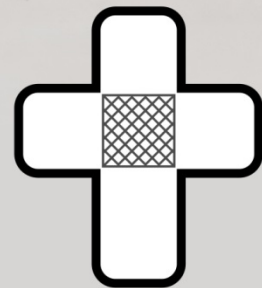


# White Cross Handbook



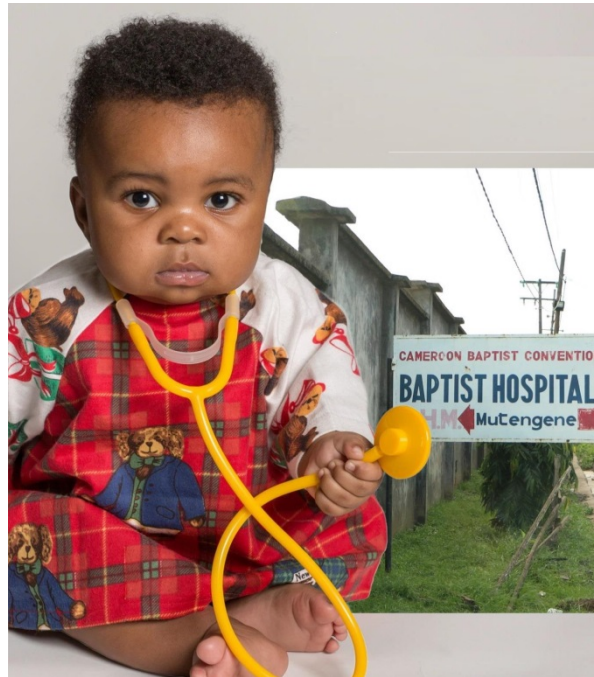
CAMEROON BAPTIST CONVENTION  
**BAPTIST HOSPITAL**  
H.M. ← Mutengene



**White Cross**  
USA ★ | CANADA 🍁



# White Cross Handbook



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Child with stethoscope wearing a Baby Jacket. Copyright © 2016, by Greg Campbell Photography. Used with permission.

Baptist Hospital Mutengene—Entrance and Sign, photo by Tim Willson. Copyright © 2014 by Taylor College and Seminary.



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# INTRODUCTION TO WHITE CROSS

## Welcome!

Whether you have been involved with the White Cross ministry for 50 years or are just curious, know that this is a ministry with a direct impact on lives in West Africa. White Cross has been contributing to the West African medical work for many years.

There are various opportunities to contribute to this important work. This handbook serves as an introduction and resource to these opportunities. Enjoy!

## Brief History

White Cross grew out of the work of the Red Cross, which was being done everywhere during World War I. 1919 saw the American Baptist women inaugurate the White Cross program. Three years later, the North American Baptist (NAB) Conference, through the Ladies Mission Societies, joined this effort.

After World War II, the NAB White Cross work was involved in several North American ventures as well as in providing supplies for the developing medical clinics in Cameroon. The focus on supplying the needs of the medical work in Cameroon expanded significantly and is now one of the major activities of White Cross. Currently, White Cross partners with the Cameroon Baptist Convention (CBC) in Cameroon. As of 2016, the Health Services arm of the CBC is operating 6 mission hospitals and almost 80 health centers and rural clinics. In the past couple of years, more than a million patients have been served annually.

In 2010, White Cross split into White Cross USA and White Cross Canada. White Cross USA was integrated into The Quest Church in Royse City, Texas, until 2020, when it transitioned to a ministry of Century Baptist Church in Bismarck, North Dakota. White Cross Canada is based at Taylor College and Seminary in Edmonton as part of the ministry of the E P Wahl Centre.

While much has changed over the years, the core of White Cross has remained strong. As we move forward in the 21<sup>st</sup> century, we are guided by some key principles, the two most important being partnership and quality.

For videos with helpful information on White Cross or the medical work in Cameroon, please go to the White Cross website:

[whitecrosscanada.ca](http://whitecrosscanada.ca)

Follow the links to the video archive.

## Key Principles

We want to **partner** with the work in Cameroon and beyond in ways that help do the best job possible. We strive to contribute to the growing work in West Africa in **quality** ways.

**Quality** does not mean quantity, although much is needed to help the work. Quality means asking questions like:

- Is this of a quality that I would want to use?
- Are we sacrificing to help or merely paring down our unwanted items?
- Will this item last very long, and is it worth the cost of shipping?

**Partnership** recognizes the different roles in the ongoing work and strives for the betterment of others. It is especially helpful to note that:

- The work in Cameroon has changed over the years.
- Most of the work and decisions are done by Cameroonians, who know their context much better than most of us in North America.
- We want to support and help that work without getting in the way.
- There are plenty of items that could be “used” in Cameroon, and we want to focus on what is most needed and what is most helpful **for them**.
- We want to make sure that we do not undercut the local markets.

# GENERAL INSTRUCTIONS

## Getting Involved

There are many ways to get involved with White Cross:

The primary way to get involved is through White Cross groups in churches across the country.

- Each church and/or group is organized differently.
  - We encourage you to structure your group as best suits your situation.
  - Each group should appoint someone who will be the local contact person with the Shipping Center in your country (more details below).
- Individuals can participate in each group:
  - directly (e.g. getting together with the group to make and pack supplies), or
  - indirectly (e.g. locate supplies, make deliveries, develop community/medical contacts, raise funds, etc.).
- If there is no group in your church, feel free to:
  - join other groups nearby.
  - start a group in your church (nearby groups will often help new groups get started--ask).
  - work on your own for the time being.

Not everything in this book is done by every group. Each group and individual can find what suits their skills and do what is of interest to them or matches their skill set.

The Shipping Centers in each country serve as points of contact and communication with the recipients in West Africa.

- Each group should appoint a contact person.
  - The CANADA form is online ([www.Taylor-Edu.ca/WahlCentre/WhiteCross](http://www.Taylor-Edu.ca/WahlCentre/WhiteCross)) or in [Appendix 9](#).
  - The form can be completed and sent to the national Shipping Center or the information can be sent by email).
- The contact person will receive all instructions and updates.
  - These updates can be passed along to the appropriate person (e.g. detailed instructions and *specific* updates should be given to the group leader; *general* updates can be sent to anyone).
- Names and emails of people who would like to receive *general* updates directly can be sent to the appropriate Shipping Center.
- Groups and individuals in connected geographic areas are encouraged to stay in contact with each other.
  - The structures of the past (e.g. regional chairpersons) are no longer necessary for the organization of White Cross, but some groups find it helpful to stay in communication with one another and to get together occasionally.

If you live in the vicinity of the White Cross Shipping Center contact them directly to see if there are volunteer opportunities to help sort, repack or load containers; perhaps they could use expert input into medical, dental or other aspects of the shipments.

## Packing and Delivery Procedures

Here are the procedures to prepare boxes/parcels for delivery to the White Cross Shipping Centers:

1. Purchase, sew, roll, procure, etc. the items for White Cross and pack those in boxes.
2. Place a **Parcel Shipping Form** in EACH box.
3. On this form please complete:
  - a. the name and *email* (this is preferred) OR address (only one is needed) to which an acknowledgement will be sent.
  - b. the total number of boxes shipped together AND the number of that box.
  - c. put the weight if that is helpful for you; we weigh all incoming boxes.
  - d. at least the church/group name and city.
  - e. the approximate date of the shipment (month and year are fine).
  - f. if you have any particular comments, those can be included.
4. Check off or list on a blank line the contents; amounts are not necessary and are a matter of preference.
5. Send or deliver the parcels/boxes to the Shipping Center in your country
  - \*Boxes can be delivered all at once or as they are filled
  - \*An acknowledgement will be sent when each group of boxes has been processed.
6. At a time that is convenient, mail in or drop off a **Financial Contribution Form** along with your financial contribution. Please send all financial contributions as specified in your national Shipping Center's forms.

See [Appendix 3](#) (USA) and [Appendix 4](#) (CANADA) for detailed delivery instructions for each national Shipping Center.

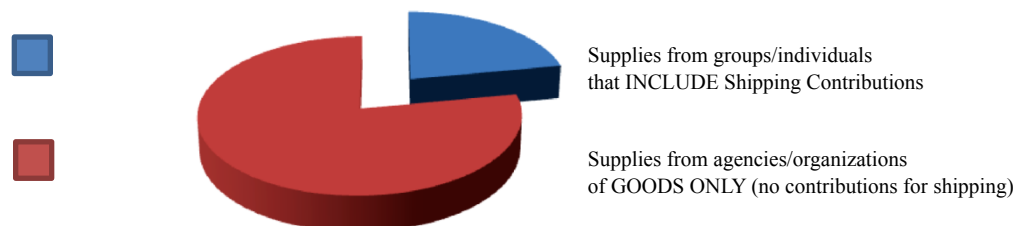
If an individual is delivering your boxes for you,  
please make sure they have a copy of those instructions.

# FINANCIAL CONTRIBUTIONS

The generosity of groups and individuals across North America is what makes White Cross so successful. Thank you! Here are some general details regarding financial contributions.

## Financial Contributions for Shipping

Contributions towards shipping costs are encouraged at \$2 per pound (lb.). However, as this chart shows, that does not cover all of the costs of shipping to Africa.



Every year the entire “pie” is able to be shipped due to the generous contributions of individuals, groups, churches and other organizations. If your church has a White Cross budget or your local group is raising funds, thank you. If you are not connected to a group and you donate directly, your contribution is eligible for a tax receipt if it is \$20 or more. See [Appendix 2](#) for the **Individual Contributions Form**. Regular contributions are greatly appreciated!

## Other Costs

White Cross costs go beyond the shipping of containers. Other needed supplies are purchased for use in the medical work. Some of the ways in which funds may be used are noted on the **Group Contribution Form** found in [Appendix 9](#) (CANADA) and [Appendix 10](#) (USA). Further, as an example, items such as sturdy packing boxes are purchased to ensure safe arrival of all goods in Cameroon. These boxes are also beneficial in Cameroon and are re-used many times by the Central Pharmacy, hospitals and clinics. Your generosity is deeply appreciated, the work is growing!

## When to Send

- Track your shipping weights and send your shipping and other contributions at a time that is convenient for you.
- Your financial contributions can be sent in periodically or at your “year-end.”
- Please send all financial contributions as specified in your national Shipping Center’s forms.

Other details specific to the Shipping Center in your country can be found in the [Appendices](#).

Please note that previous contract sewing options no longer need to be factored into your shipping contributions. While sewing is still done in Cameroon, those contracts are handled by the hospitals and clinics. We can help by providing the other supplies listed in this handbook, which helps reduce the overall costs for the hospitals and clinics.

[illegible]

# MEDICAL SUPPLIES

## Overview

Groups and individuals in North America regularly work in or make contacts with local hospital, nursing homes, and clinics and are able to acquire a wide variety of medical supplies and equipment. Over the last number of years, these types of donations have increased dramatically. Here, we will offer some guidance regarding the usefulness of these donations.

## Individual Contacts

If you have contact with key individuals in the CBC Health Services and can access items that they specifically requested, you can ship items directly to them through White Cross. You would need to make arrangements for the financial costs associated with shipping and clearing such items. Please make sure that your national White Cross Shipping Center:

1. knows the shipment is coming.
2. has approved the space it will require, and
3. can be sure that the item(s) will not cause problems with shipping and customs.

## Financial Support

Many times the donated medical supplies are offered directly to the national Shipping Centers. These donations do not usually come with any financial contributions towards shipping. We encourage individuals and groups to give generously so that we can continue to receive and send these items.

## Miscellaneous Medical Supplies

This is a broad category and can include a wide-range of items not included in the categories listed below. We cannot provide a list of every item that can be used, but can offer some suggestions for the types of items that are often helpful. We are starting to develop a list of items not usable (for a variety of reasons). If you have any questions, please contact your national Shipping Center.

### Usable Medical Supplies:

Many items in hospitals, ambulances, nursing homes, clinics, etc. are often discarded due to such things as procedures (e.g. moved to patient's room but not used), "expiry" dates (e.g. period of guaranteed sterility has passed) and policy changes (e.g. hypodermic needle sizes). These items can be collected, sorted and sent to your national Shipping Center.

If there is a concern about sterility, for example, items can be autoclaved in the West African hospitals.

See [Appendix 5](#) for a sample list of items that have been useful in the past. Updated lists will also be posted to the [www.Taylor-Edu.ca/WahlCentre/WhiteCross](http://www.Taylor-Edu.ca/WahlCentre/WhiteCross) website if/when needs change. Appendix 5 will be also be updated to reflect any changes. If you are uncertain about any items, *please ask*. We confirm all items before shipping.

## A note regarding medicine containers and paper bags:

- Glass medicine dropper bottles are useful and are the only acceptable glass items to be sent.
- A limited quantity of any size of clean, paper bags may be sent along with other medical items.

## Medical Supplies NOT Generally Shipped:



- Most liquids
  - this would include but not be limited to IV solutions, flush syringes, etc.
- Pharmaceutical medications
  - these are excluded for a number of reasons including: customs challenges, temperatures on containers, expiry dates, etc.
- Out-of-date Vitamins and Supplements
  - keep in mind that it usually takes around a year from the time that you send items to when they arrive in the hands of medical staff in Cameroon.
- Glucose Monitors (Diabetes)
  - the strips are the expensive part and are specific to the monitors (which are often free).
- CPAP machines
- Batteries
  - only batteries for specific items or projects are sent; these must be removed and secured with water resistant packaging if possible.

## Preparing Medical Supplies for Shipment:

We ask that each group/individual organize and check all items before sending them to the national White Cross Shipping Center. Receiving unnecessary or unsorted items significantly increases the workload of volunteers at each Shipping Center.

## Medical Equipment



Occasionally higher-end equipment is needed. Sometimes, such needs are communicated through medical teams with connections to Cameroon, but donations are also welcome.

If you have solid, functioning medical equipment that you would like to donate please contact your national Shipping Center. They will confirm with the medical staff in Cameroon to ensure all items are needed.



## Hospital Linens

The CBC Health Services hospitals and clinics continue to grow and expand. One of the ways you can help contribute to the needs of this expansion is through **quality** linens. If you receive donations of used linens, these must be sorted carefully and only items in excellent condition should be forwarded on the national Shipping Centers.

Excellent condition means:

- no evidence of wear,
- no stains,
- no pilling,
- no rips, etc.

Sending lesser quality items is not usually worth the shipping costs

The hospitals and clinics need:

- good quality used (or new) **bed sheets**:
  - Not too thick for drying purposes.
  - Plain colors are preferred but basic prints are acceptable.
  - Muslin, flannel, percale or other durable fabric is suitable.
  - Poly-cotton is usable if the percentage of cotton is higher than the polyester. Polyester fiber is not okay.
  - Mostly flat, twin sheets are used but some fitted are used (sets are not necessary).
  - Ensure used sheets are clean before sending (if dirty, please wash first)
  - See [Appendix 6](#) for a flowchart on what sheets are usable where.
- **pillowcases** (standard size pillow cases: 20”x30” are typical. Longer, quality cases can be cut and re sewn to 30”. Cases made of durable fabric in plain colors are the most suitable.
- **draw sheets** (donated draw sheets are becoming more common and are excellent; they can still be made as well—more details are under “Sewn Items” below).
- **bath and hand towels** (these should be of a smaller size and lighter weight to allow for quicker drying).
- **washcloths**.
- quality **hospital blankets** (not duvets, quilts, etc.).
  - The blankets should be lightweight and breathable.
  - Fabric that is mainly cotton is best and poly cotton blends will work if the percentage of cotton is higher than the polyester.
  - Many used, quality blankets from NA hospitals or nursing homes are acceptable. It is best if you can locate/collect 20+ of the same design.
  - Please check them over for rips, stains, etc. before sending.

## Used Eyeglasses & Sunglasses



Some parts of the CBC HS network can benefit from used (or new) eyeglass frames.

*Generally, it is only the frames that are useful.*

To protect the frames during shipping, lenses can remain. Cases or slips are also excellent for protecting the glasses and for distribution in Cameroon. Please make sure the frames are in very good condition before sending. Sunglasses are also needed.

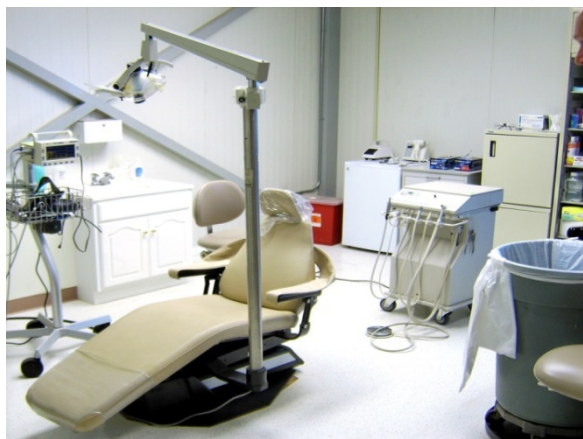
## Used Hearing Aid

Hearing aids should be in good quality and clean before donating. Donations other than what we can program are not helpful. They will be thrown away because we can't use them at this point.

Batteries for the above hearing aid brands are also needed regularly.

For more details, see [Appendix 11](#).

## Dental Needs



CBCHS is working to expand its dental services across the country. Expansion means needed equipment and supplies.

Full dental suites—especially chairs with lights—are the most helpful items to contribute at this point. We have also shipped fully functioning x-ray machines with all the components.

We will provide more details as soon as we have more details.

If you have contacts in the dental field that could assist with the provision of equipment or supplies, please contact your national Shipping Center directly.

# GUEST HOUSE SUPPLIES

## Overview

Guest Houses (also called Rest Houses) are located throughout Cameroon and are critical for housing visiting doctors, missionaries, and other skilled volunteers. Over 350 volunteers a year use the CBC Guest Houses. A wide-variety of items can be purchased or donated for use in these guesthouses.

## Needed Supplies

All supplies now sent need to be of high quality. They should be in new (preferred) or in excellent condition. *Excellent condition* means: no evidence of wear, no stains, no pilling, no rips, etc.

### Categories:

- Bedroom Linens
- Bathroom Items
- Kitchen Items
- Miscellaneous Items

See the bottom of the new **Parcel Shipping Form** for a summary list.

(Form is [Appendix 9—CANADA](#) or [Appendix 10—USA](#))

Please send only what is on this list unless it comes by special request.

### Details for Bedroom & Bathroom Linens

- *Bath towels* should be of smaller size and lighter weight to allow for quicker drying. In the rainy season, large heavy bath towels take too long to dry and can become musty.
- *Pillows* should be washable and of medium weight/density.
- *Pillow Cases*: Standard size pillow cases, 20"x30" are typical.
  - Plain colors are suitable.
  - Muslin, flannel, percale, poly-cotton (see bed sheets below) or other durable fabric is suitable.
- *Bed Sheets* – only complete sets.
  - Not too heavy or thick for drying purposes.
  - New sets are preferred. Purchase twin/single size and double/full size sheet sets.
  - Plain colors are preferred but basic prints are acceptable.
  - Muslin, flannel, percale, or other durable fabric is suitable.
  - Poly-cotton is usable if the percentage of cotton is higher than the polyester. Polyester fiber is not okay.
  - See [Appendix 6](#) for a flowchart on what sheets are usable where.

## Special Requests

Normally the Shipping Centre will purchase requested items. Occasionally, however, groups or individuals may receive personal requests from the field for specific Guest House items (each Shipping Center should also have been informed of these requests). These items may or may not be on the standard list.

Please ensure that special request items are properly boxed and labelled with the requesting missionary's name and location. These items will be shipped directly to the missionary (after forms have been removed and contents have been confirmed). Only include special request items in this box. Also include a **Parcel Shipping Form**.

# SEWN ITEMS

## Fabrics

### General

Fabrics have changed in recent years. For example, poly-cotton blends are much more available today and can be as durable as more expensive options. Pay attention to the types of fabric suggested for each item listed below, and select fabric that is appropriate for that item.

Occasionally, people get access to quality used fabrics. However, used fabrics are only acceptable in certain situations. Remember that even quality, used fabrics will not last as long as new fabrics.

Note: flannel is the same as flannelette. We only use the term flannel throughout this Handbook. It comes in different qualities and thicknesses which can affect the overall quality of the items.

### Quality

Quality is one of the most important features of the fabrics purchased. Sometimes “cheap” is available and can be very inexpensive. Such fabric, however, does not usually last very long and tears too quickly. Many of the items below are made in love. We want to make sure that what we send will do the needed job and will last a long time.

### Colors/Designs

Color and design matter for a variety of reasons for various items. Sometimes bright, multi-colored items are enjoyed and greatly appreciated (e.g. baby layettes). Other times plain colors and basic prints are more functional. Please be sensitive to the requests noted for each item.

### Sizing

This is a shared document, and all measurements continue to be given in inches (”). To convert inches to centimeters (cm.), simply multiply the measurement in inches by 2.5 (e.g. 3” = 7.5 cm.)

Some fabrics are now harder to acquire in certain widths, and some of the traditional sizing was based on the width of the purchased fabric. For example, widths around 40-42” are becoming more common in some areas than 36” or 45” widths. If you find that your fabric width is different from that specified, you may need to adjust some of the sizes of the product in order to avoid too much waste. For example, traditionally baby diapers were listed as either 36” or 45” long. If you have 41” fabric, then you could make diapers that are 18”x 41”. To make it clear when you can use different widths, size ranges will be given below when appropriate (e.g. diapers can be anywhere from 36” to 45” long).

### Selvage

Selvage is the finished edge of the fabric. Some selvage edges can serve as a finished edge. Other selvage edges need to be cut and hemmed in order to provide good-looking, durable edges.

# Seams & Hems

## General

Some of you have sewn for many years and have your own preferred methods. Wonderful! All we ask is that you pay attention to the purpose statements for each item and then make seams and hems that are appropriate to the item. For example, some items are regularly washed and reused over and over again. These would need *strong seams and hems* that will hold through repeated use and washing.

For those who would like clearer directions to help get started, what follows are some suggestions regarding seams. Unless otherwise noted, a 5/8" seam allowance is standard. Seam allowances can make a significant difference in the finished size of the item. Whatever your method, please measure your finished item to confirm that it fits the finished size expectations (if listed) of that item.

## Using a regular Sewing machine

When making a seam, be sure to backstitch at the beginning and at the end of the seam to secure the stitching. If you do not know a strong seam, please see the suggested seams below.

When hemming, turn up a 1/4" fold to the wrong side of the fabric. Then turn up a second fold at least the width of the first one and edge stitch the hem

Also, it may be helpful to do a short backstitch in the middle of a seam or hem to prevent the entire seam or hem from coming undone if some of the stitching comes loose.

## Suggested Seams

### Flat-Fell Seam

1. On right side of garment stitch a plain seam. (*Figure 1*)
2. Trim one side of seam to within 3/16" from stitching. (*Figure 2*)
3. Turn raw edge of 5/8" seam allowance under and press over the trimmed side. Top stitch close to turned edge. (*Figure 3*)

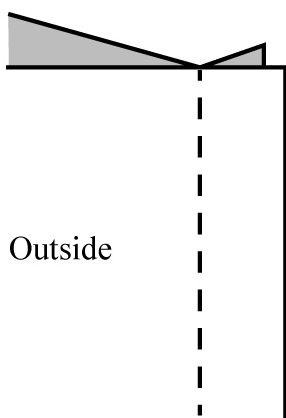


Figure 1

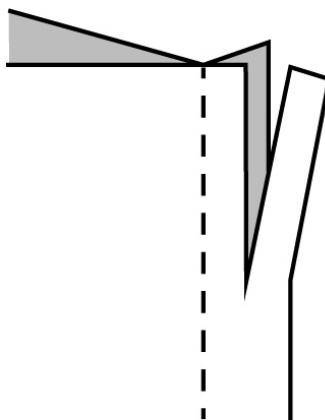


Figure 2

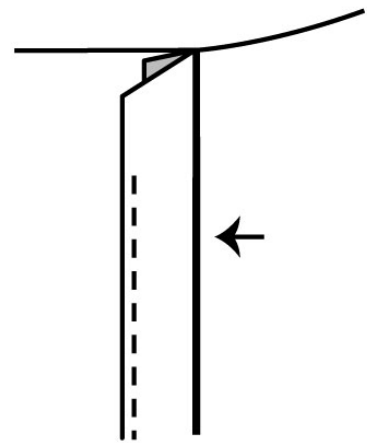


Figure 3

## Suggested Seams (continued)

### French Seam (sewn down)

1. With right sides of fabric together, sew a seam  $\frac{1}{4}$ " from the edge. (Figure 4)
2. Turn fabric to right side and sew another seam  $\frac{3}{8}$ " from previously sewn edge. (Figure 5)
3. Sew seam down on right side of fabric. (Figure 6)

\*when sewing the side seam of baby jackets, the seam should be turned to the back of the jacket before stitching\*

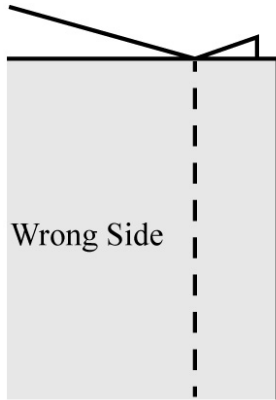


Figure 4

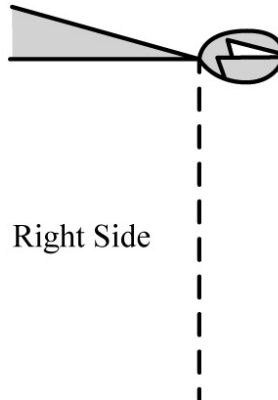


Figure 5

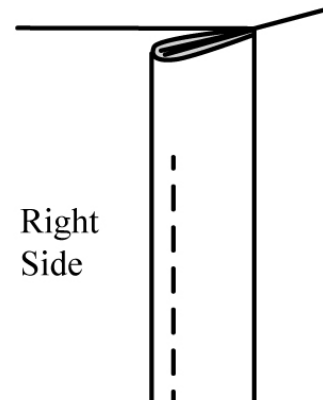


Figure 6

## Using a Serger

A Serger machine can work well for hems and seams. However, depending on the type and quality of stitches and on the type of fabric being used (e.g. some fabrics fray quite easily), the stitching can pull away from the rest of the fabric. The basic concern is to ensure the *quality and durability* of the hem or seam.

Such quality and durability will vary depending on a number of factors. If you use a serger regularly, you will know what seams and hems offer the best durability and quality. If you are new to serging, make sure you practice what happens with variations of setting on the tension dials, pressure regulator screw, stitch lengths and whatever settings your serger has. Another factor is the number of threads used. Sergers that use only 2 threads may require extra stitching on the seams and hems. Some sergers do not stitch a seam, but only overcast the edge. In this case, you will need to stitch the seam with a regular machine after serging. Sergers using 3-4+ threads will give a much better seam or hem.

Keep in mind that the serger trims away the fabric along the overcast edge—unless you disengage the blade/knife (see *Picture 1*).



If you serge a seam without the blade, you will have a much smaller seam than the standard  $\frac{5}{8}$ " seam. You may need to adjust the cut sizes of the pattern so that the finished sizes are accurate depending on the cutting width of the blade. Keeping these factors in mind is particularly important for baby jackets. Please compare the size measurements to your finished jacket and adjust your patterns or seam allowance as needed.

1/4" (left) and  
5/8" (right) of fabric

# Baby Layettes

## Overview/Purpose

A layette refers to the *combination* of a sewn baby jacket, baby diaper and baby blanket. These three items can be packed together as a layette or made and sent separately.

*Purpose:* Baby layettes are a cornerstone of the ministry of White Cross and are both appreciated and needed by many Cameroonian women. Currently the practice is to give a layette to each mother of a new-born baby when they are released from the CBC hospital or clinic where they gave birth.

Layettes are especially important in rural areas where they are often the only items a mother has for her newborn. LAP (Life Abundant Program)—which is the program that oversees and maintains primary (i.e. rural) health centers—finds that layettes encourage expectant mothers to come to a safe place for delivery. The mothers will also be more likely to come to the primary clinics for prenatal care. When there is a LAP clinic in a village there is a significant reduction in mother and infant mortality.

## Sewing Options

Some White Cross groups do not have sufficient numbers of skilled members for sewing. Baby items can be cut out, labelled and sent to the Shipping Center. Raw fabric can also be sent (and is sometimes purchased) to be cut and sewn in Cameroon. We no longer pay directly for this type of work in Cameroon. In order to help offset the costs of purchasing and sending other items, you are encouraged to send in 2x the shipping contributions for your unfinished items or raw fabrics. (also see note on contract sewing in the “Financial Contributions” section under “General Instructions”).

**Note:** the preferred method is still to have all work on baby items completed in North America. In response to requests directly from Cameroon, layette options have been prioritized as follows:

- 1) The *best* option is for groups and individuals in North America to purchase, cut out AND sew all baby items. This option produces the best quality result and is most preferred by the hospitals and clinics.
- 2) The second best option is to purchase and cut out the fabric in North America, then label it and send it to Cameroon for sewing.
- 3) The third (and still useful) option is to send raw, *quality* fabric to be cut and sewn in Cameroon. Quality fabric is still very expensive in Cameroon.



## Baby Jackets

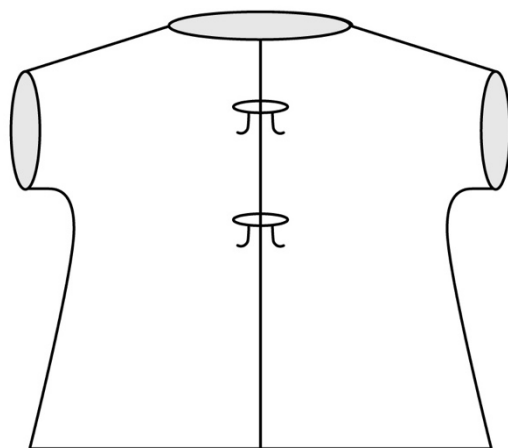
Currently there are no patterns available online and you will need to “borrow” one from another group as needed; we will let you know if this changes; please measure your finished jacket to confirm that your pattern is correct.

Size Measurements (all measurements are approx.)	Small (6 months)	Large (12 months)
Neck opening	9-11”	10-13”
Armhole opening	8”	9”
Neck to end of sleeve	8”	9”
Shoulder to hem	12”	14”
Under arm width	24”	28”
Hem line width	26”	30”
Yardage required	½ yd	½ yd

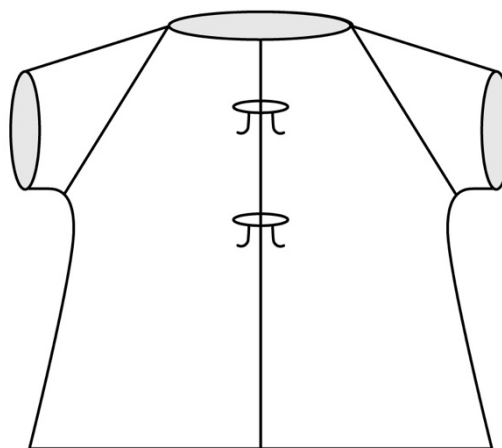
### General Instructions

**AVOID: White flannel, white bias tape, buttons and snaps**

1. Choose colored or print flannel (knit fabric is not suitable).
2. Use either raglan or cut-in-one sleeve pattern (see *Figures 7 & 8* below).



Cut-In-One Sleeve  
Figure 7



Raglan Sleeve  
Figure 8

3. For ties, use ¼” twill tape or ¼” bias tape (½” does not tie as well—see *Picture 2*). This is best purchased in bulk to mitigate expense. Cut these tape ties in 9” lengths. If using twill tape, put a quality fray check on one end and mark the other end to be sewn/serged to the jacket opening. Cut 2-4 ties for each jacket depending on how you will finish the neck opening (see Sewing/Serging instructions below, especially step #5).

PICTURE 2



½” ties are too thick and do not stay tied as well.

## Baby Jackets (continued)

### Sewing/Serging Instructions

1. Cut out the fabric from your pattern.

If using the cut-in-one pattern, fold the fabric in half and place the shoulders (A) on the fold. Cut the pattern. Then cut the front (B) and neck (C) openings (see *Figure 9*).

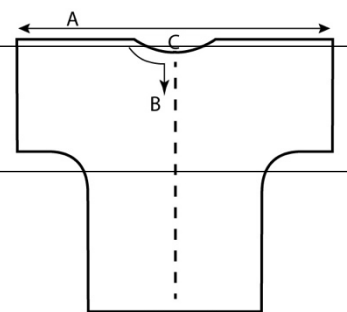


Figure 9

2. Serge wrist edges if using a serger.
3. Sew sleeve, underarm and side seams using preferred method (serging, flat-fell, French or other durable seam).
4. Attach ties.
  - Mark placement of the ties on the outside of the jacket opening: an upper set  $\frac{1}{2}$ " from neck edge (unless using binding) and a second set 4" lower down.
  - Lay twill tape (or bias tape) "horizontally" across jacket opening with non-fray checked ends on marks.
  - Pin in place. Stitch or serge front edges of jacket along with ties
  - Turn edges in at least  $\frac{1}{4}$ " and hem with sewing machine.
5. Finish neck opening

**Option 1 (see *Picture 3*) – with binding:  $\frac{1}{4}$ " or  $\frac{1}{2}$ " bias tape or self-binding fabric strip**

- Cut binding slightly longer than neck edge (alternatively—using  $\frac{1}{4}$ " tape, extend the binding 9-10" on each side of the neck to use in place of upper ties).
- Sew binding on inside of neck, fold the ends back, fold the binding to the outside of the jacket and top stitch in place.

PICTURE 3



Extended  $\frac{1}{4}$ " bias around neck  
 $\frac{1}{4}$ " bias for ties

**Option 2 (see *Picture 4*) – no bias tape**

- Serge neck edge.
- Turn serged edges in at least  $\frac{1}{4}$ " and hem with a sewing machine.
- Make sure to spend extra effort hemming the neck to make sure it is durable.

PICTURE 4



Serged and hemmed neck

## Baby Jackets... Sewing/Serging Instructions (continued)

6. Hem sleeves and bottom edge of jacket using your preferred method and ensuring quality.
7. Mark size opposite jacket opening (see *Picture 5*).  
S for small/6 month. L for large/1 year.

PICTURE 5



Mark 'S' or 'L'

## Baby Blankets

**AVOID: White flannel and satin binding.**

1. Make of double thickness, solid color, print, or white-background print flannel.
2. Cut Size 72"x 36-45" (See *Figure 10*). Finished size 36"x 36-45".
3. Sew/serge edges.
  - Fold fabric in half with right sides together (pattern inside).
  - Stitch along the non-folded edges, leaving at least a 12" opening on one side.
  - Trim corners.
  - Turn right side out.
  - Fold open edges inside and close opening by topstitching it.
4. Topstitch entire blanket around the perimeter about 3" in from the edge. Finish with stitching across the center. With blankets, a simple pattern is best. A good option is shown below in *Figure 11*.

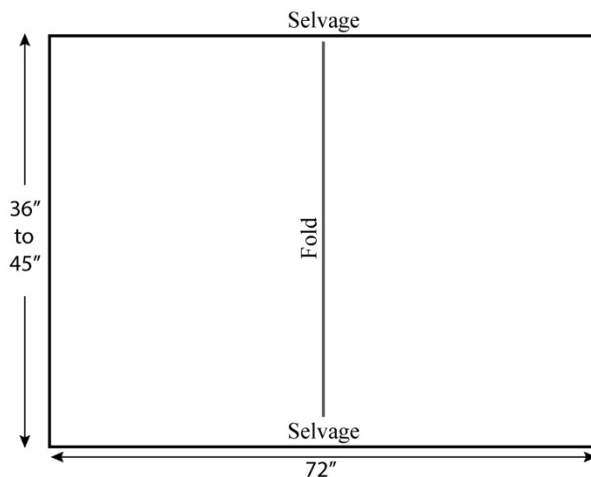


Figure 10

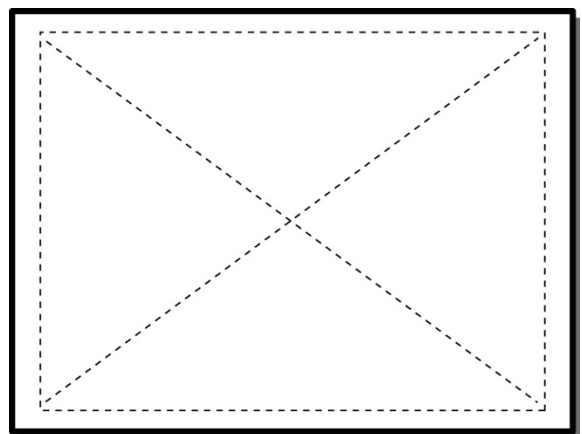


Figure 11

## Baby Diapers

1. Make of single thickness solid color, print, or white background print flannel.
2. Cut size: 18"x 36-45". See *Figure 12*.
3. Hem the cut ends with at least a ¼" turn under (depending on your method, a double turn may be necessary for durability).
4. You may also need to cut and hem the selvage end depending on its quality (see "Selvage" under "Fabrics" at the start of the section on "Sewn Items" above).

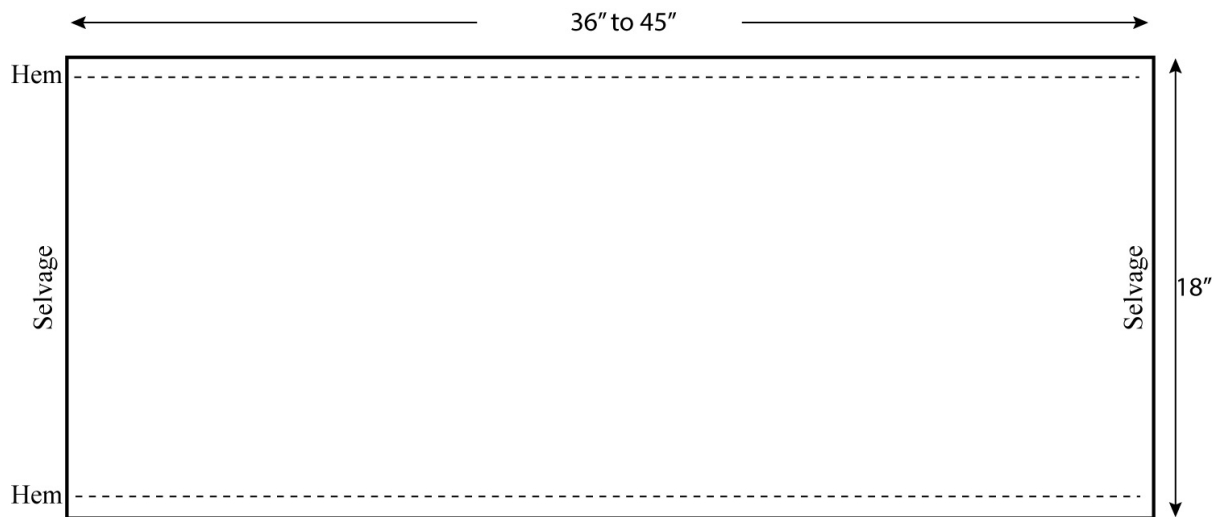


Figure 12

## Wrap-arounds (Skirts)

(previously called a "wrapper," but it was too easily confused with *surgical* wrappers)

**AVOID:** knitted fabric, fleece and 100% polyester. Also avoid any solid white color.

*Purpose:* A wrap-around is used as a **skirt** by female patients in place of a gown. It is wrapped and pulled tightly around the body. The fabric should be comfortable and should not stretch too much.

1. Make of colored or print flannel, cotton or other strong, washable fabric that is comfortable.
2. Cut size: 65"x 36-45".
3. Hem all edges.

## Draw Sheets

**AVOID:** Whites or prints. Also avoid muslin, flannel or poly-cotton fabrics—these fabrics would tear easily when lifting or moving patients.

*Purpose:* Draw sheets are put cross-ways on the bed and can be used to help lift or move patients as needed. They must be made of a strong, durable fabric that does not stretch.

1. Make of a solid-colored cotton twill or any durable fabric of similar weight and strength.
2. Cut size: 45"x72". See *Figure 13*.
3. Hem the cut ends up to 1". Spend extra effort on the hems as these need to be durable.
4. You may also need to cut and hem the selvage end depending on its quality (see "Selvage" under "Fabrics" at the start of the section on "Sewn Items" above).

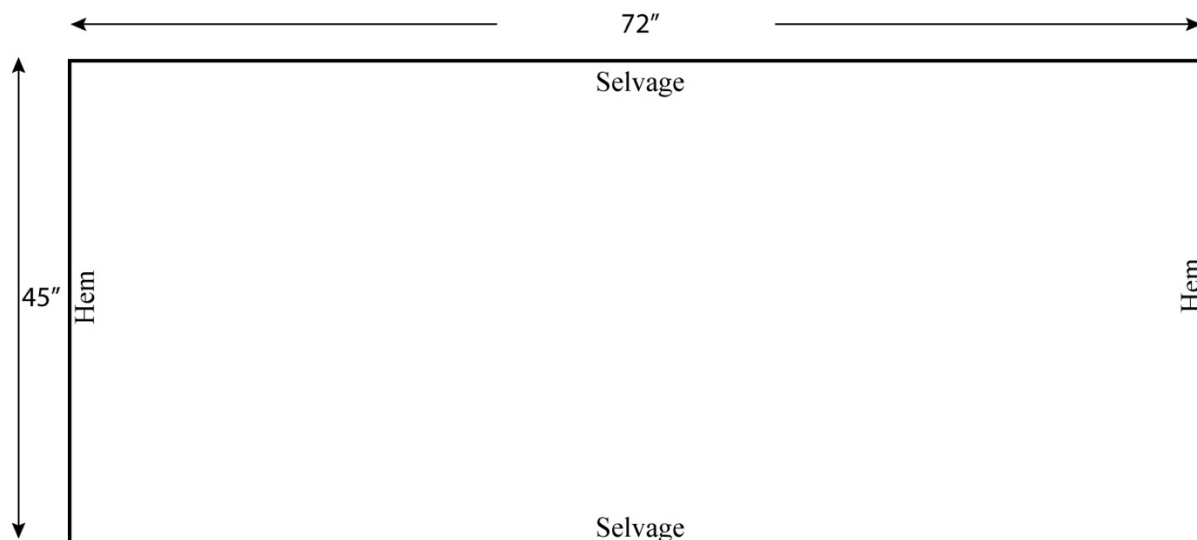


Figure 13

## Surgical Wrappers

*Purpose:* Surgical wrappers are used to wrap up surgical instruments and sterilize them in an autoclave machine at very high temperatures. They are constantly re-used and must be made of a strong, durable fabric that will remain strong with repeated sterilizing in the autoclave. Lighter fabrics will disintegrate very quickly.

1. Make of double thickness cotton twill, broadcloth, or any solid-colored, closely woven fabric of similar weight and strength.
2. Cut sizes (**LxW**): 36"x 18" or 48"x 24" or 60"x 30" or 72"x 36". See *Figure 14*. (Finished sizes are **square**: 18"x18" or 24"x 24" or 30"x 30" or 36"x 36".)
3. Sew/serge edges.
  - Fold fabric in half with right sides together (pattern inside).
  - Stitch along the non-folded edges, leaving at least a 12" opening on one side.
  - Trim corners.
  - Turn right side out.
  - Fold open edges inside and topstitch opening closed.

### Surgical Wrappers (continued)

4. Topstitch entire wrapper around the perimeter about 3" in from the edge. The wrapper should be stitched through the middle in two different directions. Whatever stitching pattern you favor is fine as long as it ensures that the wrapper maintains its shape after multiple uses. A good option is shown in *Figure 15*.

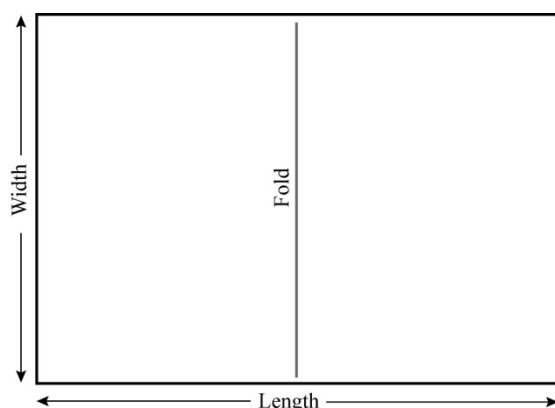


Figure 14

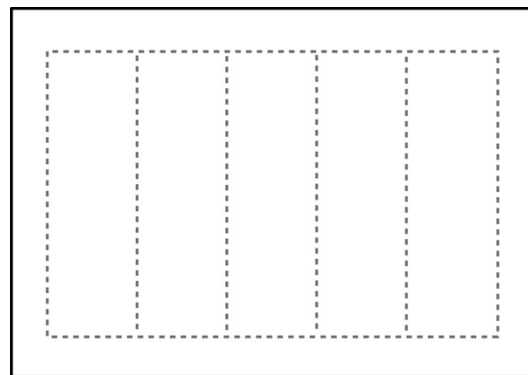


Figure 15

## Slings (triangular bandages)

*Purpose:* Slings are used to secure arms/shoulders that have been injured.

1. Make of cotton, unbleached thinner muslin or any closely-woven, plain lightweight fabric.
2. Cuts sizes should be between 36" to 45" depending on the size of the fabric. See *Figure 16*. Cut size must be square (e.g. 41" x 41").
3. Cut the squares again, in half diagonally. Hem all sides with at least a 1/4" turn under (or use a Serger seam). See *Figure 17* below.

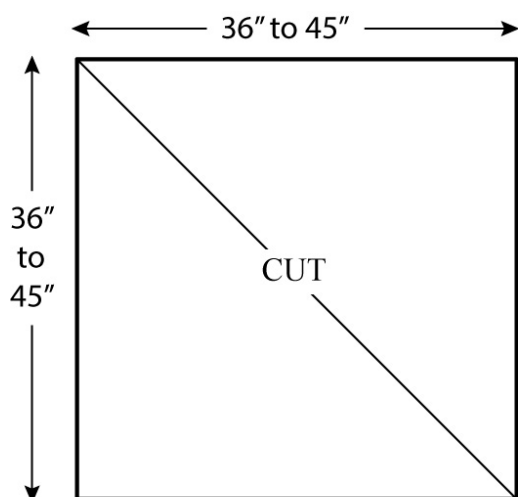


Figure 16

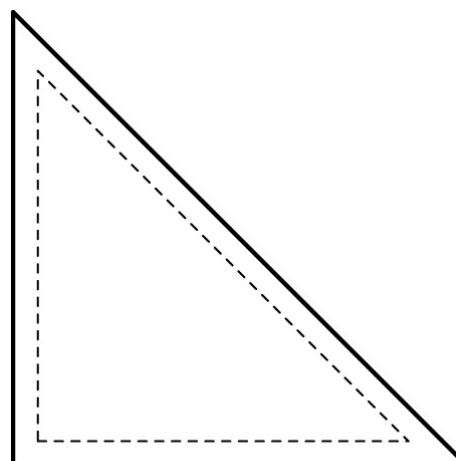


Figure 17

## Absorbent Pads

(also called “sitting pads” and “quilted pads” among other terms)

*Purpose:* These pads are used under patients in beds or when doing medical procedures. Sometimes they are placed under patients for many hours. They help catch and absorb any liquids to avoid contaminating surrounding areas or bedding. These pads are cleaned and reused many times. The exterior needs to be made from a soft fabric to avoid patient discomfort and skin damage.

1. Exterior can be cut from soft, durable and absorbent fabric (e.g. new flannel). Fabric needs to remain **soft** through multiple washings. Use any color (including white) or pattern.
2. Cut size of the exterior is 36” x 18”. See *Figure 18*. Finished size is approximately 17” x 17”.
3. Interior padding should be made of a thick, absorbent fabric: e.g. old toweling, old flannel blanket. These may need to be doubled. Total thickness of *finished pad* should be around ½”.
4. Include a thin layer of water resistant fabric in the middle. This will slow down the flow of fluid without making pad too thick. A good fabric to use is water resistant and machine washable nylon. Do not use plastic or other water proof fabric.
5. Interior padding size is just under 17” x 17”.
6. Tuck in all raw edges ½” and stitch all around.
7. The pad should be topstitched vertically and horizontally to hold the interior pieces in place. *Figure 19* below as an example of a good pattern. Whatever stitching pattern you favor is fine as long as it ensures that the pad exterior and interior maintain their shape. Use only enough stitching to hold the interior pieces in place. Too many stitches can make the pads uncomfortable for the patients (see *Figure 20*).

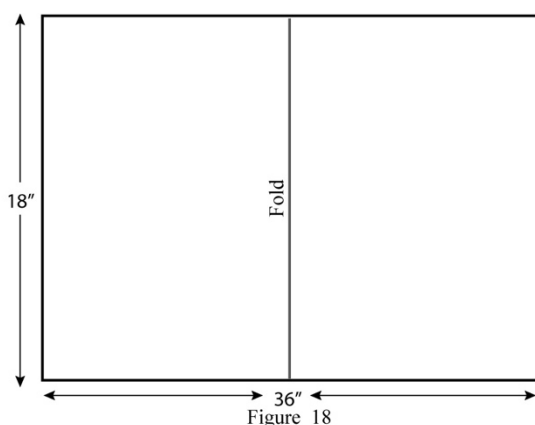
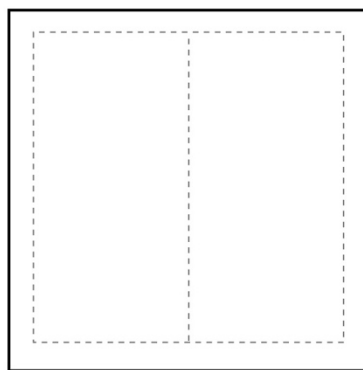
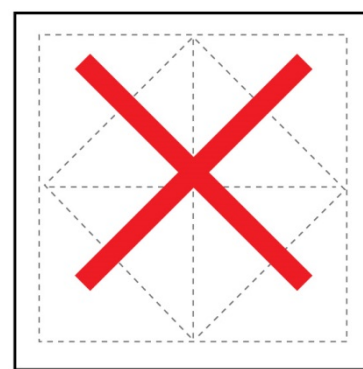


Figure 18



Outer stitching helps keep the shape;  
Inner stitching holds padding in place

Figure 19



Too much  
stitching can make pad uncomfortable

Figure 20

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# NON-SEWN ITEMS

The items below are still needed in Cameroon and are a great way to initiate people into the work of White Cross. Minimum or no sewing skills are required.

## Rolled Bandages

*Purpose:* Rolled bandages are used in a variety of situations in the hospitals and clinics. They are mainly used to secure sterile materials to wounds and do not need to be absorbent or sterile themselves.



## Fabric

Bandages can be made from many types and colors of used fabric. Used bed sheets are the most common source for these bandages. Occasionally sheets are made from a fabric that shreds too easily and are not recommended for use. Thicker fabrics are usable for rolled bandages as long as they are not too thick. This is not an exact science (you will have to make a judgement call about fabric you acquire). For thicker fabrics, shorter lengths are also possible (see step #2 below). This used fabric can be acquired from a variety of sources. For example, you can collect sheets from people in your church, from local hotels, or local laundry/linen facilities.

NOTE: if you are able to secure quality hospital sheets (i.e. flat, twin size), these can be sent directly for use in the hospitals and clinics rather than converting them into bandages. See [Appendix 6](#) for a flowchart on what sheets are usable where.

NOTE: 2" and 4" rolls are being phased out. *Please cut only 3" wide rolls.* If you have already cut and/or rolled 2" or 4" bandages, send them—they will be used.

## Instructions

1. Collect materials to be cut and rolled. Ensure that the fabric is not badly pilled, stained or torn (remove those sections as needed before cutting the bandages).
2. **\*Cut\*** the fabric into 3" wide strips.
  - Ideally, the length should be around 8'-9' (i.e. approximately 100" on average).
  - Ideally, rolls should be a maximum of 120" (10') and a minimum of 60" (5')
  - Most sheet lengths will be around the ideal length (e.g. twin and full flat sheets are usually at least 96" (8') long, and queen and king flat sheets are over 100" long).
  - You do not need to cut off strips if they are *slightly* longer than the maximum (120") nor add additional fabric if it is *slightly* shorter than the minimum (60").
  - Sewing together short pieces can be done but is not encouraged.
  - Rolls should not be much thicker than around 2" (1" thick rolls are ideal).
3. Roll evenly and tightly. Traditionally, rolling was done by hand, but rollers have been made that make the process easier and the rolls much tighter. Bandages can be secured together with a rubber band; please do not sew or tape them.

## NON-SEWN ITEMS...Rolled Bandages (continued)

### Optional

Print a full Bible verse on a small slip of paper and place it inside the first or final portion of the roll (alternatively, you can place a small, single devotional page (folded in half)). Remember simpler is better. Please do not place these verses on the outside as these can be torn or marked up before making it to the patient.

#### \*A note about cutting versus tearing of strips\*

Cutting is the recommend method of turning sheets into strips. A sharp rotary cutter works well. Cutting produces much less loose threads. Tearing not only produces threads that have to be cleaned by the White Cross group, but also by the volunteers in the Shipping Centers. If you tear the strips, please make sure that you clean up the loose threads *thoroughly*.

### 4x4 Squares (Absorbent squares)

*Purpose:* Each bundle of 4x4 absorbent squares are sterilized in autoclave machines before being put directly on a patient wound. They must be made of absorbent fabric and secured in bundles.

1. Use cotton, flannel or similar absorbent fabric. Please do not use polyester. If unsure (e.g. if a poly-cotton blend), test a small portion of the cloth to see whether liquid absorbs or pools on it (we have tested up to a 60% cotton / 40% polyester blend, which absorbs sufficiently enough).
2. Cut into 4"x 4" squares (see *Figure 21*) and stack into bundles of approximately 25 (it does not have to be exactly 25, and the number will depend on the thickness of the bundles as much as anything).
  - These bundles can be stitched together or secured with a string/ribbon or similar material that can withstand high temperatures. *Make sure that they are tied securely.*
  - If you are stitching them, a 4" x 4" board with a center-hole can be used to easily push the needle through (see *Figure 22*).
  - Some groups have made arrangements to bring their bundles to businesses like a shoe repair shop where machines can quickly and easily stitch thread through the bundles.
  - Please do not secure with rubber bands or stick pins.

#### Suggested cutting options:

Use a sharp rotary cutter (or paper cutter) and cut a 4" strip the length of a sheet. Fold into 8" lengths and cut, fold in half and cut. These strips can then be cut into 4" lengths.

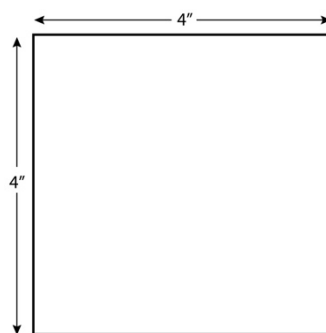


Figure 21

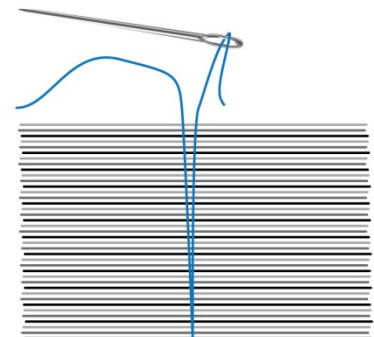


Figure 22

# BOOKS/BIBLES/DEVOTIONAL MATERIALS

## Overview



Books can be divided into four main categories:

- 1) Theological books for seminary use.
- 2) Medical books for use in the training centers.
- 3) Other educational books/textbooks for a variety of topics.
- 4) Devotional materials, including Bibles.

We will deal with each category separately.

## Theological Books

Excellent, up-to-date theological books that do not contain too much western content are needed in the seminaries of West Africa. Ideally, we would provide lists of possible books/topics that could be donated from the libraries of individuals and organizations. Unfortunately, the seminary staff are often overworked, and, as a result, we do not have any lists. If you have books that you think would be suitable, please send a list of the books (author, date, title) to the NAB Field Director in Cameroon for evaluation. Contact your national Shipping Center for information.

## Medical Books

Due to the lack of equipment and training, some medical techniques in Cameroon can be 15-20 years behind North American practices. Both older and newer books and textbooks are needed (e.g. anatomy books are always useful). If you have contacts in the medical publishing field or with medical libraries, please contact the NAB Field Director in Cameroon to inquire as to which books are most needed.

## Other Educational Books

University and High School textbooks in a variety of fields (e.g. sciences, math, psychology, electrical, carpentry, mechanics, etc.) are greatly needed. Often these might be older editions that still have relevant information but are no longer being used by North American schools.

## Devotional Materials

Devotional booklets and Bibles are regularly used for outreach by the hospital chaplaincy program. See [Appendix 7](#) for a detailed description of what materials are most suitable. These can be collected and sent to your national White Cross Shipping Center.

[illegible]

## APPENDICES:

APPENDIX 1: Contact Information and Mailing Details (USA and CANADA)

APPENDIX 2: *Individual* Contribution Details (USA and CANADA)

APPENDIX 3: Parcel and Equipment Shipping Instructions (USA only)

APPENDIX 4: Detailed Delivery Instructions (CANADA only)

*\*Multiple Pages\**

APPENDIX 5: *Sample* Lists of Usable Medical Supplies & Equipment

APPENDIX 6: Detailed Information on Bedding/Sheets

APPENDIX 7: Detailed Information for Devotional Booklets & Bibles

APPENDIX 8: Items no Longer Needed

APPENDIX 9: All Forms for White Cross CANADA

*\*Multiple Pages\**

APPENDIX 10: All Forms for White Cross USA

*\*Multiple Pages\**

APPENDIX 11: Hearing Aid Donation



## APPENDIX 1:

### Contact Information and Mailing Details (USA and CANADA)

#### In Canada:

Please make all **cheques payable to [Alberta Baptist Association](#)**  
Please indicate WHITE CROSS on the memo line

**Parcels AND financial contributions** should be sent SEPARATELY to:

White Cross Canada  
c/o Taylor College and Seminary  
11525 – 23 Avenue NW  
Edmonton, AB T6J 4T3

**\*\*Please see [Appendix 4](#) for instructions on personal delivery of parcels in CANADA\*\***

Other contact details:

General Office Phone: 780-431-5200 (then press '0')  
Toll Free Line: 1-800-567-4988 (then press '0')  
Administrator's Line: 780-733-2380 ext. 4  
Email: [info@whitecrosscanada.ca](mailto:info@whitecrosscanada.ca)  
Website: [whitecrosscanada.ca](http://whitecrosscanada.ca)

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#### In the United States:

Please make all **checks payable to [White Cross](#)**

**Financial contributions** can be sent to:

White Cross USA  
c/o Century Baptist Church  
205 Colt Ave  
Bismarck, ND 58503

**\*\*Please see [Appendix 3](#) for parcel shipping details\*\***

Other contact details:

Phone: 701.223.0478  
Email: [whitecross@centurybaptist.org](mailto:whitecross@centurybaptist.org)  
Website: <http://nabconference.org/white-cross/>





## APPENDIX 2:

### *Individual* Contribution Details (USA and CANADA)

Individuals will receive tax receipts for donations of \$20 or more.

### **Yes, I want to support the ministry of White Cross!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV/STATE: \_\_\_\_\_

POSTAL/ZIP: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### **My Gift:**

☐ I would like to make a gift of \$ \_\_\_\_\_

☐ I would like to become a monthly donor, and I authorize White Cross to withdraw from my credit card or bank account (*please attach void cheque*) on the 1st of each month the amount of \$ \_\_\_\_\_

I understand that I can revoke or change this authorization with 30 days notice in writing or by telephone. In Canada, call (780)733-2380. In the USA, call (701) 223-0478.

### **How I will give:**

☐ Check/money order is enclosed

Make payable to Alberta Baptist Association\* in Canada, and to White Cross in the United States. (\*Please indicate WHITE CROSS in the memo field.)

☐ VOID check attached (for pre-authorized monthly giving only)

☐ VISA ☐ MASTERCARD

CARD NO. \_\_\_\_\_

EXPIRY \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### **Other ways to get involved:**

☐ Add me to the White Cross EMAIL list.

☐ Add me to the White Cross POSTAL MAIL list.

**CANADA:** White Cross, c/o Alberta Baptist Association 11525 - 23 Avenue NW, Edmonton, AB, Canada T6J 4T3. For more information, please call (780)733-2380 or email: [info@whitecrosscanada.ca](mailto:info@whitecrosscanada.ca). Your gift is tax-deductible. Gifts are acknowledged quarterly, and receipts are sent annually. Alberta Baptist Association is a registered charity in Canada (13214-3413-RR0001).

**USA:** White Cross, c/o Century Baptist Church, 205 Colt Ave. Bismarck, ND 58503. For more information, email Paul Herr [whitecross@centurybaptist.org](mailto:whitecross@centurybaptist.org) or call (701) 223-0478. White Cross is a charitable organization as part of the NAB Conference (EIN-32-018976549). Your gift is tax-deductible. Thank you!



### APPENDIX 3:

#### Parcel and Equipment Shipping Instructions (USA only)

All materials are to be sent to the White Cross USA Shipping Center (for shipping to Cameroon) need to be sent by:

- ✓ United States Postal Service (USPS)
- ✓ Federal Express (FEDEX)
- ✓ United Parcel Service (UPS) ***OR***
- ✓ Other shipping firms (Trucking Companies)

X Railway shipping is not permitted

Small packages, correspondence, and mail should be sent to:

White Cross  
c/o Century Baptist Church  
205 Colt Ave  
Bismarck, ND 58503

Large freight and pallet deliveries should be sent to:

White Cross  
c/o The Ministry Center  
1112 S. 12<sup>th</sup> St., Suite A  
Bismarck, ND 58504



## APPENDIX 4: Detailed Delivery Instructions (CANADA only)

(Appendix 4 includes this page—front and back AND the next page)

- ❖ White Cross deliveries to Taylor should be made during regular office hours (8:30am-5pm—minus a lunch hour—Tue-Fri).
- ❖ Someone from the main office will open the White Cross delivery entrance (see maps on the next 2 pages).
- ❖ It is best to call the general office 780-431-5200 (*then press '0'*) to confirm:
  - That the office will be open when you arrive.
  - How many boxes you are bringing (i.e. if it is a large load).
  - If you will need help unloading (see below).
- ❖ Please come prepared—bring a friend—to unload your parcels (a cart is available); Taylor staff are not usually available to assist in unloading.
- ❖ You can also arrange directly for help unloading by calling Bert at 780-660-5955 before you arrive. *If available*, someone will arrange to meet you.
- ❖ If you need to make your delivery outside of office hours, please call Bert at 780-660-5955 in advance.
- ❖ IF you are making a financial contribution at the time of delivery, please do so at the general office (most groups mail in their contribution at a later date). Make sure that you are clear whether the funds are coming from a church group or from an individual (churches have already receipted the individuals who contributed and cannot receive a receipt from White Cross). Individuals who donate more than \$20 directly to White Cross are eligible for a tax receipt.

**Please give a copy of these instructions (and maps) to anyone who delivers parcels directly to Taylor.**

Thank you for your part in the work of White Cross!

Maps (with instructions) can be found on the back of this page and on the next page.

# Map for

## White Cross Deliveries

White Cross Canada

C/O Taylor Seminary (Benke Hall)

11525 – 23 Avenue NW, Edmonton, AB T6J 4T3

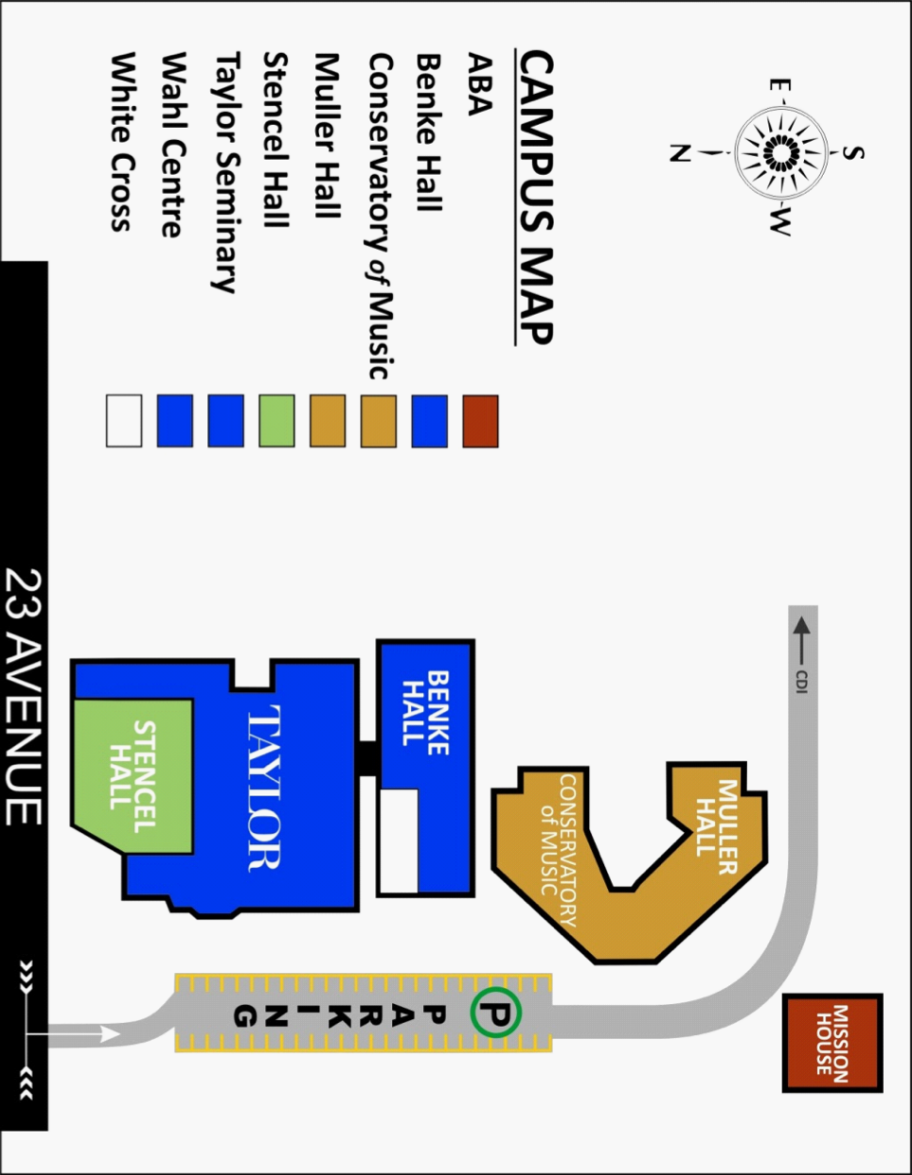
### DIRECTIONS:

Head west on 23rd Avenue from Gateway Blvd/Calgary Trail. Go through the lights at 111 Street, then through another set of lights at Saddleback Road. Take the next left into the campus at the TAYLOR Entrance sign. White Cross is located in Benke Hall, and has its own loading area.

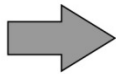
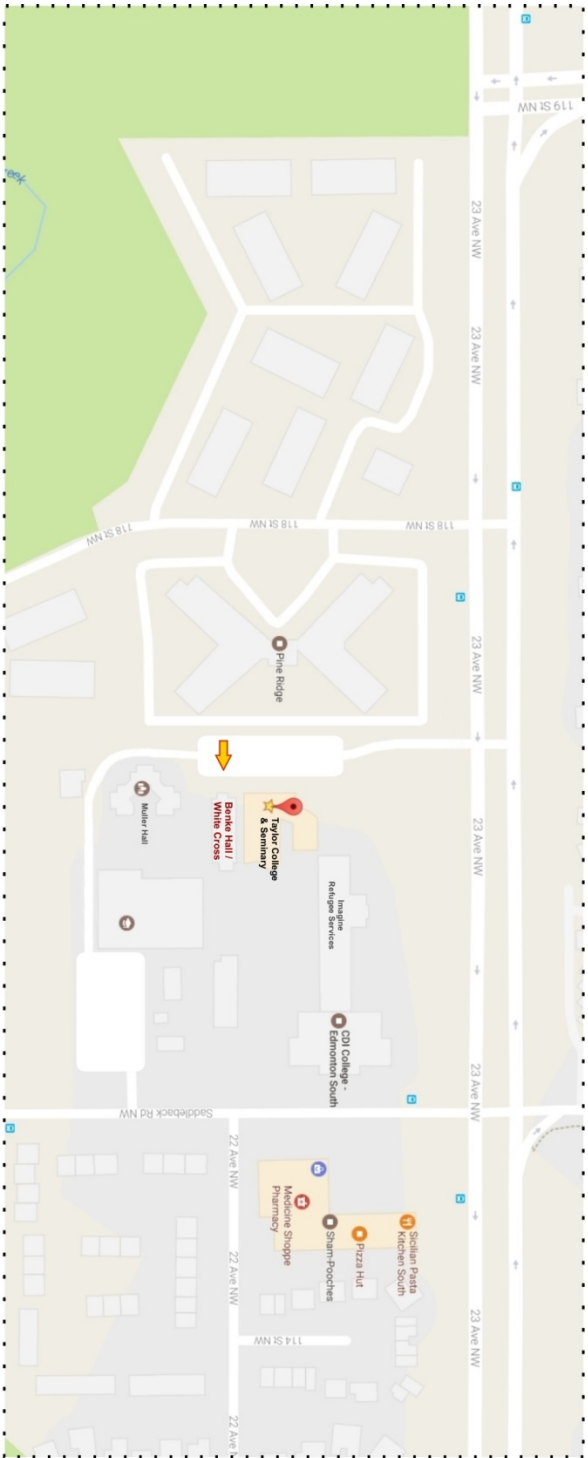
Head to the Main Office (the main building, shown on the map as TAYLOR) if you need further instructions or to gain access.

### NOTE:

- Map is not to Scale.
- Map is oriented with SOUTH at the top, since most people turn south onto the campus.

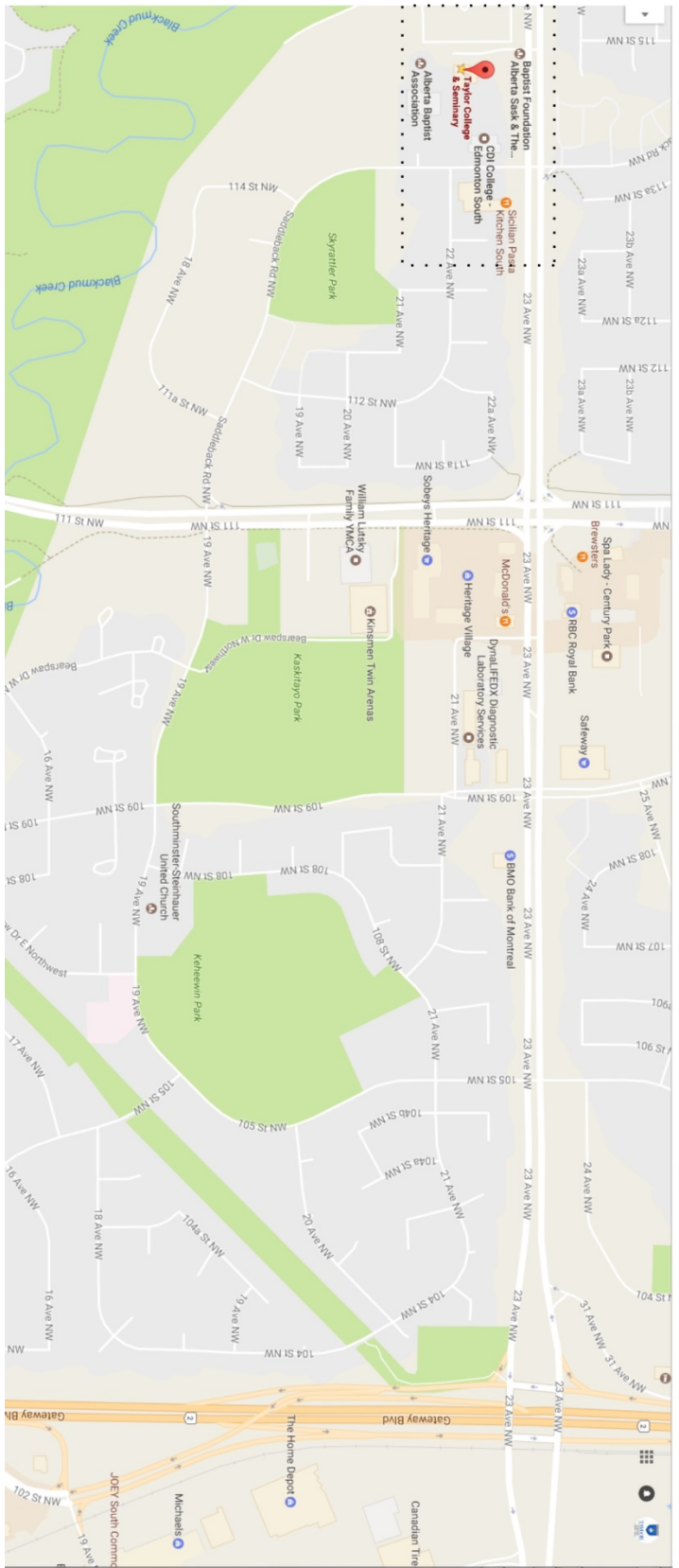


Map of 23 Avenue NW, showing local detail



NORTH

Map of 23 Avenue NW, showing Gateway Blvd/Calgary Trail (Hwy 2)







## APPENDIX 5:

### *Sample Lists of Usable Medical Supplies & Equipment*

#### **Examples of Usable Supplies:**

(these are merely [examples](#) of supplies that have been shipped)

- Blunt fill needles (NOT for skin injection)
- Catheter trays
- Emergency Disposable Obstetrical Kits
- Enteral pump delivery sets (NO pumps to accompany them)
- Examining gloves, surgical gloves & masks
- Gastric feeding bags
- Gastrostomy feeding tubes
- Gauze packing & swabs
- Gravity sets
- Hospital patient gowns
- Hypodermic needles
- Latex powdered procedure gloves
- Oral Swabs
- Percutaneous Endoscopic Gastrostomy kits
- PVC Nasopharyngeal Airway Tubes
- Sharps Collectors
- Syringes
- Waterproof bed pads

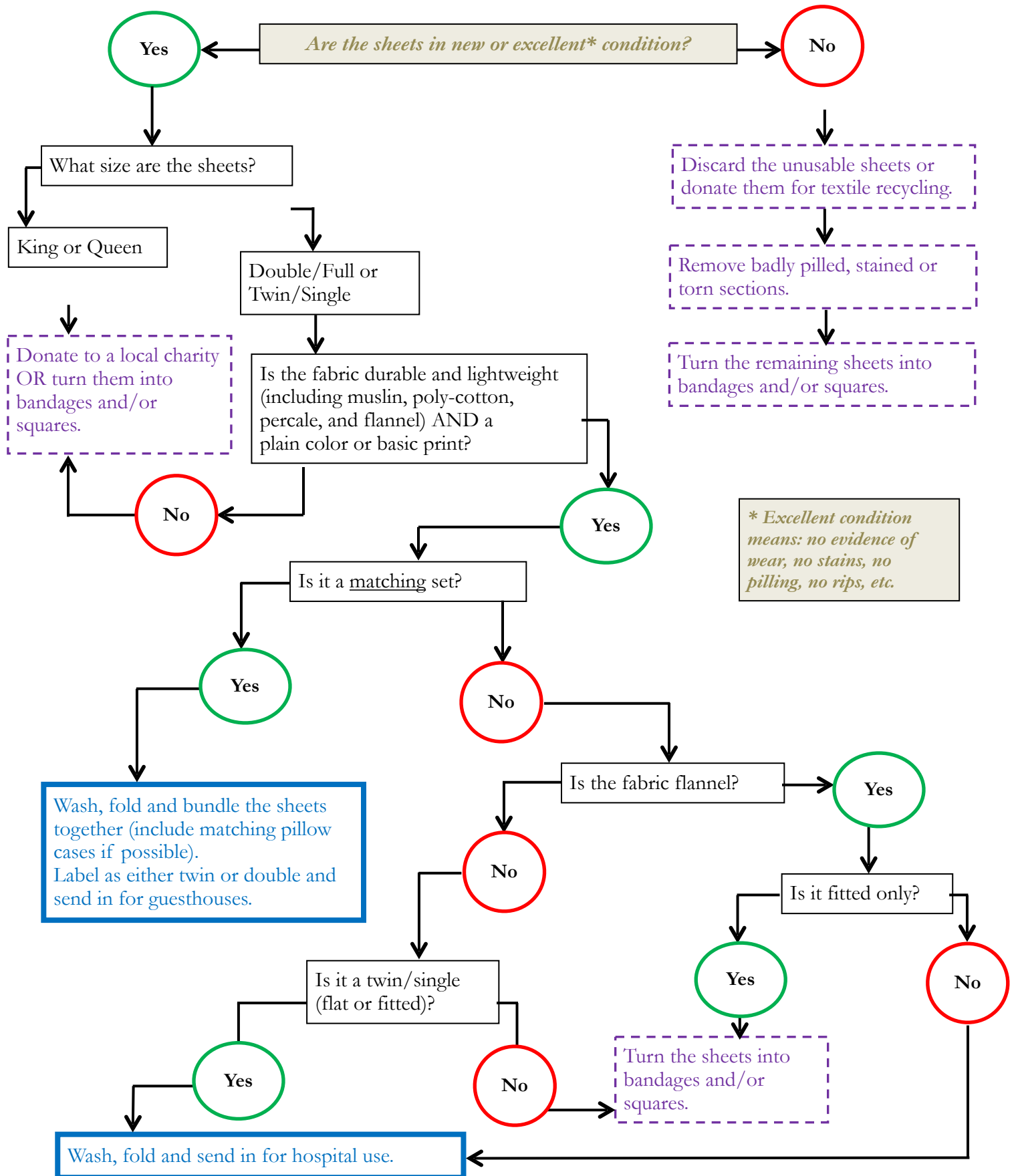
#### **Examples of Usable Equipment**

(these are merely [examples](#) of equipment that has been shipped)

- Blood Pressure Units
- Examination tables
- Fiber optic headlights & units
- Hospital Beds (manual preferred) & Mattresses
- Microsurgical fiber optic projectors
- Nebulizers
- Oxygen Concentrators
- Portable suction machines
- Pediatric Scales (with balance beam)
- Respirators
- Surgical beds with mattresses
- Surgical Microscopes
- Tourniquet systems
- Vital Signs monitors
- Wheel Chairs



## APPENDIX 6: Detailed Information on Bedding/Sheets



## **APPENDIX 6:**

### Detailed Information on Bedding/Sheets

## APPENDIX 7:

### Detailed Information for Devotional Booklets & Bibles

The following **Devotional Booklets** are excellent for use in Cameroon:

- ✓ Anchor (Devotional)
- ✓ Daily Bread
- ✓ Discovery Series
- ✓ Encounter with God
- ✓ Inspiring Women Every Day (Daily Devotions for Women by Women)
- ✓ In Touch
- ✓ Life Every Day
- ✓ Lucas on Life
- ✓ Mart De Haan “Been Thinking About...”
- ✓ My Daily Journey with Christ (Living Truth)
- ✓ The Upper Room
- ✓ The Word for You Today
- ✓ Today: The Family Altar
- ✓ Every Day with Jesus (by Selwyn Hughes)

**These materials (along with Bibles) are very much used by the chaplaincy department in the hospitals, by outreach programs in the Seminary in Ndu, and in the CBC school system. Thank you for taking the time to sort through this important material.**

All other materials should be donated to other causes. These policies are being developed in conjunction with input from those on the field in West Africa to make sure they are useful in that context.

Many other devotional booklets and books are more weighted with North American content or have dated language. Further, Cameroon is not a large reading society and the smaller booklets (rather than books) are much more helpful.

### **Bibles**

The biggest issue to keep in mind with Bibles is that paraphrases usually contain too much North American “lingo” and are not as helpful in the West African context. Here are the suggestions on Bibles:

#### ***Most requested:***

- ✓ Good News Bible/Today’s English Version
- ✓ NIV (New International Version)

#### ***Also good:***

- ✓ French Bibles
- ✓ NASV (New American Standard Version)
- ✓ NEB (New English Bible)
- ✓ NKJV (New King James Version)
- ✓ NRSV (New Revised Standard Version)
- ✓ RSV (Revised Standard Version)
- ✓ TNIV (Today’s New International Version)

#### ***Not needed:***

- X Amplified Bible
- X ASV (Authorized Standard Version)
- X KJV (King James Version)
- X LB (Living Bible)
- X (The) Message
- X NLT (New Living Translation)

#### ***Other notes:***

- X Leather bound bibles mold too easily in the West African climate.
- X One Year Bibles are not generally used

**APPENDIX 7:**  
Detailed Information for Devotional Booklets & Bibles

## APPENDIX 8:

### Items no Longer Needed

The following are items that used to be donated and are either no longer needed or will be ordered directly by the White Cross Shipping Center when requested.

This is not a comprehensive list but highlights some of the more recent items that have been sent at one time or another in the past and should no longer be sent unless directly requested.

#### Do NOT Send:

- X Diaper Protectors
- X Envelopes and Cards
- X Glove Cases
- X Glove Envelopes
- X Medicine and Pill Bottles
- X Men's Pajamas
- X Plastic Bottles
- X Most Quilts, Duvets, Bedspreads and Blankets (with the exception of specific hospital blankets—see “Hospital Linens” under the “Medical Supplies” section above)
- X Surgical Caps and Masks (handmade)
- X Surgical Sponges (handmade)





**APPENDIX 9:**  
All Forms for White Cross CANADA

(Appendix 9 includes this page AND the next 3 pages)

The next 3 pages contain forms for

## White Cross CANADA

- Group Contribution Form
  - Send with every financial contribution from your group.
- Parcel Shipping Form
  - Include one in each parcel.
- Local Contact Form
  - Local contact information is best sent by email **or** online; only print and send this form in if you cannot send the information electronically.

Please print and distribute these forms as needed.

These forms are also available online:  
[www.Taylor-Edu.ca/WahlCentre/WhiteCross](http://www.Taylor-Edu.ca/WahlCentre/WhiteCross)

No titles or page numbers will be on the next 3 pages so that they can be printed “as is.”





# WHITE CROSS CANADA

## GROUP CONTRIBUTION FORM

Mail all Financial Donations to:  
White Cross, c/o Alberta Baptist Association  
11525 – 23 Avenue NW, Edmonton, AB T6J 4T3  
Phone: 780-733-2380 ext. 4 | Email: info@whitecrosscanada.ca

These categories are to assist you in evaluating the various needs supported by White Cross Canada.

**As designated projects become fully funded, any extra funds received will be used to fulfill the overall mandate of White Cross Canada.**

<b>POSTAGE:</b>	Funds are used to cover operational costs of shipping items to Cameroon from Taylor College and Seminary @ <b>\$2 per pound</b>	\$
<b>MEDICAL SUPPLIES:</b>	Funds can be used to purchase hospital equipment and supplies requested by the field (e.g. medicines, syringes, trays, etc.)	\$
<b>SURGICAL SUPPLIES:</b>	Funds can be used to purchase various surgical items as needed (e.g. surgical masks, sterile sponges, surgical instruments, etc.)	\$
<b>HOSPITAL LINENS:</b>	Funds can be used to purchase linens as needed-- <i>some</i> to be sewn on the field (e.g. bed linens, patient gowns, pillows, etc)	\$
<b>GUEST HOUSE SUPPLIES:</b>	Funds can be used to purchase guest house supplies as needed (e.g. bedding, towels, mattress pads, pillows, dish towels, etc.)	\$
<b>MATERNITY GIFTS:</b>	Funds can be used to purchase fabric for sewing layette items on the field (e.g. baby blankets, diapers, baby jackets, etc.)	\$
<b>GENERAL DONATION:</b>	Funds are used to cover whatever needs are the most pressing. This is the clearest category to which you can allocate funds.	\$
<b>TOTAL:</b>		\$

**Individual's Name:** \_\_\_\_\_

(only if payment is from an individual, **not** from the Church/Church Group)

**Ministry Group Name:** \_\_\_\_\_

(e.g. Women's Ministry Fellowship)

**Church Location:** \_\_\_\_\_

(i.e. city, province)

**Church Name:** \_\_\_\_\_

(to which the individual or group is connected)

**Ministry Group Email Contact:** \_\_\_\_\_

Please make Canadian cheques payable to:

*Alberta Baptist Association*

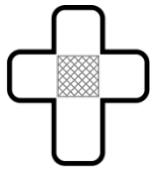
Please put **WHITE CROSS** in the **MEMO** field

**Enclosed is our cheque in the amount of:**

\$ \_\_\_\_\_

*Thank you for your generous support of White Cross*





White Cross  
CANADA

# WHITE CROSS CANADA PARCEL SHIPPING FORM

Ship or Deliver all Parcels to:  
White Cross, c/o Taylor Seminary  
11525 – 23 Avenue NW, Edmonton, AB T6J 4T3  
Phone: 780-733-2380 ext. 4 | Email: info@whitecrosscanada.ca

Please fill in the details of the person to whom the acknowledgement of this shipment is to be sent:

NAME: \_\_\_\_\_

EMAIL : \_\_\_\_\_ (email is our preferred method of contact)  
OR

MAILING ADDRESS : \_\_\_\_\_  
\_\_\_\_\_

**Please Enclose ONE FORM PER PARCEL**  
**List the contents of THAT PARTICULAR PARCEL ONLY**

## SHIPPING DETAILS :

I shipped a total of \_\_\_\_\_ boxes/parcels

DATE : \_\_\_\_\_

This is box/parcel # \_\_\_\_\_

City and Province: \_\_\_\_\_

This box/parcel weighs \_\_\_\_\_ LBS.

Church/Group Name: \_\_\_\_\_

COMMENTS:

THIS PARCEL CONTAINS:

### HOSPITAL / BABY ITEMS

(use check marks (✓) or numbers as per your preference)

- \_\_\_\_\_ Baby Jackets: (small & large)
- \_\_\_\_\_ Baby Blankets
- \_\_\_\_\_ Baby Diapers
- \_\_\_\_\_ Rolled Bandages (3")
- \_\_\_\_\_ 4"x 4" Squares (bundles of ~25)
- \_\_\_\_\_ Absorbent Pads (sitting pads)
- \_\_\_\_\_ Wrap-arounds (skirts-all sizes)
- \_\_\_\_\_ Slings (triangular bandages)
- \_\_\_\_\_ Surgical Wrappers (all sizes)
- \_\_\_\_\_ Draw Sheets
- \_\_\_\_\_ Twin Flat Sheets
- \_\_\_\_\_ Linens (towels, wash cloths, pillow cases)
- \_\_\_\_\_ Glass Dropper Bottles
- \_\_\_\_\_ Paper Bags
- \_\_\_\_\_ Used Eye/Sun Glasses
- \_\_\_\_\_ Devotional Booklets
- \_\_\_\_\_ Medical Supplies \_\_\_\_\_
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ Other \_\_\_\_\_

### GUEST HOUSE ITEMS

#### **Bedroom Linens (new or excellent condition):**

- \_\_\_\_\_ Bed Sheet Sets (twin & double) - *not too thick or heavy*
- \_\_\_\_\_ Mattress Pads (twin & double)
- \_\_\_\_\_ Pillows - *washable and of medium weight/density*
- \_\_\_\_\_ Pillow Cases - *can be included in sheet sets*

#### **Bathroom Items (new or excellent condition):**

- \_\_\_\_\_ Bath Towels - *smaller sizes and lighter weights preferred*
- \_\_\_\_\_ Wash Cloths
- \_\_\_\_\_ Bath Mats
- \_\_\_\_\_ Shower Curtains and Rings

#### **Kitchen Items (new or excellent condition):**

- \_\_\_\_\_ Dish Towels
- \_\_\_\_\_ Dish Cloths

#### **Misc. Items (new or excellent condition):**

- \_\_\_\_\_ Ironing Board Covers

#### **Special Requests:**

- \_\_\_\_\_ Item(s) \_\_\_\_\_
- \_\_\_\_\_ Recipient(s) \_\_\_\_\_

**DO NOT ATTACH OR ENCLOSE MONIES in your boxes/parcels**





White Cross  
CANADA 

## WHITE CROSS CANADA LOCAL CONTACT FORM

If any of your contact information has changed (e.g. a new e-mail)

***OR***

If you are a new contact person

*Please send us your updated information*

If possible, please send the information *electronically* by either

- sending the new information to us by e-mail at: [info@whitecrosscanada.ca](mailto:info@whitecrosscanada.ca)
- filling out the form online at [whitecrosscanada.ca](http://whitecrosscanada.ca) (under “forms”)

Otherwise, complete the appropriate parts of the form below and mail it to:

**White Cross**

c/o Alberta Baptist Association

11525 23 Ave NW

Edmonton, AB T6J 4T3

---

### WHITE CROSS CANADA, LOCAL CONTACT INFORMATION:

NAME \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

\_\_\_\_\_ CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

ASSOCIATION NAME \_\_\_\_\_

(e.g. Women's Ministry Fellowship)

CHURCH NAME & LOCATION \_\_\_\_\_





**APPENDIX 10:**  
All Forms for White Cross USA

(Appendix 10 includes this page AND the next 2 pages)

## White Cross USA

Please print and distribute as needed.

These forms are also available online:

<http://nabconference.org/white-cross/>

No titles or page numbers will be on the next 3 pages so that they can be printed “as is.”



# WHITE CROSS USA

## GROUP CONTRIBUTION FORM

Mail payments, donated funds, and financial gifts to:

**White Cross c/o Century Baptist Church, 205 Colt Ave, Bismarck, ND 58503**

Phone: 701-223-0478 | Email: [whitecross@centurybaptist.org](mailto:whitecross@centurybaptist.org)

---

**POSTAGE:** To cover costs of shipping items to Cameroon from the White Cross shipping sites @ \$2.00 per pound.

**Amount Sent for Shipping:**

\$

In addition, you may choose to provide a financial gift. Your financial gift will go a long way to help serve medical ministries in Cameroon by providing the following:

*Medical & surgical supplies, hospital linens, guest house linens & supplies, maternity gifts for new mothers & infants, hospital equipment, and related shipping and storage costs.*

**Financial gift amount:**

\$

---

**Church Name:** \_\_\_\_\_

**Contact Person Name:** \_\_\_\_\_

**Contact Email:** \_\_\_\_\_

**Ministry Group Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City, State, Zip Code:** \_\_\_\_\_

**Please make U.S. checks payable to:**  
**White Cross**

**Enclosed is our check in the amount of:**

\$

Thank you for assisting in providing quality medical services to less privileged patients in Cameroon!



# WHITE CROSS USA PARCEL SHIPPING FORM

**Mail or Ship all White Cross Parcels to:**

White Cross c/o Century Baptist Church  
205 Colt Ave., Bismarck, ND 58503

**All White Cross Freight & Pallet deliveries shipped to:**

White Cross c/o The Ministry Center  
1112 S. 12<sup>th</sup> St., Suite A, Bismarck, ND 58504

Phone: 701-223-0478 | Email: [whitecross@centurybaptist.org](mailto:whitecross@centurybaptist.org)

We will acknowledge your shipment as soon as possible. (please provide email if possible for quicker response)  
Please fill in the name and address to whom the acknowledgement of this shipment is to be sent:

Name \_\_\_\_\_

Email address: \_\_\_\_\_

Address \_\_\_\_\_

**PLEASE ENCLOSE ONE OF THESE COMPLETED WHITE CROSS SHIPPING DETAILS FORMS  
IN EACH PARCEL YOU SEND TO THE White Cross Warehouse in Bismarck, ND  
LISTING THE CONTENTS OF THAT PARTICULAR PARCEL ONLY**

DATE: \_\_\_\_\_

These White Cross Parcels Are From:

**SHIPPING DETAILS:**

I shipped a total of \_\_\_\_\_ boxes/parcels.

This is box/parcel # \_\_\_\_\_.

This box/parcel weighs \_\_\_\_\_ pounds.

Organization Name: \_\_\_\_\_

Church Name: \_\_\_\_\_

Church City: \_\_\_\_\_

State: \_\_\_\_\_

**THIS PARCEL CONTAINS:****HOSPITAL / BABY ITEMS**

\_\_\_\_\_ Baby Jackets: (small & large)  
\_\_\_\_\_ Baby Blankets  
\_\_\_\_\_ Baby Diapers  
\_\_\_\_\_ Rolled Bandages (3")  
\_\_\_\_\_ 4"x 4" Squares (bundles of ~25)  
\_\_\_\_\_ Absorbent Pads (sitting pads)  
\_\_\_\_\_ Wrap-arounds (skirts-all sizes)  
\_\_\_\_\_ Slings (triangular bandages)  
\_\_\_\_\_ Surgical Wrappers (all sizes)  
\_\_\_\_\_ Draw Sheets  
\_\_\_\_\_ Twin Flat Sheets  
\_\_\_\_\_ Linens (towels, wash cloths, pillow cases)  
\_\_\_\_\_ Glass Dropper Bottles  
\_\_\_\_\_ Paper Bags  
\_\_\_\_\_ Used Eye/Sun Glasses  
\_\_\_\_\_ Devotional Booklets  
\_\_\_\_\_ Medical Supplies \_\_\_\_\_  
\_\_\_\_\_ Other \_\_\_\_\_  
\_\_\_\_\_ Other \_\_\_\_\_

**GUEST HOUSE ITEMS****Bedroom Linens (new or excellent condition):**

\_\_\_\_\_ Bed Sheet Sets (twin & double) - *not too thick or heavy*  
\_\_\_\_\_ Mattress Pads (twin & double)  
\_\_\_\_\_ Pillows - *washable and of medium weight/density*  
\_\_\_\_\_ Pillow Cases - *can be included in sheet sets*

**Bathroom Items (new or excellent condition):**

\_\_\_\_\_ Bath Towels - *smaller sizes and lighter weights preferred*  
\_\_\_\_\_ Wash Cloths  
\_\_\_\_\_ Bath Mats  
\_\_\_\_\_ Shower Curtains and Rings

**Kitchen Items (new or excellent condition):**

\_\_\_\_\_ Dish Towels  
\_\_\_\_\_ Dish Cloths

**Misc. Items (new or excellent condition):**

\_\_\_\_\_ Ironing Board Covers

**Special Requests:**

\_\_\_\_\_ Item(s) \_\_\_\_\_

Recipient(s) \_\_\_\_\_

**You MAY ATTACH or ENCLOSE Payments in your boxes/parcels (see reverse for more details)**

**COMMENTS or REMARKS:**

You MAY ATTACH or ENCLOSE Payments in your parcels.

All monies are serviced through the White Cross servicing location.  
Please itemize your contributions on the "White Cross Group Contribution Form (USA)" and, if possible, send it in the turnaround envelope you received with your previous contributions.

**FOR OFFICE USE ONLY**

WC received \_\_\_\_\_ boxes / parcels of White Cross items on \_\_\_\_\_

## **APPENDIX 11:**

### **Hearing Aid Donation**

Mbingo hospital is set up to assist hearing-impaired persons with hearing aids. This service is quite new and still in its infancy stage. Donations of new and used hearing aids and new batteries are accepted and appreciated through White Cross.

At present, as of 2017, the hearing clinic at Mbingo can program and adjust **only the following types of hearing aids**:

**All Siemens Reflex BTE (behind the ear):**

Siemens Reflex M  
Siemens Reflex DP  
Siemens Reflex SP

**All Phonak Aids BTE:**

Naida UP  
Naida SP  
Naida Bolero

**All the ETERNA BTE:**

Eterna aids

**NOTE:** Hearing aids should be in good quality and clean before donating. Donations other than what we can program are not helpful. They will be thrown away because we can't use them at this point.

**Batteries** for the above hearing aid brands are also needed regularly.

As the types of usable hearing aids increase, we will add to the list as well as update on our website.

If you have contacts who could donate programmers and programming cables, please contact your national