

BRIAN MASSE

Member of Parliament



REMEMBRANCE DAY

November 2018



“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)

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

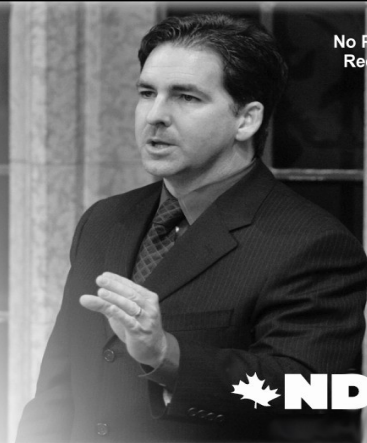
Contact On

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House of Commons
Ottawa, ON K1A 0A6

No Postage
Required



THANK YOU VETERANS

TRY THIS! Wartime Carrot Cookies

INGREDIENTS

- 15 ml (1 tablespoon) margarine
- 30 ml (2 tablespoons) sugar
- 5-10 ml (1 to 2 teaspoons) of vanilla essence
- 60 ml (4 tablespoons) grated raw carrot
- 90 ml (6 tablespoons) self-raising flour (or plain flour with 2.5 ml (½ teaspoon) baking powder added)
- 15 ml (1 tablespoon) of water

DIRECTIONS

- Cream the margarine and the sugar together with the vanilla essence.
- Beat in the grated carrot.
- Fold in the flour. If mixture very dry then add a little water.
- Drop spoonfuls onto greased tray and press down just a little.
- Sprinkle tops with sugar and cook in an oven at 400 degrees F (200 °C) for about 20 minutes.

Did You Try This?

Did you try making these cookies? If so, send a photo of your cookies to Brian Masse and he will post your photo to his social media! Or, email a copy to:

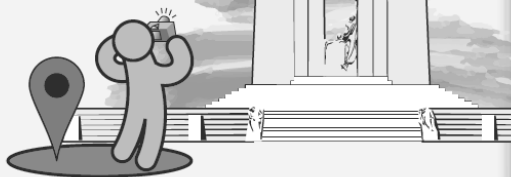
brian.masse@parl.gc.ca
and he will make sure it makes the MASS-E-NEWS for all of Windsor West to see! Good luck!
#remembering 2018
#RemembranceDay2018
#LestWeForget

FOOD FACT

In conflicts such as Afghanistan, when they are away from their base, soldiers ate field rations. They are called MREs (Meals Ready to Eat). The meal choices sound tasty too. Chicken Mediterranean. Cheese tortellini. Vegetarian meals, and Kosher and Halal choices, too. The MREs are sealed in plastic pouches to keep them fresh and they come with their own chemical heater, so the food can be eaten hot.

Did you KNOW?

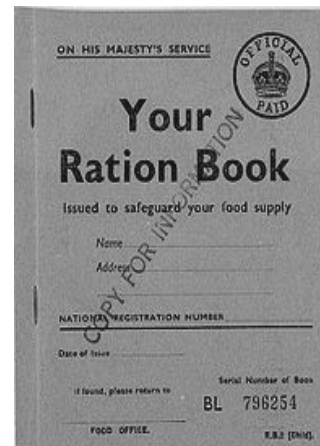
If you have not traveled overseas to visit First World War battlefields and memorials, try exploring them from here at home using a computer, tablet or smartphone! Google Canada recently unveiled spectacular views of the Canadian National Vimy Memorial and the Beaumont-Hamel Newfoundland Memorial. Using "street view," you can navigate the monuments, preserved trenches and tunnels, as well as nearby cemeteries. You can even experience aerial views of the twin white pylons of the magnificent Vimy memorial and with Google Expeditions, turn it into a virtual reality tour of remembrance.



What were RATIONS?

Weekly wartime food rations made creative cooks of every head of the household especially during WWII. Each Canadian was only allowed certain amounts of specific foods to ensure that there was enough to send overseas to the troops. Here is a typical weekly food allowance for one adult during World War II. Children would receive half this amount:

- Bacon and ham (3-4 slices/rashers) 4 oz
- Other meats – 2 small chops
- Butter 2 oz
- Cheese 2 oz
- Margarine 4 oz
- Cooking fat 4 oz
- Milk 3 pints
- Plus 1 packet dried milk per month
- Sugar 8 oz
- Preserves every two months 1 lb
- Tea 2 oz
- Egg (shell egg) 1
- Plus 1 packet dried egg per month
- Sweets 12 oz



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 _____

**BRIAN MASSE, MP
WINDSOR WEST**

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