

Quilts of Valor Foundation

January 2009 Newsletter

The Warp & Weft of a Quilt of Valor

by [Catherine Roberts](#), Executive Director & Founder

You Heard it Here First!

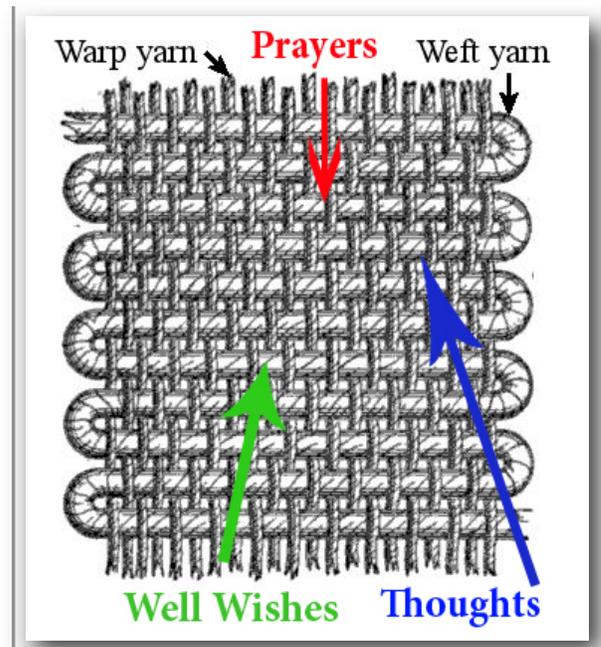
You heard it here first unless you read Dr.'s Roizen and Oz's book "You Being Beautiful". Research shows that people who engage in charitable/service activities get what is known as a *runner's high*. It turns out that this particular service-oriented runner's high is better than a real runner's high because it lasts longer! How can you say no to something like that?

Actively Recruiting YOU

I am actively recruiting more quilters to make Quilts of Valor. The need for our healing, legacy wartime quilts is great and growing everyday. I just had an email from someone today who asked if I was serious about covering the whole brigade of marines/sailors from the 3 /8 once back in country from their deployment in Afghanistan. The writer said that the number of quilts could be as high as 1,000 and could I do this. My response was this as it has been since the beginning. Numbers don't scare me. Just give me a number and we wartime quilters will do the rest.

Benefits for Quilt Maker and Recipient

You will benefit from making a Quilt of Valor in several ways. The biggest benefit is knowing your quilt will help heal and comfort the recipient. There is something *very magical* about your wartime quilt. I don't know how it happens but in the process of it becoming a QOV, it takes on a life of its own. In my mind's eye, I see meshed within the warp and woof of the fabric, little packets of healing-seeds that get planted as you sew. These healing seeds emanate from your thoughts and prayers and love. See figure below for visual diagram of this concept.



Another benefit is meeting people who share the same passion of covering our war wounded. These men and women have their own inspiring stories to tell which in turn inspire you.

Then there is the joy of seeing the how the creative skills of machine quilters change an ordinary pieced top into an extraordinary quilt. I know for a fact that hundreds of quilt-toppers have been introduced to the marvelous world of machine quilting through our program. This is good for our war wounded but it is also good for machine quilters who need work.

Last but not least, there is the satisfaction of serving our nation during her time at war. Our quilts are our legacy, our offering, our comfort for those who stand in harm's way. Hopefully all of us will serve until all the needs of our war wounded are met.

So here's to having a runner's high while serving our nation and doing what we love to do: Quilt.

Still at war; still quilting,

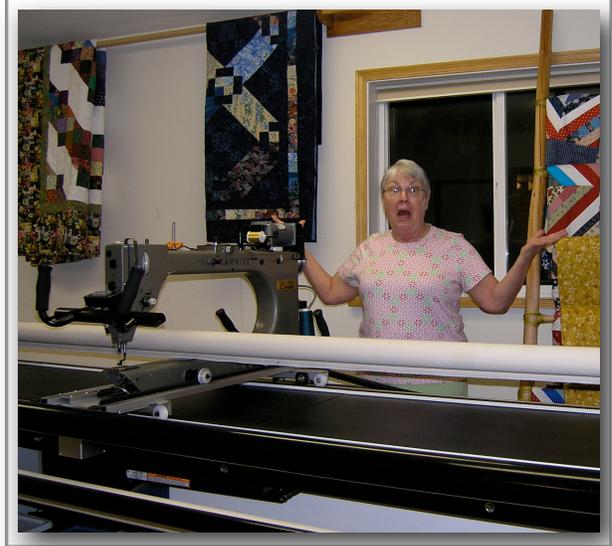


[Catherine Roberts](#) (0/10)
Executive Director & Founder QOVF

June's Column

by [June Moore](#), Longarm Coordinator

Toppers! Where are you??



Where are your quilts???

There are many longarm quilters throughout the country who have volunteered to quilt your beautifully pieced tops, but only 125 requests for longarmers have been sent to me so far. That leaves more than 200 openings across the USA.

This is your opportunity to make a difference in the life of one of them men or women who have served our country. You can show your love and help them to heal by making a high quality Quilt of Valor.

When your top and backing are prepared, contact me by going to www.QOVF.org, filling out the "Request Longarmer" form, and I'll match you with a longarmer to quilt it.

Spreading The QOV Word

Lori's involvement with QOV may have started with a whisper but now everyone in the Wanatchee radio listening area, knows about QOV'S. She has concisely written how to spread the QOV world media-wise.

The Holidays are behind us and it is time to start organizing events and recruiting volunteers again. One of the challenges of doing this is spreading the word about your group or event. So I thought I would share some ideas and successes. All the advertising we have done here in

Wenatchee, WA we have accessed free of charge. Most of the media in our area has been very cooperative and supportive.

Flyers:

We have had a lot of support from our local quilt shops and fabric stores. They have given us space on their "bulletin boards" to display event announcements, post pictures of events and make available "how to get started" information and free patterns.

News Paper advertising:

Most papers have some sort of community calendar. This is a great place to start. It is a way to get a free announcement of when and where your event or meetings takes place. Also submit a "press release" to the news

desk. We have had great success with this. The paper sends out a reporter and photographer to our event and there is usually at least one or 2 articles a year on our Quilts of Valor projects. "Display" advertising is very expensive and we have not used our funds for this means, however it is always worth contacting the person in charge of this department for your local papers to see if they will donate space or help you find some business or corporate sponsor to help you offset costs.



Radio Advertising:

The FCC requires radio stations to do a certain amount of "public service advertising" as part of their licensing requirements. It is free to you and a great way to help spread the word. Call or e-

mail your station and find out who the contact person is at your local station. They will give you the specific information for their policies. Many radio stations also have web sites that have community calendars this is another place where you can get your event posted. It is also worth a shot to get your local "Radio Personalities" involved. There is nothing better than getting a "local celebrity" to take possession of your cause. They will talk it up and help keep the enthusiasm and excitement rolling.

Television:

We have no local Television stations here. But some of the FCC requirements are the same so it is always worth it to make contact with your local station and see what kind of “public service” advertising you can get. Also take advantage of their news. You may have to submit a “press release” but that is pretty easy.

Emails:

We have built a pretty extensive e-mail list. We send out announcements and reminders to those who have expressed interest and or attended our events. This is a great way to keep your volunteers informed.

Word of Mouth:

Blab to any one who will listen. Share the QOV story everywhere you go. You will be surprised who is interested and willing to help out.

Information to Include in Your “Press Release” or Announcements:

- **What** the event is (QOV Sew Day, Presentation, Fund Raiser,)
- **What** will be happening (sewing, car wash, bake sale, quilt signing, etc.)
- **When** (specific date and time)
- **Where** (specific address and location)
- **What to bring** (list of what you expect your volunteers to bring or do...sewing machines, projects, fabric, patterns, inspiration, enthusiasm, lunch, etc.)
- **What you will provide** (information sheets, free patterns, block kits, etc.)
- **Brief explanation** of what QOV is and your goal (Make “X” number of quilts,

raise funds for materials or shipping etc.)

- **Contact person** (Name, phone, e-mail address of who to contact for more information)
- **Quilts of Valor Foundation** web site (www.QOVF.org) and your local web page if you have one. NOTE: Be sure to use CAPS for QOVF. If you use lower case, the ‘Q’ can be confused with a ‘G’.

Finally, ***thank them for their interest in QOV.***

Tip:

Always follow up with a “Thank You” note for the support you get. It will be greatly appreciated and will make it easier for you the next time.

Hope you find this information helpful. Feel free to contact me, I will do what ever I can to help out, answer questions and share ideas. E-mail me @ lorilovesred@charter.net

Best wishes for a happy, healthy and productive 2009

Keep Stitching!

Lori Kutch
NCW Quilts of Valor
Wenatchee, WA

Local QOV'ers: Newest Addition...QOV-UK

If you haven't looked at our QOV local page, you might want to. We are slowly adding contacts from around the country and world. We recently added [Canada to our USA map](#) and have contact there, [Lezley](#). She is the director of QOVF-Canada. Our newest addition is the UK. The map will soon be "live". [Jean](#) is the director of QOV-UK.

Latest News:

QOV-USA

If you have news you would like to share with the QOV Community, we want to hear about it. Please send it [here](#). We will determine where it should go...on the website, newsletter or both.

From [Shiela](#) in MT

Just wanted to let you know that I just shipped twelve (12) quilts to a friend at Landstuhl. Joan (her husband, LTC Havard Albright -- dermatologist at Landstuhl Regional Medical Center) will deliver them to the Chaplain's office where they will be distributed to the wounded. One quilt will be displayed at Ramstein where the wounded arrive and depart -- that way all wounded and staff will be able to view the beautiful appliqued quilt that was donated by a local quilter here in Bozeman, Montana.

I have at least 6 more finished and just waiting for pillowcases. I presented QOV to a group of 21 ladies in Sheridan, Montana (about 100 miles from Bozeman where I live). When I arrived at 12:30 PM the ladies already had at least 6 quilt tops put together and working on more. I am

having one of my "men" (who happens to be a Vietnam "Purple Heart" veteran) quilters present at a luncheon tomorrow where our veterans are being honored. Tomorrow evening my husband and I are both presenting at a local church as well as "stitching" with the group. Saturday a local quilt shop is opening their quilt room to everyone who wants to work on Quilts of Valor. I have at least enough blocks that have been donated to make 8 more quilts. All we have to do is sash & border. I have been receiving phone calls from all over the state of Montana. Quilt Guilds / Groups are wanting to donate finished quilts. We are planning another BIG quilt sew time in January where people (men and/or women) can come and go. It will be for 3 days -- a Saturday (Jan. 10th) when the National Guard will be drilling then all day Monday (the 12th) and Tues. (the 13th).

All of this has happened in less than a year. THANK YOU for starting something so worthwhile. I have a son in Kabul, Afghanistan at present. As parents this is our 5th deployment between our two active duty sons. I just pray that a quilt will not be delivered to one of them.

Still quilting for our troops --

Sheila Gaub, Coordinator, Montana Chapter

QOV-UK

[Jean](#) is the director for QOV-UK. I met her for the last two years at the International Quilt Show Festival in Houston where we talked extensively about getting QOVs awarded in the UK. It is finally happening!



The QOV concept is new over here in the UK. However, I have made contact with our local army barracks and they have told me of a number of their soldiers who have been injured in Afghanistan. The regimental welfare personnel had not previously heard of QOV but they were enthusiastic about the expression of support and goodwill from the community that these quilts represent. Arrangements are in hand for me to attend a presentation to 7 soldiers at the end of January. I'm looking forward to meeting these brave guys who are doing so much for us and I hope that this will set off a chain reaction with quilting groups throughout the UK.

I am very excited that I am able to initiate the first QOVs to be awarded to UK military and I will give another update next month.

FYI--Shipping Relief For APO/FPO Addresses

After one of my Sunday destination sessions, Karen Hancock, a first Naval Construction Regiment Ombudsman, emailed telling me about shipping APO/FPO. Here is what she said.

I am one of the folks that just received your email about sending our QOV's to

Germany. Since this is an APO there is a special flat rate box just for shipping to APO's that is CHEAPER than a normal box.



This is a new thing at the post office. It's been out about a month or so. It's slightly larger than the old flat rate boxes. The box says "flat rate" and "APO/FPO" right on it. If you don't get that box they will charge a couple of extra bucks instead of giving you the discounted rate! I am an ombudsman for a soon to be deployed unit and have already scouted out these boxes for our families to use during deployment. All post offices should already have these. The boxes themselves are free.

Thank You,

[Karen Hancock](#)

“Quoteable”

[Liz Petty](#) is a LCSW who works with our military at Ft. Rucker. She made her first QOV as her first sewing project. She has a unique vantage point in that she works with our warriors and makes QOVs. This quoteable is from an email she received from a colleague who now is in Iraq.

This is an email from Shirley who is assigned to Camp Liberty, Iraq. Shirley and 10 others were all injured during a mortar attack. I mailed Shirley one of my

quilts and when she received it, she asked if I could possibly send 10 more for "her boys" who were injured. I mailed off 10 quilts to her 7 or 8 days before Christmas just knowing they wouldn't make it to her by Christmas but praying they would make it there. I had previously sent her a box of Christmas goodies (including a pink Christmas tree and purple ornaments) after Thanksgiving that she never received. She received all 10 quilts 5 days after I mailed them, which is a miracle!!! Marsha Day made several of the quilts I sent over. The Enterprise Quilt Guild donated the remainder. Shirley's email tells the impact that Quilts of Valor are having on our precious Soldiers in Iraq.

God bless our Soldiers and the U.S.A.!

Liz

Hi, Liz:

Thank you for being so kind in sending the quilts. On Christmas evening, we gathered in the office and opened gifts from what we were able to buy for each other at the local PX. It's amazing how things we possibly take for granted when we have access to it can become a welcome sight, especially in an environment like this. Nevertheless, we enjoyed the gift exchange. Then, I shared the appreciation of you and all the women, who helped make the quilt presents possible, and yes, I hugged each one of them, just like you asked me to do. Two of the agents tacked their quilts to the wall in order for all of us to sign one side of them. They wanted them that way for keepsakes. I didn't think that men would react as they did when they received these quilts. I even saw tears being held back. Our wartime quilts are such a comfort to us. Liz, thank you so

much for your love and kindness. It really made the difference in the lives of us during the Christmas Season, and I'm sure this will be remembered for a long time, and each time they look at their quilts.

The box containing the Christmas tree never made it. If it was not returned to you, and someone took mail that did not belong to them, then I pray that they truly needed it more than I did.

The weather here is bone-chilling cold, especially during the morning and evening hours. During the day the sun tends to warm things up. The ground recently dried from the rains, and I'm glad. This is a different kind of dirt; the kind that literally stands up. It is clear now how God made Adam, if you could see the consistency of the sand when it is mixed with water. Amazing!

Thank you Liz, for everything and God bless you.

Shirley

QOVF Website Working For You And Others...but You Have To Use It

New HOW-TO Video

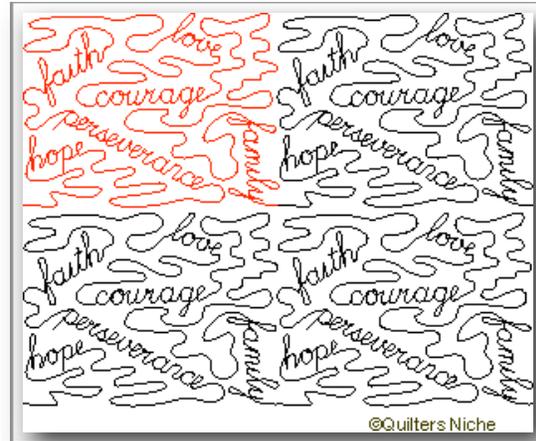


I learned of the Sausage Pillowcase from Judy Woodmansee who is in June's Tuesday morning quilt group. She showed me one of them. It was lovely AND all the seams were finished. Remember the term "french seams"? Her pillowcase has them. I was hooked. I had my camcorder and the rest is history.

Judy's impromptu class is 10 minutes. It's worth seeing because it makes making a presentation case FUN. Here is the link. http://qovf.org/index.php?option=com_seyret&Itemid=241&catid=2 or just click [here](#).

Free Patterns for You

Please check out the latest free patterns donated for you from both toppers and machine quilters. They are located on the left hand column under **PATTERNS**. Our latest machine quilting pattern is from Georgette from Quilter's Niche.



Thank all of you who have contributed.

More Locals are Needed to Register

I need **more people to register** as being a contact in their respective state. Why? I frequently get emails asking where to donate fabric to. If you are on the local's page, then they can look your group/you up with FABRIC.

You also give people who are curious about making QOVs, someone in their local area to contact.

Challenge Achievers for 2008

Please take time to go over and see who meet the QOV Challenge for '08. (Challenge is to make 10 qovs/year.) I have to report that I did not make my own challenge. I have plenty of excuses which I will not bore you with. I am very encouraged and motivated to get my ten done for '09. How about you??

Peanut Gallery Musing

Who is a QOV Recipient?

The first part of Nov. I emailed you to donate 4 patriotic quilts. I was instructed to send them to Bagram, Afghanistan. I received an email saying they had

arrived, followed by a nice letter thanking my group for the donation. We were under the impression that all the quilts were going to **our** servicemen and women, that had been wounded. The label on the quilts was directed to americans along with the letters and pictures. In the chaplain's letter he said they could have been given to Coalition Forces and local nationals. Were you aware of this? I feel very sorry for all the young men and women over there, but we had intended for those quilts to go to american soldiers.

I would like to request that when we send any others they be given to American troops. Is that possible? Would you please let me know what the policy is on this? You are doing a wonderful job, I hope you don't think we are complaining. We are so very happy to be able to help our wounded. I wasn't sure if you even knew this was happening?

Thank you,

KS, Muskegon, MI via email

*What I do with my point of contacts (POCS) is tell them about the program and the mission. I go over all the details. After that, it is up to the discretion of the POC to determine **who** is awarded a QOV. It is their call, not ours.*

*What I would suggest is to put on your quilts that they are to go **ONLY** to US servicemembers.*

We welcome your musings/comments/rants. Send to comments@qovf.org

Downrange & Beyond

Karen Frederickson is the Poster Mom for Marines. Her nephew first got her involved with the 1 / 8 marines. She now has the 3 / 8 under her wings. I

think it important for us to have some real reporting from someone who has direct contact with our warriors. Karen is that person. She will have her monthly column. You can contact her at karen@QOVF.org.

1st Battalion 8th Marines, The Beirut Battalion, have continued to serve the people of this country with multiple deployments to Iraq. Those Marines and Sailors who served together in Iraq, as well as the families of those who lost their lives in Iraq, will be holding their first reunion July 3, 4 and 5 in Washington D.C.

Efforts are underway to raise the funds needed to cover the costs involved with the reunion as well as to assist 1/8 Marines and Sailors with travel and lodging expenses.

If you would like to learn more about the 1/8 and their deployments to Iraq, might we suggest the books "On Call in Hell" by Commander Richard Jadick, "Fallujah, With Honor" 2nd edition by Gary Livingston, "Whiskey Tango Foxtrot" by Ashley Gilbertson and "The Forever War" by Dexter Filkins.

If you care to make a donation to the 1/8 reunion fund you may send your check to:

Marine Support Network, LLC

690 N. Stony Point Road

Suttons Bay, MI 49682

The donations are NOT tax deductible.

Thank you for continuing to create and present quilts of gratitude to the men of 1/8. Your gift means more than you will ever know.

QOV Stats

Total QOVs awarded*: 19,000

Total QOVs for 2008: 4,276

*conservative number

For the latest OEF/OIF stats, please go to homepage...www.QOVF.org.

Contributors

Karen Fredrickson

Originally from Wisconsin, Karen Fredrickson now lives in northwest lower Michigan. She has been married to Charlie for 28 years. Karen's mom, mother-in-law, and brother and sister-in-law live within easy driving distance. Karen graduated from Northwestern Michigan College's Medical Assisting program and worked in that field for almost 30 years. Now retired she keeps more than busy with family and friends and the United States Marine Corps. A self described news junky, her other interests include the Green Bay Packers, NASCAR, the freighters of the Great Lakes, their pet cats, and the nature that surrounds the small towns of Wisconsin and northern Michigan. Observing the birds and animals that share Charlie and Karen's woods is a beautiful diversion from the serious side of life. You can email Karen at karen@QOVF.org.



Lori Kutch



Lori has been a QOV volunteer for the last 2.5 years. She co-chairs the North Central Washington

(Wenatchee) group with her buddy Debby Phillips. She has just completed QOV #130. She says she tries to make at least 1 QOV/week. She points to her brother who served in Viet Nam as her inspiration for making QOVs. She points out that her rewards have far outweighed her efforts. You can email Lori at lorilovesred@charter.net.

Catherine Roberts



Catherine is the founder and executive director of the non-profit Quilts of Valor Foundation. She started it in the autumn of 2003 as a way to keep sane while her older son, Nat deployed to Iraq in the 630th MP Unit for 12 months. Last year, Catherine and her family packed up their belongings and headed to the state of Washington from Delaware. Family now consists of husband, Chris and Tory-Lynn their beloved Jack Russell terrier. Her passion and drive to cover our war wounded takes many forms. Her latest venture along these lines is enrolling in film school so she can make documentaries and how-to films for the website. You can email Catherine at cath@QOVF.org.

Requesting Articles For Upcoming Newsletters

Send your article, how to to's, news to newsletter@qovf.org. If do-able, please include a "what I would have done differently" section so we all can learn from your experience.

Mission Statement

Well? Do you know it? I received a reword from a six year old. Sounds perfect to me.

"When the 'sholders' are 'warring' and they come home and are hurt, the quilt makes them feel all comfy."