

FROM THE BOOK LIVE AND LEARN AND PASS IT ON
I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. - Age 66

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who has given us freedom of speech.
It is the VETERAN, not the campus organizer,
who has given us freedom to assemble.
It is the VETERAN, not the lawyer,
who has given us the right to a fair trial.
It is the VETERAN, not the politician,
Who has given us the right to vote.

It is the VETERAN,
who salutes the Flag.

It is the VETERAN,
who serves under the Flag.

God Bless Them All!!!



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The first Remembrance Day was conducted in 1919 throughout the Commonwealth.

Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m., the eleventh hour of the eleventh day of the eleventh month.

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Approximately 700,000 Canadians under the age of 21 served in uniform during the Second World War.

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Facts on Canada's Involvement in the First World War

- Canada entered the war in 1914.
- Almost 620,000 Canadian men and women served in the First World War at a time when the population of the country was only a few million.
- Of these, more than 66,000 were killed.
- At the Battle of the Somme, British Forces suffered their heaviest one-day loss ever, more than 57,000 men. More than 700 men from the Newfoundland regiment were killed or injured during this battle.
- Four Canadians were awarded the Victoria Cross, the Commonwealth's highest award for bravery, for their part in capturing Vimy Ridge.
- Canadian John McCrae wrote the poem "In Flanders Fields" while on the battlefield.
- During the course of the war, Canada's naval service grew from 350 men and two ships to a force of 9,000 men and 100 ships.

"Courage is the first of human qualities because it is the quality that guarantees all the others."
- Winston Churchill

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In Flanders Fields

By: John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep,
though poppies grow
In Flanders Fields.

A Short Biography of Dr. John McCrae

In April 1915, one of Dr. John McCrae's closest friends and comrades was killed in the trenches near Ypres, Belgium. He was buried in a humble grave with a simple wooden cross. Wild poppies bloomed between the crosses marking the many graves. The next day, unable to help his friend or any of the others who had died, Dr. McCrae gave them a voice through this poem.

On January 28, 1918, John McCrae succumbed to pneumonia and meningitis. He died not knowing the outcome of the war, but with a full understanding of the cost of it. Before he died, Dr. McCrae had the satisfaction of knowing that his poem had been a success. Soon after its publication, it became the most popular poem on the First World War. It was translated into many languages and used on billboards advertising the sale of first Victory Loan Bonds in Canada in 1917.

In part because of the poem's popularity, the poppy was adopted as the Flower of Remembrance. The symbolic poppy and John McCrae's poems are still linked, and the voices of those who have died in war continue to be heard each Remembrance Day.

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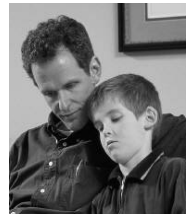
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War Time Cake

During wartime, the people back home didn't always have the cooking supplies they would have liked. Recipes with little or no sugar, eggs, and milk were used so there would be more for the soldiers overseas. Some supplies were "rationed" - only so much per family. A family might have shared its sugar ration to make this No-Milk-No-Egg chocolate cake - mixed and baked in the same pan.

Pre-heat the oven to 350 degrees F.

In a 20 cm (8-inch) square pan put:

- 1 ½ cups all purpose flour
- 1 teaspoon of baking powder
- 1 cup of granulated sugar
- ½ teaspoon of cinnamon
- 1 teaspoon of baking soda
- ½ teaspoon of salt
- 3 tablespoons of cocoa powder (not instant cocoa drink mix)

Add to the pan:

- 1 teaspoon of vanilla extract
- 1 tablespoon of white vinegar
- 5 tablespoons of vegetable oil
- 1 cup of lukewarm water

Mix everything together with a fork and bake for 30 minutes or until done.

*"Never in the
field of human
conflict was so
much owed by so
many to so few."*

- Winston
Churchill

25 Years

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