To be Canadian is to be generous

When you think of adjectives to describe what Canadians are like, you might come up with words like: humourous, passive, polite, friendly, or bland.

Whether any of that is true, one trait we can take pride in is our generosity. According to the World Giving Index, Canada is the third most generous country in the world out of 153 countries. Canadians donate both of their money and their time, contributing thousands of volunteer hours to help those in need. It is evident that we have impacted millions of lives around the world

On July 1, show your Canadian spirit with these activities that help others:

Visit a retirement centre

Get a group of friends together and put on a show. If you can juggle, sing, dance, or make people laugh, use your skill to brighten someone else's day. Even if you don't know anyone in particular at the centre, the time you sacrificed to pay a visit will speak volumes to the elderly.

Host a neighbourhood potluck

Swap food, stories, and experiences as you get to know the people and needs in your immediate community.

Serve at a soup kitchen or food bank

Soup kitchens and food banks often have a rush of volunteers at Thanksgiving and Christmas, but Canada



Day usually isn't very popular. Don the apron and plastic gloves, leave the diva attitude at the door, and help alleviate hunger this summer.

Think beyond our country

Extreme poverty claims the lives of millions of children and families around the world. Basic essentials like clean water, food, and shelter that we take for granted in Canada are in short supply in developing countries. International children's charities like Christian Children's Fund of Canada work in communities to build schools, wells, and health clinics helping the most vulnerable victims of poverty.

You can get involved by purchasing life-saving items through the charity's gift catalogue www.ccfcanada.ca/Gifts. Show victims of poverty that Canadians care.

—www.newscanada.com





CANADA DAY

CANAIDA DAY FIREWORKS DISPLAY SUNDAY, JULY 1ST

ACTON PROSPECT PARK - AT DUSK

"DONATE AT THE GATE"

THERE IS NO ADMISSION CHARGE

Firefighters and their families will be available throughout the evening to receive your donations.

Proudly sponsored and performed by the Acton Firefighters Association