

TIME TO CELEBRATE THE QUEEN'S PLATINUM JUBILEE

CANADA HAS UNDERGONE GREAT TRANSFORMATION DURING HER REIGN, WRITES MICHAEL CHONG



MICHAEL CHONG
Column

Feb. 6 marks the 70th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada.

The Queen is the longest-serving Canadian head of state, serving for the last seven decades.

This Platinum Jubilee year provides Canadians with the opportunity to reflect on Queen Elizabeth II's reign and how far we have come over the last 70 years.

Her reign began on Feb. 6, 1952. At that time, Louis St. Laurent was prime minister.

Since then, the Queen has worked with 12 Canadian prime ministers and has been Canada's Queen for almost half the time since Confederation.

Under her reign, Canada has undergone important nation-building transformations.

On Feb. 15, 1965, following a royal proclamation signed by Her Majesty, our iconic red and white maple leaf flag was raised for the first time on Parliament

Hill in Ottawa.

In 1982, Queen Elizabeth II signed a royal proclamation that patriated our Constitution from the United Kingdom.

This historic event reaffirmed the position of constitutional monarchy in Canada.

More recently, the Queen has been our monarch during the COVID-19 pandemic — the greatest global challenge we have faced in generations. Yet, her life is a humbling reminder that we have been through tough times before.

At 18, Princess Elizabeth joined the British Army as a driver and mechanic, serving in the Auxiliary Territorial Service, the women's branch of the army.

Over one million Canadians and Newfoundlanders (Newfoundland did not join Canadian Confederation until 1949) also served during the Second World War, and 44,090 died during the war.

At 21, she said: "My whole life, whether it be long or short, shall be devoted to your service."

That is a commitment she has more than fulfilled.

Queen Elizabeth II has been there through watershed moments in our country's history and has established herself as a living embodiment of Canada's constitutional order.

Long live the Queen. God Save the Queen.

Michael Chong is the MP for Wellington-Halton Hills and the shadow minister of foreign affairs for the official opposition. He can be reached at michael.chong.a3@parl.gc.ca.

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FINANCIAL WORRIES CAN CAUSE MENTAL HEALTH PROBLEMS

FINANCIAL STRENGTH OR WEAKNESS IMPACTS OUR LIVES, WRITES PETER WATSON



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Column

In my opinion, one of the main causes of mental health issues is financial.

For many, financial strength, or weakness, impacts most of our life.

When your financial stability declines or you perceive that it will, this can have a ricochet effect on other aspects of your life.

Will you be able to pay for ongoing living costs? Can you financially care for your children? And will you be able to afford other financial obligations?

There are a lot of things that can keep you awake at night. Finance is one.

pective, identify any financial causes of stress, anxiety and mental health problems and address those issues.

A starting point is to understand your finances. This could include doing a yearly budget.

A budget is not just some impersonal process done on an Excel spreadsheet. It allows you to understand how much money is coming in every month and how much is being spent.

A clearer understanding of this can be a great help in providing a better financial foundation.

This process will help you better manage your finances and hopefully lessen any financial stress that this may cause.

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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