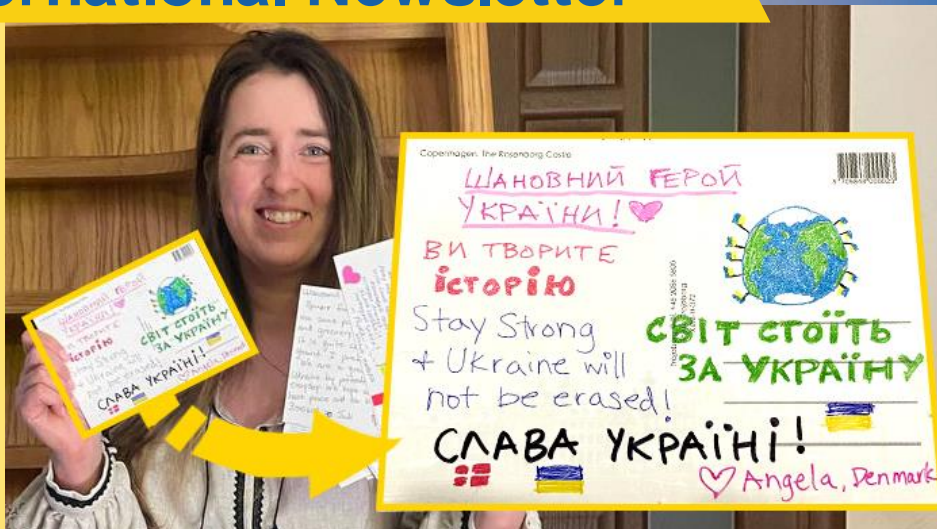


Postcards to the Front

International Newsletter

March 2025

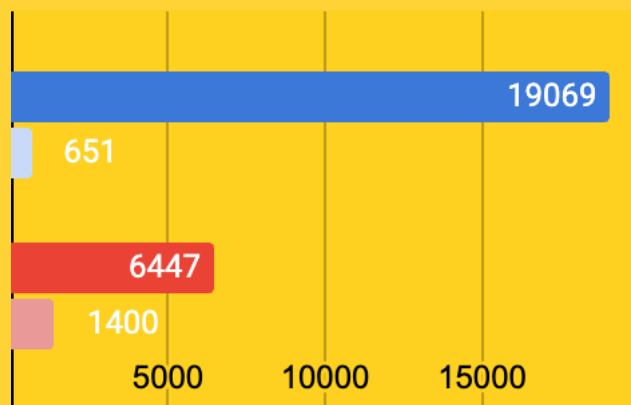
Ukraine
Australia
Canada



'All the world stands for Ukraine.'

Volume 2
Issue 8

A Month in Postcards



This month our postcard warriors from Australia sent 651 cards and from Canada sent 1,400 cards. Australia's total sent is now 19,069 cards and Canada's is now 6,447.

Please keep the cards coming; the Defenders will treasure them!

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About








Postcards to the Front International Newsletter is a monthly publication of the project **Postcards to the Front**. Founded by three Ukrainian women shortly after Russia's February 2022 invasion of Ukraine, the idea of sending messages of support and encouragement to the frontline Defenders of Ukraine spread out on [Postcrossing.com](https://postcrossing.com) – an international postcard exchange platform. Branches of *Postcards to the Front* have been established in Australia and Canada.

Defender personnel, including medics, mechanics, drivers, cooks, etc., receive postcards in their care packages. While each bit of happy mail makes a huge difference in the psychological well-being of the front line Defenders, messages and pictures from children are especially heartwarming. Your support makes a difference. Thank you!

The views and opinions expressed in this newsletter are those of the author, and not the opinion of this newsletter nor affiliated websites. Authors take responsibility for correct citations of sources and references, both oral and text.

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News and Updates

By Helen



Figure above: Peter Ramadge & Dr. Gabriela Pretto (who is a postcard writing machine). Photo taken at the Ukrainian Market in May 2024 in Geelong, Australia.

WooHoo, Australia! It's two years since Peter founded the Australia branch of *Postcards to the Front* in March 2023. In that time, more than 19,000 written postcards have traveled from Peter's home base in Melbourne to the front lines. Well done, Aussies! And way to go, Peter, for your initiative and leadership!

Ukraine's Defenders and their families and friends are sure to feel a lot of love and support from your part of the world!

Next, apologies that the newsletter is late this month.

Blame ice.

Central and Northern Ontario were walloped by a severe ice storm that lasted two-and-a-half days. As a result, we were without power, water, heat, cellular service, internet for five-and-a-half days and nights. Brrrrrr ... it was mighty cold with the house temperature dipping to 12C.

Midway through the power outage, another ice storm and blizzard hampered efforts of hydro crews to repair the power system, adding another layer of damage.





And waiting.

That was eight days ago, and thousands of Ontarians are without power as hydro crews – some traveling from neighbouring provinces – work around the clock to repair wires and poles.

Initially, it looked like a magical winter wonderland. The ice sparkled and glistened. It tinkled in the wind as branches swung and tickled one another. It was as if the ice-draped trees were toasting the weather gods with champagne!

Alas, all that beautiful ice caused massive destruction of trees. Acres and acres and acres of trees. Falling branches and crashing trees ripped down power lines and poles, crushed roofs and cars, and injured a few people. Over three days, we could hear the trees in the forest around us snap and crash.

Thousands of poles need to be replaced, much of the work still to be done in more remote areas. Felled trees blocked roads. Shops and businesses were closed. Nobody was going to work. What was so crystallly beautiful for a few days, has been incredibly destructive.



Some areas will be without power for more than a week, so we, at home base in Millbrook, are grateful that we now have power and can get this newsletter to you. And make a hot coffee and some hot soup! Borscht anyone?

And while we shivered in the cold and the dark, we didn't forget about Ukraine.

You can write a lot of postcards by candlelight.

And you can empathize a whole lot more when you consider this: *what's a week of discomfort compared to more than three years of terror?*



More cards arrive in Ukraine



Ever wonder what a young woman does in Ukraine on a Saturday?

We can tell you about the Saturday ritual of Tamara, at home base.

Her day begins with a trip to the post office where she collects packages of postcards, loads them into boxes that then fill her car. Dima helps with the heavy lifting.

Once home, Tamara sits on her floor to open the packages under the supervision of Mr. Cat. Most packages travel from Australia and Canada, but she also gets some from such countries as Germany, Norway, the United Kingdom, Croatia, the Netherlands, the United States and more.

Tamara spends the day reading every card as part of her sorting process. Cards are organized so that each battalion will receive a variety of cards; cards from different places around the world, cards with a range of images (e.g., landscape, animals, phrases,



After reading the latest batch of cards, Tamara wrote a message to me about one particular card. She began, “Crying because of this one.”

“So cool card ... but, the words are so important. The writer wrote that all world stands for Ukraine. And when I’m rereading so many cards [with similar messages] I feel it more than ever.”

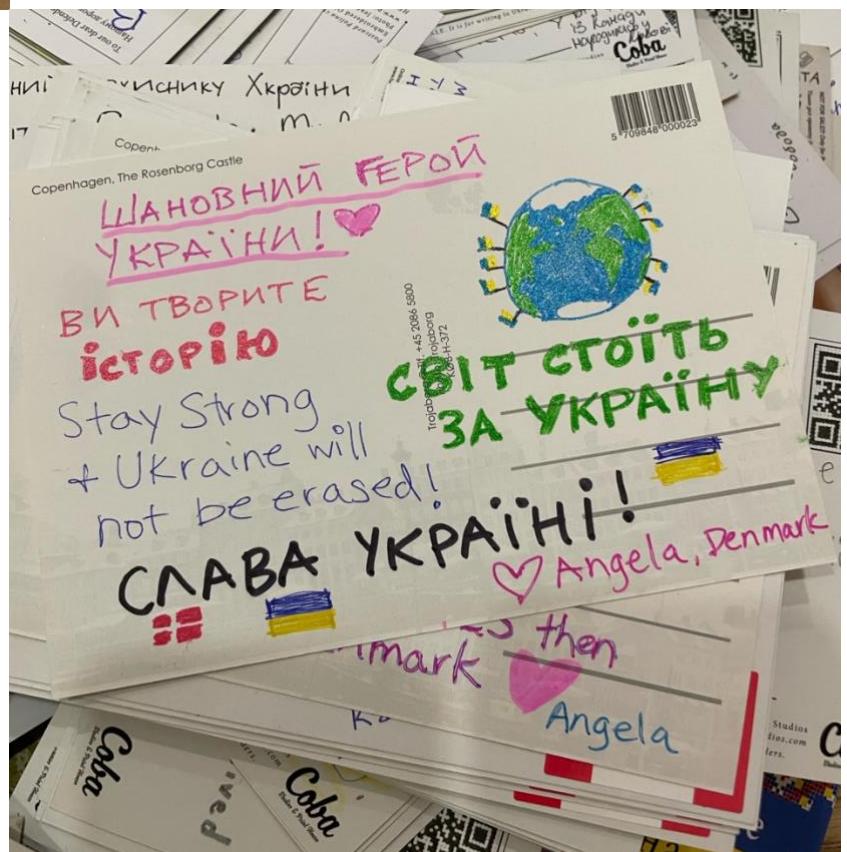
She feels the strength of your support in your messages.

homemade, etc.), cards written by children and by adults, and cards with different messages.

After packaging the battalion-sized batches, refilling her boxes, loading them into the car (all with some help from Mr. Cat and Dima), she delivers them to the distribution centre. There, a group of volunteers organizes the cards into boxes of supplies for Defenders: food, medical, clothing, etc.

And then, she returns home to read my letters. Every package that I send includes a letter to Tamara. I tell her about the people I meet at workshops and events and what they have to say about their experiences writing cards. I tell her about the many organizations, both within Canada’s Ukrainian community and beyond, that host postcard-writing events. I tell her a bit about my life, about Canadian life.

We have become friends.



Ukraine needs to know now, more than ever, that they are not forgotten.

Tamara also knows how much your support means to Defenders.

When you send your cards to us for shipment to Ukraine, don't be shy. Go ahead ... write one to Tamara. We'll be sure that it is flagged as "just for her".

Not sure what to write to Tamara? Maybe this will help –



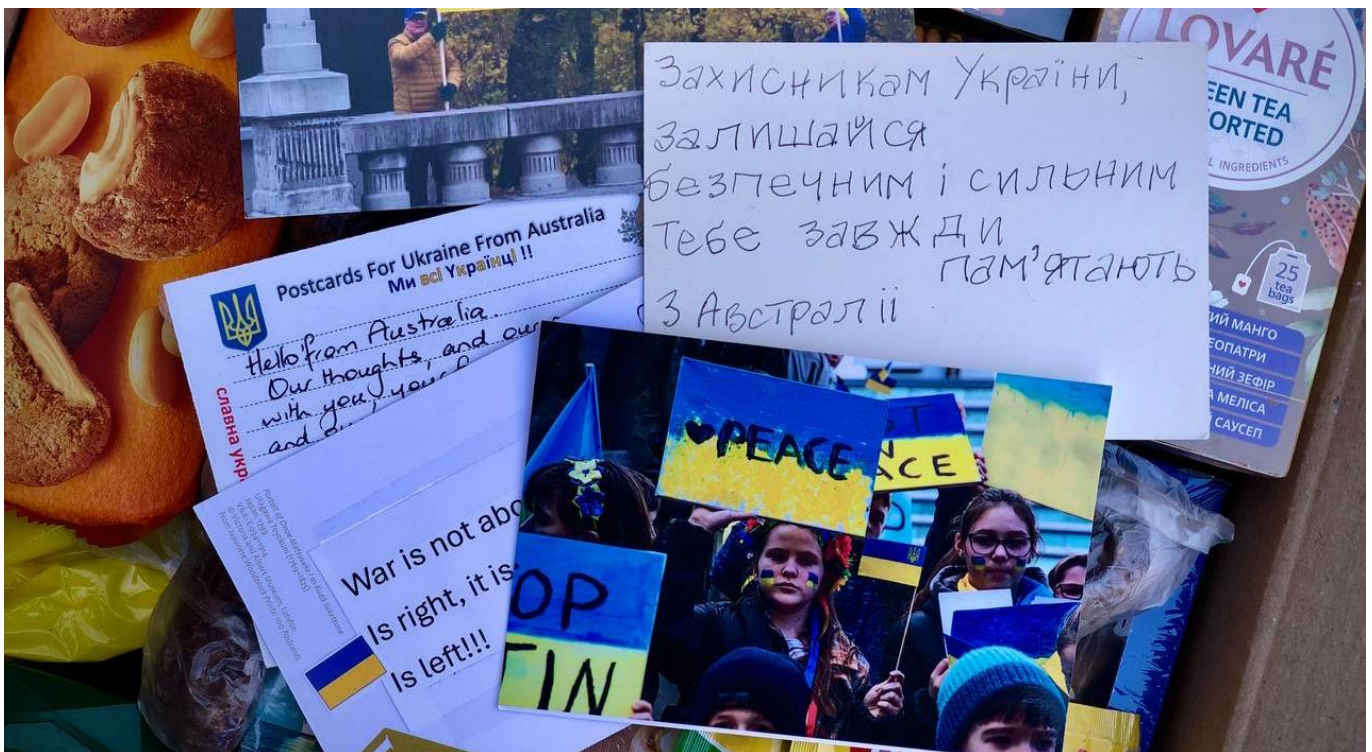
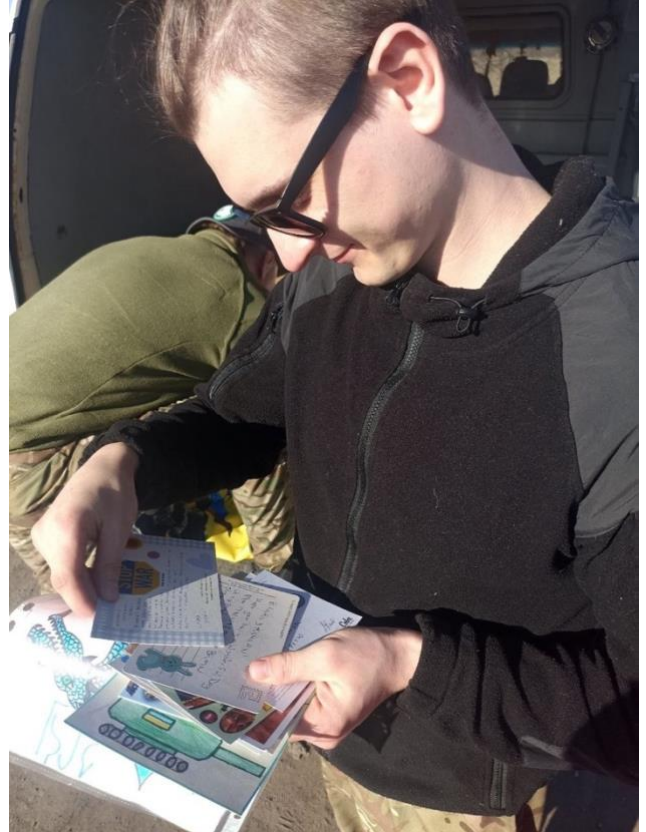
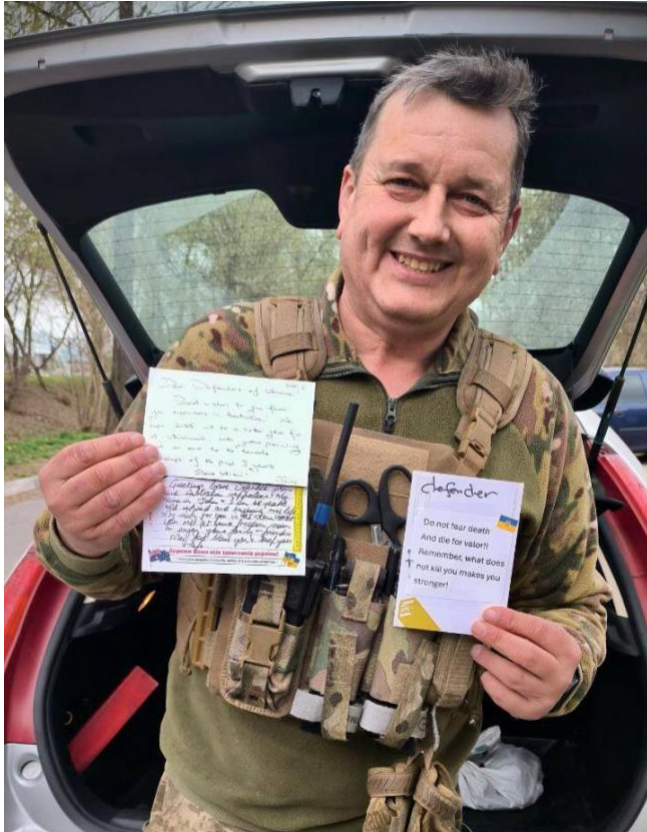
Tamara is curious about other people and loves to travel. Except she can't now. But you can tell her a little about your part of the world that she can dream about. She plays the bandura. She loves to dance.

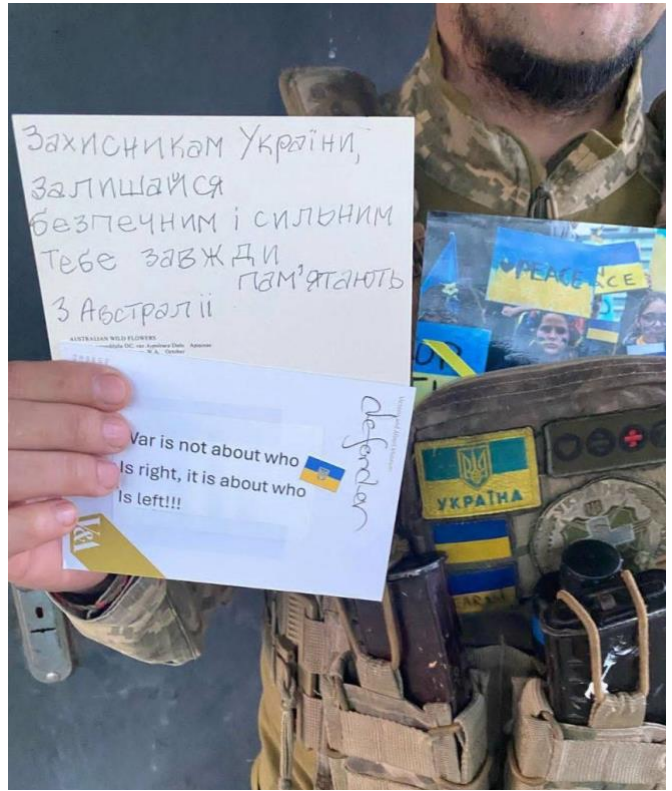
She likes cats. A lot! She even takes Mr. Cat everywhere she goes, including to the post office (we wrote about Mr. Cat [here](#)). Tamara loves to go to concerts. She is very close to her mother, Mama Tamara. She loves to cook and to entertain people with meals that she has prepared. She works in IT. She reads a lot. She finds joy in visiting mountains and forests. She likes a nice glass of red wine and a wide view of a beautiful landscape. A beach is even nicer. She has a wicked sense of humour. Tamara is fiercely loyal to friends and deeply loves her country, her homeland, her culture. She has had to move from her home city, Zaporizhzhia to be safer. The move was heartbreaking. But necessary. Life has been hard for everyone in Ukraine since the invasion. For many young adults in Ukraine, life can feel empty at times with friends either at the front lines or sheltering elsewhere in the world, or killed during these three-plus years.

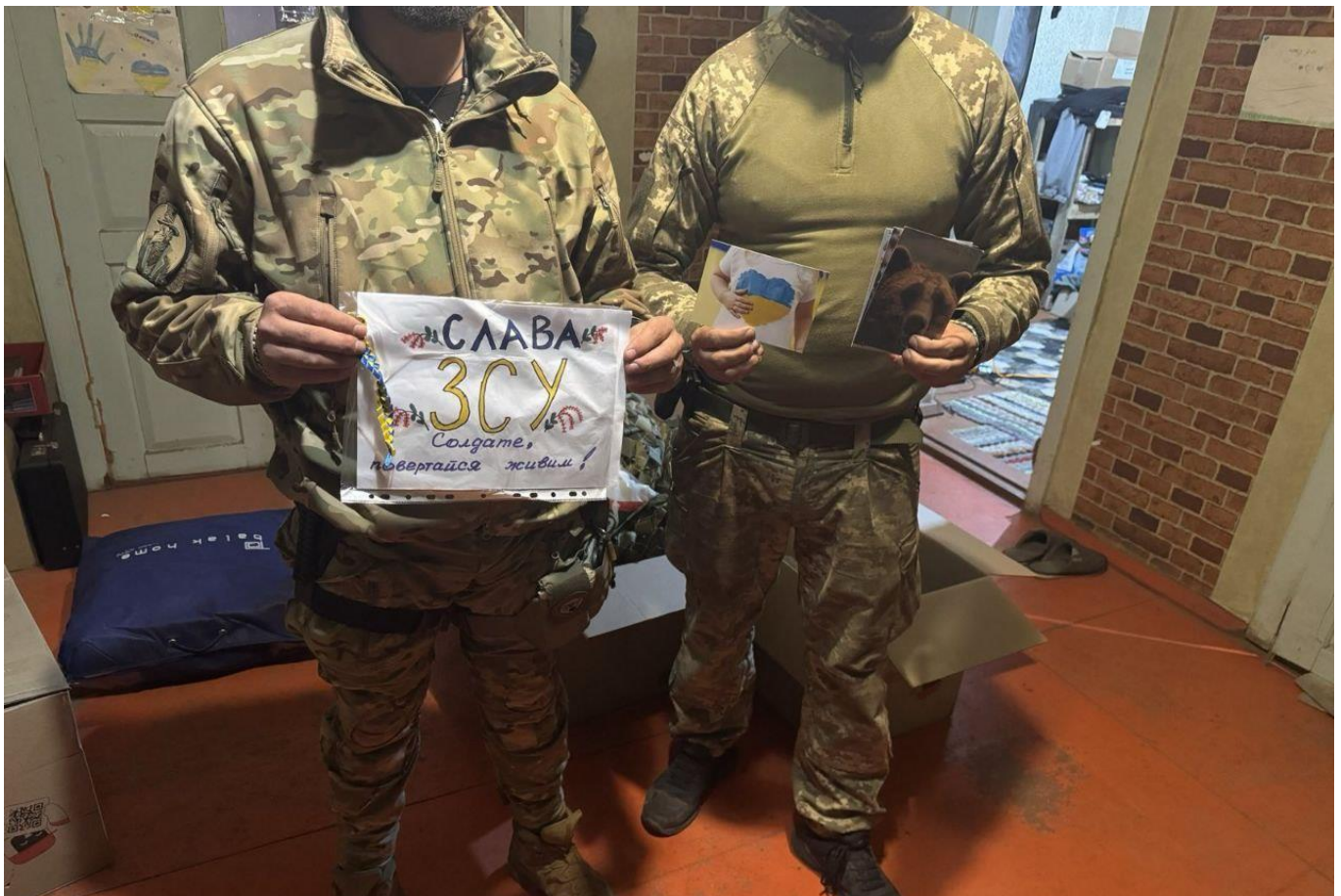
Go ahead. Make her day!

All Ukrainians have suspended 'normal living' for over three years. That is why every message you write is sunshine, a warm hug, a much-needed connection to what is good and kind and caring about humans.

Here are a few recent happy recipients of your cards. Thank you!











Along with supplies, your postcard messages boost morale. They perform a vital role in supporting the mental health of Defenders. It matters to them, and to their families, that the world hasn't forgotten them, that we support them, and that we care. Thank you!

Let us know if you need some FREE cards to write to Defenders. Please encourage others to join in this project to boost morale at the front lines.

postcardstothefront.canada@gmail.com

And, if you don't already, please [Subscribe](#).



Taras Shevchenko Concert

By Zenia

Taras Shevchenko was born into serfdom in 1814. Through his life, he wrote about Ukraine's struggle under imperial Russian rule. His work continues to resonate with Ukrainian communities throughout the world.



Figure: Most Reverend Bishop Bohdan Dzyurakh Catholic Apostolic Exarch of Scandinavia and Germany. He was visiting the parish and stopped to write postcards. He is holding the beautiful bird postcards designed by the three children for the Ivan Franko Ukrainian School in Oshawa.

The Ukrainian-Canadian Community of Oshawa, Ontario, gathered to honour his legacy at a concert held on March 9, 2025, hosted by the Ivan Franko Ukrainian School students. The students' performances featured highlights of Shevchenko's poetry and songs that have influenced Ukrainian literature and culture. The guest of honour at the concert was visiting Most Reverend Bishop Bohdan Dzyurakh Catholic Apostolic Exarch of Scandinavia and Germany.

As part of the concert program, *Postcards to the Front* announced their search for new postcard design submissions and set up a postcard-writing table. Postcards were written by the Reverend Bishop and the

attendees, including the youngest writer who is three years old. Many budding artists, including children evacuated from Ukraine, decorated their postcards with hearts and kisses for the defenders. We were very pleased with the participant's strong support for Ukraine's Defenders.



Figure above: Concert musician writes cards.

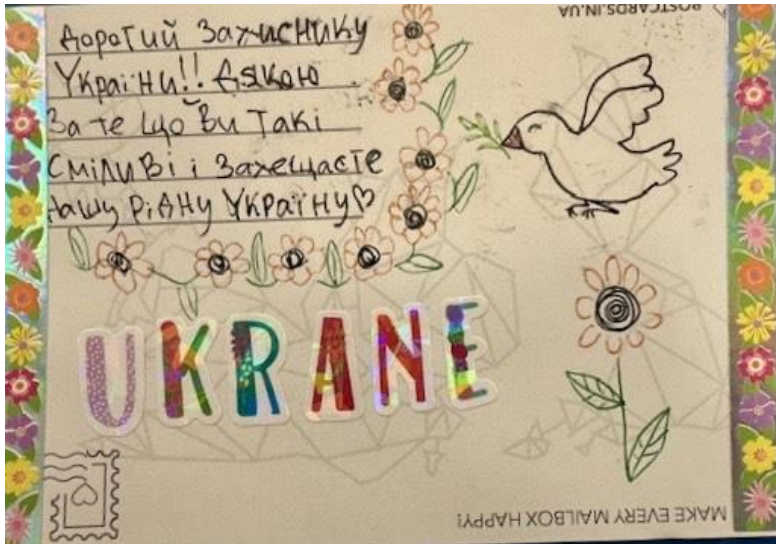


Figure below: Students of Ivan Franko Ukrainian Heritage School write cards.





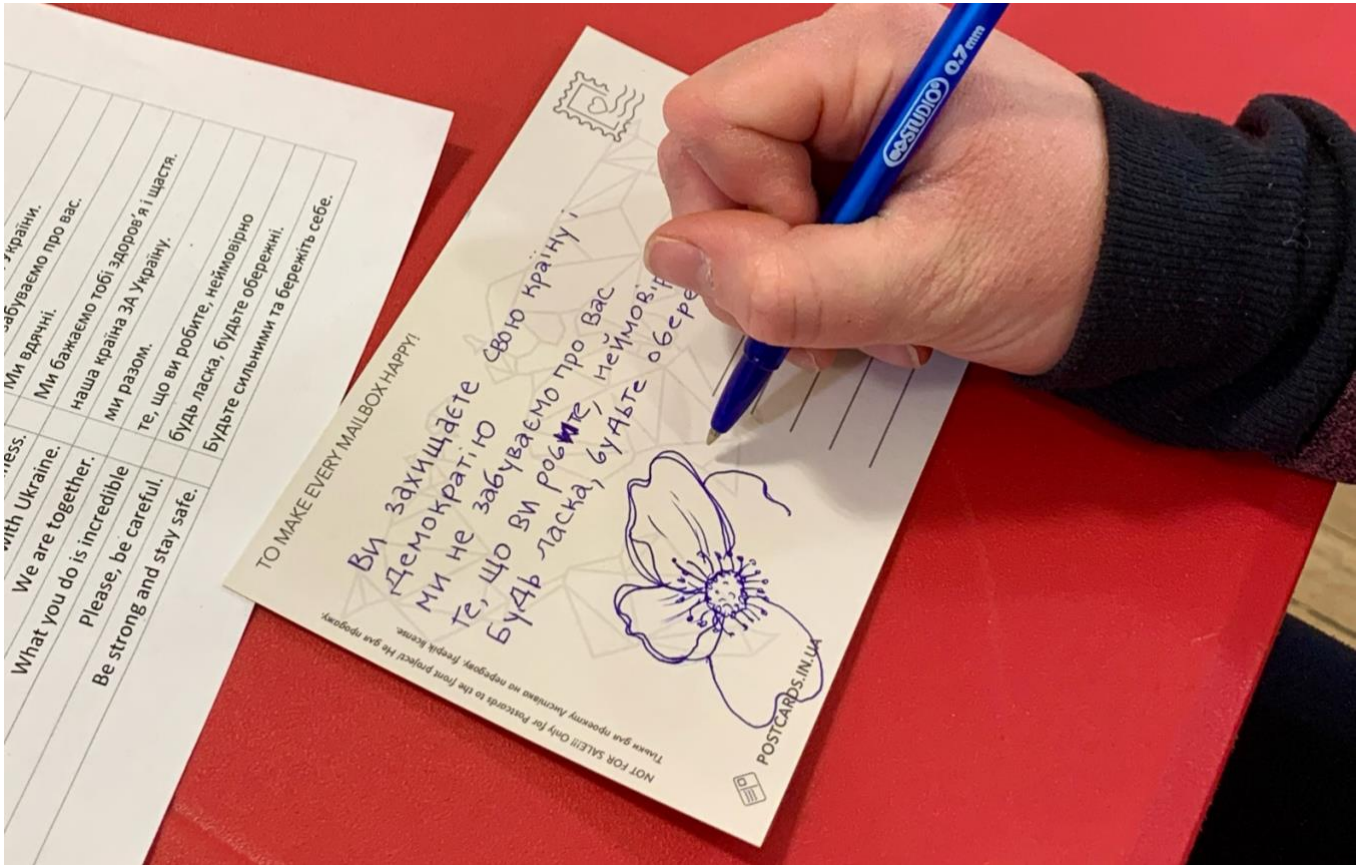
Millbrook Library

We were thrilled to be invited to set up postcard writing at our community library during the provincial school spring break. Writers of all ages, from pre-school age to octogenarian, popped in at the library during the morning event to write messages of support to Ukraine's Defenders. What a great way to bring community together on an *almost* spring day!



Figure above: Three generations write cards to Defenders.





Jacque Hnizdovsky, *Still in Time* + Postcards

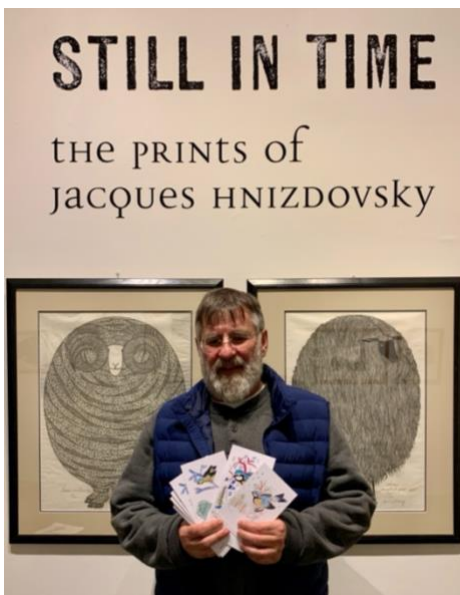


Figure: Steve Ostafichuk, holding cards designed and written by students at Ivan Franko Ukrainian Heritage School – designated for Ukrainian pilots in training.

We attended the very interesting talk given by curator Olex Wlasenko about the woodcut print art of Ukrainian-American artist Jacques Hnizdovsky at [Whitby Station Gallery](#). A parallel exhibition ran concurrently at [Sens Bookstore](#) in Kyiv, Ukraine.

So grateful to be invited to set up a table for gallery visitors to write postcard messages of support to Ukraine's front line Defenders. Thank you Whitby Station Gallery!

Bonus: a batch of cards was written by students from Ivan Franko Ukrainian Heritage School (Oshawa) for Ukrainian pilots in training. Many thanks to Steve Ostafichuk for arranging this unique opportunity.

And thank you BCU Financial (Oshawa) for the generous sponsorship of shipment of written cards to Ukraine!



Figure above: Olex Wlasenko, Curator.

Figure below: Sens Bookstore, Kyiv.

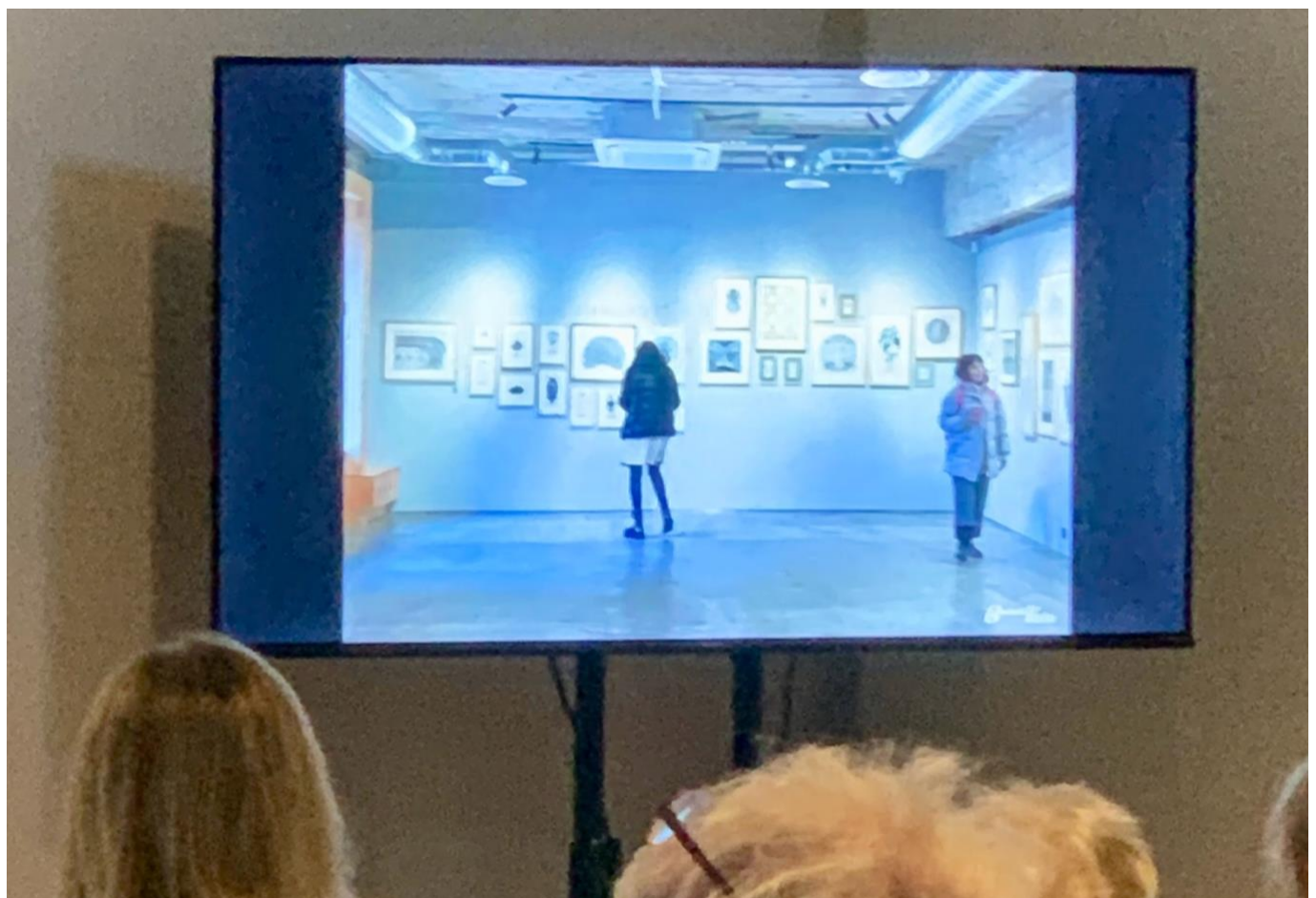




Figure: Ivan Franko students.



Figure below: A family affair.



Figure below: Marjorie: a huge supporter!



Winnipeg Jets in Ukraine!

Some readers may recall that the Winnipeg Jets national hockey league team held a Ukrainian heritage night for their game in January against the Anaheim Mighty Ducks. We wrote about the logo, specially designed for that night by Ukrainian-born Andrii Sobchuk [here](#).

Of course, we had to get t-shirts for Tamara and Dima, at home base.

In her Winnipeg Jets t-shirt, Tamara displays cards written by children who attend one of the Toronto-area Shkilna Rada, Ukrainian heritage schools.

Dima has added to his fashion ensemble the scarf that we brought back for him from Cambodia. If you look closely, you will see in his hand a photo of him carrying boxes of postcards for Tamara. Great teamwork!



Prizes for Cards!



Our dear friend, Marcus in Arizona, a Gulf War veteran, is celebrating successful completion of his 1,000 card project. You read this right! Over the last two years, Marcus has sent 1,000 written postcards to Ukraine's Defenders through *Postcards to the Front*. Soldier to Soldier. Remarkable!

We wrote about Marcus in our February 2025 issue, [*Always a soldier ...*](#).

Each batch of postcards he sends features different quotes. His last batch offered up one of my favourite quotes from the Civil Rights advocate in the United States, Dr. Martin Luther King:

Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness, only light can do that. I hope you are encouraged to be a light in this gathering darkness.

To celebrate his outstanding achievement, Marcus is offering up a prize of a box set of postcards to the first person that sends 200 written cards through this project by July 4th.

We start tracking numbers effective now. That is, April 01 – July 04.

Happy writing!



Mount Pleasant, Ontario *Women's Institute*

What a wonderful surprise to get a nice batch of written postcards from the members of the Mount Pleasant Women's Institute! And look! They sure do love to snack while they write! 😊



Thank you all so very much for your fabulous cards and messages!

Founded in 1897 in Canada, the Women's Institute has branches in the United Kingdom, South Africa and New Zealand.

And we got to thinking ... *why not reach out to other branches of the Women's Institute to see if any would like to join us in writing messages of support to Ukraine's Defenders?*

We wrote the below letter to provincial branches of the Women's Institute (WI) in Canada. Perhaps you are a member of the WI? Perhaps you are a member of some other organization that might welcome the opportunity to support Ukraine via one-to-one communication on a postcard?

Please consider reaching out to organizations to which you belong, inviting them to join in this project. If you're not sure how to start, here's a copy of our letter to the Women's Institute. Modify in your own voice and to your own purposes.



Hello members of The Women's Institute!

Postcards to the Front was founded by three young Ukrainian women shortly after Russia's February 2022 invasion of Ukraine. The idea spread to [Australia](#) and [Canada](#) where, together, we have gathered over 20,000 postcard messages of support for Ukraine's frontline Defenders: medics, drivers, cooks, volunteers and soldiers, of course.

These messages of support provide a bit of sunshine on a hard day at the front lines, boost morale, and remind Ukrainians that they have not been forgotten.

I write to invite you to join us in this project of sending postcard messages of support to Ukraine's Defenders. Such messages nurture positivity and inspire courage and strength.

You can learn more about the project on our website [here](#). For example, we have a Tips and Samples page, [here](#).

You can also read on our website about individuals, community and church groups, schools and more who have written postcard messages of support to Ukraine's Defenders.

We have learned through this project that, while many individuals do a variety of actions to support Ukraine, they appreciate the opportunity to make a personal connection by writing a heartfelt message of care and support, one-to-one.

Our website also frequently features images of Defenders receiving their postcards, as well as their galleries of cards. You can also view a moving video thank-you message from a Defender that you can share with others, [here](#). The first few seconds are in Ukrainian, but the bulk of his message is in English.

We encourage individuals to write on postcards from their own region, as this provides the opportunity for us to tell Ukrainians a little about our own unique corner of the world. For instance, students in Nunavut are in the process of designing their own postcards that feature how they view their community and the land.

Many writers write on postcards that they long ago tucked away in a shoebox. Others (me included) visit a local shop and ask for a batch of postcards, explaining the purpose, and receiving a discount for the cards. New, or older, all postcards are welcome.

We understand that many do not have postcards, nor access to postcards. That is why we provide postcards FREE. If any person or group needs some cards, we are happy to send some. No charge.

Please join this important project of care and support for Ukraine with others.

And let us know if you need more information, or if you would like to meet with us via digital meeting space.

Thank you,

Helen, Postcards to the Front Canada



Message from Ivan Baker, Member of Parliament, Canada

In early March, I wrote to MP Ivan Baker, a member of Canada's Parliament who has been actively demonstrating leadership in his support of Ukraine. I wanted to thank him.

You can read my letter below, as well as his response.

If you haven't had a chance, maybe now is a good time for you to write to one of your political representatives. Thank those who have demonstrated their support for Ukraine. And remind those who have not why it is important to you that they support Ukraine.



Dear Mr. Baker,

I am not your constituent, nor am I Ukrainian, but I do see how you have supported Ukraine during these difficult years since the full-scale invasion by Russia.

Thank you for your leadership in this. Maybe our neighbours might learn something from you, from Canada's parliament?

People all over the world have been sending postcard messages of support to Ukraine - including Canadians - through Postcards to the Front.

We produce a monthly newsletter sharing events and support news re Ukraine.

The February 2025 issue (attached) is important for several reasons, which you would easily guess: third anniversary, concern re US abandonment of Ukraine.

We mention your support in this issue.

We also feature a moving heartfelt video thank you message from a frontline Defender. Worth viewing and sharing.

Thank you for your continued support and leadership re Ukraine!

Helen @ postcardstothefrontcanada.com



Dear Helen,

Thank you for your kind words and for the incredible work you are doing through Postcards to the Front. Ukraine's defenders need to know that the world stands with them, and the messages of solidarity you are helping to deliver make a real difference.

*Canada remains unwavering in its support for Ukraine, and we understand that **this war is not just about Ukraine—it is about defending democracy, sovereignty, and international stability.** The global response to this conflict will shape the future of security worldwide, and we must ensure that Ukraine has the support it needs to achieve victory and lasting peace.*

I appreciate you sharing the latest issue of your newsletter, and

I will be sure to take a look. The voices of Ukraine's defenders matter, and I encourage everyone to continue sharing their messages and amplifying support for Ukraine.

Thank you again for your advocacy and your ongoing efforts.

Slava Ukraini!

Sincerely,

Yvan

Yvan Baker, MP

Etobicoke Centre



This and That ...

By Peter

When I write Postcards, typically I add a phrase – *If Ukraine falls we all fall.*

In this weird world we are now living in, it can take a while to catch up to reality.

Last weekend I changed this phrase to –

If Ukraine falls we all fall. Except for the USA, which has fallen already.



Postcard warrior Simon passed along a suggested TV series for you to view titled *Those who stayed*.

This series “follows different stories about everyday life and the struggles faced by the people of Ukraine after the Russian invasion of the country in February 2022.” It’s free and can be accessed on [SBS on Demand in Australia](#), as well as on [CBC Gem in Canada](#). Episodes are about 35 minutes long and, as Simon says, “there’s no ‘blood and guts’ – just an insight into Ukraine and Ukrainians.”



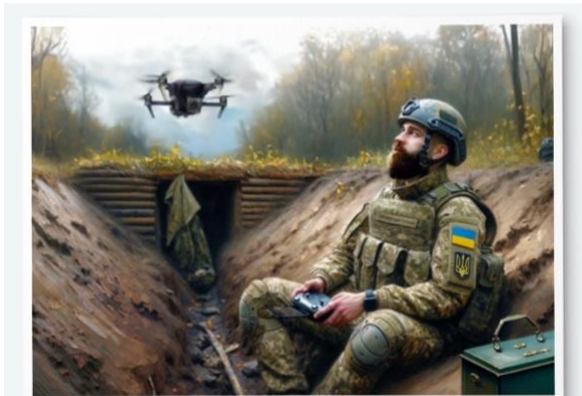
Where to buy Postcards / support Ukraine

We've written before about a number of places where you can buy postcards from Ukrainian suppliers. Including at [UA Postcards](#).

But it's worth reminding you.

Just like any other online postcard shop, you can buy blank postcards from UA Postcards to write to anyone, which I have done. I like a variety of cards in my stash to write to Ukraine's front line Defenders as well as to friends in Ukraine and elsewhere.

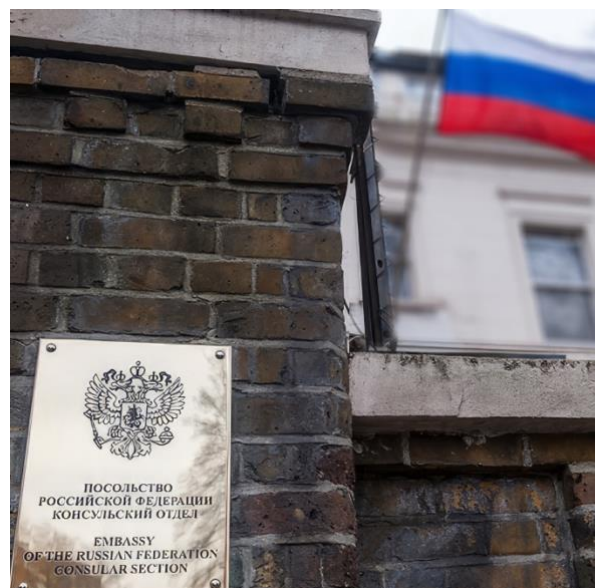
You can also buy a postcard that is written specially to someone. Even to yourself. You pay more than you would for a single card on the website, or in your local tourist shop, but the extra goes directly to buy supplies for Defenders.



Both figures: from UA Postcards website.

I have bought cards to be written to me (cuz I collect postcards) as well as for others, either as a birthday gift or as a thank you note. The price is reasonable, you get to choose your messaging, and the cards have always arrived at their destinations. We are constantly impressed with the ability of UkrPoshta to keep mail services functioning under invasion conditions.

UA Postcards has a special feature: [Postcards for a Purpose](#). Here, you can buy a postcard to be written to a Russian embassy or consulate of your choice (yes, they have all of the addresses), or a postcard to specifically support the Special Unit of the State Border Guard of Ukraine by helping to fund essential defence equipment. Or, you can buy their latest addition: a postcard to send a message to U.S. leaders.



Another shop, new to us, is [Zolota Ptakha](#). Again, a Ukrainian online shop that sells postcards, among other stationery items such as envelopes and stickers. At first glance, prices seem to be a lot, when you see 17.80 for a card. BUT, that's in Ukrainian currency, which amounts to 61cents, Canadian. Very reasonable.



Recapping our gratitudes:

- Thank you to those who have sent us postage stamps and postcards. Especially to *BCU Financial* that is making it possible for us to ship more than 1,000 postcards already this year written by children and youth who attend Shkilna Rada Ukrainian Heritage Schools in the Greater Toronto Area.
- Thank you to those who have subscribed to us at [Postcards to the Front](#). Your subscription makes it easier for us to communicate with you. Click [here](#), if you don't already.
- Thank you for spreading the word about *Postcards to the Front* to others, and to those who have conducted your own postcard-writing workshops. These connections help grow our efforts to support Ukraine, as you will read in this month's newsletter.
- Thank you to the community groups, institutions and individuals who have hosted postcard-writing workshops. These workshops generate many thoughtful, caring and meaningful messages of support for Ukraine's Defenders.
- Thank you for your suggestions! You help us grow and become better at what we do!



Shout-Outs –

What a remarkable month for cards for Ukraine's Defenders!

Altogether, just over 2,000 postcards have been sent to Ukraine's Defenders this month through *Postcards to the Front*, Australia and Canada.

And guess what?

We – you, dear reader! – have achieved a remarkable overall total of a little more than 25,000 postcard messages of support for Ukraine's Defenders over the past two years through this project, *Postcards to the Front*.

This is a remarkable accomplishment for which all postcard warriors deserve a pat on the back. **Well done all!**

We've had a few new writers this month: Jessica in California; Faye, in



Figure above: Russia Embassy Protesters (Total now: 352 cards) All cards designed by group members.



Figure above: Beautiful art from Taiwan.

Massachusetts; Pam in Virginia; Tyson in British Columbia; Sasha and friends in support of Ukraine in Kamloops, British Columbia; and Leona in Haliburton, Ontario.

Regular contributors include from Oshawa, Ontario: Baba Carol and family & friends & knitting group; Circle of Friends at St. Matthews Anglican Church; Sunday support Ukraine rally participants with St. George's Ukrainian Catholic Church. In Ottawa, the Russia embassy protestors (oooh-la-la, they do make interesting cards!) In Quebec, Brigitte, who has started to make her own homemade cards. Lovely! And, Renee from Illinois.

On their way to Ukraine this month: nearly 1,000 postcards written by students who attend Greater Toronto Area Shkilna Rada Ukrainian heritage schools: Ivan Franko, St. Demetrius, Josyf Cardinal Slipyj, St. Nicholas, St. Volodymyr, and Paul Yuzyk Academy of Toronto. Grateful to *BCU Financial* for postage funding!

Some of the students are Ukrainians, sheltering in Canada at present. Side-by-side, with their Canadian classmates, they write to Defenders mostly in Ukrainian, pouring out their hearts, expressing deep love for country and culture.

The Ukrainian children often sign their name, then write:

- ... From Toronto, lived in Dnipro
- ... From Toronto, lived in Fastive
- ... From Toronto, lived in Ivano-Frankivsk
- ... From Toronto, lived in Kyiv
- ... From Toronto, lived in Lviv
- ... Living in Toronto, born in Odessa
- ... From Toronto, lived in Stryi
- ... From Toronto, lived in Ternopil

So many children away from home now for over three years.

The children of the Ukrainian diaspora in Canada that is made up of Ukrainian settler communities from more than a century ago, as well as 20th Century migrations to Canada, support their “cousins” sheltering in Canada. Helping them adapt.

Messages from all of the children communicate a pride and confidence in the heroic battle for freedom.

And they’re personal.

“We stand for Peace and hope! We are always there for you.”

“Thank you for saving our country!”

“Thank you for being so brave!”

“I’m from Dnipropetrovska region. We believe in you!”

“I hope you come home to your families soon.”

“I know your family loves you but I also know that being so far from home is hard.”

“Most of my family is in Ukraine and you are the reason they are still alive. Know that I am praying for you every day. You are my hero.”

“My godfather is at the front. I hope he is safe.”

“I am from Toronto, Canada. Yes, I am far away but I believe in you. You are making a big difference. I will keep on praying.”



Do you have questions? Need some FREE postcards?

Be in touch: postcardstothefront.Canada@gmail.com

If you have some written cards ready for us to send on to Ukraine, here's our address:

Postcards to the Front
P. O. Box 184
Millbrook, ON L0A 1G0
Canada

You can get up to five cards in an envelope for the price of one domestic stamp Maybe add one or two unused stamps in your envelope to help us get cards to Ukraine? ;-)

Need ideas about what to write? Check our [Tips](#) page, and our [Ukrainian phrases](#) page. Maybe you want to organise a group of family, friends or others to write postcards? Check our website for tips, [How to Run a Postcard-Writing Workshop](#).

Please **share and [subscribe](#)!**



Your cards do make a difference.

As Danylo tells us from the front lines –



Nothing warms the soldiers' heart as a handwritten letter.

— Defender Danylo

And as young Milena, sheltering in Canada, wrote on her postcard to a Defender —



Most of my family is in Ukraine and you are the reason they are still alive. Know that I am praying for you every day. You are my hero.

— Milena

Thank you for your continued support of Defenders of Ukraine!



Let's write some Ukrainian!

When writing your postcards, we ask you to try one, or a couple, of the below Ukrainian phrases on your cards. After all, what better way to express your support and affection by trying to write in Ukrainian?!

And don't worry if you don't get it perfect. We are told that your effort and thoughtfulness reach their hearts, and even make Defenders smile!

We are also told that a splash of colour and messages from children are especially heartwarming.

Recently, we received a note from a Ukrainian-Canadian who wrote, in part: *"I especially appreciate your encouragement for writers to include even a single phrase in Ukrainian—it's such a powerful gesture of cultural respect."*

You can find more phrases [here](#). Thank you!

Dear defender (used also as a friendly greeting)	Дорогі захисники
Hello!	Привіт!
You are heroes!	Ви – герої!
Slava Ukraini! (Glory to Ukraine!)	Слава Україні!
The whole world sees what is going on.	Увесь світ бачить, що відбувається.
Thank you!	Дякую!
We are proud of you!	Ми пишаємося вами!
We read news about Ukraine every day.	ми читаємо новини про Україну щодня.
You defend your country and the democracy.	Ви захищаєте свою країну і демократію.
Don't give up!	Не здавайтеся!
We send you our continuous support.	Ми підтримуємо вас увесь цей час.
We support you with our prayers.	Ми підтримуємо вас нашими молитвами
May the lord bless you.	Нехай Господь благословить вас
From my sincere heart, thank you for your service to the people of Ukraine and the free world.	Від щирого серця, дякую вам за служіння народу України та вільному світу.
I cannot find the words to express my gratitude to your service to Ukraine.	Я не можу знайти слів, щоб висловити свою вдячність за вашу службу Україні.
We who live past the border remember you and support you to the end.	Ми, що живемо за кордоном, пам'ятаємо вас і підтримуємо до кінця.
Together to victory.	Разом до перемоги!