REMEMBERING THEIR SACRIFICE

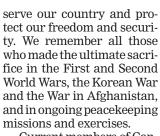
LET'S HONOUR OUR VETERANS ON NOV. 11, WRITES GARY CARR



GARY CARR Column

In the month of November, we gather to reflect on the courage of all Canadian veterans and soldiers, including our Indigenous veterans who have deep roots of service in the Canadian armed forces.

We thank all of our veterans for their great sacrifices — at home and abroad — to



Current members of Canada's armed forces continue to bring aid and stability to areas in conflict, in addition to crises at home — including essential support during the COVID-19 pandemic. For over 100 years, we have used the poppy as a symbol of remembrance in Canada. This tradition began with Madame Anna Guérin, who was inspired by John McCrae's iconic poem 'In Flanders Fields.'

The poppy was distributed as a way to raise money for veterans' needs and to remember those who had given their lives during the First World War.



Metroland file photo Halton residents are encouraged to wear a poppy and support our veterans.

Since 1921, the Great War Veterans Association, which unified with other veteran groups and became the Canadian Legion in 1925, has adopted the poppy as the flower of Remembrance.

The Legion and its members have since upheld this tradition of Remembrance.

On Remembrance Day, we honour the bravery of members of the armed forc-

THE INDEPENDENT

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"On Remembrance Day, we honour the bravery of members of the armed forces, both past and present."

es, both past and present. I encourage you to wear your poppy proudly on Nov. 11 as a symbol of recognition and remembrance.

To purchase other items from the Royal Canadian Legion's online Poppy Store in support of Canada's veterans, please visit legion.ca.

Thank you to our veterans for helping keep Halton a great place to live, work, raise a family and retire.

Gary Carr is regional chair of Halton Region. To contact him, email gary.carr@halton.ca.



MEDICATIONS CAN BE DANGEROUS TO YOUR HEARING!

Ototoxicity is the term for medication that can be hazardous to your hearing health. If you presently take medication, be sure to ask your physician about possible effects on your hearing. Keep in mind that combinations of prescriptions increase the risk of ototoxicity. If you suspect your medication could be ototoxic, or develop a ringing in your ears, report this to your physician. For more information, please call.





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Elite Home Nursing Care

Every day there are people on hospice waiting lists hoping a bed becomes available in time for comfortable end-of-life care, that their journey won't end in a hospital or with multiple healthcare providers at the bedside. Many wish for dignified and competent care at home with loved ones present in familiar surroundings.

With over 15 years of experience serving the Halton community, I provide highly compassionate and well qualified private nursing services at home for peace of mind and fulfillment of wishes including 24 hour live-in end-of-life care.

Please contact me with questions or requests for more information.

Lisa Zablotny, RPN owner