100 years since the end of "The War to End All Wars"... but it didn't. That horrific experience of war did not stop the world from fighting. It didn't stop countries and people from trying to gain power at the expense of the lives of others. It didn't stop violence or greed or misery in the world.

But it also didn't stop courage. It didn't stop Hope. It did not stop people from trying to make the world a better place.

Remembrance Day is important to me because I think that we need to be reminded of the cost of war. This is not a day to glorify fighting. It is a day to remember that when we fight, when we stop looking after the rights of other people, we are diminished, families are torn apart, lives are lost.

This is a day when stories of lost loves surface. This is a day when the stories of broken minds and bodies surface. This is a day when, for some generations who have not known war, it becomes more tangible, more real.

But the power of this day is that it is a day when we also remember the courage of those who looked at the world and gave their voices and their lives so that people they would never know would have freedom from tyranny, from discrimination, from oppression.

This is a day when stories of bravery surface. This is a day when we honour those who gave everything that they had for good in the world.

This is a day when we say the words that "We will remember them"; when we hear the words that tell us we now carry the responsibility of living their dreams of justice, of freedom for all.

For me, this day of remembering is also a day of inspiration. I am reminded that I have responsibility to my Grandfather, my Great-Uncles, my Father-In-Law, to tell the story of doing all that we can to make the world a better place. I am reminded that I have a duty to speak out for justice for all people, I am reminded that because of the selfless dedication of previous generations, I have the freedom to speak, to act in a way that can make a place for growing peace in the world.

I carry a torch of love for the world that has been passed down from the bravest of our people. Remembrance Day reminds me to carry it with courage and integrity every day of my living.