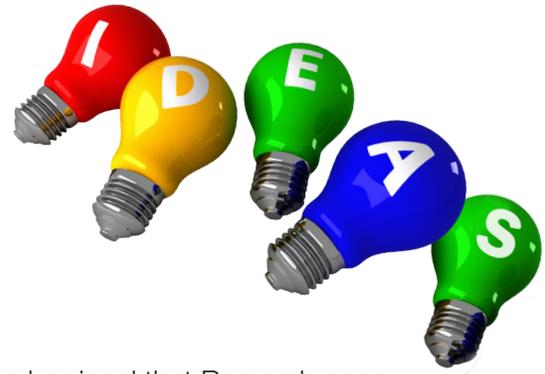


10 WAYS TO REMEMBER



- 1. Wear a poppy.** The poppy is a quintessential symbol of remembrance and a signal that Remembrance Day is approaching. In Canada its customary to wear a poppy during the 2 weeks prior to November 11th and, according to our recent [survey](#), 83% of respondents wear a poppy – do you? [Click here](#) to learn more about the poppy campaign.
- 2. Solemnly reflect.** Over [35](#) million died in WW1 and over [60](#) million died in WWII – many of whom were civilians. Despite minor disruptions, we are very fortunate to live in a peaceful society, enjoying numerous freedoms and rights, largely thanks to the countless individuals who gave their lives to protect us. On Remembrance Day, take a quiet moment out of your busy life to reflect on the sacrifices made.
- 3. Attend or watch a ceremony.** Countless communities across Canada host ceremonies where the public can show their support and honour those who served, and who are still serving. To find a ceremony in your area see Veterans Affairs' [calendar of events](#).
- 4. Visit a friend/family member who has served.** For the many Canadians who have friends/family members who have served or are currently serving our country, through military service, Remembrance Day is a much more personal day of reflection. If you have a friend or family member who has served, this is a perfect time to reach out.
- 5. Share stories.** As time goes on, the memory isn't as fresh and sometimes the significance/importance of the day fades too. Sharing stories provides an opportunity to keep the memory alive – Do you know someone who served? What was that experience like? How does war impact you today?
- 6. Educate yourself.** There are countless documentaries, exhibits, memorials, and publications leading up to November 11th. Take the time to learn more about what happened; see [Veteran Affairs Canada](#) for some ideas and resources.
- 7. Educate the youth.** The younger generation may not have the contact with veterans of war in the same way that many older generations have. Reach out to youth; ensure they understand the importance of this day and why they, too, should never forget. Check out Veterans Affairs' [Youth Corner](#) for resources.
- 8. Volunteer at the Legion.** The [Legion](#) is a non-profit veteran's organization with over 340,000 members across Canada. They offer services/programs to support veterans, seniors, youth, and the community. Find out how you can get involved, visit www.legion.ca
- 9. Advocate for veterans.** For individuals who have returned from war, it's often a difficult time of transition – many have experienced physical, mental, or emotional injuries that can scar for life. Veterans need our continued support, post-service, so that their quality of life is preserved. Advocate for much-needed services by bringing their stories to light and helping lobby for support.
- 10. Promote peace.** Remembrance Day is not to glorify war, but rather to remember the past and plan for a peaceful tomorrow. In examining the events and learning from the things that went wrong, we can build a more cohesive and peaceful nation.



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