Subject: Signs & Rituals - 'Behind Memorial Day' Series

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Provided by Commander Victor Anderson, Squadron 156

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Farenga Bros Inc

Hello,

As our series on Memorial Day continues, we want to discuss a few different ways to recognize this special holiday. There are several different signs and rituals associated with this day of remembrance, but you may not be familiar with all of them.

Perhaps the most visible sign today is that of the American Flag. It is raised to full staff at the beginning of the day, then immediately lowered to half-staff until noon.

A somewhat lesser known symbol of the day is the poppy flower. Popularized by a poem "In Flanders Fields" during World War I, the poppy as a symbol of remembrance for men and women killed in conflict is most popular in the United Kingdom, Australia, and Canada. However, this red flower can be worn by anyone in memory of those brave soldiers. Poet John McCrae wrote how "the poppies blow between the cross, row on row" in his poem, on reflection of the death of a friend in battle. He spoke of the bloodshed and the sacrifice that had been made, imploring the living to carry on the cause. In the more recent past, Congress passed the National Moment of Remembrance Act, which asks that America pauses at 3:00pm on Memorial Day to reflect on the meaning of the day.

As Memorial Day draws closer this year, consider the ways in which you can participate in the signs and rituals of the holiday. Share a poppy image on your social media accounts, fly an American Flag, call a relative who has lost a veteran loved one and ask about favorite memories. And set an alarm on your phone for 2:55pm, so that you are ready when 3:00pm comes!

Sincere Regards,

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