

Row 1: 2 dc in the 3rd ch from hk, dc in the next 5 chs, dec, dc in the next 5 chs, (3 dc in the next ch, dc in the next 5 chs, dec, dc in the next 5 chs) across to last ch, 2 dc in the last ch.

Row 2: Ch 2, turn, 2 dc in the same st, dc in the next 5 sts, dec, dc in the

continued on page 23

Crochet Column continued from page 22

next 5 dc, (3 dc in the next dc, dc in the next 5 dc, dec, dc in the next 5 dc) across to last ch, 2 dc in the last ch, changing to variegated.

Rows 3 and 4: Rep row 2, changing to yellow at the end of row 4, do NOT cut variegated.

Rows 5 and 6: Rep row 2, changing to variegated at the end if row 6.

Rows 7 and 8: Rep row 2, changing to pink at the end of row 4, do NOT cut variegated.

Rows 9 and 10: Rep row 2, changing to variegated at the end if row 6.

Rows 11 and 12: Rep row 2, changing to blue at the end of row 4, do NOT cut variegated.

Rows 13 and 14: Rep row 2, changing to variegated at the end if row 6.

Rows 15 and 16: Rep row 2, changing to mint at the end of row 4, do NOT cut variegated.

Rows 17 and 18: Rep row 2, changing to variegated at the end if row 6.

Rows 19 and 20: Rep row 2, changing to blue at the end of row 4, do NOT cut variegated.

Rows 21 and 22: Rep row 2, changing to variegated at the end if row 6.

Rows 23 and 24: Rep row 2, changing to pink at the end of row 4, do NOT cut variegated.

Rows 25 and 26: Rep row 2, changing to variegated at the end if row 6.

Rows 27 and 28: Rep row 2, changing to yellow at the end of row 4, do NOT cut variegated.

Rows 29 and 30: Rep row 2, changing to variegated at the end if row 6.

Rows 31 and 32: Rep row 2, changing to purple at the end of row 4, cut

variegated.

Rows 33 and 34: Rep row 2, finish off.

Finishing

Weave in all ends.

Weave ribbon through rnd 1 of dress.

Weave ribbon through rnd 7 of booties.

Weave ribbon through eyelets of diaper cover.

Glue ribbon to inside of bonnet.

Glue Velcro in place to close the back.



This is Candy Stripes. The picture doesn't really do the colors justice.

I do want to say that it was worked in size 10 cotton thread for a 16 weeker.



This is A Rose is A Rose. The picture of this is much better. I worked it in a light worsted weight yarn for a 36 weeker.

A lovely letter and a great idea:

Hello,

My name is Lisa and since my baby girl Ashley was born 13 weeks early weighing 1 lb 15 oz, I have had a passion to knit/crochet preemie/baby blankets, etc. and donate to the hospitals' NICU that my baby girl stayed at for nearly 3 months of her



life. A sweet person knitted her a blanket and hat while she was in the NICU, I can't tell you how I felt when the nurse took out that beautiful pink blanket/hat out of the plastic bag and put it over Ashley...the time/love that was bestowed in making that blanket just brought tears to my eyes. Even though I didn't know who made the blanket, I felt a closeness to that person that I can't describe...and such gratitude for taking the time to care about MY baby girl.

Ashley is now an energetic and happy 2 1/2 year old with no health-related problems of prematurity...praise GOD!!! I thank and praise God everyday for her, she has truly been our little angel and evidence of faith. And I still have that precious blanket/hat and will treasure it always. Someday I will give it to her and tell her that a sweet person whom we didn't know at all, made it for her while in the NICU. I'm going to teach her to knit when she's older.... hopefully she will have the same desire as I to knit for preemies like herself....

This past summer I was lucky enough to find a knitting class that was being offered at our local community college. Since I don't know how to knit/crochet; I quickly hopped on board and joined the class. I have since taken 3 knitting courses (am currently in the 3rd class labeled 'Winter

continued on page 22

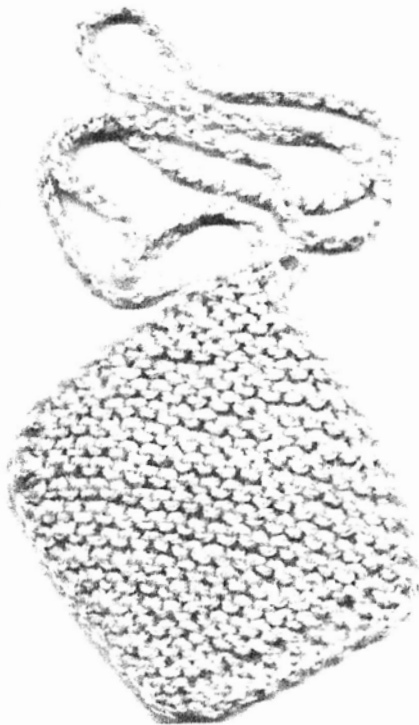
Lazy Knitting with Cathy



IT'S THE THOUGHT THAT COUNTS

Right after you send in your usual \$12,000,000 donation to Care Wear you probably start thinking about gifts for others. Here are some suggestions you might use.

CABLE NEEDLE HOLDER



Those whom I have failed to convert to cabling without a needle need a place to park the cable needle in between cables. Here's a quick and easy solution to that problem and you can use up any left over bits of yarn

Materials:

Small amount of sport weight
or worsted weight yarn
#6 needles for sport weight yarn
or #8 needles for worsted weight yarn
crochet hook F or G

Gauge: not important

Directions:

Using long tail method, double cast on 3 stitches (sts).

Row 1: K(nit)1, knit into front and back (KFB) of next stitch (st). With yarn in front, slip last st as if to P(url).

Row 2: K1, KFB, knit to last st, with yarn in front, slip last st as if to P.

Repeat last row until there are 22 sts on the needle.

K one row even, slipping last st as if to P.

Decrease:

Row 1: K1, K2 together (tog), K to last st. With yarn in front, slip last st as if to P.

Repeat this last row until there are 3 sts.

Last row: K1, K2 tog, pass first st over the K2 tog st. One st left.

Transfer st to crochet hook and chain about 110 sts: long enough to pass easily over one's head. Secure to last K st. Weave in all loose ends neatly.

MINI NEEDLE / NOTIONS CASE

Just big enough for what's needed for one project and easy to find in a Care Wear tote. For seamless premie and newborn hats you use two sizes of double pointed needles, small scissors, crochet hook (to correct "oops"), blunt tapestry needle, etc. So how big should it be? Not very. How much to make? Would you believe less than 50 cents???

Materials:

12" x 9" felt piece
scissors
12" ruler
sewing pins
sewing needle and thread

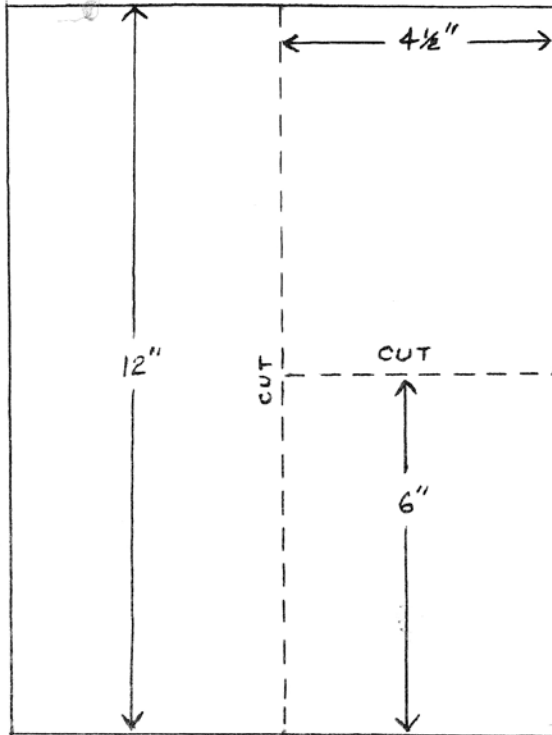
continued on page 25

Lazy Knitting with Cathy continued from page 24

- or sewing machine
- wool darning needle (sharp point)
- sport weight yarn
- or embroidery floss

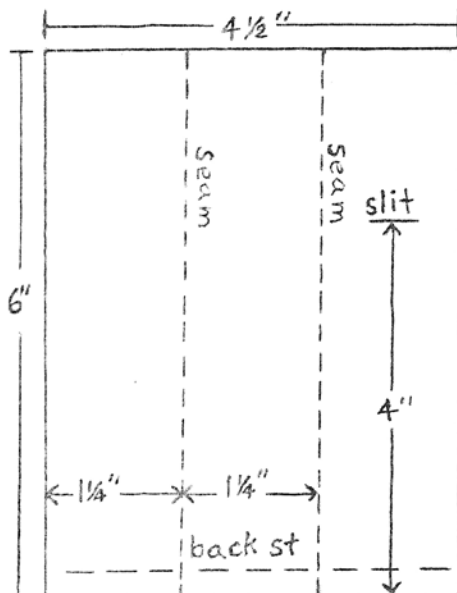
Directions:

1. Measure and cut felt as shown.



2. Lay 4 1/2" x 6" piece on bottom of 4 1/2" x 12" piece, matching edges.

3. Measure and mark as shown:



4. Cut slit to hold crochet hook.
5. Pin and sew where indicated above. If sewing by hand, the vertical seams can be a running stitch but the bottom seam must be a back stitch because the needles could poke through.

6. Turn piece over and match edges of second small piece as on other side. Pin in place.

7. With embroidery floss or yarn sew a 1/4" blanket stitch around edges.

8. If wanted, you can add a button or ties to close.

Now, what to do with that pocket on the back? You could put a copy of your pattern in there, along with information about Care Wear handy to give to inquirers. You could also use it to hold a cable needle holder pendant for those whom I have not been able to convert to making cables without a cable needle.

This makes a "no obligation, just thinking of you" gift for knitting circles or filled with extra needles plus yarn a nice donation for beginning knitters.

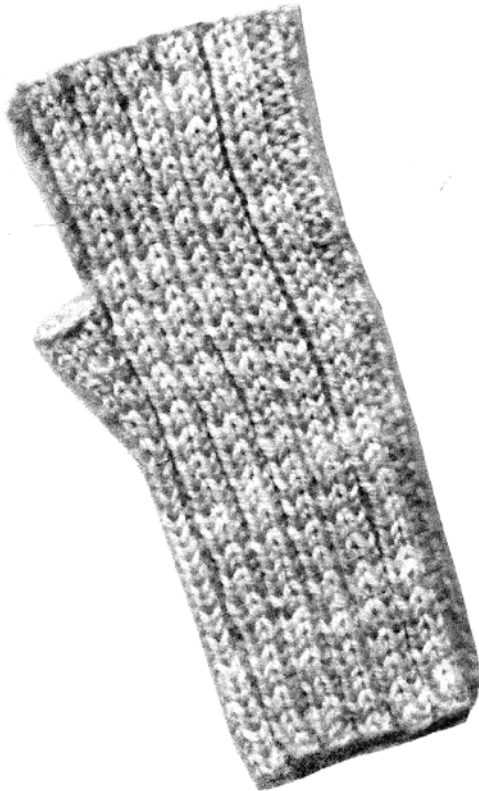
Expand this idea to make a holder for 7 sets of 7" double pointed needles: sizes 2, 3, 4, 5, 6, 7 and 8, the most often used sizes for preemies and newborn hats. Contact me for directions for this or larger print copies of any of the directions.

Fingerless gloves are often requested by nursing home residents who work on hand made projects other than knitting...otherwise they could make these for themselves. With everyone trying to save on heating costs, you might want to treat yourself to a pair. The directions given are for "one size fits all" because K2, P2 rib is the most elastic of all rib patterns and will stretch to accommodate swollen knuckles.

Lazy Knitting with Cathy

continued from
page 25

FINGERLESS GLOVES



Materials:

1 1¼ or 50 gram ball of 100% acrylic sport weight yarn
#6 double pointed needles
blunt tapestry needle #16
1 marker

Gauge: 11sts and 15 rows = 4" in stockinet st. This is not that important. Unstretched, the rib pattern will measure about 6" around but it can stretch to 12" around. The length will be measured in inches, not rows, except for the thumb gusset.

Directions:

Using long tail method, starting with a single loop, double cast on 48 stitches (sts) in K(nit) 2, P(url) 2 rib pattern on three needles (16 – 16 – 16). Being careful not to twist sts, join by knit-

ting the single loop with the yarn tail. Return this stitch (st) to the left hand needle. This eliminates the bump at the joining.

Round (rnd) 1: Work K2, P2 rib pattern around.

Continue Rnd 1 for 3".

Start of thumb gusset:

Rnd 1: K into the front and back (KFB) of the first K st. Place a marker after this increase. Continue pattern as established.

K 3 rnds even.

Rnd 5: KFB, K to 1 st before marker, KFB. Continue pattern as established.

K 3 rnds even.

Repeat these last 2 rnds until there are 11 K sts before the first P st.

K 3 rnds even.

Rnd 20: Bind off 11 sts. Work in rib pattern to end of needle #3. Cast on 1 st.

Before starting next rnd, cast on 3 sts on needle you will be putting worked sts on (the right hand needle – not needle #3). Work pattern as established to last P st on needle #3. P together the last P st and the cast on st.

Next rnd: K the first 2 cast on sts, then P together the next cast on st with the first P st of the rib pattern. Finish rnd in established rib pattern.

Continue working pattern for 2" from cast on sts. Bind off and weave in loose ends. Both solid and variegated color yarn can be used. White ones seem to get "lost" when bedding is changed.

???, comments to Cathy Gilroy, 7 Buena Vista Rd., Port Jefferson, NY 11777-1206
e-mail: zolfoknitter@yahoo.com

Make A Difference Day 2007

A total of 122 volunteers participated in the Care Wear Volunteers Make A Difference Day community service project at Hood College (Frederick, Maryland) on Saturday, October 27, 2007. A total of 1744 items (hats, booties, blankets, quilts, sleepers, toys, surgical pillows, neck pillows, chemo hats, walker-caddies, etc.) were delivered to Frederick Memorial Hospital. Six small quilts and one quilt wall hanging will be delivered to Children's National Medical Center (Washington, DC). Note: Frederick Memorial Hospital does not need a large supply of burial garments so I held donated burial garments out of the delivery and will send them to hospitals that request donated burial sets.

We had a very productive day! We also had a very enjoyable day together. Participants ranged in age from approximately under 10 to over 80! What a delight to see everyone working together! We had volunteers from Ohio, Pennsylvania (Philadelphia, Greencastle), Delaware (Selbyville), Virginia (Manassas, Falls Church, Annandale), and Maryland (Hagerstown, Myersville, Urbana, Gaithersburg, Middletown, Oxon Hill, Emmitsburg, Frederick, Rockville, Urbana, Woodbine, Adamstown, Bel Air), etc. Volunteers included students (from 4-H, Hood College, Frederick Community College, Builder's Club of Middletown Middle School, T.J. Middle School), members of Habitat, participants in Care Wear Volunteers, and local residents.

At 3:00 p.m. we were delighted to have **Michelle Truesdell**, RN, (Frederick Memorial Hospital NICU) visit and share her appreciation with everyone in the room. Then, the FMH van arrived to carry away all of the finished items. On Monday (October 29) morning, **Sharon Hannaby** (Director of Volunteers, FMH) wrote that she was DELIGHTED to arrive at her office to find all of our boxes and bags. She and her staff were already at work delivering items to various hospital departments.

Knitting & Crochet: A large group enjoyed the sunlight streaming through the windows of the designated Knit & Crochet area. When that area was totally filled, others pulled up chairs

to the first row of tables nearby! Several volunteers provided instruction for anyone who wanted to learn to knit or crochet. Many thanks to those instructors. Volunteer **Penny Manousoff** was very proud when she delivered her first knitted hat to the Finished Items table! There were many deliveries from the Knit and Crochet area and I anticipate that many finished items will be delivered to hospitals in the coming weeks & months.

Stuffing Toys: With the help of many wonderful volunteers I collected a large number of pre-sewn fabric toys (bunnies, bears, dogs, elephants, frogs, dinosaurs, cats, etc...) for unskilled volunteers to stuff with fiberfill. Some of the volunteers at these tables helped by sewing the toys closed and tacking ribbon to hold the ribbon securely around the finished toys. We had MANY adorable toys to distribute to the children in Frederick Memorial Hospitals Emergency Room.

Quilt Making: In advance I prepared one large wall hanging quilt and six small quilts for delivery to Children's Hospital. I had them ready for tying with yarn on Saturday. This was a project suggested by **Luanne Morris**, Community Liaison in Wal-Mart (Store #2233) that was mentioned in a newsletter about two years ago. A number of Care Wear Volunteers participants donated squares. I contacted Luanne and she provided the batting and backing fabric to finish these quilts. See the photo of me holding the finished wall-hanging quilt that will go to Luanne for delivery to Children's National Medical Center. Six smaller quilts will be distributed to young patients at Children's Hospital.

We finished a number of additional quilts and blankets to be delivered to Frederick Memorial Hospital.

Sewing: Several volunteers brought sewing machines and worked on assembling quilt tops as well as assembling the quilts for other volunteers to tie. I had boxes of ADORABLE quilt fabrics designed for children—fabrics generously donated for Make A Difference Day.

Assembly of Kits: I had a collection of kits (wind socks, wall decorations,

door decorations, etc.) that kept a number of volunteers very busy. One young volunteer was allergic to polyester fiberfill (POOR FELLOW!!!) so he found a comfortable table outside our meeting room and he glued and assembled a large collection of those kits!

Check-in and Door Prizes: We had name badges and a sign-in book at the entry to the meeting room. Volunteers gave each participant a "goodie" bag with donated thank-you note cards, pads, and a ruler. A table nearby displayed all of the items donated for door prizes—to thank everyone for coming!

Food! Thanks to generous donations we had breakfast treats and luncheon for everyone who attended this Make A Difference Day. The beverage table had a variety of tea, regular & decaf coffee, hot chocolate—as well as soda, fruit drinks, and orange juice. A gift card from Costco provided paper cups, napkins, tablecloths, spoons, and paper plates for our refreshments. Everyone was energized after our snacks and lunch.

The Finished Items Table: At the far end of the room we collected all of the finished items. Thanks to everyone who sent items to add to our total. Many boxes contained notes expressing regret that you could not join us for this day of community service. I received beautifully created layette items to add to the collection. I was especially delighted to display one of the preemie positioning devices (looks like a scuff slipper) that was pictured in the September newsletter. Our counters were kept very busy making an inventory of all of the items collected: 673 hats, 111 pairs of booties, 93 blankets/quilts, 38 afghans, 59 hat/bootie sets, 410 fabric/fiberfill toys, 358 MISC other items, including preemie positioning devices, snugglers (positioning snakes), wall decorations, and door decorations.

Thanks!

--Sincere thanks to everyone who sent layette items to add to our finished count.

--Sincere thanks to everyone who sent supplies (fabric, yarn, etc.) to help us make items to donate.

continued on page 32

Make A Difference Day 2007 Photo Album



Several Hood students and a number of other volunteers took advantage of the opportunity to learn how to knit and/or crochet. We thought that it was a wise idea to teach these skills so that new volunteers could join the effort by providing hats, etc.... Thank you to the instructors who offered their services for instruction.



Some serious crochet taking place here. This photo was taken on the soft seating in the Atrium just outside the Whitaker Campus Commons Room. Many volunteers took a break to stretch and walk. These two volunteers found a comfortable spot to work on their projects.



At 3:00 p.m. Michelle Truesdell, RN from the Frederick Memorial Hospital NICU visited Make A Difference Day and shared her appreciation for the donated items that FMH receives. Here is a photo of Michelle (left) and me.



We tried to display finished items before packing them for delivery to Frederick Memorial Hospital. I am always impressed by the high quality of the workmanship of the donated items. Recipients know that everything is made by caring and talented volunteers.



Stuffing Fiberfill bunnies, bears, dogs, elephants, frogs, cats, and other assorted critters kept a number of volunteers very busy. Frederick Memorial Hospital gives every child in the ER a toy to calm and distract while medical services are administered. It works beautifully!!! FYI: We had several young men among the volunteers.



There were many admirers in front of the Finished Items Table.

Make A Difference Day 2007 Photo Album



Here is the finished Care Wear Volunteers/Wal-Mart quilt wall hanging to be donated to Children's National Medical Center in Washington, D.C. Care Wear Volunteers participants donated the colorful quilt squares and Wal-Mart donated the batting and backing fabric. Luanne Morris (Community Liaison of Wal-Mart #2233) will deliver this wall hanging to Children's Hospital.



Everyone enjoyed the breakfast treats, beverages, and lunch (with Uncle Ralph's Cookies for dessert!).



We saw some BEAUTIFUL workmanship--created by very talented volunteers!



See the beautiful hats created by talented and willing volunteers!



Taken from the balcony of the meeting room, you can see about half of the Whitaker Campus Commons Room used for Make A Difference Day 2007. You can see the Knit & Crochet Area in the bay window, the Knit & Crochet Instruction Tables, and the Stuffing Fiberfill Tables.



Again, a balcony view of the other half of the Whitaker Campus Commons Room with the Quilt Making Tables on the left and the Sewing Area in the upper right. Stuffing fiberfill into pre-sewn bunnies, bears, and other animal shapes is taking place on the tables in the center.



We used empty fiberfill cartons and other empty cartons to pack up the finished items for delivery to Frederick Memorial Hospital. I am pictured here adding another carton to the collection that we had ready at 3:00 p.m. for the van from the hospital.



Sincere thanks to generous individuals and businesses for the donation of breakfast treats, paper products, luncheon, and dessert for the volunteers who participated in our day of community service on Saturday, October 27th. Here is a photo of the marvelous buffet table that everyone enjoyed.



We had a large collection of fabrics for quilts, including some assembled quilt tops. Thanks to everyone who sent supplies. Volunteers were delighted to assemble quilt squares and assemble the tops, batting, and backing fabrics. Here is a photo of the quilt assembly area.

Volunteers Knit and Stitch To Make A Difference

In a room filled with school-age children, adults and seniors busily making an array of hats, booties, blankets, bibs and colorful animals for hospitalized children, one woman patiently tied fabric squares to their backing, anchoring them on a large quilt that will hang in Children's Hospital.

Marilyn Harrington pointed out squares sent by women across the country, including one from California.

Harrington can't remember how young she was when her mother and grandmother taught her to quilt. "I was a little child and I grew up with it. It's very satisfying and relaxing."

A board member of Care Wear volunteers, Harrington said the backing and batting for the quilt were donated by Wal-Mart.

Bonnie Hagerman, director of academic services at Hood College, started Care Wear volunteers in 1991. She said the "Make a Difference Day" at the college Saturday was sponsored by the Points of Light Foundation and USA weekend magazine.

Early on, Hagerman said, she focused on making apparel for premature and low birth weight infants in neonatal intensive care units of Washington area hospitals. But she soon learned that apparel and other items in a variety of sizes were needed. By

the end of 2004, more than 2,400 people across the country were active volunteers.

Eying a table where a Hood freshman



Marilyn Harrington sews a panel of a quilt that will be donated to Children's Hospital. She and nearly 150 other volunteers filled a large room at Hood College for Make a Difference Day, sponsored by Care Wear volunteers.

was stuffing toy bunnies, bears, dogs, elephants and frogs, Hagerman said she loves to see young people and senior citizens working together.

Nick O'Brien, a freshman athlete at Hood, said he was participating "to help out the kids across the street," at Frederick Memorial Hospital.

Nearby, Judy Elmer sorted fabric squares for a quilt. "I'll sew them together at home," she said. She also makes small quilts "for babies and laps." And she tackles the difficult job of making newborn burial gowns.

At another table, 12-year-old Alina Lan-

gley said she was having fun stuffing toy bunnies, babies and a mother. "I want to make a difference," she said, "and these will go to a hospital in the United States and they are going to help make children happy."

A friend of hers from Middletown Middle School, Hannah Carter, crocheted a tiny hat for a newborn.

Sixth-grader Tessa Rast sewed up the openings left for stuffing the animals and little pillows before they went on the "finished" table. Helping out, she said, "is very nice."

Shelly Wallace, a karate teacher, happened to show up because her original plan for the day was rained out.

Once she got to work at a table, she learned that Care Wear does a lot of good. She plans to stay active now. "I try to do what I can to help the community," she said.

By the end of the first hour of the five-hour day, almost 1,000 items were completed. By the end of the day, Hagerman said 2,500 to 3,000 items would be ready to be picked up and put into a van headed to Frederick Memorial Hospital.

The Frederick News-Post
By Sonia Boin
Sunday, October 28, 2007

Every Second Counts With High-Risk Newborns

That's why the region's leading physicians and the families they care for can breathe a sigh of relief, knowing that top quality neonatal intensive care is now available close to home.

- Frederick Memorial Hospital is now the regional provider of neonatal intensive care. The Billy Miller Intensive Care

Unit is now treating newborns as young as 28 weeks gestational age.

- Johns Hopkins neonatologists are always on site - all day, all night, all the time.
- State-of-the-art tele-medicine system instantly connects FMH with specialists at Children's Hospital in Washington, DC,

or Johns Hopkins University Hospital in Baltimore for real-time consultations.

For more information, visit our website at www.fmh.org

The Frederick News-Post
August 7, 2007

FMH Billy Miller Special Care Nursery Receives Level IIIa Certification



Guess what everybody? Years of hard work and dedication culminated in a major achievement for our Frederick community and FMH when, on July 3, 2007, the Maryland Health Care Commission (MHCC) and the Maryland Institute for Emergency Medical Services Systems (MIEMSS) approved our Perinatal Center Level IIIa!

Lisa Nochols, Clinical Nurse Specialist

As a level IIIa Special Care Nursery, the unit is now prepared to provide care for preemies that are 28 weeks gestation and greater. This includes ventilator support and treatment of complications of prematurity such as apnea, bradycardia, infections, and feeding problems. We will continue to provide care for other preemies and term infants with a variety of medical problems.

It's Raining Babies

Frederick Memorial Hospital delivers a record number of babies in a 24-hour period

The rain clouds hovering over Frederick on July 18 were Katherine Murray's first tip-off that she was going to have her hands full.

Murray, the director for Women's and Children's Services at Frederick Memorial Hospital, said most people who work in labor and delivery share certain superstitions – like a full moon or rainstorms indicate high delivery days.

"If the moon can move the ocean's tide, it certainly can affect the amniotic pressure in a woman's uterus," she joked.

In this case, she wasn't wrong. FMH doctors and nurses delivered a record number of babies during a 24-hour period, from 9 p.m. July 18 to 9 p.m. July 19. The medical staff delivered 19 babies – about 10 to 12 more than they see on average.

Thirty-seven babies were delivered in all between July 17 and 19, meaning the doors of the delivery and recovery rooms were in constant swing.

Even Murray, a registered nurse and administrator, had to scrub in to help deliver.

"That 24- 26-hour period was the biggest period we've ever seen," she said. "At least that's how it felt."

July and August are a labor and delivery unit's biggest months, Murray explained, though that week's birthing spike was unusual.

"If you go back 9 to 10 months, you get into cooler months. Perhaps people need-



Carrie Hetrick holds 12-day-old daughter Courtney as family dog Maxie sits on the couch. Hetrick delivered her baby on one of the busiest days at FMH. The hospital's medical staff delivered 19 babies in a 24-hour period.

ed to keep warm," she joked.

By collecting data from doctors' offices, Murray and her staff can predict roughly how many women to expect each month. But with pregnancy lasting about 40 weeks, give or take two weeks, "Our challenge is predicting exactly what day," Murray said.

Murray said that the deluge of moms gave them reason to christen a unit they had been waiting to open, called an antenatal testing and triage suite, used to screen mothers for potential problems. And despite the onslaught, all scheduled and unscheduled cesarean sections and inductions were accommodated, she said.

She is also grateful to the new mothers who were ready to check out on time, allowing their rooms to be ready for other patients.

"Everybody really pitched in," she said.

Carrie Hetrick was 8 centimeters dilated when she arrived at the labor and delivery unit around noon on July 18. With the birth of her second baby – a girl she named Courtney – less than an hour away, at first Hetrick didn't notice the hustle around her.

"I didn't get there with a lot of time to spare," she said.

Hetrick said her nurse stayed by her side throughout her delivery and recovery, and the staff didn't let on that they were in the midst of a record-setting birthing period.

"They didn't let it show," she said. "They didn't make me feel like there was anybody but me."

Hetrick's physician, Dr. Joanne Sweeney, who practices with Simmonds and Simmonds Chartered, said that while the unit was bustling, Courtney was one of just four babies she delivered in a 24-hour period. Her personal record is seven in one day.

"It was busy but it was manageable," she said.

Sweeney was on call again this past weekend as thunderstorms rolled through Frederick.

"Whether it's true or not, I can't tell you, but we always worry about full moons or rainstorms," she said Sunday. "It's raining today, and I'm just waiting..."

The Frederick News-Post

By Katie Leslie

Monday, July 30, 2007

A lovely letter and a great idea:

continued from page 23

Accessories') I've learned so much from our very sweet and patient teacher.....

I have a desire/passion to organize a knitting club for volunteers to knit/crochet for the hospital where Ashley was born as well as other hospitals that need items. I saw the hospital list on your web-



page....first I'd like to 'THANK YOU!' for providing this information, the hospital where Ashley was born was on the list :) 'Mountain States Health Alliance, Johnson City TN' .

My question is 'Can I organize the knitting club to knit for Care Wear?' and send the items to the hospitals on behalf of Care Wear'? My goal is to send items on a regular basis, possibly monthly depending on how many volunteers I can get and how many they can knit within a month. I'd like to meet once every 2 weeks at my place of business (my husband and I are self-employed). I have a room big enough for several women to gather and knit/socialize/ pray for several hours. What's your thoughts or ideas about my club idea? It is strictly going to be volunteer related; accepting NO money for anything done.

Since I'm new to this any help or ideas would be so greatly appreciated!! Thank You and God Bless for the special work that you do!

Lisa

Make A Difference Day 2007

continued from page 27

--Sincere thanks to Wal-Mart #2233 (**Luanne Morris**) for batting and backing fabric for MANY quilts.

--Sincere thanks to everyone who helped provide pre-sewn toys for volunteers to stuff and another thank you to **Penny** and **Elaine** for helping to apply faces to MANY of those toys.

--Thank you to Board Member **Marilyn Harrington** for providing 100 pounds of fiberfill for our projects.

--Sincere thanks to donors who provided our breakfast and luncheon supplies:

- **Tuscarora Racquet Club, Inc.** (Frederick) for our delicious breakfast treats
- **Accounting Software Services** (Frederick) for our delicious luncheon
- **Costco** (Frederick) for a gift card that was used for the paper products
- **Gail Spertzel** for donating an assortment of coffee & tea—plus the creamers, sugar, & related items
- **Uncle Ralph's Cookies** (Frederick) for donating DELICIOUS homemade cookies for dessert

--Many thanks to everyone who helped me with set-up, clean-up, etc. This project was far too large for one person! I could not have done this without your help. Special thanks to my husband for his assistance on Friday afternoon. He hauled many boxes of supplies and the water cooler/heater from my office to the meeting room and he & Board Member **Bonnie Neuman** picked up our sandwich trays at 11am Saturday morning and delivered them safely to the waiting luncheon buffet table. Another thank you to everyone who helped with clean-up and the delivery of the remaining supplies back to my office.



--Special thanks to **Maxine French**, **Diane McCurdy**, and Board Member **Betsy Estilow** for their efforts at the Check-in Table. Maxine was a wonderful coordinator of the Door Prizes and the drawings throughout the day. Many people went home with lovely gifts to thank them for coming.

--A thank you to **Valley Graphics Services** (Frederick) for providing freebie pads for everyone who participated. Valley Graphics Services is the printer of this newsletter and our new color brochure. They do lovely work!

--Sincere thanks to the individual and business donors for our door prizes:

- **Barnes & Noble's Hood College Bookstore**
- **Eleganza Yarns** (Frederick)
- **Keep Me In Stitches Yarns** (Frederick)
- **Gail Spertzel**
- **Marie Geisinger**
- **Maxine French**

--Special thanks to **Carol Caywood** for monitoring the food & beverage tables & keeping everything in order.

--Thanks to photographers **Gail, Bonnie N, Betsy**, and **Carol**.

--Sincere thanks to the knit and crochet instructors (**Jean, Gail**, and **Estelle**).

--My thanks to **Gail, Karyn**, and **Kathy**--for spending the day counting & packaging all of the finished items.

A final thank you to anyone I've overlooked. I tried to keep careful notes and I am trying to carefully review those notes so that I include everyone. BUT, I am sure to forget an important contribution and I apologize if I have done that! THANK YOU.

Make A Difference Day 2007 was a great success thanks to the combined efforts of many caring people!



Faith Holcombe sent this photo of her cat LACY. I'm not sure if Lacy is sharpening Faith's knitting needles or is trying to eat them!!!! I am sure that Faith enjoys having this helper!

Hit 1, purl 2: It's Stitch N' Pitch

It was the top of the sixth inning on a recent Tuesday night at Miller Park in Milwaukee, and the Mets were leading 2-1 with two on and two out, when Pat Sommers, 75, of Mequon, Wis., anxiously asked the question felt by many people in her section.

"Will you look at my knitting pattern?"

Unlike the rest of the fans who packed the sold-out game, Sommers, who sat in Section 206, couldn't have cared less about Tom Glavine, the New York Mets pitcher trying to become the 23rd member of the 300-victory club.

Unless, perhaps, Glavine needed a green baby bonnet.

"I don't care for ball; I've got better things to do with my time," said Sommers, giving the Milwaukee Brewers a special kind of victory by being there with her yarn and knitting needles.

Sommers was among the nearly 600 people lured to the game for the first Stitch N' Pitch event at Miller Park, where fans bought tickets to sit in a section reserved for knitting, crocheting and cross-stitching.

The event raised the eyebrows of at least a few hard core Brewers fans who came to Miller Park for double plays and ended up seeing double stitching.

"That is just whacked," complained Kevin Flack, 20, of Mukwonago, Wis., who was wearing a J.J. Hardy T-shirt. "I don't invite people to games if they're not going to watch."

Brewers officials, on the other hand, were pleased with how many people accepted their Stitch N' Pitch invitation, which helped push the Brewers to their 20th sellout of the season.

Planning for the event began in May,



Dorene Henrikson of Appleton, Wis., left, chats with Marge Martin of Racine, Wis., center, as Marge's daughter, Jeni Martin, watches the fireworks at Stitch N' Pitch Night at Miller Park in Milwaukee in July.

after officials heard about similar events succeeding at 23 other major league team ballparks, said Tyler Barnes, vice president of communications for the Brewers. The event is one of several ways Brewers are trying to attract more women to games.

This year, the team also introduced more women's clothing in its shops, and Aug. 4-5 the team hosted "Baseball Basics for Women," a two-day program to give women a crash course in America's favorite pastime.

For the Stitch N' Pitch event, organizers reached out to five local yarn and knitting shops, allowing them to sell outfield tickets for \$22 each, which came with a bag full of needlework goodies.

"We were really floored at the immediate success of the program," Barnes said.

"This is the opportunity to take a very, very casual fan and turn them into something more than that."

Casual fans such as Lynda Mitz, 56, of Bayside, Wis., who came with a group of 30, did not may attention for most of the game.

"I don't even know what inning we're in," Mitz said, looking up momentarily from a project she and other people in her group were working on – an afghan to donate to Meta House, a substance abuse treatment center for women.

"We can't watch the game because we

have to watch out knitting," she explained.

Rhonda Schumacher, 54, of Mukwonago, Wis., and her mother, Nancy Lambert, were not so good at answering baseball trivia.

Who is Tom Glavine?

"No idea," Schumacher said.

What place are the Brewers in?

"My grandson knows," Lambert offered.

But both were happy to be at the park working on fuzzy scarves.

"It's just fun to do," Schumacher said. "These are two things that were probably never put together before."

"Guys aren't watching all the time, either," Lambert added.

Of course not all Stitch N' Pitch participants were baseball ignorant. Lillian Mazur, a 90-year-old fan from Glendale, Wis., was well aware of the Brewer's standing. She came to the park hoping to teach others about her other hobby.

"It'll make other people want to knit," Mazur said. "I love it."

It may, however, take an entirely different initiative for that, said Dan Madigan, a 33-year-old Brewers fan from Chicago. Though Madigan did see the merit in attracting new fans through Stitch N' Pitch, the event didn't tempt him to invest in his own needles.

"Absolutely not," Madigan said. "I probably shouldn't say that because they're right in front of me, but no thanks. I think it's boring."

The Frederick News-Post

By Vikki Ortiz

Sunday, September 2, 2007

Beyond the Fog of Fear

Now That Her Child Is Out of Danger, a Mother Learns to Appreciate Life

If you're lucky, you'll spend a lifetime in the D.C. area without ever going to Children's Hospital. It's only a few miles from the Washington Monument, but the tourists strolling the Mall seemed continents away on that spring day when my baby boy was admitted. Three years on, I've come to recognize how Children's is at this city's heart.

Adian had always been a skinny little guy, and he was late to sit up, but he was such a happy, mellow baby that we'd never really worried. Everything had been fine at his four-month appointment. Then, 10 weeks later, when we were on vacation, Aidan stopped eating and started crying, so we took him to the local doctor.

She weighed him, poked and prodded, and said, "There's something wrong with his head – its way too big. And his weight is so low, he's barely even on the charts anymore. You need to get him to a neurologist."

Thus we found ourselves in Washington at Children's Hospital, where Adien was admitted so various specialists could throw themselves into the task of finding the problem and fixing our baby. That week in the hospital passed in a blur of fears and tears.

Geneticists quizzed us about our family histories. Gastroenterologists asked about his digestion.

Neurosurgeons and neurologists measured his head, over and over again. Twice, they put him under general anesthesia; and twice I wandered the corridors, shaking with grief.

The nutritionists told me to measure everything that went into his stomach: No more breast-feeding. I held his as he gulped formula, silently swallowing my own fear that my milk hadn't sustained him.

We stayed in the hospital for a week. By the time we left, Aidan had had an endoscopy and an MRI. His chromosomes had been analyzed. His sweat has been studied. His blood had been drawn countless times. At night, he'd slept fitfully while I



Aidan Gorman suddenly stopped eating and started crying. Treatment at Children's Hospital helped him recover from hydrocephaly and reflux.

lay awake, listening to the cries of nearby children and wondering what was wrong with them – better than wondering what was wrong with my baby. I'd moved from a life of play dates and burp cloths to this surreal world where the parents I met used such phrases as "permanent brain damage" and "end-stage renal failure."

I desperately wanted my old life back. I made deals with God there in the darkness of hospital nights, while children wailed and nurses moved softly through half-lit hallways, shushing the patients and soothing their parents.

A diagnosis was made: hydrocephaly, reflux and "failure to thrive." The word "failure" hit me hard, indicating as it did that I failed my baby.

On an intellectual level, I knew it wasn't my fault. Aidan's hydrocephaly had caused his skull to expand as water pooled inside. His reflux meant that his tiny body couldn't take enough nutrients to grow. The combination left him with a too-large head and a too-small body, which meant he couldn't roll over or sit up like a normal baby. His MRI also revealed what's called a Chiari malformation – a tiny bit of his brain was in the wrong place, which might cause more problems for him in the future.

None of this was caused by my failure to nourish him. Still, I spent that week in

the hospital consumed by fear for my child and shame that I hadn't somehow caught the problem myself.

That week saved Aidan's life. He began taking medicine to control his reflux, and the hospital's nutritionists helped me to determine how to feed him so he would begin to gain weight. He was assigned a physical therapist, who spent hours working with him. The neurologist

and the neurosurgeon together determined that he would not need shunts to control the hydrocephaly – a bit of good news, at last – and they taught me about possible symptoms the Chiari malformation might cause so I'd be prepared if a new problem arose.

After Aidan's discharge, we returned to the hospital several times a week for checkups and physical therapy, but I never got used to the routine: Hours each day in

waiting rooms, always surrounded by sad-eyed parents.

I didn't want to spend time in that hospital, didn't want to belong to that select group of parents whose kids were sick enough to warrant attention from all of those doctors. I wanted nothing more

than a normal baby, with a boring routine that didn't include hospital visits.

After a few months, Aidan slowly improved and his appointments became more infrequent. He sat, then stood, then started creeping, all a bit later than expected. When he took his first teetering steps, the physical therapist pronounced him "all caught up" and canceled his therapy. He was beginning to thrive.

Aidan is now 3, and he still has follow-up appointments with the neurologist to make sure his condition stays stable and benign. We worry when our top-heavy little guy topples over and slams his head. When he's late on a milestone, we panic,



Aidan Gorman was a mellow baby whose health initially didn't worry his parents.

continued on page 35

Beyond the Fog of Fear

continued from page 30

wondering if he'll start a spiral down again.

At our most recent appointment, the neurologist answered all of my questions carefully, never giving an indication that there were 15 patients stacked up behind us in the waiting room.

The she left, but as I was getting Aiden dressed, she poked her head back in. "Mrs. Gorman?" she said. "You have a healthy little boy now. Remember to relax and enjoy that for a while."

She's right. Nearly losing Aiden reminded us of what a gift he is to us, every day. Now I watch my boys playing together on the kitchen floor, and it takes my breath away: Two healthy, happy little boys.

What mother could ask for more than that?

Every time I go back to Children's, I watch the other mothers, wondering how they cope with their own private tragedies. Some walk the halls in a fog of fear, just as I once did. Others seem resigned to their fate, looking at home there in the waiting rooms and the corridors.

One particular scene haunts me. We were waiting for yet another blood test. As I bounced Aiden impatiently in my lap, I watched the woman across from me. She wasn't old, but her face was lined and her hair graying. A boy – I guess he was 10 or so – slumped in her lap. Trying to sleep. His whole weight leaned on her. But she didn't even shift positions. She just held

him and kissed his head, stroking his hair as she sang him a lullaby.

I could understand something of what she was suffering, but she bore it with grace, dignity and love. While I was fretting about time wasted in the waiting room, she held her child – really held him – and focused on being his mother.

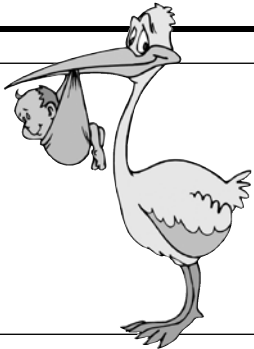
I pray that mother, still see her in my mind's eye – alone with her child in a crowded waiting room, singing him lullabies that he doesn't seem to hear, rocking him slowly to sleep as she supports all of his weight on her own narrow shoulders. And I hope that one day when I'm out with my children, I may recognize her strolling with her son among the tourists at the Mall.

Hospital List Revisions

State	Hospital Name	Address	Phone	Needs
AL	University of Southern Alabama Childrens & Womens Hospital	Attn: NICU 1700 Center Street Mobile AL 36604-3394	251-415-1270	Preemie and full-term hats, booties, sweaters. Quilts & positioning snakes. Contact Renee Rogers, RN or Laurey Byrd, RN, NICU.
AZ	St. Joseph's Hospital, Foundations Office	350 W. Thomas Road Phoenix, AZ 85013	602-406-3020	Deliver donated items to the Foundations Office--not the Volunteer Office.
FL	Peace River Regional Medical Ctr Clinical Coordinator, Women's & Children's Services	2500 Harbor Blvd Port Charlotte FL 33952	941-766-4415	Preemie (a few) & full term hats, Booties (need lots!), blankets (30 inch square or larger), a few micro preemie burial garments Contact: Susan Phillips, RN or Camille Robertson, RNC camille.robertson@prmc.hma-corp.com
FL	South Lake Hospital Attn: Volunteer Services	1099 Citrus Tower Blvd Clearmont FL 34711	352-241-4071 x8206	Contact Mary Ellen Tucker, Manager, Volunteer Services. Let me know what is needed.
GA	Dorminy Medical Ctr- Obstetrics	Attn: Director OB/Pediatrics 200 Perry House Rd/ PO Box 1447 Fitzgerald, GA 31750	229-424-7278	Full-term items including going home outfits. Contact Mandy Tomberlin, Director of OB/Pediatrics
GA	Medical Center of Central Georgia	Attn: Manager- NICU 777 Hemlock Street Macon GA 32108	478-633-1450	Preemie and full-term hats, diaper shirts for babies of all sizes. Sleepers, gowns, etc. in preemie and newborn sizes. Contact JUDY DANFORD, NICU Manager
IL	Ronald McDonald Children's Hospital of Loyola University Medical Ctr	NICU, Russo, 5th floor Attn: Joan Townsend, RN 2160 First Avenue Maywood, IL 60153	708-216-8261	Blankets, booties, hats, blankets/afghans/quilts 30 inch square & larger, mittens for 1.5 to 7 lb infants. Contact Joan Townsend, RN rockyrn53@hotmail.com
IL	LaRabida Children's Hospital, Attn: Volunteer Manager	East 65th St. at Lake Michigan Chicago, IL 60649	773-363-6700 x248	NO PREEMIES HERE. Full-term hats, booties, sweaters. Afghans for infants to teens. Blankets, fabric toys. Contact Judy Blakemore. Fax 773-363-0425. E-mail jblakemore@larabida.org
KY	St Claire Regional Medical Center Attn: Sister Jean Frances Cleves, RN	222 Medical Circle Morehead KY 40351		Needs: hats, bed socks (child & team), diaper shirts, lap blankets, take-me-home sets, burial gowns.
MD	Frederick Memorial Hospital Attn: Volunteer Services	400 W Seventh St Frederick, MD 21701	240-566-3567	Blankets/quilts, NEW fabric/knit/crochet-fiberfill toys, kimonos, hats & booties (2-12 lbs). A few 9 inch burial garments. Preemie positioning devices, Nursing, neck, & cough pillows, walker caddies, adult chemo hats. Contact Sharon Hannaby..

Hospital List Revisions

State	Hospital Name	Address	Phone	Needs
MD	Montgomery County Dept of Health & Human Services	Child Welfare Services 8630 Fenton St. 10th floor, Silver Spring, Md 20910	240-777-1489	Hats, sweaters, scarves, gloves, bears, large blankets/quilts, lap blankets, finger puppets, toys, bags, backpacks/duffel bags for foster children (newborn to 18). Contact Liz Doonan. (Rockville Office-Cheryl Bamls. 240-777-1083)
MD	Citizen's Nursing Home	1900 Rosemont Avenue Frederick, MD 21702		Lap robes (29 inches by 26 inches) without fringe for distribution to residents.
MO	St. Louis Children's Hospital, NICU 5 E 10	#1 Children's Pl #E254 St. Louis, MO 63110-1077	314-286-0995	Large NICU: Preemie & Full-term hats, booties, sweaters, burial gowns, & blankets. Contact Karen Rieker E-mail:krieker@bjc.org
OR	Rogue Valley Medical Center, Family Birth Center	2825 E. Barnett Rd. Medford, OR 97504	541-789=4218	Preemie apparel & blankets, burial garments, single layer printed flannel squares-16x16, 14x24, or 12x16. Low supply of hats for 3-4 lbs. Contact: Cheryl Lewis
PA	Paoli Hospital Mgr. MLHS Perinatal Education	255 W Lancaster Ave Paoli, PA 19301	610-648-1515	Contact Elizabeth Ricci, RN, Mgr. MHLS Perinatal Educator. Request burial garments & matching small blankets for early & very early losses--for babies under 2-3 pounds.
PA	Berwick Hospital Center OB Dept Nurse Manager	701 East 16th Street Berwick, PA 18603-2397	570-759-5180	SMALL Hospital. Well stocked at this time. Contact before sending. FT hats, small fabric toys/bears, burp cloths. P/FT booties. A few burial gowns & caps for stillborn infants. Call Judith H, RN. Fax 570-759-3473.
TN	Grace Pregnancy Resource Ctr Attn: Director	PO Box 110308 Nashville TN 37222-0308	615-331-8958	Baby & receiving blankets, sweaters, caps, booties, burp cloths, baby mittens, soft toys, gowns, layettes, etc... Contact Jen Rowland, Director. To deliver: 409 Welshwood Drive, Nashville TN 37222 jrowland@prcnashville.org FAX 615-331-8959
TX	St. Joseph's Medical Center NICU, 1st fl Womens Bldg	1819 Crawford Houston, TX 77002	713-756-8500	LARGE NICU. Baby hats, mitts, booties, burial gowns, bears, quilts, finger puppets, heart pillows (9x12), knit blankets (13x15" -pastel colors). Contact Melissa Rothmund, RNC or Lori Ward. Fax 713-657-7183



Wishing everyone a healthy and happy fall! Thanks for all that you do.
The next newsletter will be the MARCH 2008 issue.
Please be sure to send me address changes so that you receive the newsletter.
Also, note that bulk-rate mail has a high loss rate. Contact me if you don't receive an issue. I have extras.
With best wishes, Bonnie



From:
Care Wear
Volunteers, Inc.
Bonnie Hagerman
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701-8575

Non-profit org.
U.S. Postage
PAID
Frederick, MD
Permit No. 775