

**Intermediate Essay 2nd Place**  
**Will H.**  
**Branch 148 Renfrew**  
**Zone G-7**

## **Remembrance Day Essay**

We, as citizens of a free country, brought to us from the sacrifices of millions of Canadian soldiers, only need to take one minute to pay said soldiers our respects. One minute of silence, and then we forget about the lives lost for our freedom for the rest of the year. One minute, for the countless hours spent fighting, panicking and dying. This minute represents the deaths of many men and women, including over 60,000 Canadian lives lost in World War One.

World War One lasted for four years, three months and one week. There were approximately 600,000 Canadians enlisted in the war as nurses, soldiers or other forms of help. For most of these people, the four years, three months and one week were the worst times of their lives. Between the unrelentless fire from the enemy, the constant shells exploding, and the horrible demises of their fellow soldiers, the Canadians had to go through pain unlike anything we can fathom. For all of that suffering, we give them sixty seconds of remembrance.

For all the Canadians who died, this suffering is over. However, for the veterans of the war, they have to endure this pain every day of their lives. Many veterans of World War One have PTSD, or Post Traumatic Stress Disorder. They have to live through the anguish of having seen many of their friends and colleagues get gruesomely killed or injured in combat. They have to live life being paranoid, in constant fear of being shot at again, or hearing the dreaded explosions from the shells. For them, sleep equals nightmares about the trauma of being attacked, and attacking back. These brave men and women deserve just as much remembrance as the ones who lost their lives.

In the opinion of many, we Canadians should do more to remember the soldiers, nurses and chaplains who were a part of the Great War. One minute of silence is all that most people do to repay the soldiers. This minute stands for over 60,000 lives lost. All of those people, who laid down their lives for us, and our freedom, all had families who loved them dearly. These families remember their loved ones who sacrificed themselves for their country. We, with all of our freedoms, brought to us by the Canadian soldiers, should be more like the families. We shouldn't just forget about the soldiers after the minute of silence is up. We need to give more to the soldiers, in response to the incredible bravery shown by them to protect other people, including ourselves.