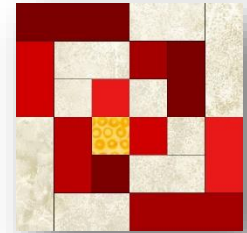




Canada's Quilters are encouraged to initiate or participate in an exciting day of QOVC sewing to help reach our ambitious goal of 20,000 quilts by 2020. Since 2006, QOVC has presented about 14,000 quilts to our veterans and serving members of the Canadian Forces who are managing illness or injury. We are marching into our biggest year yet, and we want you with us!



Make a Block – Make a Quilt – Make a Difference

February 1, 2020 will be our 2nd Annual National Sew Day across Canada. You are welcome to bring your QOVC UFOs or bring your red and white/cream collections along with the yellow for the yellow highlight in the Brave and Bold blocks. We will have examples of several patterns for the quilt top, plus the Brave and Bold Bento block on our website for you to use for inspiration.

You are welcome to work on blocks and tops themed around the Brave and Bold theme, and you can also use this opportunity to work on your own QOVC quilt tops of different designs that day.

How to get started:

- Connect with your local QOVC representative to see if there will be a bee in your area. If there is no rep where you live, contact founder@quiltsofvalour.ca if you'd like to set up a bee yourself.
- Talk to your guild and set up your own bee – it can be large or small!
- Let us know if you will be hosting a bee.
- Let us know how many blocks and quilt tops you put together for National Sew Day.
- If your guild or group has a regular sew day the week before or the week after the National Sew Day, it will count! Submit your results to founder@quiltsofvalour.ca by February 8, 2020.
- Take lots of photos that can be shared. Have a GREAT time!

You don't have to be a quilter to make a difference! You can donate directly to QOVC to help us reach our goals! Tax receipts are provided. <https://www.quiltsofvalour.ca/donations.html>

Please contact founder@quiltsofvalour.ca if you will be participating in our 2nd Annual National Sew Day. See the following pages for a single page pattern to share with your teams, and sample layouts.

Snowbird quilters in the US can also participate, as our American counterparts from the Quilts of Valor Foundation will have their sew day on the same day we are sewing our hearts out in Canada!

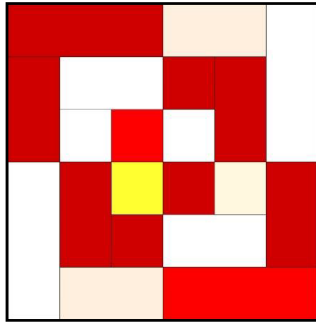
Thank you so much for your support of our veterans and serving members of the military. We can't do this without you!

Lezley Zwaal
Founder, Quilts of Valour – Canada Society
E founder@quiltsvalour.ca
P 780-983-3210



Whether Traditional or On Point - A Quilt of Valour

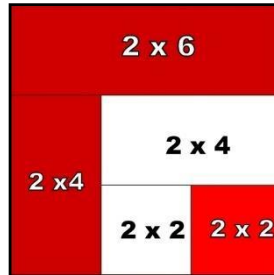
Brave and Bold Pattern Page (12.5" unfinished)



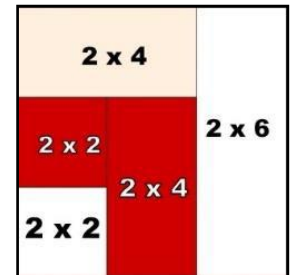
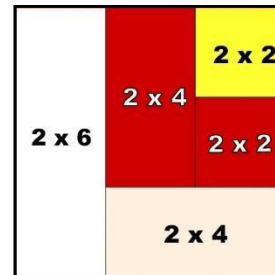
Quilts of Valour – Canada is asking quilters across the country to make quilts for our injured military and our veterans from the *Bento Box* block pattern

“Brave and Bold” with a welcoming light in the centre representing *home*.

Make 2 squares:



Make 1 square each:



Colour cuts:

Red

2 – 2.5" X 6.5"

4 – 2.5" x 4.5"

4 – 2.5" x 2.5"

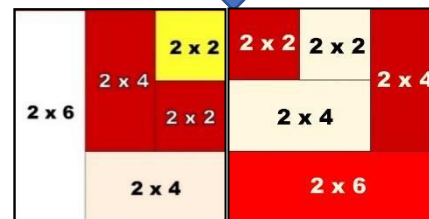
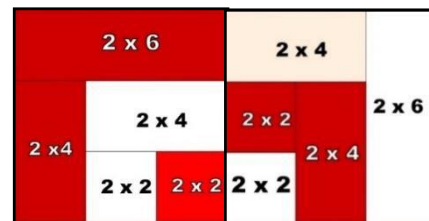
White

2 – 2.5" X 6.5"

4 – 2.5" x 4.5"

3 – 2.5" X 2.5"

Yellow 1 – 2.5" X 2.5"



Press seams to red for best finish.

Quilt Assembly:

- Sew five rows of six blocks to make a quilt approximately 60"x72" (30 blocks total)
- Use fabrics from your stash of red, whites, creams, and yellow) we know you have one! Fabrics from the Northcott Oh Canada line as well as others make a great fit!
- No borders are needed: simply layer, quilt, and bind. Have a look at variations on our website.
- We request that you supply the binding for any **Brave and Bold** top you donate.
- Your unfinished quilts, tops, and blocks can be sent to your local QOV representative, found at <https://www.quiltsofvalour.ca/contact.html> or bring quilts, tops, and blocks to Quilt Canada 2020, in Edmonton, AB June 18 to 20, 2020.

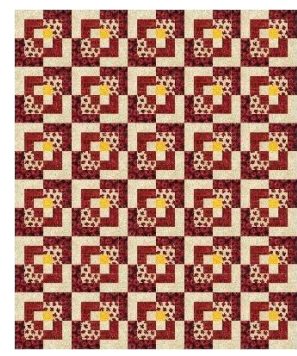
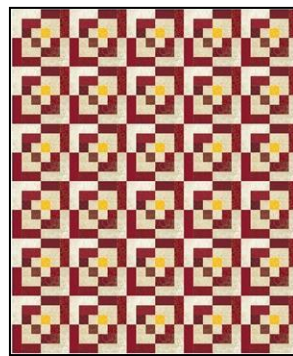
Bold and Brave Sample Layouts

Northcott OH CANADA *or* from your stash!

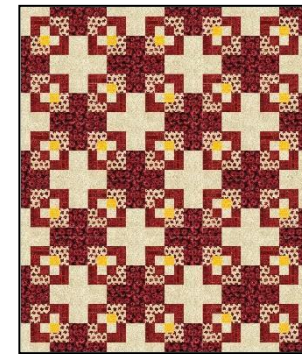
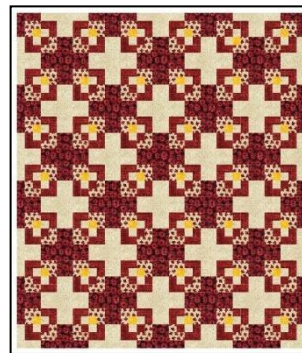
COLOUR and FABRIC choices will play a big part in the 60" X 72" (5 X 6 blocks) quilt design.



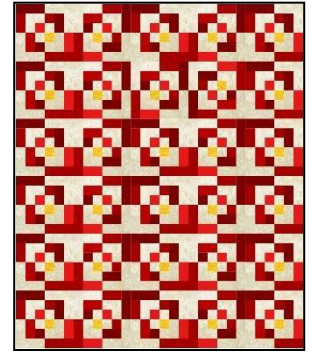
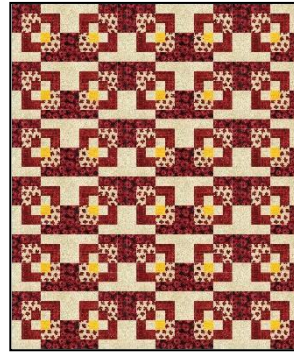
Traditional Bento Box Layout



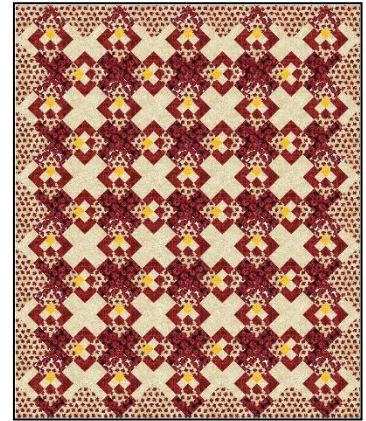
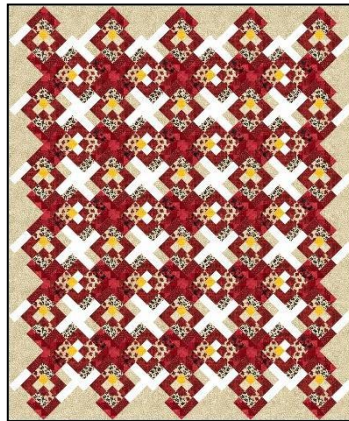
Layout with alternate block direction



Layout with alternate block for each row



Layout on point



Layout ideas by Lezley Zwaal