

Postcards to the Front

International Newsletter

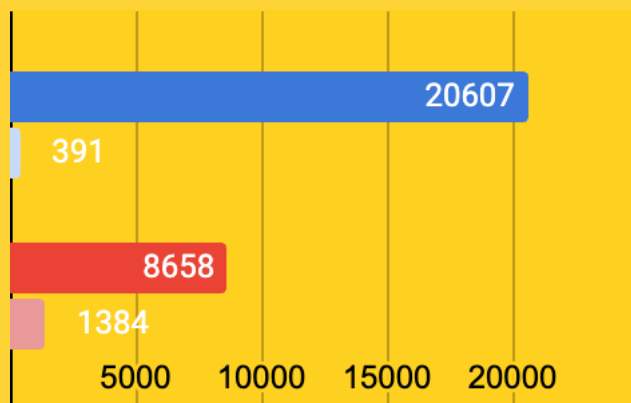
June 2025

Ukraine
Australia
Canada



Volume 2
Issue 11

A Month in Postcards



This month our postcard warriors from Australia sent 391 cards and from Canada sent 1,384 cards. Australia's total sent is now 20,607 cards and Canada's is now 8,658.

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

In this Issue

About	2
Editorial	3
Interview Angela, Ottawa	4
By Helen	
News and Updates	11
By Helen	

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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Editorial

This month we begin with two reminders about why your postcards matter.

First, as we all know, Ukraine has resisted terror from the Russian aggressor for more than three years, demonstrating inspirational courage and resilience amongst Ukrainians to stand for freedom and democracy. This map represents one way to consider how to 'name' courage.



Second, we don't get a lot of feedback about the postcards that travel to the front lines from all over the world through this project. But when we do, we like to share it because it is for *you*, dear postcard warriors. For example, each month we share images of Defenders receiving your cards [see later in the newsletter]. These images often generate some joy from senders who recognize their card in a box full of supplies, or in the hands of a Defender. Earlier this year, we received a video note of thanks from a Defender, which you can view [here](#).



This month, we are happy to share with you a message of awe and thanks from a volunteer in Nikopol region who distributes the cards to the front lines. Click on [this YouTube video](#) (2 min) to learn more.

The volunteer speaks in Ukrainian, but ... you can see what she says by clicking on the CC [closed caption] setting at the bottom of the video frame to generate English subtitles. You can hear her emotion, in her voice, and through her words, as she describes how she feels as she reads each postcard, and admits, "... I could not hold back my tears ... and I think that they [Defenders] will be a thousand times more pleased to read your wishes ..."

Your cards matter. They make a difference in the lives of Ukrainians.

Interview Angela, Ottawa

By Helen

Meet Angela. She's a child of the Oshawa, Ontario Ukrainian community. And, she's an Ottawa warrior, who has made it a mission to participate a few times each week in the daily demonstrations held at "the russian embassy of war crimes" since Russia's full scale invasion of Ukraine in February 2022.



That's not all! When Angela learned about *Postcards to the Front* in early 2024, she began to organize monthly postcard-writing cafes with the russian embassy protesters (rep), who count in their numbers quite a few regulars as well as anyone who wishes to join them.

The group has written a few hundred amazing postcards on their own original designs, unique to their mission to educate those who pass by the Russian Embassy about their crimes against Ukraine.

When asked, *why write postcards*, Angela explained:

"First, it's a powerfully direct way to contribute without much money. I know many people - myself included - who wish they could help Ukraine more directly, and feel useless, so far away. We love donating to Ukrainian volunteers who buy supplies for units – drones, night vision scopes, supply trucks, etc. The frontline connection is powerful, but I only have so much money to donate. Sometimes, the unit sends back a signed flag with messages of



thanks from Defenders. It gives me goosebumps and determination. I feel part of a big team fighting for good. I wanted the chance to send *that* feeling to the frontline.”

“Secondly, I thought it could help fight the burnout and apathy that comes from a long war. Going to protests can get repetitive/boring. Listening to the tragic news every day is hard. I thought it was a lighter, feel-good way to keep people emotionally invested and making an impact. Maybe even activate more sympathizers. I tried it and others agreed. *Writing postcards over a glass of wine and snacks with friends can be fun. It does indeed bring in people who can't attend our protests.* Some of our members host their own sessions with people they know. The concept spreads.”

“Because war is more than numbers and equipment. It's people with feelings who must choose between fighting and surrender every minute, every day. Our postcards connect to that human element. Those who have never fought don't know how hard it is to turn equipment into results; we can slip into abstract geopolitics. I have heard that defenders feel alone or forgotten. With postcards we remind them we care about them, value their work, and support them.”



“Through the protest group, I have learned how much this message means coming from outside Ukraine. Ukrainians tell us so online and in person, it means so much to them that the world still cares.”

When asked about the first postcard, laying on the table, waiting for her to write a message to an unknown Defender, Angela, like other postcard warriors, admitted that she found it incredibly intimidating.

“How could I know what words a Defender needs to hear? But I told myself that I can just throw out a postcard if I hate it. Just jump in the pool. I started by writing about myself and the things I do to support Ukraine – things I know. I never ended up throwing any out, but I found I kept getting ideas for how they could be better. I'd just start a new card. Taking the pressure off made it easier to experiment. I found tricks for filling up space and reducing the need for text: big lettering, stickers, simple drawings. I also fill up space with quotes from the Ukrainian anthem, or famous Canadians (ex: Terry Fox, Jack Layton).”

“Finally, I did what made me feel good. I found that expressing my care and drawing tryzub, Ukrainians flags, hearts, etc., is a light, heartwarming activity. I find crafting therapeutic, so now doing postcards is part of my stress relief toolkit. When I’ve become too anxious from reading war news – will we have enough shells? – I draw on some postcards and add text later. Connecting to a positive emotion helps me process my fear so I don’t burn out.”

Angela reminds our readers that “the [tips page](#) on the website is really helpful! I didn’t use the Ukrainian phrases much at first, because I speak some Ukrainian, and wanted to practice my writing / personalize my message. But such cards are difficult, take a long time to write, and I wanted to reach more Defenders. I thought, maybe they just need a simple, bright, positive message? Maybe it’s more important to just make more cards? I embraced the phrases with simple drawings. The most helpful was looking at other people’s postcards from the *Postcards to the Front* website / emails and at those written by others at our workshops. They gave me ideas and showed a wide range of styles. Now I do a mix of longer, personal cards and simpler, bright cards with the more general phrases.”



Figures above: The telephone pole is a great supporter of Ukraine and cheeky troll of Putin and embassy staff.

Angela acknowledges the commitment of those who protest daily at the Russian Embassy, as “a group of wonderful people ... we know this [protests] won’t end the war, but it shows the Russians and fellow Canadians that we aren’t giving up our values. Ukraine’s bravery should inspire us all to keep resisting evil, however we can. We use a lot of props and art, but usually, we just hang out on the sidewalk with flags, snacks, signs, chalk, memes for the [hydro] pole. We especially love to troll the staff with cheeky humour, like when we held a sham referendum to annex the Russian embassy on Putin’s birthday (106% voted yes!). Tyrants hate to be mocked. Every night, the staff wash our chalk drawings off the sidewalk and pull down the posters we put on the telephone pole. I didn’t expect it to have



Figure above: October 7th, 2022: We invited people to vote as many times as they wanted, on behalf of anyone living or dead, including pets! The ballot only had 'yes' options – in 6 different languages!

There is also a powerful camaraderie amongst the rep group members. For example, “for each other’s birthdays, we all chip in for a donation to Ukraine. We love donating for drones, often through [United24](#), where you can donate directly to the Ukrainian government for a variety of humanitarian and defense projects. Our first birthday fundraiser went to the development of naval drones – and now we see they have pushed Russia’s navy out of the Black Sea! We also donate to [Save Ukraine](#), which rescues and supports Ukrainian children abducted by Russia. Using birthdays and holidays to fundraise is an easy way to help.”

Knowing that many Canadians care about Ukraine, and also aware that individual resources have limits, Angela suggests that “*people to make your contribution manageable for your schedule and resources. Do a little, regularly, so you can keep doing it.* Most of us protesters just happen to live near the embassy – it doesn’t take us much time. Through Toonie Tuesday on X & bluesky, you can give just 2\$ to a different Ukrainian organization

much impact – it was also something therapeutic to do with little money. But Ukrainians and our neighbours told us we boost their morale. Our referendum made the news in Ukraine! Most surprisingly, federal politicians have told us that they bring up the continuing protests across Canada when their colleagues question whether to keep sending aid to Ukraine. They tell us to keep it up because leaders need to SEE support. I never expected something so small (and fun) could have such a big impact.”



Figure above: April 2023: A little party to celebrate Finland joining NATO.

each week. If you don't have much money, use your actions. Write postcards [you can get some FREE from Postcards to the Front], write your MP to tell them to support Ukraine, hang a Ukrainian flag on your house. One of our members does a weekly videochat with a Ukrainian to help them practice their conversational English skills (via ENGIN – no experience required!). Never think your contribution is too small to matter. *Don't think about what you can't do – focus on what you can do.* Look at how Ukraine is taking on Goliath by making the most out of their very limited resources, and drawing on a vast network of civilians, like us, who are pitching in what we can to the effort."



Don't think about what you can't do – focus on what you can do.

We are reminded of anthropologist Margaret Mead who said, *"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

When thinking about postcard messages, Angela thinks about how much she "loves getting handwritten notes and thank you cards. I think of one note I received, in particular, many years ago. At the beginning of grad school, my father passed away. It was an incredibly dark and lonely time; I was barely getting out of bed. One day I discovered a card in my bag when I got home. It was a heartfelt note of condolence from one of my new classmates – a total stranger. She said she had no idea what I was going through, but she would help however she could, cheerfully offering to be my 'new stranger-friend'. I was so moved that a stranger would do such a thing. Her positive emotion boosted my energy. I hope I can give a defender that feeling. Caring humans – even if strangers – connected through empathy will surely overcome the hateful selfish goons hiding in the Kremlin while robbing their people. ***Love is more powerful than hate.***"

How do we move forward, to support Ukraine, in 2025 when there is so much chaos on the planet?



Figure above: May 2025: The Beaver Brigade has got the rats surrounded!

“With Donald Trump befriending Putin, Defenders need our messages now more than ever. Ukrainians are scared that they are being abandoned. We need to show them that the rest of the free world isn’t following the Cheeto in the White House. Make your postcard with whatever skills / supplies you have, don’t set yourself high standards. People often tell me they don’t have enough writing or creativity skills. Nonsense! You don’t need to be a brilliant composer or artist. Anyone can copy the phrases [available on Postcards to the Front website, [here](#)], draw a Ukrainian flag, or use some stickers. (Defenders love getting drawings from children – you don’t need to put your age! 😊). Even the simplest effort will have a big impact. The Defender will get the message: *someone out there still cares about Ukraine.*”

Special highlights of the daily russian embassy demonstrations:



Figure above: Mid-March, 2025: Charlie Angus protested with us in the snow, with this message: Canada will not kiss the gangster ring, in Moscow or Washington! Elbows up!



Figure above: May 9th, 2025: Victory Day: Welcoming the diplomats as they arrive to the embassy's annual propaganda party, where the fascist country pretends to have defeated fascism.



Figure left: July 8th 2024: The day Russia bombed the Okhmatdyt Children's Hospital.



Figure right: June 4th, 2024: Memorial Cemetery installation on Parliament Hill for the Ukrainian children taken by Russia.

News and Updates

By Helen



Drum roll for Brigitte, from Gatineau, Québec, who is the **WINNER of the 200 cards challenge**, issued by our postcard warrior veteran friend, Marcus (Arizona). To celebrate his outstanding achievement of writing 1,000 cards to Defenders, Marcus offered a prize of a box set of postcards to the first person who sent 200 written cards through *Postcards to the Front* by July 4th. Well done Brigitte! And thank you for so many beautiful cards with heartfelt messages for Defenders.

Readers might remember learning about Brigitte in our [February 2025 newsletter](#).

MANY THANKS to **all** postcard warriors for so many heartfelt messages of support for Ukraine's Defenders! As at time of publication, we are just a few hundred shy of sending 30,000 postcard messages of support to Ukraine's frontline Defenders from around the world, through Australia and Canada branches.

An OUTSTANDING ACHIEVEMENT!

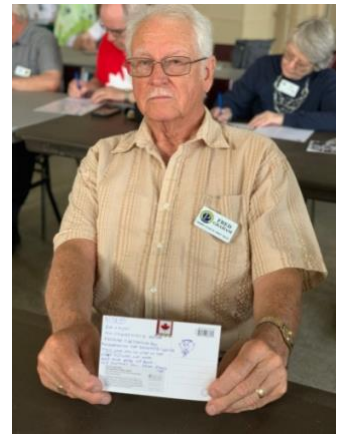
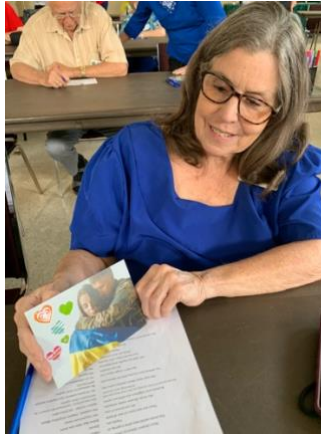
As Angela, from the russian embassy protesters (rep) in Ottawa, shared with us this month, "Never think your contribution is too small to matter. *Don't think about what you can't do – focus on what you can do.* Look at how Ukraine is taking on Goliath by making the most out of their very limited resources, and drawing on a vast network of civilians, like us, who are pitching in what we can to the effort."

It is true: a small group of people **CAN** make a difference!



Trent Hills PROBUS

A warm reception, on a very hot June day, greeted us in Campbellford, Ontario, where we shared about *Postcards to the Front* with the membership of *Trent Hills PROBUS*. The attendees wrote dozens of heartwarming postcard messages to Ukraine's Defenders. Some were written soldier (veteran) to soldier. One wrote, "If I were younger, I'd join you!"



The goal of the PROBUS organization is to provide fellowship, friendship, and fun for individuals in their retirement and semi-retirement years. PROBUS is a volunteer-based, non-profit, non-political, non-sectarian fellowship organization with over 4,000 clubs worldwide, some 250 being Canadian clubs made up of over 35,000 members.

You can find out if there is a PROBUS chapter in your community in Canada [here](#). Or, elsewhere, globally, [here](#).

If your PROBUS chapter wants to learn more about *Postcards to the Front*, let us know at postcardstothefront.canada@gmail.com.



Oshawa Fiesta Week 2025



Figure: Fiesta Week mascot Globie, writes postcards to Defenders at Lviv pavilion.

What a fabulously fun week we enjoyed at the 51st annual *Oshawa Fiesta Week* where Lviv and Odesa pavilions invited us to set up *Postcards to the Front*! **More than 700 postcard messages of support** were written by visitors of all ages, mostly Canadian but a few also from Germany and Poland. A staggering amount of love on the way to Ukraine's frontline Defenders!

Many thanks to the incredible group of volunteers from Oshawa's Ukrainian community who helped us staff the

Postcards to the Front table every night of Fiesta – as well as support other aspects of our endeavors!

We are also very grateful for the sponsorship of the BCU Foundation that has this year funded the cost of shipment of most postcards to Ukraine.



Figure bottom left: Lviv Dance Ensemble members write postcards between performances.





Figure bottom left: Miss Lviv joins Mini Miss 2025 and Mini Miss 2024 to write postcards at Lviv pavilion.





Figure top right: Cousins together at Lviv pavilion for the food, the performances and to write postcards.





Figure top left: Miss Poznań joins Odesa dancer to write postcards at Odesa pavilion.



Figure top right: Miss Odesa writes postcards at Odesa pavilion.

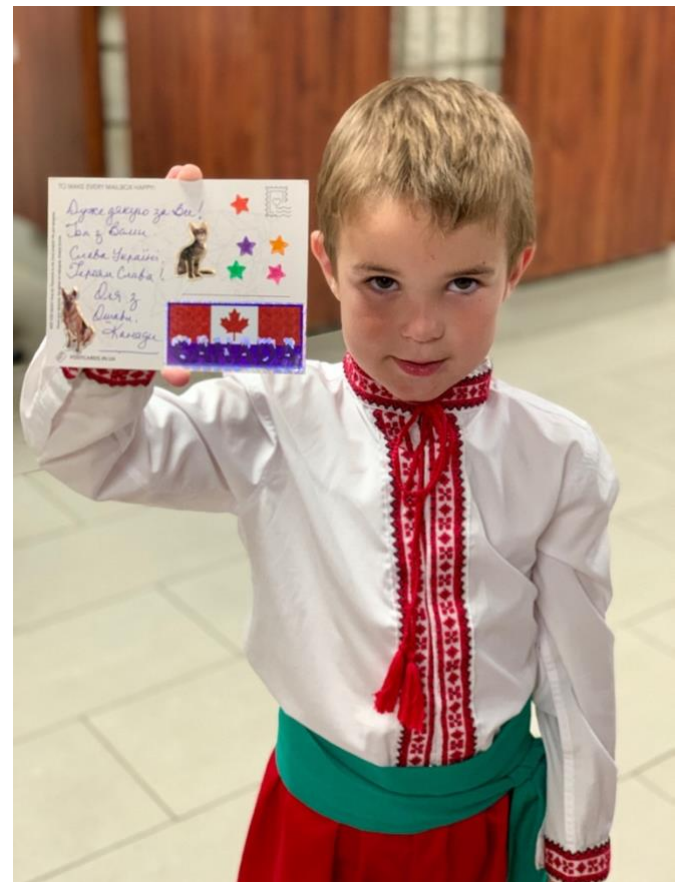




Figure top left: MPP Jennifer French (Oshawa) joins volunteer Henry to write cards at Lviv pavilion.



Figure top right: Clarington Councillor Corinna Traill writes cards at Lviv pavilion.





Figure bottom: MP Rhonda Kirkland (Oshawa) joins volunteer Henry to write cards at Lviv pavilion.





New Canadians Centre Block Party

Postcards to the Front was invited to join the *Ukrainian Cultural Hub of Peterborough* (Ontario) booth which was part of the 46th annual [*New Canadians Centre*](#) block party. What fun to meet so many new Canadians from faraway places such as Australia, China, Hong Kong, Kurdistan, Peru, Syria and Ukraine, as well as many established Canadians who joined us to write postcards to Ukraine's Defenders.













Figure above: Lullaby cat card chosen as her mother sings the lullaby to her every day.



Canada Day – July 1st

Our Canada Day joy arrived in a large box, full of postcards printed by *Coba Studios and Print House* in Merrickville, Ontario, whose generous sponsorship of printing ensures that we have lots of cards for postcard warriors to write to Ukraine's Defenders. Let us know if you need some. FREE.

There's the witty Fifties Diner (Peterborough, Ontario) card, the beaver brigade (design inspired by the Russia embassy protesters / rep, Ottawa), the "Rise Up!" dogs [Bronte and Enzo] card inspired by Anne in Australia, and our stalwart Canada/Ukraine heart/hands card. ***You bet we wrote some cards to Defenders on CANADA DAY!***

And so did the Russian embassy protesters (rep), following a day of protest outside the Russian Embassy! Of course! 😊 ***Thank you all!***

Coba

Studios & Print House





Also in the box from *Coba Studios*, four new cards that feature our lovely home base village, Millbrook, Ontario. We decided to do a bit of fundraising to help support shipping and workshop costs by producing *Millbrook* cards for sale, and for local postcard warriors to write to Defenders. If you're a collector of such cards, we'd be happy to write one to you, in exchange for at least three – five would be nice! – postcards written by you to Defenders. Drop us a line and we'll discuss how.

MANY THANKS to Chris at *Coba Studios and Print House* in Merrickville, Ontario, for his continued support of *Postcards to the Front* through the printing of postcards over the last two years!

Shout-Outs



Such a gorgeous postcard design by Bei in Halifax, Nova Scotia, where she used a long-exposure technique to photograph last summer's meteor shower peak, with aurora borealis and milky way, all offering a magically joyous night sky. Wow! Imagine a Defender holding this beautiful sky in their hands; a sky without drones or missiles! The sky we all hope for Ukraine. *Dear Postcrossers*: you can see that she used the card as a Postcrossing card.

We continue to receive cards from various Quebec Women's Institute groups, including many more from Fordyce WI (Dunham), as well as recent batch from members of Gore WI (Spooners Pond), and York WI in Gaspé, Quebec. Other newcomers to the project include Doreen in Ottawa, Laura in Saskatchewan, Mika in Connecticut, Faye and family in Massachusetts, Caitlyn in California, and Ricard in Spain.

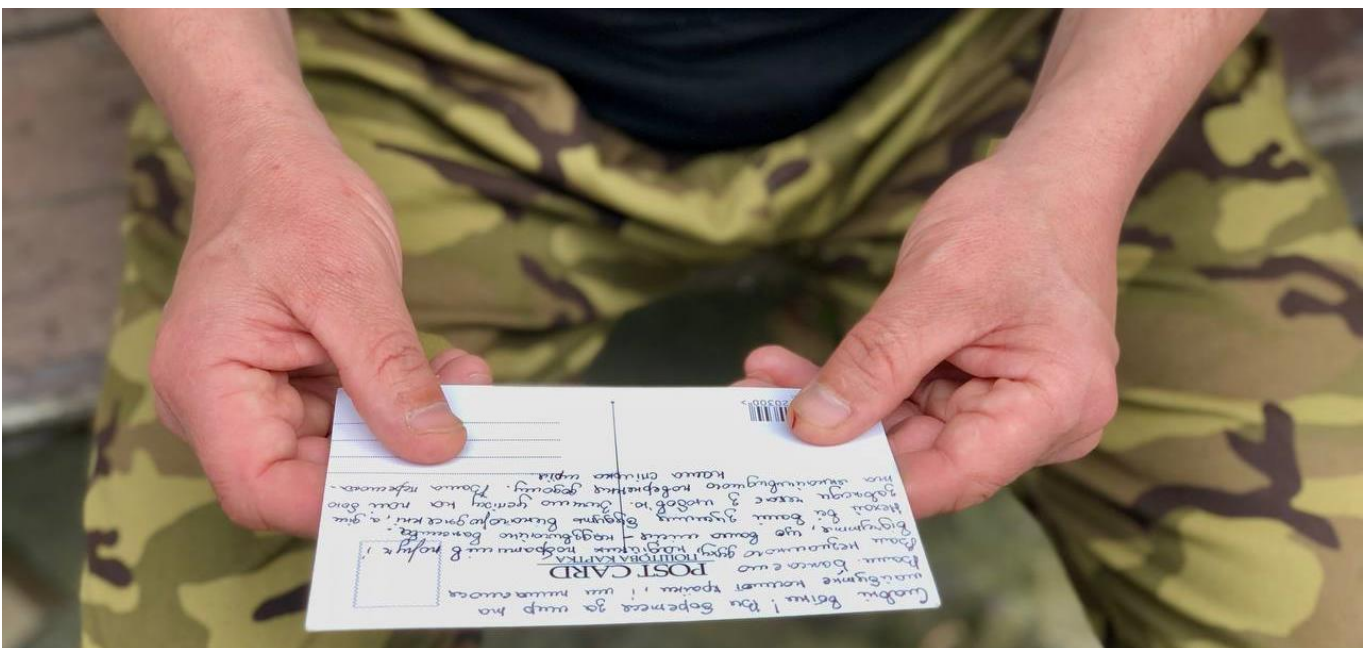
As well, more cards are on their way to the front lines from students in Greater Toronto area Ukrainian Heritage Schools (Shkilna Rada), include St. Volodymyr, from Clarisse in Singapore, and more art cards from Jessica in California, along with cards from many others. Finally, a HUG THANKS to those who have donated stamps and postcard supplies. We go through a lot of pens, markers, stickers, etc.!



More cards arrive at the front line



Left: Packages of postcards arrive at home base, for sorting. Middle: Postcards sorted by volunteers into boxes of supplies for Defenders. Right: postcards with supplies arrive at a battalion.











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 by reaching out at postcardstothefront.canada@gmail.com

Need ideas about what to write? Check our [Tips](#) page, and our [Ukrainian phrases](#) page.

Maybe you want to organize a group of family, friends or others to write postcards? Check our website for tips, [How to Run a Postcard-Writing Workshop](#).

Consider a group effort this summer to help us with our **Christmas in Summer** campaign, so we can send a lot of messages of love and support in time for Christmas. By then, it will be nearly four years that Ukrainians have been defending their homes, their land, their freedom.

If you can get your Christmas postcard messages to us by mid-October, they will arrive in plenty of time for the Christmas holidays and New Year.

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



Have cards ready for Defenders? Send them to –

Postcards to the Front (Australia)
3 Elgin Street
Newport Vic, 3015
Australia

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



Remember – 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 Nadia in Zaporizhzhia region, Ukraine reminds us –



Postcard support gives strength and courage.

— Nadia



Thank you for your continued support of Defenders of Ukraine!



Let's write some Ukrainian!

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.

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

Hello!	Привіт!
We didn't forget about you.	ми не забуваємо про вас.
War will end and you will always be heroes.	Війна закінчиться, і ви завжди будете героями.
You are defending your motherland. You are brave and courageous.	Ви захищаєте свою батьківщину, ви мужні і хоробрі.
Slava Ukraini! (Glory to Ukraine!)	Слава Україні!
We are proud of you!	Ми пишаємося вами!
Bless Ukraine.	Благослови Україну.
We wish you health and happiness.	Ми бажаємо тобі здоров'я і щастя.
Our country stays with Ukraine.	наша країна ЗА Україну.
We are together.	ми разом.
What you do is incredible	те, що ви робите, неймовірно
Please, be careful.	будь ласка, будьте обережні.
Be strong and stay safe.	Будьте сильними та бережіть себе.
Stay till the end! (meaning to the end of the war)	Стійте до кінця!
Don't give up!	Не здавайтеся!
We send you our continuous support.	Ми підтримуємо вас увесь цей час.
Canada stands with you.	Канада ЗА вас.
I wish you a victory.	Бажаю вам перемоги.
Bless Ukraine.	Благослови Україну.
With love, (at the end of the letter)	З любов'ю,