

# INDEX

INTRODUCTION .....	1
A SHORT HISTORY OF THE CANADIAN MILITARY .....	2
The Armed Forces Before 1914 .....	2
The Armed Forces in World War I and World War II .....	5
The Merchant Navy .....	6
The Korean War .....	6
The Gulf War .....	6
Peacekeeping .....	6
At Home .....	7
Statistics .....	8
THE ROYAL CANADIAN LEGION .....	9
SYMBOLS .....	13
Memorial Chamber & Books Of Remembrance .....	13
The National War Memorial .....	14
Vimy Ridge .....	15
THE POPPY CAMPAIGN .....	17
The Poppy... The Flower of Remembrance .....	17
Poppy Funds .....	17
All Your Answers On The Poppy Campaign .....	19
STORIES, SONGS AND POEMS .....	20
In Flanders Fields .....	20
High Flight .....	21
For The Fallen .....	22
The Children's Song .....	23
O God, Our Help In Ages Past .....	25
O Valiant Hearts .....	25
An Honoured Son .....	26
Prayer Before Battle .....	27
Take Time To Remember .....	29
Mark's First Poppy .....	31
ACTIVITIES .....	32
School Remembrance Services .....	32
Remembrance Day Message (ages 6-11) .....	32
A Suggested Service of Remembrance .....	33
Remembrance Day Message (ages 12-17) .....	35
Essay or Debate Topics .....	37
Project Ideas .....	37
The Contests .....	39
NATIONAL LITERARY CONTESTS .....	40
NATIONAL POSTER CONTESTS .....	41
PHOTO CREDITS .....	42
CONNECTING WITH THE LEGION .....	43