



SALLY BERNARD

Bernard's talent lends itself to worthwhile cause

A few years ago Sally Bernard of Clear Lake entered a stage in her life that many go through - empty nest syndrome. This is a time in ones life where the children are grown and on their own. The time that was once given to them is empty.

"I was a stay-at-home mom and after the kids left I needed something to do," said Bernard.

It was during this time in her life that Bernard read an article in "Women's World" magazine about an organization called, Angels of Hope.

Angels of Hope is a charity that helps people send a message of hope and caring. Volunteers offer crocheted angels, butterflies and smiley faces free of charge to touch the life of someone in need of hope or in celebration of a milestone birthday.

"I had a niece and nephew who both lost infants," said Bernard. "I wanted to do something to memorialize them and also to help others who are hurting."

The angel volunteers crochet angels, butterflies and smiley faces. They are then contacted by a coordinator who gives them an "Angel Request." The volunteers mail an angel with a

special card that informs the recipient that someone is thinking of them. The butterflies are sent to those who are celebrating a 100th birthday. Angels of Hope also have a Fallen Soldier Program where angels are sent to the families of a fallen soldier.

"I've gotten a lot faster at making them," said Bernard. "I can make an angel in one and a half hours and a butterfly in 45 minutes. I make them while watching TV, at meetings or on airplanes. I've also been known to make them during a Minnesota Vikings game."

It's an individual decision on how many Angel Requests crafters take. Bernard said that she mails approximately two angels a week.

There are over 600 angel volunteers located in 49 states and four countries. The group has mailed over 90,000 angels, 30,000 butterflies and 4,000 smiley faces.

Anyone may request an angel, butterfly or smiley face on the website: www.angelsforhope.com or request one by mail to Angels of Hope, 308 Spring Road, Palmyra, Penn. 17078.

"It is amazing how a little piece of yarn can uplift spirits and show that someone cares," said Bernard.