

Quilts of Valour - Canada

Issue 13
March 2014



Our Mission

to ensure 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 in their time of need.

www.QuiltsOfValour.ca



Quilts delivered to our
injured military service
members and veterans:
4942

From our soldiers ...

I am writing regarding a quilt I was presented at my Departure with Dignity ceremony recently and I just wanted to thank the folks who made it and offered it up for presentation. It means a great deal to me as I am injured with PTSD through my military deployments and having now been recognized publicly as being injured in this way really validated it for me. Thanks so much for your kind offering. I will use it frequently in my home.

Cheers, Chris Linford (retired) LCol

Hello;

My name is Cpl DR and I have 20+ years of service as a Veh Tech. I started with cadets at age 12 and then reserves and regular force. I am writing to you as I was presented with a Quilt yesterday and I would like to say, out of all my years of service, receiving this Quilt was the single most touch gift that I will hold closest to my heart. I know words will never be able to explain the thanks to everyone involved in helping make such a beautiful quilt. With that I hope you can pass on a large thank you to all involved. Thank you all.

Humbly, Cpl DWR

Hello,

Yesterday, just before I picked up my leaving Certificate of Service, I was lead into a room and asked, due to the circumstances of my departure, if I would like to select a quilt. Before me was a shelving unit filled with the most beautiful quilts. I was astonished. It was very difficult to pick one because they were all so wonderful. But I did pick one and tucked it thankfully under my arm as I headed back to the formal part of the departure ceremony. And all through the departure as I was presented with certificates, pins, flags and handshakes, my mind was drawn to this beautiful quilt, still tucked under my arm. The quilt, clearly the result of many, many hours of love and labour, meant more to me that the certificates signed by the Prime Minister, Chief of Defense Staff, Premier of Ontario, Mayor of Ottawa, etc....

When I got , I opened the quilt to fully admire it and was even more taken aback by the beauty of it and what it represented. And I was so pleased to find, in one comer, a label identifying the three ladies who had actually made it. Thank you so very much for this lovely gift. To Rena Mahler, Sandra Croucher, and Helen Hubert especially, I would like to say thank you.

*I will treasure this quilt and the warmth it brings, both physically and emotionally, in the years ahead.
Julian, Capt (Ret'd)*

The importance of labeling a quilt

It is so important to label a quilt—for many different reasons. From our QoV perspective, it is a requirement of the quilt preparation - to identify the quilt as a quilt of valour - a quilt of honour, appreciation and given specifically to someone who served with our Canadian Armed Forces. There are labels prepared in both English and French and can be downloaded from our [website](http://www.QuiltsOfValour.ca) and printed on fabric sheets that have been prepared for inkjet printer. Our logo is in red and should be printed in colour. A label noting "Quilts of Valour" (with the "U" because we are Canadian eh!), can be made by the quilt makers too! Many groups have their own "signature" labels. We do encourage a card or note be included with the quilt, with the quilt makers' names - even if it is just first names. When our reps for QoV receive a note from a recipient, we



Quilts of Valour - Canada

Handmade with love, respect and gratitude for your sacrifice to Canada.
May the hugs stitched into this quilt give you comfort, strength and love.

Fait avec amour, respect et reconnaissance envers votre sacrifice pour le Canada.
Que toute l'attention portée à la confection de cette courtépoinne vous apporte soutien, réconfort, force et amour.

Eastern Canada Coordinator - Mary Ewing

The winner of the Remembrance Poppy quilt was Gerard Bernard. With the support of the IPSC we were able to raise over \$6,000. Thank you to all who bought and sold our tickets, without your support we would not be able to support our local quilters with fabric. The funds raised will be used to support the QoV quilt making and delivery in the Ontario region.. If any other reps are interested in doing a larger fundraiser (raffle, auction) contact QoV@QuiltsOfValour.ca



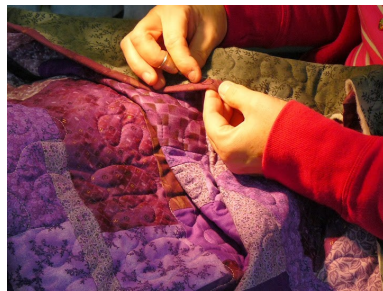
L-R: Joseph Richard Burke WWII, Sgt David Burke, Roderick C MacNeil WWII, Cape Breton, NS

In 2013 over 400 quilts were sent to bases from the Ottawa area. Quilts were sent to Petawawa, Trenton, Kingston, ON, Greenwood and Halifax, NS, Gander, NF, and St. Jean's, QC. Keep up the great work ladies, the quilts are making a huge difference in the lives of our injured military personnel.

In November a quilting bee was held in Orleans, ON. Over 65 ladies were involved with making quilt tops. It was a successful day and loads of fun. We were honoured to have Capt Sean Bruyeau (retired) attend the bee. He had been presented with a quilt in the spring and wanted to express his gratitude to the volunteers for the beautiful quilt he received. It was a very moving speech and certainly made us more aware of how much the quilts are appreciated.



Capt Sean Bruyeau (retired)



Thank you Northcott!

A thank you presentation was made this summer when Patti Carey, Northcott came to Lori's Country Cottage in Sherwood Park. Northcott donated \$2,876.25 to Quilts of Valour— proceeds from the sale of the Northcott "Oh Canada" line of fabric. So many quilts are being made from the fabric, I hear that many shops have a hard time keeping it in stock!! Their expanded line of fabrics have been quickly included



At the Edmonton Creative stitches and Crafting Alive Show, held Sept 13 & 14 in Sherwood Park (Edmonton area). We were sponsored with booth space and the hung quilt show by Can North Shows, and Viewers' choice chose the 3 winning quilts. 1st was the Patchwork Network quilting group, Judy Helberg accepted the Babylock sewing machine on behalf of the Sherwood Park guild., from Donna Robinson, Babylock rep. 2nd and 3rd prizes were thread packages from WonderFil threads, Fiona Fung. The Sherwood Park guild then raffled the sewing machine and donated the raised funds to Quilts of Valour! A huge thank you to all who participated in the display in Edmonton.



Nunavut - Johanna Benning

I would like to share a little story that I think is unique in more ways than one. It is how our quilts can bring comfort to those who give comfort and just how far some of these quilts can travel.

In Oct 2013 I had the pleasure of meeting our new Northern Chaplain, Major Darren Persaud, who was recently posted to Joint Task Force Headquarters in Yellowknife. He visited our Detachment in Iqaluit and through conversation I told him about my involvement with Quilts of Valour. He then asked if I happened to have two quilts because he knew of two injured Canadian Armed Forces members. He then told me this amazing story of how it was that he came to the North.

In February 2013, another Chaplain was preparing for a posting to Yellowknife. Unfortunately, just prior to her move she was involved in a serious car accident and suffered a collapsed lung and many broken ribs. A second replacement Chaplain was found in May 2013. He had just sold his home and was staying in a motel with his family while belongings were being packed when he suffered a stroke! Padre Persaud then was the replacement for these two other Chaplains. He had just recently arrived back from Afghanistan and it was there where he met these two other Chaplains. What a twist of fate!! Chaplains are the ones who normally give comfort and now we have these two deserving members that need comfort themselves. I was moved to tears.

In Padre Persaud's email he says;

"They both were very much looking forward to serving the CAF in the North. I felt they both could use a morale boost, since they have served in Afghanistan and helped many personnel adjust to life back in Canada. I also wanted them to know that we are thinking of them and supporting them as they recover from their injuries. These two quilts will be delivered with love and a great big thank you note from the JTF(N) team. Both Chaplains are recovering and both are doing very well thanks be to God. Have a wonderful northern day my dear and keep up the good work."

Over the Christmas holidays Padre Persaud delivered one of the quilts to our first injured Chaplain and received the following email;

"I can't thank you enough for the quilt. It is beautiful. Please express my deepest gratitude to them (Quilts of Valour). As we sit and watch TV it will keep us warm knowing so many people care."

The quilt in these photos is one I collected from Allison MacDonald last summer in Ontario (featured in our QoV issue 12 newsletter). The quilts traveled back to Iqaluit, Nunavut with me. It was then given to Padre Persaud who brought it back to Yellowknife, NWT. He then presented this quilt in Alberta during his Christmas leave. What an amazing journey some of our quilts take to deliver such comforting hugs!!!



While the Canadian Forces uses teambuilding, communications training and leadership development to prepare soldiers for war, Can Praxis uses horses to help soldiers recover from it and regain their family relationships.

CanPraxis is a collaboration between Steve Critchley and Jim Marland. Steve is a 28 year veteran of the Canadian Forces and an international mediator, facilitator,

negotiator, and trainer. Jim is a registered psychologist, Equine Assisted Learning Facilitator, mountaineer, sailor, corporate trainer and a professional speaker.

CanPraxis uses walk-along exercises with horses as a training aid. As a 'flight' animal they react to human body language. Horses react to what they see; it is their body language that speaks volumes about humans in their proximity. As EAL facilitators, they offer a translation



Our Quilt of Valour

It was the last day of Can Praxis. We were watching the video on the Quilts of Valour. We started crying as we were all touched by what and why the quilters made their quilts. The video ended. Jim and Steve left the classroom and came back with stuffed pillow cases. They began giving everyone a pillow case. As we started opening our pillow cases, we went from crying to bawling. These quilters don't even know us but they create these quilts for us. These quilters are angels. I am not sure if any of them know this but these are not just quilts. They are comfort, protection, and unity. Personally for Blair and I we both had grandmothers that made quilts as we were children. We remember how our grandmothers' quilts made us feel; the detail they put into them; the time it took them to make them; and the love they stitched into them. It is that same love we feel when we sit on the couch, huddled together wrapped in the quilt, the Quilt of Valour quilt. Thank you for the love and hard work that went into making our quilt and for all the quilts you make. Thank you for bringing back our memories of our grandmothers and please don't stop making these meaningful quilts.



Kim and Blair Davis

Mesa, Arizona

We are 4 Canadian "snowbirds", from 4 provinces, who winter in the sunshine and blue skies. Through our quilt guild in our RV park, we have joined together to do our part for QoV. Last year we successfully completed 7 quilts which we brought back to Canada to be distributed to our servicemen and women. They made quite an impression at our quilt show and garnered lots of interest in our quilts and our Quilts of Valour display.

Pat Briggs, Rhonda Glofcheski, Pauline Hobbs and Doreen Augustine



This year, we have chosen a totally different approach for our main quilt ... we divided the quilt into 4 sections: one for each of us and then we completed our section at home upon our return to the south, we matched the seams and lo and behold, there wasn't too much "fudging". I must mention, our pattern is called "all Through the Woods" and was produced by two gals from Winnipeg. Our top is complete and at the long amers. We have been very fortunate to have the services of a group of American gals who have volunteered their talents and time to quilt our projects ... two countries - one cause. Happy quilting from Arizona.



Brandy Lynn Designs featured QoV in December of 2013. She is supporting Quilts of Valour (among many other quilting programs!) with a pattern donation to anyone who makes a quilt of valour for someone who has served with the Canadian Armed Forces! You can check out her blog [here](#).



Thank you so much Brandy Lynn for supporting QoV!

Trivia Question!

Hugs Blocks have come from 47 locations across the country. What a variety of names! Hanna, Cereal, Breton—what province did they come from?

Correct answers will go into a hat and a fat quarter will be sent out! Email your answer to: QoV@QuiltsOfValour.ca with "Hugs Blocks Location" in the subject line before March 15, 2014

Please contact a representative nearest you!

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

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