



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.



These 10" (finished) log-cabin anniversary blocks were put together by Lezley Zwaal, QOVC™ founder.

We encourage you and your groups to make the Log cabin Anniversary Blocks. Delve into your stash of fabric for red and white or use the Northcott Canadiana fabric to build a Canadian Log Cabin for our injured Military.

The yellow center symbolizes the welcoming light in the window, and the red and white for Canada.

Any questions please contact :

Mary Ewing, president@quiltsvalour.ca

Please follow this link for the log-cabin pattern.

<https://www.quiltsvalour.ca/pdfs/Quilt-Canada-2019-Ottawa-Log-Cabin.pdf>

President's Message

In less than a month, Quilts of Valour - Canada Society (QOVC™) will be celebrating our 10th Anniversary at Quilt Canada (the Canadian Quilters Association (CQA) 2019 quilt show). QOVC™ will have Hug Blocks and other special items to sell. This will be my fourth CQA quilt show as the President of Quilts of Valour - Canada Society, and what wonderful experiences they have been. I encourage all representatives and members to try to attend this year's event in Ottawa, Ontario, June 12-15th at the EY Centre.

As a representative of QOVC™, witnessing the expressions on the faces of attendees who have never heard about QOVC™ and what we do, is an experience in itself. They are in awe of the quilts we have on display.

As you know, at quilt shows you must not touch the quilts; you need a volunteer to hold it for you to get a closer look at the details and fabric.

Well, at the Quilts of Valour™ booth, you can touch and feel the quilts we have on display.

Every touch is a healing touch for our injured military recipients. We encourage you to touch, feel (and possibly offer to make a quilt or two!). We are asked many questions about fabrics, batting, and who and how do military members

(Continued on page 2)

(Continued from page 1)

...President's message

qualify for a Quilt of Valour™ .

Quilters stop by and offer to long arm for QOVC™ and some even become their area representative. Venders are willing to have QOVC™ brochures in their booth to encourage attendees to learn more about us. Sometimes, an attendee will drop money on the table and walk away without a word, their way of supporting our mission. I have experienced a young recipient giving QOVC™ fifty dollars to spend at the fabric vender who has just put their fat quarters on sale at half price. We hear sad stories of injured military members and their families; mothers tell us about their sons deployments and how they are so worried everyday for their child's safe return home. We hear how post-traumatic stress disorder (PTSD) has affected every member of the family, not just the military member, and how much a simple quilt makes a difference in their life.



Last year at CQA in Vancouver, we had on display in the QOVC™ booth the quilt designed by Cheryl Dvernichuk entitled Follow your Dreams in honour of the Canadian Forces Snowbirds.

The daughter of the gentleman who named and formed the Canadian Forces Snowbirds stopped by when she saw the quilt, she was very moved and emotional by the display.

You never know who will stop by the QOVC™ booth and share their story.

The quilts you so graciously donate make a world of difference in the life of an injured military member, as one recipient stated "Receiving my quilt , was like being touched by the hands of God."

Hope to see you in Ottawa.

Mary Ewing, QOVC™ President.

QOVC™ is looking for three people from the General Membership to form a Nominating Committee by August 1, 2019.

Please contact Don Oliphant
secretary@quiltsvalour.ca

The Committee will make recommendations at the Oct 20, 2019 Annual General Meeting for the positions of President, Treasurer and Secretary (these are each a 4 yr. term).

The Nominating Committee would contact prospective individuals to be elected for these positions based on their consent to do so and the individuals qualifications.

June 12-15, 2019
**EY Centre, 4899
Uplands Drive
Ottawa ON**



<https://canadianquilter.com/>

Quilts of Valour™ will have a large booth at Quilt Canada 2019, thanks to the generosity of the Canadian Quilters' Association (CQA/ACC).

We will be inviting a number of distinguished and celebrity guests from the Ottawa area to sew pre-cut log cabin blocks at the booth. Please drop by our booth at Quilt Canada 2019 to encourage our guests as they try their hand at this art form.

The booth will feature six new hug block designs and the new hug block Pattern Book!

Many thanks to those who have volunteered to help out at the QOVC™ booth. You will be contacted directly regarding your scheduled day/time.

Submitted by QOVC™ Executive

Calgary, AB What's Calgary doing?

Lana Butcher has been with QOVC™ since 2012 when Sandy Carlile started the group in Calgary. Lana became the Calgary representative on Jan 1st, 2018. Last year, the group had the honour to present 143 quilts of valour™. Many of these quilts were presented by Military personnel.

Calgary and area has a team of two sewing groups of approximately 40 people total which make the majority of the quilts. One group meets on the first Tuesday of each month at Along Came Quilting in Calgary. The other group meets at Addie's Creative Fabrics in Cochrane on the first Monday of each month. The sewing groups are grateful that these businesses donate their classroom space for the QOVC™ workshops.

Each quilter brings their own tools and materials to the workshop and the businesses supply the classroom, irons, and ironing boards.

Deeply missed is a lovely lady, Ruby, who was the heart of the Cochrane group. Both sewing groups are honouring Ruby's memory by making Quilts of Valour™ in Ruby's favourite blocks: stars, maple leaf, and log cabin.



Every Quilt of Valour™ that is given is logged and the record is kept in a binder that is made available at QOVC™ information booths. The log sheet includes a photo of the quilt, the dimensions, ID#, the date it came in, the date it was presented, the quilter (s) who made the quilt, and who long-armed the quilt.

Sometimes Quilts of Valour™ recipients will come to the booth to find their quilt in the binders. Also, quilters will leaf through the binders for new ideas.



Example of a quilt log sheet from the group's

When setting up a display booth, the goal is to make the booth approachable. The first quilt on the display rack is the latest Stampede quilt with its boot blocks made from Northcott fabrics. Next, there is usually a colourful quilt, a scrappy quilt, one with a simple design, and one that is a conversation piece. The public is allowed to take photos.

The public is also encouraged to touch the quilts. Lana refers to that as "Collecting the Love".

When Quilts of Valour™ are presented to veterans, the group brings a few extra quilts so the recipients can choose their quilt. Surprisingly, it only takes seconds for a person to choose. The quilts are usually set up about 30 minutes beforehand to allow viewing. They include a selection of 'neutral' quilts which have a broad appeal, and a few 'unique' quilts that may take a little more time to find their forever home.

On some occasions, the person who is presenting the quilt will choose a quilt on behalf of the recipient. In the past, Lana has sent out photos of quilts and had the selection made that way.

Quilts are washed with non-perfumed laundry soap before being presented. This addresses any concerns with odour sensitivities or animal allergies. Sometimes quilts are put in a pillowcase to keep them clean, particularly when the quilt leaves Lana's house and there will be a delay before it gets to the intended recipient.

Lana suggests that "if you can, try to send a handwritten letter with the quilt. This is really appreciated by the recipient." The letter can answer 'Why I chose this pattern', 'Why I chose these colours', and perhaps state whether it was done by a group or by an individual. No personal information is included in the letter.

The two sewing groups, as well as the Chinook Guild of Fiber Arts, and others contributors make a wide variety of quilts for QOVC™. As Lana says, "Whatever you enjoy making, we will find a place where it will be appreciated and used."

Submitted by Pat More

QUILT SHOWCASE
Calgary + Cochrane



Quilts of Valour™ from the Calgary Area with focus on 'scrappy', submitted by Lana Butcher (Rep). Lana wishes to thank her team of quilters and long arm quilters for their talent and support.



Founder's Corner

Happy 10th Anniversary Quilts of Valour - Canada Society!

May 11, 2009 Quilts of Valour - Canada Society was formally incorporated. Connie Anderson, longarm quilter, Audra Franklin, then wife of Paul Franklin who was the third QOV quilt recipient, and I signed the application to create the new society. Within a month, QOV was also designated the Not-For-Profit status. The first board of directors was set up at the first annual general meeting that October, with myself as President & Treasurer, Mary Ewing as Vice-President, and Deb Gray as Secretary.

Our application included the following statement which was our first public service announcement!

Quilts of Valour – Canada is the conduit for quilters across this country who wish to thank our soldiers for their commitment to Canada.

Our mission is: "To ensure that our wounded Canadian soldiers are recognized for their bravery and commitment of the true patriotism to our country. We give this support through the presentation of quilts of comfort made for military service people". As support for our organization growth, our mission may evolve to all soldiers – wounded or not.

There is no one pattern, no one method, no one fabric, no one style or colour of quilt. These quilts are made by quilters who will express themselves to their best ability. Their quilts come from their hearts. We cannot judge whether the quilt is suitable for giving to our soldiers. We do have recommendations for the quilts and do expect quilts that will be able to be enjoyed and used enough that after many washings it will continue to provide the comfort for which it was intended.

"Wounded" refers to all military personnel who have been injured in the line of duty. Military personnel include all land, sea, air personnel; male or female; commissioned and non-commissioned; all rankings. The injured may end up back on the job the very next day. But - they were wounded and they should be receiving our comfort. We may not be able to see any visible signs of injury. After their return home and they are dealing with post field trauma, they should be receiving our comfort quilts. We may determine in the future, that even as they are arriving overseas and learning to deal with their new situation that we cannot comprehend, they should be receiving our comfort through quilts. We may see our QoV - Canada quilts delivered overseas too!

We do not judge the quilters, we do not judge the quilts. The mission of QoV - Canada is not to MAKE quilts. QoV – Canada acts as the gateway to get the quilts from the quilter to the soldier.

Quilts of Valour – Canada will ensure your quilts get to our soldiers.

Our first income statement is below - yes, we have come a long way.

Thank you to all those who have been and are now representatives of the society. Thank you to all those who are members and support our representatives and our mission.

Lezley Zwaal, Founder

Quilts of Valour - Canada Society			2009 QOVC™ Income sheet
Income Statement May 11, 2009 through July 31, 2009			
REVENUE			
Income	Donations		
	Cash donations - receipt issued	0.00	
	Cash donations - no receipt	0.00	
	Fundraising Revenue	0.00	
TOTAL REVENUE		0.00	
EXPENSES			
Operating Expenses			
	Advertising and promotion	121.87	
	Travel and vehicle expenses	0.00	
	Interest and bank charges	0.00	
	Licences, memberships and dues	276.65	
	Office supplies and expenses	102.90	
	Amortization of capitalized assets	0.00	
	Quilt Shipping/delivery	139.93	
	Quilting Supplies	109.46	
Total Operating Expenses		750.81	
TOTAL EXPENSES		750.81	
NET INCOME before taxes		-750.81	

National Sew Day

Saturday, February 2, 2019 was promoted as National QOVC™ Sew Day, in line with the U.S. QOVF's day. This was our first time for this event, and with little promotion we were very prolific!

quilters from New Brunswick right thru to Vancouver Island, BC.

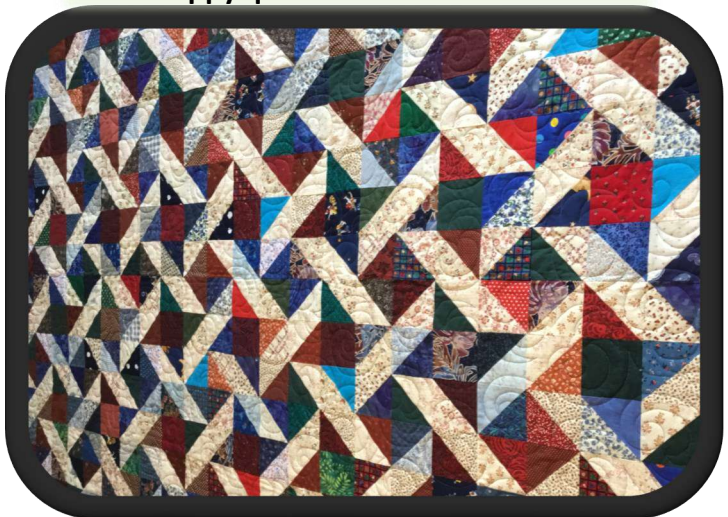
A SUPER *THANK YOU* to everyone who participated!!

Next year we will put together a formal committee to promote and encourage the day!

Submitted by Lezley Zwaal, Special Projects



Thank you Lana Butcher, Calgary and Area Rep, for submitting photos of incredible scrappy quilts for us to marvel at!



Submitted by Don Oliphant, QOVC™ Secretary:

We have a new record set in Medicine Hat, AB.

Pam Robertson, QOVC™ Rep, has had eight members sign up in 2 days!



A tally of blocks and quilts was not completed, but we did have 41 representatives and quilters note that they were organizing a bee or quilt day, or they were spending their day solo quilting for QOVC™!! A few of the reps held 2 events! A total of 132 people (and I suspect even more) made the red/white Anniversary Log Cabin blocks, and many made quilts from blocks gathered. Several shops opened their classrooms for the QOVC™ Sew day event, including Addie's, Along Came Quilting, Steamer's B & B, Textile Traditions and Loose Threads. I heard from

Comox, BC

Thank you to journalist Camille Douglas of 'Totem Times' newspaper in Comox, BC for allowing us to reprint her photo and article. See the full article in the March 5th, 2019 edition of Totem Times at www.cafconnection.ca/Comox/In-My-Community/Newspaper-Totem-Times/Previous-Issues.aspx



Cheryl Rousseau, a services coordinator at Transition Centre Comox works with colleague Robert Nolan to manage the Quilts of Valour outreach program for 19 Wing. The program delivers quilts of support to members who are returning to civilian life.

"A Quilt of Valour™ is a personal gift from quilters - it is a quilted hug from a grateful nation," said Cheryl Rousseau, a services coordinator at Transition Centre Comox.

Together with her colleague Robert Nolan, the pair manage the 19 Wing Comox outreach program that delivers quilts of support to members who are returning to civilian life.

Quilts of Valour - Canada Society

"Our focus is on our serving military and our veterans, those who are dealing with their health issues, visible or invisible," shared Lezley Zwaal, founder of Quilts of Valour – Canada Society. "We are Canadian, with many representatives across the country who can be contacted for more information, including how you can become involved as a member, helping make the quilts or as part of the organizational structure."

Whether an accomplished quilter or not, it is easy to

become involved in QOVC™ as we ensure our injured military and veterans receive a quilted hug.

Shannon's Story

"At the Comox MFRC, they have a weekly meet and greet where there is ample opportunity to share skills and passion while volunteering," shares Shannon Kraska of her start with QOVC™. "I had hopes of making new friends, maybe gain a new skill. On one of those days, I was asked to drop in at the chapel and sew for the Quilts of Valour™."

"Well when I heard the two words 'quilt' and 'sew', I was taken back to my fifth grade home education class. I declared that I can't sew. In fact, I will do anything but sew. She asked if I could cut a straight line, I hesitated with my answer, she said no problem, come over I need someone to iron. I said okay, that is achievable, and it's only for 30 minutes. I got this."

"I slid into the room unnoticed and made my way over to the ironing board. What I saw were a few people cutting squares, measuring everything precisely and people at the sewing machines, just doing straight lines. Nothing complicated. I assumed everyone had experience. As I listened to the chatter over the humming of the sewing machines, I soon found it was one lady's first time touching a sewing machine, and the man with the scissors was here on his lunch break, measuring and cutting the material."

"None of these people were quilters, in fact no one here had any sewing experience. All that was required is to cut material, sew pieces together and iron. When the top is complete, they send it to a person or group who will finish the quilt."

"My contribution was so small, but with so many of us, making those squares, we were able to assist a quilter to complete a stunning quilt, which one day would go to a veteran. In my mind, that was extremely rewarding."

"I made so many friends, and had many laughs, all while contributing to a good cause. This is the meaning of community to me. Hey, if I can do this, anyone can. Oh, by the way, I can sew!"

Submitted by Linda Gerein, Alberta/BC/Yukon Regional Coordinator.

Victoria, BC

Linda Gerein dropped in for a welcomed surprise visit at the QOVC™ booth in Victoria at the Westshore Quilt Show on the weekend of April 12th.



Linda Gerein (L), Regional Coordinator and Lynn Carroll, Representative for Victoria and Vancouver Island South.

First a Huge THANK YOU to Barbra who owns Barb Dickie Quilting in Nanaimo, BC. She has gone above and beyond supporting Quilts of Valour™ with her volunteer work Longarming many quilt tops for me already just this year. I told her that I had been "Touched by an Angel" when she reached out. Truer words were never spoken. Longarmers are in short supply on the Island as I have discovered. Any help in this area is a Godsend.

Also I would like to THANK Amrit at Kaleidoscope Quilting in Duncan, BC for her generous support of QOVC™ in offering her lovely Quilt Shop Studio for a Sew Day in the construction of many 10th Anniversary Log Cabin Quilts. The girls that are putting these together are doing a beautiful job and thanks to them all.

Marlene Speed of Goddess In Stitches outside of Victoria, B.C. deserves a Huge THANKS for her beautiful work of art in making and Longarming her

10th Anniversary Log Cabin Quilt for QOVC™. My appreciation for Marlene's talent will be displayed at Quilt Canada in June when I attend the event.

Submitted by Lynn Carroll

Calgary, AB

We would like to thank Along Came Quilting in Calgary, AB for all the years (eight!) they have supported us with their classroom on the first Tuesday of every month.

We would like to thank Addie's Creative Fabrics of Cochrane, AB for the use of their classroom on the first Monday of the month for the past four years.

We would also like to thank our Trend Tex representatives Rob and Marqui for all of their support.

Submitted by Lana Butcher



Here is another beautiful scrappy quilt created by the Calgary/ Cochrane, AB group.

WE WELCOME OUR NEW QOVC™ REPRESENTATIVES:

Pam Robertson in Medicine Hat, Alberta.

and

JoAnne Gilliland Power in St. John's, Newfoundland

Comox, BC

Recall our QOVC™ junior quilter on Vancouver Island, young Chase (age 10); she has completed her Quilt of Valour™.



This truly is a special quilt and the QOVC™ community thanks you for your quilt donation.



I would like to put in a THANK YOU to Serge & Sew, a quilt store in Nanaimo, BC for their help to QOVC™. They have done a log cabin demo quilt that is hanging in the store. They have the QOVC™ log cabin pattern and brochure available to customers. They offer great support to QOVC™.



Linda Harris (L) of Serge & Sew with Chris Longmore, Comox and North Vancouver Island Rep.

Submitted by Chris Longmore, Comox and North Vancouver Island Rep.

The Parksville and Nanaimo quilt guilds got eight quilts tops finished and there are more to come!



Members of the Parksville and Nanaimo Quilt Guilds, on Vancouver Island working on the Anniversary Log cabin.

Our THANKS goes out to these ladies.

Campbell River quilters having fun working on the Anniversary Log Cabins.



Amherstburg, ON

In the Windsor/Essex area we have an outstanding quilt shop that has donated more than 75 meters of fabric, as well as quilt tops and completed quilts. They have been EXTRAORDINAIRE!!! Please support Ella Quilts located at 12056 Tecumseh Rd E., in Tecumseh, Ontario.

Also noteworthy is Soft Impressions in Tilbury, Ontario, located at 20 Ella Street. They have always given us a discount when it's something for QOVC™.

Kudos to Linda Maika at Ella's and Lisa Hill at Soft Impressions!!

Submitted by Janet Bergeron, Amherstburg, Ont. Rep.

Sarnia, ON

Recall Jack Stewart's favourite quilt top? Jack is a longarm quilter that supports the Sarnia Ontario Quilts of Valour™ group. QOVC™ Newsletter #22 profiled his talents and contributions to QOVC™.



The quilt maker of Jack's favourite quilt top has been identified as Pat Preudhomme from Sarnia, Ont. It was her first Quilt of Valour™. She explained that the maple leaf centre is constructed from 2" squares and half-squares from her stash, and that the border is constructed from Hug Blocks that were made from all across Canada. A Northcott panel was added at the bottom of the quilt to meet the dimensions criteria.

Submitted by Pat More

Red Deer, AB



(back L to R) Lezly Zwaal, Pat More April 6th, 2019
(front L to R) Martha Karau, Lana Butcher.
Your newsletter editor dropped in to visit Martha, Lana and Lezly at the Central Alberta Quilt Show in Red Deer.

Textile Museum *Our Heritage*



Historic Log Cabin Quilt (circa 1870-1900) from Hamilton, Ont.
Photo courtesy of the Textile Museum of Canada. (ID T90.0191)

www.textilemuseum.ca

Draw on this historic quilt for inspiration when you are putting together your log cabin blocks.

This quilt has the red 'hearth' center and follows the 'Barn Raising' arrangement.

It is hand pieced and hand quilted. A close-up of the blocks is required to truly appreciate the workmanship, and to recognize a familiar 'lumberjack' red and black woven fabric. Thanks to the Textile museum for allowing us to publish a photo of this beautiful quilt.



Submitted by Pat More

Your Inbox Thank you Notes

Sarnia, Ontario.

Hi Laverne, I would like to thank you and your QOV team for presenting me with a beautiful quilt at the Royal Canadian Naval Association yesterday. It was a pleasure to meet you all. Please pass on my heartfelt thanks to Pat Preudhomme and Lynne White who couldn't be there. The love, quality and detail they put into this quilt will be treasured for ever and is greatly appreciated. Veterans across Canada are truly blessed to have the QOV-Canada Society recognize us with these heartwarming quilts. Again many many thanks to all of you.

Sincere Regards, Irene Cornect



(L to R) Alice King, Marilyn Jenner, Jack Stewart, Irene Cornect, Jan Matthews, Cheryl McDonald, Gladis Hayward and Laverne Phillips.

Submitted by Laverne Phillips, Sarnia, Ontario Rep.

2019/20 NEWSLETTER Schedule

Issue#24 Aug/19
Summer recap edition.

Issue#25 Nov/19
The Remembrance Day edition.

Issue#26 Feb/20
Look ahead to 2020 events

Sydney, Nova Scotia

Good day,

Thank you very much for the Glorious and Free Quilt you sent. It is greatly appreciated. It is a beautiful quilt and it looks wonderful in the Transition Centre Sydney Office. I love what it represents and truly appreciate what the Quilts of Valour™ organization and you do to support our members of the Canadian Armed Forces. Hopefully the pictures does it justice.



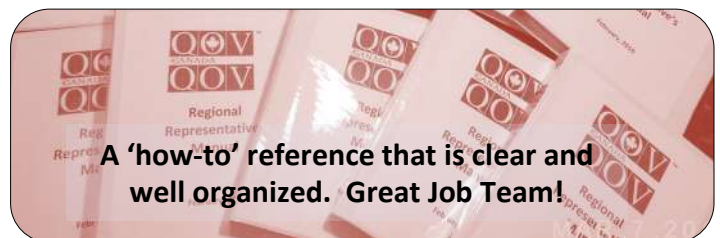
Thank you very much,
Canadian Armed Forces Transition Centre, Sydney

This is one of the last quilts to be presented to the Transition Centres across Canada.

Submitted by Mary Ewing, QOV™ President.

Thank you Linda Gerein, Don Oliphant, and Mary Ewing as well as all the reviewers involved in the development of the QOV™ Representatives Manual.

Dear QOV™ community members, please see your local Representative if you would like clarification on the roles available within QOV™. Perhaps you would like to sign-on as a *Presenter*? Perhaps you would like to head a quilt workshop as a *Group Leader* and make quilts which will be distributed by your local Representative? We encourage you to follow-up with your local Representative to find out more.



A 'how-to' reference that is clear and well organized. Great Job Team!

Please note that any future updates to the manual will be emailed to manual owners for inclusion to their binder.

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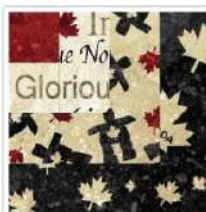
www.quiltsofvalour.ca

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 board
- supporting regional representatives with all information and documents for the fundraising campaign



Cascading Blocks



Friendship 4 Patch



Western Star



Maple Leaf Too



New Waterwheel



Poppy