

Returning soldiers need support

Every Nov. 11, we mark the sacrifices our fellow men and women made during times of war.

They are the honoured dead. The wreaths are laid, guns fired in salute, and jets make their fly-by. When the country calls, many answer and put their bodies and their very lives on the line. These are strong, tough, and committed individuals who love their jobs in the military.

We need to remember those who made the ultimate sacrifice, but we also have a responsibility to help those who return. Their bodies have been violated and, in many cases, their minds have been affected by the trauma they have witnessed.

In some cases, Post Traumatic Stress Disorder does not manifest itself until many years after the traumatic events. Regardless of when or how these experiences have impacted our military personnel and their families, it is clear that more needs to be done.

Part of the problem may be the military ethos itself. The very nature of the profession requires obedience, toughness, strength and the ability to persevere under extraordinary, life-threatening conditions. These behaviours are constantly being reinforced.

Andrew Tutty



Under such circumstances, it may be difficult for some to "self identify" their mental distress. By exposing their perceived weakness, they may feel they are opening themselves up to criticism or derision. Many are also concerned that such admissions will result in their termination for not being fit for active duty.

Other problems arise during their transition back into civilian life. If PTSD is not diagnosed and a treatment regime implemented, it becomes difficult to find and keep employment, maintain family and personal relationships or sink into alcohol or drug dependence.

The internet can be a resource in supporting Veterans who are at risk. The link offers 10 web sites that could help. <http://www.familyforce.ca/sites/AllLocations/EN/Health%20and%20Wellness/Pages/Mental-HealthandWellBeing.aspx>



May is Better Hearing Month!
Don't miss out on the sounds of spring.

Buy ONE get the SECOND Half Price!
When you purchase a pair of select Siemens hearing aids.*

*See Clinic for details. OFFER ENDS JUNE 30, 2014.



The GEORGETOWN HEARING CLINIC

Call today to book your appointment.

905-873-6642

99 Sinclair Avenue, Suite 210



On-Site Audiologist • Repairs
• Hearing Tests • Batteries
• Home Service Available
• Affordable Pricing • Custom Made Musicians,

Industrial & Swim Plugs
• Hearing Aid Prescriptions and Fittings
• ADP, WSIB, DVA Authorised Dispensary



Cory Soal
Hearing Instrument Practitioner

Proudly serving the community of Halton Hills and surrounding areas since 1992

GEORGETOWN GARDEN CENTRE

**OPEN 7 DAYS
A WEEK!**

140 GUELPH ST. 905-877-8882

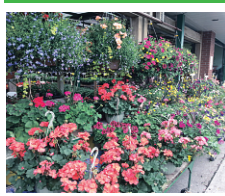
(The former Georgetown Fruit Market building)

HANGING BASKETS



Huge Selection of
10" & 12" Baskets

FOR THE GARDEN



Huge selection of
Hangers, Annuals,
Perennials,
Vegetable and Herb
Plants
& Finished Accent
Planters

FLOWERS & PLANTS



Geraniums
10 FOR \$23
or **\$2.49** each
Full vibrant flowers from
cuttings, not seeds!

LAWN & GARDEN SUPPLIES



• Fertilizers
• Tools
• Grass Seed
• Flower & Vegetable
Seed
• Weed & Insect Spray

TOPSOIL \$1.99 25 L bag

Large selection of
4" Perennial Plants
10 for \$24
\$2.59 / each

Flowering &
Vegetable
Plants
\$1.39
4 Pk.

