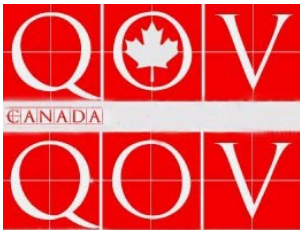


# Quilts of Valour - Canada

Issue 9  
October 2011



## Our Mission

*to ensure that our injured Canadian soldiers are recognized for their bravery and commitment of their true patriotism to our country. We give this support through the presentation of quilts of comfort made for our military service people.*

[www.QuiltsOfValour.ca](http://www.QuiltsOfValour.ca)

## Meet Your Representative.....

This month QoV - Canada is pleased to introduce to you Johanna Benning, our Nova Scotia representative.

"I've always been a crafter and taught various workshops the past 20 years (lampshades, stenciling, decorative paint finishes, cross stitch framing and more). I also had a variety of careers that included photography, woodworking and even ran a Bed & Breakfast. I think I was having a mid-life crisis when I joined the military in 2001 at the age of 43 and went through Infantry boot camp with my son, same section, same platoon .... Now that's a whole separate story!

My first job was working in the Blackdown Cadet camp in Borden, Ontario. While on duty one weekend I was working on my very first quilt made from all my sister's marathon and Ironman t-shirts. I met the chief clerk of the camp, Warrant Officer Elizabeth Seamans (who is one of the QoV contacts), and she encouraged me to attend a class at a local quilt store. I had been going through a very difficult time with a marriage breakup and those group of gals helped me in ways that only quilters would understand. We began making quilts for patients going through dialysis and I quickly discovered the joy of giving quilts to others.

Years later I moved to Nova Scotia to be closer to family, but stayed in contact with my Ontario quilters. A year later I was contacted by Elizabeth Seamans about being involved with QoV by becoming a Nova Scotia contact. I have to say, meeting quilters in NS and providing quilts for our wounded troops has been so very rewarding!

I have been single for many years and have two wonderful sons (37 and 29). The oldest has been teaching English in South Korea for the past six years and he has just graduated with his masters. My youngest son became a commercial driver after he left the military and is also busy working on his dad's farm. I have been very busy the past 18 months renovating a home that was destroyed by fire but it is three hours away from family. It is now listed for sale and I will soon be developing and living in an off the grid home closer to family. Once I am freed from the constant renovations of a home I will finally get to enjoy kayaking, biking, traveling again..... and even more quilting!"



In the summer of 2009 Johanna got a little gutsy and decided to get a tattoo. She got the Canadian maple leaf tattooed on her right calf, then had them add "QoV" under the leaf.

**A Letter from a Soldier ....**

*Dear Ladies,*

*It was with great honour that I received one of your very beautiful quilts! I was injured in Afghanistan both physically and emotionally and have been fighting to regain my sense of self these past two years. I have reached a pivotal moment in my recovery and am looking forward to re-joining the civilian ranks. I appreciate your efforts in the making of this quilt and what it means. You ladies and your art will always hold a very special place in my life. It has been an honour and privilege to serve you and our country. Thank you.*

*Most sincerely,*

*Melissa North-Mikulic*

*Pte.*

*QL3 Medical Technician*

*Kingston, Ontario*



*My name is Warrant Officer Skip Newman and I am presently the Flight Sergeant Major with the Canadian Forces Aeromedical Evacuation Flight; stationed in Trenton, Ontario. Our main objective is to repatriate all our injured soldiers, back to Canada for definitive care. Where they are also closer to their loved ones and fellow soldiers.*

*To All,*

*I received an e-mail in French this week from M. Yves Dubé, our casualty tracking coordinator from our Integrated Personnel Support Centre (IPSC) here in St-Jean, with regards to a courte point being received in my name at their office.*

*Initially not knowing what a courte point was in French, being brought up as an Anglophone in the Eastern Townships Quebec years ago and learning French with time I asked around and the answer I received was a hand made quilt.*

*This morning I went to our IPSC and picked it up, what a nice gesture from your part and a nice surprise, which I will take special care of, you can be reassured.*

*It was the first time I had ever received a tangible gift other than a thank you, or hand shake, here and there, which I appreciate and take with pride every time from our fellow Canadian Citizens!*

*We do what we do because we believe in what we do and it is an honour to be Canadian and represent our values for all here in our home land and abroad.*

*Everyone without discrimination has a right to be heard, understood, educated and in a safe environment in today's society.*

*This being said, thank you very much for your support, we all appreciate it, without a doubt!*

*Adj/WO Yan Davey*



**Prince Edward Island - Betty Maher**

I had the honour of presenting a quilt to a Korean war vet who was injured 50 years ago. At his request no photos were taken but he asked that I pass along many heartfelt thanks from himself and his family.

THANK YOU QUILTERS !!!



**British Columbia - Deborah Gray**



This summer and early fall I have received quilts from individuals and guilds all over the province, including Seymour Quilters Guild, 100 Mile House, and more. They go out to the bases to be distributed almost as fast as they come in and I just want to thank everyone for their generosity and great talent. We have so many soldiers yet to receive a quilt so keep up the great work!



## Vancouver Island - Marilyn Fuller

The Vancouver Island Group have had sewing bees, on-going quilt collection and participation in different shows this fall. One of the shows we did was the Luxton Fall Fair in Langford. What a wonderful experience that was! The Fair Committee welcomed us with open arms and have asked us to be one of the main features next year. We have had a sewing day where we cut eight quilt tops and sewed six with the other two being sewn now. These were done all with donated fabric and the use of the space at the Juan de Fuca 55+ Activity Centre. This time was only open to the Centre members but we hope to arrange an open invitation so all our QoV Island group can participate.



The pictures here are of the booth display at the Luxton Fair. There were members of the public that thanked us for the program and hope we can continue. We also heard a few stories of quilts that have been given to military personnel that the individual knows. So that was nice to hear and also confirmed that the quilts are getting out and are appreciated.

At this moment we have 13 quilts on hand with eight more in the works and there may be more coming up Island that I haven't heard about yet. So we are working hard to keep a good supply for any moment that a call comes for more.

Thanks everyone for working so hard to keep the quilts coming. They are most appreciated!



## Hoadley Community Hall – quilting weekend.

Quilters from the Buck Lake, Alder Flats, Winfield, Ponoka and surrounding rural areas got together for the beautiful September weekend weather and spent three days quilting for Quilts of Valour at the community hall in Hoadley Alberta. About 25 quilters, including three generations of quilters were working on a common block and making quilt tops with their own fabrics. I was out to give a presentation on Quilts of Valour and took quilts back to Edmonton. The quilters had also all made a maple leaf block with fabrics that had been donated to the group – and they were gathered and will be made into one or two quilts too! A second meeting with the group in October added to their quilt donations. Many of these quilts went to the Kipness Veterans Centre in Edmonton.



The Mending Soldiers Spirits quilting group has support from many local businesses, schools, legions, societies and individuals for their sewing supplies and door prizes. It was so inspiring to meet the quilters, share our information and hear their stories and see their quilts. Thank you ladies, from me and I'm sure from our soldiers.

**Lezley Zwaal**



**Tip:**

Sometimes, as reps, we get asked if we will take a knitted or crocheted blanket or afghan. We do not, as we really are about quilts. What I do is forward them to the Canadian project called *Blankets 4 Canada*. There are local groups across the country. Check out the link <http://www.blankets4canada.ca/>. Don't just turn them away, but direct them to where they will be used.

**Lezley Zwaal, Founder**



We have been asked many times lately about whether or not quilts are still needed since all the recent events over in Afghanistan and the return of some of our soldiers to Canada. The answer is a very vehement YES! We have so many soldiers still overseas, or previously returned soldiers or veterans that have yet to receive a quilt, it will be many years before we are all caught up, if ever! These men and women have given so much to our country, it is the least we can do to acknowledge them for their sacrifice when they come home, whether there is an active war going on or not.

We encourage all local quilt shops to help us in this cause. We have QoV brochures that you can give to your customers, contact numbers they can call, and obviously so many gorgeous Canadiana themed fabrics they can buy to make these well-earned quilts. Keep in mind that QoV is not a quilt making organization, we are just here to facilitate getting the quilts our generous quilters make from them to the actual recipients.

Please join us at Quilts of Valour - Canada in remembering the sacrifices that have been made and continue even after the soldiers have returned home.



**Please check the following list for a contact person in your province:**

Lezley Zwaal, Founder, Quilts of Valour - Canada - [QoV@QuiltsOfValour.ca](mailto:QoV@QuiltsOfValour.ca)

Mary Ewing, Eastern Canadian Coordinator - Manitoba eastward. [marybarry54@sympatico.ca](mailto:marybarry54@sympatico.ca)

Registration [Register@QuiltsOfValour.ca](mailto:Register@QuiltsOfValour.ca)

Webmaster - Elsie Montgomery [webmaster@QuiltsOfValour.ca](mailto:webmaster@QuiltsOfValour.ca)

---

Betty Mahar - PEI [peimom17@hotmail.com](mailto:peimom17@hotmail.com)

Linda Temple - Nfld/Labrador [ldtemple@nf.sympatico.ca](mailto:ldtemple@nf.sympatico.ca)

Johanna Benning - Nova Scotia [nsquilts@gmail.com](mailto:nsquilts@gmail.com)

Julie Poirier - Quebec [Julie.poirier@videotron.ca](mailto:Julie.poirier@videotron.ca)

Liz Seamans - Western Ontario [ebeth0@rogers.com](mailto:ebeth0@rogers.com)

Alison McDonald - Southwestern Ontario [alison.mc.donald@sympatico.ca](mailto:alison.mc.donald@sympatico.ca)

Edith Taylor - Manitoba [edithnet@mts.net](mailto:edithnet@mts.net)

Doris Hill - Saskatchewan [ndhill@accesscom.ca](mailto:ndhill@accesscom.ca)

Sandy Carlile - Alberta South [sandycarlile@gmail.com](mailto:sandycarlile@gmail.com)

Deborah Gray - Vancouver, BC [go4scrappy@gmail.com](mailto:go4scrappy@gmail.com)

Marilyn Fuller & Judi McCallum Vancouver Island, BC [busybear@shaw.ca](mailto:busybear@shaw.ca)

Carolyn Jennings - Fraser Valley, BC [crjenn@shaw.ca](mailto:crjenn@shaw.ca)

Pauline Hobbs - Mesa, AZ [hpaulinehobbs@aol.com](mailto:hpaulinehobbs@aol.com)

\*\* We ask that you please put QoV or Quilts of Valour in the subject line of any emails.