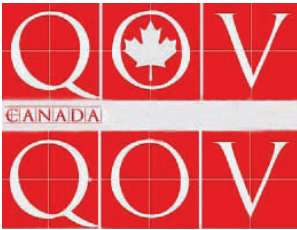


# Quilts of Valour - Canada

Issue 5  
March 2010



## 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.*

## Meet Your Representative.....

This month QoV - Canada is pleased to introduce to you, Mary Ewing, our Eastern Canadian Coordinator.

Mary grew up in Belleville, Ontario and has lived on both coasts of Canada. Her husband is ex-Navy (31 yrs service), two sons are also both in the military: Shane in the army and Chris in RCAF, plus Shane's wife Heather is air force also. Shane and Heather have both been deployed twice to Afghanistan and thankfully returned to Canada safe and sound. Mary also has two beautiful grandchildren, Jaime and Danny and a Labrador retriever named Jake.

She is a retired Sign Language Interpreter and in her spare time enjoys quilting, sewing, dancing, camping, kayaking and gardening.

When Shane was in training to go to Afghanistan, she saw Lezley doing a news interview about QoV - Canada. She knew she had to do something and contacted Lez right away and from there on became involved with QoV. It was her way of giving back to our brave men and women who protect our beliefs, rights, and freedom.

After about a year working with QoV, Lezley thought things might run more efficiently for QoV if it was divided into East and West, since it is a huge job for just one person. Thus Mary became the Eastern Canada Coordinator with contacts in the eastern provinces to help with the distribution of quilts.

Mary has traveled most to southern Ontario doing presentations and setups at quilt shows and guilds to help spread the word. Quilts of Valour is a wonderful tool to let our injured soldiers know that they are not forgotten and we, as Canadians, do respect and praise what they have sacrificed for us. In a thank-you letter from an injured soldier he says, "When this quilt is wrapped around my children it opens up questions for them to ask about what Daddy does and why he does it, being able to use such a powerful example that good people (the kind who made this quilt for me) deserve to live in a world of peace and security is why I am so proud to wear the uniform and represent our country."

This is why Mary is involved. It helps everyone and not only does it give back to our soldiers and their families, but it also fills a void for many of the people involved: the company that donates materials to make the quilts, financial donors, the quilter, piecer, kit maker, long-arm quilter, the person who binds the quilt to the person who delivers them to the bases and the person who presents them to the injured soldier. You don't need to know how to quilt to help with QoV-Canada, you just need to care and support our military. The quote Mary likes in Ottawa is: "It's about the People, not Politics".



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**A note from our founder ...**

A very big thank you to all those quilters who are giving of their time, their stash and their wonderful ideas for quilted hugs for our injured soldiers and veterans! Special people honouring special people! There was a request recently, for a letter from QoV to acknowledge the volunteer time spent in making their quilt. They are able to take that back to their workplace, and their company keeps track of all volunteer hours, making donations back to organizations. Let me know if this is something your workplace honours!!

Be sure to send Debby any QoV quilt pictures and stories you'd like to share with fellow quilters!! Enjoy our spring weather as our country thaws out once more.

**Lezley**



**Letters from soldiers ...**

Hello,

My name is Master Corporal Ryan Gingras, I'm an Infantry soldier with the 1st battalion the Royal Canadian Regiment in Petawawa, Ontario. I was presented today with a quilt from Quilts of Valour for my injury that resulted from my service in Afghanistan. My quilt was made by Lise Wayne, Denise Turner, Lucienne Martel, Marie Rose Martel and Jeanne Rondeau and it is just wonderful! I wanted them as well as your organization to know that this quilt is a very important symbol from my country, and means as much as the medal I was awarded for fighting in Afghanistan, only I can wrap myself up comfy and warm in it unlike a medal!

It means a great deal to me to know that Canadians are thinking about me and my brothers and sisters in arms, through your support it inspires me and has truly touched me. This quilt wrapped around my children opens up questions for them to ask about what daddy does and why he does it, being able to use such a powerful example that good people the kind who made this quilt for me deserve to live in a world of peace and security is why I am so very proud to wear my uniform and represent my country.

Thank you for your support, and Pro Patria,

Ryan Gingras

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I was given one of your wonderful quilts for being an injured soldier. My wounds are not noticeable in a physical sense but are very noticeable on an emotional level. I have done 5 tours in all; Kuwait-Iraq, Croatia, Bosnia, and 2 in Afghanistan. I suppose with the amount spent away from my family and the continuous high tempo placed on soldiers back home also it took a major toll on my soul. It means so much to me, my colleagues, and family to know that soldiers do have the support of the land we are willing to sacrifice all for. It is wonderful to know that all we do both abroad and near is not in vain when there are people like your organization that shows us every day the reasons why we fight. Thank you again.

Ted



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This is a picture of a soldier, Cole, with his Christmas stocking that was sent to him while on tour. He found a kitty in an IED hole, which he nicknamed Crater and is shown here with him in the stocking.



**Prince Edward Island**

This quilt was presented to Tyler Coady of Stratford, PEI at the Red Rally on November 6, 2009 in the atrium of the DVA building. The significance of this presentation is Tyler was the first Islander who was returned home injured and this was our first presentation in PEI.

The quilt was donated by The Quilters, New London Anglican Church women in New London, PEI.

Thanks and to all quilters may your needle be sharp and your thread never knot!

Looking forward to seeing all your handiwork!!!

Let's make 2010 the year to see PEACE in the world!

Keep our soldiers safe,

Know that what you do is greatly appreciated,

And keep up the good work!!!

**Betty Mahar, PEI**



## How to Properly Tie a Quilt

Many people have inquired about tying quilts as opposed to quilting them. **Lois Hooper** in NB has this to say about it:

- Don't use yarn for the knots. No matter how tightly it is tied, it will eventually "untie" itself. Use crochet cotton doubled - Southmaid or Knit-Cro-Sheen weight. It comes in plenty of colours, so you can match or contrast to the quilt. When the quilt is washed, the cotton will shrink and tighten the knots even more. A single strand of 100% cotton yarn works well too.
- Tie with a surgeon's knot. Tie the first half of the knot as usual. When you tie the second half, wrap the thread twice (instead of the usual one wrap) and tighten. Cut the tails about ½ inch long. Believe me, it won't come out!

Lois's grandson's, who are now 19 and 20, still have their "blankies" that she made for them when they were toddlers, so you know how many times they have been washed, and there has never been a knot pull out.

Thank you Lois, for this valuable information!



## Nova Scotia

Johanna, in NS, has recently received 21 quilts, plus another three that are being quilted. So far she has attended three church services where the quilts were presented right in front of the congregation. They were very emotional as there are always members who have family lost during deployment and love to tell the stories. There are still contacts being made so there should be more to follow this year.



She bought a fold-up display and decorated it to use for Quilts of Valour presentations. She's been able to keep it set up during some public events with a good supply of the brochures. Her whole camp is very supportive in the QoV effort and response is very positive.

Besides the QoV demonstrations and presentations, Johanna has also been busy working on an idea she came up with to thank our generous quilt contributors. She has drafted up a Certificate of Appreciation to present to donors or quilt shops in thanks that they can frame and display.

With permission from Johanna, QoV would like to adopt the certificate for use as our quilting contacts wish. It will go onto the website for your use to thank those who support us.

Last summer Johanna was on course in Borden, ON and became a little gutsy and decided to get a tattoo. She got the Canadian maple leaf tattooed on her right calf, and then had them add "QoV" under the leaf. A few weeks later she headed back to Nova Scotia and decided to drive through Niagara Falls and then down through the U.S. She stopped in a wonderful little quilt store called "[Reichards](#)" in a Mennonite town of St. Jacobs. One of the customers noticed the tattoo on her leg and asked if the QoV stood for "Quilts of Valour". When she told her how she was involved, she introduced her to the shop owner, Leslie Irvine. Johanna had some QoV brochures and posters in her car and gave some to Leslie to put up in the store. The very next day, Leslie called her cell to say the store had 10 quilts to donate to QoV!!! She contacted Liz Seamans, QoV's Western Ontario contact, who was able to pick them up a few weeks later.



The moral of Johanna's story is: "we should all get tattooed cause this advertising really works!!! LOL"



## Alberta



Pauline Hobbs of Edmonton and other snowbird quilters in Arizona this winter, joined up with the U.S. QoV quilters and had their quilts in a quilt show in Mesa, AZ.







Betty Bailey headed a class of 5 quilters who got together one evening a week for four weeks at [Addies](#), a quilt shop in Cochrane, AB. Cochrane is a small town just west of Calgary. They made 5 quilts from blocks that Betty had prepared from her stash. Then Sandy quilted them and they all spent an evening sewing the bindings on. They made bags for the quilts to go in as well. A good time was had by all and they hope to be able to do this again sometime.

**Sandy Carlile, Alberta South**



**Announcements and Upcoming Events**

The Canadian Quilters' Association conference will be in Calgary for Quilt Canada 2010 the week of April 26 - 30 and Quilts of Valour - Canada will be there! We will be sharing a booth with [My Sewing Room](#) ... many thanks to the owner, Anne, for letting us share her space. If you are in the Calgary area at this time and plan to attend Quilt Canada 210, please do stop by to see us. We will have some sample quilts on display as well as QoV brochures to hand out. Addies, mentioned above, will also display QoV brochures.



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)

Marilyn Jolly, Fundraising [Fundraising@QuiltsOfValour.ca](mailto:Fundraising@QuiltsOfValour.ca)

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

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

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

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

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

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

Sandy Carlile - Alberta South [grammaquilts@live.com](mailto:grammaquilts@live.com)

Debby Gray - Vancouver, BC [scrappyblue@gmail.com](mailto:scrappyblue@gmail.com)

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

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

<http://www.QuiltsOfValour.ca>

**Newsletter Editor:** Debby Gray, [Newsletter@QuiltsOfValour.ca](mailto:Newsletter@QuiltsOfValour.ca)