



Postcards to the Front

International Newsletter

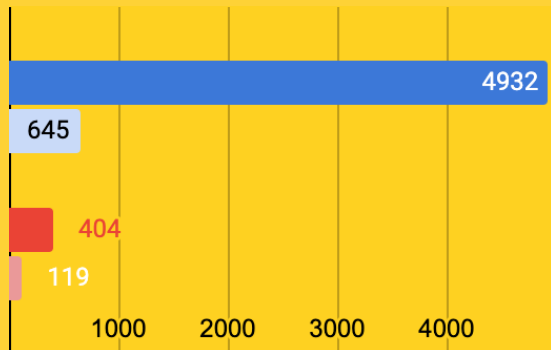
September 2023

Ukraine
Australia
Canada



Volume 1, Issue 2

A Month in Postcards



This month our postcard warriors from Australia 645 cards and from Canada sent 119 cards. Australia's total sent is now 4932 cards and Canada's total sent is now 404.

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

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About

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

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

Your support makes a difference. Thank you!

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Did you know ...

By Helen

> National Holidays in Ukraine



Source: weareukraine.info

Each September 17th, *The Day of the Rescuer* is celebrated in Ukraine. While usually a professional holiday for workers of emergency services, they never get a break since Russia's February 2022 invasion. Rescuers are an important part of the Defenders team.

Heads Up! Consider setting aside some time to write cards specifically for Ukraine's **Day of Defenders** national holiday. Usually celebrated on October 14th, this holiday is once again suspended as the Defenders are ... well ... busy defending their freedom and democracy. Instead, this year, Ukraine will pause on October 1st with a moment of silence to remember all who sacrifice so much for their country, including for some, with their lives.

Not sure what to write? Take a look at [Tips for Writing your Cards.](#)

> And, she likes it ...

Recently, it was Tamara's birthday. How to celebrate at the front, during an invasion?

We sent her a Canada / Ukraine flag.

And guess what? She's also got an Australia / Ukraine flag.



> Packing cards at the Front ...

At home base in Ukraine, Tamara and Marichka pack hundreds of cards for Front Line Defenders.

Yes, hundreds!

From the sorting and packing place, the cards are distributed at the Front.

Keep those cards coming, as there are more requests coming from the front lines for some good cheer from all over the world. Your cards do make a difference in a Defender's day!



> Low-tech communication that reaches the heart

It can take up to 2-3 months before your card lands in the hands of a Defender. Do you wonder how your cards are received?

With gratitude. And with tears. ***It's true!***

Tamara recently visited a wounded Defender in hospital, hand-delivering four cards to him. Some from Australia. Some from Canada.

After reading the first couple of sentences of the first card, he had to stop, saying "I will read these later."

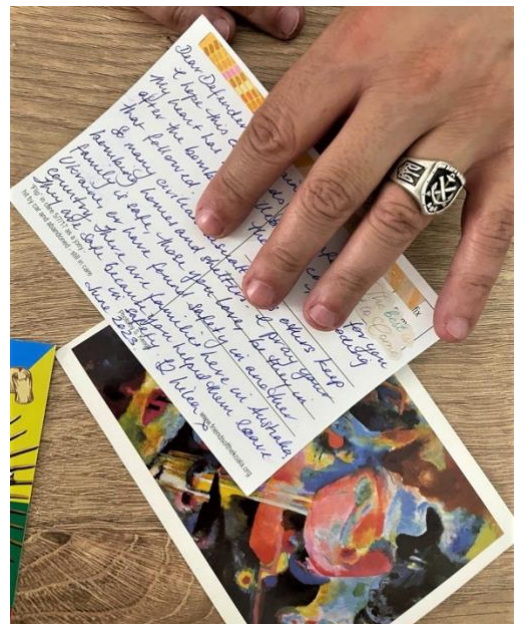
Tamara could see the tears in his eyes.

Some days later, she received a midnight call. Terrified that it was unwelcome news, she answered to hear the voice of her injured 'brother', returned to the front lines.

"He said he had shown those four cards to his group and they want more! He said they all were crying! That's insane ... that the cards could make so much impact. They ask for more! In the midnight!"

Your cards are crucial low-tech communication of care and support that reaches the heart.

Thank you for writing to Ukraine's front line Defenders!



World Postcard Day 1 October

By Peter

World Postcard Day happens on the 1st of October. I'm sure that you are going to celebrate. Why don't you get some friends around and set a target to be written for *Postcards to the Front*. If you reach your target, take a photo of you and your friends and email it to us.

Your photos will be published in the October Newsletter (or possibly a supplement to it if a lot of you succeed).

Of course we will give a prize for the most postcards written and delivered by the 6th of October (my birthday, it will be a birthday present too).

The winner will be sent a hand painted original Postcard by Dr Ted Riley a talented artist from Highton Victoria. So remember to put your postal address on the back as well as you email address for these ones.

The winner from Canada will receive the card on the left. The winner from Australia will receive the card on the right:



Peter and Anne have set a target of 10 each.



Helen and Jean-Michel have set a target of 10 each, like our Australian friends.

Feedback from Ukraine

Why Russia is doomed to fail

By Tetiana K

In such difficult days it is important to notice the good. No matter how sneaky our opponent is, he is weak. He is losing. He's about to be destroyed. And we will win because in Ukraine even every child stands for freedom.

It's time to write your good news and be inspired by new victories.

My 5 pieces of good news:

1. The week has been very busy (the next one will be calmer, thank God). But I am proud that together with the team made a big telemarathon to the Independence Day of Ukraine, invited many guests, removed a quality product. In addition, it was also possible to work extra and earn the money that is currently needed.
2. Replaced the water heater. I don't know if this is good news. Because somehow everything started to break - boiler, window. You don't know which hole to fill first. And we bought a floor hanger - it turned out to be a very convenient thing for all t-shirts and shirts!
3. Celebrated the anniversary of the wedding, found among the working avralu time for our holiday, no longer small. So happy we found love years ago and are carrying our fire through life.
4. Little Pixie (our three-legged miracle) has been vaccinated. It's important to me to remember feline health, helping homeless animals in shelters during this difficult time.
5. Bought new stamps, I get the desired postcards. Receiving an energy resource with the support of good friends – Mihnea R, Masha B, hugs to you!

Glory to the heroes, glory to every Ukrainian. Let's keep the flow going!

Who we're doing this for ...

By Helen



Source: [Embassy of Ukraine in the Republic of Finland](#).

It's been 19 months of horror and hardship in Ukraine.

On **Sunday, October 1st**, Ukraine will mark the **Day of its Defenders**. This day is devoted to all who fight for Ukraine. There will be a one-minute pause – a minute of silence – for Ukrainians to honour those who gave their lives in defense of their home.

Please consider writing to Defenders on this day, as well as encourage as many people as you can to send postcards to Ukraine's Defenders. Your messages of support and hope *do* make a difference as they boost morale. Our mailboxes await your cards. Thank you!

Let's Learn some Ukrainian

By Tamara

Here are some brief messages of support, in Ukrainian, for Ukraine's Defenders – Try to add a phrase to your card. It's a great way to make a real personal connection, and it doesn't matter if your effort is not perfect. What matters, is that you tried.

Dear defender of Ukraine <i>(a respectful tone)</i>	Шановний захиснику України!
Dear defender of Ukraine <i>(more like a love tone; there are different translations for "dear")</i>	Любий захиснику України!
My name is <i>Name</i>	Мене звати <i>Name</i>
You are heroes	Ви - герої
The whole world sees what is going on	Увесь світ бачить, що відбувається
Greetings from over the ocean	вітання з-за океану
Thank you	Дякую
We are proud of you	Ми пишаємося вами
We read news about Ukraine every day	ми читаємо новини про Україну щодня
We wish you health and happiness	Ми бажаємо тобі здоров'я і щастя
Our country stays with Ukraine	наша країна ЗА Україну
What you do is incredible	те, що ви робите, неймовірно
Please, be careful	будь ласка, будьте обережні
I like borscht	Я люблю борщ
I have never tried borscht	Я ніколи не їв борщ
With love <i>(at the end of the letter)</i>	З любов'ю

With care <i>(at the end of the letter)</i>	З турботою
With respect/respectfully <i>(at the end of the letter)</i>	З повагою

Phrase of the Month October

Our country stays with Ukraine

- наша країна ЗА Україну

Do you wonder ...

What does *Slava Ukraini!* mean? Glory to Ukraine!

This phrase symbolizes Ukrainian sovereignty and resistance to foreign aggression. When the phrase is called out, Ukrainians will respond with *героям слава!* / “*Heroiam slava!*” / Glory to the heroes.



It gained popularity after a rally protesting Russia’s invasion of Ukraine, where a protester’s sign was photographed in New York City on February 27, 2022.

Attribution: Rgm38, [CC BY-SA 4.0](#), via Wikimedia Commons.

Christmas cards from an American friend

By Helen

Thanks to one of our American friends and fellow Postcrosser, Candace, Canada branch has received quite a few Christmas cards, some of which Candace wrote entirely in Ukrainian! Well done! **молодець!**



About writing in Ukrainian, Candace explained, “I had never written in Cyrillic before. Writing in Ukrainian Cyrillic was a challenge at first, but once I became more familiar with the letters, it got easier. I looked at it as an art project, similar to calligraphy. ... Hopefully it made sense! And I used *Google Translate* to translate from English to Ukrainian, so I’m weary about how the message translated, but hopefully it worked out.”

Candace’s effort sure did work out fine, because her writing passed the review test at Canada Branch where we have a fluent Ukrainian on our team!

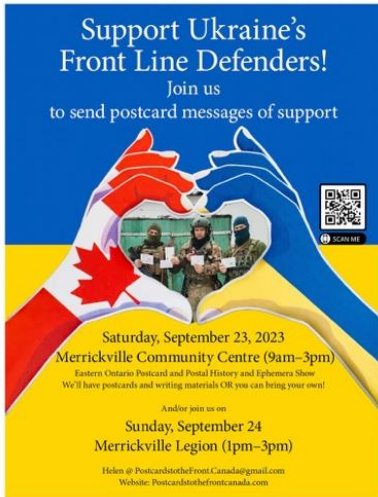
When asked what inspired her to write to Ukraine’s Defenders, Candace told us that she had “the desire to encourage others who might not have much hope right now. The war has been going on for a year-and-a-half, and anyone enduring hardship that long would struggle to maintain hope.”

Indeed, hard to imagine. And, yet, we are told that the postcards with messages of support absolutely do buoy up Defenders during hard days.

Candace’s advice to anyone hesitant about writing cards or trying to write in Ukrainian: “Just do it and don’t overthink it. You don’t have to have the perfect card, the perfect message, or create a unique piece of art. *A simple message of support brings so much joy, and the effort is totally worth it!*”

Canada Branch News and Updates

By Helen



September has been a busy month for Canada branch.

Our August Campaign netted quite a few envelopes filled with cards from Canadians, Americans and Germans. Most cards carried Christmas messages, which need a long lead time, as it can take 2-3 months for cards to travel to the front lines. There were five prize winners for the August campaign, drawn by a three-year-old member of Canada branch: Laura and “Fry” from Canada, Candace and Eszter from the United States, and Vivian from Germany. Thanks to all who participated!

We attended two events the solstice weekend, September 23-24, in Merrickville, Ontario, just south of our nation’s capital, Ottawa.

On arrival, we were greeted by *Postcard Polina* at the Village Bean Coffee House. Made by local artist, and dear friend, Jan Schryburt, Polina beckoned passersby and patrons to come in and write cards.



Also on arrival, we were presented with beautiful postcards for Defenders, with touching messages, all created by students in a Grade 3 class at a local public school.

On Saturday, we attended the Eastern Ontario Postcard and Postal History and Ephemera Show, where we met many people who wrote cards for the Defenders, including some Ukrainian speakers. Jean-Michel enjoyed flexing his Ukrainian tongue! His vyshyvanka (embroidered linen shirt) got lots of attention!



On Sunday, we conducted a postcard-writing workshop at the Merrickville branch of the Royal Canadian Legion. This trip netted over a hundred postcards that are on their way to Ukraine.



Since we were so close to Ottawa, we did, of course, invite Prime Minister Justin Trudeau and President Zelenskiy – as he was visiting Canada at the time – as well as Ukraine’s Ambassador in Canada, Yuliya Kovaliv. Alas, none were able to attend due to very busy schedules. Perhaps another time?

And check it out! The popular blog, **Ottawa Road Trips**, featured our Merrickville weekend of postcard-writing events in their September list of [140+ fun events in Ottawa and beyond](#). Scroll down to find the article, ***Browse for postcards and support Ukraine in Merrickville***.



We express sincere thanks to the very kind and generous people of Merrickville for their support of Ukraine!



Oh, Wow! Look! An artist friend to home base in Ukraine has designed these fabulous *Canada Supports Ukraine* cards for us to write to Ukraine’s Defenders. They should arrive in Canada very soon.

Дякую тобі, artist Viktoriia Shepel! Thank you!

If you haven't found the right cards to write to Defenders, maybe these ones are just what you're looking for. Let us know if you'd like some, and we'll send you an envelope of blank cards for you to write back.

And, please ... share [our website](#) as widely as you. Ask family and friends to write cards. Involve your kids.

Recapping [our gratitudes](#):

- We’re grateful to Ukrainian artist Viktoriia Shepel, for her *Canada Supports Ukraine* postcard design, and to Tamara at home base for printing and sending a huge batch to Canada to be written back to Ukraine’s Defenders.
- We are grateful for every single card that comes to our mailbox. Thank you!
- We are grateful for all of those who have spread the word to others ... these connections are helping our efforts to support Ukraine.

- We appreciate the kind and generous welcome, effort and support of the following in Merrickville, Ontario: artists Jan Schryburt and Kristina Carr, the Eastern Ontario Postcard Show organizers, Merrickville Legion, Village Bean Coffee House, and all of the local and even faraway folks (including from Quebec!) who came to write messages of support for Ukraine's Defenders. We were thrilled that most made the effort – children included! – to try to write in Ukrainian. Well Done!
- October 9th is **Thanksgiving Day** in Canada. A national holiday, which is spent with family. We are thankful for our freedom, our comfort, our families, and our friendships. If you have time over the long Thanksgiving weekend, please write a few cards for Ukraine's Defenders. For we are thankful for their efforts as they fight for democracy and freedoms that we all benefit from.

Your cards *do* make a difference ...

Here's what Liudmyla from Dnipro Ukraine has to say about your postcards –

“Thank you for your heartfelt work on the letters to our soldiers at the front! I am sure that they are very happy about such support. ❤️ I tell many people in Ukraine that there are you and other people who support us, and everyone who listens to me is very grateful for that. Sometimes we feel psychological fatigue, but when we communicate with our relatives and wonderful people like you, we gain new strength and faith in the light of Victory.”

Questions? Want to reach out to send us unused stamps (we could use some!) or blank cards? Be in touch: [email us](#).



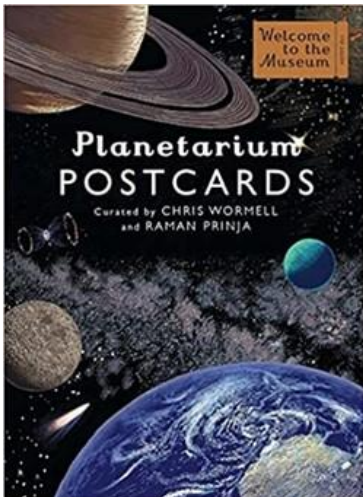
Inspection Department in Ukraine

Yes, ... Mr. Cat *paaw*proves each batch of cards that arrive at home base in Ukraine. He is less messy with the packages than Customs officials on either side of borders!

Australia Branch News and Updates

By Australia Branch

> On Reaching 5,000 Cards



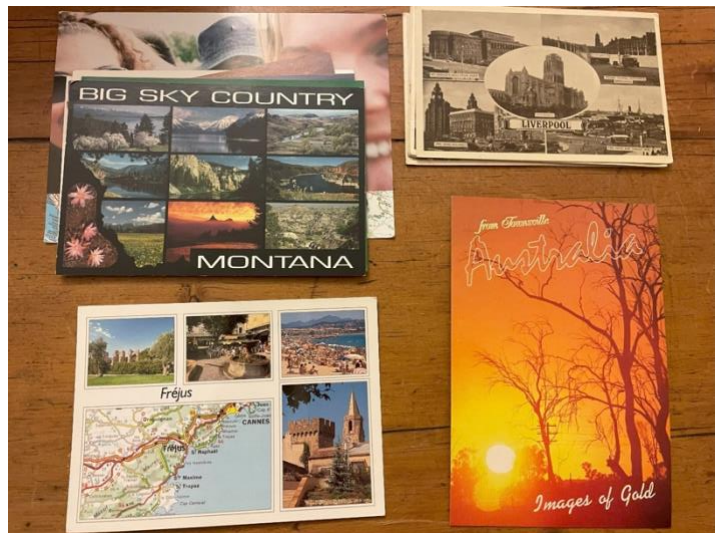
Unfortunately, we didn't reach 5,000 cards this Month, but we got dam close. If you look at our total cards sent figures and subtract that from 5,000 you will know how short we were for the prize to be awarded. Get you October cards in early because it will be awarded in the first week of October, based on the card flows we have had. Good Luck.

We are indebted to Clarisse Hart for giving permission to publish this link to her blog where she interviews the Artist of the Planetarium Postcards.

> Do You Have a Place That is Special

Do you have a place that is especially special for you? We have some donated cards that we can share with you so that you can share them with a Defender at the Front.

We have cards from Canberra, France, New Caledonia, Castlemaine, Melbourne, Queensland in general. New Zealand, Townsville, World War 2 & the USA. Send me an email and I will post some to you.



> Christmas at the Front

Any Christmas card delivered after 30 September will be put aside for next year should the war still continue.

> How to spread the word

I have recently started adding comments to the videos on You Tube. Takes about 2 minutes and you can do it while the video is playing. I add *If you want to give support to Ukrainian Defenders on the Front Lines see [our website](#).*

The Australian website describes who we are, how to participate and the Australian, Canadian and Zaporizhia contacts. It may help to spread the word.

> Baltic Market Sydney 23 September - Latvian Hall, Strathfield

The Baltic States are the largest contributors to the defence of Ukraine. Latvia, Lithuania and Estonia donate around 1% of their GDP to Ukraine. Per head of population that makes them the highest contributors to Ukraine's freedom.



Luda P, Secretary of the Lithuanian Women's Association, contacted me and with her friend Loretta G, President of the Sydney Lithuanian Women's Social Services Association, they she set up our first physical presence for Postcards to the Front in Sydney.

Together they sourced over 60 cards. Sixty more defenders who will know that Australians support the struggle from over 14,000 kms away.

Get to know the Team ...

An Interview with Ela who recently sent her 100th card.

By Australia Branch

> What is your favourite book?

My trusty copy of the 'Central' Cookery Book which I purchased for my grade 7 home economics class elective. It was the text for cookery education in Tasmanian schools for many years. I love it for its simple and straightforward recipes. Not a single celebrity chef in sight or staged photos of dishes. The baked chocolate pudding recipe (page 107, 1977 edition) never fails!

> What is your favourite quote?

"Think only of the past as its remembrance gives you pleasure." Jane Austen, *Pride and Prejudice*.

> What is your favourite song?

My taste in music is eclectic so that's a hard question to answer: all genres are fair game - from Gregorian chants to K-pop, jazz to prog pop metal, musical theatre through to folk. It very much depends on my mood, the time of day or how adventurous I happen to be feeling.

Actually while I am answering these questions I'm listening to a selection of Måneskin, Pet Shop Boys, sanah, LeMON, Voyager, Mediæval Bæbes, Imagine Dragons, Patty Gurdy, Ludovico Einaudi, Icehouse and Enej. Let's just say I confuse the proverbial out of algorithms and assorted search engines.

In recent times I have been listening to a fair bit of Ukrainian music – Kalush Orchestra, Go_A, The Hardkiss, Positiff, alyona alyona, Jerry Heil, Antitila ... and who can forget Verka Serduchka's classic Dancing Lasha Tumbai. Currently Jerry Heil's songs performed with Polish singers Ochman (BRONIA) and Przyłtu (BRACIA) are firm favourites.

> **What city/town do you live in?**

I live in a small but growing seaside town, only a 20-minute drive south from Hobart, the capital of Lutruwita (Tasmania). In my opinion it's the best place in the world - the cleanest air in the world, breathtaking wilderness and unique wildlife - but then I am a biased source ;-). While I was born here, my heritage and ancestry is Polish – my parents migrated to Australia in the mid-1960s to escape communism and in search of a better life.

> **How did you get involved with Postcards to the Front?**

I first became aware of Postcards to the Front via Matilda Marozzi's article on ABS News. Writing cards of support to defenders sounded a fantastic initiative so I contacted Peter. It took me a bit of time to get organised (due to work and family responsibilities) but I finally kicked my own butt (so to speak, mentally and physically), sending my first three cards on the 1st of May. Postcards to the Front is now built into my weekly routine, with Saturday or Sunday afternoons quarantined for this purpose. My weekly goal is to write and send six cards a week and to reach 200 by the end of the year. So far so good ...

> **How do you recruit new postcard warriors?**

Everywhere and anywhere ... Family, friends, work colleagues, penpals, Postcrossers, stray people I meet etc. If they don't run or hide, I give Postcards to the Front a plug.

> **What is your biggest joy from your work with Postcards to the Front?**

Simply knowing that a small piece of paper expressing love and support (and at times written in eccentric Ukrainian), decorated with stickers, washi tape, hand drawn pictures and sent from the other side of the world, can bring a smile to a defender's face. That something so simple can make such a big difference – that every card does count.

> **What has been the biggest surprise?**

At a personal level just how receptive people have been during conversations about Postcards to the Front. The number of postcards (and Christmas cards) which have been sent is also totally eye boggling.

> What would you like our readers to know?

That every Postcard Warrior deserves a 'Koala Stamp'¹! ;-)

¹ The highest award given by Philip Adam's. An Australian commentator and broadcaster, Philip is well known for this Late Night Live (LNL) program on Radio National.