



# Our Tribute

A FORUM FOR SHARING

6,800 QUILTS OF VALOUR™ PRESENTED

MAY 2016 ISSUE #18

## QUILTS OF VALOUR - CANADA MISSION

*To ensure our 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.*

### A QUESTION FROM OUR WEBSITE

#### WHAT IS AN INJURY?

This is a complex issue, but an injury is more than a loss of limb or eyesight, or other visible debilitation. Injuries run very deep, and may not be recognized as such.

I wish you could sit down with one of the recipient's of a quilt, and if he (or she) is able to share their time served, hear what he saw, what he did, how many of his comrades he lost, how many civilian lives he helped, how many he couldn't. Talk with a younger soldier/now veteran who returned to his school friends after 2 or 3 tours, how he could no longer relate to the life he lived before enlisting, and one that his friends still live in. These are not stories our veterans share. They only tell you what they think you want to hear, or things they can talk about without bringing back bad memories. Perhaps a wife might share the night sweats their husband awakens with, the defensiveness displayed at times that the wife does not see any fear and resents or can't understand his overbearing nature, but he can't help himself – because when he was overseas, he was either on guard or knew his troop was on guard for him every living moment. For 20 years, that service member lived by a code of conduct and do as you are told mentality, that does not hold in civilian society. He is now entering a world quite foreign to him (or her). It's frustrating, it's confusing. It means learning new coping skills and learning to recognize the need.

I recently met a couple who are veterans, gainfully employed in the civilian world, bought and renovated a house, enjoy their current life. They were in Afghanistan, they worked hard to save lives, they worked hard to build structures for the people they were with, they saw the same structures destroyed before their eyes, they saw loss of life – from children they befriended as they helped a village regenerate; to comrades they lost just driving down the road when hit a suicide bomber, or hitting an IED. The conversation would not have come up, except I learned who some of their injured comrades are, and know them too. By chance, I saw a glimpse of painful memories, and did not hesitate to present both veterans with a quilt.

We are not judging who is dealing with injuries whether visible or invisible. Most of the quilts for our retiring service members are being presented through the Integrated Personnel Support Centres (IPSC) – and the quilts are being presented at their discretion. We do not question this decision. Not every service member receives a Quilt of Valour. The thank you for their time served, in a gift of a Quilt of Valour, helps them understand that their sacrifice – of 4 years or 34 years – is appreciated by many grateful Canadians.

**Lezley Zwaal, Founder**

### YARMOUTH VETERAN CECIL ROY RECEIVES QOV ON NOVEMBER 10, 2015

YARMOUTH -- A ceremony was held Tuesday afternoon at the Yarmouth town hall, where local resident Cecil Roy – a veteran of the Korean War – was presented with a quilt from the Quilts of Valour program. Yarmouth Mayor Pam Mood was on hand to make the presentation. The quilt was made by the Celtic Quilt Guild of Belle Cote in Cape Breton. The quilt bears the following message: "Handmade with love, respect and gratitude for your sacrifice to Canada. May the hugs stitched into this quilt give you comfort strength and love." Roy said he was honoured to receive the quilt and very pleased with the number of people who turned out to see him receive it. Brenda Hulan, Nova Scotia representative for Quilts of Valour, who was present for the occasion, said Roy's quilt was the 32nd her organization has presented so far in Nova Scotia.



Cecil Roy chats with Yarmouth Mayor Pam Mood and Brenda Hulan (right, representing Quilts of Valour) as they look over the quilt presented to Roy Tuesday afternoon. The Nov. 10 presentation took place at the Yarmouth town hall.

**ERIC BOURQUE PHOTO - YARMOUTH VANGUARD**

*Published by Eric Bourque*



To: Jan Easton / Mary Ewing

I am writing to you to express my gratitude and thanks for receiving a Quilt of Valour.

I am a retired Canadian Forces Soldier, having served Canada for almost 40 years, in Cyprus, Germany, Czechoslovakia, Croatia, Bosnia, Kosovo, Belgium and Afghanistan.

I received a Quilt of Valour last evening from Tim Duncan the OSISS Peer Support Coordinator here in Kingston. I was most surprised and overwhelmed with emotion at receiving such a fine gift. I had not expected it. It made me very proud to be a Canadian, that others appreciated and worked so hard to provide me with a beautiful quilt is very touching.

There have been some dark days in the past few years, but this expression of appreciation goes a long way to healing my heart. Your gift of Quilts Of Valour epitomizes the values we hold most dear "Of Being Canadian".

My Heartfelt Thank You for this most honoured and privileged gift, I will treasure it forever.

Yours Sincerely

Dan Haslip MWO ret'd

E Tenebris Lux, Pro Patria

Lezley,

Thank you again for the lovely quilt you gave dad. I want to share the pictures Wayne and MAureen sent to us. My favourite is the one showing his legion jacket with all the medals, he looks so proud.

Kindest regards,

Brenda

DBR Alexander Reed Sommerville (right)  
3rd Canadian Infantry Division - WWII



### STRAIT AREA QUILTERS AND THE QUILTS OF VALOUR

CTV Atlantic dropped by the other day at the local church where myself and the Strait Area Quilters were having morning sew-in. Most of the lasies sit at the frame and hand quilt, while yours truly brings along her 1962 Featherweight and works on small projects. On Wednesday, I was working on the next Quilt of Valour. I had a few flags left over, and the gals brought a whole stack of maple leaf blocks they made, so the newest QOV is starting to grow.

*Published by the CTV Atlantic News*



## FLIGHT LIEUTENANT DONALD LESLIE EDY AND CHALLENGES OVERCOME

Listen to this story of being a war prisoner as told to Brenda and Don Oliphant.

We were very privileged on the afternoon of April 11, 2016 to be able to meet and present to 95 year old Flight Lieutenant Donald Leslie Edy a Quilt of Valour. Don was an RCAF pilot who was attached to the British Air Force in North Africa early in World War II. Don was shot down over the Libyan Egyptian border and taken prisoner by the Germans. The Germans handed him over to the Italians who eventually put him on a ship to Italy which was torpedoed two miles offshore; was in... the very cold water for four hours before actually bumping into a stopped Italian destroyer on the plank he was clinging to and taken prisoner by the Italians again and incarcerated to the end of the war. Don wrote a book about his experience of being a war prisoner in the notorious Stalag Luft III which was where the great escape took place. He actually worked on one of the tunnels but did not apply to be one of the escapee's as he did not think he would make it back to Britain. His book is called "Goon in the Block" which meant a German had physically entered their compound through the gate.

It is extremely well written and interesting and it is very surprising just how much the prisoners were able to hoodwink and control their captors! During his captivity he crisscrossed Germany by rail and on foot while being moved from one prisoner camp to another. Well worth the read, especially for the younger generation.



*Brenda & Don Oliphant presenting QOV to Flight Lieutenant Donald Leslie Edy Apr 11, 2016  
Southwest Ontario Representatives*

## LAURI ANN AND ERIN KYLE POSTED IN QUILTS OF VALOUR - CANADA.

On January 5, 2016, Lauri posted:

I received this gorgeous quilt last year, and have cherished it ever since. 9 days ago I was rushed into the hospital in serious condition, and it seemed like I just wasn't getting any better. 3 days ago I asked my husband to bring in my QOV, I needed to feel the love of everyone wrapped around me, and to know I was not alone, while we were all fighting for me to get better. Well today, I can say I feel so much better it's unreal. I still have a long road ahead of me (actually we, including my family), but being wrapped in this everyday/night sure does make me feel like I'm wrapped in love. Thank you to Sanoy (Sandy) Carlile for making this quilt and for all who make the other quilts my brother and sisters at arms receive.



## SEEING THE BIGGER PICTURE

Written by Jennifer Allen, Fonthill, ON

It is so wonderful to see the quilts at their destination, wrapped around their new owners! I love especially seeing "our" quilts being presented. Some of those fabrics came from our stashes, sometimes after spending years in a box on a shelf. These fabrics finally got pulled out and are able to shine and give joy doing their part in a finished quilt! I just love quilts and quilting fabric. Before these quilts even got to a presentation, they have already given so much fun and joy to us quilters. Every quilt has a story.

*Shared by Gina DeLorenzi, Quilts of Valour – Niagara Rep*

*John McGregor, PPCLI, ON SW Assoc. Janie Wallace (left) & Gina*



## LINDSAY REGION CREATES THE “IF PROJECT”

At the February meeting of the Lindsay Creative Quilters Guild an exciting new endeavor to involve quilters from all walks of life has been initiated! See how a few quilters have inspired many to help QOV!

Lorna Bawden-Smith shares in her words how this brainstorming project was born!

“Quilts of Valour were passionately introduced to Lindsay Creative Quilters in October 2015 by Jan Easton, VP, Quilts of Valour, Canada. We were inspired as was our guild member, Monique Moore, who has become the Lindsay Region Representative for Quilts of Valour, Canada.

My friend, Pat Smyth, sitting next to me tapped my shoulder and said, “We have to do something about this”. My reply was “Yes, phone me” as Jan was enthusiastically speaking. Pat did call me at a later date and the discussions began. What could we do at a low cost that might even involve other guild members? We decided to study our quilt books individually and come together again with our ideas. Thus, it was decided to try to make a scrap quilt of 2.5 inch squares and we did. With donated batting and backing our quilt was ready for the help of two of our guild members. Donna Starr machine quilted and Chrissy Altelaar bound our creation.”

This story continued at our February guild meeting as our quilt was revealed with the hope of motivating our members to join in the creation of their Quilt of Valour from scraps;

*IF -- they have scraps to donate or cut to 2.5 inch squares*

*IF -- they care to sew 2.5 inch squares into 5 x 5 inch square blocks*

*IF -- they care to follow our design or create their own thus making a quilt top*

*IF -- they wish to submit their top to us or Lilly Monaghan, our Helping Hand coordinator, or complete it themselves with the help of a friend*

***Thus the IF Project is born. What fun we will have!***

To my amazement, our wonderful region quilt members have already created approximately 20 quilts of their own design and 14 are already on their way to comfort a deserving serviceman or woman who risks their life so that we can enjoy our freedoms in Canada.

Shared by Lorna Bawden-Smith

## IF GROWS

*If you have scraps cut them into 2 inch squares*

*If you have time piece the 2 inch squares to make a 9 inch block*

*If you have time, cut 9 inch blocks with plain fabric*

*If you have time piece the quilt together*

*If you have time piece bindings or provide Monique or Lorna fabric to be used for sashing or bindings*

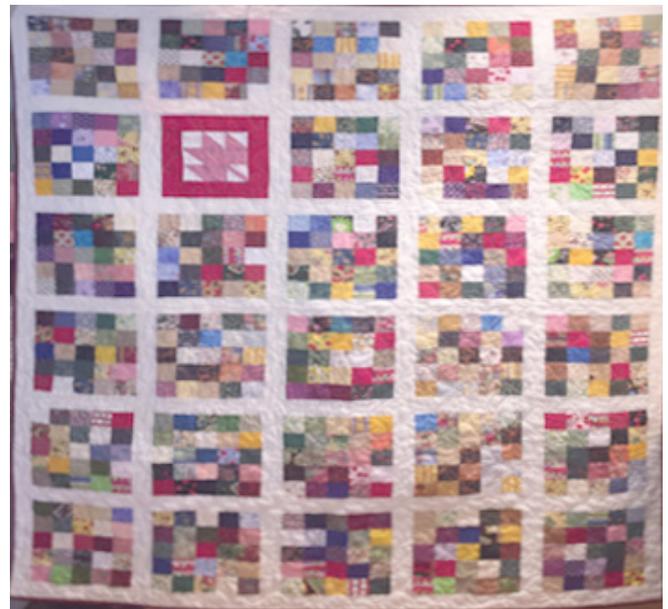
*If you have scraps or fabric you no longer wish to use leave them with Monique or Lorna*

*If you have time and don't wish to piece, join us to press fabric or join us for coffee and a chat*

The instructions will be available for how many 2 inch squares are required per block.

As a good deal of our quilters quilt for Victoria Quilts we felt this was a way we could include everyone and not take away from Victoria Quilts. The Lindsay Region has a good deal of retired people and we thought it best to involve everyone and this was a means to include everyone and not take away from existing organizations and include those on limited pensions. Many thanks for each contribution!

*Shared by Monique Moore  
Lindsay Region Representative*



Alberta	915
British Columbia	430
Colorado	2
Florida	4
Manitoba	4
Montana	2
Mystery Location	66
New Brunswick	2
New York	1
Newfoundland & Labrador	49
Nova Scotia	104
Nunavut	43
Ontario	812
Prince Edward Island	41
Quebec	18
Saskatchewan	342
Scotland	2
<b>TOTAL</b>	<b>2837</b>

HUGS BLOCKS COUNT OCT 2012 THROUGH MARCH 2016

We are not able to always distinguish between blocks that have come thru the Hug in a Mug promotion,  
 But many did send back the pattern from the mug, or commented on where they picked up the mug.

We also do not know how many did not come to me for merging into quilt packages across the country.  
 Many blocks went to the representatives in their areas and into quilts from their own regions. All the same, the hugs blocks were made into quilts and are making a difference to those who receive them.  
 Yes, some blocks travelled afar! And the blocks were made by sewers of ALL ages and skill level! Some included fabrics not part of the Oh Canada line, but they too have made their way into quilts!  
 Keep 'em coming!

*Statistics compiled April 16, 2016. L. Zwaal. Edmonton.*

CAN PRAXIS

AN OPPORTUNITY TO RECHARGE AND RENEW

While the Canadian Forces uses team building, 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.



*Can Praxis Graduates with their spouses receive Quilts of Valour.*

*May 2016 above*

*April 2016 on the left*

VISIT TO PINE GROVE ELEMENTARY SCHOOL,  
ST. CATHARINES, ON, NOV. 10, 2015



*Korea War veteran Edison MacDonald,  
Heritage Unit 15, Niagara*

In September 2015 a Quilt of Valour was presented to Korea War veteran Edison MacDonald, Heritage Unit 15, Niagara. For many years, Mr. MacDonald had been a familiar and beloved mentor to the students of Pine Grove Elementary School in St. Catharines, ON. In fact, the students raised over \$4000. to send Mr. and Mrs. June MacDonald to Korea as part of a reunion trip made with other Korea War Veterans in. Sadly, a few short weeks later, Mr. MacDonald passed away. The quilt was made by Oekie Muller, a close friend of the family.

At the memorial service for Mr. MacDonald, I heard Pine Grove Elementary School teacher Dave Leighton speak to the friends who had gathered to celebrate this amazing man's life experiences. The school students participated through a video they had prepared, a solemn and heart rending tribute to their "favourite" veteran.



As QOV Rep for Niagara Region, I wondered if the students would like to learn about Quilts of Valour and Mr. Edison's own quilt and so a visit to the school was arranged. On Nov. 10 I met Mr. Leighton's class to share the vision and mission of Quilts of Valour with the students. Each student had the opportunity to participate actively in a variety of ways. The most meaningful reaction I noted was how they all felt the need to stroke and hug the quilts, understanding that eventually these quilts would be presented to an injured CAF member or Veteran.

*submitted by Gina DeLorenzi, ON Niagara Rep*

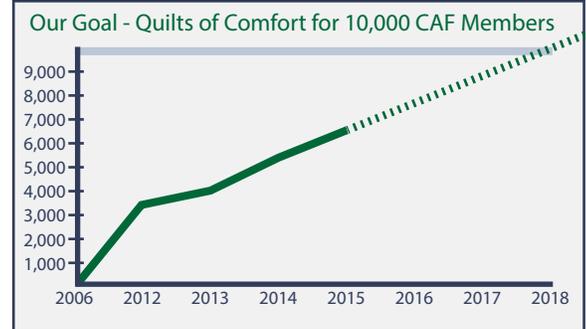


*Did You Know*

## QUILTS OF VALOUR WEBSITE

To support our new Membership program we now provide Membership Application Forms on-line making them accessible to everyone. Volunteers provide critical support at our events.

Quilts of Valour is looking for volunteers to play a key role in our organization. You can find postings of positions on our website.

*Our 2018 Goal - We Need Your Help*

Send your submissions for Our Tribute to the editor Email: [newsletter@quiltsofvalour.ca](mailto:newsletter@quiltsofvalour.ca)

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