

CELEBRATING CANADA'S DIVERSITY AND CULTURE

KEEP SAFETY IN MIND DURING JULY 1 FESTIVITIES, WRITES GARY CARR



GARY CARR
Column

On Canada Day, we celebrate, respect and value the diversity of everyone who calls our nation home. By welcoming diverse backgrounds, religions and traditions, we embrace new perspectives that strengthen our community, which makes our region and country a beautiful place to live.

We also take this time to reflect on Canada's history as we recognize those who have shaped this country — the Treaty territory of the Mississaugas of the Credit First Nation and the Indigenous Peoples who have been connected to these lands for generations. We reflect on those who built the foundations of our communities and helped shape where we live today. We celebrate their contributions to our culture, heritage and distinct national identity.

Another important part of Canada Day for me is spending it alongside residents at events throughout Halton.

Although festivities will look different again this year, there are many ways to safely join the cele-

brations. Here are some helpful ideas for you and your family:

- watch virtual Canada Day performances, shows and find activities for people of all ages on the Canadian Heritage's website;
- explore some of our parks and conservation areas in Halton with members of your household. I encourage you to check the local municipality's website before heading out;
- plan a virtual gathering with friends or family; or
- create your own at-home celebration with members of your household.

Please remember to keep safety a top priority. Even if you've been vaccinated, please remember to wear a mask and keep a two-metre distance from those outside of your household.

For more information on how to protect yourself and others, please visit www.Halton.ca/COVID19.

As a reminder, regional 24-hour and essential services remain available on Canada Day and during long weekends throughout the summer.

For more information, please visit www.Halton.ca or use our OneHalton App.

On behalf of Regional Council, I wish you and your family a very happy Canada Day.

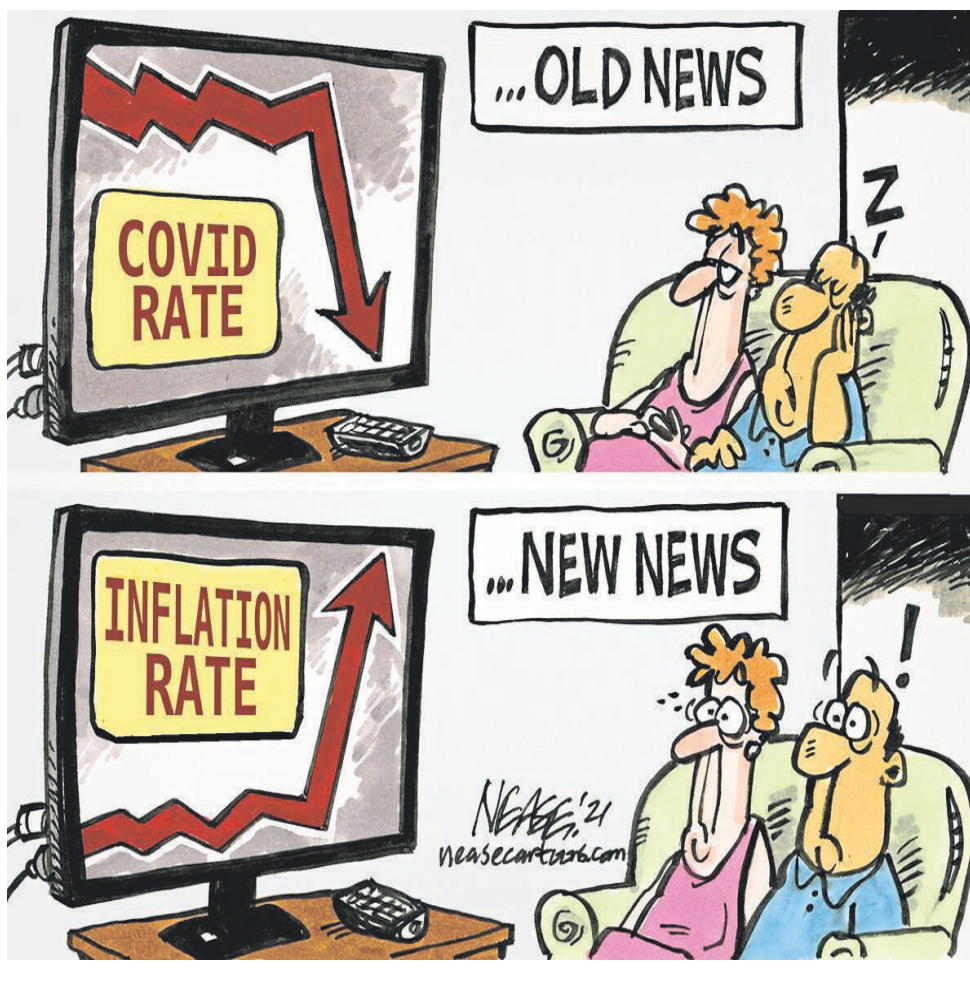
By celebrating Canada Day, we live the values that keep Halton a great place to live, work, raise a family and retire.

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

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LANGUISHING CAN HURT YOUR PERSONAL FINANCES

BEWARE OF THIS POTENTIAL DETRIMENT TO BEING FINANCIALLY SELF-SUFFICIENT, WRITES PETER WATSON



PETER WATSON
Column

Your financial success has a new potential obstacle to overcome.

This obstacle was discussed in a New York Times article earlier this year on languishing. Early research suggests that languishing could result in reducing your work effort.

Languishing: You are not depressed; you are not highly motivated or focused. You are somewhere in between.

As if your senses had

been dulled as a result of the many aspects of your life being put on hold for over a year because of the pandemic.

Research suggests that languishing could result in reducing your work effort, and subject you to a greater risk of mental illness.

Both of these reduced mental states of mind can be harmful for your ability to earn an income.

This could strike at the very core of our financial existence.

Here's a few recommendations.

The pandemic has been like a major earthquake that has shaken the foundation of how we live. The aftershock might not be easy to observe, but nonetheless can be very damaging.

Be aware that you have the personal risk of not being able to bounce back after our world returns to normal. Perhaps family members and friends are vulnerable to the same risk.

For most of us, our continued financial success is dependent on the ability to earn an income.

Take care of yourself. If required, consider seeking professional help.

Peter Watson, of Watson Investments MBA, CFP®, R.F.P., CIM®, FCSI offers a weekly financial planning column, Dollars & Sense. He can be contacted through www.watsoninvestments.com.

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