



Turn Your Window Red, White and Blue for VE Day 75

VE Day this year is going to be different for us all, many plans that were made have had to be cancelled due to the COVID-19 pandemic.

While our situation isn't quite as bad as what the WWII generation went through, there are many similarities. Some families are separated, some families have lost loved ones, some families are suffering financially. All similar to the affect that WWII had on our Country - The United Kingdom.

Our National Flag is a symbol of unity being a combination of the Flags of St George (England) St Andrew (Scotland) and St Patrick (Ireland). As it did during WWII, the Country has seen a similar spirit that kept everyone going during the war. We are all in this together.

On VE Day, Friday 8th May 2020 it is the 75th Anniversary of the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces. Many soldiers began returning home shortly after, many more didn't return until much later and many more did not return at all. Millions of lives were changed forever.

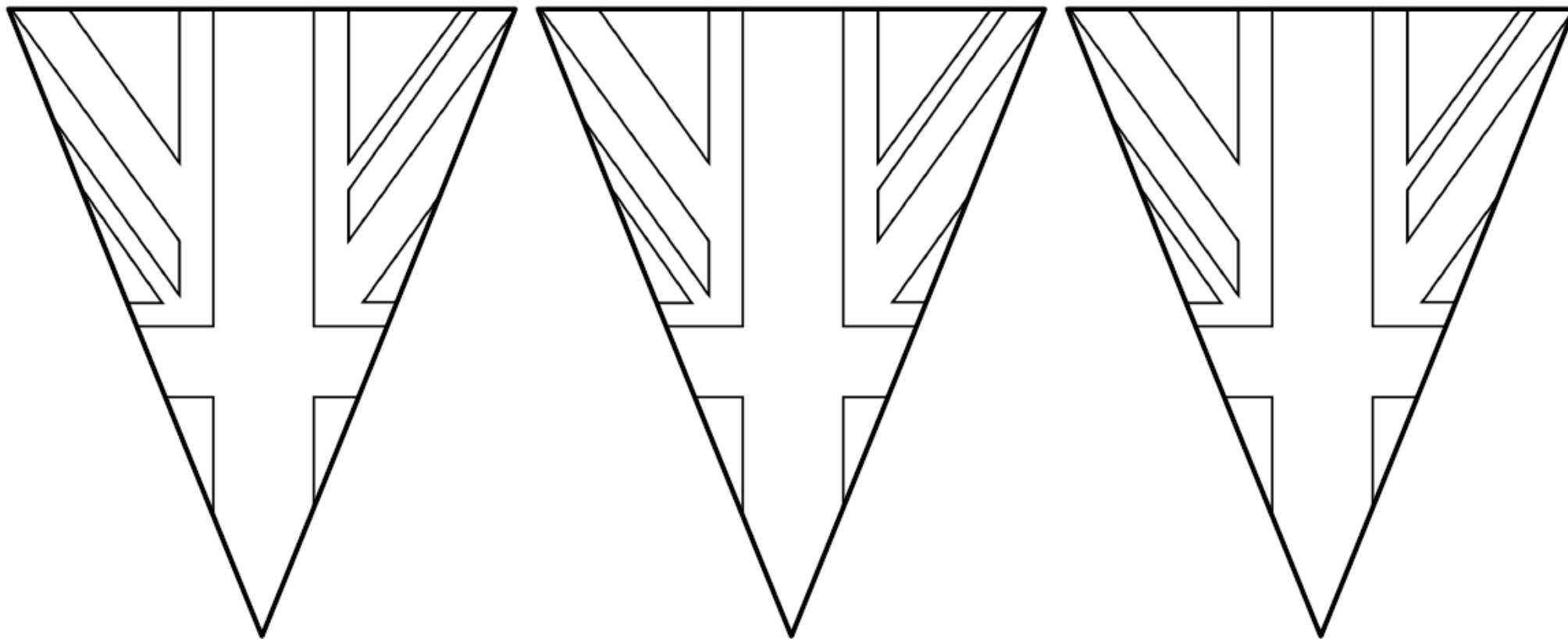
In a show of Unity, Remembrance, Respect, Commemoration and Celebration the South East Midlands British Legion are asking you to turn your window Red, White and Blue on 8th May 2020. Take a picture of your window and send it to sturton@britishlegion.org.uk (Beds and Herts) ktobin@britishlegion.org.uk (Oxon and Northants) or jstrange@britishlegion.org.uk (Berks and Bucks) and each photograph will be posted to the South East Midlands Royal British Legion Facebook page. Let's turn Facebook red, white and blue and show that we appreciate and support those who went and never came back and those who went but came back to a different world as different people.

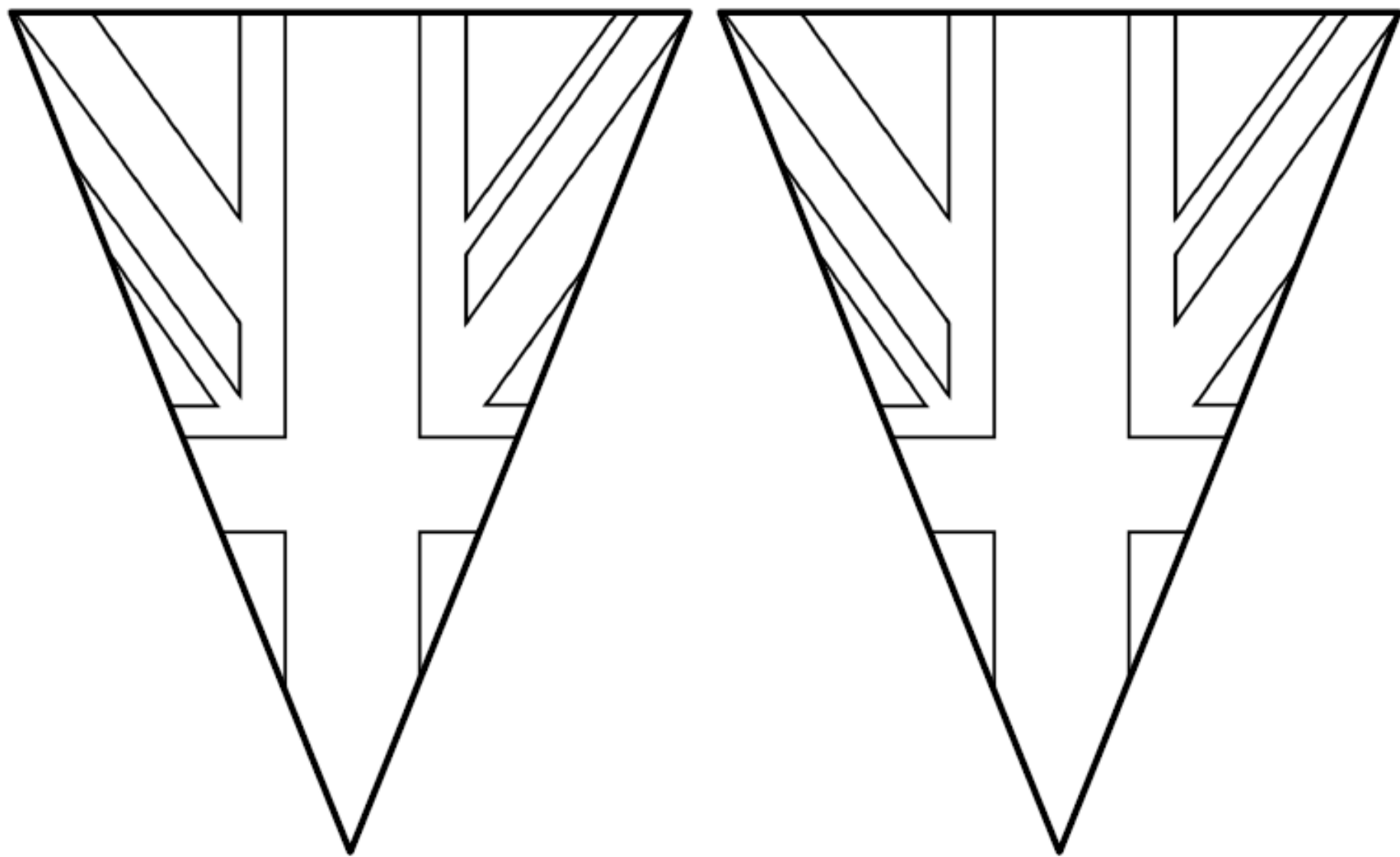
On the following pages, you will find some blank Union Jack bunting shapes, colour them in with felt pens or pencils, paint them or use any craft items that you may have. Get the whole family to join in and make it a crafting day for your children.

Further on you will find information for Children about WWII and other activities you can get them to do as well as a WWII recipe that really is simple. We hope that you enjoy what we have put together for you and your families.

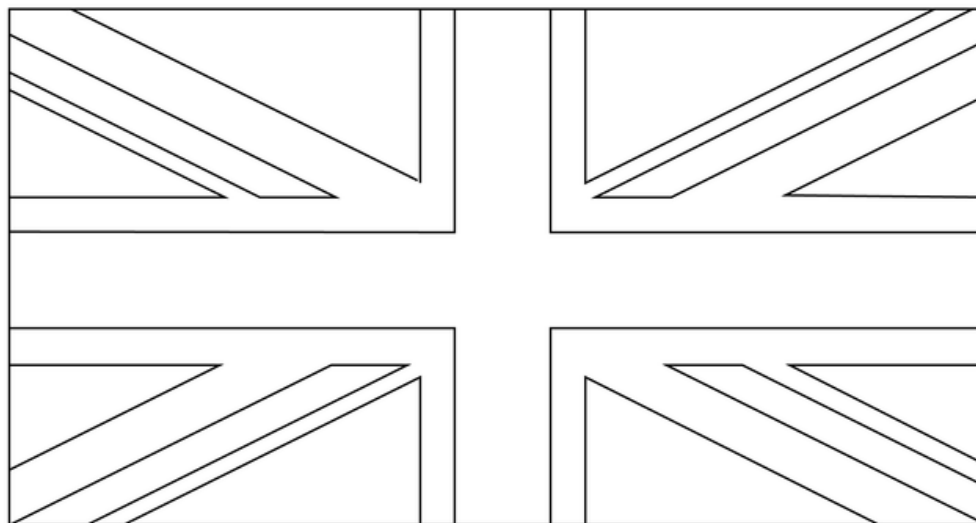
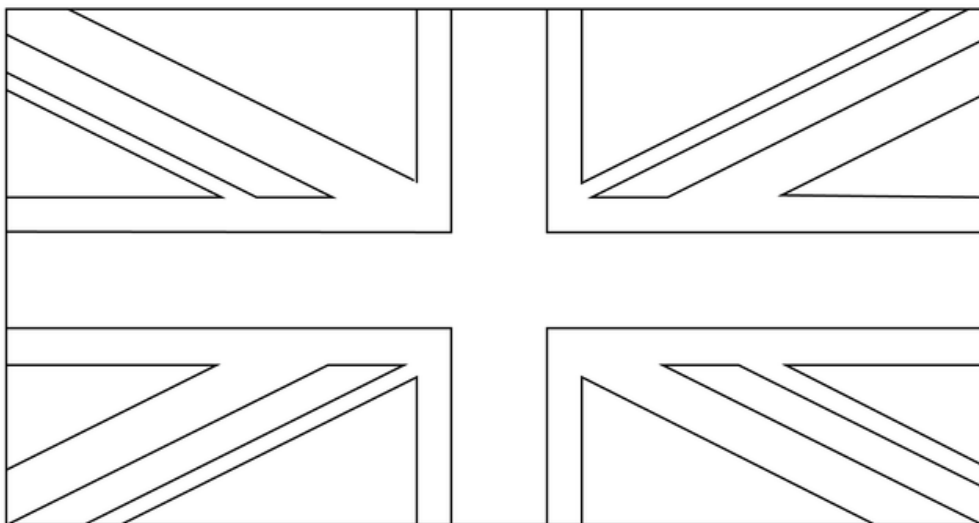
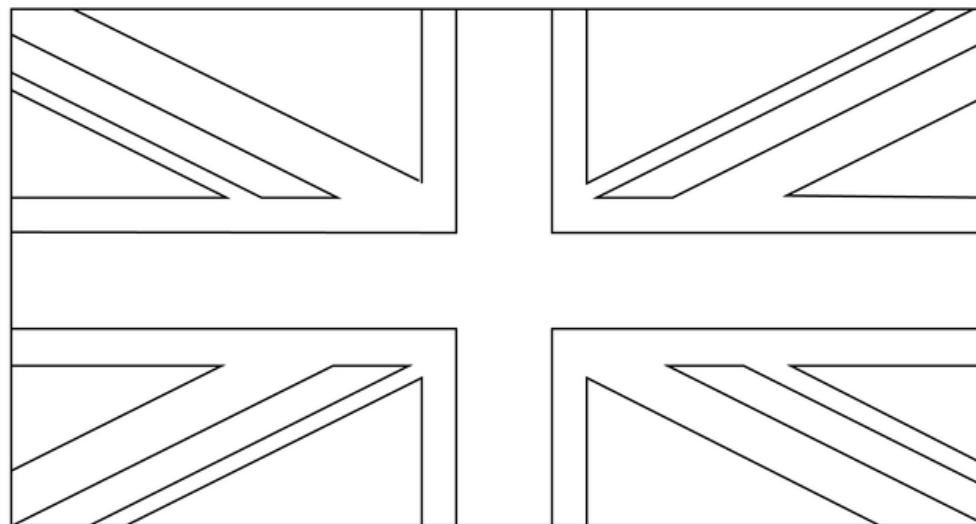
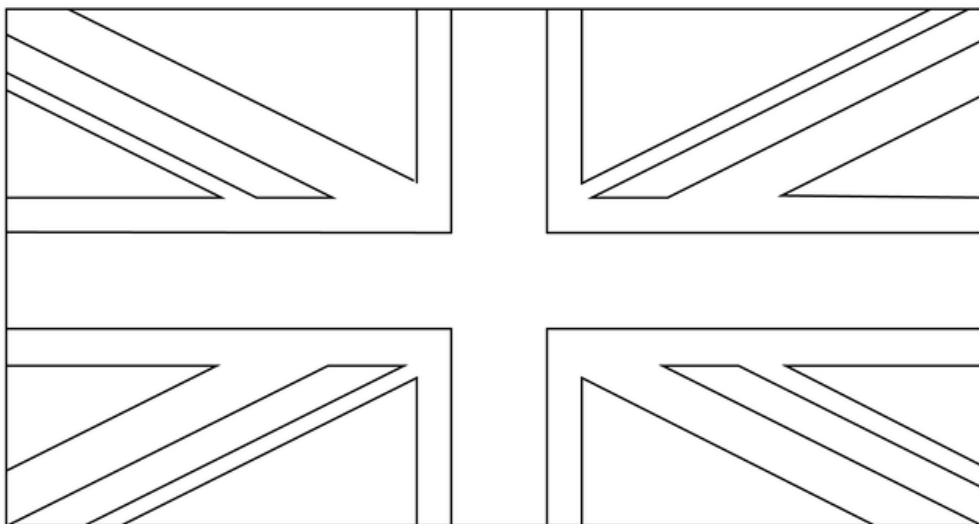
As it was in WWII - We are all in this together - Stay Safe and Keep Smiling 😊

When you cut out the shapes for the bunting, leave a 1cm edge above the top line of the frame so that it can be wrapped over string and glue down on the other side. Use whatever size you want to or mix them up for a different effect.

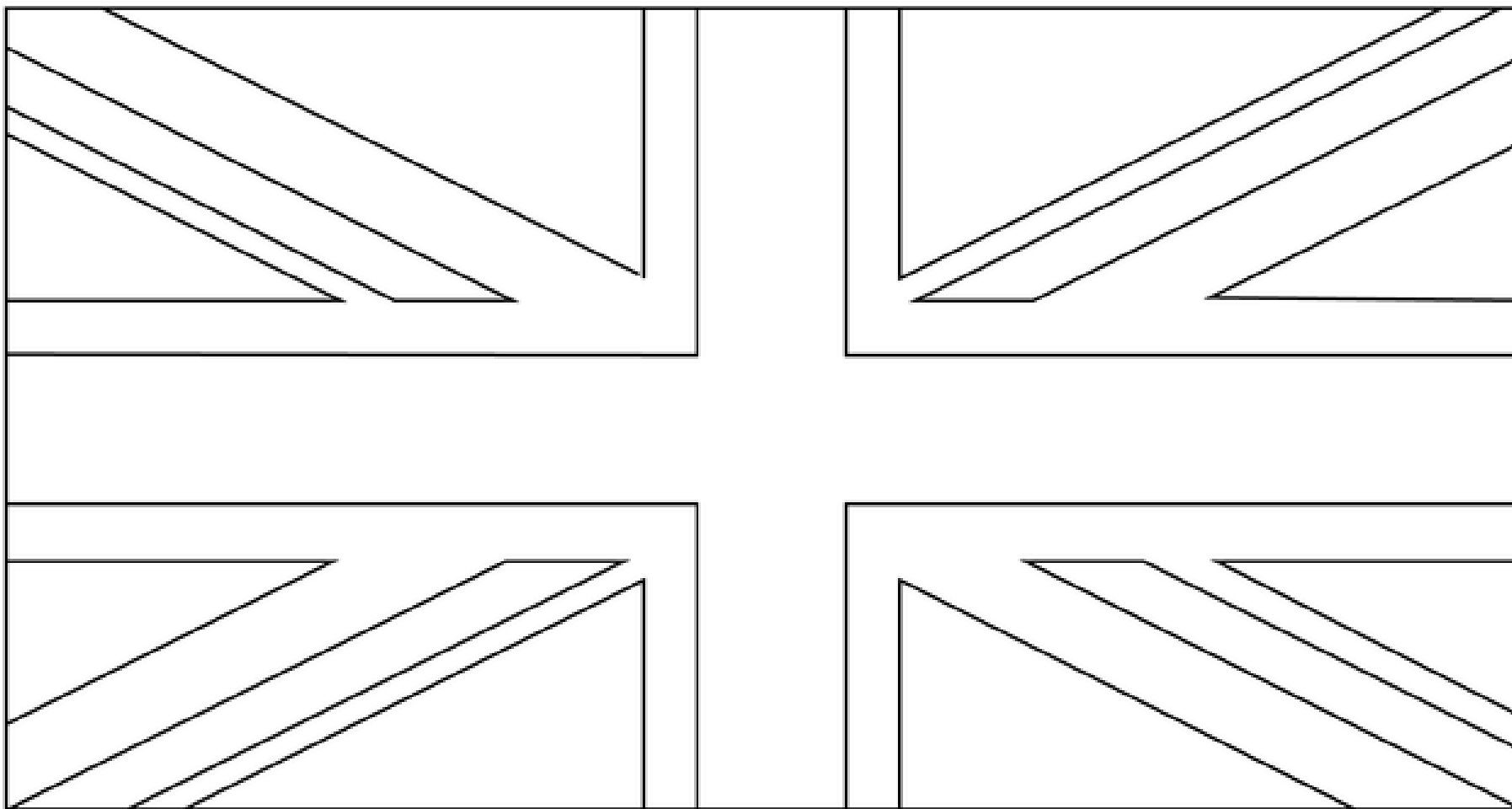




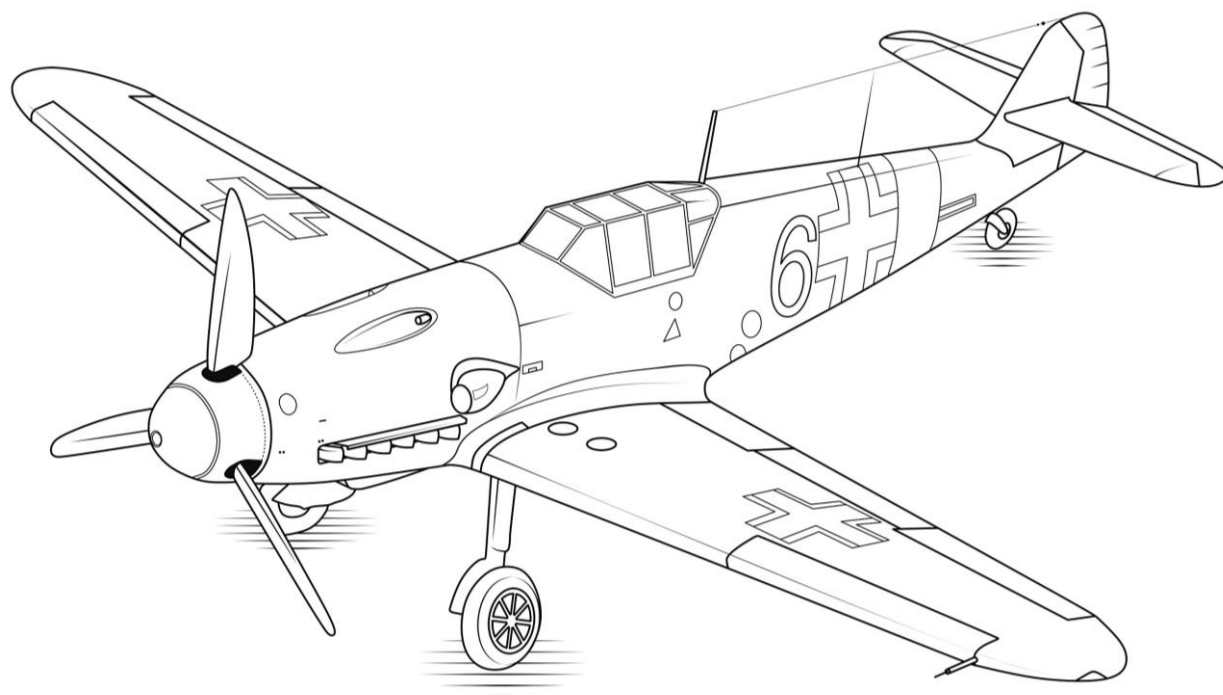
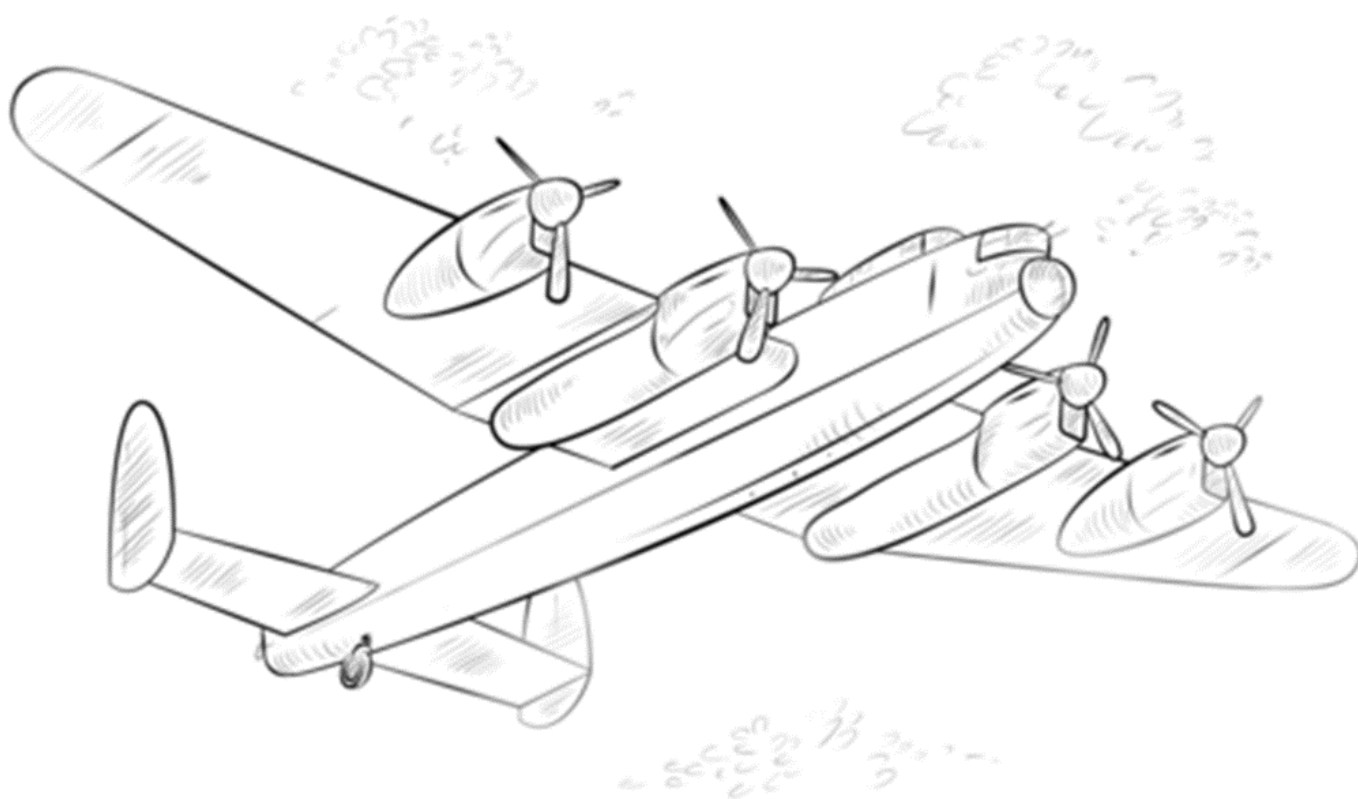
Again if you want to use these as bunting, make sure you leave an edge at the top of the flag to wrap over string or wool.

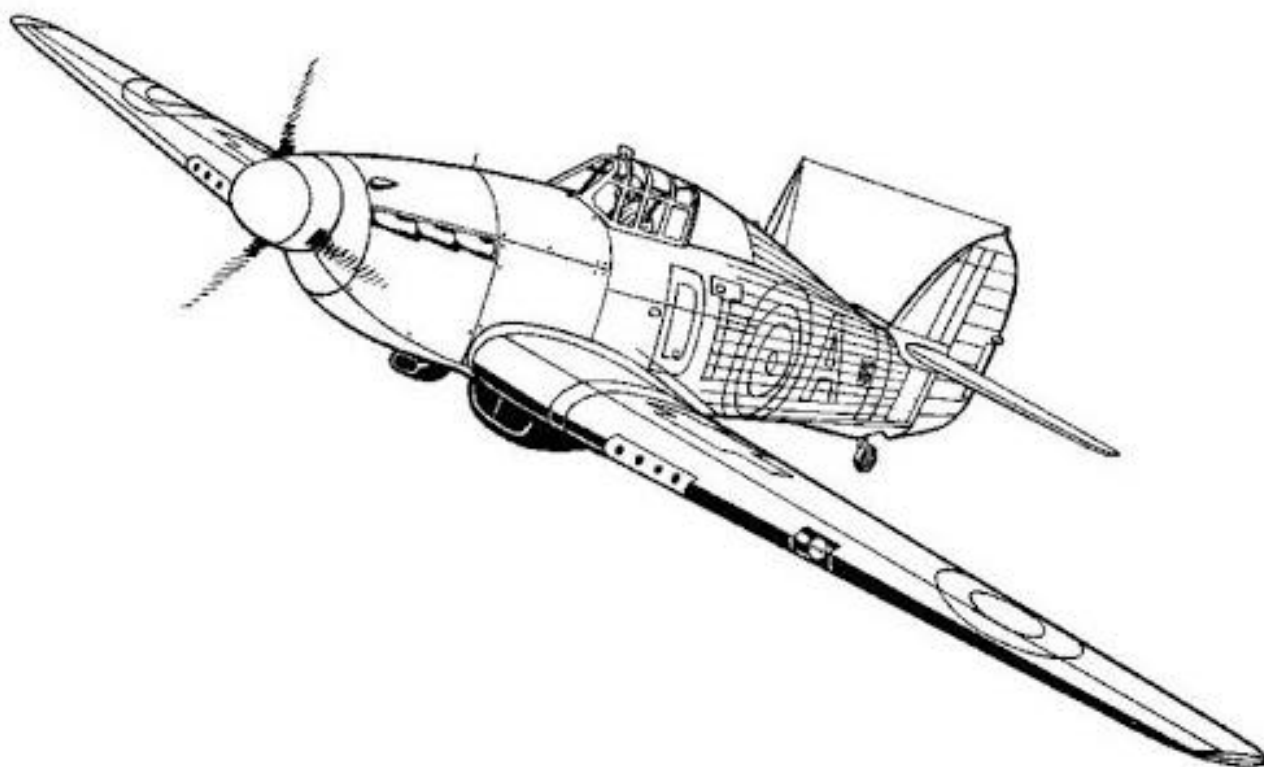
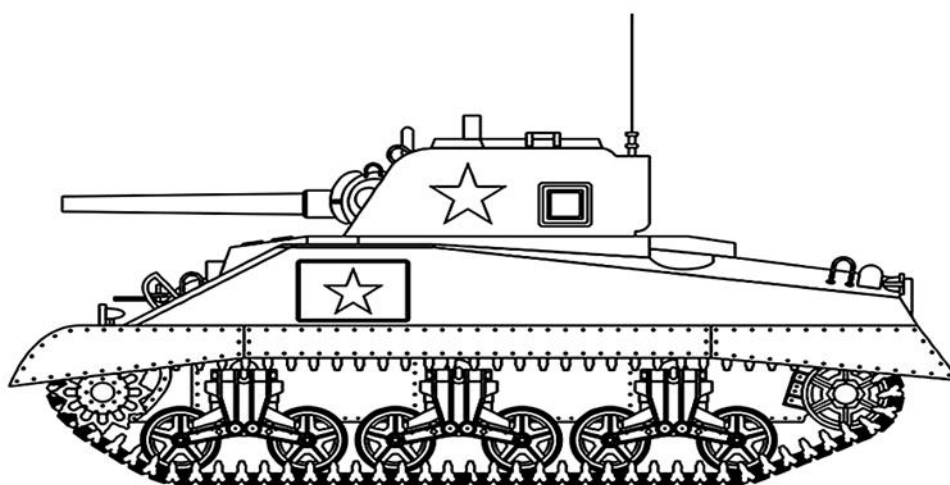
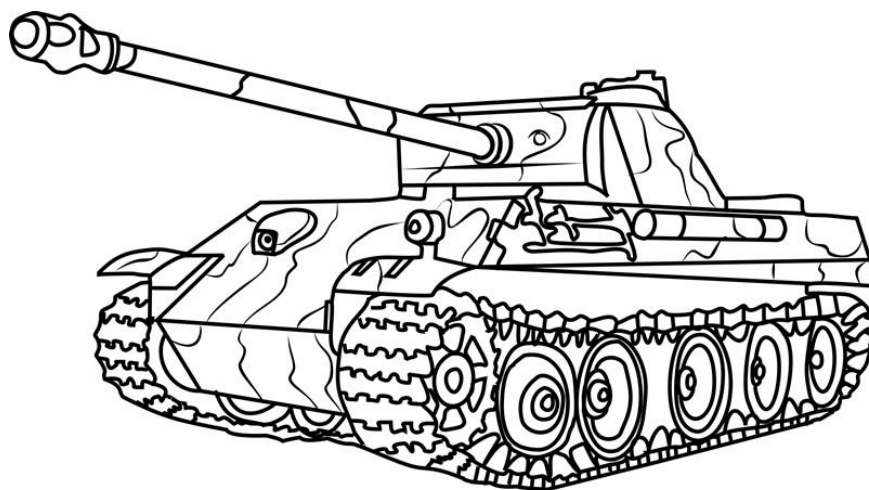


With this Union Flag - leave a 2cm space on the left of the flag when you cut it out. Wrap it around a straw or a skewer and glue it to make a flag for your little ones to wave.



You could also colour in these pictures as part of your window display - be as creative as you want to be. With Mum and Dad's permission of course 😊





The Union Jack is made up of 3 flags. In 1606 The England Flag and The Scottish Flag were combined to create The Kings Colours Grand Union Flag. In 1801 there was a Union of Great Britain and Ireland and The Red Saltire of St. Patrick was added which then created the Union Jack that is still our National Flag of the United Kingdom to this day. Our Union Flag is over 200 years old.



The English Cross of St. George



The Scottish White Saltire of St. Andrew



The Kings Colours - Grand Union Flag



The Irish Cross of St. Patrick



The Union Jack or Flag

Combining the crosses of St. George, St. Andrew and St. Patrick since 1801.

It wasn't just the United Kingdom that fought during WWII. Many of our Commonwealth Countries joined our men and women in the fight. Many other Countries also joined us.

Below are some flags of those Countries and the names of the Countries. Can you draw a line from the flag to the correct Country?



The Soviet Union



Belgium



The Republic of Poland



The French Republic



British India

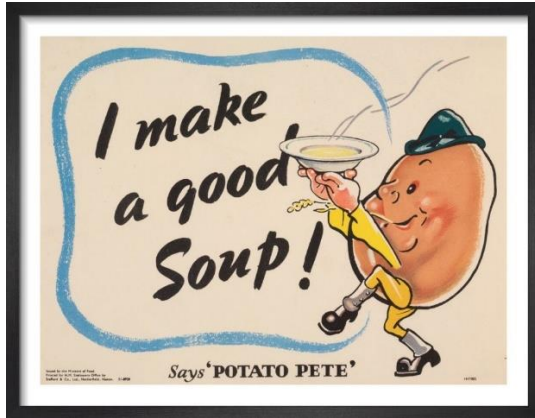
The United States of America



The Netherlands



During World War II - food was rationed and what little food people had, had to last a long while. During the war there were 2 Characters created - Potato Pete and Doctor Carrot.



Potato Pete even had his own recipe book. One of the easiest recipes from this book is Potato Piglets. This fed 6 people during the war.

All you need is: 6 medium, well scrubbed potatoes
 6 Skinned Sausages
 Cooked Cabbage lightly chopped

Method: Remove the centre of the potato with an apple corer, so that the potato has a circle all the way through.

Fill the centre of the potato with the sausage meat and bake in the oven as you would a normal baked potato.

Serve it on a bed of the cooked cabbage.

During the war, the parts of the potato that were removed, were then used to add to soup. No food went to waste.

Children didn't have lollipops or ice creams during the war, as these were rationed. What they did have were Carrots. Many Children didn't get Easter Eggs, instead they got Carrots on sticks. See the picture below - this was a children's treat at the time. Imagine not having chocolate.



So, the next time your Mum or Dad tell you to eat your carrots - just think that carrots were once a treat for Children during WWII. Also, remember what Doctor Carrot said - he's the Children's best friend because carrots are good for you.

Some of the games that children played in the 1940's were really simple things. There weren't many toys around in those days.



They collected 'Conkers' that had fallen from the Horse Chestnut trees and took off the shells to reveal the shiny brown conker. Then they got an adult to poke a hole through the centre of the conker and threaded a string through it. The game of Conkers simply involved two players taking it in turns to try to hit the other's conker and smash it to smithereens! One child would dangle their conker on its string at about chest height. The other would line up their own conker with the string taut and would get one attempt to hit and damage the other. If a conker managed to smash another off its string, it became a "one-er" then a "two-er" and eventually a "king-er".



Jacks were another popular game - they consisted of a small red ball and some jacks. To decide who goes first, use a method of "flipping"; place the jacks in cupped hands, flip them to the back of the hands, then back to cupped hands. The player who holds the most jacks goes first. That player scatters the jacks into the playing area with a throw from one hand. The first round, "Onesies," means that the player throws the ball in the air and picks up one jack then grabs the ball after it bounces once. The

player must pick up all jacks this way without missing the jack or letting the ball bounce more than once. If that happens, it becomes the other player's turn and the first player is back to the beginning of Onesies. If all the jacks are picked up successfully, the player moves on to Twosies (pick up 2 jacks per throw), then Threesies, and so on. The winning player is the one to pick up the largest number of jacks at once to get to the highest round.

Another game was Red Light, Green Light.

One person is chosen to be 'It' (the traffic light) and he/she stands a good distance away from the other players (5+ metres) with his back to them. The other players stand in a line facing It.

When It calls 'Green Light,' the other players move towards him until he spins around, calling 'Red Light.' When they hear the red light command the other players must freeze on the spot. Any child seen moving must return to the starting line. The children must remain frozen until the next 'Green Light' command is given.

Play continues in this manner until someone reaches and tags It. The tagger becomes the new It and the game begins again.

Can you imagine not having computers, Xbox's, iPads or even a TV and having to make up your own games. That's what all children in the 1940's had to do. Aren't we lucky now? We have so much more than those Children and their families ever had.