Sergeant Trish Cox
Canadian Armed Forces

Family Life:

Trish was born in June of 1978, in Calgary, Alberta, to Maureen and Donald Cox. She resided in Grand Prairie until she was 10 years old, when her family relocated to London, Ontario.

Trish attended Harry Balfour School and Lord Elgin Public School, Aberdeen Public School, Lester B. Pearson School for the Arts, and H.B. Beal Secondary School in London. Upon graduating Trish enrolled at Fanshawe College for Police Foundations. She worked at a local Animal Hospital while attending school.

Trish enlisted for the military at 19 years of age, after witnessing the compelling coverage of the Ice Storm relief effort by the Canadian Armed Forces in 1998 and decided that she wanted to help in future domestic operations. She moved to Meaford in 2013 and is a cat person but don't tell her 100 pound dog that!

Military Service:

Sergeant Cox signed up for military service in London on February 17, 1998. Joining the 4th Battalion of the Royal Canadian Regiment.

Decorations:

Canadian Forces Decoration 1

Canadian Forces Decoration 2

General Campaign Star, Afghanistan, Clasps for 2 Tours

Military Service:

Trish would later transfer in 2007 to the regular force becoming a member of the 1st Battalion of the Royal Canadian Regiment

She has risen through the ranks becoming a Sergeant. Sergeant Cox has been stationed at London, ON, and Petawawa, ON, and is currently posted at the 4th Division Canadian Training Centre in Meaford.

Sergeant Cox trained as an Infanteer and "does as she is told," she remarked with a smile. She served with Taskforce 3-08 in Afghanistan as a member of the OLMT from August 2008 to April 25, 2009. The Taskforce worked with the Afghan National Army, so wherever they were deployed there would always be a small contingent of Canadian soldiers attached acting as advisors.

During her second tour in Afghanistan, Sergeant Cox was deployed with the 1-10 Battle Group, from April 25, 2010, until Christmas of that year. Members of her Section became like family, where she was the 2 IC. When asked what a typical day was like overseas she replied, "There was nothing typical."

Presently, at the 4th Division Canadian Training Centre, Sergeant Cox is an instructor of Basic Infantry Training and Leadership Courses.

Lessons Learned:

When asked if she would like to be deployed or do another tour of Afghanistan, Trish promptly replied with a very enthusiastic, "Hell yeah! In a heartbeat." After 22 years in the Infantry there are too many lessons to recount.