

## "Lest we Forget"

"Lest we Forget." Three words that are recited every year on November 11th, Remembrance Day, but what do they mean? Why are they important? We use those words to honour and respect veterans who made selfless sacrifices for our nation, to honour and respect those dedicating their services today, and to express our gratitude towards our soldiers, both present and past, and to thank them for their tremendous sacrifices.

Selfless sacrifices cannot begin to describe what our veterans have provided for our nation. First, we recognize that our veterans fought in all different times with different lifestyles where safety and comfort might not have been a priority. We respect that despite hardships at the time, our veterans pushed through their fears to preserve freedom for our country today. We respect that our veterans left the comfort of their homes to fight for a better future. We honour the soldiers whose sacrifices were so large, it cost them their lives. We recognize the trauma the wars left behind and honour and respect that soldiers sacrificed their well-being for our nation. Altogether we recognize honour and respect all the sacrifices our veterans have made to provide us with privileges that gave us a better life.

For the soldiers fighting today, we respect that every day they face new fears and challenges but continue to fight for the sole purpose of creating a better future. We respect the courage and bravery they display every day to defend our freedom. We honour those who died fighting and those who continue to fight despite any losses. For our soldiers fighting today, we express unconditional respect, honour, and gratitude for your service.

Now we express our gratitude and we thank the veterans and soldiers fighting today for their service. We are beyond grateful that we live in a world where we have the right to our own

beliefs and values, and we are grateful for the soldiers who fought to provide us with that. We say thank you to our soldiers who sacrificed their health, lives, and comfort to bring forth a better life. We say thank you to soldiers who continued to fight despite horrendous conditions they could have faced. We say thank you to the soldiers who faced the unimaginable on the field but displayed courage and continued to fight. We continue to say thank you every day for the sacrifices soldiers made in the past and present that provide us with a better future.

“Lest we forget.” Again, three words we recite every year on November 11th, Remembrance Day, but we must say it with meaning. When we quote “lest we forget” we are respecting, honouring, and thanking the sacrifices made by soldiers today and in the past. However, no words can describe the tremendously honourable sacrifices these veterans and soldiers have made for our country which is why every year we take time out of our day to express our gratitude and thank our soldiers for their service.