

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

Happy New Year, 2019, the year Quilts of Valour - Canada Society celebrates it's tenth anniversary as a non profit society. A year to be grateful for all the people who make Quilts of Valour™ what it is today. Grateful to Quilts of Valour 's founder, Lezley Zwaal, who saw the need for Quilts to be shipped to our injured military members thanking them for their sacrifice for our freedoms.

Grateful to the quilters who donate their beautiful Quilts to ensure our injured military members past and present are presented with a quilt of comfort.

Grateful to the QOVC™ representatives who volunteer their time helping the society fulfill its mission.

Grateful to the people behind the scenes, the QOVC™ board members, who never see the expressions on the faces of the quilt recipients. Grateful to all the quilters across Canada who help QOVC™ present over 12,000 quilts Canada wide to our injured military members past and present.

Grateful to the men and women who put on their uniform everyday to maintain our rights and freedoms.

Grateful for the sacrifices made by CAF members while serving our country. Grateful to be living in this beautiful country.

Mary Ewing.

Tsawwassen, BC
By Debbie Gomersall.

95 year-old Veteran Lloyd Jones was presented with a Quilt of ValourTM, which was given on behalf of Quilts of Valour - Canada



Society by members of the Boundary Bay Quilters Guild: Debbie Gomersall, Carol Haldane, and Sandy Holland, Guild President. The Quilt was pieced by Carol Haldane and quilted by Jean Vanderwal. During the Second World War, Lloyd Jones served with the Queen's Own Cameron Highlanders as a rifleman, Bren gunner and despatch rider.

Submitted by Deborah Gray, Vancouver, British Columbia Representative.



QUILT SHOWCASE





Ottawa, Ontario.
Submitted by Nancy
Arbogast, Ottawa coRep.

This quilt
of valour™
was
presented
to the staff
at the
Transition
Center in
Cold Lake,
Alberta.

The design is entitled 'Glorious and Free'. It was designed by Brandy Lynn Maslowski.

Submitted by Mary Ewing, QOVC™ president.

This quilt was made by the Trenton Friends of Quilts of Valour™ located in Trenton, Ontario.

The fabric in this quilt was bequeathed to the Trenton group.

With it, they built quilt block kits for fundraising.

The kits followed the Cascade quilt pattern.

The returned blocks were assembled by volunteers.

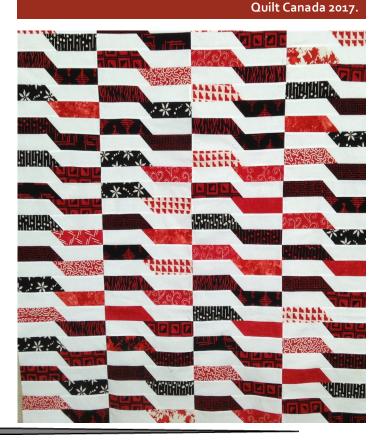
"It has been a win-win all "around!"

> Submitted by Janice Easton, Trenton Rep.



Photo (above) submitted by Robbie Chapman

Ottawa, Ontario.
Submitted by Robbie Chapman, Ottawa co-Rep.
Below is the Cascade Quilt made using donated fabric from Cantik Batik. The kits for the block were sold at



Building Log Cabins for Our Injured Military

Since 2019 is the 10th Anniversary year of Quilts of Valour − Canada Society (QOVC[™]) we thought we would do something special for Quilt Canada 2019.

In co-operation with Canadian Quilters Association and Northcott Fabrics we have designed a special block so we can "build log cabins for our military". The log cabin block is a quilt block that has history back 150 years when individuals were seeking their freedom in Canada. We have chosen white and red (light and dark) for Canada, with a yellow centre for the welcoming light in the window.

Quilters and sewers alike are being asked to create this block from across Canada and send them to the closest address. If you are attending Quilt Canada 2019 in Ottawa, ON you are more than welcome to bring them along and drop them off in our booth - where you can meet some of our special guest quilters! Blocks, tops and/or completed quilts are welcomed. These blocks/tops/quilts do not have to be made from specific fabric lines, but since Northcott Fabrics is a proud sponsor of QOVC™ we suggest supporting their fabric collections. But, feel free to use whatever reds, whites or yellows you have in your stash.

The pattern and instructions of where to send your



blocks/tops/quilts can be downloaded from our website at www.quiltsofvalour.ca Go to our home page and scroll

Yellow	
1 - 2 1/2" square for center (#1)	
White:	Red:
1 - 2 ½" X 4 ½" (#4)	2 1/2" square (#2)
1 - 2 ½" X 6 ½" (#5)	1 - 2 ½" X 4 ½" (#3)
1 - 2 ½" X 8 ½" (#8)	1 - 2 ½" X 6 ½" (#6)
1 - 2 ½" X 10 ½" (#9)	1 - 2 ½" X 8 ½" (#7)

down to the bottom left hand corner where the link is located. If you are dropping items off with your local QOVC™ Representative, please have them contact one of the listed designates with the numbers received. Let's see how many blocks/tops/quilts we can get from across Canada. We ask that the blocks/tops/quilts be sent in by June 30, 2019 but we will not turn down blocks/tops/quilts that come in past this date.

Have fun building log cabins for this great initiative!

If you have any questions, please email Mary at president@quiltsofvalour.ca

Or Cheryl at chery.dvernichuk@quiltsofvalour.ca and we will be happy to answer any questions you may have.

Submitted by Cheryl Dvernichuk, Regina, Saskatchewan Rep

Textile Museum Our Heritage



Historic Log Cabin Quilt (circa 1880-1930) from Central Canada. Photo courtesy of the Textile Museum of Canada. (ID T84.0069) www.textilemuseum.ca

Draw on this historic quilt for inspiration when you are preparing your log cabin blocks and quilt tops. This is a "Sunshine and Shadow" arrangement. The quilting is done with brown thread "stitch in the ditch".

Note that the quilt is asymmetrical as it has an extra column. Also, the dark and sombre half of the log cabin blocks carry some splashes of colour. Each block is about 6.5" square (finished). Thank you to the Textile Museum of Canada for allowing us to publish a photo of this beautiful quilt.

Submitted by Pat More

OTTAWA, ON What's Ottawa doing?

Nancy Arbogast and Robbie Chapman are coreps for the Ottawa area since Aug/18. They have volunteered with QOVCTM for 4 yrs and 8 yrs respectively. There are advantages to structuring as co-reps. Having a co-rep means splitting the responsibilities and always having a backup. Each individual has different strengths which complement; Nancy's strength is managing the business-side, and Robbie's strength is communicating with the public.

The Ottawa area has two Bees each year (Spring and November). It's an all day event that attracts 30 to 50 people and could not happen without the support from a core group of loyal volunteers. Quilt presentations are performed at the Bees; it's a moving and motivating experience. Some of the QOVCTM volunteers in the Ottawa area are themselves former military and have been priority awarded quilts made by their friends.

The Ottawa area QOVCTM volunteers make-up <u>quilt kits</u> and these are signed-out at the Bees.

The <u>quilt kits</u> include all the required fabric for a quilt top (donated fabric) + the pattern.

Of course, one can always use their own fabric and submit a quilt top or finished quilt!

Nancy and Robbie have set-up monthly workshops for 2019. The idea is to have everyone at the workshop collaborate together on one quilt top and have one person volunteer to take it home at the end of the day to finish.

There is a need for volunteers at all steps of quilt fabrication (ie. Piecing, Quilting, and Binding), however the quilting step is a clear bottleneck in the fabrication process.

In an effort to lift this quilting step bottleneck, Nancy <u>held a quilting class</u> at no charge for quilting on a home sewing machine.

This had the effect of teaching the skills and improving the attendees confidence that they can do quilting. *Beyond that, time will tell!*

There are approximately 150 QOVCTM volunteers in the Ottawa area. Email distribution of upcoming local QOVCTM events has been retired and a website/blog was set-up instead. It's an effective way to keep everyone in the area informed and share photos.

Check it out at **QOVOttawa.wordpress.com**

(by the way.....It has patterns and of course a link to the national website).

Being a rep includes the responsibility of promoting QOVCTM in the community. One way this is achieved is by doing trunk shows at guilds in Ottawa and the vicinity. This usually includes a 'speaker fee' donation to QOVCTM. Important to relay at these trunk shows is how appreciative the recipients are for this gift of recognition; sharing a few 'Thank you' notes communicates this clearly.

Other opportunities to speak and promote QOVCTM have included church clubs, store 'Veteran Appreciation Day', and commemorative hockey games. It is recognized that Ottawa as the capital of Canada may have unique opportunities. It is often through their local QOVCTM volunteer network that Nancy and Robbie hear about these events.

Requests for quilts is trending up each month. Word is spreading about QOVCTM! In 2018 they awarded about 165 quilts.

Regarding quilt presentations, it is important to be respectful of the veterans privacy with respect to their injury. Nancy and Robbie recognize there can be a stigma; speaking about the injury or illness can also invoke bad memories. Instead they focus on the positive.

"This is a hug from a grateful nation".

"When we sit down at our sewing machines to sew, we don't do it in anger, rather joy, love, peace and compassion. It is those emotions that are within this quilt."

A favourite QOVCTM moment for Robbie was this past summer when a quilt was awarded on the spot to a deserving veteran that fit the recipient criteria. Robbie was staffing the QOVCTM booth at a quilt show when a young lady shared her military history with Robbie, including the trauma she had sustained. Robbie was very moved. A quilt was taken off the display rack and a presentation was made with the full support from Mary Ewing, QOVCTM president.

Nancy and Robbie look forward to having the Quilt Canada show in Ottawa in June/2019. There will be a QOVCTM booth and activities are being planned. They really look forward to meeting and reconnecting with friends from the QOVCTM family.

Submitted by Pat More patricia.more@quiltsofvalour.ca



WO ret Dale Foster receiving his Quilt of Valour™ from his brother-in-law, WO ret Jim Myler.

His five children were also present.

Submitted by Heather Beselaere, Newfoundland Rep.

St-Hubert, QC

Louise, Ghislaine and I are very proud to announce that we gave out 50 Quilts of Valour™ in Québec. The quilts were made by several guilds: too many to list. We much appreciate their work and devotion to support Quilts of Valour - Canada Society. Between donations and the Courtepointe Québec salon this year, we funded about \$2,300 to QOVC™.

We had three sewing days in 2018 and hope to increase this in 2019. Our first sewing day was Jan. 28th in Chateauguay, Québec.

Submitted by Bonnie Frappier, St-Hubert, Québec Rep.

Cpl/c (retd) Daniel 'Pops' Harvey is shown here with his Quilt of Valour™ along with Ottawa Area corep Nancy Arbogast.

"This presentation took place in the bar at the Boston Pizza in



Orleans, Ont! Pops is a great storyteller and was thrilled with his quilt. Robbie Chapman and I were delighted to spend time listening to his stories."

Submitted by Nancy Arbogast, Ottawa Area co-rep.



WO ret Scott Tremblett was presented his Quilt of Valour™ for 25 years of service by his long time friend WO ret Jim Myler in Clarenville, Newfoundland.

Submitted by Heather Beselaere, Newfoundland Rep.

Vancouver Island, BC

Update. Recall the junior quilter on Vancouver Island, British Columbia who was piecing her Quilt Of Valour™ with her Grandmother. Here she is quilting it on the longarm. Stay tuned for a photo of the finished masterpiece.



Way to go young lady!



Chase working away on her special quilt. Photo submitted by Chris Longmore, North Vancouver Island Rep.

We had a great weekend at the Comox Valley Exhibition. Coreen and Laura made three special hugs for the table which are going out to 19 Wing Comox - Royal Canadian Air Force. We made a lot of contacts and one vet who had received a hug in Esquimalt (West of Victoria) six years ago.

He said it was the best thing that ever happened to him and gave me a hug.

Submitted by Chris Longmore



Comox Valley Exhibition (Aug/18)
Photo submitted by Chris Longmore.



Crofton Quilters. Photo submitted by Lynn Carroll, Victoria and South Vancouver Island Rep.

Above are the Crofton Quilters busy putting together 10th Anniversary Log Cabin Blocks. (Crofton, BC)

They plan on having another Sew Day Feb. 8th.

Very enthusiastic group of ladies - small group with "big hearts".

Submitted by Lynn Carroll.

Calgary, AB

We are starting our cycle of quilt shows and other events where we represent $QOVC^{TM}$.

<u>April</u> is the quilt show in Red Deer, Alberta, and the Calgary Military Family Resource Centre (MFRC) Retreat in Kananaskis, Alberta.

May is the Heritage Park 'Festival of Quilts' in Calgary.

<u>June</u> may have the quilt show in Medicine Hat, Alberta (not yet finalized).

<u>July</u> is the Calgary Stampede (Thursday).

<u>September</u> is the 'Creative Festival' at Spruce Meadows in Calgary.

Submitted by Lana Butcher, Calgary Area Rep.

Trenton, ON

Thank you to journalist Makala Chapman of 'Contact' newspaper in Trenton, Ontario for allowing us to reprint the photo and her article. See the full article in the Dec 7th, 2018 edition at thecontactnewspaper.cfbtrenton.com



Local Quilters Honoured

By Makala Chapman.

A group dedicated to ensuring veterans in need of a reminder that their sacrifices are appreciated is being thanked for their efforts.

To demonstrate their gratitude, members of 8 Wing Trenton's Integrated Personnel Support Centre (IPSC) treated the Trenton Friends of Quilts of Valour - Canada Society to a hot lunch on Nov 19th.

Like every third Monday of each month, the military and civilian quilters gathered at Our Lady of Peace Chapel at 8 Wing Trenton to craft the custom blankets. It was this particular week that they were surprised and officially thanked by members of IPSC, as well as Acting Wing Commander Lieutenant-Colonel John Michaud and Wing Chief Warrant Officer Troy Zuorro.

Speaking of how pleased he was with the luncheon was Sergeant Jesse Crawford, a member of IPSC and a longtime quilter with the group. "The potluck was a surprise and it was just one small way to say thanks for all that they do for (IPSC) throughout the year," he said. He went on to add that the group was an important reminder that people care about Canada's veterans, as well as the ill or injured members.

Submitted by Janice Easton, Trenton Rep.

We asked to hear about your Favourite Moment

Submitted by Lana Butcher, Calgary Area Rep.

A memorable occasion for me...

Sandy Carlile and I had been invited to have an information table at a Show and Shine for the Canadian Veterans Freedom Riders in July of 2012.

One of the veterans stopped by to apologize to Sandy for taking so long (~3-4 weeks) to write his thank you letter for his quilt. He explained that his quilt was across the end of his bed, so it was the first thing he saw in the morning and the last thing he saw as he turned out the lights -- it was a warm July after all.

He explained that he had sat down a number of times to write his letter, but the words weren't there. Just writing "thank you" wasn't what he wanted to say. He wanted us to understand what his guilt meant to him. He was a bit emotional, so to give him some space, I suggested he look through the binder and if he found the picture of his quilt, we might be able to give him some information on who made the guilt to make this easier for him. He flipped through the binder of pictures. Other veterans had brought over their friends to show them their quilt in our picture binder (also pictures on cell phones had been brought out as well). He proudly showed us the picture of his quilt. It was one of my first quilts. The good news is that it was consistent, the bad news is that the pinwheels didn't match in the centers. This didn't matter to the recipient. It was his, it provided comfort, it was very special to him.

When quilts are presented we've noticed that the recipients quickly stroke the quilts or hug the quilts to them shortly after receiving them. It's amazing to watch. The quilt is doing it's job of providing comfort and love within a few minutes of being presented.

Submitted by Bonnie Frappier, St-Hubert, Québec Rep.

"My favourite moment is when I present a quilt and watch the emotions of the recipient. It does my heart well."

January 15th

13 Years Alive – January 15, 2019

Most of us celebrate our birthdays, anniversaries, graduations, enjoying memories and tales with friends and family.

For Master-Corporal Paul Franklin, Corporal Jeffrey Bailey and Private William Salikin, they acknowledge another year of *Happy Alive Day*. On January 15, 2006 in Kandahar Afghanistan, a suicide bomber attack took the life of Canadian Diplomat Glyn Barry and seriously injured the three soldiers.

Watching the television news the following evening, learning the soldiers were from Edmonton and seeing file footage of another soldier recovering from his earlier injuries in theatre, my reaction of "Where's his quilt?" started a journey that could never have been planned.

It took some time to determine where the soldiers were being cared for. Then the search began for finding quilts to give them. Unable to find any organization in Canada making quilts for our injured soldiers, I approached the U.S. Quilts of Valor® Foundation to see if there were any Canadian quilters sending their quilts to the American injured. Quilts arrived from Diana Brown in Calgary! Through the assistance of our Edmonton Garrison's Family Resource Center and their suggestion I present the guilts myself, arrangements were made for me to go the University of Alberta Hospital.

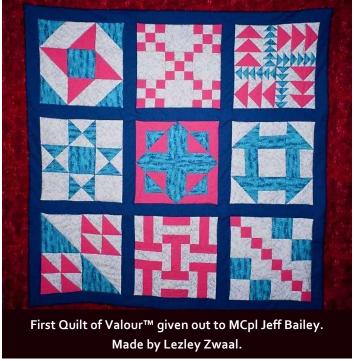
On February 15, 2006 I met the family of Cpl Bailey, giving his mom a quilt to give to him. Jeff was in a coma. Pte Salikin joined the group of supporters at the hospital and I gave Wil a quilt too. The padre who escorted me to the soldiers in the hospital, Larry Wright and I then went to visit with Paul and present a quilt to him.

Meeting the young men whose lives have changed forever, forever changed my life. As I wrote to the resource centres across Canada in June 2006 "The main goal of the Quilts of

Valour (QoV) is to let every wounded Canadian soldier know we care about them and wish to honour their efforts in keeping our country free. We wish to give them a quilt of comfort. These quilts are made by mothers, sisters, friends, cousins and even some dads and brothers too! Some quilts are made for soldiers and the quilters are not related to the soldiers - nor do they have any connection with the military! All the quilters have one thing in common - to make a gift for our Canadian military support."

To all of those who have participated in this mission, *Thank You*.

Lezley Zwaal





SARNIA, Ontario Have you met Jack?

Jack Stewart is a longarm quilter that has been quilting for the Sarnia QOVC[™] group since the time Laverne Phills kicked-off QOVC[™] in Sarnia (4 yrs). He has 20 years experience quilting with his longarm machine; he is now 79 years old.

Every year Jack quilts about 15 to 20 quilt tops for the Sarnia group. "I just can't say no to Laverne".

Jack credits his wife Diane's artistic talent for selecting the right pattern for the quilting. There are over 5000 digitized designs in his inventory.

A few of his own digitized designs have been uploaded to the QOVC[™] website. www.quiltsofvalour.ca/digitized-patterns.html.

These are available to longarm quilters to apply to QOVC™ quilts.

Each quilt-top that Jack quilts is one-of-a-kind. He has received compliments for his WWII jeep design, and his poppies that include Canadiana. It can be a challenge to quilt a masculine quilt. For Jack, feathers don't really work for a QOVC[™] quilt. He prefers a canoe border instead.

His secret for a great quilt is to combined digitized pieces with some custom stich-in-the-ditch. With



his encouragement and over time, the Sarnia area quilt-top piecers have been trained to leave a few blank panels for him to work his magic. A wide border or sashing can also be an ideal location to add words of thanks such as "Thank you

for your Service and Dedication".

Jack and Diane take a picture of every quilt that they complete. Jack says he has no favourite, but when pressed there was one that he says stood out. He was taken by the outstanding workmanship of the piecer and he loves the combination of fabric colours that were selected.



Jack Stewart's favourite QOVC™ quilt-top.

Photo provided by Diane Stewart.

Jack likes building things. For him, finishing a quilt is like completing a building project and it is truly

rewarding. The reward is further multiplied when he considers the quilt will be going to a deserving recipient. The Sarnia area QOVC™ family is lucky to have Jack on the team. Submitted by Pat More















FROM your QOVC™ Newsletter Editor:

Reps, quilters, and other volunteers...... QOVC[™] want to hear your story, and share your successes with the wider QOVC[™] community.

Email **newsletter@quiltsofvalour.ca** to be included in a future newsletter edition.

Special thanks to Jack Stewart and the Ottawa area co-reps Nancy Arbogast and Robbie Chapman for agreeing to be interviewed. It was a real treat to meet with you all.—Pat.

Founder's Corner Quilts of Valour - Canada Society

As we approach our 10th anniversary of Quilts of Valour – Canada Society, I would like to share my deep appreciation for all those who have joined, who make quilts, who provide support, who have become involved taking on the roles of running the organization. A society is made of so many people, so many talents and a lot of commitment. This society has a very compassionate mandate – of giving quilts to our injured military and our veterans. We see and hear about the difference a quilt can make for those who are dealing with their health issues from their time serving our country. We give grateful hugs from across the nation.

There are still members involved today, who contacted me during the summer and fall of 2006. **Mary Ewing**, our current President, **Deb Gray**, our Vancouver representative started our Newsletter February 2009 and **Edith Taylor** our representative in Winnipeg. It didn't take long for them to bring on board many others. Inspiration for how to operate came from **Catherine Roberts**, founder of Quilts of Valor – Foundation in the U.S. Her support and encouragement was endless.

By spring of 2009 we had a representatives and military base contacts from across the entire country – Victoria BC through to Gagetown in New Brunswick. Our group now consisted of myself, Mary & Deb plus Sandy Carlile (AB south), Liz Seamans (MN east/ON west), Betty Mahar (PEI/NL), Johanna Benning (NS). Donations of fabric

Towards

Convolution Act

LETTERS FATERIT

WHEREAG an application has been filled to incorporate a corporation under the name

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Incorporation Act for Quilts of Valour -Canada Society were coming in, but we needed to purchase batting. and often backing. It was coming out of our own pockets. In order to provide any charitable receipts for financial contributions, needed to formalize. With local Edmonton support from Connie Anderson and Audra Franklin (now Morrison) a charter was drawn up, name search done, paperwork filed with Industry Canada Charities and Directorate.

On May 11, 2009 we received our Letters Patent – the Certificate of Incorporation.

Our charitable status followed shortly afterwards.

We have not looked back! Over 12,000 quilts later – with a plan to break 20,000 in 2020.

Because you care, because you participate – we are able to present quilted hugs across the nation.

Thank you.

Lezley Zwaal, Founder.

lezley.zwaal@quiltsofvalour.ca







Your Inbox Thank you Notes

OTTAWA, ONTARIO

Good Day.

I would wish to thank you and your volunteers for the wonderful quilt I received on my discharge from the CDN Armed Forces. Being medically released after thirty two years of service was very emotional but the personal touch of the quilt made it a little bit easier. A big hug back to Carole Diment, Lise Wayne, Marilyn Hope and Janie Wallace!

Sincerely, Recipient of a Quilt of ValourTM

SARNIA, ONTARIO

Dear Laverne,

I find it difficult to express to you how much this Quilt of Valour™ means to Sonny, my family

and me. I am still in awe. The whole idea, the way these quilts come together, the fabric, the stitches, personal names and locations, various patterns, everything about the quilts is so special. The artwork is awesome. This huge country of Canada is becoming smaller every day too. I received an email from mv good friend in Eastern Ontario after I sent her a picture of the quilt. My



friend and her quilting group made twelve
Quilts of Valour™ this past summer and sent
them to Ottawa! Coincidental?

Sonny and I admire the quilt every day and if we can make it to the cenotaph on Sunday, the quilt will be wrapped around Sonny.

Thank you so very much for this treasure.

Sincerely, Connie and Sonny Moore

On behalf of Quilts of Valour - Canada

Society, I would like to welcome Pat More as our new Newletter Editor. We would like to at this time also give you a big thank you for volunteering to take this role on.

Sincerely,

Crystal Chisholm, Vice President, Quilts of Valour - Canada Society

2019 NEWSLETTER Schedule

Issue#23 May/19
The Quilt Canada/Canada Day edition.
Issue#24 Aug/19
Summer recap edition.
Issue#25 Nov/19
The Remembrance Day edition.

Meet your new Newsletter editor;

My name is Pat More and I have been quilting for 16 years. I started attending local QOVC™ monthly workshops this past September and I really enjoyed collaborating with other quilters to make quilt tops from the collected hug blocks. I attended a quilt presentation at a nearby nursing home in December and this experience helped me fully realize the importance of this organization. I am very happy to be able to contribute to QOVC™ as the newsletter editor.

I live in Sarnia, Ontario with my husband and 2 kids aged 14 and 16 years old. I worked as a design engineer in the petrochemical industry; I graduated from the University of Alberta and Edmonton is where I grew up. That said, I've also lived on the base in Ottawa, Ontario and Comox, BC as my father was an officer in the Canadian Armed Forces.

These days I am retired which means I quilt whenever I want, and catch all my son's hockey games and curling matches.

Thank you all for your support generating this issue and for future editions looking ahead. In particular special thanks to Cheryl Dvernichuk, the previous Newsletter editor, for her mentorship and support during this transition period.

Take Care All.

Submitted by Pat More, QOVC™ Newsletter editor newsletter@quiltsofvalour.ca

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We are currently seeking candidates for the following open position.

Fund raising Coordinator

Duties:

- Attending board and executive meetings
- organizing and coordinating fund raising campaigns once approved by the
- · supporting regional representatives with all information and documents for the fundraising campaign













Maple Leaf Too