Constantia Care Newsletter

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LEST WE FORGET

THIS YEAR MARKS 100 YEARS since the end of the First World War. Every year in November, the nation marks the wars that have scarred our past and the bravery of the men and women who fought them.

Armistice Day & Remembrance Sunday, which both fall on Sunday November 11 this year, are a chance to remember not just those who fought, but what they fought for.

TWO MINUTES SILENCE

People observe a one or more commonly, a two-minute moment of silence at 11:00 a.m. local time. It is a sign of respect for, in the first minute, the roughly 20 million people who died in the war, and in the second minute dedicated to the living left behind, generally understood to be wives, children and families left behind but deeply affected by the conflict.

IN FLANDERS FIELDS

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.