



# Our Tribute



## Quilts of Valour – Canada Society™ Mission

*To ensure that injured Canadian Forces members are recognized for their service and commitment to our country. We give this support through the presentation of quilts to comfort our past and present Canadian Forces members.*



### President's Message

Summer: the time for relaxing, vacations, visiting friends and family, yard sales, downsizing, getting organized and possibly moving. Quilting and gardening are also great summertime activities that come to mind.

As the summer progresses the quilt shows and craft fairs are taking place all across our beautiful country, take

time to enjoy one or two of them. The season will go by fast, and we will wonder where the time went. Take time to smell the flowers, enjoy the sunsets, sunrises and maybe quilt a QOV™ or two.

Summer is also a great time to go through our fabric stash and sewing room, decide what to do with the strange coloured fabric that you found hidden away in the corners of your room. What was I thinking when I purchased that fabric! I'm sure we can all relate to that statement. However that fabric will be turned into a beautiful quilt for a family member, friend or an injured military member. You may be planning your next Quilt of Valour™ while you bask in the July sunshine, which when finished will be added to our quilt count. QOV™ has a new goal, and we do need your help, we would like to reach 20,000 by 2020.

Canadian Quilters Association's Quilt Canada was held this past June in Vancouver and a huge thank you to all the QOV™ representatives who made the trip to participate at the QOV™ booth. A special "Thank You" to Lezley and Debra for helping get the quilts and other display items to the Convention Centre. It was a great success for Quilts of Valour™ as it gave representatives and volunteers the opportunity to meet and work together in the booth. Get ready to see Quilts of Valour™ at next year's Quilt Canada in Ottawa. Start making plans to attend and we hope to see you there. Enjoy your summer!

*Mary Ewing, President*

## Quilt Canada 2018 - Celebrating Quilters!

Spring 2018 brought thousands of quilters from across Canada, and abroad. As always, the conference is a busy place and so many wonderful quilts, inspirations and friends to meet. Quilts of Valour – Canada™ would like to thank CQA for including our society in the booths at the Merchant Mall. It couldn't have happened without so many of our quilters and representatives who spent 3 hour shifts helping.

Thanks to the 22 volunteers who were ready to promote our Society and talk with the hundreds of visitors. They learned firsthand, from recipients who came by, what a comfort their quilts are. We were able to see the 2018 set of Hug Blocks & special gift, Cheryl Dvernichuk's Canadian Forces Snowbirds' quilt "Follow Your Dreams", lapel pins and pre-cut appliques that put big smiles on the quilters as they supported QOV™ with plans to make more quilts for our military and veterans dealing with their health issues from their time enlisted.



Some of the quilters who came by recognized their quilts hanging, and we even were visited by Fiona Reed, whose father founded the Snowbirds!

## Quilt Canada 2018 Con't

Quilt Canada was a great success and a perfect way to meet our fellow representatives from across the country, We were represented by Nova Scotia, Quebec, Ontario, Alberta, British Columbia and the Yukon. Thank you ladies for taking the time to attend this once a year Canada wide quilt show.

Thank you to Deborah Gray for opening her home so our boxes and boxes of QOVC™ items would have a home until set up day. Thank you Lezley Zwaal for picking the items up from Deb's and bringing them to CQA for set up. A huge thank you to Lee Zwaal, who was the driving force behind picking up, loading and dropping off all the boxes for our booth.

The accommodations were more than adequate for the representatives to lay their heads down and relax after a busy day at the booth. It was close to the transit system and very close to the chocolate factory! We held an open house to get to meet everyone before the opening day and made plans to have a closing supper with all our representatives, What a great way to end a perfect show.

Pack your bags and make your reservations for next year in Canada's capital, Ottawa. See you there.

*Submitted by:*

*Lezley Zwaal, founder@quiltsofvalour.ca  
Mary Ewing, president@quiltsofvalour.ca  
Quilts of Valour – Canada™*

In May I had the opportunity to volunteer in the Quilts of Valour™ booth at the Quilt Canada Show in Vancouver, BC. It was an amazing experience. I had never attended such a large quilt show or been able to participate in one of our booths with other QOVC™ reps. I learned a lot in a short time.

I'm a relatively new representative, having just signed on last August. As the QOVC™ rep for the Yukon I'm a bit of a "one man band" and a long way from all of you. For me, the opportunity to meet reps from other parts of the country, put names to faces, and share experiences and ideas was just too good to pass up.....plus Vancouver promised spring weather and flowers, which were still a ways off at home.

The time I spent in the booth was very rewarding. I met quilters of all ages and skill levels; some from guilds, some not, some local to the area and others from away, many who had heard of us and some who had not, some who had made quilts and some who promised to get sewing. What struck me most, was the way that people listened to our message and were moved to do something, even if it was only to take a brochure back to their quilt group. I heard stories from them about veterans in their families, veterans they know who have received quilts and others who are still in need.

It reinforced for me that what we do is important and that we need to continue. I hope that if you have an opportunity to participate in a QOVC™ booth at a quilt show, large or small, that you take it.

*Linda Gerein,  
Representative, Whitehorse, Yukon*

As a Quebec representative, I had the good fortune to meet representatives from Mesa, AR, Yukon, BC, NS and ON at a small get together the night before the show at the lovely AirBnB house. The meeting helped calm nerves before heading out the next day to volunteer at QOVC™ booth at the CQA Vancouver show. During the next days, I met more representatives but did not have much time to talk about our mutual efforts. The most rewarding task was introducing Quilts of Valour Canada™ to those CQA visitors unaware of what we do.

*Bonnie Frappier  
Representative, St. Hubert, QC*

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***"...our experience presenting the beautiful quilts is always emotional and uplifting..."***

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## Received in our mailboxes....

*"Having served in the Canadian Armed Forces (CAF) as an Intelligence Operator for nearly 8 years, I'm a soon-to-be (medically) retired veteran.*

*I'll be presented with a very special Quilt of Valour on June 15th. Quilts of Valour are handmade by people across the country who share a deep affection for the ill and injured among our men and women in uniform. In many cases, these folks have a personal connection to the CAF, and oftentimes, they mourn the loss of someone in uniform.*

*I, myself, was born at Sick Kids just over 40 years ago. Mom and I nearly didn't make it. But, thanks to Sick Kids, we did!*

*I know that Ronald McDonald House Charities (RMHC) Toronto serves as a "home away from home" for families from across the country, and indeed, from around the world, with seriously ill children undergoing treatment at Sick Kids. More than that – I know that you offer these families comfort and a sense of security during a time when, I'm sure, it must feel like their entire world is falling apart at the seams.*

*Why am I writing to you? Because, in short, I'd like to donate my Quilt of Valour to your 81-family House, or to the RMHC Family Room on the 4th floor of Sick Kids.*

*Con't next page...*

*In my view, the greatest heroes among us aren't those who wear war-paint or have vicious names. The greatest heroes among us are sick kids, who somehow, find the courage to face their illnesses fearlessly.*

*This Quilt of Valour will be a tribute to them, and to their valour, and at the same time, a magical way to honour the memory of our fallen heroes. I'm hoping you'll help me make this happen.*

*Many thanks!"*

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*"I deeply treasure the quilt and your kindness, as well as those who made it - please pass on my deep gratitude to them as well.*

*Sincerely, and with profound thanks,"*

.....

*"I would like to thank you and your dedicated team of men and women who dedicate precious time to create such marvels. I am certain, each one of us who has received a QoV is cherishing them and making full use, as I am with mine."*

.....

*"His quilt is draped over the back of his couch and serves as an ever vigilant reminder and source of comfort.*

*Bless you, your team and the countless others at every level that selflessly contribute to countless CF Veterans that have dedicated their lives to this wonderful country that we all call home.*

*Sincerely"*

.....

*"Sometimes a non-physical injury is a very strange darkness. You cannot see it and neither can anyone else; so you know instantly that you are on your own. It remains uncontrolled and unseen so you cannot find it, you cannot fight it and you cannot kill it.*

*You feel shame, fragmented and beaten. Mostly confused. You can't actually look at it to discern any physical improvements or assess any changes over time. You haven't any skills for this kind of examination, so you withdraw from the entire world, which is now deemed to be against you - but mostly you now know you are unconnected to folks who might otherwise try to care or try to understand. For the others who try to understand the incidents that lead you into this darkness; They do not go, so they simply do not know. You cannot reconcile this either for them.*

*Then someone comes along, and wants nothing for it, and just believes in you. They want you to feel better, they want to hug you and they want to be connected. For me, that is my puppy, Sparkles. The entire world versus me. Bad odds. But with my puppy, I suppose I can live with those odds.*

*One day, your career is over. You are offered paperwork, a handshake, cookies and a little speech on your last day. Gone is your sense of self identification. You're afraid you and your puppy aren't strong enough for whatever fate awaits you.*

*Then, for some reason. A simple, beautiful quilt and a hug from a stranger is offered to you. The persons who made it, are not there. They will likely never meet you. They do not know my injuries or story. They just believe in what I was doing and now have laboured to produce this extremely random article of kindness, exemplifying creation, care and incredible patience. It is brutally disarming for you. A group of women that you have never met, wants to make sure you are both warm and hugged; these women want nothing for it. You don't understand, but you sort of feel something for a change - could it be this ridiculously simple? This hug will wait for me to come home, it will never judge me, it will keep my puppy and I warm if I need it to; and it will always give me a good memory. It will always want to be connected to me. It will always want to go on the road with me.*

*Now I have a tiny family. Myself, my Sparkles and my quilted hug. The entire world versus my tiny family. My odds are better. I'm getting a little stronger.*

*I'm ashamed that I do not know who a "quilted by a Southern Albertan and N. Christie" are. I'd like to think they are a couple of Ladies passing the time by having a good chat, working the fabric and building the patterns - being connected with friends as they do this. I haven't any idea exactly what this kind of poetry called quilting entails nor what the tools required are. I haven't any ideas if it is hard artwork or just a task of love to pass the time. However, I would hope they know somehow - they are helping to arm me in my fight. They are killing darkness.*

*Please understand, people will ask, "what's the story with that bloody quilt, Bud?" I won't say a word. Not a thing. They won't understand. That one I'll keep between the wonderful Ladies in southern Alberta that I have never met - and my tiny family.*

*In the end, I feel I cannot articulate my thoughts and feelings properly nor can I even begin to justify them; but I feel like I do have a small connection to the country and the good folks inside her borders, once again. That too, makes me a little bit stronger. The odds are getting better.*

*As I am most appreciative, I can only offer in return my sincerest gratitude to those few anonymous Ladies who toiled, so that on some random day, I could be properly equipped when needing a real hug from somewhere deep inside Canada.*

*I remain most gratefully, Yours Aye."*

## A Quilted Hug from Across the Nation



The 2018 Hug Blocks were revealed this spring at the Creativ Festival in Mississauga, ON and at Quilt Canada in Vancouver, BC. The blocks are coming in as the quilters are making up the blocks and sets of blocks are already

going out the door to be made into a quilted “Hug From Across the Nation”. This year’s pattern/fabric kits are available through several QOV™ Representatives and at quilt shows across the country whenever permission is given. Block patterns are also available on the website under the Hug Blocks tab.

Blocks from across the country (and some from beyond our borders) arrive at one location where their sender and quantity are recorded. Blocks are then re-packed into sets of 30, or as requested and mailed out to a quilter or group of quilters who then will put the blocks together as they wish, as long as our quilt construction criteria are observed. The quilt can then be directed to the group’s nearest QOV™ representative who will present the quilted hug made by quilters from across Canada.

For those who are new to our society, the Hug Block program started in 2012. In 2010, Northcott Fabrics was approached to consider designing a line of Canadiana fabric that could be used in QOV™ quilts. Northcott representatives, *Deborah Edwards & Patti Carey* became involved and fabrics were designed and ordered. They also arranged for sponsorship of our society through their VP, with Northcott preparing brochures, banners, and several other promotional items. After two years working with Northcott Fabrics in Ontario, Northcott participated at the spring Creative Stitches show in Victoria, BC and have been a huge sponsor at all our shows. Pictured to the left – Marilyn Fuller and Deborah Edwards (Northcott)



Ontario quilter, Bill Bartlett approached Northcott after learning about the new project and had an idea to have a block exchange from the different regions across the country. He wrote “*Maybe at the Halifax show you could see if there is interest in this idea. I can only imagine how touched a Canadian soldier would be in getting a quilt with blocks from different areas of the country and a short note from the maker.*”

After consulting with Northcott, the idea of Hug Blocks became a reality, and a response was sent to Bill “*Thank you Bill. What we will go with will not be a block exchange... It will be a block making extravaganza using only the 9 fabrics in the Stonehenge Oh Canada line. With everyone using the same fabric, the blocks will all go together very well.*” Our newsletter that November revealed the concept to everyone, encouraging the making of blocks out of the specific fabric and putting them into “*Hugs from across the nation*”.



There were no specific block patterns in the beginning, and hundreds of different blocks arrived. We continue to receive many “individual” blocks too!

Northcott Fabrics can be found at [www.northcott.com](http://www.northcott.com) or on Facebook.

## Hug In A Mug – Hug Block fundraiser



In 2014, Quilt Canada was held in St. Catharines, ON. The QOV booth revealed a fundraising project “Hug in a Mug”. Specific block patterns were designed, and the fabric pieces were included in a wrapped Canadiana coffee mug. They went off the booth table so fast that the volunteers had to scramble after the first day to prepare more! It was an instant success, and

as the quilters returned home, everyone wanted to know more about how to get the mug and the fabric kit!

The mug fundraiser continued its popularity until the source of the mugs was no longer available. It was a very successful fundraiser, and quilters continue to ask for the mugs.

We have found other “gifts” to go with the Hug Block pattern, and each year new block patterns are added to the selection.

## Hug Blocks on the Website

Since October 2012, over 4,700 blocks have been received and re-distributed. 173 quilts have been registered, made and presented or being made from the blocks.

We try to maintain a consistent pattern format and offer a range of patterns from easy for the beginner quilter to more complex for advanced quilter who likes a challenge.

Current and previous years’ blocks can be downloaded from our website <https://www.quiltsofvalour.ca/hugs-blocks.html>

The concept of using only the Northcott Stonehenge Oh Canada line of fabric is crucial to the quilts’ make up. With various and random blocks arriving at quilt makers’ doors, the blocks will work together because they are of the same line of fabric. Finishing the quilt is at the discretion of the maker, and can be made from the quilters’ collections of fabrics. Sashing can be added, the blocks can be put on point, borders can be added. A 30-block set can become two or three quilts if panels are added. Extra blocks of the quilt makers’ choice can become part of the quilted hug. Northcott has added to the range of options with the addition of Canadiana panels and an extended range of fabrics, while maintaining the Oh Canada coordinating theme.

Block kits are always a draw to our booth and a great conversation starter to encourage participation in Quilts of Valour – Canada™. Representatives who have presented Hug Block quilts can attest; they see the reaction of the recipients as one of surprise and the soldier is truly touched as they comment on many of the locations noted on the blocks – places they were posted, worked, met their spouse. Many stories are shared from the “Quilted Hug from Across the Nation”.

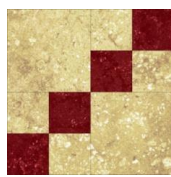
Lezley Zwaal  
hugblocks@quiltsofvalour.ca

**The 2018 Hug Blocks** were available at Quilt Canada this spring! We have a gift with them this year - eyeglasses cleaning cloth - that you can also make into a little carry bag for glasses & sunglasses!

The blocks are on the website for downloading and if you wish to have them included in a Hug Block quilt, please remember to use the Northcott Stonehenge Oh Canada line of fabric and send the blocks to the address on the pattern. You can also check with your representatives to see if they will have them available for purchase at the next quilt show in your area!

Blocks this year....(pictured in order, left to right/top to bottom)

Cascading Blocks, Friendship 4 Patch, Western Star, Maple Leaf Too, New Waterwheel and Stepping Stones. Back by popular demand, we also have Poppy and Poppy Too.



***"...when you see the reaction in the recipient's eyes, it touches our hearts..."***

Oops....

Correction for an article printed in our Spring 2018 Newsletter. Our apologies for the error.



Presentation held in Comox, Vancouver Island, British Columbia

*"A Presentation of QOVs was made to Hans and his Grandmother, Ruth."*

## Supporters of Quilts of Valour - Canada™

"Howard and I were very pleased and proud to be able to offer up our classroom at Peachtree Quilt Shop to the women who volunteered to sew blocks and quilts for the QUILTS OF VALOUR™ group. Howard had a very special interest in the organization as his father also served in the armed forces in the Second World War. These quilt sessions were offered once a week for three weeks of each semester of quilt classes. For the past couple of years we enjoyed watching and listening to these generous volunteers as they quilted and shared their stories of war veterans and present day men and women in the Canadian Armed Forces. Cheryl Dvernichuk, the Regina Area Rep for QOVC™ and helpers ran these volunteer sessions. As Cheryl worked in our store we joined in her enthusiasm by carrying the Oh Canada fabric that was used in many of the QOV™ quilts. In addition we were happy to donate some of the Oh Canada fabric to the QOV™ and sold "hug" blocks to help in the fund raising for their cause. By advertising in our store newsletter we were able to promote and support this great Endeavour."

*Howard and Connie Luedtke  
Northgate Sewing/Peachtree Quilt Shop  
Regina, SK*

## Boundary Bay Quilters Guild (BBQG) in Ladner, BC great supports Quilts of Valour

The BBQG members support QOVC™ in many ways – providing quilts, displaying quilts in the community (public awareness) and volunteering at the QOVC™ booth at the recent Canadian Quilters' Association in Vancouver.

We are fortunate to have members volunteering to piece tops, long arm quilters quilting, members who sew the binding. The Guild provides a budget to purchase batting and backing for the quilts.

At the June monthly meetings, we display the available quilts for QOVC™. The last two years at the annual 'Car and Quilt Show' held in August provided excellent opportunities to display the Quilts of Valour at the Ladner United Church.



Since 2009 BBQG members have donated 173 quilts and currently 10 more quilts at various stages. Picture (to left) taken at a Guild meeting of some of the members who have supported QOVC™ since 2009.

Picture (to right) taken at the Canadian Quilters' Association held in Vancouver May 2018 of some of the BBQG members who support QOVC™ (in front of one of the quilts). (left to right Debbie, Donna, Jean, Mary Ewing, QOVC President, Dawn, Jean)



## Supporters Con't

"Our store – Along Came Quilting - became involved with Quilts of Valour in 2011. At the time, we carried the Northcott "Oh Canada" line of fabric, from which a portion of the sale goes to supporting this organization. When Sandy Carlile told us she had a group of ladies sewing for QofV, we offered our classroom for them to meet, plan, and sew in a space specially designed for this purpose. There would be no need for any particular member to host the group in her home, or for them to need to bring irons, boards, tables, etc. to a community hall. Offering our classroom to them free of charge was one of the ways we could easily assist them, as well as providing a bin for people to drop off finished quilts or donations, and informing our customers through our emails and classroom calendar of their activities. Their support of our injured Canadian Forces members is outstanding and we are awed by their work."

*Along Came Quilting  
Calgary, AB*

"I have had the great pleasure of working with Quilts of Valour – Canada since taking the position of Services Manager of the Integrated Personnel Support Centre in Shilo, Manitoba in 2009. I wanted to express my sincere gratitude for the outstanding work and dedication which I can personally attest that each and every quilter has demonstrated over the last decade.

My job provides me the opportunity to assist soldiers as they strive to recover from injury or illness in order to return to their primary duties and/or transition from the Canadian Armed Forces into civilian employment. The vast majority of our soldiers currently receive their Quilt of Valour at their Departure with Dignity Ceremony which is generally conducted to coincide with their retirement from the Canadian Armed Forces. I am always struck by how truly and profoundly touched every soldier is when they receive their quilt. Regardless of the venue or situation, they without fail, comment on the care and craftsmanship demonstrated by the quilters and how truly touched they are having received one. I believe that what resonates with the recipient of the quilt is that it is a physical manifestation of support and gratitude for their service and sacrifice to Canada. The hugs that you have stitched into each quilt are truly felt and are reciprocated.

Thank you again for your hard work and dedication to the ill and injured members of the Canadian Armed Forces, our Veterans and their families."

Sincerely,  
Curtis Greig  
Services Manager, IPSC Shilo

**Quilts of Valour – Canada Society™**

**QOV™**  
CANADA  
**QOV™**

**Volunteer to Join our Team**  
Besoin de bénévoles

**Be a Regional Representative:**  
quilt, sew or spread the word

Soyez un(e) représentant(e) régional,  
couturier(ère) ou passez le mot

**Make a block**  
Faites un carreau

**Make a quilt**  
Faites une courtépointe

**Make a difference**  
Faites la différence

**Ask how you can help**  
Demandez comment vous pouvez aider

Supporting our injured Canadian Armed Forces members,  
past and present, with quilts of comfort.

Offrant un soutien à nos membres blessés, passés et actuels, des Forces  
armées canadiennes, avec des courtépointes de réconfort.

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

## Welcome Our New Representatives

### January 2018

Crystal Chisholm, Rocky Mountain House, AB  
Charlene Hill, Kingston, ON  
Roland Lawless, West Chezzetcook, NS

### February 2018

Naomi Babineau, Aurora, ON  
Robert (Bob) Smith CD, Mississauga, ON

### March 2018

Danny Lafontaine, Quebec, QC

### April 2018

Lisa Compton, Carleton Place, ON  
Daniel J. Karau, Esterhazy, SK

### May 2018

Roz Agulnik, Montreal, QC

### June 2018

Lynn Carroll, South Vancouver Island, BC  
Christine Orr, Edmonton, AB  
Todd Hussey, Edmonton, AB

## Sudoku Fun!

Answer on Last Page

1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
	8			7	2	9	4	1
	5		2		6			
	2	8			9	4	1	
	7	9	1		8	5	3	

## Volunteers Needed:

We are always looking for great individuals to join us in sharing our mission and bringing comfort to our ill or injured Canadian Armed Forces members, past and present.

If you would like more information first, please feel free to contact the President of Quilts of Valour – Canada Society at [president@quiltsofvalour.ca](mailto:president@quiltsofvalour.ca).

## Vacant Positions:

### Regional Representatives

QOVC™ has Representatives all across our great nation, but there are areas that need our support. Even if there is a Representative in your area, I am sure he/she could use a helping hand.

### Newsletter Editor

As Managing Editor you would be responsible for creating and publishing the Newsletter in digital format.

### Fundraising Co-ordinator

As Fundraising Co-ordinator you would be responsible for organizing and coordinating fund raising campaigns within QOVC™ once approved by the board. You will be the liaison between the Board and Executive to the Regional Representatives with all information and documents required for the fundraising campaign

If you would like to join our team in any of these positions it is as simple as filling out our online application at <https://www.quiltsofvalour.ca/open-positions.html>.

*“...my Quilt of Valour is my most prized possession in the world...”*

## The Next Generation

of quilters is alive and well on Vancouver Island, British Columbia. This 10 year old junior fiber arts quilter is working on a Quilt Of Valour™ with her Grandmother. Thank You!!!



## Quilt of Valour™ Specifications

### Minimum Size is 55" X 70"

A Quilt of Valour™ is a "hug from the nation" to an injured Canadian Armed Forces (CAF) Member or honoured Veteran who has served and made sacrifices for our country. The quilt standards must reflect the level of gratitude that we want to demonstrate to the recipient. Quilts of Valour™ can be made by individuals, social groups or quilting bees. In all cases we request that the standards we have established are followed to ensure that a high quality symbol of gratitude is presented. When you give a completed Quilt of Valour™ it speeds delivery to a CAF member.

A Canadiana theme is a good choice. We have seen many maple leaf quilts and they are stunning! The red/white or traditional looking patterns always work but are not a must. Please select fabric patterns that are suitable for a CAF member, choose colours and patterns carefully.

*Quality in workmanship is a must.* Please select 100% high quality cotton and ensure the sewing is going to stand up to repeated washings, tuggings and huggings. Cut off any loose threads as non-quilters will pull them out and maybe even the seam too.

Tied and rag quilts will not be accepted. No re-purposed fabrics or prints unsuitable for adults.

The official Quilts of Valour™ label represents a tribute that is recognized by the CAF members. CAF members look for this label as they are familiar with what it represents. No alterations or additions should be made to the label.

Thank you to all that have made, are making, or will be making a Quilt of Valour™ for our injured Military members, past and present.



Make a Block • Make a Quilt • Make a Difference



## Quilt of Valour™ Eligibility Criteria

Canadian Armed Forces members, past or present, who are ill or injured as a result of their service to Canada, qualify for a Quilt of Valour™.

Our first priority is to supply the Integrated Personnel Support Centers (IPSC) across Canada. The IPSC assist us by presenting Quilts of Valour™ (QOV™) to service members currently being medically discharged, who have incurred visible or invisible injuries as a result of their service.

Some examples of members who automatically qualify for a QOV™ are those who served in: WWII, Korea, Bosnia, Rwanda, and the Gulf Wars. There are many other areas of violent conflicts/theatres of war (e.g. Afghanistan), peacekeeping missions and general regular/reserve duty in which members, past and present, may have suffered injury/illness as a result of their service, including duty within Canada and abroad.

Members, past or present, are eligible to receive only one QOV™.

If you have a request and are not sure if the individual qualifies, please contact the Regional Representative closest to you for assistance.





## Where has QOVC™ been and what have we been doing?

**Ottawa, Ontario** QOVC™, represented by Robbie Chapman, Jacquie Fuller and Nancy Arbogast had the honour to present quilts to two retired military members at their home in Osgoode, Ontario. Sgt (ret'd) Jill Tubbs and MWO (ret'd) Rick Tubbs both served a long and varied careers with a wide variety of postings including missions in Afghanistan, Bosnia, Cyprus and Golan Heights. Sitting in the tranquility of their beautiful garden, it is hard to fathom some of the difficult situations they have witnessed. Both of them expressed sincere gratitude for the quilts. As they said themselves, they were "just doing their jobs". In truth, they were doing a very difficult, very important job, that few of us would want to do.



It was a lovely afternoon, and a wonderful opportunity to deliver QOV™ hugs to two deserving military members.

*Nancy Arbogast  
Ottawa, Ontario*

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***"...humbling to know that a total stranger cared so much to make me this quilt..."***

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### **Parksville, Vancouver Island, British Columbia**

Quilts of Valour™ was pleased to be able to take part in the "Be Dazzled" Quilt Show organized by the Parksville Quilt Guild in Parksville, Vancouver Island this

past June. This show is held every three years and draws an audience of 2500 over three days to view over 350 quilts and Jr. Fibre Arts and make purchases from a well stocked boutique and 15 different vendors.

*Chris Longmore  
Representative, North Vancouver Island, BC*

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***"...feel the warmth not only from the physical quilt but from the love that went into making it..."***

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### **Prince Edward County Quilt Guild Show July 7/8, 2018**



*Jan Easton,  
Representative, Belleville, ON*

### **Regina, SK**

The Prairie Piecemakers Quilt Guild held their bi-annual Quilt Show on May 11/12. QOVC™ was able to create an event within an event to share our mission with all in attendance. The ever popular "Hug Blocks" were available along with special Green and White quilts blocks. In Saskatchewan we bleed green in support of our Saskatchewan Roughriders. The CFL is a proud supporter of our Military so we brought the two together, along with other supporters, to sew these football



themed quilt blocks right in the QOVC™ booth. We were honoured to have with us Mr. Spencer Moore, SK Riders and Members of 15 Wing Moose Jaw (pictures above) sewing blocks side by side. Also joining our list of Guest Quilters were (picture to left) Ms. Laura Ross, MLA Regina Rochdale; Mr. Warren Steinley, MLA Regina Walsh Acres and Mr. Greg Lawrence, Provincial Military Liaison.

A special "Thank You" to Jacquie for teaching our guests how to make a quilt block and keeping our sewing machines in working order.

*Cheryl Dvernichuk  
Representative, Regina, SK*

## Montreal, QC

Corporal (Ret'd) Jill Greenwood (nee Younghusband) served as a Mobile Support Equipment Operator and Administrative Clerk with the Canadian Forces from 1983-2000. Her service took her to many places including Namibia, Germany, Italy, Turkey, Greece and Norway. Jill was medically released in Edmonton in 2000.



On Sunday, June 10 2018, Jill was visiting St. Anne's Veterans Hospital in Montreal. Jill and her husband Brian Greenwood (also a veteran) were the Ottawa Team Leads for the Inaugural Canadian Walk for Veterans which was held the previous week. They presented 95 year old World War II Veteran and friend Mr. Wolf Solkin with a coin from this walk. Little did she know that she would be presented with a Quilt of Valour™ by Mrs. Bonnie Frappier. It was an experience that she will always treasure. Moving forward with the support of Veterans Affairs, Jill is working through a few service related health issues. Her Quilt of Valour™ is always close by and serves as a wonderful reminder of the love and appreciation Canadians have for veterans.

*Submitted by  
Mary Ewing*

## South Vancouver Island, BC



Lynn Carroll, one of QOVC™ newest Rep. looking after the southern area of Vancouver Island, made her first presentation to veteran Steven Laidlaw on his retirement from the Canadian Navy (picture left to right: ?, Steven, Lynn)

*Lynn Carroll  
Representative, South Vancouver Island, BC*

## Courtepointe Quebec Salon 2018

Louise Drouin, a Quebec QOVC™ Representative did a fabulous job representing Quilts of Valour Canada™ at the Courtepointe Québec salon 2018. Louise was helped by friends of Chateauguay Valley Quilters.



*Submitted by  
Bonnie Frappier  
Representative, St. Hubert, QC*

## Sewing Days Supporting QOVC™

### Quebec

We wish thank the following guilds for their efforts during our 'sewing bee' days. Without our guilds we would not be able to keep up the demand. Sewing bees with Beaconsfield Guild, Les Fées de la Montagne, Chateauguay Valley, O-HO Ormstown and Mosaic/que Brossard have produced more than 10 quilts. The other quilts have come from the Southshore Quilters St.Lambert, Courtepointieres L'Argentueuil, West End Quilters Montreal and Les Pointes Folles St. Hubert.



Photos from the February 2018 sewing bee at St.Jean sur-le-Richelieu, QC. Wonderful day! Completed two Cascade quilt tops.

*Bonnie Frappier  
Representative, St. Hubert, QC*



### Saskatchewan

On June 9<sup>th</sup> we held our first Sewing Day with a group of student pilots of 15 Wing Moose Jaw. The Student Pilots of Phase II 1804 were eager to learn how to make a quilt block. Their skills and attention to detail came through in each of the log cabin blocks they made. The blue and brown (light and dark) was chosen for their Quilt of Valour™ symbolizing the colours of 15 Wing with a yellow centre for the welcoming light in the window, reflecting the history of the Log Cabin Quilt Block. As you can tell by the smiles, they were amazed at the end result of their blocks coming together. A huge



"Thank You" has to go out to these young men and women for taking the time to make this QOV™ for a fellow member and for signing up to defend our freedoms.

*Cheryl Dvernichuk  
Representative, Regina, SK*

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1	4	2	8	9	3	6	7	5
7	6	3	4	2	5	1	8	9
8	9	5	6	1	7	3	2	4
2	1	7	9	6	4	8	5	3
9	3	4	5	8	1	2	6	7
5	8	6	3	7	2	9	4	1
4	5	1	2	3	6	7	9	8
3	2	8	7	5	9	4	1	6
6	7	9	1	4	8	5	3	2

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