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# Show your ANZAC Spirit

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We are living in a different world right now resulting in no traditional march or gathering at Point Danger for the Dawn Service. Many people have indicated they will be acknowledging ANZAC Day to ensure that Australian servicemen and women are appropriately remembered.

Here are some ideas to honour Australian servicemen and women suggested by the RSL include:

- **THE ODE**

Record yourself reciting the ode or sharing a message of support for veterans. Post your video on our Facebook page:

<https://www.facebook.com/torquay.museum.without.walls/>

*Less than two months after WWI was declared, with heavy casualties already being reported, English poet Laurence Binyon wrote For the Fallen.*

*Since 1921, the fourth verse – known as The Ode – has become a central part of ANZAC ceremonies, capturing Australia’s collective sense of respect and loss for the service people who gave their lives during World War I, and in all conflicts since:*

*They shall grow not old, as we that are left grow old;*

*Age shall not weary them, nor the years condemn.*

*At the going down of the sun and in the morning*

*We will remember them.*

- **REACH OUT** to a mate who might be alone. Many people are alone during this time of isolation. It’s an opportunity to invoke the ANZAC value of mateship and check to see how a mate is doing.

- **PLANT ROSEMARY**

*Rosemary has been associated with remembrance since ancient times, but its particular significance to ANZAC Day dates back to World War I. Native to the seaside regions of the Mediterranean, rosemary grows wild on the slopes of the Gallipoli Peninsula. Tradition has it that a wounded Digger brought home a small rosemary bush from ANZAC Cove, which was planted in the grounds of the Army Hospital at Keswick, South Australia. Cuttings from this original plant were taken and propagated in nurseries all over Australia, and sprigs of rosemary are worn to this day by attendees at ANZAC Day ceremonies as a fragrant reminder of the fallen.*

- **MAKE A ROSEMARY WREATH**

If you already have some rosemary in your garden, you could make a rosemary wreath to hang on your door! <https://youtu.be/id6RjweY9ls>

- **BAKE ANZAC BICUITS**

There's nothing so Australian as an ANZAC biscuit. They are easy to make and very easy to eat.

- Here is a recipe prepared by the QLD RSL <https://rslqld.org/News/Latest-News/ANZAC-biscuits>

## ANZAC DAY

- Participate in **LIGHT UP THE DAWN** at 6am on ANZAC Day – 5.55am be at the end of your driveway and wait for the sounding of The Last Post at 6am...even if you have only a tape recording to guide listen to a brief commemorative service. There is a live stream of a short commemorative service, comprising The Ode, The Last Post, a minute's silence, and Reveille.
- **ENJOY A GUNFIRE BREAKFAST (just for the adults!)**

*Rather than artillery, 'gunfire' refers to the rum-laced coffee or tea that is served alongside the bacon and eggs, and harks back to the measure of liquid courage that was served up at the beginning of the day to help soldiers face the coming battle.*