



"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 Bldg House of Commons Ottawa, ON K1A 0A6
	*NDP

## **WE REMEMBER**

## **Quick War Coffee Cake**

When it was times of war, Canadian households did not always have everything that they needed to cook. Recipes had to be creative because the families were limited in how much food supply they could use including limited sugar, eggs and milk. Supplies were rationed so that the government could get enough food to the soldiers.

This recipe uses just a smidgen of sugar, so it was considered okay to use for an easy breakfast.

#### Ingredients:

2 cups sifted flour

2 tsps. baking powder

2 Tbsps. sugar

1/2 tsp. salt

4 Tbsps. butter

1/2 cup milk

1 cup chopped raisins

1/4 cup chopped nuts

1 tsp. cinnamon

#### Instructions:

Sift the flour, baking powder, sugar, and salt, saving 2 Tbsps. of the flour to mix with the fruit later. Mix in the butter, milk, and floured raisins. Grease a baking pan and smooth the dough into a thin layer. Bake for 35 to 40 minutes at about 350 °F. Remove and cover with butter, cinnamon, and a pinch of sugar. Place back in the oven until the sugar begins to melt.

### National Aboriginal Veterans Monument in Ottawa



Did you try this recipe? If you have, send a picture to Brian Masse so that he can share your cake with his friends on Facebook and Twitter!

#LestWeForget

#Remembering2018

# 10 Facts on "In Flanders Fields"

- Lieutenant Colonel John McCrae was the Canadian army doctor who wrote the world famous poem In Flanders Fields.
- John McCrae was born in Guelph, Ontario, on November 30, 1872.
- He attended the University of Toronto Medical School. He liked to write and some of his poems and short stories were published in a variety of magazines. He completed his degree in 1898.
- 4. He led a battery with the Canadian Field Artillery during the South African War.
- When the First World War broke out in 1914, McCrae was 41 years old. He enlisted and was appointed as a medical officer with the First Brigade of the Canadian Field Artillery.
- 6. In April 1915, McCrae was stationed near Ypres, Belgium, in

- the area called Flanders.
- 7. On May 2, 1915, McCrae's friend, Lieutenant Alexis Helmer, was killed in action and buried in a makeshift grave. Wild poppies were already beginning to bloom between the crosses marking the many graves and he was inspired to write In Flanders Fields the next day.
- In Flanders Fields was first published in England's Punch magazine in December 1915. Within months, this poem came to symbolize the sacrifice of all who were fighting in the First World War.
- John McCrae died on January 28, 1918, of illness and is buried in Wimereux Cemetery, near Boulogne, France.
- Today, people around the world continue to recite the famous poem.

THANK YOU VETERAN!	•		o a local veteran. I will be they will be distributed.
	Name Address Phone	City/Town E-mail	Postal Code
			BRIAN MASSE, MP WINDSOR WEST