

Nov / Dec 2025



# Postcards to the Front

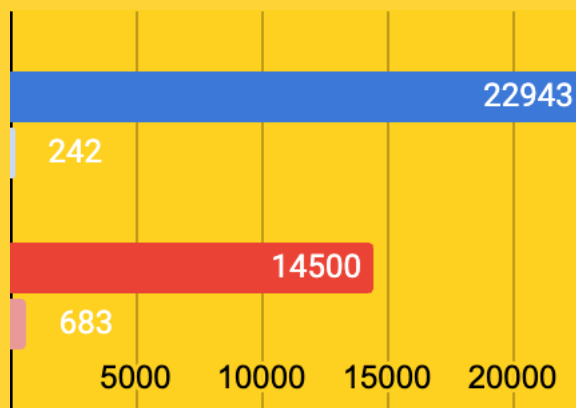
## International Newsletter

Ukraine  
Australia  
Canada



Volume 3  
Joint Issue 4 & 5

### A Month in Postcards



This month our postcard warriors from Australia sent 242 cards and from Canada sent 683 cards. Australia's total sent is now 22,943 cards and Canada's is now 14,500.

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://www.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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## Editor's Note

Three cheers to you, postcard warriors! Nearly 40,000 postcard messages of support have traveled from Australia and Canada branches to the front lines in Ukraine. That's a WHOLE LOTTA love! Дякую! THANK YOU!

Three cheers to Ukraine's postal services! There's the national postal service, [UkrPoshta](#), and a private [courier-oriented] service, [NovaPoshta](#).

And three cheers to Tamara at home base in Ukraine and the legion of volunteers who pack and distribute your postcard messages to Defenders at the front lines. Including [ТИ НЕ ОДИН UA](#) - *You are not alone UA*.

Let's keep the momentum going.

Did you know ... WWI lasted just over four years?

Did you know ... WWII dragged on for six years?

It's almost four years since the full-scale invasion of Ukraine. More than a decade since Russia has been chipping away at Ukraine, killing Ukrainians, bombing homes, schools, hospitals and infrastructure. The recent 28-point [capitulation] plan presented to Ukraine does not guarantee peace, nor dignity, nor freedom, nor justice for Ukrainians.

How long are we – our leaders – going to 'tolerate' Ukraine's suffering of Russian terror? Are we – are our leaders – waiting until it's a full-scale war in Europe before providing essential military support to Ukraine?

We can all do better.

You, dear postcard warriors, have been doing a \*great\* job! Every message that you write from your heart onto that tiny postcard travels half-way round the world to land in the hands of a Defender, reaching their heart and filling it with warmth, love and care.

It's essential that we keep up the momentum as the four-year anniversary since the full-scale invasion is just around the corner in the New Year.

I have recently ramped up my letter-writing campaign to remind Canadian leaders to keep up the momentum, and to DO MORE to support Ukraine.

Consider taking a few moments to write to your leaders. Even if only one. They need to know what we, the people whom they represent, want of them.

1. Write a letter to your federal representative reminding them that you and your family and friends support Ukraine. You expect nothing less from your political representatives.
2. Write a letter to your federal representative telling them that you support the need for increased weapons in Ukraine. Postcards go a long way to boost morale. Weapons go further to protect Ukraine's people from daily shelling of homes, schools, hospitals and infrastructure.
3. Save some money from a few cups of coffee and donate it to a credible charity that supports humanitarian aid or medical aid in Ukraine. For instance, the [Canada-Ukraine Foundation](#).
4. There is a growing need for prosthetic support for veterans and for civilians of Ukraine, including children. The article, "[Five ways to support Ukrainian War Veterans](#)" includes ways to help fund prosthetics.

Thank you for your continued support of Ukraine!

On another note ... We have combined the November & December issues in order to give everyone a holiday from the hard work of producing a newsletter during the festive season.

***Best Wishes to all for good health, joy, and lasting justice and peace in Ukraine in 2026!***

# I rejoice, when our brave Defenders are alive. In every postcard, warmth and support

By Larysa



Hello, I am Larysa, living in Dnipropetrovsk region, Nikopol district, in the village of Kamyanske. My village is the closest to the city of Nikopol, located on the shoreline of the former Kakhovka Reservoir. On the opposite bank, which we could always see clearly, is the Zaporizhzhia [Kakhovka] Nuclear Power Plant.

In general, the Nikopol area has an outstanding historical past; my homeland is often called “the land of five Siches,” because five Zaporizhzhian Siches [fortresses] were located here, and not far from the village of Kapulivka lies the grave of the Kosh Otaman Ivan Sirko.

After the explosion of the Kakhovka HPP, one can now see the Velykyi Luh (commonly called the floodplains, surrounded by many legends and stories), where the Cossacks once developed.

Since the dam’s destruction, we are left without water. We could never even imagine such a thing and still have not gotten used to the new landscape. The first summer and after were very difficult — we always had both drinking and technical water. For some time, we carried water that was delivered. Charitable organizations provided drinking water. Now the villages and towns are connected to a water supply from Zaporizhzhia (the “Great Construction” project), and Nikopol. Pipes are laid further down the Dnipro estuary, while we are under shelling.





Before the full-scale invasion, I happily worked at my beloved job in a preschool education institution in a neighboring village, as a teacher-methodologist. In fact, I still work there now, but from the first days of the war, our staff was unable to work with preschoolers offline, so the kindergarten became empty. Later, we switched to distance learning and education, like other institutions of our Chervonohryhorivka community. However, most of my time is now dedicated to volunteering.

On February 24, 2022 – the first day of the full-scale invasion – we woke up to rocket explosions (a military base was nearby). We learned that our local lyceum would serve as a shelter, so we carried blankets and pillows there. My children (a son and a daughter) lived in Kyiv. On the third day of the war, they managed to leave for Lviv. They lived with a friend there for three months and then returned to Kyiv. My husband, our retired mothers, and I stayed home and have not left to this day. The only exception was my mother, whom we persuaded to go to my sister in Kyiv in the summer of 2022, after Nikopol and the whole shoreline began to be shelled both day and night. She stayed in the capital for nine months

and returned, saying home was still better (even under shelling). My husband works at Ukrzaliznytsia (Ukrainian Railways).



The directors of our kindergartens — Kamyanske “Veselka” and my Prydniprovskye “Dyvosvit” — decided at the end of February 2022 to help the Armed Forces of Ukraine by weaving camouflage nets. Those from the staff who lived in Prydniprovskye and Musiyivka wove nets at the Prydniprovskye House of Culture. My colleagues and I, living in Kamyanske, wove nets in the “Veselka” kindergarten. I remember those heavy, dark nets... so much fabric was cut. But we learned, asking local fishermen for net bases. Those who could knit made warm socks and mittens. By late March, we returned to our “Dyvosvit” kindergarten in Prydniprovskye and continued weaving. From April 2022, displaced persons from Donbas began to arrive.

I feel that I am needed and useful in this difficult time when our nation is fighting for survival. Looking every day at the walls of our music hall, where we work — covered in flags, patches, thanks, and souvenirs from our brave Defenders — makes my soul lighter. Receiving photo reports from units, I rejoice that we were able to fulfill another request. And most importantly—that they are alive.



When I first received a parcel with postcards myself, I cried. I looked through each one and felt warmth and support. I believe our Defenders feel the same, so I include postcards in every package.

Postcards definitely lift spirits. They feel like greetings from home. Soldiers often ask for souvenirs, children's drawings, and make whole exhibitions on walls, or carry them in backpacks as talismans.

“

*When I first received a parcel with postcards myself, I cried. I looked through each one and felt warmth and support. I believe our Defenders feel the same, so I include postcards in every package.*



Like all Ukrainians, I want the war to end soon, *justly*. In our region, I especially long for peace—without shelling, sirens, and news about destroyed homes and killed civilians. I no longer want to bury our Defenders but to celebrate weddings and family gatherings. I want all occupied territories to be liberated. I could write endlessly—I just want to feel alive and for all my loved ones to be safe and healthy.

I think we will all need psychological support both now and *after* VICTORY. Support for rebuilding everything that has been destroyed. Support for families who lost their loved ones. And we need an invincible army so that no evil dares to invade our land again.

The time after VICTORY will be the happiest. I think I will finally see grandchildren. I will return to my main work in preschool education, or maybe radically change my professional life. Now, after volunteering, I know I am capable of much more. Life will show the way – as long as it continues. With less “worrying” and more helping.

Through this war we realized: if we don't help ourselves, nobody else will.

Thank you for reading. I'm Larysa. From Nikopol region.



# South African Solidarity with Ukraine

By Dzvinka Kachur

*Editor's note: During our recent travels in Africa, we met with Dzvinka Kachur, Honorary President of the Ukrainian Association of South Africa (UAZA) [NPO # 189 – 705 representative], and shared with her about Postcards to the Front.*

*We extend a warm welcome to South Africa into this family of Defender support, and they've already facilitated a successful postcard-writing event. Here's Dzvinka's report –*



*A Taste of Belgium* is an annual Belgian market held at Belgian Residency, Newlands, Cape Town. UAZA has been invited by the Belgian Consulate to be part of this event since 2022 to demonstrate Belgian's solidarity with Ukraine. We had a stall and used the opportunity to raise awareness among South Africans about the situation in Ukraine.



We showcased souvenirs made by four generations of women from one Odesa family who are currently living in Cape Town because of the war. The great-grandmother made jam, while the grandmother created flower arrangements and Christmas decorations.

UAZA also provided information about the Ukrainian abducted children.

We offered two interactive activities: writing visitors' names in Ukrainian on a bookmark featuring a Petrykivka design and writing a postcard to a Defender at the frontline. This, of course, meant that we provided some quick lessons in writing the Ukrainian language.





solidarity with the fight for democracy and freedom. They had many questions about the current situation in Ukraine and acknowledged that they receive very little information about what is happening on the frontline.

We are grateful to *Postcards to the Front (Canada)* for providing materials and guidance on how to run the event. It would not have been possible without you. Thirty-two postcards written at our first postcard-writing event will be sent to the frontline with warmth and love from South Africa.



People of all ages wrote postcards to show their support. One memorable encounter was with a South African whose mother studied in Kyiv in the 1980s, together with hundreds of other African students. She earned a degree in Zoology. Another was with a gentleman who left Ukraine when he was four. His brother is currently on the frontline, and his son wrote a postcard to the Defenders; the father instantly sent a photo of the card to his brother. Although the postcard was

not addressed specifically to his uncle, this connection created an immediate sense of care and emotional support.

Most South Africans had no direct connection to Ukrainians but felt in





# Postcards ... something in my power to do

By Helen

Many learn about *Postcards to the Front* from someone who subscribes to our newsletter, who follows us on social media, or who attends one of our events.

Such is the case of Toronto resident Marta B., who lives in Toronto.

“A friend forwarded me a post about *Postcards to the Front*. She thought I’d be interested because she knew I’d been an initiator of *Postcards for Prisoners*, a project sending postcards to Ukrainians held in Russian prisons. This was after Russia’s 2014 annexation of Crimea and launch of the war in Donbas. We arranged postcard-writing events to keep up the spirits of Ukrainians held in Russia, to let their jailers know the world cared and was watching, and to raise awareness about them here at home.”



Marta has lived and worked in Ukraine, has family in Ukraine, and regularly follows the news about Ukraine. She’s always looking for ways to do more to help Ukraine.

“Sending messages of support and appreciation to Ukrainians fighting to defend their country is something that is in my power to do.”

Like most of us, Marta “can’t even imagine what it is to be at the front and live through the horrors of Russia’s war on Ukraine. I hope that those at the front receiving the [postcard]

messages see that people in faraway Canada know about them, that we're grateful for their courage and for their sacrifices. I hope it gives them some hope and some comfort."

Although having Ukrainian roots, Marta shared that her Ukrainian [written] skill is not very sophisticated, making "it almost easier for me to express simple, sincere thoughts. At our evening of postcard writing, some of the participants from Ukraine struggled more because they felt a responsibility to get it exactly right. And they wrote longer, beautiful, heart-felt messages."

Additionally, Marta and the group that she organized found it useful to review the Postcards to the Front [Tips page](#) and [Ukrainian Phrases page](#).

Amongst her diverse efforts to support Ukraine, Marta and a group of Toronto friends also organized a fundraiser for a shelter in Ukraine that houses women and children displaced by war, who have fled areas occupied or under threat of Russian occupation.

"We held an evening event with music and food with an underground 'speakeasy' vibe ... raising more than \$8,000."

When asked why she followed through on her friend's suggestion to check out *Postcards to the Front*, Marta explained:

"I know so many people who feel the way I do, that Ukrainians deserve our support, and wishing there was more that they could do. Sometimes it's a matter of organizing people and giving them a straightforward way to get involved. I knew I could do that."

Marta works at St. Volodymyr Institute (SVI), in downtown Toronto, which is a hub of Ukrainian-Canadian culture, so she interacts daily with people interested in Ukraine. SVI is also a student residence, and Marta got to know a number of students from Ukraine who live there, explaining that "they are smart, articulate, charismatic – it's a pleasure to work with them. They were core members of the fundraising effort I mentioned earlier. As well, I invited friends who were born in Canada whose first language is Ukrainian, and they also wrote in Ukrainian."

Marta and the group at SVI Defenders decided to create their own postcards by using the front [illustrated] side of Christmas cards as the image side, writing messages on the blank back side.



"I hope that the interesting or amusing images put smiles on their faces. I hope they feel supported by people on the other side of the ocean. I hope they feel appreciated, admired, and honored."

As for how Marta feels about the endeavor, she explained that she "feels some sense of satisfaction that I'm doing something, possibly bringing some positive emotion to a Defender."

Overall, Marta offers that postcard messages are "something we all can do, and *Postcards to the Front* makes it easy since they've organized the distribution in Ukraine. I think the hardest part is starting; you just have to decide to do it, and then get started."

Marta also recommends that you "invite a couple of friends over, have some snacks, something to drink, and spend an evening making a difference."

And your collective joy will travel straight from your written message to the heart of a Defender.



# Peter Ramadge Ukraine Trip Report

By Peter

*Editor's Note: Ukraine is a war zone. Travel to Ukraine is complex, dangerous and is discouraged. Australia has posted this government advisory: "[Do not travel](#) due to the volatile security environment and ongoing military conflict. The security situation could deteriorate with little warning, posing a serious risk to life." Canada has this advisory: "[Avoid all travel](#) to Ukraine due to the Russian military invasion. Your safety is at high risk, particularly if you engage in active combat." Visitors to Ukraine, no matter how well-intentioned, pose an added burden on Ukrainians facing many deprivations during war time.*



Figure: Peter Ramadge

I travelled to Ukraine in October 2025 for a few weeks. I wanted to show my support in person for the war effort. I flew to Warsaw (with a stopover in Singapore to catch up with SC from SG and our Singapore Team) then took a train to Ivano-Frankivsk, which lies in the western part of Ukraine. It was a 14-hour trip with several connections. I met our contact, Tamara, who does an amazing job distributing our postcards to the brave Defenders.

Tamara, the hostess with the mostest, organized some great excursions to give me a real insight into life in Ukraine. I was met with enormous kindness and generosity from everyone. I will focus on just a few of the trips, otherwise, this newsletter will be the size of the old phone books!

We visited the talented ladies who weave the camouflage netting to confuse the Russian drones. They produce these nets in different sizes and valiantly tried to teach me, but I failed miserably. I will spare you a photo of my lame attempts. It is a lot harder than it looks!



Figure: Tamara





*Figure: An example of the Netting*

The conclusion I came to was that it is easier to make friends than produce a camouflage net myself. They are champions!

We also took a trip up to the mountains, which is a popular spot for skiing. While the weather was cool and you needed warm clothes, there was no snow. We went on the ski lift and the view over the UNESCO protected site was fantastic.

We visited a local petting zoo that housed a variety of domestic and exotic animals, including long-horned cattle, sheep, alpacas and goats. Visitors can pet and feed the animals. The goats were particularly taken with me!



*Figure: A couple of volunteers*





I was fortunate enough to try some Ukrainian traditional foods. The food, like the dumplings, was tasty, but the best dish by far was the traditional breakfast prepared for me by Tamara. It consisted of cheese pancakes, *syrnyky*, served with fresh fruit. It was delicious and a great start to the day. I was also introduced to Ukrainian customs, such as toasting for birthdays. The host usually starts the first toast, and the tradition is for everyone to make a toast, holding up your glasses all the while.

One of the most touching moments was looking at the memorials to the brave Defenders who had fallen in battle. Photos were displayed respectfully with flowers and candles all around the town. Their sacrifice was remembered.

What I will remember the most is the warmth, kindness and resilience of Ukrainians in the face of such adversity. Ukraine is at war, and while I felt safe and well-looked after, Ukrainians are under a strict curfew, with loud sirens regularly warning citizens to go into underground bunkers for safety. It also made me thankful and grateful that I was coming home to Gabbi and my dog, Fat Charlie. It also underlined how grateful and appreciative I am of the strong support from all of you postcard warriors. Thank you from the bottom of my heart. You are champions!





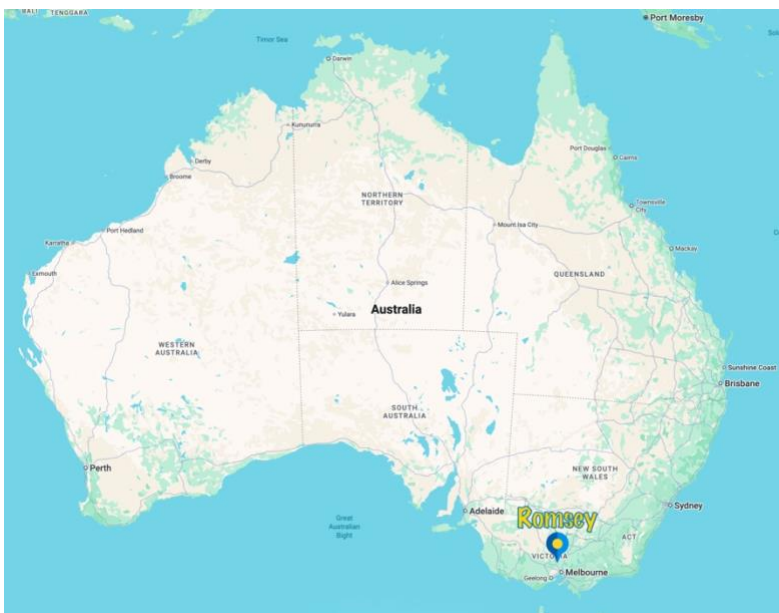
# Art as Healing

By Helen



As soon as we saw the colourful and whimsical Christmas postcard designs that Australia postcard warriors are sending to the front lines this year, we wanted to know more.

These cheerful festive postcards are not the first project that Australian artist, Debbie Daks has undertaken to support Ukraine. Like most postcard warriors, Debbie, from Romsey, Australia, early identified a need for support following the full-scale invasion of Ukraine. She quickly put her artistic talents to work; first, to boost the morale of her friends, Helena and Anastasia in Lviv, with colourful paintings of elves and fairies.



Debbie expanded her talents beyond friendship by creating more whimsical works sold to raise funds for the [Rotary Club of North Melbourne](#) that supports Ukrainians sheltering in Australia.

During a period of cancer treatment in spring 2024, Debbie turned to art creation as part of her personal treatment and healing process. Her whimsical and colourful works were

featured alongside the artwork of children in an Arts in Healthcare exhibition at the [Olivia Newton-John Centre](#) (ONJ Centre), to cheer patients and their families. All to raise funds for the ONJ Centre.

Debbie employed her art-as-healing philosophy in workshops that she has offered to Ukrainian children sheltering in Australia, through the [Association of Ukrainians in Victoria](#). The workshops eventually led to a fundraising exhibition, *Art with Ukraine in the Heart*, all art created by the children and some Ukrainian adults who also participated.



Her concern for children of Ukraine led Debbie to support the [Antytila Charity Foundation](#) that provides a variety of supports to the children of the fallen comrades of 130 Battalion, such as education and medical aid.

And it hasn't ended there! Debbie painted a series of her trademark colourful whimsies that feature animals of Australia, such as koalas and kangaroos, all to support Ukraine's largest children's hospital, [Okhmatdyt](#), severely damaged by Russian missiles in summer 2024. Although hospital staff were able to evacuate patients, ten were injured, one later dying from their injuries.

Debbie's original works were packed with dozens of teddy bears to protect them for the long journey, as well as to be gifted to children receiving treatment and care at Okhmatdyt. Meanwhile, prints and postcards of each of the paintings are sold to raise funds for the hospital.

And this Christmas, adorable, colourful and cheerful Debbie Daks postcards are on their way to the front lines to boost morale amongst Ukraine's Defenders.



# Supporting Ukrainian Volunteers on the Frontline of Humanitarian Aid

By Kerry H.

As we write messages of strength and gratitude to Ukraine's Defenders, we also honour the volunteers who support the communities behind them. One of these volunteers is **Максим Огородник**, whose dedication to delivering humanitarian aid continues, despite injury. His story reminds us that hope is carried not only by those on the frontline, but also by those who help others endure.



For years, Максим has dedicated his time, energy, and personal resources to humanitarian service. His efforts include delivering food parcels, first-aid supplies, basic medicines, hygiene kits, warm clothing, and other urgently needed items to families in vulnerable communities. Beyond emergency aid, he has also contributed to long-term support projects—helping to build an orphanage and donating essential supplies to children's support psychological services, ensuring that young people affected by trauma receive the care they need.

Recently, Максим sustained an injury that prevents him from carrying out deliveries himself. Despite this setback, he continues to coordinate a **trusted and well-established network of volunteers** who remain active on the ground. Through his guidance, these volunteers continue to





travel long distances—often into challenging or isolated areas—to reach people who cannot otherwise access help.

Because GoFundMe does not allow withdrawals directly to Ukraine, the organiser of this campaign will receive donations in Australia and transfer them to Максим via his verified PayPal account. From there, he distributes funds transparently to the volunteer teams who purchase supplies and fuel, repair vehicles, and maintain the critical delivery routes that keep humanitarian aid moving.

### What Your Donation Supports

- Food packages for vulnerable families
- First-aid supplies and essential medicines
- Hygiene kits and warm clothing
- Fuel for volunteer transport
- Vehicle repairs & essential maintenance



### Transparency and Accountability

Every transfer will be followed by an update (with personal details redacted), and a clear, ongoing donation log will be maintained. All funds go directly to humanitarian purposes —none are used for unrelated or personal expenses.



### Why This Matters

Even while recovering from injury, Максим's commitment to supporting others has not wavered. Your contribution—whether large or small—directly strengthens this volunteer network and ensures that lifesaving supplies reach Ukrainian families during an incredibly difficult period.





Please click the link to donate however small:

[Help support humanitarian aid in Ukraine](#)

## Call to Action

If this story moved you, please consider helping Максим's volunteer team continue their vital work. Every contribution—big or small—directly supports people struggling through unimaginable hardship. Together, we can help carry hope a little further.



[Translation]

### Appreciation to Ohorodnyk Maksym Antoliiovych

For the support and assistance to the personnel of the 9<sup>th</sup> Separate Motorized Infantry Battalion, for your humanity, selfless work, and significant personal contribution to our shared Victory.

May your kindness return to you a hundredfold.

Glory to Ukraine! Glory to the heroes!

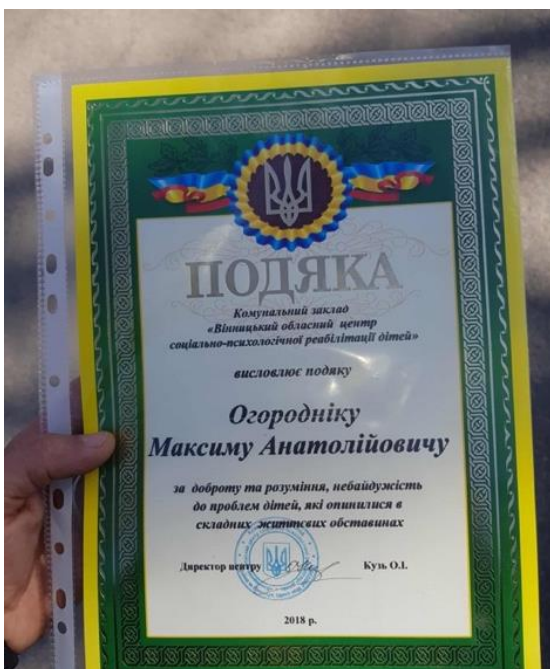
With respect,

Commander of military unit A2896

(Lieutenant Colonel signature)

15 February 2020

City of Switlodarsk [Translation]



[Translation]

### Appreciation

The Municipal Institution

“Vinnytsia Regional Center of Social-Psychological Rehabilitation  
of Children”

expresses gratitude to

### Ohorodnyk Maksym Antoliiovych

for kindness and understanding, and for concern about the  
problems of children who found themselves in difficult life  
circumstances.

Director of the Center (signature)

2018

# News and Updates

By Helen

## XXVIII Triennial Ukrainian Canadian Congress, Toronto

We enjoyed our days at the Triennial UCC Congress held in Toronto this month, where we invited congress delegates to write postcards to Defenders.

And what an amazing roster of passionate, engaging [speakers](#), including: Oleksandra Matviichuk, human rights Nobel Peace Prize laureate; David McGuinty, Minister of National Defence; Chrystia Freeland, Canada's special envoy for the reconstruction of Ukraine, and Lt. Col. (retired) Romeo Dallaire, among others. We were grateful to all those who were able to stop at our booth to learn more about *Postcards to the Front*.

Many individuals and organizations received awards for their dedication and hard work in preserving and promoting Ukrainian culture, as well as for their support of Ukraine.



Congratulations to our friends in Ottawa, the Russian embassy protesters, who have rallied outside the Russian Embassy every day since the full-scale invasion in 2022! Their work was acknowledged with the award of the UCC National President's Certificate of Appreciation. They've also been outstanding



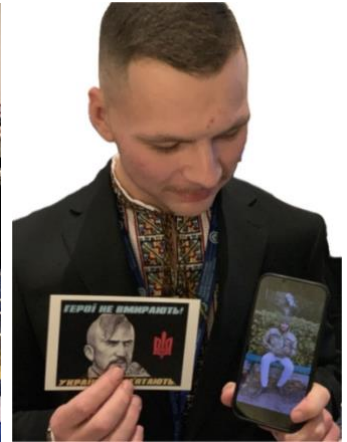
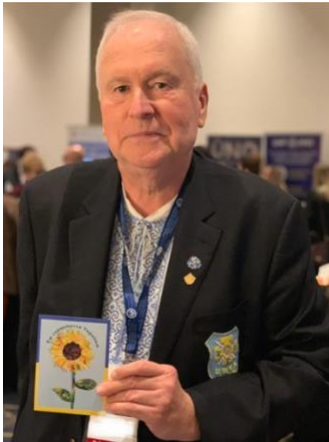
postcard warriors! And, we were delighted to have Kate & Karen join us at our booth!







Postcards written by delegates at the Triennial Congress are on their way to the front lines in Ukraine.



*Riana Teifukova; Canadian Association of Crimean Tatars*



*President of Ukrainian Canadian Congress, Durham Region*



*Wild Hornets drone production representative*



*Scott Anderson, MP – Vernon – Lake Country—Monashee, British Columbia*



*ASSIST Canada-Ukraine Project (McMaster University surgeons) representative*





Maple Hope Foundation  
representative



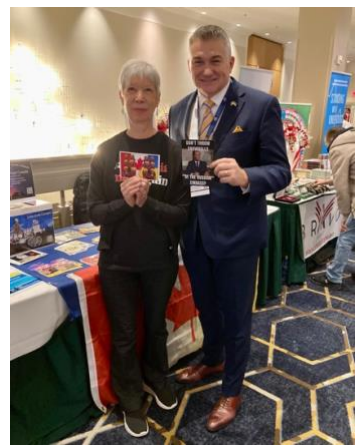
Kate of the russian embassy  
protesters



Chrystia Freeland, Canada's  
Special Envoy for the  
Reconstruction of Ukraine, gave  
some time to learn about  
Postcards to the Front



Karen of the russian embassy  
protesters invites MP Scott  
Anderson to write another card



MP James Bezan, Vice Chair of the  
Standing Committee of National  
Defence



## PRIZES – Marcus cards

Are you a fan of Davie Bowie?

Are you a fan of street art?

Here are some great postcards offered to us  
by our good friend, Marcus; Bowie street art  
from Phoenix, Arizona.

We have only ONE of each card.





All you have to do to get one of these cards is write 5 postcards to Defenders.

Send us a message telling us which card(s) you'd like and whether you'd like it blank or written.

Remember: 5 written cards for Defenders for each Bowie.

Contact: [postcardstothefront.canada@gmail.com](mailto:postcardstothefront.canada@gmail.com). Use the subject line: Bowie offer.



## Shout-Outs to Postcard Warriors

**MANY THANKS** to all postcard warriors for your beautiful cards and heartfelt messages of support to Ukraine's Defenders! While world leaders dilly-dally with Ukraine's dignity and destiny, Defenders continue to do the courageous work of protecting their families during 24-hour daily terror. For nearly four years. Heroic determination and resilience! Your cards boost morale at the front lines.

## Australia





Garth – whom we wrote about in our [April 2025 newsletter](#) – has undertaken a unique Christmas project: six dozen numbered and personalized gift-cards for Defenders, each one in a decorated envelope. Each card is handwritten (of course) and has affixed to it a token Australian 5 cent piece with a description of the coin motif, and a leaf from an Australian native tree, also with a descriptor. And check out Garth's t-shirt! He tells us that he had his t-shirt printed by VistaPrint online. He gifted one to Peter, Australia branch Ambassador, and one to Tamara; but, he doesn't know if she ever received it.



If you want one of Garth's t-shirts, he told us that he "can make any changes/additions as needed - e.g. Group Names etc." Within reason. He'll send you the files with print information, and you can amend and order your own t-shirt.

If interested, write to [solstra101@gmail.com](mailto:solstra101@gmail.com)



## Canada – Women's Institutes in Canada

- Mount Pleasant, Ontario – an autumn gathering of the Mount Pleasant members wrote a nice batch of joyful and caring Christmas messages that will certainly lend some warmth at the trenches. We wonder: do coffee and snacks contribute to the warmth of each postcard message? 😊



- Postcards of Hope and Kindness for Ukraine – We were thrilled to learn from our friends in Richmond, Quebec that they organized an intergenerational postcard-writing event with students from a Grade 3-4 class at St. Francis Elementary School who joined with members from the Senior Wellness Wednesdays community group where the young and the elders created messages of support and solidarity for Defenders of Ukraine. “We are so proud of our students for opening their hearts to send these messages of light!”

A huge thank you to the community of Richmond, Quebec!



## United States

Just in - a \*fabulous\* batch of heartwarming messages for Defenders from our friends at That's Baba and MAKChicago, Illinois. Awesome! Дякую! THANK YOU! So many colourful and creative messages from children of the Chicago area who are part of ODUM – Association of American Youth of Ukrainian Descent. Orysia, from MAKChicago, explained

to the children “that even though they are young children, they can help support the soldiers by writing thank-you notes.” Just what Defenders need right now!



Do you get a lot of Christmas cards? Save the stamps and send them to –

Bone Cancer Research Trust  
10 Feast Field  
Horsforth, Leeds, West Yorkshire  
LS18 4TJ  
**United Kingdom**

Stamps for the Wounded  
P.O. Box 297  
Dunn Loring, VA 22027-0297  
**USA**

ATTN: Oxfam Stamp Program  
Oxfam Canada  
39 McArthur Ave  
Ottawa, ON K1L 8L7  
**Canada**

Mary MacKillop Today  
PO Box 1646  
North Sydney NSW 2059  
**Australia**





## More cards arrive at the front lines



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!

Please encourage others to join in this project to boost morale at the front lines.



## 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 to reach their hearts makes 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!
You defend your country and the democracy.	Ви захищаєте свою країну і демократію.
Thank you!	Дякую!
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! (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,



Please continue to tell others about this project.

Ask family and friends to write cards. Involve your children and grandchildren.

Share our website – [postcardstothefrontcanada.com](https://postcardstothefrontcanada.com). [Subscribe](#).

**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 in the New Year, so that we can send a lot of messages of love and support in time to buoy up Defenders as February 22<sup>nd</sup> approaches: the 4<sup>th</sup> anniversary since the full-scale invasion of Ukraine by Russia. No doubt, Defenders will appreciate some extra-special support at this time.



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

***Thank you for your continued support of Defenders of Ukraine!***