

Jan / Feb 2026

# Postcards to the Front

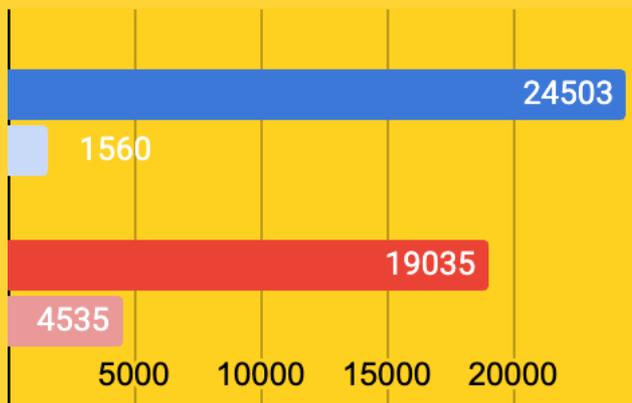
## International Newsletter

Ukraine  
Australia  
Canada



Volume 3  
Joint Issue 6 & 7

### A Month in Postcards



These months our postcard warriors from Australia sent 1560 cards and from Canada sent 4535 cards. Australia's total sent is now 24,503 cards and Canada's is now 19,035.

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

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# About

*Postcards to the Front International Newsletter* is a 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



It's been a rough winter for Ukraine. Ru\*\*sia continues to destroy homes, schools, hospitals, day care centres, families, and the infrastructure that should keep Ukrainians moving, that should keep their homes warm, and that should ensure that they are able to work so they might earn a living. All *nearly* impossible, without electricity, while being shelled daily and surrounded by terrible suffering.

Tamara, at home base, sent us this email on February 8<sup>th</sup>:

*Hello guys! We have 18 hours per day blackouts now. Here are different schedules. Mine is 1.2 so 6 hours of light per day. However, post started to come better. Today I came to the post office and they gave me enormous amount of envelopes. I'm going to sort it today and send you stats, but photos first.*

### Графік погодинного відключення на завтра (08.02.2026)

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Складено 07.02.2026 23:15



It's a good thing that Tamara has Mr. Cat to assist, because she has to carefully plan what she will do each day during her allotted hours with power: work (she works remotely), shower, clean, cook, laundry, AND when the mail does arrive, unpack and prepare postcards for Defenders. February 8<sup>th</sup>: her mailbox had 2,594 postcards. Thanks to you, dear postcard warrior!

I recently viewed one resident of Kyiv whisper her greatest fear on Instagram, whilst bundled up in her frigid apartment: "There is no promise of tomorrow."

This doesn't have to be true!

Every postcard message that you write offers care, love, hope and a promise of tomorrow.

February 24<sup>th</sup> marks the 4<sup>th</sup> anniversary since the full-scale invasion of Ukraine. That's five winters of terror, each winter worse than the last as ru\*\*ia continues to ramp up its bombardment of missiles across Ukraine's vast skies. We hope Defenders know that all around the planet, people will gather to rally in support of Ukraine in a Global Day of Action. Find out what's happening in your community and lend your support. Maybe organize a postcard-writing gathering in your community? Check our "[How to Run a postcard-writing workshop](#)" page.

Did you know ... ?? *Postcards to the Front* branches in Australia and Canada have shipped more than 40,000 postcard messages of support to the front lines in Ukraine. That's a **WHOLE LOTTA LOVE!** Дякую! THANK YOU!

This month, please write a few extra. Defenders need to know that they are not forgotten after four years in the trenches, and that their courage, hard work, and sacrifices are acknowledged.

If you are able, find a charity that aligns with your values, and donate. Even a couple of dollars helps. This month, we chose to donate to [Sky Sentinel](#) which helps safeguard the sky over Ukraine from missiles and drones. Every drone and missile downed before landing on Ukrainian lives is one less homeless family, and a few fewer funerals.

Each New Year, I choose a word-of-the-year, rather than make a resolution. I find it easier to apply the idea of a word to my daily living than to struggle with a goal that might be unrealistic.

This year, I chose *meliorism*, pronounced meli-or-ism.

I am inherently optimistic and hopeful. But it's become difficult to be so. Ukraine has suffered a war of terror longer than Europe suffered through WWI and nearly as long as WWII. Every day, we are bombarded with news of human suffering all over the planet. And there it is ... that whisper from Ukraine sounding through my brain, like crickets scratching their nightly itch: *is there a promise of tomorrow?*

I must believe that there is.

And so, I chose *meliorism* to guide me through 2026: *the belief that the world can be made better by human effort.*

By my small efforts. By your small efforts.

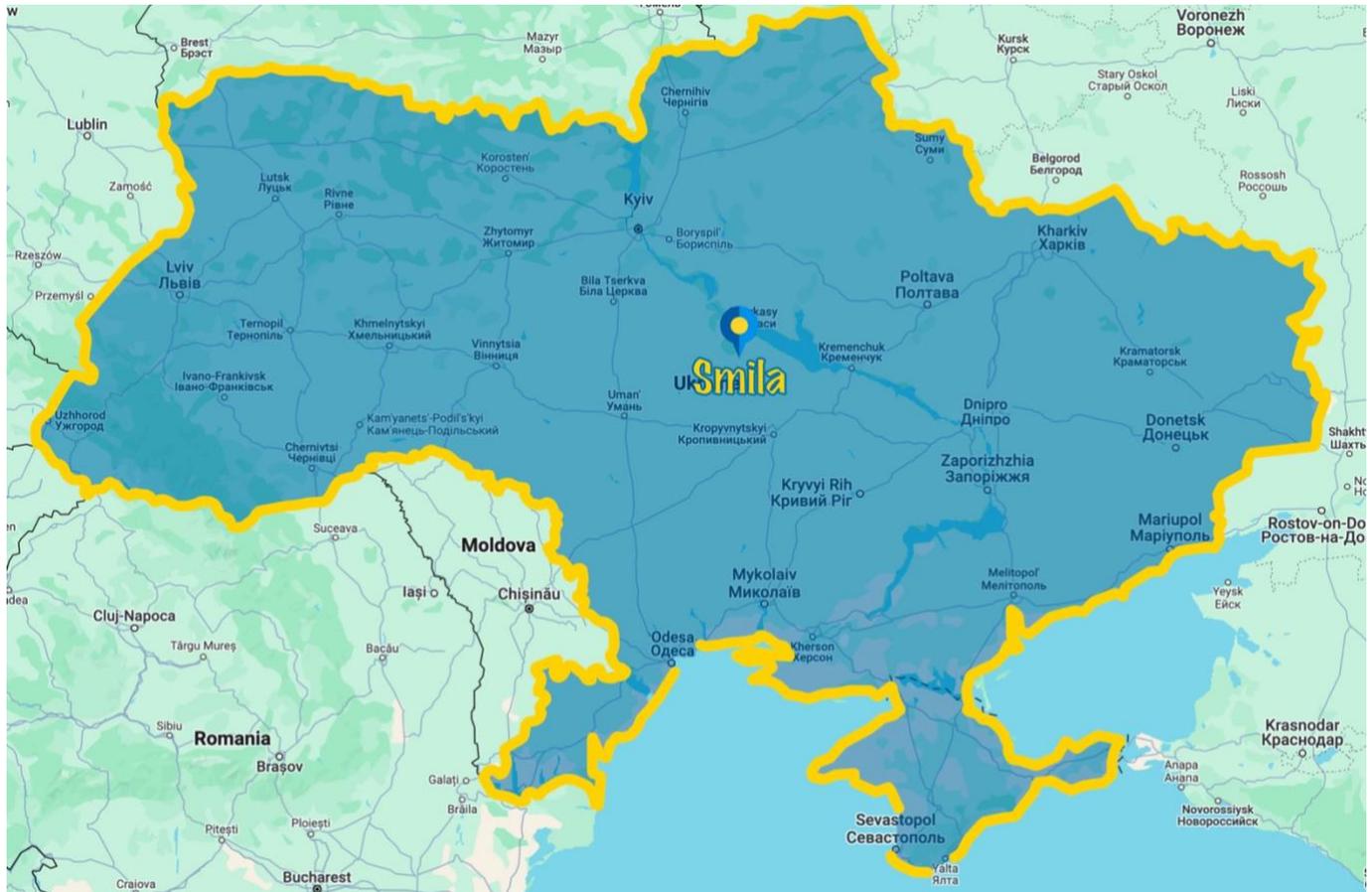
Every effort, small or great, especially genuine acts of care and kindness, *will* make the world a better place to wake up in.

**Thank you all, postcard warriors,** for staying with Ukraine through these last four years. You ARE making a difference in the lives of ordinary people forced to face extraordinary inhumane circumstances. Thank you for being part of something special that makes a difference every day!

# Everything will be fine ...

## Interview with Nataliia, Smila, Ukraine

By Helen



There's a small provincial town (population of about 42,000), in the centre of Ukraine, called Smila. Nataliia works in that town at *Smila Art Lyceum 'USPIKH' of the Cherkasy Regional Council*, a specialized educational institution where children study fine arts, digital art, decorative and applied arts, and with art-therapy methods.

Before the full-scale invasion, Nataliia worked as the head of the educational institution. She



recalls of the time before the invasion as “peaceful days, [when] staff offered creative projects and enjoyed life.”

Generally, as Director of the Smila Art Lyceum, Nataliia performs various functions: managerial, organizational, educational, and administrative. In addition to general school responsibilities, Nataliia also supports and implements the development of creative projects and art programs. She promotes student participation in competitions, festivals, exhibitions, workshops, and other artistic events at the regional and national levels.

Since the beginning of the war, however, new responsibilities have been added: supporting colleagues and children, ensuring the safety of staff and students, securing fuel for generators, and learning how to work without electricity and heating.

Another day in Ukraine, adapting to a situation over which there is no control.

Additionally, Nataliia told us, “we make trench candles, we visit soldiers in hospitals, we organize small celebrations for them, and we raise funds for the Armed Forces of Ukraine because many of our colleagues and students are defending our country.”

The war in Ukraine has fundamentally changed the lives of all Ukrainians.

As many of us learned during COVID, Ukrainians have had to again adapt to working remotely; only, in Ukraine since



2022, it's not a virus that keeps them home: they face constant threat of shelling.

Other survival strategies that she and her colleagues have implemented include, for example, “we equipped shelters that became not only protection but also a workplace reality and a place where projects are implemented. We developed mental health and mine safety programs. At the same time, we learned to value life. Our institution educates 22 internally displaced children and employs six internally displaced staff members. This also gave us an impulse to learn how to interact, unite, and support each other.”

Strangers thrown together by extraordinary circumstances striving to survive through common purpose: art education for young people.

And, Nataliia adds, almost matter-of-factly, “we also felt the taste of freedom: it smells of blood, frosty freshness, warm embraces, and sunny mornings.”

There is no such thing as a typical day for Nataliia and her colleagues and students. “Today, the morning begins with the question of where to get fuel for the generator. How can we help the cooks prepare lunch for 250 children in 1.5 hours? What should be done to ensure that children feel warm and comfortable while working with clay in the pottery workshop? And at the same time, saying to the Universe: *Everything will be fine. We will get through this.*”



We've heard this before from Ukrainians: *Everything will be fine.*

One day, Nataliia received a message on Telegram from “a Ukrainian woman named Tamara asking whether we would be interested in joining the project *Postcards to the Front* by writing postcards to Defenders. Without hesitation, I said yes. The children eagerly join in making postcards, creating drawings, and writing short letters. For many of our students, relatives or close people are also fighting on the front line. Therefore, for each of them, this is an inner need to support a grandfather, father, brother, or acquaintance. It is a small contribution of a small heart to a great and noble cause — victory.”

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Nataliia told us that Ukrainian children “consider drawing postcards for the soldiers of the Armed Forces of Ukraine their moral duty. They feel that the soldiers need them, that they warm their souls in cold trenches. In this way, a sense of responsibility is formed in children. One of our graduates is currently fighting in the war — a mathematics teacher and a driver. We maintain close contact with them: we correspond, send drawings and postcards, and raise funds to purchase equipment and essential supplies.”

Of the postcards that the lyceum children write to the soldiers of the Armed Forces of Ukraine, Nataliia explained that “they are

not just pictures. They are real support that helps soldiers emotionally, morally, and psychologically in the difficult conditions of war. When soldiers receive sincere words of gratitude, postcards with wishes to return alive, or children’s drawings, it reminds them that they are not forgotten, that they are cared for and awaited at home. Words of support and gratitude become deeply personal messages for many fighters — something that cannot be bought with money, yet extremely important for their psychological well-being.”

*... when they receive drawings or postcards from our children, they always cry — not from grief or sadness, but from joy that they are remembered, supported, believed in, and awaited at home.*

Defenders have told Nataliia that “when they receive drawings or postcards from our children, they always cry — not from grief or sadness, but from joy that they are remembered, supported, believed in, and awaited at home.”

Nataliia’s priority, the priority of her colleagues and of the country, is to support Ukrainian children during these times, with education a top priority.

“Every day we take care of their mental health and ensure comfortable learning conditions. At the same time, there are many everyday issues. Urgently, repairs are needed in the toilets, heating radiators must be replaced, as they became unusable when there was no electricity or heating. Over the past four years, the number of children in the institution has increased by 30%, so there is a need for desks and chairs, because sometimes three children have to sit at one desk.”

Educators the world over know the joys and the challenges of working with young children, as they play a significant role in child development, helping them navigate life, usually in partnership with families. In Ukraine, educators face additional complex layers, some described here by Nataliia, and too many children, such as those at her school, who live, learn and



grow in wartime conditions without the critical support system of family.

“If I had the opportunity to address people around the world, I would speak to them not in the language of politics, but in the language of human pain, hope, and responsibility. The world begins with responsibility. War is not only shots and explosions. It is destroyed homes, broken children’s dreams, mothers who wait, and silence where the voices of life should be heard. Every day of war is a day stolen from the future. We need peace. Peace is the highest form of strength and wisdom.



People around the world can truly and tangibly support Ukraine in different ways: speak the truth about the war in their countries (on social media, in the media, in communities); counter disinformation and spread verified facts; donate to support the Armed Forces of Ukraine; support Ukrainian charitable initiatives, volunteers, hospitals, and educational projects; support Ukrainian refugees (housing, jobs, education), show humanity, patience, and respect to people who have lost their homes because of the war; promote Ukrainian culture, language, and art; write letters, messages, and words of solidarity and support to

Ukrainians and soldiers. Even one action matters. When the world stands together, Ukraine is not alone.”

As many others have shared with us, Nataliia sees the days after victory as a time when global support for Ukraine will be no less important than it has been during the war.

“We will need to rebuild the country, heal society, and strengthen the security of all Europe; economic assistance for rebuilding housing, schools, hospitals, and cultural institutions; restoration of infrastructure (roads, bridges, energy systems, water supply); implementation of joint projects such as “city-partner,” “school-partner,” and “community-partner”; assistance in documenting war crimes; participation in mechanisms for compensation of damages and reparations; rehabilitation programs for military personnel and civilians; psychological assistance for children and adults who have experienced war; support for people with disabilities and families of the fallen; restoration of cultural heritage and support for the arts; security guarantees; assistance in carrying out reforms and strengthening democratic institutions. Supporting Ukraine after victory is not only support for one country — it is an investment in peace, stability, and the shared future of the democratic world.”

Dear postcard warriors ... keep writing those messages of support. They are an important part of the human chain of care and of a shared future.



# Postcards That Carry Courage

## How a Simple Act of Writing Connects Hearts Across Oceans

By Sasha in DROKACADEMY



### The Power of a Postcard

In the age of instant messaging and video calls, who would have thought a simple 4x6 inch piece of cardstock could carry such profound power? Yet, as I listened the Postcards to the Front presentation on a December morning, tears streaming down my face, I witnessed something that no amount of research could have prepared me for: the living proof that postcards heal, one moment at a time.

This is the story of how I discovered *Postcards to the Front Canada*, how Kamloops became part of this global movement of care, and why the work of Helen and Jean-Michel deserves to be preserved for generations to come.

### Discovery: A Newsletter That Changed Everything

Every Saturday since February 24, 2022, our *Kamloops Stands with Ukraine* group has gathered for one hour to stand in solidarity with Ukraine. Through snow, rain, scorching heat, and bitter cold, we have stood together, week after week, refusing to let the world forget. It was at one of these gatherings that the seeds of connection were planted.



Rose, one of our dedicated online Stand with Ukraine Zoom class participants and Ukrainian language learner from Oshawa who has rallied on the Albert Street bridge over Hwy 401 (Oshawa) every Sunday since the full-scale invasion, had been receiving [newsletters](#) from a project she'd discovered. One day, she forwarded me the first few copies of the *Postcards to the Front* newsletter. As I read through the pages filled with photographs of defenders holding postcards, stories of children writing messages of hope, and accounts of veterans finding strength in simple words from strangers, I knew immediately that this was something our community needed to embrace.

I began including information about [Postcards to the Front](#) in my regular updates to our Stand with Ukraine community. The response was immediate and heartfelt. People wanted to do *something*—something tangible, something that would reach beyond our Saturday gatherings and touch the lives of those fighting for freedom thousands of kilometers away.

### Michelle Takes the Lead: Postcards from Kamloops

It was Michelle who took the initiative to make postcards a central part of our Kamloops activities. With characteristic determination and organizational skill, she ensured that our weekly gatherings included opportunities to write postcards. She brought supplies, created

space for people to write, and helped those unfamiliar with the Cyrillic alphabet attempt their first Ukrainian phrases.



The transformation was remarkable. Our gatherings became more than just standing with signs; they became an active expression of love and solidarity. Kamloops caring people brought their cards, and first Sasha, then Michelle, now monthly, mailed them to Ontario.

When photographs came back showing Kamloops postcards in the hands of defenders — our cards, with our words, reaching the front lines — the impact was profound. As Michelle would later share, she prints out these images and hangs them on the tree at our Saturday gatherings, showing everyone that yes, the cards got there, that our efforts are not in vain.

### An Evening of Profound Emotion

The virtual presentation by Helen and Jean-Michel was unlike any I have experienced in my twenty years of academic life. I had hosted countless webinars, lectures, and conferences, but nothing prepared me for the emotional intensity of this gathering.

Helen and Jean-Michel spoke not just about logistics — how many postcards have been sent, how the postal system works, where the cards go — but about the human connections woven through every



card. They shared the story of two young Ukrainian boys sheltering in Millbrook who became leaders in their classroom, helping their Canadian classmates write in Ukrainian. They told us about Mia, a nine-year-old refugee artist whose family fled Odessa with only keys to a home that no longer stands, now creating beautiful Kozak drawings for defenders.



*“When the message is coming from my heart and my brain, through my hand, onto that little piece of paper, and it finally lands in someone else’s hands at the front lines... from my hand to their hand, from my heart to their heart.”*

These words from Helen captured the essence of what makes this project so powerful. It is not technology that connects us — it is intention, care, and the tangible presence of another human being’s touch.

### **“The World Has Forgotten Us”**

Juliana, another participant, shared her experience of visiting Ukraine in August. She spoke of sitting in Shevchenko Park in Kyiv when a man approached her after overhearing her speaking English. He had fought in the Donbas. His words were simple but devastating: *“We can fight. But we feel like the world has forgotten us.”*

Juliana described how a postcard written by our Kamloops group now resides in a museum in Ismail — not because anyone asked for it to be there, but because when she offered it as a gift, the museologist said she couldn’t keep it for herself. It belonged to the entire community, a symbol that people across the world remember and care.

When Juliana saw her own postcard displayed in the presentation, now in the hands of defenders, she exclaimed: “You have no idea what that means.” Her voice cracked. We all understood.

## Halfway Up the Stairs

Perhaps the most haunting story Helen shared was about one of the 46 individuals in Ukraine to whom she writes monthly postcards. This woman lives on the 22nd floor of an apartment building. Elevators cannot operate — if the power goes out during an air raid, firefighters cannot rescue those stuck inside. So she walks.

One day, Helen received a message. The woman had sent a photograph of herself holding a postcard, taken through a window overlooking her city. She wrote: *“I’m halfway up to my flat on the 22nd floor. And I stopped, and I read your postcard, and I’m crying looking over my city.”* Then she added: *“Now I can carry on.”*

A postcard gave her the strength to climb eleven more flights of stairs. A postcard helped her carry on. This is not metaphor; this is the reality of what simple words of care can do.



## Research in Practice: When Theory Comes Alive

Just days before this presentation, I had completed developing my course *Postcards That Carry Courage: A 12-Week Dual-Track Writing Guide*. The course synthesizes decades of research on the healing power of written communication, drawing from psychology, social work, and trauma recovery literature.

The evidence is robust: in World War I, military leaders called mail “mental ammunition.” Clinical studies show that brief postcard interventions reduce crisis events. Research on social acknowledgment demonstrates that recognition — knowing someone remembers you — is essential for trauma recovery. The literature on expressive writing confirms that the act of writing helps the writer as much as the recipient.

But sitting in that presentation, watching defenders hold postcards with the names of Canadian cities, hearing stories of children who became classroom leaders through teaching their friends to write in Ukrainian, seeing the tears in the eyes of volunteers who

had just learned their cards arrived — this was not theory. This was *research in practice*. This was generations of scholarship manifesting in real time, in real lives.

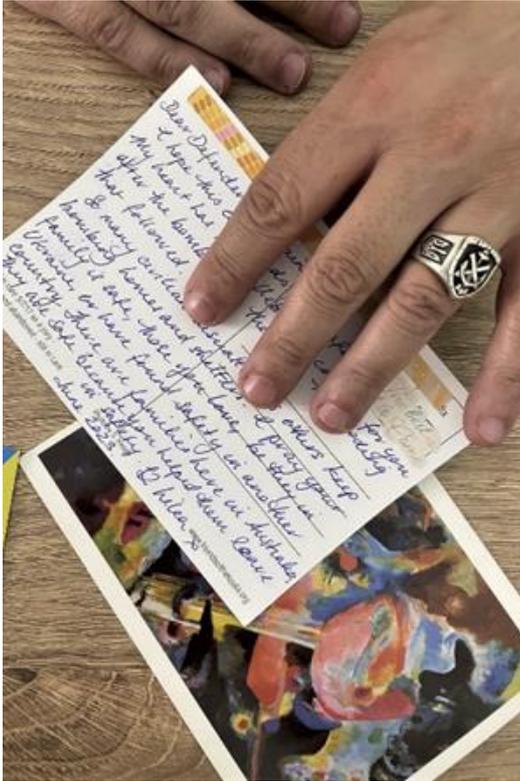
### The Six Principles in Action

In my course, I outline six core principles for supporting Ukrainian defenders through writing. Watching the presentation, I saw every single one come alive:

- ✓ **Trauma Is an Adaptation, Not a Failure.** The defenders we write to are not broken; they are surviving under impossible circumstances. The postcards acknowledge this reality without adding burden.
- ✓ **Dignity-Centered Care.** Every message treats recipients as whole human beings deserving of respect — not as victims, not as symbols, but as people.
- ✓ **Strength Includes Restraint.** The wisdom to pause, to rest, to receive support — this is what postcards offer. As Oleh Nikolenko, Consul-General of Ukraine to Canada in Toronto, recently told Helen at an event held at the Canadian Tank museum (Oshawa) defenders keep these cards in their pockets like talismans of strength.
- ✓ **Collective Responsibility.** This is not one person's project. It is more than 19,000 postcards from across Canada, and more than 24,000 from Australia. Plus, cards from Brazil, Costa Rica, Croatia, Finland, Germany, India, Singapore, South Africa, Taiwan, The Netherlands and the United States of America, and more. Cards from young children all the way to seniors.
- ✓ **Cultural and Moral Context Matters.** When writers attempt Ukrainian phrases, when they include their city and country, when they try to understand the culture they are supporting — this recognition matters profoundly.
- ✓ **Healing Happens Within Systems of Care.** Every postcard warrior is part of this system. Every card extends the circle of care further.



## “We’re in the Dark. We’re All Crying.”



Helen also shared a story from Tamara, the fearless leader of Postcards to the Front in Ukraine, that silenced everyone. Tamara’s friend, a defender, had been injured. She visited him in the hospital with postcards. When she began to read one aloud, he stopped her: *“Just leave them. I can’t hear it right now.”* He had tears in his eyes — something Tamara said she had never seen in a Ukrainian man.

He returned to the front lines, because that is what happens in this war. Days later, Tamara received a call at 2 a.m. Her heart stopped — surely this was the worst news. But he was whispering:

*“We’re in the dark. And we’re all crying. Thank you for the cards.”*

Hardened soldiers, in the darkness of a war zone, crying together over postcards from strangers who cared enough to write. This is the power we hold in our hands every time we pick up a pen.

### Every Bead a Prayer

Gwendy, a member of our Kamloops community, shared her practice of traditional Indigenous beading. “Every bead is a prayer,” she explained. “I don’t smoke, I don’t drink, I don’t touch my beading if I’ve had even a glass of wine. When my father passed, I couldn’t touch it for a year — I could not put grief into my beading.”

Her beadwork, incorporating Ukrainian symbols, has traveled the world. Her mother is Ukrainian, and Gwendy spoke of showing her pieces and shedding tears together. “It’s about hope,” she said. “About solidarity. About the gift of giving and what peace will bring to Ukraine.”

Here was another form of the same truth: that handmade expressions of care, whether beads or postcards, carry prayers across distances and touch hearts in ways that technology cannot replicate.

## Putting Soul and Body on the Line

Jean-Michel offered a reflection that stays with me. He spoke about the Ukrainian national anthem, which differs from most anthems in a profound way. Where other anthems celebrate victory or glorify the nation, the Ukrainian anthem says something different: *“I will put my soul and my body to protect freedom.”*

“It’s not about winning,” Jean-Michel explained. “It’s about putting yourself in harm’s way to protect not just your freedom, but everyone’s freedom. That’s what they’re doing. So sending them a little postcard saying ‘hey, thanks for doing this’ — it’s a pretty small thing to do. A pretty easy thing to do.”

A small thing. An easy thing. And yet, when multiplied by more than 40,000 postcards from all over the planet, when carried by postal workers through war zones, when held by trembling hands in trenches and hospital beds and bombed-out apartments, that small thing becomes enormous.



## A Book That Must Be Written

During the presentation, Helen mentioned that she has been working on a book documenting this project. My heart leaped. This story *must* be preserved. This is not just a feel-good narrative about solidarity — this is primary source documentation of a grassroots humanitarian movement that demonstrates everything we know about healing, connection, and the power of simple human care.

Postcards to the Front is research in practice. Every newsletter, every photograph, every story of a card reaching its destination and making a difference — this is the evidence base that future generations will need. When scholars study how communities responded to the war against Ukraine, when social workers develop new interventions for supporting people in crisis, when educators design curricula on global citizenship and empathy — they will need this documentation.

I told Helen and Jean-Michel that I would use their book as a textbook in future courses. I meant it. The *Postcards That Carry Courage* course I developed draws on academic literature, but nothing in that literature captures the lived reality of this project like the stories Helen and Jean-Michel can tell.

The impact is already visible. Now it is time to document it and preserve it for future generations.

## Healing Starts Now

One of the insights that emerged from my research, and that Helen articulated beautifully, is that healing cannot wait for victory. Defenders cannot wait until the war ends to begin recovering. Healing must happen now, in the midst of the trauma, one moment at a time.

This is what postcards provide. A moment of pause. A moment of recognition. A moment when someone far away says: *“I see you. I remember you. You are not alone.”*

The research shows that such moments accumulate. They build resilience. They counter the isolation and dehumanization of war. They remind people that the world has not forgotten them—even when it sometimes feels like it has.

## What You Can Do

If you are reading this and wondering how to participate, the answer is beautifully simple:

**Choose a postcard.** Do you have postcards brought home from a vacation and never written? Does your local museum or gallery or provincial park have postcards? If “no”, some people and community groups create their own postcards. Lots of examples can be found on the Postcards to the Front website. Cheerfulness is the goal. A little about your community is very nice too.



**Write a postcard.** Use bright colours: drawings, stickers, multiple-coloured gel pens. Try a Ukrainian phrase (Google Translate works well — just double-check by translating it back). Include your first name, city, and country. Keep the message simple and heartfelt. Avoid leaving white space. Do not include contact information for security reasons.

**Send it to Postcards to the Front Canada.** The address is available on their website (<https://postcardstothefrontcanada.com/>). And included below: P. O. Box 184 Millbrook, Ontario L0A 1G0 Canada. Helen and Jean-Michel collect, sort, and ship the cards to Ukraine, where Tamara and her team distribute them to defenders and volunteers. You can fit 4 or 5 postcards in one envelope using a single domestic stamp. If Australia is closer to you, you can find the Australia branch [here](#).

**Keep writing.** This is not a one-time action. The war continues. The need for moral support continues. Sustained care is what makes the difference.

**Organize others.** Churches, schools, seniors’ residences, community groups — anyone can participate. Michelle did it in Kamloops. You can do it in your community too.

## The Power of People

Sitting in that presentation, surrounded virtually by people from across Canada who share the same commitment, I was reminded of famous words from anthropologist Margaret Mead.: *“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”*

Postcards to the Front is proof of this truth. One woman in Ukraine who had a postcard shop decided to redirect her business toward sending messages of support to defenders.

One man in Australia discovered the project and got his country involved. One couple in rural Ontario decided that if Australia could do it, Canada could too. And now, more than 40,000 postcards later, from all over the world, defenders in trenches are crying together over words from strangers who remembered them.

The power of people is beyond belief. What ordinary individuals can do when they decide to care, when they pick up a pen and write a few words, when they mail those words across an ocean and into a war zone — this is the power that no army, no government, no institution can replicate.

Helen said it best: “My weapon is love and care.” That is a weapon available to all of us. And it is a weapon that heals rather than destroys.

### **Acknowledgments**

Deep gratitude to Helen and Jean-Michel for their tireless work leading Postcards to the Front Canada, and for sharing their presentation with our community. Thank you to Rose for forwarding the first newsletters that opened this door. Thank you to Michelle for taking the initiative to bring postcards to Kamloops. Thank you to Juliana, Gwendy, and all the members of Kamloops Stands with Ukraine who show up every Saturday, who write cards, who refuse to let the world forget. Thank you also to participants from Canada and the United States who joined the presentation.

And thank you to every defender, every volunteer, every person in Ukraine who is putting their soul and body on the line for freedom. Your courage inspires our words. Your strength moves our hearts. Your sacrifice will not be forgotten.

### **Video link**

Please watch the video <https://www.youtube.com/watch?v=xZ2xr12LvBM>

### **How to -**

**Need ideas about what to write on your cards?** Check our [How To](#) page, and our [Ukrainian phrases](#) page. We ask everyone to try at least one phrase in Ukrainian. Like this one: You are heroes! | Ви – герої! 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](#).

Share our website – [postcardstothefrontcanada.com](http://postcardstothefrontcanada.com) \* [Subscribe](#)

# Postcards of Hope Sent from Australia to Children and Defenders in Ukraine

By Kerry



Children from a local Australian primary school have reached across continents to share messages of hope and friendship with those affected by the war in Ukraine.

As part of a heartfelt initiative, students created postcards filled with drawings, kind words, and messages of encouragement for Ukrainian children living through conflict. The postcards were sent to [Voices of Children](#), a Ukrainian organisation that provides psychological and emotional support to young people impacted by war, to remind them that they are not alone and that children on the other side of the world care deeply about their wellbeing.

To extend the reach of this project, copies of the postcards were also shared with Ukrainian Defenders on the frontlines. These messages, written by children, offered encouragement

and gratitude, serving as a reminder that their efforts are seen and supported internationally.

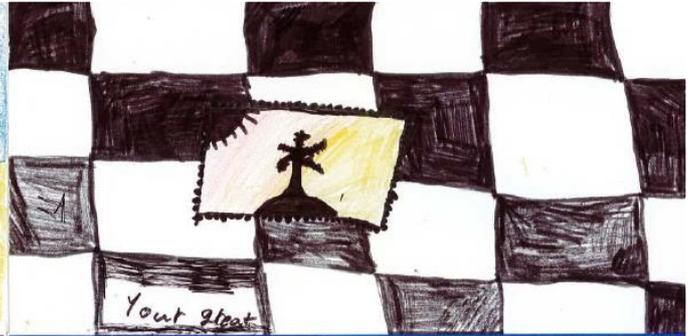
Additional copies were made for children living in an orphanage in Cherkassy, ensuring the messages of hope reached even more young people in need. Alongside the postcards, jackets were sent for the boys at the orphanage, providing warmth and a tangible expression of care during the colder months.

This initiative demonstrates how simple acts of kindness can carry powerful meaning. Through creativity, compassion, and connection, Australian students have delivered messages of solidarity and hope to children and Defenders alike, showing that even from afar, they are not forgotten.



NEVA  
UP <sup>Give</sup>

Be Brave Stay loved  
Stay Strong <sup>Stay safe</sup>



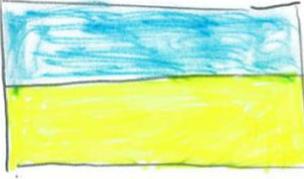
HOPE  
LETTER



Hi my name is Madison,  
I live in point Lonsdale, in Australia. I REALLY DO  
HOPE UKRAINE WINS THE WAR! I've always  
wanted to go to Ukraine but my dad says I can go when  
I'm 18! ANYWAY...! GOOD LUCK! 

From Ato  
I hope you're doing good in Ukraine. Have  
lots of good time with family and friends.  




 Hi I am sorry  
for what's been  
going on it must  
be hard for you  
I hope this can  
HELP you from Madison

Hello Ukraine people,  
I hope you are doing well, I hope that you  
guys will be free from this destruction.  
From Sid. 

# World's Largest Ukrainian Flag Unfurled in North Melbourne

By Kerry



On 22 November, North Melbourne became the site of a powerful and deeply meaningful display of solidarity with Ukraine, as the world's largest Ukrainian flag was unfurled in a public act of remembrance, unity, and resilience.

The extraordinary flag measures **60 metres by 40 metres**, covering an area of **2,400 square metres**, and weighs approximately **184 kilograms**, with some reports listing it at **153 kilograms**. Made in Ukraine in **2012**, the flag has travelled extensively across the globe and throughout Australia, including **Queensland, Sydney, Geelong**, and other cities, carrying with it a message of strength and enduring national identity.

The unfurling in North Melbourne took place as part of the commemoration of the **Holodomor** — the genocide of the Ukrainian people in **1932–33**, carried out under **Stalin's regime**. This horrific, man-made famine claimed the lives of millions, and remains one of the darkest chapters in Ukraine's history.

As the vast blue and yellow flag was held aloft, it became more than a national symbol. It stood as a shared commitment to remember, to honour, and to stand together in recognition of the immense suffering endured by the Ukrainian people. Together, those present honoured the memory of the millions who perished, ensuring their lives and stories are not forgotten.

This significant moment served as a reminder that remembrance is an act of resistance, and that unity — across generations and borders — remains a powerful force for truth, dignity, and hope.

The next stop is in **Geelong, Victoria, Australia TBC**.



# Interview with Grant H., Muskoka

By Helen

Most of us forget that Russia first invaded Crimea/Ukraine in 2014, but Grant H. from Muskoka cottage country in Ontario has been following Russia's invasion of Ukraine for the past 12 years.

"The appalling violence against civilian targets especially hospitals, power plants and residences, and the kidnapping of Ukrainian children, ... it's nothing less than modern barbarism. I go to a restaurant and see a Canadian family sitting at the next table, and I imagine what it would be like to worry about a drone striking the building. No one in Canada needs to worry about that."

And then, he adds, "I watch Donald Trump spouting Kremlin rhetoric and holding up aid to Ukraine, when the U.S. should be first among Ukraine's defenders. I watched him trying to bully Volodymyr Zelenskyy in the Oval Office. It was abhorrent to watch, and Zelenskyy stood his ground with grace and righteousness. Trump profoundly shamed himself and his entire country in that moment."

"So, when I heard from a friend who wrote some cards at a Peterborough event via *Postcards to the Front*, I thought, 'Finally! some small thing I *can* do to help!'"

“

*Finally! some small thing I can do to help!*

Over these past twelve years that Grant has been watching events unfold in Ukraine, he told us that he has "developed a great deal of admiration for Ukrainian citizens, generally, and soldiers especially. They have changed modern warfare. They have shown that two men in a foxhole with a Javelin missile can deny a 3 km circle of open land to enemy armor, tanks and APCs (armored personnel carriers). They have created drone weapons which can strike even small targets many kilometers distant. Their defense of their country seems creative, vigorous and effective. Also, they're incredibly tough and brave. They are fighting for their country's freedom, and at the same time fighting for the freedom of Poland, Lithuania, Finland, Sweden, every European democracy. They are fighting for Canada. They

are fighting for me, and for my grandchildren. A postcard is a tiny speck of what they are owed.”

Like most postcard warriors, Grant was initially intimidated by the Cyrillic alphabet when he tried to write a bit of Ukrainian on his first postcards. “It would be so easy to make a mistake and not know it,” he observed.

***They [Ukrainians] are fighting for their country's freedom, and at the same time fighting for the freedom of Poland, Lithuania, Finland, Sweden, every European democracy. They are fighting for Canada. They are fighting for me, and for my grandchildren. A postcard is a tiny speck of what they are owed.***

So, he started with a message in English. Turning to Google Translate, he came up with the idea of writing the English and the Ukrainian version on the cards that we gave him. But he found that printing on a small postcard is a tricky setup. So, he turned to a local copy shop that had done some specialty print jobs for him in the past.

“I just kind of connected the pieces together - English text, Google translate to Ukrainian, paste into a Word document, add a photo, email it all to the copy shop, and pick up the finished cards the next day. For me, that process is much easier than trying to copy unfamiliar Cyrillic letters onto a generic postcard, and cheaper than buying generic postcards.”

Before having his card printed, Grant first tested Google Translate by giving it back the same Ukrainian text and having it translate it back to English. He was happy that “it came out the same as my original English, so I thought that I could trust it.”

Grant’s first thoughts about what he’d write on his postcards were to apply sarcastic humour, such as “May your squad be a painful hemorrhoid on Putin's ugly butt”, but on the advice of the *Postcards to the Front* website, I toned down my childish sense of humor. Reluctantly,” he added.

Overall, the process of thinking about his cards, and through the act of writing the cards generates multiple feelings in Grant. “I feel angry, proud, sad, inspired, creative, happy,

satisfied. horrified, hopeful. All of this and more. I keep writing messages in my own mind. There will be more cards.”

Many postcard warriors share similar thoughts and feelings. The invasion of Ukraine has demanded of them, “what can I do?”. For Grant, “these postcards let me use my words, directly to someone, and where they may be helpful.”



*[T]hese postcards let me use my words, directly to someone, and where they may be helpful..*

He’d also like to see a petition get organized that would go to Prime Minister Mark Carney, demanding that Canada increase its military support for Ukraine’s defense. “I don't know how to organize that, but someone does.” *[Editor’s note: you can write directly to PM Carney via [Contact the Prime Minister](#) website.]*

And, Grant has another idea. Maybe one of our readers can help it come to life. Grant shared that “these postcards remind me of sports ‘Trading Cards’, with pictures of hockey players, etc. Could you approach a Canadian sports team ask if they’d be interested in creating a series of player cards with messages from individual players? Hockey, baseball, basketball teams including women's teams? Each team member could be asked ‘*What would you say to a Ukrainian Defender right now?*’ I don't know if a person in Ukraine knows anything about Canadian sports, but a note from a famous soccer player or a member of our national women’s lacrosse team could bring some cheer, and the publicity could be very good for any team participating.”

### ***Any sports fans out there with connections? Can you help with this?***

Meanwhile, Grant “hopes his postcards give a Defender a moment's feeling of ‘*I am not alone, Ukraine is not alone*’. Perhaps a smile, a feeling of encouragement and contentment.”

And if you’re still not sure whether to write one or two or more postcards to Ukraine’s Defenders, Grant offers this: “Ukrainian soldiers are risking their lives every day to stop a monster who is a danger to every free citizen in every country in the world. ***A postcard is a small, easy thing you can do, to help one person. You can never know how powerful it can be.***”



Grant offered to share with us his easy steps, “How to make your own postcards”, including in this issue.

## HOW TO MAKE YOUR OWN ORIGINAL POSTCARD for DEFENDERS in 6 EASY STEPS

Every postcard warrior has their own unique method for writing cards. We shared Jessica’s method in our [May 2025 newsletter](#) (p.14-15). In this issue, we share Grant’s method.

Grant suggests that it’s easy, and fairly inexpensive, to have your own cards printed. “I’m thinking the more we can get people to create their own cards digitally, the less it will cost you and the easier it will be for everyone.

### Step 1

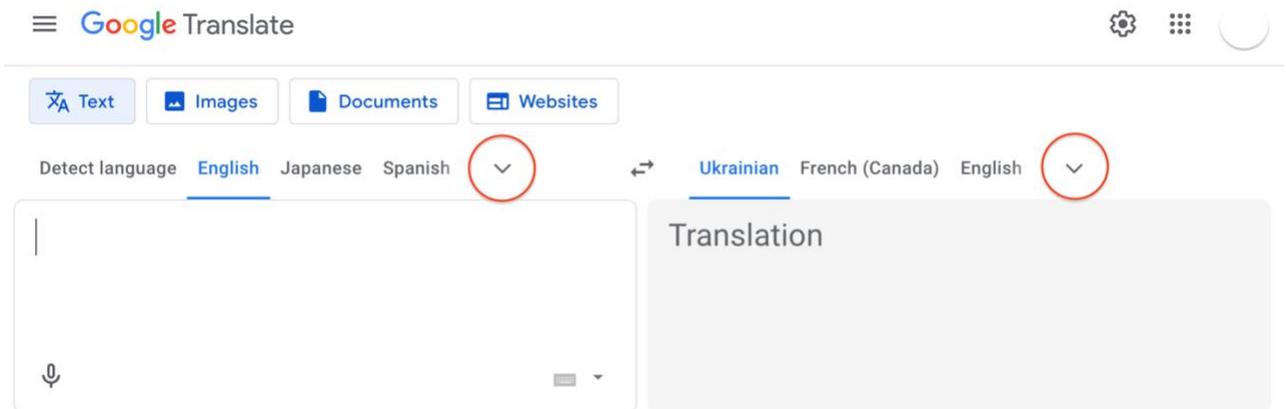
**Imagine** what life would be like in Canada if Russians were actually invading your province. Tanks, soldiers and military vehicles encroaching kilometer by kilometer, artillery and drone strikes falling on your hometown, on hospitals, power grids and neighbour's homes. Imagine courageous young men and women risking their lives to stop the invaders. They're being clever and creative and incredibly brave, and they're doing far better than anyone expected. And sometimes they're killed, injured or captured. Ask yourself: *What you would like to say to one of these people who are defending your personal freedom.*

### Step 2

Whatever **words come to mind**, type them in a Word document, or whatever app you use for text. ***Just a sentence or two will do.*** Be positive, be supportive, be encouraging. Speak directly from your heart to a soldier you'll probably never meet, who's risking his or her life for your freedom. Need ideas? Have a look at the *Postcards to the Front* [Ukrainian phrase translation page](#) where there are lots of ideas to get you started.

### Step 3

Go to **Google Translate** - <https://translate.google.com/> - You should see two panels. In the left-hand panel under “Detect language”, copy (paste) your words of support. Above the right-hand panel, click on the wee down-arrow (encircled in red below) and a list of languages will pop out. Click on Ukrainian. You’ll have to scroll down to get to it.



### Step 4

Your message promptly appears in the right-hand panel, translated to Ukrainian in the Cyrillic alphabet. **Highlight the Ukrainian text**, copy it, and paste it into your Word document above your English message, leaving a blank line or two between. Set the page margins wide, so the Ukrainian and English text are squeezed into a postcard-size width in the center.

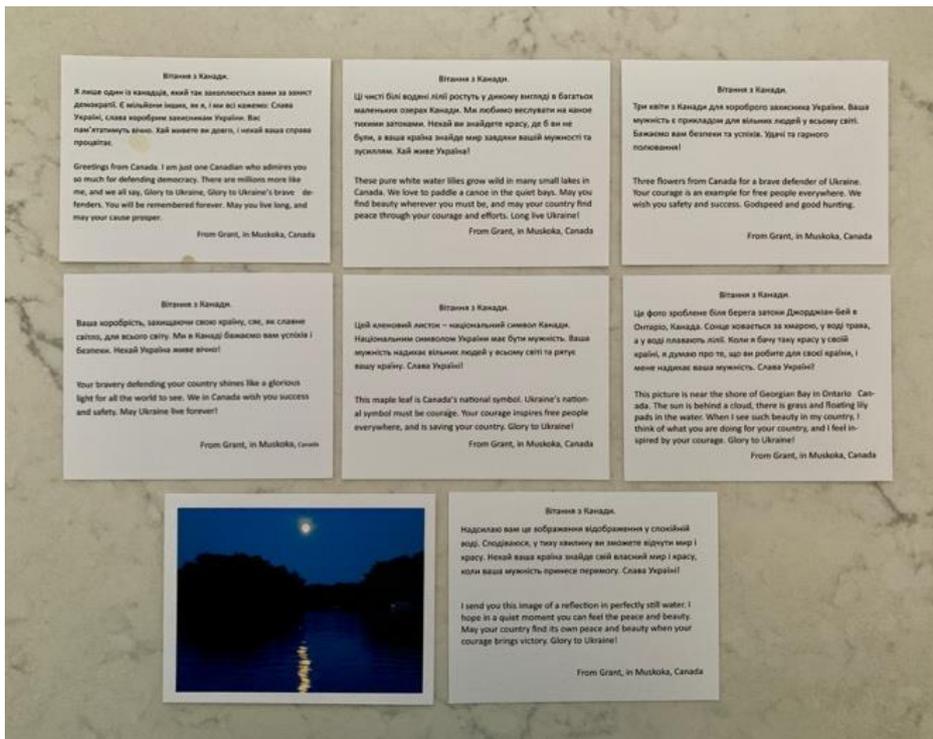
### Step 5

**Select a picture** to go with your message. It can be your own picture or something you found on the Internet, BUT ... **BE SURE THAT YOU DO NOT INFRINGE COPYRIGHT.** For security it would be wise to avoid images of yourself, family members, or your home. Copy and paste this picture into the Word page under your text.

### Step 6

**Email the finished document to your local copy shop.** Ask them to print the message on one side, and the full color image on the other side, of a sheet of "80 lb card stock". They should fit 4 copies onto a single 8.5 x 11" sheet, what they call "four up". Ask them to cut the sheet into 4 individual postcards. Depending on the shop's

pricing, you can probably get four copies of half a dozen different cards printed, for less than the cost of a medium pizza.



**CONGRATULATIONS!** You've just created your own personal postcard. Do it again, with a different message. And again. And again, for as long as you're grateful to be living in a country where war is not a daily part of your life. Send your written cards to "Helen" at Postcards to the Front, P. O. Box 184, Millbrook, ON L0A 1G0.

# News and Updates

By Helen

## New Partnerships Emerge in Ukraine

There is an army of volunteers working around the clock to ensure that much-needed supplies get to the front lines, along with your postcards. You can follow some of their work at [ТИ НЕ ОДИН UA](#) - *You are not alone UA*.

We were excited to learn this month from Tamara, at home base, that a new opportunity has opened up for your cards. She wrote –

*“Hey guys! Wanted to share some news! Agreed to send our postcards to two hospitals where Defenders with concussions are temporarily located AND one more contact I will send today is the brigade that repairs cars for Defenders; they will put them into cars too. :)”*

More opportunities for postcards = greater need.

Hope you can help us out. Please encourage others to write some postcard messages of support to Defenders of Ukraine. And tell them: cards *do* get to the front lines, and they will get to some hospitals and to the mechanics' pool. Let's not let them down!

By-the-way, do you ever wonder how civilians are rescued from the occupied zones? Volunteers procure humanitarian vehicles through a complex verification process. Some of your cards will end up in some of these vehicles. They'll cheer up the drivers and they'll likely be the first human



connection to the outside world for those who've been in hiding for months, in some cases for years, waiting to be rescued.

From [ТИ НЕ ОДИН UA](#) - *You are not alone UA* Facebook page, where *Postcards to the Front* received a shoutout; a 'thank you' for the cards written by you, dear postcard warrior!

“When talking about humanitarian cars, they usually mean the car itself: find, buy, deliver. But in fact, after this begins an equally important stage, which is rarely thought about. The papers. Customs. Declarations. Acts of acceptance-transmission. This is where a lot of good things can just stop.

We take on the escort of the design of humanitarian cars from beginning to end. We work with Customs, prepare all the necessary documents, ensure that everything is done correctly and without unnecessary risks, and then officially hand over the car directly to the soldiers.

And also, every month [there are] reports on the distribution of humanitarian assistance to the Ministry of Social Policy of Ukraine.

Just as often we are asked about photo reports. When we ask to take a photo after transferring a car or already at work - it's not for a tick and not for social media. This is a necessary part of the reporting, confirmation that help has indeed arrived on purpose and is being used as it should. We just can't move on without it.

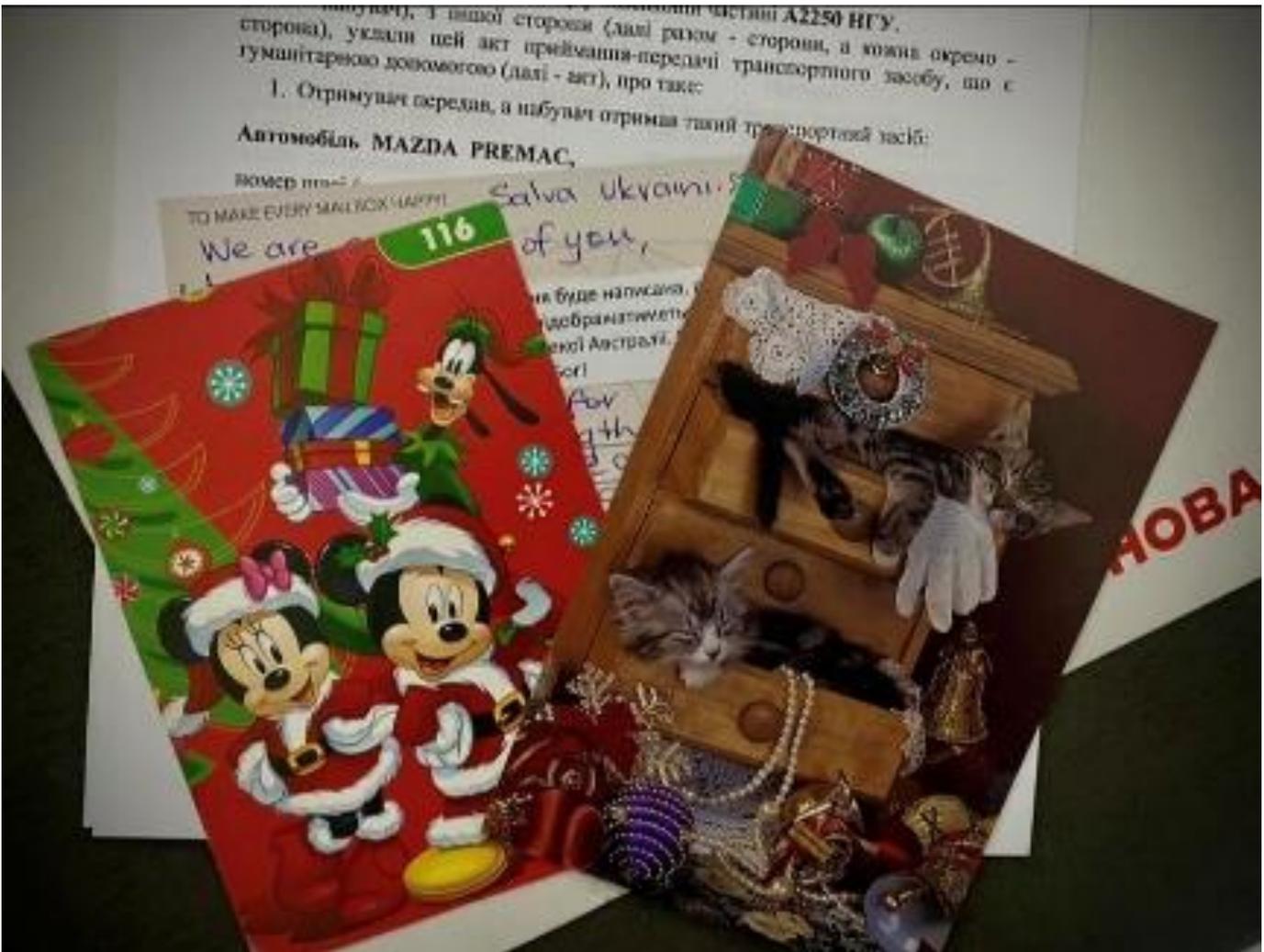
We know that the help must be not only sincere, but also correctly designed. Because that's the only time she works. And this is how we continue to support our defenders — quietly, consistently, and to the end. 🇺🇦💛

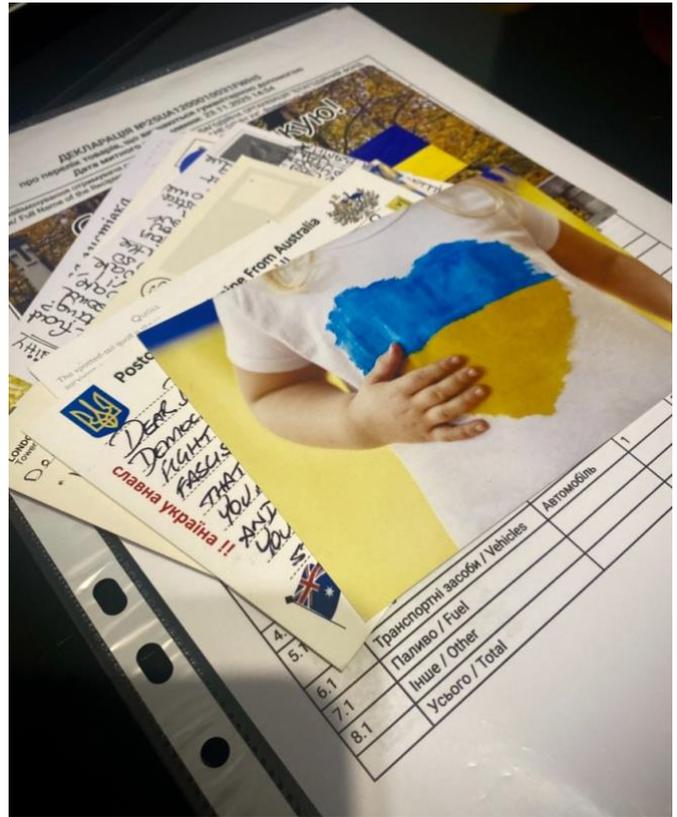
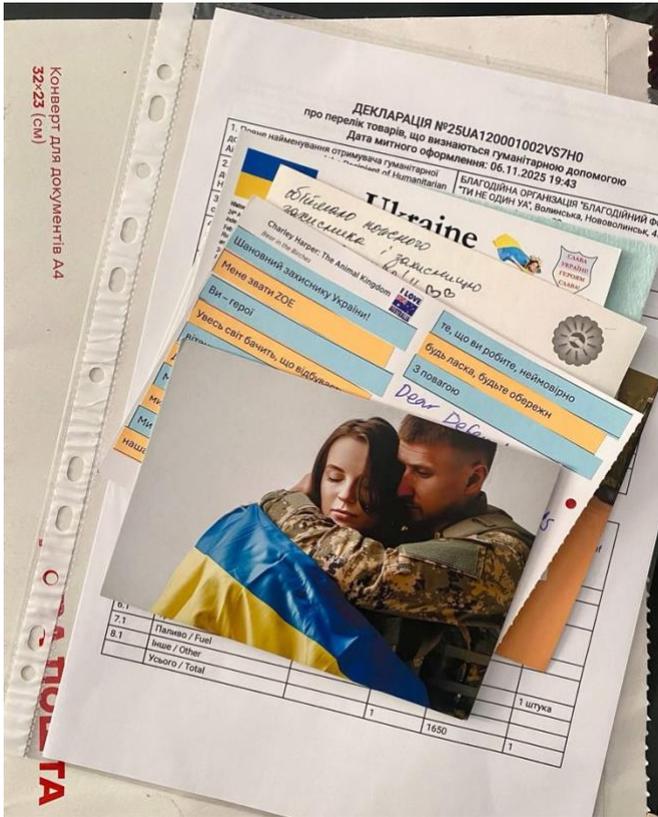
[Postcards to the Front - Canada](#)

[Postcards To The Front Australia](#)

Your messages have traveled thousands of miles to remind our warriors: the world admires them. Thank you for this support! 🇺🇦🇨🇦🇦🇺

[Stepan Zaianchkovskiy ТИ НЕ ОДИН UA”](#)

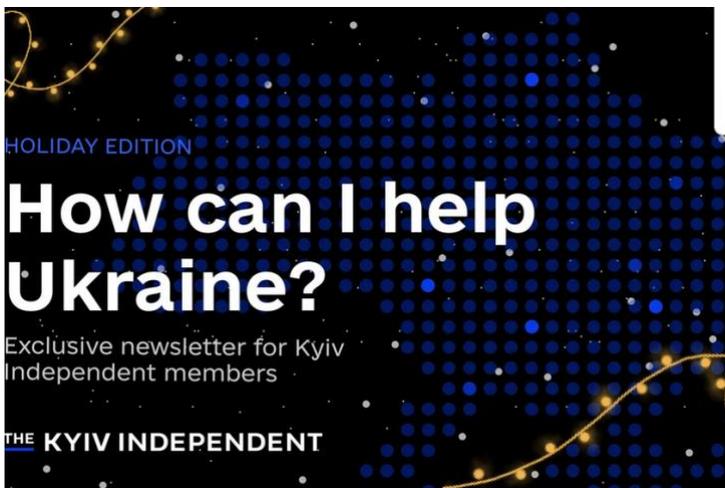




See the card on the bottom of the pile, in the right photo? That one is from the russian embassy protesters in Ottawa who have protested in front of the russian embassy every day since the full-scale invasion – that’s FOUR years! – and who have written hundreds of cards to Defenders.



### Postcards to the Front featured in *The Kyiv Independent*



We were thrilled to hear from Brooke Manning, senior community manager at *The Kyiv Independent*, who wanted to feature *Postcards to the Front* in the holiday edition of their [How can I help Ukraine?](#) newsletter.

And so ... [here](#) is the article where *Postcards to the Front* (Australia and Canada branches) is featured along with

two outstanding UK charities, [ReusingIT](#) and [Ukraine Relief](#). How lovely that these member nations of the Commonwealth demonstrate in unique ways, at the grassroots level, dedicated and sustained support for Ukraine!

### Support independent journalism from Ukraine

At *Postcards to the Front*, we value the timely, professional journalism provided by *The Kyiv Independent*, to help us stay up-to-date with events in Ukraine: culture, politics, military, ... all of it!

If you want access to timely, accurate, accountable, and impactful news about Ukraine, join *The Kyiv Independent* community of over 25,000 members and help their staff do their incredible work of “bringing to the world the truth about Russia’s brutal, all-out war.”

Check it out! [Your support](#) can make a real, tangible difference.

If you’re interested in learning more about ways to help Ukraine or if you have an idea to pass along to *The Kyiv Independent*, you can reach Brooke Manning at [brooke@kyivindependent.com](mailto:brooke@kyivindependent.com).



### Pierogis and Postcards

Who doesn’t jump at an opportunity to make and eat pierogi – traditionally called **Вареники (varenyky)** in Ukrainian – to slurp down some warm borscht, and to write postcards to Defenders? Of course, we did!

While a snowstorm raged on a Sunday afternoon, we arrived cold and damp, then quickly joined in a unique community *pierogi & postcards* winter’s day gathering.

You bet every card was infused with the joyful chatter, full-belly laughter, and heartwarming good cheer of the nearly 100 people who gathered! Family and neighbours. Old friends and new friends. All ages rolled and cut the dough, pressed in the filling. Once boiled, we slathered our varenyky with heavy dollops of sour cream and ate heartily. After all, we needed the food energy to write postcards! 😊

Are you planning to make a feast for Easter, food prepared in your kitchen by family members and some friends? If so, consider your own pierogi & postcard day. You bet

Defenders will be glad to know that you haven't forgotten them! Check out our "[How to run a postcard-writing workshop](#)" page.

Thank you to Ukrainian Hub of Peterborough for organizing the event and for inviting us to join you (again!). A HUGE thank you to *Activity Haven Centre* in Peterborough for opening your doors to community, and to Ukraine!

**PIEROGI MAKING WORKSHOP**  
**& COMMUNITY GET-TOGETHER**  
**SUNDAY, DECEMBER 7**  
**12-3PM**  
**ACTIVITY HAVEN CENTRE**  
180 BARNARDO AVE, PETERBOROUGH, ON



**WHAT TO EXPECT**

- Learn traditional pierogi-making techniques
- Share stories and recipes from your cultural background
- Enjoy lunch together with the pierogi we make
- Family-friendly atmosphere — kids welcome!

**RSVP BELOW**  
sh-tepaolenag@gmail.com or (705) 876-1670



## From South Africa to Ukraine

If you've never been to Lviv, here's an iconic image from this beautiful UNESCO heritage site that managed to make it through WWI and WWII without being reduced to rubble. Lviv's 300-acre historic "World Heritage" centre still stands since the full-scale invasion of Ukraine, despite some shelling.

Here, you have the Opera House. I've had the pleasure of enjoying a beautiful performance of Swan Lake in this magnificent building. I've walked through the square and along



the long city promenade that leads to the Opera House. Couples and families stroll along the promenade, friends meet to play chess, shoppers and workers rest on benches, some reading the newspaper, others simply watching passersby. The long promenade is flanked by cozy cafes and quaint shops and features other heritage buildings and statues of prominent figures, such as Adam Mickiewicz, Polish poet and literary giant. Yes, I have read some of his work! Such a literature geek am I!

Lviv is where the postcards written in South Africa landed, and where they began the next stage of their journey to home base, then to the warehouse where they will be packaged with food, warm socks, hand and feet warmers, medical supplies, tires and more. All on the way to the front lines.



Thank you to the members of [Ukrainians of South Africa](#) who organized two events where postcards were written for Defenders (described in our [November/December 2025 newsletter](#))! YOUR CARDS, dear friends in South Africa, have arrived at home base and should soon be in the hands of Defenders. Every word and drawing will warm their hearts during this terribly brutal winter. Thank you! Дякую!



## Oshawa Museum & Support Ukraine Rally

Once again, [Oshawa Museum](#) offered a warm place for the community to gather after the weekly Support Ukraine Rally held on the Albert Street bridge over Highway 401, Canada's busiest highway. More than 500,000 vehicles drive along the highway every day. How's that for a captive audience?!

Every Sunday since the full-scale invasion of Ukraine, Oshawa residents gather at the bridge, with Canada and Ukraine flags and homemade signs, as a gesture of solidarity with Ukraine.

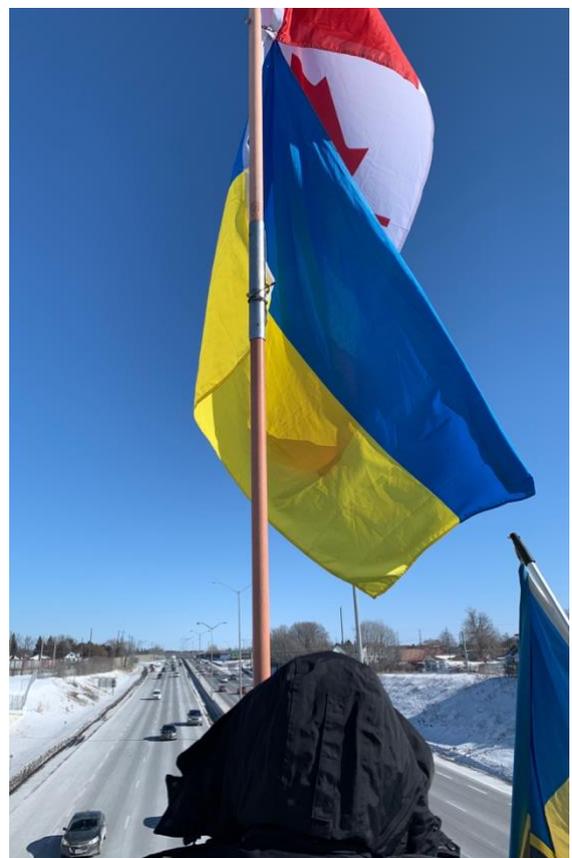
We wave. Drivers wave back and honk.

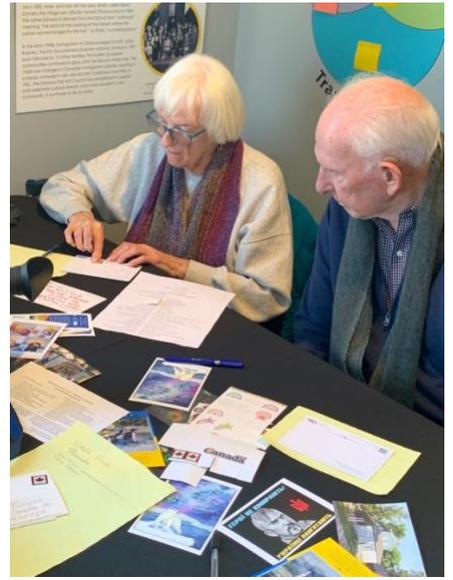
After the rally, St. George Ukrainian Catholic Church offered warm refreshment, then rally-goers trekked over to the Oshawa Museum to write postcards to Defenders. We didn't complain about the -23C weather because at least we had somewhere warm to retreat to after our short stint in the cold.

Seventy-four postcards were written by people of all ages, each postcard warrior sending love and warmth to Defenders of Ukraine.

The Oshawa Stand with Ukraine rally group is planning a big community event for the Global Day of Action, which Oshawa community will hold on Sunday, February 22. All are welcome. Rally on the Albert Street bridge @12 noon, followed by prayers for Ukraine, refreshments, and postcards for Defenders at St. John the Baptist Ukrainian Orthodox Church, on Bloor Street.

What's happening in your community to mark the 4<sup>th</sup> anniversary since the full-scale invasion?







## Doors of War



As a fundraiser for Ukraine, *The Ukrainian National Federation of Canada, Ottawa-Gatineau Branch*, hosted a community screening of “Doors of War” at the [Saw Gallery](#) in Canada’s capital city, Ottawa. Naturally, our all-over-Ottawa russian embassy protesters attended the screening. And they didn’t go empty handed! They brought with them a batch of postcards and organized a pop-up postcard-writing gathering. Don’t they just rock?!



You can read on our website about Crimean-Ukrainian artist Ruslan Kurt, whose art installation “[Doors Through the Horrors of War](#)” is featured in the film, “[Doors of War](#)”.

Thank you rep'ers for your on-your-feet creativity and for continuing to engage Canadians about Ukraine and her Defenders!

Anyone interested in hosting a screening of "Doors of War" can reach out directly to make arrangements via <https://www.doorsofwarfilm.ca> or by email: [chat@gambadefilms.ca](mailto:chat@gambadefilms.ca) or [production@doorsofwarfilm.ca](mailto:production@doorsofwarfilm.ca).



### Christmas 2025 Campaign Outcomes

When we launched our *Christmas 2025 campaign* in July 2025, we hoped to gather about 1,000 postcards for Defenders. As the summer drew to a close it seemed that we'd likely top 2,000 cards.

Well, dear friends, the final tally of **Christmas postcards is 2,815.**



***Well done, postcard warriors!***

***Thank you all for your outpouring of love and support and good cheer, received by nearly 3,000 Defenders when they most missed home.***



Do you get a lot of mails, with stamps on the envelope? Save the stamps for –

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!**

**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



### **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 victory.	Бажаємо вам здоров'я та перемоги.
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. Defenders especially appreciate postcards with drawings from children.

**Need help?** Check our "[How to](#)" page, and our [Ukrainian phrases](#) page. Maybe you want to organize a group of family, friends or others to write postcards? We have a page with suggestions about [How to Run a Postcard-Writing Workshop](#).

Share our website – [postcardstothefrontcanada.com](http://postcardstothefrontcanada.com) \* [Subscribe](#)

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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!***