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# Valentines for Vets

A small illustration of a pink and white valentine's card with three pink hearts on it, positioned to the right of the main title.

## Valentines for Vets

### Introduction

*Isn't Valentines Day a wonderful way to make a fuss*

*And let Veterans know we will never forget what they have done for us...*

Show Veterans your gratitude for their sacrifices and achievements in serving our country. Create a hand-made valentine and help bring joy to a Canadian Veteran this Valentine's Day.

Each year, Veterans Affairs Canada ( VAC ) invites Canadian schools, individuals and organizations to make *Valentines for Vets*. VAC , then, distributes the valentines to Veterans in long-term care facilities across the country in time for February 14.



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Tips and Message Ideas

# Valentines for Vets



## Valentines for Vets

### Tips for Teachers:

1. Please do not include candy or chocolate with the valentines.
2. **Do not use sparkles** or materials that easily break off the valentines.
3. Encourage your students to **sign** their valentines and to write a bit about themselves—their age and what school they attend. However, **do not include addresses or phone numbers**.
4. Do not put individual valentines in sealed envelopes. Send us a single large envelope containing all of the valentines.
5. Do not put the date or year on the valentines.
6. Ensure your students are aware of who Veterans are—they are living and were soldiers who served in the military. Avoid using "RIP" and images related to violence or death such as graveyards or guns.

### Message Ideas:

1. Tell the Veteran why they are important, what you plan to do this year to remember our nation's proud military history, or the reason you want to wish them a Happy Valentine's Day.
2. Thank the Veteran for his or her service, sacrifice and commitment to our country and citizens.
3. Write a poem or include one of significance to Valentine's Day or to Veterans, such as, "In Flanders Field" or "Roses are Red".
4. Send a store-bought valentine; hand-crafted cards, however, make Veterans feel extra special.
5. Valentines of all shapes, sizes, and colours are welcome. However, valentines that are greeting-card size are **easier to package** and distribute.

## Here are a few ideas to get you started...

**V** is for *Valentines for Vets* (Valiant, Very Special, Vital, Vibrant)

**A** is for All of Canada's brave Veterans (Amazing, Always remembered, Appreciated)

**L** is for Living in freedom. (Love, Loyal, Liberty)

**E** is for your heroic Efforts. (Excellent, Encouraging)

**N** is for the New Veterans Charter. (Nice, Noble)

**T** is for Teaching youth. (Talented, Treasured)

**I** is for students, organizations and Individuals sending valentine tributes. (Intelligent, Impressive)

**N** is for the Numerous ways we appreciate you. (Nice)

**E** is for thanks for Everything! (Excellent, Earnest)

**S** is for your valiant Sacrifices. (Strong, Super)

## Here are some messages Veterans have received...

"Thank you for your bravery and courage in the war, without your courageous acts we may not be here today."

"I sincerely thank you for your dedication to our country. Your sacrifice in the face of great danger, and the bravery that you showed will echo in the generations to come. Your heroism has inspired me to do many things."

"Thank you for risking your life for my freedom."

"I am sending you a special Valentine wish. I want to let you know how much you are appreciated, and thought of often."

"Roses are Red, Violets are blue. If it wasn't for you, we wouldn't know what to do. Thank you for all that you have done!"

"Mere words cannot describe how thankful we all are for all of the devotion and hard work it took to go to war."

"A card made for someone special, who changed the world for the better; and for that you will always be loved, remembered, and treasured."

"This little heart is here to say  
That this heart loves you today  
Take my little heart and have  
A terrific Valentine's Day!"

"For someone special, who's changed the world for the better; You are  
loved and appreciated and thought of often!"

"We thank you for your many efforts and sacrifices. We feel secure and  
safe because you made sure that we do. With much gratitude and  
appreciation."