

Mar / Apr 2026

Postcards to the Front

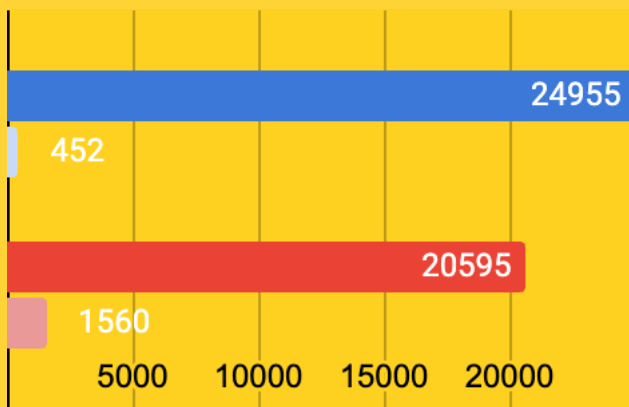
International Newsletter

Ukraine
Australia
Canada



Volume 3
Joint Issue 8 & 9

A Month in Postcards



These months our postcard warriors from Australia sent 452 cards and from Canada sent 1560 cards. Australia's total sent is now 24955 cards and Canada's is now 20595.

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

Three cheers to you, postcard warriors!

Since the founding in 2023 of Australia (March) and Canada (April) branches of *Postcards to the Front*, more than 45,000 postcard messages of support have been written to Defenders of Ukraine by postcard warriors hailing from every continent (except Antarctica, but we do have a connection, see below 😊). That's a **WHOLE LOTTA LOVE & SUPPORT!** Дякую! THANK YOU!

Three cheers to Tamara at home base in Ukraine and to the volunteers who gather, pack and distribute postcards, along with supplies, to Defenders at the front lines. Including [ТИ НЕ ОДИН УА](#) - *You are not alone UA*.

A lot has happened since our last issue. It's now year five since the full-scale invasion of Ukraine. Conflict has expanded in the Middle East with impacts on oil prices affecting every other consumable. Hungary voted out a pro-Russia government. And a crew of four astronauts, including Canadian Jeremy Hansen, returned safely from a 10-day space journey around the Moon.

I watched the crew share their reflections on their journey at their family/team reunion held at the Johnson Space Centre in Houston, Texas, the day after landing back on earth. Hansen spoke of the journey as a remarkable human event, shared by all the crew and their team as well as by those who followed them from Earth.

He emphasized three human traits that stood out for him during their "Integrity" mission: gratitude, joy and love.



After listening to Hansen, I was inspired to write some postcards to Defenders. I reminded them that millions of people around the world watch their efforts, as we did the efforts of the crew of Artemis II, cheer on their successes and mourn their losses with them; that we are grateful for the sacrifices that Defenders make, being away from home and family; that we love and support them; and, that I hope they can feel that my message is sprinkled with comfort, calm and joy stardust.

We know that Defenders are very grateful for the cards that they receive with supplies.



Finally, did you know that May 21st is the 20th anniversary of Vyshyvanka Day? A day to celebrate to the beautiful uniquely embroidered Ukrainian shirts. Have one? Wear it as a symbol of support for Ukraine. Don't have one? Find out from a Ukrainian friend or neighbour, or from a local organization, where there might be a market or producer of Vyshyvanka where you can purchase one. You can also find them online but BE SURE to support a Ukrainian creator / business! For instance, last year Tamara sent me a beautiful handmade Vyshyvanka from [Ya Kozachka](#), which I wear at postcard-writing events and, of course, on Vyshyvanka Day.

Other Ukrainians makers of Vyshyvanky: [Merezhka](#), [ETHOXATA](#), and [Katrya](#). You may have to tap into the “translate” feature to read the website in English.

DID YOU KNOW ... ? There are [regional embroidery patterns](#).

You, dear postcard warriors, have been doing a *great* job! Every message that you write from your heart onto that little postcard offers Defenders an essential human connection of love, care and warmth. Keep up the momentum!

Alyona carries on Irena's legacy

By Helen

In [January 2025](#), we published an article in our newsletter about Ukrainian friend, Irena Markova, who made it her mission to collect postage stamps to support the research work of the [Bone Cancer Research Trust](#) (BCRT), located in the United Kingdom.

After Irena's passing from cancer in summer 2025, we received a message from Tamara at home base that Alyona, a friend of Irena, had decided to carry forward Irena's legacy of support of the BCRT.

Before the full-scale invasion of Ukraine, Alyona lived an ordinary life in her birthplace city, Kyiv, that she describes as "a city full of beautiful places and diverse events. Many people are very different from one another, yet each of them is interesting in their own way."

The ordinariness of Alyona's days included "going to work, meeting friends, making plans, traveling abroad, going to the theatre, reading, etc. I had hopes and plans for a good future. Life felt stable, and I thought a lot about different things — my personal growth, how I could develop myself, and how I could be useful to my community. I felt confident about the future."

Now, more than four years after Russia's full-scale invasion of Ukraine, Alyona reflects that "from the outside my life may look the same as before. I go to work, I meet with friends, and I continue to pursue my hobbies. But that is only how it looks. Because each of these activities can be interrupted at any moment by a missile or drone attack from Russia. An air-raid siren can catch me while I am on my way to work, having breakfast/dinner, meeting friends, while I am walking in the park or more often in the middle of the night. This is a life lived in constant anticipation, in a constant state of readiness, knowing that whatever you are doing right now can be interrupted by an air-raid siren because of a missile attack."

Alyona's life, like the lives of every Ukrainian, has shifted from carefree days when she felt confident, to days when survival strategies are paramount.

"The war has filled my life with unpredictability and instability, with uncertainty about my future and even about tomorrow. I feel increased anxiety for my loved ones and my family, and I constantly worry about my friends who live in other cities. I closely monitor the

situation every day, checking for missile or drone attacks in my city and in the cities where my friends are. I am always making sure that they are safe.”

Did you know that Ukraine tracks and publishes daily drone and missile attacks on a variety of interactive maps, such as [Alerts in Ukraine](#)? These maps take doom scrolling to a whole other reality level!

“The realities of life during war always make their own adjustments. I’m trying to plan some things, but you don’t know whether you will survive the night, because of a missile or drone attack.”

“Death has become a constant presence,” Alyona stressed.

“You encounter it so often that even the loss of someone you did not know personally—but who was a Defender—affects you deeply. You understand that this person gave their life to protect the country, their family, and people like me. Over the past years, I have attended funerals of Defenders I did not know, yet their deaths feel personal, because they died so that our country could continue to exist. Living with this reality is extremely painful.”

“Death has become a constant presence. [...] Living with this reality is extremely painful.”

“At the same time, I deeply admire Ukrainians—their strength, their willingness to help one another, and their determination to support those in need. We strive to continue living a normal life despite everything that is happening. This resilience is incredibly moving and inspiring; it sustains you and keeps you from giving up, because you hold on to hope—the hope that one day everything will be alright.”

Looking back to early summer, 2024, Alyona recalls her friend, Irena, starting the initiative “[Dobromarky](#)” (translated as *Stamps for Good*).

“Irena was both a [Postcrosser](#) [a project that allows you to send postcards and receive postcards back from random people around the world], and a cancer patient. Irena wanted to support cancer research in any way she could and to do something meaningful to help others.”

Through the Postcrossing forum, Irena discovered the Bone Cancer Research Trust (BCRT), which [stamp appeal project](#) collects used stamps, sells them to collectors, and directs the proceeds to bone cancer research.

Alyona recalls that Irena was inspired by the work of the BCRT, and decided to support the organization.

“She began collecting used stamps and reached out to other Ukrainian Postcrossers for help. She carefully prepared the stamps herself—removing them from paper and getting them ready for shipment—and covered the mailing costs with her own money.”

Sadly, in June 2025, Irena passed away after a long and courageous battle with cancer. After her death, Alyona felt it was important to continue her legacy and carry on the work she had started.

“Initially, I used my own stamps, but soon other Ukrainian Postcrossers began sending stamps to me, just as they had sent them to Irena. I have been—and continue to be—deeply touched and grateful for the support from our community.”

Most of the stamps that Alyona receives come from *the Postcards to the Front* project.

“The Australian, Canadian and other caring supporters and postcard warriors from all over the world send signed postcards to Ukrainian Defenders, most often in envelopes covered in postage stamps. Tamara Levit, who receives these envelopes, carefully cuts the stamps from them and sends them to me. I then prepare the stamps for shipment to the BRCT.”



Further, Alyona observed, every [stamped] envelope filled with written postcards to the *Postcards to the Front* project, means that “caring supporters and postcard warriors are doing two truly wonderful things at once: supporting Ukrainian Defenders with heartfelt postcards and providing stamps that help fund bone cancer research.”

Since August 2025, Alyona has sent six envelopes with stamps weighing a total of 1,310 grams.

“When Irena was running this initiative, she handled everything herself. I remember wanting to send her used stamps and asking, ‘Is it okay if I send old stamps or ones still

attached to envelopes?’ She would always say, ‘Yes, yes—send anything. I’ll take care of everything.’”

When Alyona decided to continue Irena’s work, she realized that she didn’t fully know all the details of how Irena managed the initiative.

“I reached out to the BRCT, and they kindly answered all of my questions. Now, when people ask me, ‘Is it okay if I send you old stamps?’ I find myself replying exactly as Irena once did: ‘Yes, send anything. I’ll take care of the rest.’ I hope she would be happy to know that her good deeds are continuing in her memory.”

At *Postcards to the Front* (Canada branch), we sent our stamps in rotating order to [BCRT](#) (UK), [Oxfam Stamp Program](#) (Canada), and to [Stamps for the Wounded](#) (US). See addresses at the end of the article, along with [Mary MacKillop Today](#) (Australia).



This project has been important to Alyona “because it allows me to continue Irena’s legacy while also supporting cancer research. I hope that, in the future, new discoveries will help cancer patients cope with the illness, improve their quality of life, or delay the progression of the disease for as long as possible. I also hope that one day people will no longer lose their friends—kind, bright souls like Irena.”

As postage stamps make a difference in the lives of cancer patients, Alyona believes that “words of support are incredibly important for our Defenders. They are on the front lines, facing danger every day, and often cannot see that people in civilian cities think of them, and do their best to support them. We are deeply grateful for their courage and dedication, because in this war, many who were ordinary civilians just yesterday have shown extraordinary bravery, stepping forward to defend our country and our right to a safe, free future for the generations to come.”

Alyona believes that Ukrainians “feel immense gratitude and want, in whatever small way we can, to show our appreciation. We want Defenders to know that we recognize their sacrifices, that we honor their courage, and that we are endlessly thankful to them for risking their lives and health to defend the borders of our country and protect our future.”

One of Alyona’s friends is a Defender who received postcards, and he expressed how their messages were “very touching and meaningful for him. He told me that a few postcards he particularly liked, he kept with him and carries them wherever he goes.”

We’ve heard similar stories from others about the uplifting role that postcard messages have on morale at the front lines, including from Oleh Nikolenko, Consul-General of Ukraine to Canada in Toronto. Mr. Nikolenko [told us last summer](#), after he wrote some postcards to Defenders at the *Tridents & Tanks* event held at the [Canadian Tank Museum](#), that “many Defenders keep their cards in a pocket with them, as a talisman for their safety. Yes, they need weapons. They also need to know that the world has not forgotten them.”

Receiving a postcard from far away can be a powerful reminder that people around the world care about them and appreciate their sacrifice.

Alyona agrees that Defenders need to feel that they are not forgotten. “Receiving a postcard from far away can be a powerful reminder that people around the world care about them and appreciate their sacrifice. Even a small message can bring comfort, strength, and a sense of connection during very difficult moments. I know that words of support mean a great deal to them. They are especially touched by postcards/letters written and drawn by children, and they often keep them as talismans for protection and safety.”

As for how the invasion of Ukraine has changed her thinking, Alyona said “it’s time to wake up from the illusion of the world *before* the war in Ukraine. What began in 2014, and even earlier in Georgia in 2008, has changed the global order forever. Russia has shown that it is possible to invade almost any country under any pretext, occupy its people, murder, rape, loot, destroy homes, wipe entire cities off the map, and commit atrocities in plain sight—without facing real consequences. Meanwhile, other countries continue to trade with russia, communicate, cooperate, and even plan future partnerships as if nothing has happened.”

From her perspective, the lack of accountability for russia’s actions makes it seem clear “that the old idea of a just and fair world no longer exists. Speaking the language of democracy to dictators is a futile effort—it is doomed to fail. The world must face reality and act decisively, or sooner or later, russia—or another country like it—will bring war to your country as well.”

Still, Alyona manages to retain some optimism.

“I hold a deep hope for a bright and peaceful future for Ukraine. I hope that every person and child held in Russian captivity will be safely returned, and that Ukraine will be able to recover the bodies of those who were killed or tortured, so that families can finally mourn and say goodbye properly. I hope that Ukraine will reclaim all its territories, restoring freedom to every place under long-term occupation.”

And, she added, “I hope that Russia will never again be able to commit the atrocities it has inflicted on Ukraine or any other country. I hope that the sounds of rocket strikes, drone attacks, and air raid sirens will become a thing of the past. And above all, I hope that Ukraine will be able to rebuild, thrive, and develop in peace, just like other nations, free to look toward a future full of promise and hope.”

Further, Alyona expresses deep gratitude “for the support and engagement of so many countries. Even small gestures, like postcards with messages of encouragement, are deeply touching, comforting, and give us strength. I am thankful to every person, every foreigner, who is doing something to help Ukraine today, who is helping to bring peace to our country. It is difficult to put into words the feelings that arise inside you when you receive messages of support from people in other countries. For me, it is especially moving to receive words of encouragement from people on other continents, far away from Ukraine, who nevertheless understand what is happening in my country. They actively support Ukraine and speak about what truly matters—that Ukraine does not need just an end to the war or any kind of peace, but a just and fair peace.”

But, she added, “having lived through this brutal experience, it is painful to watch countries hesitate or remain passive. Every delay, every act of indecision costs lives in Ukraine—and it brings the threat closer to your own borders. The world must understand that supporting Ukraine is not just an act of solidarity; it is a way to protect yourselves and prevent this aggression from spreading further. Action cannot wait.”

While postcard messages of support are very welcome, they are one part of the many ways that Ukraine needs support.

For example, Alyona asks anyone who can to “take other concrete action: provide humanitarian aid, support refugees, and help rebuild the country’s cities and infrastructure. Military support is also crucial. Standing in solidarity, raising awareness, advocating for

Ukraine in international forums, and holding aggressors accountable are equally important. Every act of support strengthens Ukraine and helps protect freedom [for all].”

Once the day of peace arrives, Ukraine will continue to need support. For example, rebuilding Ukraine’s infrastructure and communities. “The war has destroyed so much—so many things that, sadly, can never be fully restored [such as historic sites]. But from this devastation, there is an opportunity to create something new, something better. Ukraine will need significant support, assistance, and resources to make this possible. The international community’s engagement can help turn destruction into renewal, and hope into reality, giving Ukraine the chance to rebuild a strong, thriving, and resilient future.”



The international community’s engagement can help turn destruction into renewal, and hope into reality, giving Ukraine the chance to rebuild a strong, thriving, and resilient future.



Have used or new stamps that you’d like to donate to support a worthwhile cause?

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

Human connection is a powerful force

Interview of Laura, Saskatchewan

By Helen

Ukrainians in Canada's West



If you drove across Canada, from sea to sea to sea, you would marvel at the diverse landscape. Fishing villages. Farm country. Forests. Diverse villages, towns and cities. Reserves. Lake districts. Mountains. Tundra. Notable when traveling across Saskatchewan, your view stretches seemingly forever across the vast flat blue-yellow horizon. Blue sky. Yellow fields of grain, canola, sunflowers. Much like Ukraine.

We were thrilled to open the first envelope of cheery colourful Saskatchewan landscape postcards sent by Laura from her home province, after she learned about this project on the [Postcrossing](#) website.

Laura reminds us that if you live in Canada's West, you cannot but know someone in your family, amongst your friends and neighbours, who has Ukrainian roots and/or ties.

Ukrainians first arrived in Canada's West in the late 19th Century. They tilled the land, farmed, built communities, and have made numerous contributions to Canadian socio-cultural and political life.

According to "[A sociodemographic profile of Ukrainian-Canadians](#)" published by Statistics Canada in 2022 (the year of the full-scale invasion of Ukraine), about 1.36 million people, or close to 4% of the Canadian population, reported at least one



Figure: Laura in Ukrainian costume in childhood.

of their ethnic origins as Ukrainian (2016 Census), forming the 10th largest self-reporting ethno-cultural group in Canada (2021 Census).

“Living in Saskatchewan, so many people you meet are Ukrainian or have ties to Ukraine, so Ukrainian traditions are easily available; e.g., I took Ukrainian dance for years as a child, we celebrated Ukrainian Christmas with the traditional dishes at my aunt's or at a friend of the family's home, my mom used to have all-day pierogi parties where we gathered with friends to make a hundred dozen pierogi and then ate together. All of these connections with Ukrainian culture have been a part of my life and my understanding of the world and my place in it for as long as I can remember.”

Writing Postcards to Defenders

Laura works in Information Technology, her days largely spent in front of a computer. But, she “tries to balance that digital life with slower, more intentional, manual practices like meditation, walking, reading, and writing letters/Postcrossing.”

While the war on Ukraine hasn't directly impacted Laura or the people closest to her, it has had an emotional impact “that has left me and the people in my community sad, shaken, in shock and disbelief, angry, and heartbroken; but also inspired by the continued strength, resilience, creativity, and dedication of the Ukrainian people (both Defenders and citizens).”

And, she added, “the longer the war continues, the more my sense of unease grows. The Ukrainian community here [in Saskatchewan, and across Canada] has grown since the full-scale invasion of Ukraine four years ago and Ukrainian newcomers often speak about being in Canada in a bittersweet way. They are happy to be safe and in Canada, but they speak longingly of their families, friends, and loved ones left behind, that have died, or that have returned to defend Ukraine.”

Once Laura learned about *Postcards to the Front* on the Postcrossing site, she could easily imagine that “postcard messages of support would make a difference to Defenders because they are a way to remind Defenders that they are appreciated, valued, thought of, and not forgotten; things all humans want and need to feel, but maybe even more so when it feels like the world has forgotten you and/or the obstacles in front of you are

“*[...] human connection is a powerful force that can inspire and give hope to people when they need it most.*”

insurmountable. I think human connection is a powerful force that can inspire and give hope to people when they need it most.”



Laura likes to choose cards for Defenders that “are reflective of the area from which I am writing. When I’m at home, I select Saskatchewan landscapes and because of the prominence of canola fields and sunflowers in Saskatchewan, I also try to send landscapes that feature blue skies and yellow fields [mimicking the Ukrainian flag]. When I am travelling, I try to select cards that showcase the local sites/landmarks. I keep my messages as positive and hopeful as possible.”

As she has grown more confident writing Cyrillic text, Laura adds more Ukrainian phrases on her cards than she did when first writing them.

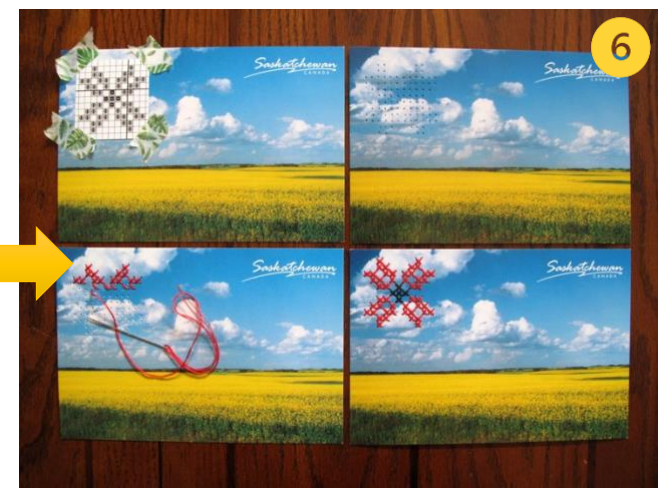
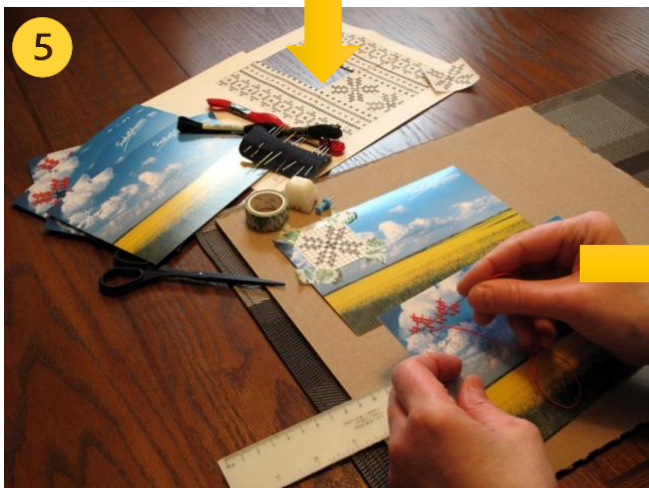
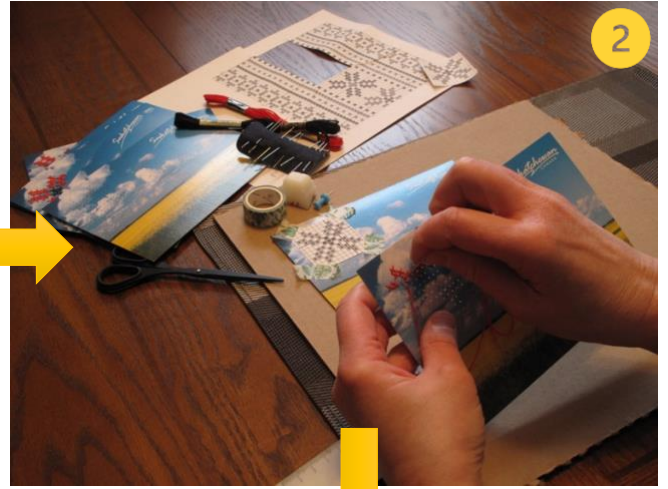
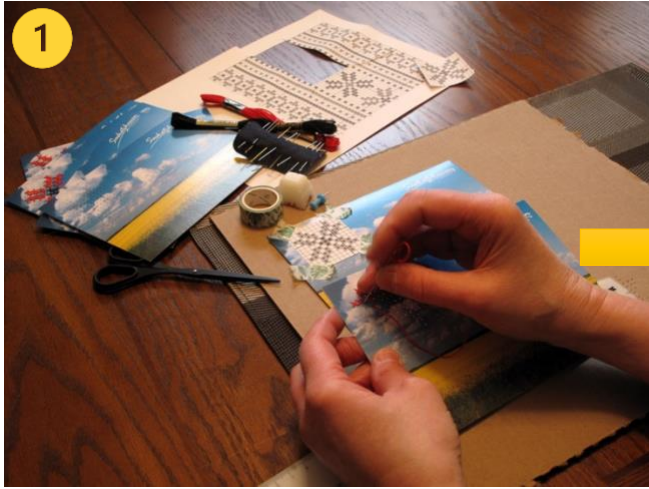
“Cyrillic is not natural-feeling for me especially given the way I print, but it feels like it is a worthwhile effort even though when I write it is far from perfect. The thought process is more difficult for me and I sometimes get in my own way when I write because I worry that what I am writing about is too trivial, that it won't make sense to the Defender reading it, that it’s not personalized enough, and on-and-on my mind churns. But, I try to focus on the things that remain true for me: that I’m grateful for the Defenders and all that they do for Ukraine, that I’m saddened and horrified by the invasion, that I stand on the side of Ukraine,



*Dear defender of Ukraine
Greetings from Canada!
We are impressed by your
strength and how you protect
your country.
What you are doing is
incredible, please be careful.
Be strong and protect
yourself.
Glory to Ukraine! Laura*

that I hope peace returns soon, and that I hope each Defender remains safe until they are able to return home.”

Postcard Embroidery



What a surprise to receive Laura's first embroidered postcard in our mailbox! Laura explained that she was inspired to embroider some postcards because of "a very nostalgic connection to Ukrainian embroidery as I was surrounded by it as a child. Ukrainian embroidery is something I have long wanted to try as an adult, but it always seemed too complex and overwhelming to me."

Her original embroidery ideas revolved around stitching Ukrainian patterns on old photos, though she hasn't undertaken this project yet.

Then, when she learned about the *Postcards to the Front* project, she immediately knew that her strong emotional connection to Ukrainian embroidery would play out well on postcards for Defenders who, she hoped, "might feel the same connection to the embroidery; that a little bit of embroidery might be a small reminder of home that they don't often see on the front lines."

Once the idea was sewn in her mind, Laura began a search for patterns that she might use. Then, during some vacation time, Laura committed to trying Ukrainian embroidery in small ways on postcards for Defenders.

The pattern that Laura chose isn't too complicated, doesn't have too many stitches, and is easily recognizable as a Ukrainian pattern. The entire process takes about an hour per card, so it's important to Laura to keep the stitch count low and to have a pattern that stands on its own.

Most important is how the pattern works *with* the image on the postcard.

"I wanted most out of a pattern I chose to embroider on a landscape postcard that is largely blue and yellow as it reminds me of the Ukrainian flag. Having a large section of open sky allowed the pattern to stand out as I didn't want the image to detract from the stitching."

Laura learned about stitched postcards through an online class that she took with makes&mends/fabric artist Jessica Marquez ([Minature Rhino](#)).

"Jessica hasn't offered the stitched postcard class for a couple of years, but if a person knows the basics of cross stitching, the process is reasonably simple. I find free online patterns that I print out and then poke the holes in the card using a tack (it can be anything that can poke a hole, but I like the control of a tack). After I've poked the entire pattern into the card, I stitch the pattern with 6-strand embroidery floss that I divide into two (3 strands are used to stitch) and wax the strands with beeswax (again you could use a

different wax or a specific thread conditioner) as waxing the thread makes it easier to pass through the card. I don't use knots; I just stitch over the ends/loop the ends through previous stitches. I cover the back of the stitching with a square of white paper and a sticker just to ensure that the stitching is more secure/less likely to give. I also don't want to be concerned with the backside and what my stitch-offs look like.”

The Power of Human Connection



As postcard warriors often tell us, Laura is “very thankful to be able to write postcards to the Defenders of Ukraine. Doing so reminds me how lucky I am in my own life, it puts my difficulties in perspective, and it reminds me of the power of the human spirit and human connection.”

When we receive images from the front lines, we scour them to see if there are any postcards that we can recognize as having been sent through Canada branch. Tucked in the middle of the right side image, under the sweets, is one that Laura wrote.

“Seeing my cards in the hands of a Defender makes my heart melt a little. I know sending the cards is not about me and I have seen it stated several times that you shouldn't expect a reply from Defenders as they simply don't have time. But seeing my cards in the hands of a Defender is THE best kind of reply. It's like the loop has closed in a tangible way, reinforcing the human connection element of the *Postcards to the Front* project. I get to see that my cards are reaching Defenders and they are being read. I never doubted this was happening, but it feels different to actually see it happen.”

Laura hopes that when a Defender receives a postcard from far away, that they “feel connected to



someone across miles and cultures and that they are assured that the world is watching and that there is support for Ukraine and for its independence. I also hope they feel the briefest moment of flight where they can travel in their minds to a distant place and be lifted from the harsh realities they face every second of every day.”

Ukraine, Instructor on Human Experience

Laura expressed fears that “what is happening to and in Ukraine could very easily happen to countries that we might not expect if we, as foreign countries and people, look the other way or force/expect Ukraine to make concessions about their territory and/or independence.”

After more than four years since Russia’s full-scale invasion of Ukraine in February 2022, we are hearing from other postcard warriors of concerns about conflict expanding to other parts of the world, as is evidenced in recent weeks in the Middle East.

Ukraine offers Laura instruction on human experience. “When you feel like life is too difficult or too overwhelming, look to Ukraine and the conditions Ukrainians find themselves in each day and try to find something in your day/life to be thankful for or that allows you to see your difficulties in a more balanced way. The Ukrainian spirit is unbreakable, and the beauty and courage of the Ukrainian people is boundless.”

Then ... find a pen and a few postcards. The simple act of writing a message of care and support to a human being who needs a bit of warmth and light in their day will make you feel just a little bit better about your day, as any meaningful human connection does.



I also hope they feel the briefest moment of flight where they can travel in their minds to a distant place and be lifted from the harsh realities they face every second of every day.

Supporting Defenders from the other side of the world

By Susan and Colin, Australia



Figure: Sue writing postcards to Defenders.

We are a retired couple, Sue and Colin, residing in a south-east suburb of Melbourne. We first became aware of *Postcards to the Front* through an ABC news item and decided to get involved, due to the unjust nature of Russia's invasion of Ukraine. Little did we know that the conflict would still be ongoing after four years!

Although we are thousands of kilometres away and have no direct links with Ukraine, our Christian faith, which seeks to protect and assist the vulnerable, was our motivation to do our small part.

As well as writing cards ourselves, we have tried to recruit others through the youth group of our local church and a Christian school in our region (one that agreed to get involved after several rejections from others). This was successful in providing about 150 extra cards for which we were grateful.

We imagine that Defenders are very appreciative in knowing that people on the other side of the world are thinking of them. We picture them in very basic tents with basic food, often in the snow, wondering

where the next bombardment will come from.

They must also greatly miss their families and be concerned about how they are faring. Hopefully a warm greeting on the postcard will give them something positive to think about amidst much suffering.

We also try to include a sentence or two in Ukrainian (Colin is getting really good at that!) and we always add an Australian flag sticker to assist Defenders in recognising where the card has come from.

We met Peter Ramadge, found of *Postcards to the Front* (Australia) at Flinders Street Railway Station in Melbourne last year and shared lunch while we chatted about the project. Our planned second meeting a month ago unfortunately didn't happen due to some miscommunication; however, we really admire the commitment and perseverance of Peter (and his team), as well as the time and effort they spend each week in ensuring *Postcards to the Front* continues to thrive. We also appreciate the specially printed postcards that Peter has been able to supply to us recently.

Best wishes to all Slava Ukraini!

Sue and Colin

“

Hopefully a warm greeting on the postcard will give them something positive to think about amidst much suffering.

News and Updates

By Helen (unless otherwise indicated)

Notes from Australia

By Peter & Gabbi

We have hit 25,710 postcards since we started, with New Zealand contributing 20 cards.

We would like to shout out to our postcard warriors for achieving this high number, as well as providing stamps and cash for postage. For March 2026, we sent 452 cards.

We will be at the Ukrainian Club in Geelong for a Mamma's Market Day on 9/6, and it is usually an excellent source of cards. We just love watching the children draw and use stickers on postcards, while giving Charlie, the doggie, cuddles and pats. Please join us.

We are saddened and disappointed by the latest Trump directive that sanctions have been lifted off Russian oil. This allows Putin to continue funding his war on Ukraine. Australia and Canada must resist pressure from the USA and not get involved in the Israel/American war in the Middle East.

For years the USA have boasted about their democracy, freedom of speech and freedom of assembly supported by the founding fathers. Recently, we have all been shocked at how easily Donald Trump took over the country, unlike a parliamentary democracy where a vote of no confidence would bring a leader down, there is no substance in their beloved constitution as can be seen. It is now more reminiscent of Russia and there does not seem to be an easy way to remove a lunatic president.

Australia branch has contributors in some overseas countries, i.e. South America and Indonesia, etc., who are finding problems with their postage service delivering to Australia, or where the postage cost is prohibitive.

We are suggesting a trial method for those regular supporters who experience such difficulties and who send postcards via Australia branch.

If you are one of those postcard warriors, you can still send your messages of support, despite problems with getting the mail to Australia.

How? Email the message to us. We are happy to print and paste your message onto a real postcard that will be sent to Ukraine.

The email address to send your message to: ramadgep@gmail.com.

Be sure to use this subject line: **PTTF message**.

We will send you by return email an image of the postcard sent.



Global Day of Action 2026

Love, from Malta

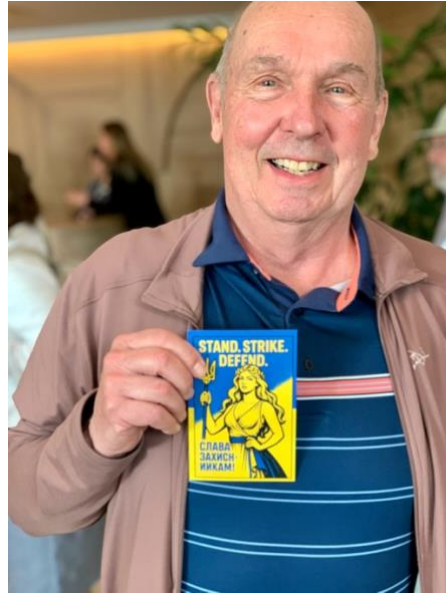


We were vacationing in Malta during the 4th anniversary commemoration of the full-scale invasion of Ukraine. There, hundreds of people gathered in the capital city, Valletta, for an evening *Silent Walk in Solidarity with Ukraine*. Guided through the narrow-cobbled streets with the light from their cellphones, many carried the blue/yellow Ukrainian flag and the red/white Malta Cross.

We met up with some Ukrainian friends who are sheltering in Malta (of course, there was postcard-writing). As well, we organized a gathering of Canadians vacationing in Malta to write postcards to Defenders in the lounge of our hotel located in beautiful St. Paul's Bay.

We also noticed a few Ukrainian flags flying in Malta, such as one seen here at the popular seaside market in pretty Marsaxlokk.

Thank you to all who joined us to write postcard messages of support to hero Defenders of Ukraine!



Stand with Ukraine Oshawa

On February 24th, our friends in Oshawa, Ontario held their weekly rally on the Albert Street bridge over Highway 401, then trekked over to St. John the Baptist Ukrainian Orthodox Church where participants wrote postcards to Defenders following prayers for Ukraine.



Figure: [Forum TV: Stand With Ukraine Oshawa](#).

We join them at the *Highway of Heroes* rallies when we can, as seen in this ForumTV production featuring [Stand with Ukraine Oshawa](#), by Bohdan Kolacz, KFilms (you can see us at the 5:18 mark – on the bridge and at [Oshawa Museum](#)).

Thank you to all in the Oshawa community – residents, political leaders, church leaders, community institutions, the Ukrainian community, and BCU Financial/Foundation – for your sustained support of Ukraine in so many ways, including writing thousands of postcard messages of support to Defenders of Ukraine.

Meanwhile, in Montreal, Canada

(account written by Linda, our newsletter layout editor)

On the 24th of February, I left my home in Montreal and pushed my bicycle as hard as my will permitted through a steep ascent, which was made more seemingly unconquerable by the intricate topography. The protest awaiting me at the Russian consulate is a daily gathering of voices that have united in solidarity since the beginning of the 2022 full-scale invasion of Ukraine. Attendee numbers vary every day, yet every day at least one mortal climbs atop this difficult hill to demonstrate our shared commitment to freedom and the unyielding quest for peace.





As I ascended, my legs burned with the urgency of arriving where I was needed; even the bicycle beneath me groaned in protest as well. That part of the island around Mount Royal, in all her capricious beauty, has arranged the streets in a pattern that seemed almost deliberately obstructive — steep inclines rising like the very walls of a fortress, one-way passages that forced me to zigzag through the urban landscape. Yet I could not allow myself to complain. Every soul who made their way to that hillside location on that day, as on any other day, had conquered the same difficult terrain. We all made our pilgrimages, each in our own way, to stand in solidarity with those whose struggle extends far beyond any hill we might climb.

Although I arrived later than intended, I was fortunate to find a group of protesters still engaged in conversation with a journalist, their spirits unyielding despite the chill of the day and the weight of the world. Camera in hand, I did what I have always done when confronted with scenes of human perseverance by capturing the fervor on their earnest faces. With their permission to be immortalized, these frozen instants on my hard drive, much like the act of arriving late but arriving nonetheless, express a stubborn refusal to abandon the work of bearing witness.



Later, as I waved goodbyes to my fellow protesters, the photographs lingered in my mind, resonating with the stories and voices I had encountered. What a ride! This journey, though difficult, was a necessary reminder that in the face of adversity, we find strength in unity against the shadows of war. We gather to say: we see you, we stand with you, we remember you.

Let's keep up the momentum, fellow supporters of Ukraine!



“

[...] we find strength in unity against the shadows of war. We gather to say: we see you, we stand with you, we remember you.

— Linda



SHOUT OUT to the russian embassy protesters in Ottawa, Ontario



Have you noticed? Not only do they protest every day outside the Russian Embassy in Ottawa, but the *Russian Embassy Protesters* (rep), including the rather creative *Beaver Brigade*, do A LOT of other diverse, interesting and collaborative activities to support Ukraine. That's one of the reasons members were honoured last November with the Ukrainian Canadian Congress (UCC) *National President's Certificate of Appreciation*.

For example, they remind politicians at all levels of government, and in all political parties, to keep Ukraine in their minds and on agendas when engaged in policy or other discussions with their Canadian peers and constituents.

They welcome anyone who wishes to join them in front of the Russian Embassy in Ottawa to rally in support of Ukraine.

For instance, Juris Ulmanis, an American / Latvian adventurer / mountaineer / businessman / author living in Latvia, first joined the rep'ers outside the Russian Embassy last May, even writing some postcards to Defenders.



Figure: Yvan Baker (MP Etobicoke Centre) with rep'ers.

Since the invasions of Ukraine in 2014 and again in 2022, Juris has embarked on numerous support Ukraine fundraising projects, including to provide critical equipment to Defenders at the front lines as well as to deliver humanitarian aid.



Juris serves as an Officer in the Latvian National Guard, has been a volunteer soldier in Ukraine, and is a [United24](#) ambassador.

An accomplished mountaineer and polar explorer, Juris has completed the “Seven Summits” challenge by climbing the highest peak on each continent (including Everest), has crossed Greenland on skis, and in 2025 he skied to the South Pole to plant both the Latvian and Ukrainian flags.



Juris again joined the rep’ers at their daily russian embassy rally earlier this year. After, he gave a talk about his adventures and ways in which he supports Ukraine, then joined attendees to write postcards to Defenders, all provided by the rep’ers.

We hope he’ll take the postcards project to Latvia!

Thank you Juris and the russian embassy protesters for all that you do to support Ukraine!



OSUDemocracy @ Saw Gallery



The russian embassy protesters were invited to return to [SAW Gallery](#), with postcards for visitors to write to Defenders, an an OSUDemocracy event held in early March.

[OSUDemocracy](#) is a nonprofit organization dedicated to promoting intercultural democracy in Canada and support for Ukraine through media initiatives and intercultural events. By combining facts, art, and cultural literacy, their goal is to strengthen democratic awareness and intercultural dialogue.

Postcard messages of support from one part of the world to the front lines in Ukraine do just that: strengthen intercultural dialogue.

[Fellow on the right in the right picture is MP Greg Fergus (Hull-Aylmer), former Speaker of the House]



Polish Academy of Canada in Oshawa, Ontario



Thank you Alina, of the [Polish Academy of Canada](#), for once again inviting us to meet with Polish high school students visiting Canada for an intensive cross-country leadership program!

For nine years, we've met 2 or 3 times each year with the visiting Polish students to discuss immigration and citizenship in Canada, Canadian education systems, and the intertwined roles of leadership and global citizenship.

Since the full-scale invasion of Ukraine in early 2022, we have incorporated into our workshops discussion of the changes in Europe, in the world and, particularly, in Poland.

According to the United Nations Refugee Agency (UNHCR), Poland is sheltering nearly 1million Ukrainians, mostly women and children. Every one of the students that we've met since 2022 knows a Ukrainian in Poland. A classmate at their school, a neighbour, or someone working with their parents or in their neighbourhood.

Each session ends with postcard-writing to Defenders. The students write in Polish, Ukrainian and English. The messages typically reflect heartwarming bonds shared between friends and neighbours who are, in many ways, cultural brothers and sisters.

Thank you, Alina, for introducing to us another group of future leaders keen to explore their potential roles and responsibilities in our global community!









Let's write some Ukrainian!

Try one, or a couple, of the below Ukrainian phrases on your cards. After all, what better way to express your support and affection by trying to write in Ukrainian?! And don't worry if you don't get it perfect. We are told that your effort and thoughtfulness reach their hearts, and make Defenders smile!

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

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

Hello! Привіт!

We didn't forget about you. ми не забуваємо про вас.

War will end and you will always be heroes. Війна закінчиться, і ви завжди будете героями.

You are defending your motherland. You are brave and courageous. Ви захищаєте свою батьківщину, ви мужні і хоробрі.

Slava Ukraini! (Glory to Ukraine!) Слава Україні!

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) Сійте до кінця!
Don't give up! Не здавайтесь!
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.

Not sure how to get started? 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 * [Subscribe](#)

Follow us on [Instagram](#) and [Facebook](#).



Remember – Your cards *do* make a difference.

As Defender Danylo tells us from the front lines –



Nothing warms the soldiers' heart as a handwritten letter.