

We Remember



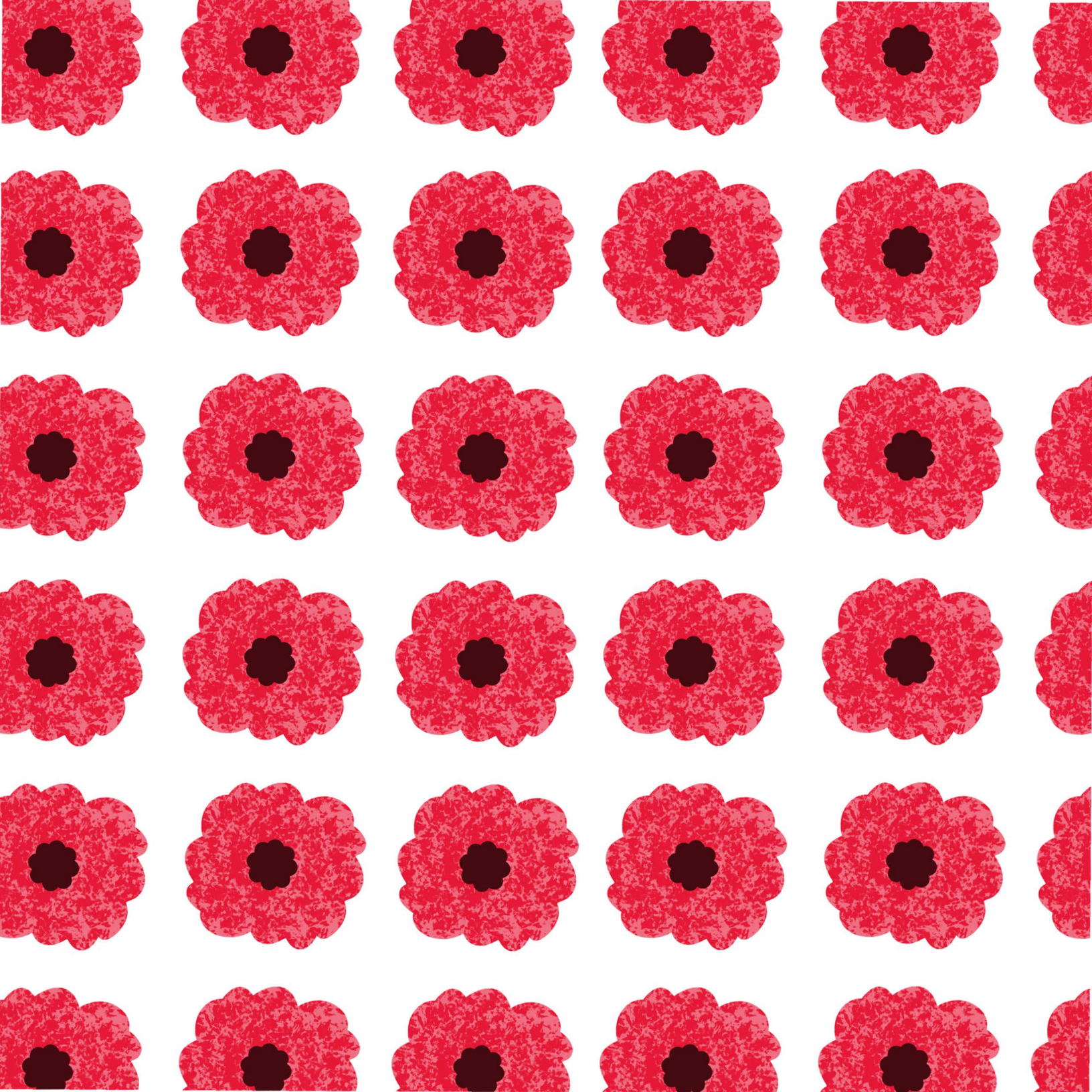
CANADA'S STORY



Written by
AMY DOYLE

Edited by
MARG ROGERS
based on original work by Marg Rogers

Illustrations by
JAN DOLBY



Remembrance Day on November 11, is a time of collective gratitude when Canadians reflect, honour, and remember those who have given their lives in service to Canada.

On this day, we also think of all Veterans and those who continue to serve our country in times of conflict and peace. We hope this book, *We Remember: Canada's Story*, will help children and families understand the full meaning of Remembrance, and the sacrifices made so that we can enjoy freedom.

In understanding our past, we not only honour those who came before us, we realize just how important it is for all of us to build upon this gift of peace.

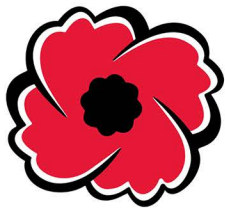
Both personally and on behalf of The Royal Canadian Legion, I would like to express our congratulations, sincere thanks, and a big Navy BRAVO ZULU to Amy Doyle, Jan Dolby, Dr. Marg Rogers, and the Canadian Institute for Military and Veteran Health Research for creating *We Remember: Canada's Story*.

This wonderful book will be an outstanding and enduring aid in teaching young children both the reasons for and the importance of Remembrance.

Let us always continue to remember.

Vice Admiral (Ret'd) Larry Murray
Grand President, The Royal Canadian Legion

“Hi! We would
like to share
this story
with you.”



Hello, I'm Jacob.
I love soccer
and singing.



Hi, my name is
Muhammad. I love
drawing and riding
my bike.



Hi, I am Jean-Paul.
I love animals
and history.



Hey – my name
is Noah. I love
hockey and
puzzles.



Hi, my name is
Wenona. I love math
and swimming.



Salut, I'm Stéphanie.
I love gaming
and skipping rope.



My name is Ava.
I love dancing
and skating.



Hi, I'm Maya.
I love playing
piano and
reading.



About this book : A note to parents and educators.

This book can be used with children from preschool to elementary school ages.

When using the book with:



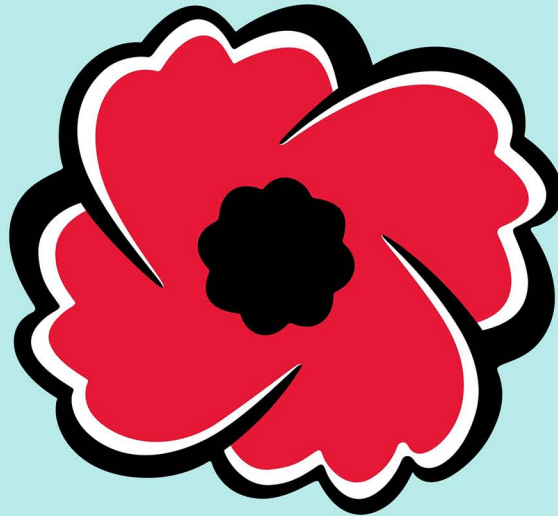
Young children (eg. Jr. Kindergarten to Grade 2), read aloud only the **red text** and look at the pictures and characters telling the story;



Children in Grades 3 and 4, they can read the **red text**, and look at the pictures to create discussion about some of the topics raised;

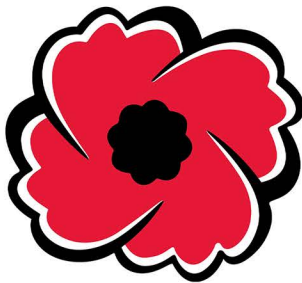


Children in Grade 5 and higher, they can **read the whole text** and use the pictures to initiate further discussion and learn about each topic.





Young Evelyn Porter (far right) went to high school in Owen Sound, Ontario. She spent her summers during the Second World War working on farms in the Niagara region. She was one of many young women known as the "Farmerettes" who helped grow and pick fruits and vegetables to support food production for the war effort.



Everyone did their part to help during the Second World War. Two boys in a Montreal neighbourhood gather scrap rubber in 1942. This rubber was used to make new tires for planes and jeeps during the war.





**Every year in Canada,
On the eleventh of November,
We wear a poppy bright and red,
To help us all remember.**

Every year, from the last Friday in October until November 11, Canadians wear a poppy to remember the Veterans who gave their lives so we can live in peace.

Remembrance Day is held on November 11 because that is the date the First World War ended, back in 1918. Canada has taken part in many wars, conflicts, and peacekeeping missions throughout the years, some before we were known as Canada.

Veterans are people who have served in the military. We honour them because their service and sacrifices help keep our country safe for everyone.



"Wait for me Daddy". Young Warren Bernard runs to say goodbye to his father Jack. Jack was a soldier in the Second World War. Warren was only 5 years old when this photo was taken in New Westminster, British Columbia in 1940. His father Jack returned home safely from the war.



**We remember brave Canadians
Who help to keep us free,
Soldiers, sailors, aviators,
And their families!**

We remember those who served in the First and Second World Wars, the Korean War, the Balkins, in Afghanistan, Iraq and the Persian Gulf. We honour the Veterans of Canada's many peacekeeping missions, and those who served within our country.

We also honour the courage and sacrifice of all military members and their families who give so much for our peace and freedom today.



Two signalmen operate a light projector aboard a ship named the HMCS Assiniboine in 1940. This job was very important to send and receive secret messages during the Second World War.

Canadian Armed Forces soldiers march at a public festival parade in Calgary, Alberta in 2023.





Long ago, there were two wars
That spread across the land.
Young people left their homes behind
To take a mighty stand.

In the First and Second World Wars, many young Canadians left their everyday lives as students, farmers, doctors, teachers, and more. They suddenly became soldiers, sailors, aviators, and members of the merchant navy, travelling overseas to help in the war effort.

They sacrificed their jobs and their time with family and friends. Sometimes they sacrificed their health and even their lives to protect our freedom back home. Thanks to them, we uphold important values like fairness, respect, and equal rights and opportunities for everyone. These are some of the things that make Canada a special place to live.



The Afghanistan Memorial in Trenton, Ontario.



The National War Memorial in Ottawa.



**They came from farms, and busy towns,
From mountains and the sea.
They were full of hope and dreams
And served to keep us free.**


Everyone contributed to the war effort in different ways. Those at the front lines were very important, but sometimes, history focuses only on those who fought in battles. However, to survive at the front, the soldiers needed the work of everyone who served away from the battlefield. Together, they were a team, all supporting one another.

Other important jobs were:

- The cooks who fed the troops,
- The clerks and drivers who got supplies to the front,
- The mechanics and engineers who built and fixed machinery,
- Secret agents, signallers and interpreters who helped the troops stay safe,
- The merchant navy that faced great danger transporting fuel and supplies across the ocean to the front,
- The doctors, nurses, and medics who helped the wounded, and
- Many more who served in all aspects of the war effort.



Canadian troops returned from the Battle of Vimy Ridge in France. They celebrated their victory, but they also remembered the many soldiers who did not come home.



**They marched in boots and heavy coats,
In snow, in sun, in rain.
They dreamed of peace and better days,
And worked through fear and pain.**

Canadians often forget that Canada played leading roles in the World Wars and other conflicts. Canadian soldiers, sailors, and aviators are known for being brave, smart, and tough.

In the First World War the Canadians came to be known as the “Shock Army of the British Empire”. We played key roles in battles such as Second Battle of Ypres, Vimy Ridge, Passchendaele, and in the North Atlantic. During the Hundred Days Campaign the Canadians corps often led the Allied armies into battles that soon won the war.

The Battle of the Atlantic, The Battle of Britain, and Juno Beach on D-Day were important campaigns in the Second World War for Canada. A Canadian commander led all the Allied forces against the U-Boats in the North Atlantic, and Canadians helped free Italy, Belgium and The Netherlands. By the end of the Second World War Canada had the third largest navy in the world.

Canadians fought bravely in battles such as Kapyong during The Korean War, Medak Pocket in the Balkans, and Desert Storm in the Persian Gulf.

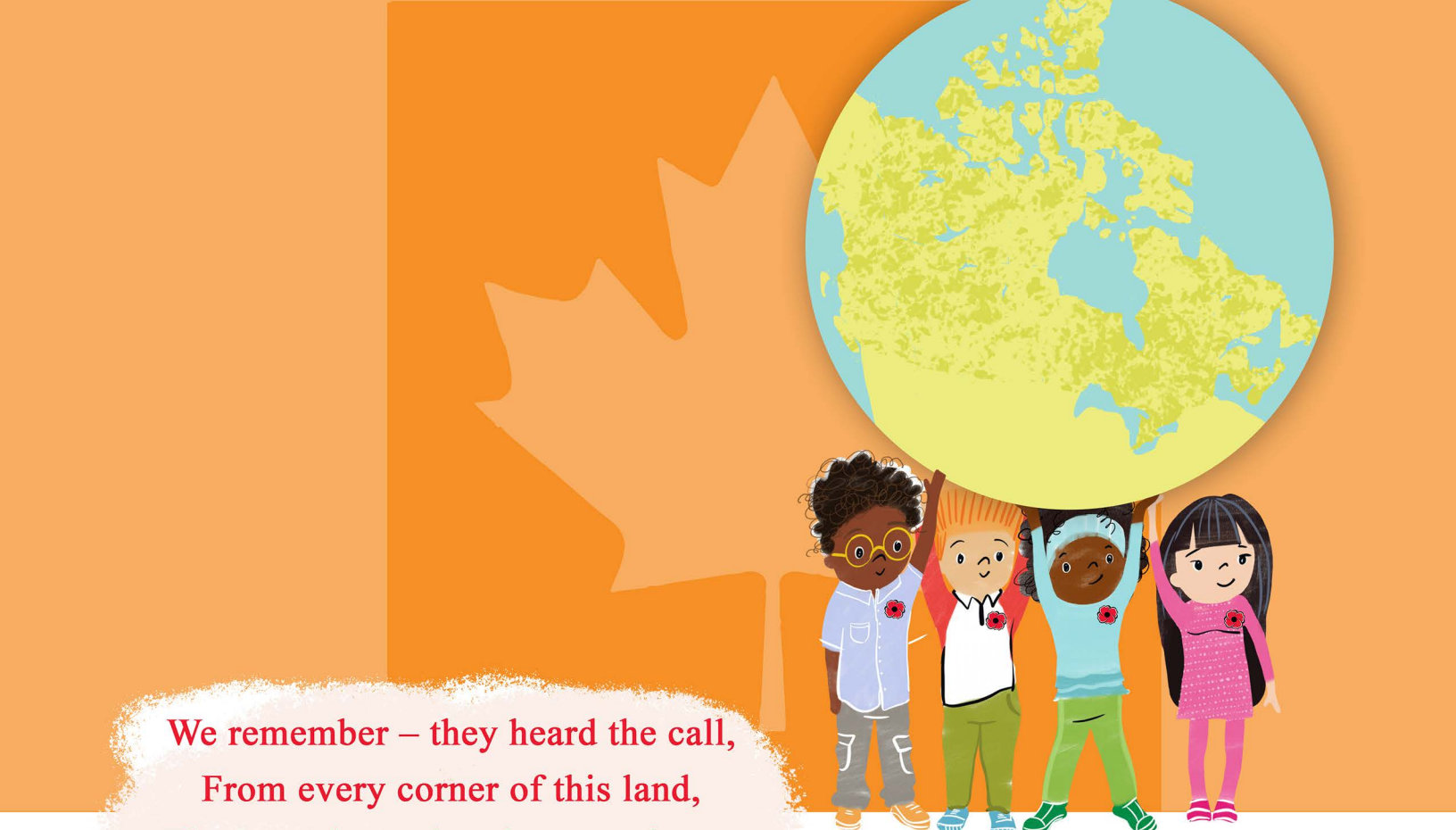
In Afghanistan we fought hard in Operation Medusa, Athena, Mountain Thrust and the Battle of Panjwaii.

Canadians faced danger and the unknown in the Cold War and peacekeeping missions around the world including Bosnia, Cambodia, Colombia, Cyprus, East Timor, the Golan Heights, Haiti, Kosovo, Namibia, Rwanda, Suez and others.

Our soldiers, sailors, and aviators continue to fight in all corners of the globe in the defence of the free world. We want to live in peace, and so Canada has never backed down from a bully.



The Canadian National Vimy Memorial in Northern France. This beautiful memorial commemorates to honour Canadian soldiers of the First World War who fought at the Battle of Vimy Ridge and those who have no known grave in France. It serves as a tribute to the sacrifices that Canadians made for peace and freedom around the world.



**We remember – they heard the call,
From every corner of this land,
They stood together, brave and true,
To guard the rights for which we stand.**

Canada is a very big country, and each part has its own history, pride, and culture. Yet, Canada is also known as a place where everyone can belong.

Throughout our history, Canadians have responded to the call of duty, but it has not been easy for everyone to serve their country. Prejudice prevented some from joining easily. Yet people from every background and every region of Canada persevered to serve. Their work was very important.

While discrimination still exists, together we can stand up against hatred to build a place where everyone can be themselves and belong. Canadians value fairness, respect, and kindness so much that we protected these values in our Charter of Rights and Freedoms. Our Veterans left their warm, safe homes to face danger, so that people in Canada and around the world can live in peace and freedom.



Infantry Sergeant Christopher Marshall stands beside Trooper Brandie Simms. They are members of the Royal Canadian Dragoons who served in the First World War. Trooper Simms was born in Nova Scotia but died on the battle field in France in 1918.



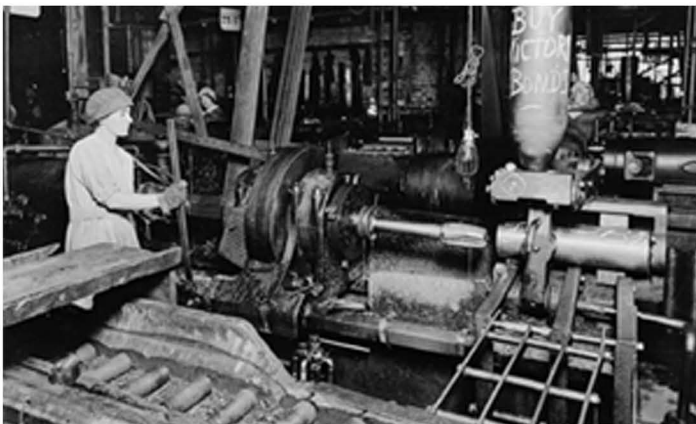
We think of women working hard
When soldiers went away.
They fixed the planes and made the maps
To help us win the day.

During the First and Second World Wars, women were not allowed to serve in combat roles, but they did serve in the military in many ways. Women served as pilots, engineers, code breakers, photographers, and mechanics. Many women served as nurses in war zones, clerical roles, factory workers, and volunteers.

Today, women serve in many areas of the Canadian Armed Forces, working side by side with everyone in many different jobs.



Patricia Collins (née Holden, far left) was one of three senior press photographers working in the Public Relations Department of the Royal Canadian Air Force (RCAF) Headquarters at Lincoln's Inn Fields in London, England, in 1944.



(Left) A woman works at a factory making munitions in Toronto during the First World War, circa 1915-1917. (Right) Women work on the factory floor in St. Malo, Quebec during the Second World War. Of the 9,000 people who worked there, 5,400 were women during the war years.



We think of children who stayed at home
And missed their dads and moms.
They helped with chores, and wrote kind notes,
And sang brave wartime songs.

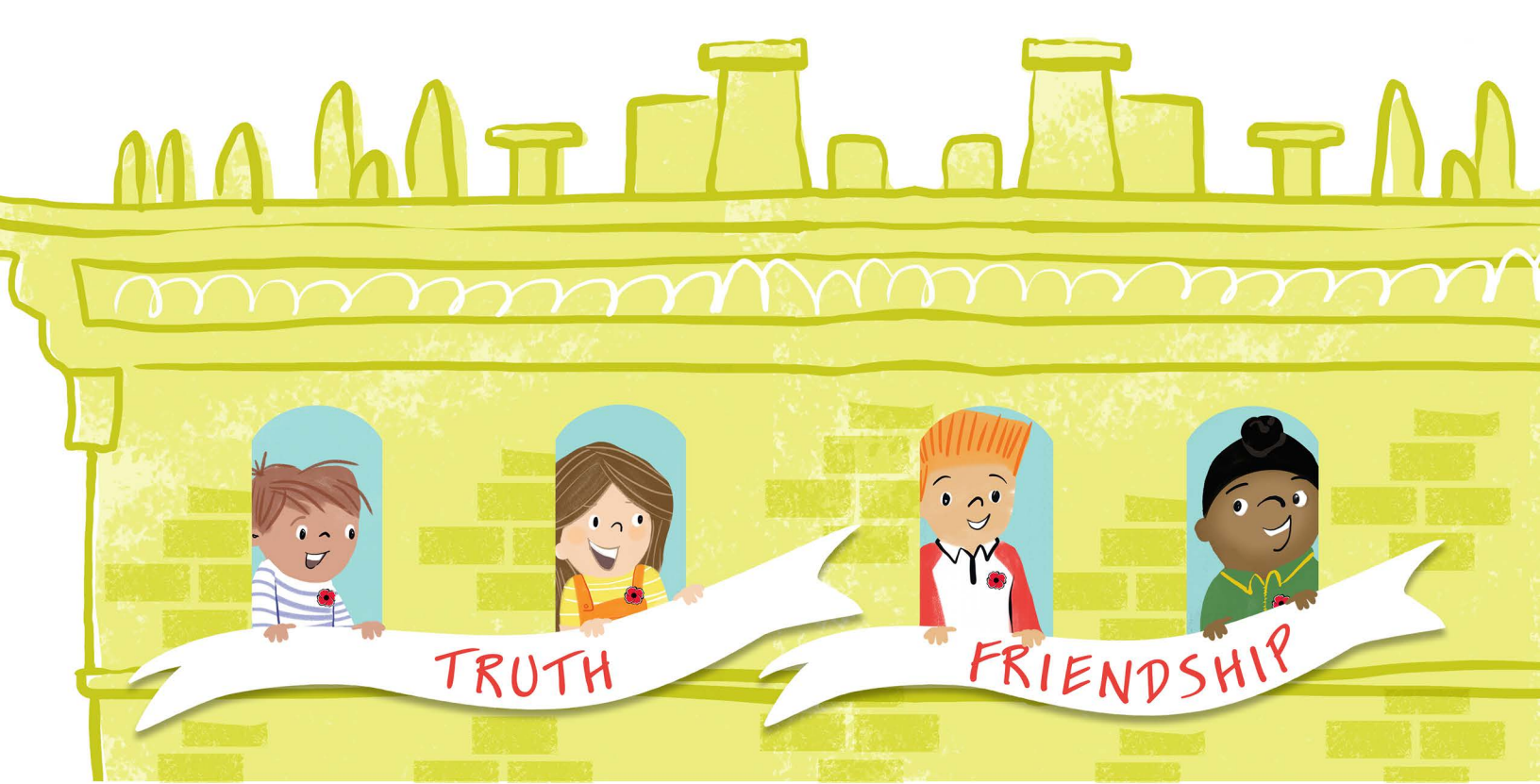
War changes the lives of children, too.

In Canada, children during the First and Second World Wars had to do more chores and take on adult jobs to help their families. Some collected scrap metal and rubber, knitted woolen socks, saved food, and wrote letters to soldiers overseas.

Today, children from military families often have to cope when their parents are deployed away from home for a long time. This can be difficult for families and hard for children who miss their parents.



Victory Gardens in Montreal. Children tend vegetables at the Montreal Botanical Garden in 1943.



**We remember the Indigenous people
Who have always protected this land
And we commit to truth and friendship
With open hearts and hands.**

The service of First Nations, Métis, and Inuit people in Canada's military was not always recognized. Many did not receive the same support or respect as others, yet they still served.

Canada is committed to building a better future with Indigenous Nations and working toward truth and reconciliation. This means learning about the past. It also means promising to do better together.

Today we recognize the service of First Nations, Inuit, and Métis Veterans and service members, including the Canadian Rangers. Every year on November 8, we observe National Indigenous Veterans Day. Wreaths are placed at the National Aboriginal Veterans Monument in Ottawa to honour these Veterans.

The National Aboriginal Veterans Monument is adorned with wreaths after the National Indigenous Veterans Day ceremony in Ottawa.



A member of the Canadian Armed Forces holds the Eagle Staff during a ceremony on Indigenous Veterans Day, November 8, 2017.



These five brothers are from Alberta. (Left to right) John Smith, Henry, Peter, Charles and Frank Tomkins all served in the Second World War. Charles "Checker" Tomkins was a Cree code talker during the war. He kept his job a secret, even from his four brothers, until long after the war ended. As a code talker, Charles used his language to send secret messages during the war that the enemy forces did not understand. The secret messages helped the Allies to win the war.



**We think of many new Canadians
Who have come from other lands,
Some escaping war and fear
Bravely making new life plans.**

Many new Canadians have lived through war or conflict.
Some had to leave everything behind to find peace and safety in a new place far from home.

We think about their stories. We think about the courage it takes to start again in a strange place,
often far from family and friends.

On Remembrance Day, we remember the Veterans who have served as peacekeepers, including
those who died, working to bring rights and freedoms in other countries, and to build peace and
safety around the world.



Troops on patrol in Korea during the Korean War, 1951. The troop in this photo was from Shilo, Manitoba, and belonged to the 2nd Regiment, Princess Patricia's Canadian Light Infantry (PPCLI).



**From Bosnia's hills to Holland's fields
where tulips bloom each spring,
The world remembers Canada,
And thanks us for what we bring.**

Canada enjoys a positive reputation around the world. Many countries appreciate Canada's service, including the Netherlands. There, Canadian Veterans are called "Liberators" because they helped free Dutch cities from Nazi control near the end of the Second World War. To say thank you, the Netherlands sent 100,000 tulip bulbs to Canada in 1945. These tulips still bloom in Ottawa each spring to remind us of the friendship between our countries.

Even today, children in the Netherlands help care for the graves of the Canadian Veterans who died there during the war. In this way the children show they remember and thank them. This is called active remembrance.



Graves of Commonwealth military members at Tyne Cot Memorial, Zonnebeke, Belgium.



(Left) Dutch children wave Canadian flags during the parade in Apeldoorn, Netherlands. (Right) Veteran Stan Mazur shakes hands with Dutch children carrying Canadian flags to honour the Canadian Liberators (Veterans), in Apeldoorn Netherlands.



We wear a poppy over our hearts
To show we remember each year,
A symbol of our thankfulness,
For all that we hold dear.

We wear a red poppy on our left side, over our hearts. This is a sign of respect and remembrance.

The poppy became a respected symbol of remembrance because of the famous poem “In Flanders Fields”, written by Canadian Lieutenant-Colonel John McCrae during the First World War.



Statue of L. Col. John McCrae in Ottawa. There is a second statue of him in his hometown of Guelph, Ontario.



We share two quiet minutes,
A special, silent pause.
To think about our freedoms
That came from noble cause.

Freedom gives us the chance to go to school, follow our dreams, and become anything we decide we want to be. Freedom also means going to school without fear, sharing beliefs without punishment, and being yourself without worry.

On Remembrance Day, we remember and thank Veterans who sacrificed to protect the freedoms we enjoy today.



Elementary school students place poppies on the graves of Canadian Veterans during a memorial ceremony in New Westminster, British Columbia on Nov 7, 2024.

On Remembrance Day we gather
Standing side by side.
We place a wreath, we bow our heads,
And remember them with pride.



On special days such as Remembrance Day, National Indigenous Veterans Day and National Peacekeepers Day, people across the country gather for special ceremonies and events.

On Remembrance Day, we pause for two minutes of silence to reflect, remember, and quietly thank the Veterans who gave so much to protect our peace and freedom.

We remember actively by wearing poppies, placing wreaths, reciting The Act of Remembrance, and visiting memorials. These actions help keep the memory of those who served and sacrificed alive all year long.



The Beaumont-Hamel Newfoundland Memorial honours the brave people from Newfoundland and Labrador who fought in the First World War. At the time, Newfoundland and Labrador were not part of Canada yet. The great bronze Caribou statue, which represents the Royal Newfoundland Regiment, stands over the graves of soldiers who died in the Battle of the Somme in Europe. There are six Caribou monuments in total. Five are in Europe and one is in Bowring Park in St. John's, Newfoundland and Labrador.



And so, we learn to be kind,
To help, to share, to give,
For peace begins with caring,
And how we choose to live.

The seeds of war begin when people forget to be kind, to share, to listen, or to care.

While we don't have to agree with everyone or be friends with everyone, we can agree that everyone has the right to be themselves and to live in peace without oppression, judgment, or violence.

We commit to finding better ways to prevent conflict.

You can help by showing empathy, standing up to bullying, learning from others, and being fair.



During the Second World War parents in Britain sent their children far from home to keep them safe from the bombing happening in England. The children in this photo came to Canada and lived in Montreal until the war ended when they returned home.



**Let's be like those who served before,
Brave, and strong, and true.
Let's build a world of peace and hope,
In everything we do.**

On November 11, we remember Veterans who gave their lives to protect our freedom.

We can honour their sacrifice and the peace they worked for by choosing to be kind and caring every day.

We do this when we:

- Wear a poppy and remember,
- Read stories about Canada, peace, and freedom,
- Say, "Thank you for your service" to a Veteran or military member.
- Solve problems with words, not fighting,
- Include everyone in games and activities,
- Make friends with people who are different from you,
- Listen thoughtfully to others, even when we disagree.





Children celebrating Victory in Europe Day (V-E Day) in May of 1945. Canada did not have our own flag until Feb 15, 1965 when the red and white maple leaf flag was unveiled.



The Second World War did not fully end until September 2, 1945. People at that time learned about the end of the war through radio broadcasts and newspapers, like the one in this picture.



There were parades and celebrations across Canada on May 8th, 1945 - V-E Day. This celebration was in the streets of downtown Toronto, Ontario.



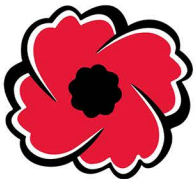
So, every year in Canada,
On November's special day,
We wear our poppies, bow our heads,
And we softly say,

We remember.

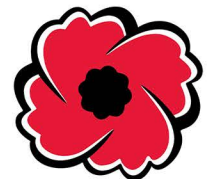
Remembrance is more than a ceremony.
It's something we carry with us, in our words, actions, and hearts.

When we remember, we honour all those who have served, and those who still serve today.

We remember the past.
We are thankful for today.
We promise to build a better tomorrow.



On November 11, and every day,
We remember.





A young girl has a Canadian soldier's photo pinned to her sweater during the Apeldoorn liberation parade in the Netherlands.



A young girl places her poppy on a wreath at a Remembrance Day ceremony.



A military mother and child leave their poppies on the Tomb of the Unknown Soldier at a Remembrance Day ceremony.



Activities for young children

1. Count how many old, black and white photographs are in this book.
2. Count how many coloured photographs are in this book.
3. Using your answers from 1 and 2, add them together to find out the total number of pictures.
4. Choose one picture with children in it. How are you like the children in this photograph?
How are you different?
5. Make a poppy with some paper, crayons or paint. If you make lots of them, you can glue your poppies into a circle to make a wreath. Ask an adult for help if you need it.
6. Why do we wear poppies on Remembrance Day?
7. Draw a picture to thank a Veteran for their service.
8. Peace can mean different things to people. What does peace look like to you?
Create a picture of peace in Canada. Try making a scene using clay, plasticine or play dough.



Activities for older children

1. What is freedom? Does freedom mean you can do whatever you want, whenever you want? In Canada, rights come with responsibilities. What responsibilities do we need to think about to be fair, to keep others safe, to be respectful? Before you act or speak, think about treating others as you would like to be treated yourself. For example, “I have the freedom to speak, but I have the responsibility to be respectful and truthful.” See if you can write or say three more examples like this.
2. What is sacrifice? What does it mean for the person who is making a sacrifice?
3. Can you write about one sacrifice you have made for someone else? Why did it matter?
4. Every act of peace begins with kindness. Plan to do one kind thing every day for a whole week.
5. Draw or write about your acts of kindness in a journal. How did you feel after doing each kind act? If you are comfortable, ask others how your kind acts made them feel?
6. Create a scene about what Canada’s freedoms means to you. You can use visual arts (collage, clay, sculpture, printmaking), and/or performing arts (role play or puppet play, dance, music or song).
7. Map Exercise: If you visit this eBook online, you will find short biographies of the Canadian Veterans listed on the next two pages. On a map of Canada, place a poppy on the provinces that these Veterans come from. Can you learn two new things about each Province and Territory? What is their capital city? What is their provincial flower? You can add a Canadian Flag to the map to mark the locations of special memorials across the country. If it is overseas, place a flag along the side of the map.
8. Do you have Veterans or people who serve(d) in the military in your family or network? Add a poppy to the map for them too. Write a story, create a song, art piece, dance, or video about a Canadian Veteran of your choosing.



Let's learn more about some of the people who have served in Canada's wars and conflicts over the years.

Research or visit this ebook online to find out more about the Veterans on these two pages.

Léo
Major

Francis
Pegah-
magabow

Arthur
Currie

Tommy
Prince

Jean
Flatt
Davey

Jacques
Dextraze

Elsie
MacGill

Jeremiah
Jones

John
Shiwak

Ryoichi
Kobayashi

Miriam
'Mimi'
Freedman

Roy
Wellington
States

Lucien
Dumais

George
Harold
Dicks

Hugh
'Charlie'
Trainor

Wafa
Dabbagh

Kathleen
MacLeod

Ernest W.
Sansom

Harold
'Knut'
Williamson

Veronica
Foster

Buckam
Singh

Nichola
Goddard

Billy
Bishop

Roy
Mah



**Roméo
Dallaire**

**Thomas
Nangle**

**Sir
Frederick
Banting**

**(William)
Andrew
White**

**Cliff
Chadderton**

**Russ
Moses**

**Charles
'Checker'
Tompkins**

**Mary
Laura
Wong (Mah)**

**Eva
May
Roy**

**Sainosuke
Kubota**

**Sydney
Shulemson**

**Herbert
Sutcliffe**

**Molly
Lamb
Bobak**

**Robert
Brandie
Simms**

**Stanislas
Déry**

**John
Weir
Foote**

**William
Semia
Oombash**

**Robert
'Bobby'
Douglas**

**Andrew
G. L.
McNaughton**

**Fern
Blodgett
Sunde**

**Patricia
(Holden)
Collins**

1. Write or talk about three ways that Veterans made sacrifices in their lives to serve in the wars.
2. List two ways that military members make sacrifices to serve in Canada's Armed Forces today.
3. What sacrifices do their spouses make? What sacrifices do their children make?
4. To prepare for Remembrance Day, write a thank you note to a current Canadian Veteran to thank them for their service. In your note you might include thanking them for:
 - a) the sacrifices they make to serve our country,
 - b) protecting our freedom and peace,
 - c) keeping Canada safe,
 - d) the sacrifices their families make too.

You can ask a teacher or parent to deliver your thank you note to a local Legion branch for a Veteran.



How was this researched-based storybook written?

The original storybook was written using research data collected from defence families in Australia and based on Dr. Marg Rogers' original publication entitled *We Remember: Australia's Story*. The overall research project with military families was titled 'Young children's understandings and experiences of parental deployment within an Australian Defence Force (ADF) family' (Rogers, 2017). The information below and in the next few pages, explores research from the eBook, the interactive version of the storybook, and the original research project, with additions for this Canadian version. The Canadian version of this book was researched and informed by the Canadian author in collaboration with Dr. Marg Rogers, Canadian military history experts, a Canadian academic advisory team, Canadian military families and children, and a representative team of Canadian Veterans from all branches of the Canadian Armed Forces (CAF).


STORYBOOK RESEARCH QUESTION TO SHAPE THE CONTENT OF THE CANADIAN VERSION

How can the use of a storybook assist young children to build their knowledge and understanding of Canada's history during times of conflict and war, the impacts of war on individual freedoms, and the connection of those conflicts and sacrifices to the freedoms we enjoy today?

STORYBOOK RESEARCH STATEMENT

This storybook was designed to build on children's knowledge and understanding of:

- Remembrance Day and active remembrance,
- The meanings of sacrifice, respect, and freedom,
- Canada's military history with a focus on who served, how they served and why,
- Branches of service in the CAF,
- The unique roles of Veterans, serving members, and their families to Canada's society,
- The important roles of women, children, and Indigenous peoples in Canada's military history,
- Canada's unity through service, with a focus on each Province and Territory,
- Peace and Freedom as it relates to individuals, communities, and societies, and
- War memorials, commemorative services, symbols, and rituals.



This book explores Canadians' contributions to the world during times of war, conflict, and peacekeeping. It examines the role of service to one's country and examines who served, how they served and why, with a focus on the First and Second World Wars. We examine important concepts like sacrifice, respect, belonging, freedom, and peace.

The book highlights the various branches of service in the Canadian Armed Forces and highlights how people from various backgrounds and geographies across Canada have come together to serve. We respect the regional diversity of Canada. We examine the importance of remembrance and outline how symbols, rituals, and active remembrance help to fortify respect, understanding, and peace. Canada's geography is explored through activities at the end of the story pages.

We examine the level of freedom Canadians enjoy because of these sacrifices and how Canada's shared values of caring for each other, empathy, and kindness at a level of individual commitment, can lend support for unity, better relationships, and even peace at group, community, and global levels. We highlight that these shared values and actions can bolster unity and pride in being Canadian.

This story is told by characters representing the diversity of children in Canada, including many cultural backgrounds and abilities in an effort to include everyone in this story. The use of historical photos, many featuring children, together with modern images of Canadian military service members, Veterans, their families and children, is intended to help children draw a connection between events of the past and their current freedoms and lifestyles. Dr. Rogers' innovative concept of a two-tiered storybook that speaks to young children as well as older children inspired this stories' approach. We adopted this dual narrative style, using poetic rhythm and rhyme for younger readers, alongside historic images and a more mature illustration style to engage older children.

This book recognizes the existence of discrimination, inequity, and trauma experienced by many in our society and reminds children that a commitment to simple values like kindness, caring, and tolerance are important in building peaceful relationships. The book acknowledges the injustices to Indigenous service members and reaffirms a commitment to truth and reconciliation. Additionally, this book recognizes discrimination suffered by many other service members and Veterans in Canada including, but not limited to French Canadians, Black Canadians, Japanese Canadians, Jewish Canadians, Chinese Canadians, new Canadians from Eastern Europe and women.



What the literature and research says

The themes explored in this book are responses to lyricism; photographs, storytelling, and representation; and the roles of narrative, remembrance, and ritual.

LYRICISM

Rhyming and rhythm are incorporated as a storytelling feature in the text presented for the youngest users of this story. Hearing and repeating rhymes and rhythm helps young children develop key early literacy skills and improves memory by making language more engaging and easier to absorb (Ecalte et.al., 2015; Frey et.al., 2022). These rhythmic patterns support attention and phonological insight, and improve children's ability to focus, which is essential in early learning environments (Tierney & Kraus, 2013). Repetition reinforces memory and understanding, allowing children to become more confident with words and concepts over time improving memory recall and literacy (Eghbaria-Ghanamah et. al., 2022).

PHOTOGRAPHS, CHARACTERS AND STORYTELLING

Photographs make visible what may not be remembered from the past. Picture superiority effect is widely accepted and supports this notion (Curran & Doyle, 2011; Defetyer, 2009). Throughout this book, real photographs of the Canadian Armed Forces and memorials are used to preserve memory, highlight service and sacrifice, and help children visualize the Canadian people, places, and roles that shaped our military history. Historical photographs provide concrete, visible anchors that help communities access memories that might otherwise fade (Krupnik, 2021). Due to its visual nature, photography helps clarify complex ideas (Cappello & Lafferty, 2015). In a research study, children reported that learning with images felt easier, supporting the view that visual literacy forms a foundation for developing reading and writing skills (Cappello & Lafferty, 2015).

Children are naturally drawn to characters and their experiences, and storytelling offers a way to process hardships, find meaning, and recount challenges and adversity (Ramamurthy et al., 2023). Character use also supports emotional development by allowing children to observe their own circumstances through the lens of a story's character, facilitating emotional processing (Sofri et. al., 2023). This gives children a way to safely practice their emotions which can support them when they experience other emotionally challenging events (Rogers et al., 2025b). Children's storybooks are a sophisticated form of narrative, combining visuals and text to reinforce key messages. Research shows that the amount of parent-child book reading between one to five years predicts later success in receptive vocabulary, reading comprehension, internal motivation to read, and even mathematics achievement in Grades 2 through 4 (Zivan & Horowitz-Kraus, 2020).



REPRESENTATION IN MEDIA AND PRINT

Due to the limited number of Canadian military storybooks, many families found that existing books often showed US military and were difficult for Canadian children to relate to. These storybooks often failed to portray characters and challenges that reflect the realities, identities, and experiences of Canadian military families. This made it difficult for children to see themselves in the narratives. When children are not represented in stories, they find it hard to feel a sense of connection, belonging, and inspiration (Feger, 2006). When children do not see their lives reflected in stories, it can also impact their self-esteem and limit their understanding of their own identity (Ramamurthy et al., 2023; Rogers et al., 2025).

On the other hand, when children read books that feature characters and situations that mirror their own experiences or show children like them, it helps them feel included and validated (Hardy et al., 2020). Seeing themselves represented in media empowers children, reinforcing that their stories matter and are worth telling (Rogers & Bird, 2020). When they see characters who look like them or face similar challenges, they feel seen and valued (Walters, 2025). It creates a space of inclusion and acceptance, helping them relate more deeply to the story and feel proud of their own identity (Walters, 2025). At the same time, reading about lives that are different from theirs helps children develop empathy and curiosity (Ramamurthy et al., 2023). As they absorb the images and messages from books, they begin to understand how their own life fits into a wider, more diverse human experience, one that includes many perspectives and ways of living (Hardy et al., 2020).

NARRATIVE, REMEMBRANCE, AND RITUAL

Within military organisations, Rohschürmann (2025) explains that marches and drills are not useful strategically. They are used as a way to physically and psychologically bond troops through synchronised movement and behaviours as they move in time with each other through various rituals. Remembrance services, memorials, rituals, narratives, and the creation of heroes are a way nations keep cultural memory alive (Gorry et al., 2025). This cultural memory includes narratives of sacrifice, service, and discipline. In the defence force, these are evident in the ideal of the stoic military family (Gorry et al., 2025).

NARRATIVE, REMEMBRANCE, AND RITUAL *continued*

A United Kingdom-based study entitled The Remembrance in Schools Project explored school-based remembrance practices, including for primary-aged learners (Alexander et al., 2024). The findings suggest that participating in remembrance rituals helps people reflect, feel emotionally connected, and pass on a shared meaning from one generation to the next (Alexander et. al., 2024). Although this UK study also suggests that the way remembrance rituals are currently conducted in schools in the UK might limit opportunities to explore more critical or alternative views, particularly those related to decolonization. A different approach, focused on inclusion of Indigenous, Black and the traditional ways these rituals shape how we remember the past and think about national identity (Nelson & Godlewska, 2022).

Rituals like a moment of silence or poppy-making can support children to empathize with past sacrifices and build an understanding of their place in the world (Alexander, et. al., 2024). Building historical literacy teaches children about why societies commemorate, and helps students think critically about memory and identity, instead of adopting it without reflection. (Munro et. al., 2022). It is important to remember that narrative and rituals can be a source of comfort, strength, and belonging for some (Gorry et al., 2025), but for others, it can cause re-grieving (Alexander, et. al., 2022). For some members of society, their stories have been marginalized by the larger and louder narratives (meta-narratives) of European settlers, government, and others in society during these commemorations (e.g. Indigenous and Black contributions to Canada's war history) (Alexander et. al., 2022).

Programs and resources created by Canadian experts and Indigenous leaders help children understand how military history connects to national identity, civic responsibility, and empathy (Alexander et. al., 2024; Nelson & Godlewska, 2022). Teachers, such as Munro et al. (2022) recommend integrating Remembrance Day themes into early year education frameworks. By doing so supports children's understanding of past and present connections, community identity, and sense of belonging across multiple generations and learning domains (Munro et. al., 2022).

References

- Alexander, P., Wright, S., Aldridge, D. , & Haight, A. (2024). Remembrance and ritual in English schools. *Children & Society*, 38, 1676–1691.
<https://doi.org/10.1111/chso.12834>
- Baber, M. (2016). Narrative, acculturation and ritual: Themes from a socio-ecological study of Australian Defence Force families experiencing parental deployment. *Children Australia*, 41 (2), 141-153. Doi:
<http://dx.doi.org/10.10107/cha.2016.8>
- Cappello, M., & Lafferty, K. E. (2015). The Roles of Photography for Developing Literacy Across the Disciplines. *The Reading Teacher*, 69(3), 287–295.
<https://doi.org/10.1002/trtr.1418>
- Curran, T.; Doyle, J. (2011). "Picture superiority doubly dissociates the ERP correlates of recollection and familiarity". *Journal of Cognitive Neuroscience*. 23 (5): 1247–1262. CiteSeerX 10.1.1.708.3705. doi:10.1162/jocn.2010.21464. PMID 20350169. S2CID 6568038
- Defetyer, M. A.; Russo, R.; McPartlin, P. L. (2009). "The picture superiority effect in recognition memory: a developmental study using the response signal procedure". *Cognitive Development*. 24 (3): 265–273. doi:10.1016/j.cogdev.2009.05.002.
- Ecalte, J., Magnan, A., & Bouchafa, H. (2015). Rhythmic training and phonological awareness in early readers. *Reading and Writing*, 28(7), 1231–1249.
<https://doi.org/10.1007/s11145-015-9566-9>
- Eghbaria-Ghanamah, H., Ghanamah, R., Shalhoub-Awwad, Y., Adi-Japha, E., & Karni, A. (2022). Long-term benefits after a rhyme-repetition based intervention program for kindergarteners: Better reading and spelling in the first grade. *Developmental psychology*, 58(2), 252–269.
<https://doi.org/10.1037/dev0001284>
- Feger, M.-V. (2006). How Culturally Relevant Texts Increase Student Engagement in Reading. In *U.S. Department of Education*.
<https://files.eric.ed.gov/fulltext/EJ759630.pdf>
- Frey, A., Lessard, A., Carchon, I., Provasi, J., & Pulido, L. (2022). Rhythmic training, literacy, and graphomotor skills in kindergarteners. *Frontiers in psychology*, 13, 959534.
<https://doi.org/10.3389/fpsyg.2022.959534>
- Gorry, D., Pascoe, V., Thorsteinsson, E. B., Holzapfel, A., & Rogers, M. (2025). Indigenous perspectives for teaching children about days of remembrance by decolonising curriculum. *Issues in Educational Research*, 32(2), 573-589.
<http://www.iier.org.au/iier35/gorry.pdf>
- Hardy, J. K., Pennington, R., Griffin, R., & Jacobi-Vessels, J. (2020). Comparing the effects of protagonist race on preschoolers' engagement in book reading. *Early Childhood Education Journal*, 48(6), 781–791.
<https://doi.org/10.1007/s10643-020-01043-7>
- Krupnik, I. (2021). "Faces We Remember": Assessing Visual Memory Depth among the Yupik of Chukotka and St. Lawrence Island. *Études Inuit Studies*, 45(1-2), 63–91.
<https://doi.org/10.7202/1090311ar>

References

- Munro, J., Hazell, P., Wasik, T., Kelly, R., & Crawford, H. (2022). *Teaching about Remembrance Day in EYFS*. Historical Association.
- Nelson, E., & Godlewska, A. (2022). Settler ignorance and public memory: Kingston, Ontario. *Geographical Review*, 113(5), 666–684.
<https://doi.org/10.1080/00167428.2022.2141631> qspace.library.queensu.ca+5tandfonline.com+5tandfonline.com+5
- Ramamurthy, C., Zuo, P., Armstrong, G., & Andriessen, K. (2023). The impact of storytelling on building resilience in children: A systematic review. *Journal of Psychiatric and Mental Health Nursing*, 31(4), 525–542.
<https://doi.org/10.1111/jpm.13008>
- Robertson, H. (1977). *A Terrible Beauty: The Art of Canada at War*. Lorimer.
- Rogers, M., & Bird, J. (2020). Children's agency: Developing a digital app to voice family narratives. *Journal of Military, Veteran and Family Health*, 6(2), 129-137.
<https://doi.org/10.3138/jmvfh-2019-0022>
- Rogers, M., Sims, M., Siebler, P., Gossner, M., & Thorsteinsson, E. B. (2025a). Moving Beyond Mosaic: Co-Creating Educational and Psychosocial Resources Using Military Children's Voices. *Educational Sciences*, 15.
<https://doi.org/10.3390/educsci15060695>
- Rogers, M., Thorsteinsson, E. B., Johnson, A., Williamson, V., Murphy, D., Greenberg, N., Fitzpatrick, S., Ditton-Phare, P., Sims, M., & Hilbrink, D. (2025b). Co-creating a research-based e-storybook for children coping with parental moral injury: insights from affected communities and partners. *Emotional and Behavioural Difficulties*, 1-18.
<https://doi.org/10.1080/13632752.2025.2489914>
- Rohschürmann, M. (2025). Of Dancers and Bees – What It Takes to Fight. In M. Bartscher, S. Hansen, & M. Rohschürmann (Eds.), *Die Zeitenwende - sicherheitspolitischer Kulturwandel in der Bundesrepublik Deutschland?* Springer.
<https://www.beck-shop.de/bartscher-hansen-rohschuermann-zeitenwende-sicherheitspolitischer-kulturwandel-bundesrepublik-deutschland/product/38927741?srsId=AfmBOoLOH7afby7wAlUhAUquM4KXnWvvvzGZNv-jqxpCSp9Xwh6yu9d>
- Sofri, I., Czik, A., & Ziv, Y. (2023). Are You Ready for a Story? Kindergarten Children's Emotional Competencies during a Story-Reading Situation Is Associated with Their Readiness for School. *Education Sciences*, 13(12), 1169.
<https://doi.org/10.3390/educsci13121169>
- Tierney, A., & Kraus, N. (2013). The ability to move to a beat is linked to language skills. *The Journal of Neuroscience*, 33(38), 14981–14988.
<https://doi.org/10.1523/JNEUROSCI.0612-13.2013>
- Walters, J. (2025, June 2). Representation in children's books: Unlocking the world for young readers. *ILA Reporter*, 43(2). Illinois Library Association.
- Zivan, M., & Horowitz-Kraus, T. (2020). Parent-child joint reading is related to an increased fixation time on print during storytelling among preschool children. *Brain and Cognition*, 143, 105596.
<https://doi.org/10.1016/j.bandc.2020.105596>

Image References

P. 7: Two boys in the Rosemont neighbourhood gather rubber for wartime salvage. Montréal, Canada. Photo: Conrad Poirier, 29 April 1942. Courtesy of Bibliothèque et Archives nationales du Québec. Public domain.

P. 7: Young women working as “farmerettes” pick fruits and vegetables in the Niagara region, summer of 1942, to support food production during the Second World War. Photo: Dr. Evelyn Williamson (nee Porter) from the families’ collection. Photo used with permission.

P 9: “Wait for me Daddy” - Members of the Connaught's Own Rifles bidding farewell, New Westminster, BC. Photo: Claude P. Dettloff, Oct 1, 1940. Photo courtesy of the Vancouver Archives. Public Domain.

P 11.1: Two signalmen operate a light projector aboard HMCS Assiniboine in 1940. Photo courtesy of Library and Archives Canada. [Gerald Moses/DND/LAC/PA-116048]. Public domain.

P 11.2: Calgary, Alberta, Canada. July 7, 2023. Several Canadian Armed Forces soldiers marching at a public festival parade. Photo Credit: iStock, Marvin Samuel Tolentino Pineda.

P 13.1: The National War Memorial in Ottawa. [iStock, Photo: Dougall_Photography]

P 13.2: The Afghanistan Memorial in Trenton. [credit: Victoria Edwards, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, courtesy of Wikimedia Commons].

P 15: Canadian troops return triumphant from the Vimy front, their celebrations tempered by the loss of 3,598 comrades killed and 7,004 wounded. Photo credit: William Ivor Castle/LAC/3194757/Colourization The Vimy Foundation; used with permission.

P 17: Vimy Ridge Memorial, built on the highest point of Vimy Ridge in Givenchy-en-Gohelle, Northern France. World War One stock photo; iStock, Lucentius

P 19: Barbadian-born infantry Sergeant Christopher Marshall stands alongside Trooper Brandie Simms of the Royal Canadian Dragoons. A Nova Scotia native, Simms was killed in action in October 1918. Photographer unknown, Public domain. Photo from Black Canadian Veterans Stories.

P 21.1: Patricia Collins (née Holden) was one of three press photographers working in the Public Relations Department of Lincoln's Inn Fields, London, England, 1944. Image: Patricia Collins/The Memory Project Archive/Historica Canada. Patricia Collins. Photo used with permission.

P 21.2: A worker at the Canadian Fairbanks-Morse Company Limited, Toronto, bores 6-inch howitzer shells, circa 1915-1917. Unknown photographer; source: Library and Archives Canada, C-018733. Public domain.

P 21.3: In 1942, up to 9,000 people worked at the Dominion Arsenal's eastern shops in St. Malo Quebec – 60% of them women making small arms ammunition. Photo Credit: Nicholas Morant / National Film Board of Canada. Photothèque / Library and Archives Canada / PA-116093. Public domain.

P 23: Victory Gardens in Montréal - Children tend vegetables at the Montréal Botanical Garden in 1943. Photo: Herménégilde Lavoie, courtesy of BanQ / Fonds Ministère de la Culture, des Communications et de la Condition féminine - Office du film du Québec). Public domain.

P 25.1: Charles (Checker) Tomkins (second from right) kept secret his job as a Cree code talker, even from his four brothers (from left) John Smith, Henry, Peter and Frank Tomkins, who also served. Photo from The Canadian Encyclopedia/Memory Project/Historica Canada. Used with Permission.

P 25.2: The National Aboriginal Veterans Monument is adorned with wreaths after the National Indigenous Peoples Day ceremony in Ottawa. Photo by Stephen J. Thorne/Legion Magazine. Used with Permission.

Image References

P 25.3: A member of the Canadian Armed Forces holds the Eagle Staff during a ceremony on Indigenous Veterans Day, November 8, 2017. Photo: Veterans Affairs Canada. Used with permission.

P 27: Troops of the 2nd PPCLI, a regiment in Shilo Manitoba, during patrol in Korea, March 1951. Photo courtesy of Library and Archives Canada PA-115034.

P 29.1: Graves of Commonwealth military members at Tyne Cot Memorial, Zonnebeke, Belgium. Photo by Sarah Fee, Aug 19, 2013. Used with permission.

P 29.2: Dutch children unfurl Canadian flags for the parade at Apeldoorn, Netherlands. Photo by Sharon Adams/Legion Magazine. Used with permission.

P 29.3: Stan Mazur shakes hands with Dutch children carrying Canadian flags to honour the Canadian Liberators (Veterans), in Apeldoorn Netherlands. Photo by Sharon Adams/Legion Magazine. Used with permission.

P 31.1: Statue of L. Col. John McCrae in Ottawa ON. A second statue of him created by the same artist, Ruth Abernethy, stands in his hometown of Guelph Ontario. Photo: Veterans Affairs Canada. Used with permission.

P 33.1: Elementary school students pictured during a poppy-laying ceremony at Fraser Cemetery in New Westminster, B.C., Nov. 7, 2024. Photo by Ben Nelms/CBC. All rights reserved. Photo used with permission.

P 35: The Beaumont-Hamel Newfoundland Memorial commemorates the sacrifices of those from Newfoundland and Labrador, who were not yet a province of Canada at the time, during the Battle of the Somme during the First World War. Photo from iStock, RnDmS.

P 37: Children in Britain left their homes and parents during the Second World War to be kept safe from the bombing. Photo credit: Montreal Gazette/LAC/PA-142400. Public domain.

P 39.1: There were parades and celebrations when the Second World War ended in Europe. It was known as VE Day, or Victory in Europe Day on May 8th, 1945. Photographer: John H. Boyd, May 7, 1945. City of Toronto Archives Fonds 1266, item 96241. Public domain.

P 39.2: Unconditional Surrender – Photo by Larry Helfand, courtesy of The Memory Project, The Canadian Encyclopedia. Public domain.

P 39.3: Photo Children celebrating V-E Day, May 8, 1945. City of Toronto Archives, Fonds 1257 Series 1056, Item 214. Public domain.

P 41.1: A young girl has a soldier's photo pinned to her sweater during the Apeldoorn liberation parade in the Netherlands. Photo by Tom MacGregor/Legion Magazine. Used with permission.

P 41.2: A young girl places her poppy on a wreath at a Remembrance Day ceremony in Ottawa. Photo by Melody Maloney/Metropolis Studio. Used with permission.

P 41.3: A military mother and child leave their poppies on the Tomb of the Unknown Soldier following the Remembrance Day ceremony in Ottawa. Photo by Melody Maloney/Metropolis Studio. Used with permission.

P 59.1: St. Mary's Hospital after Halifax explosion. December 1917. Photo by William James. Courtesy of City of Toronto Archives, 1244-1782. Public Domain.

Inside Back Cover: "Their Name Liveth for Evermore", Tyne Cot Memorial, Zonnebeke, Belgium. Photo by Sarah Fee, Aug 19, 2013. Used with permission.

Outside Back Cover: Poppies. Photograph by Mark E. Hopper Photography. Used with permission.

The text of *We Remember: Canada's Story* is licensed under Creative Commons Attribution Non-commercial Share-Alike 4.0. This book is based on an original work by Dr. Marg Rogers entitled *We Remember: Australia's Story*.

Digital design and graphically designed characters are Copyright © 2025 Jan Dolby, The Pink Suitcase Studio. All rights reserved.

Outside back page photograph is Copyright © 2023 Mark E. Hopper and is used with permission. All rights reserved.

CFMWS logo used courtesy of the Department of National Defence.

ALL images in this publication are used with permission and All Rights remain with the original owners unless otherwise outlined. Refer to Image References page.

The trademarks Poppy Design, LEGION & Design, and LEGION are owned and registered by The Royal Canadian Legion (Dominion Command) and are used with permission.

Ethics approval for the original Australian publication, *We Remember: Australia's Story*, was gained from The University of New England (UNE).

For further information or requests for permission, contact Dr. Marg Rogers <https://orcid.org/0000-0001-8407-7256> or Amy Doyle at www.cimvhr.ca.

ISBN-13: 978-1-55339-741-0 (Format: Soft cover, English)

ISBN-13: 978-1-55339-742-7 (Format: eBook, English)

ISBN-13: 978-1-55339-743-4 (Format: Soft cover, French)

ISBN-13: 978-1-55339-744-1 (Format: eBook, French)



Acknowledgements

A sincere thank you to Dr. Marg Rogers and her team at UNE in Australia for the foundational work upon which this book is based, titled *We Remember: Australia's Story*. Thank you for your time and guidance in this publication, for the fabulous opportunity to work together, and for your confidence in me. Your work and dedication to improving the lives of defence families in Australia, Canada and around the world is truly an inspiration.

I am deeply grateful to the Veterans, military members and their families from across Canada who generously contributed their time, insight, and talent to help shape this book. Your guidance and support have been invaluable, and this project would not have been possible without you.


Special thanks to the academic experts from the Canadian Institute for Military and Veteran Health Research (CIMVHR) network who reviewed drafts, offered thoughtful edits, and provided expert guidance throughout the project. Your generosity and knowledge are truly appreciated.

Extra special thanks to BGen. (Ret'd) Hugh Colin MacKay, OMM, CD, MD, MHSc, Joel Watson HBA, LLB, MA, (PhD Candidate) and Cdr. (Ret'd) Jean Léveillé CD, C.T., for your important contributions to this book.

A huge thank you to Jan Dolby, our exceptional illustrator, for her incredible talent that brings this text to life.

Deep appreciation to the entire team at The Royal Canadian Legion National Headquarters in Ottawa, not only for your financial support of this project, but also for your input, partnership, and trust throughout. Special thanks to Vice Admiral (Ret'd) Larry Murray.

With gratitude, I acknowledge the contributions of LCol (Ret'd) Suzanne M. Bailey, MSM, CD, MSW; Stéphanie Bélanger, CD, PhD; Heidi Cramm, PhD; Allan English, PhD; Col David Grebstad CD; Nicholas Held, PhD; Major (Ret'd) Paul Hook, CD; Fardous Hosseiny, Msc, CHE; Master Sailor Robert M. Lalonde; Carolyn and Bernard Lalonde; Cpl (Ret'd) Shauna Mulligan BA, MA (PhD Candidate); Ben Nelms; Maj (Ret'd) Nancy M. Perron, CD; David Pedlar, PhD; Erin Porter; MWO (Ret'd) Philip Doyle, CD; Maj (Ret'd) David Doyle, CD; Sgt Jessica Spence; Eleanor Taylor and Jonathan F. Vance, PhD.



Thank you to the following photographers and organizations who granted us permission to feature current and historic photographs from their collections including, Bibliothèque et Archives nationales du Québec (BANQ); City of Toronto Archives; City of Vancouver Archives; Sarah Fee; Ben Helms and the Canadian Broadcasting Corporation; Historica Canada and The Memory Project Archive; Mark E. Hopper; Aaron Kylie and the photographers and staff of Legion Magazine; Melody Maloney of Metropolis Studio; Nova Scotia Archives, Wikimedia Commons; Karen Williamson and the Williamson family.

Special thanks to the teams at Veterans Affairs Canada and Military Family Services, Canadian Forces Morale and Welfare Services (CFMWS) for your review and guidance. Thank you to the team at Historical Canada for your assistance and partnership.

Appreciation to Tiffany Luong, Maxie Grant and Alyssa Pakenham, our CIMVHR summer students, who assisted with this project. Your work is valued and impactful.

Thank you to all my colleagues at CIMVHR, for your work and kind support with this entire children's book series.

Thank you to the team at Military Family Services, Canadian Forces Morale and Welfare Services (CFMWS) for your support and contributions to this book, and to the entire series of Canadian adaptations. Special thanks to Anne Chartier, Lynda Manser, Kristine Bernard, and Jan Riopelle.

Sincere gratitude to Cathy Barrett, Anne Marie Bonneau, Alison Douglas, Kimberly Anne Doyle, Patrick Doyle, Kerry Leroux, Susan Warren and Karen Williamson.

Appreciation to Kristopher Tharris and Keely Siegle of Learn Change Lead for your work on the supporting education modules.

Thank you to our Australian partners at The University of New England in Armidale, Australia and The Manna Institute, a mental health and wellbeing research training institute, for their ongoing support of the Child and Family Resilience Programs.

Together, we acknowledge the Anishinaabe and Haudenosaunee people, and the Mohawks of the Bay of Quinte, the traditional custodians of the land on which this work took place. We offer our deep respect to your Elders past, present, and emerging from across Turtle Island and we express our gratitude and commitment to the process of truth and reconciliation.

The Royal Canadian Legion's mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country.

The Legion understands the importance of honouring past sacrifices and acknowledging the courage of those who served and still serve today. Through Remembrance Day ceremonies, the Poppy Campaign, commemorative activities, youth education programs, and more, the Legion helps Canadians honour and remember.

Visit **www.Legion.ca** to learn more.



Military Family Services,
Military Family Resource Centres,
and Canadian Forces Morale
and Welfare Services
are here to support you.

Whether you're facing a recent stressful experience, transition or deployment struggles, relationship, family, or financial issues, we can help you with life's ups and downs.

If you're a serving member,
a Veteran, or their family,
you can access a variety of programs
and services, in your community or virtually
from the comfort of your home.

Visit **www.cfmws.ca** for services.

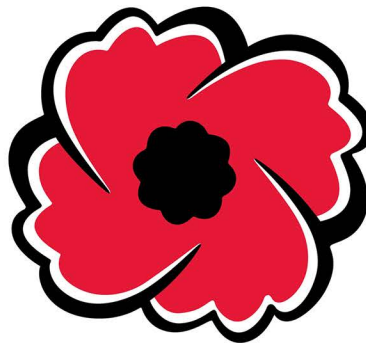


“True strength is the courage to ask for help.” – Simon Sinek

Dedication

This book is dedicated to the memory of Canada's brave Veterans who gave their lives in service to our country. Their sacrifices secured the freedoms and way of life we cherish today.

It is also dedicated to the children of Canada. May you always remember and honour those who gave so much so that you might live in peace and freedom. May you carry forward the values of kindness, fairness, and tolerance, and help build a world where peace can endure.



"We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada."

- Heather Robertson (1977)



About the Author and Editor

AMY DOYLE – Amy worked for many years in publishing as the owner of Midpoint Productions Inc. and as the former Director of Advertising with the Quinte region's newspaper of record, *The Intelligencer*. She transitioned into fundraising and partnerships and now serves as Project Manager for Strategic Partnerships and Initiatives at the Canadian Institute for Military and Veteran Health Research (CIMVHR) at Queen's University.

Amy first met Marg Rogers at CIMVHR's virtual Forum in 2021, where Marg presented her series of evidence-based story books for children from Australian defence families. Impressed with Marg's work and understanding the need for similar, culturally appropriate books for children in Canadian defence families, Amy and Marg began adapting Marg's books for Canadian families. This book required a fully re-imagined story, which Amy was excited to undertake. Together with a group of Canadian Veteran advisors, Jan onboard to illustrate, and Marg as academic advisor and editor, a new story for Canadian children was created.

Amy is married to a former CAF reservist; her youngest son serves with 2RCR at Base Gagetown in New Brunswick, and her eldest son is attending Dalhousie University. She is deeply grateful for the opportunity to contribute to this project and hopes it nurtures Remembrance and Canadian pride.

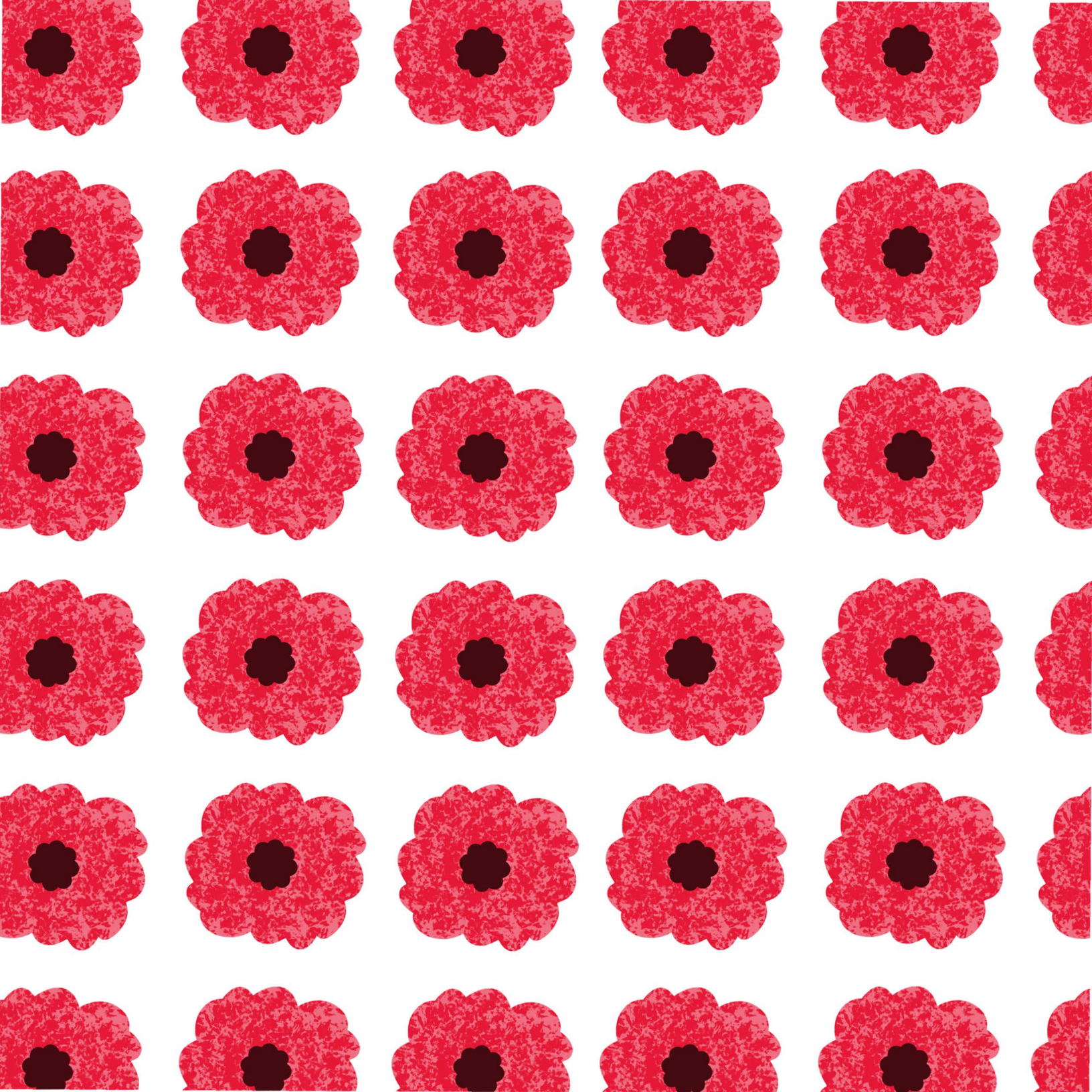
DR. MARG ROGERS – Marg is a senior lecturer and researcher in early childhood education at the University of New England, Armidale, Australia. Marg is an interdisciplinary researcher who specializes in gathering and elevating marginalized voices in military, Veteran, and first responder families. Marg witnessed the impact of war on her uncle's family when he served in Vietnam on multiple deployments and the effects on his health and mental health. She also experienced the intergenerational effects of her grandfather's WWII service, which resulted in injuries.

Marg has qualifications and professional experience in early childhood, schools, creative arts education, family support, and educational partnership broking. In both her current and previous roles, her passion for education has consistently been about supporting families through authentic community and educational partnerships. As part of her body of work, Marg has had the privilege of working with military, Veteran, and first responder families. She hopes her research-based storybooks will provide children, parents and educators with tools to start meaningful discussions.



Children recover at St. Mary's Hospital in Halifax, Nova Scotia, after the Halifax Explosion on December 6, 1917. That day, two ships crashed in the harbour. One ship named the SS Mont-Blanc was loaded with explosives for the war. The crash caused a huge blast that destroyed much of Halifax. Many people died, and many others were hurt. At the time, it was the largest man-made disaster in the world.







Lest We Forget



CIMVHR
Canadian Institute for Military
and Veteran Health Research

ICRSMV
L'Institut canadien de recherche sur
la santé des militaires et des vétérans



SCAN FOR MORE RESOURCES



9 781553 397427