

Quilts of Valor

Quilting Honor and Comfort for our Wounded

A Monthly Newsletter

December 2006

Quotable

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Your Wartime Words Matter

Catherine Roberts is the Founder and Director of the Quilts of Valor Foundation (QOVF). cath@qovf.org

Do I sound like a broken record when you hear me say, "Make sure you include your journal of making *your* wartime quilt with everything else." The longer I am in this Community and hear your stories, the more I am convinced these "mundane and ordinary" thoughts and events bring a whole new level of meaning to the recipients.

I know. It's a big pain in the butt and maybe even a bigger pain than doing the binding, the label *and* presentation case. What this requires is you sitting down and reflecting on what was going through your head while making your wartime quilt. You, at least, REALIZE we are at war and are doing something about it. Unfortunately, most Americans only know *in an intellectual sense* we are at war. No one

is peeling chewing gum aluminum from the gum wrapping to save for recycling into airplane parts. Victory gardens? Isn't that an old television show? Ration books? What's that?

So, let's talk turkey here about this journal. It doesn't have to be profound, philosophical or lengthy. It simply should be your thoughts and/or activities you were doing while sewing. For example, Helen wrote in her journal that she had to stop sewing because she had to stir the beans on the stove. To me, THAT simple entry will allow your recipient a glimpse into your life, letting them know you are a real person living a real life who is also thinking of them and doing something. Your simple entries count more than you will ever know. The recipients *adore* them.

I value your devotion to our combat warriors and this project. Do not discount your worth by thinking your words don't matter. They matter as much as that aluminum foil on the

gum wrapper did in World War II. *Please* consider journaling while you work on your wartime quilt.

Still at war; still quilting,



Catherine Roberts, Founder and Director, QOVF

Statistics

For much more information regarding the statistics from Iraq and Afghanistan, go to [The Iraqi Coalition Casualty Count](#). You will not only be presented with objective data, but learn of the contributions made by coalition members.

12/01/06	Iraq	Afghanistan
Killed	2,888	355
Wounded	46,137	5,729

Date	QOVs Awarded
12/01/06	7,454

“Quotables”

This month's "Quotable" is an excerpt taken from an e-mail written by Maria Rodriguez of the Woman's PTSD and Sexual Trauma Clinic in Colorado.

Because of patient privacy and the nature of our clinic (Woman's PTSD & Sexual Trauma) we can't take pictures of our patients with their quilts and send them out to the people who sent us the quilts.

Our patients are extremely grateful and appreciative women. I'm sure they will find a way to send their thanks to the volunteers who made their quilts.

When we pass out your works of art (quilts) I wish I could capture the following from our patients and send it back to the volunteers who have sent us such beautiful quilts with such warm greetings and such touching messages of gratitude for the service our female veterans have provided their country.

I wish I could capture their shiny, misty eyes filled with tears of joy. I wish I could capture the soft whispers of "Thank You" they pass on to us as they try and hold back their tears of joy. I wish I could capture the warm hugs of appreciation they give us.

These kind emotions of gratitude from our patients belong to you and all your volunteers.

Being the point of contact for this program has been the most fulfilling job I've ever had. I'm a veteran myself. Every time I pass out a quilt I know what they feel, to have someone say "THANK YOU" is an honor.

Your organization has made history as far as our clinic is concerned. You're the only ones who've recognized our female veterans for what they have done.

Your quilts and the story of the Quilts of Valor organization are things these ladies will pass on to future generations.

We can't find enough words to thank you and your hard working, compassionate group of volunteers.

Happy holidays to you and the Quilts of Valor [community], may they continue to spread the most precious message of all "THANK YOU" to all service members, past, present and future.

Thank You
Maria

QOV Shop

Please check out the QOV shop at www.QOVF.org/shop to find various QOV items. The latest arrival is the QOVF car magnet. Show your support for the troops and the QOV Foundation with this professionally designed ribbon for your car.

Going Grassroots

What does "Going Grassroots" mean to the QOV cause? Basically, it means tapping into local resources to obtain support and funding for projects instead of relying solely on big-time corporate sponsorship. In essence, we want to involve our local communities in the QOV cause.



Catherine Roberts and Sgt. Kevin Corrigan speak at the Seaford, Delaware Rotary Club.

In this vein, Catherine Roberts, along with Sgt. Kevin Corrigan, USMC, recently visited their local Rotary Club to give a brief talk on the QOV Foundation. Their presentation was met with enthusiasm and a great deal of support; the club was eager to help.

Want to jump on the Grassroots bandwagon? If you are in need of funding for your QOV projects, look up your local Lion's Club, Rotary Club, American Legion and VFW. Schedule a date to address the group at a meeting, all you need is 15 minutes. It is also a good idea to enlist the help of a servicemember to speak at the meeting with you regarding their time in Iraq and/or Afghanistan.

Some helpful items to bring are copies of the QOV Foundation 2006 DVD, recent newsletters and print-outs of "Quotables" from the website (www.QOVF.org).

When you go to speak, have a list of items that you want support for. For example, if you need money for shipping, say you need \$100 for shipping. If you need money for quality fabric, say that. Give your list to the group so that they are sure to understand and can best address your needs. Don't be shy, they want to help.

As we're sure you will, bring your enthusiasm for the program. Once they see your commitment to our wounded combat troops, the rest will fall into place!

Postings from the QOV Community

Canadian QOV Page Is Up and Running.

Lezley Zwall heads QOVF Canada, please contact her with any questions at lezley@qovf.org.

The the Canadian Quilts of Valor page is up now, and questions can be directed to Lezley, at lezley@qovf.org.

Long arm quilters from eastern Canada are needed, so if you are from this area and have registered with June, please let June know that you are in Canada so that Lezley may get in touch with you.

Calendar of Events

February 22-25

Mid-Atlantic Quilt Festival/
Hampton Roads Convention Center, Greater Williamsburg, Hampton Virginia.

“Explore an American art that has developed and grown with the nation. In its 18th year, the Mid-Atlantic Quilt Festival is a compilation of quilting, fiber arts, and wearable arts - *now all under one roof*. It's the perfect place for quilt enthusiasts and textile artists to meet, shop, learn and explore their art. The show boasts an attached official hotel and several other official hotels all linked by shuttle bus to the *very* nearby Convention Center.”



This beautiful QOV was awarded to a Coalition Soldier in British Columbia, Canada last month.

Future Events

If you know of an event that would be of interest to the QOV community, please contact Jacquie at jacquie@qovf.org to have it posted online and in our newsletter.

Final Thought

Catherine's Gift to You

It is the holiday season and I am thinking of gifts I want to give to my family and friends. There are those gifts that are a “duty” and then the other ones that are a pure joy to “give”. It is the latter category that you, my dear QOV Community, fall into.

Dear Patriots, here is my offering to you this Holiday Season. Enjoy, use and know that you are in my daily thoughts and prayers.

Entertainment:

1. Movies:
[Laagan](#) (Indian)

[King of Masks](#) (Chinese)
[Yes, Minister.](#) (English)

2. Books:

[Operation Homecoming](#)
[Patrick O'Brians'](#) Naval War Series-audio narrator- Patrick Tull

3. Web Stuff:

[Pritzker Military Library](#) (podcasts)
[Apple.Com](#)(for the best computers, of course!)

Sewing/Quilting Related:

1. Hand sewing/piecing:
[Linda Franz](#)

2. Best scissors:
[Dovo](#)

And best for last, our family cheesecake recipe!

NEW YORK STYLE CHEESE-CAKE

Preheat oven to 450 degrees
Ingredients:

Crust-
11/2 Cups graham cracker crumbs
6 tablespoons butter, melted
2 tablespoons sugar
Filling-
2 pounds cream cheese
3/4 cup sugar
2 large eggs, lightly beaten
1 teaspoon vanilla extract
2 tablespoons cornstarch
1 cup sour cream

Preparation:

Combine crust ingredients and blend well. Press the crumb mixture onto the bottom and part-way up the sides of a greased 9-inch

springform pan, smoothing the bottom to an even thickness. Chill the crust in the freezer while preparing the filling.

For the filling, beat the cream cheese and sugar together until smooth and light. Beat in the eggs, vanilla and cornstarch, just until thoroughly mixed. Stir in the sour cream until the mixture is well blended. Pour the mixture into the prepared crust and bake for 10 minutes. Reduce temperature to 200 degrees and bake 45 minutes. Allow the cake to cool in the oven with the door slightly open for 3 hours. Remove sides from springform pan and chill (we have found that it's best to let it chill at least overnight.)

Serves 12

There. Don't worry about the foreign films. They have subtitles. Book recommendations are also on tape/cd/mp3 at audible.com. Pritzker Military Library has an ever growing library of podcasts that will educate, delight and inspire you when it comes to military history. Linda Franz is one of those rare individuals who is gifted and shares her knowledge in many different formats so that we are free to create "whatever". And, the cheesecake. Just resign yourself to a few delicious calories and take in the moment! Have a most blessed Holiday. I know next year we will grow and cover thousands more of our combat wounded.



June's Gift to You

December has me thinking of many things: the holiday season, one more birthday, family and friends, and with the new year, a reminder to rededicate myself to what really matters and to let go of those things that are "little burrs under the saddle". (Hey, give me a break, Mom said that my first word was horse!)

Best wishes to you and yours, and let us all work together to get Quilts of Valor made for the thousands of wounded men and women who have yet to be wrapped in our thanks, love and honor. Please spread the message of Quilts of Valor to all with whom you come in contact.

Here are two recipes for you:

SWEET POTATO PIE

Ingredients:

- 4 ounces butter, softened
- 2 cups cooked and mashed sweet potatoes
- 2 cups granulated sugar
- 2/3 C half and half
- 1 teaspoon vanilla
- 3 eggs, beaten
- 1 1/2 teaspoons cinnamon
- 1/2 tsp orange oil
- 2 prepared pie shells, unbaked

Preparation:

Mix butter, potatoes, sugar and half and half until well blended. Add orange oil, vanilla, eggs, and cinnamon; mix well. Pour into the prepared pie shells. Bake in a 350° oven for about 1 hour, until set.

Makes 2 pies.

CRANBERRY WALDORF SALAD

Ingredients:

- 3 cups fresh cranberries
- 2 cups miniature marshmallows
- 3/4 cup sugar
- 1 tart apple, unpeeled
- 1/2 cup coarsely chopped walnuts
- 1 cup seedless grapes or chopped celery
- 1 cup sweetened, whipped cream

Preparation:

Finely chop cranberries in food processor; mix well with marshmallows and sugar, cover and refrigerate overnight. Add apples, nuts, and grapes and mix well. Fold into whipped cream and chill until served.

Nedra's Wish for You

My wish for us all is: as we give QOVs for comfort, we would be comforted, as we give for warmth, we will be warmed, and as we send love to our brave wounded, that we would also receive love from those around us. As we honor those that have sacrificed for us may we receive abundance for the sacrifice of time spent and supplies for the labor of love the community of Quilts of Valor is. None of us ask for reward or return for the mission of covering our wounded but as we give may each of us receive wholeness in every area of our lives. As it comes from our hearts the gift of the quilt carries the message of love to the wounded and their loved ones. *Love never fails.*

From the Staff at the QOVF

We wish you a wonderful Holiday Season and a beautiful New Year.

Volunteer Staff

Let us know how we can help you...

Catherine
cath@govf.org

Catherine is the founder/director of the QOV program.

June
june@govf.org

June is our longarm coordinator and has been onboard for over two years.

Nedra
nedra@govf.org

Nedra has taken on the much needed and appreciated position of QOV Administrative Assistant. Please contact her if you are hav-

ing difficulties getting in touch with Catherine.

Barb
barb@govf.org

Barb is our kid's coordinator. Barb is a resource for those who have questions and/or projects with children. If you want your kid's project on the web, email Barb and she will get it ready.

Donna Dickinson
donna@govf.org

Donna handles the books and talks to the QOVF accountant. If

you have any questions about tax stuff, donations, etc, contact Donna.

Lezley
lezley@govf.org

Lezley is in charge of coordinating efforts in Canada.

Michele
michele@govf.org
newsletter@govf.org

Michele joins the staff as the newsletter editor. Please send any information that you would like included in the newsletter to her. We ask that you have all

submissions in by the first of the month in order to make that month's issue.

Jacque
jacque@govf.org

Jacque is our Event Coordinator. She will be in charge of receiving and organizing information regarding any QOV event that needs national/regional attention.

Andrew
andy@govf.org

Andy will serve as the QOVF web support person.

Judy Laquidara and Nancy Miller

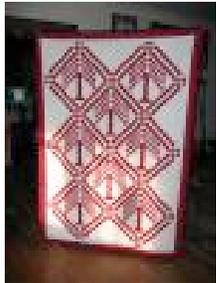
Lots of you know our QOV Mystery Queens. They are both very talented and inspire others to make QOVs.

More Volunteer Staff Members Needed!

QOV Book Editor.

This position requires someone who has editing experience in the real world of publishing and who would like to do this voluntarily.

How to Donate...



Since the QOV Foundation started out in November of 2003 as Quilts for Soldiers, we have run on a shoe string budget. Staff members work on a voluntary basis. The monies we received are directed back into the Foundation and used to increase our visibility. (If you would like a copy of the QOVF's 5 year plan, please email Catherine). This is paramount if we are to reach all our combat wounded with the message that they have a QOV waiting for them.

The thousands of members in this group give of their time and money. To date, we have collectively spent over \$900,000 dollars in making QOVs.

When you make a monetary tax deductible donation, you can request where it should go. The various choices are: administrative, fabric, shipping and printing handout literature.

You also can contribute fabric, sewing machines, batting and quilting threads. if you would like to go this route, please email Catherine at cath@govf.org or call 302 236-0230.

Please help us keep this project alive and well with your **tax exempt** donation, visit www.govf.org.

Our Mission

The mission of the QOV Foundation is to cover ALL combat wounded service-members whether physical or psychological with wartime quilts called Quilts of Valor (QOVs). The wounded service-members from the War on Terror or Long War are to be considered first and foremost.

The second mission is to teach our children how to sew QOVs. This skill will teach sewing skills in addition to encouraging civic involvement and volunteering for the betterment of our nation.

A natural extension of our mission will be to link up with our coalition countries and see that their combat wounded are also covered.

When all is said and done what we are doing is providing a means by which our combat wounded can have a better life. This foundation will do whatever it takes to reach this goal.