

REMEMBRANCE DAY

WHAT IT IS AND WHY IT MATTERS.

Written by Ryleigh Gelling

Why is Remembrance Day so important? What do you do on Remembrance Day? When did this start? Well, let's start with the basics. Before we even talk about the day itself, we need to talk about its history.

Before Remembrance Day was even a holiday, Lieutenant-Colonel John McCrae wrote a poem about the flowers growing on the battlefields called "In Flanders Fields" in 1915. The poppies that were mentioned in the poem are now often associated with the day and remembrance for veterans as a whole. In 1921, people started wearing poppies because of this poem, as a way to honor the people who died in battle. World War I ended on November 11th at 11:00 A.M. To incorporate this, several nations designated November 11th as a day of recognition and respect.

Remembrance Day is now a federal holiday across Canada. On this day, people will wear poppies, lay wreaths on memorials, and some may even visit the graves of lost soldiers. Schools usually have assemblies before the holiday. It is a very solemn day that is used to remember and honor all those who served and still serve in our armed forces.

Equimalt Ink Submissions

Esquimalt Ink is happy to bring you up-to-date information in this newspaper. We are happy to get feedback and submissions via Instagram @ equimalt_ink_news.

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Drum circle performing on Remembrance day

Traditionally, a trumpet will play the "Last Post" at 11:00 A.M., followed by two minutes of silence to all the soldiers we have lost. The "Last Post" is a short song usually played by a trumpet at military funeral and on Remembrance Day to honor the dead.

Remembrance Day is a very important day that means a lot to everyone. On this day, even just for two minutes, we remember and appreciate the people who serve and those who have sacrificed their lives for our safety and peace.

Student Council and What it Means For Our School

Written by Brooklynn Weber & Ryleigh Gelling

There were some problems that were brought up in this council meeting, and fortunately, solutions.

The student council's purpose is to improve our school and improve communication between students and staff. It is made up of students from our school and 2 student reps. These student reps meet with the district senior leadership to present ways to improve our school. So, as you can see this council really does help us as students to have a bigger say in our school community.

A great benefit we will get for having student representatives is instead of staff guessing what we need and how we like things, we can have students who experience it every day to give their input.



One of the issues spoken of during the meeting was the need for trained professionals to teach Sex Education instead of gym teachers. As a member of the student body, I can say that this is highly appreciated. It is significant because a crucial part of growing up is to be educated and aware of it.

Another problem that was brought up was the temperature in classrooms. In order to get more views and opinions, we asked around and it turns out that the temperature varies around the school. Some classes seem to be freezing while others are overwhelmingly warm. Hopefully these issues will be resolved as soon as possible so we can feel comfortable in our learning spaces.

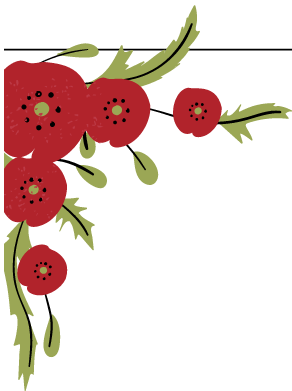
In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- John McCrae



Another Successful Volleyball Season!

Congratulations to Boys and Girls Volleyball Teams! Junior and Senior Girls as well as Senior Boys teams made it to cities. The Junior Boys team made a showing at the Island Championships. Our Junior Girls team had a very strong development this season. We have high hopes for next year!

Big thank you to Mr. Dickson, Mr. Gardner, Mrs. Bjornson, Jason Hendsbee, and all other volunteer coaches involved.



Senior Boys Volleyball Team

Q & A With Senior Girls Volleyball Player

Natalie Wight 

Q: Do you feel you grew as a player skill-wise this season?

A: I did yeah. At the beginning of the season, I was good, but I gained confidence.

Q: Did you make connections through the team?

A: I became really close with a lot of members of the team, I feel we formed a great team dynamic.

Q: What will you miss the most?

A: The grade twelves.

Q: What were some highlights this season?

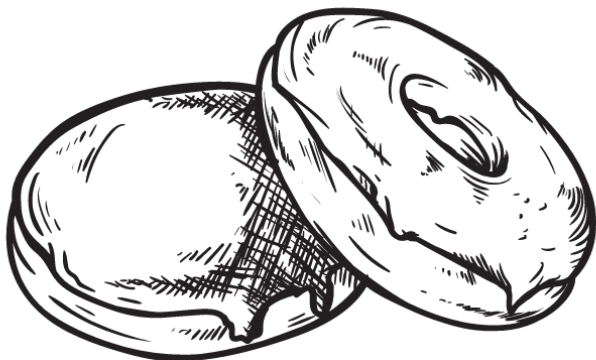
A: Working with new teammates. This was my first time working with the Senior Girls team. Also making it to tier playoffs.



Junior Girls Volleyball Team

November recipe

APPLE FRITTERS



Instructions

Dice your apples, place them in a bowl, and add lemon juice. This will prevent the apples from browning. In a large bowl, whisk eggs. Add milk, vanilla, and cooled melted butter (don't add it hot, you'll cook your eggs!) Whisk together with a fork until it is all combined. In another medium-sized bowl, combine the flour, sugar, baking powder, cinnamon, salt, nutmeg, and ground ginger. Add dry ingredients to wet and mix well until a loose dough is formed. Fold in the apples. Fill a frying pan or saucepan with about 3-4 cups of oil so that you have about 3-4 inches of oil in your pan. Heat oil over medium heat until the oil reaches 375°F with a candy thermometer or an instant-read thermometer. If you don't have a thermometer, use the wooden spoon test (see notes). Use a measuring cup to drop batter into the oil, 1/4 cup or 1/3 cup. Fry until the outside is golden brown. Flip and fry another side until golden brown, for a total of about 4-5 minutes. You'll know they're done if you insert a small knife into the center and it comes clean. If not, fry a little longer so that the center is fully cooked. This time will depend on the size of your fritter. Use a slotted spoon to transfer to a paper towel-lined cooling rack and let cool. Repeat with all the batter. Glaze In a small bowl, combine the sugar, vanilla, and 2 teaspoons of milk (or water). Add more milk, 1 teaspoon at a time, until you have the consistency you want. Think thick by drizzly. Drizzle the glaze over the cooled fritters and let dry.



Ingredients

- 3-4 cups apples, diced about 2-3 apples, peeled and
- diced into bite-size pieces (honey crisp or granny smith)
- 1 tablespoon lemon juice fresh
- 1 1/4 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- pinch nutmeg or apple pie spice!
- pinch ground ginger (optional)
- 1 tablespoon granulated sugar
- 2 large eggs at room temperature
- 1/3 cup milk
- 1 tablespoon melted butter cooled
- 1 teaspoon vanilla extract
- Vegetable oil for frying

Glaze

- 1 cup confectioner's sugar
- 1/2 teaspoon vanilla extract
- 2-5 teaspoons milk or water



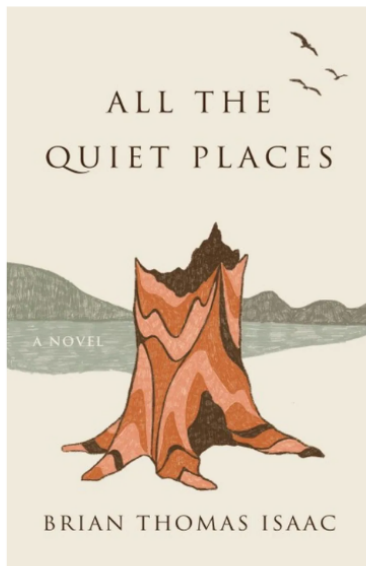


BOOK CORNER

[THESE BOOKS ARE AVAILABLE IN OUR SCHOOL LIBRARY LEARNING COMMONS]

Written by Regina Porter and Brooklynn Weber

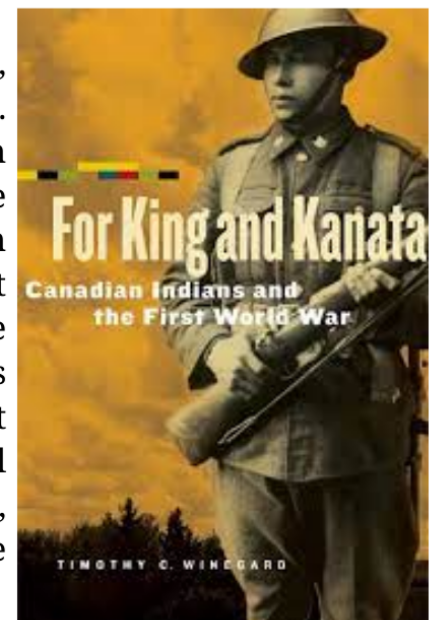
All The Quiet Places



Daily life on the Okanagan Indian Reserve in BC, Canada 1956 was a life of poverty, barely enough food, and no electricity. This life we see through the innocent life of a young boy as he grows to a realization of himself having to face the poverty, loss, grief, and bullying he knows so well. The nature and wildlife themes throughout this book are highly significant and relevant. Trigger warnings include Scarcity of food, racism, electrocution, drowning, gun violence, bullying and physical violence, death of children, spousal abuse, depression, and suicide. Please read within your comfort level.

For King and Kanata

After the Remembrance Day assembly a lot of things stood out to me, but one of them was the participation of indigenous soldiers in WW I. This book by Timothy C. Winegard is amazing at explaining in depth almost everything we know about indigenous soldiers in WW I. The theme of this book is important because usually the story is told from other people's points of view and it gives a completely different perspective. This book provides a fresh view on the war I believe we all should be familiar with. I would recommend this to anyone who is interested in WW I, or anyone who would like to know more about Canada's history. This book includes photos giving a wonderful visual aspect. Trigger warnings include illnesses, the Great Depression, alcohol use, residential schools, racism, death, and violence. Please read within your comfort level.



Want to put an ad in the paper? Message submissions via Instagram @ equimalt_ink_news.

Games

Made by Ryleigh Gelling

Acrostic Poem

R _____

E _____

M _____

E _____

M _____

B _____

E _____

R _____

Remembrance Day Word Search

Y	T	U	D	S	E	R	V	I	C	E
B	U	T	O	A	O	E	C	A	E	P
R	M	H	C	C	F	L	N	O	Y	U
A	P	A	R	R	S	P	O	O	R	T
V	K	N	N	I	N	T	L	I	I	M
E	I	K	U	F	A	L	L	E	N	R
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H	A	U	M	O	D	E	E	R	F	O
S	O	L	D	I	E	R	O	O	P	H

sacrifice

hero

soldier

duty

bravery

thankful

service

freedom

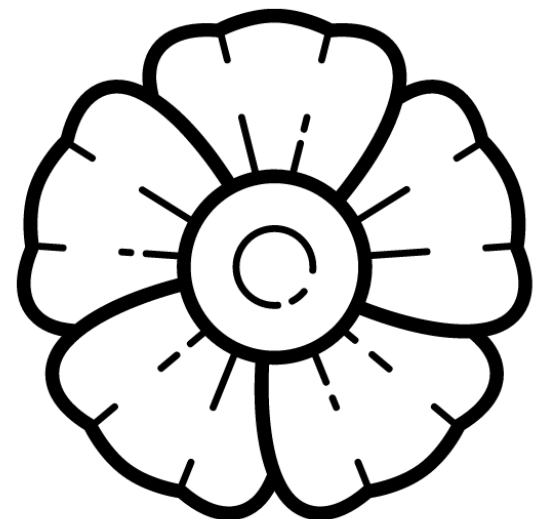
troops

honour

peace

fallen

Colour in!



Our team

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- **Ryleigh Gelling** - Layout Designer, Writer
- **Mars Alaga** - Writer
- **Brooklynn Weber** - Writer
- **Rowan Bronee** - Writer, Editor
- **Arden Giles** - Editor
- **Layla Costin** - Layout Editor
- **Mr.Orme**- Teacher sponsor, Publisher