

EDITORIAL

Remembrance Day NOVEMBER 11TH



THIN ICE: Shell ice that depressed ripples on the north are of Fairy Lake Tuesday morning, providing a mirror for shore line bushes and the seniors' building on Elizabeth Drive. Flotillas of Canada Geese on their way to more salubrious climes retreated to open water until the temperature climbed and ice melted.

Finding the poppy's real significance

As I placed the red poppy on my lapel, my friend told me that I was wearing an old poppy. I had no idea there were new poppies and old poppies.



By
Angela Tyler

He explained to me the new poppies have the black centre, the same as the real one. I figured, I would lose mine and need to buy another one anyway so I would get a 'new' poppy next time. After all, it wasn't the centre colour that was important as the symbol.

However, as valuable Remembrance Day is and what a good feeling I get when I see a veteran proudly wearing a poppy, there are other things that make me remember and be appreciative for what they did.

A few years back when a certain business restricted poppy boxes in their establishment I was really annoyed by their actions.

When I was about 10 years old, my dad drove a bus group to the CNE. They were from the Georgetown Legion, joined by a group from the USA. The groups were to march in the former 'Warriors Day Parade'. However at the time I was more interested in going to the CNE...so I had to tag along.

Remembrance Day for me always started about two weeks before the actual day. That would be when Mr. Brown came calling.

In front of the old grandstand, my mom, dad and I stood with the crowds who came to show respect to the veterans. As each group marched by, their smiles were almost as bright as their polished medals and decorations.

It always seemed to be the coldest, darkest night. Our doorbell would ring and when my mom answered the door, I was not far behind. Each year when Mr. Brown did his poppy campaign we would always buy more than one poppy.

As different groups would pass, my dad somehow knew almost all of them. With each one he would explain to me who they were and where they fought. As the Argyll and Southern Highlanders passed, he noted that my

When in school we would do remembrance projects whether it was essays, copying 'In Flanders Field' or posters. As well, every year we would have an assembly with war veterans in attendance.

Great Uncle Matt was one in World War II.

Then there was a small group of aging men, in wheelchairs being pushed by family members and sometimes nurses. "There aren't too many of them left," my dad told me. They were the men who fought in the First World War. He told me to remember those men, because as the years went on, soon there wouldn't be any veterans from that war.

To this day, I can still picture them vividly.

That day I forgot about the CNE and instead, came to realize what remembrance was all about.

It is impossible to rank wartime contributions from those at home or abroad, whether it was the families or the men fighting the front lines. What also is immeasurable is watching the people that day in the crowd, people who, like my dad took a moment to appreciate what those service people did to make our life better.

And in the end, wearing a poppy and taking a moment to remember is not nearly a large enough gesture for what the veterans endured.

Falls serious concern

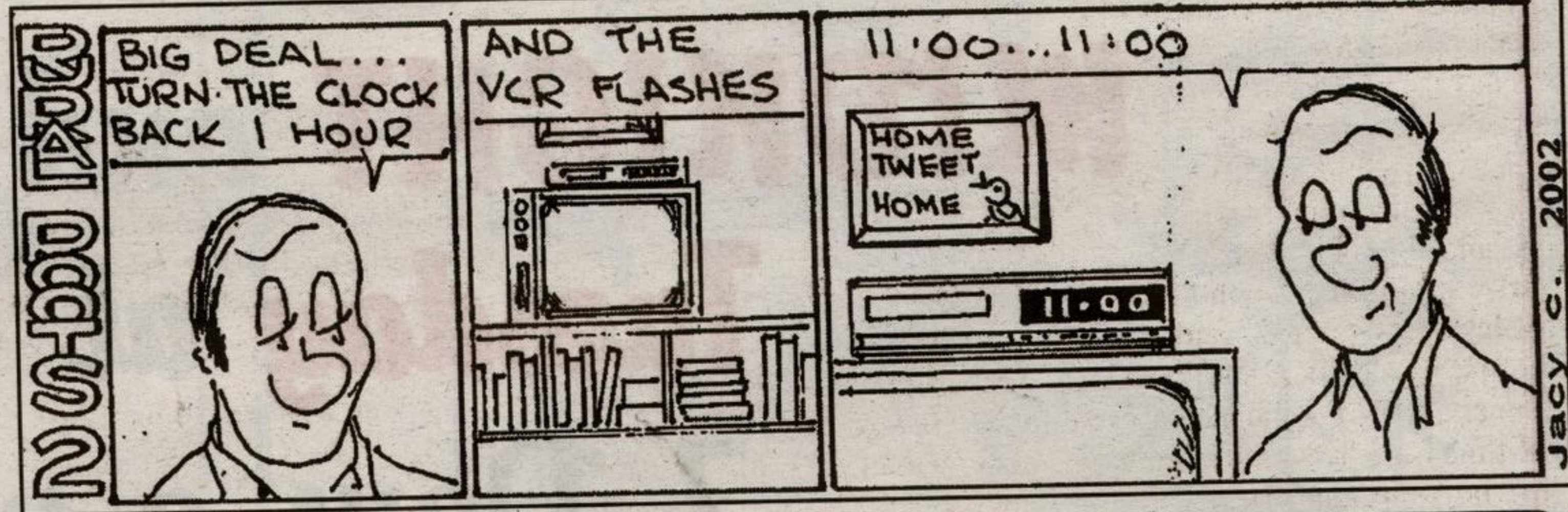
Over 600 older adults in Halton are admitted to hospitals each year as the result of a fall. It's a fact the Region's health department and Canada Safety Council are raising awareness about this week (Nov 6/02), which has been dubbed National Seniors Safety Week.

One in three seniors will fall every year, and of those, half will fall more than once. Some of the falls not only result in injuries that seriously affect seniors' ability to live independently, but can cause serious pain as well.

Several factors are blamed for falls: health conditions, medication use, physical inactivity, and hazards in and around the home. They are often in combination, which increases the risk of a fall and injury.

How can they be prevented? By removing any hazards that may increase the risk, using medications properly, getting active and eating a nutritionally balanced diet. Those measures remove much of the risk of falling.

Raising awareness of the chances of a bad fall can only help lower their frequency. Falls are still the leading cause of injury and sixth leading cause of death among seniors. We can reduce these statistics by being more careful in our daily living.



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