



"Without freedom there can be no ensuring peace and without peace no enduring freedom."

~King George VI at the dedication of the National War Memorial (Ottawa, May 21, 1939)



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Dear Friends,

As in the past, I am sending this special Remembrance Day mailing to help our community in remembrance. This year marks the 100 year anniversary of the signing of the armistice that ended World War I.

To commemorate this important anniversary, the Royal Canadian Legion has created the Bells of Peace Initiative this year wherein participating churches across Canada will ring their bells starting at sun down on November 11. The bells will toll to remember our veterans and their sacrifices for our peace as we come together to remember the end of the First World War.

World War I saw over 600,000 Canadians enlist with the Canadian Expeditionary Force with approximately 424,000 serving overseas. Almost 61,000 Canadians were killed during the First World War with another 172,000 wounded. Astoundingly, approximately 7% of the Canadian population was in uniform at some point during this War and hundreds of thousands worked on the home-front in support of our troops and the war.

Further, I have included activities on the back page of this mailing that are interactive especially for our youth this year. I hope you all enjoy.

Lastly, everyone is invited and welcome to attend the Remembrance Day ceremony held at the cenotaph in City Hall Square at 11:00 a.m., on Sunday, November 11, 2018. I hope to see you there.

Thank you veterans—your sacrifices and service to Canada will not be forgotten.

Yours truly,

Below you will find a postcard that I hope you will once again fill out for our local veterans. Like last year, I will be delivering these to the local Legions to share your kind messages of thanks with our local heroes. Thank you for participating in this exchange. Just cut out the postcard with your message below and mail to my office postage-free at: **Brian Masse MP** House of Commons Ottawa, ON K1A 0A6

Bin Mason

From:		No Postage Required
	Brian Masse, MP	
	Rm. 1000 The Valour Bidg	
	House of Commons	
	Ottawa, ON K1A 0A6	
		*NDP

## **CANADA REMEMBERS**

## **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.

Ask an adult to pre-heat the oven to 350 degrees F.

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

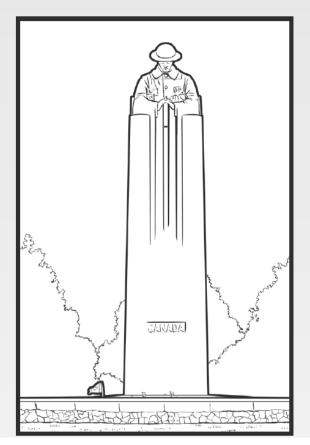
- 375 ml (1 ½ cups) all purpose flour
- 5 ml (1 teaspoon) of baking powder
- 250 ml (1 cup) of granulated sugar
- 2.5 ml (½ teaspoon) of cinnamon
- 5 ml (1 teaspoon) of baking soda
- 2.5 ml (½ teaspoon) of salt
- 45 ml (3 tablespoons) of cocoa powder (not instant cocoa drink mix)

## Add to the pan:

- 5 ml (1 teaspoon) of vanilla extract
- 15 ml (1 tablespoon) of white vinegar
- 75 ml (5 tablespoons) of vegetable oil
- 250 ml (1 cup) of lukewarm water

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

## St. Julien Canadian Memorial in Belgium



Did you bake this cake? If so, send a picture to Brian Masse and he will share your cake with his friends on Facebook and Twitter! #LestWeForget #Remembering2018

Remembrance D	ay Word Scramble
	REENMRMCEAB
FSLGA	다 라 <b>라</b>
LSIEAL	
STEEVRNA	A Springs
RLDOSEI	
<u> </u>	
THANK YOU VETERAN!	Thank you for sharing your message to a local veteran. I will be bringing these to the Legion where they will be distributed.
	Name
	Address City/Town Postal Code
	Phone E-mail