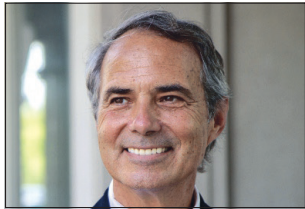


CELEBRATING OUR INDIGENOUS HISTORY

LEARN ABOUT THIS IMPORTANT PART OF CANADA'S HERITAGE, WRITES GARY CARR



GARY CARR
Column

It's National Indigenous History Month! Throughout June, Canadians celebrate and honour the history, heritage and diversity of Indigenous Peoples from coast to coast and across Turtle Island (now referred to as North America).

In 2009, the House of Commons unanimously voted to create National Indigenous History Month to highlight the achievements of First Nations, Inuit and Métis Peoples. It celebrates Indigenous culture, recognizes the contributions made by Indigenous Peoples and acknowledges the acts of revitalization and resurgence that are happening within Indigenous communities.

As illustrated in the Truth and Reconciliation Commission (TRC) Report, celebrating Indigenous achievement is an important piece in reconciliation.

As part of our efforts towards reconciliation in Halton, regional staff have been working to build and foster meaningful and reciprocal relationships with Indigenous peoples, communities and First Nations based on cultural understanding, empathy and mutual respect.

This includes our ef-

forts with the Mississaugas of the Credit First Nation, in partnership with Ogimaa Stacey LaForme.

On June 21, the summer solstice, we also celebrate National Indigenous Peoples Day. It's a chance for everyone to learn more about the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples.

I encourage you to learn more about Indigenous history throughout June by:

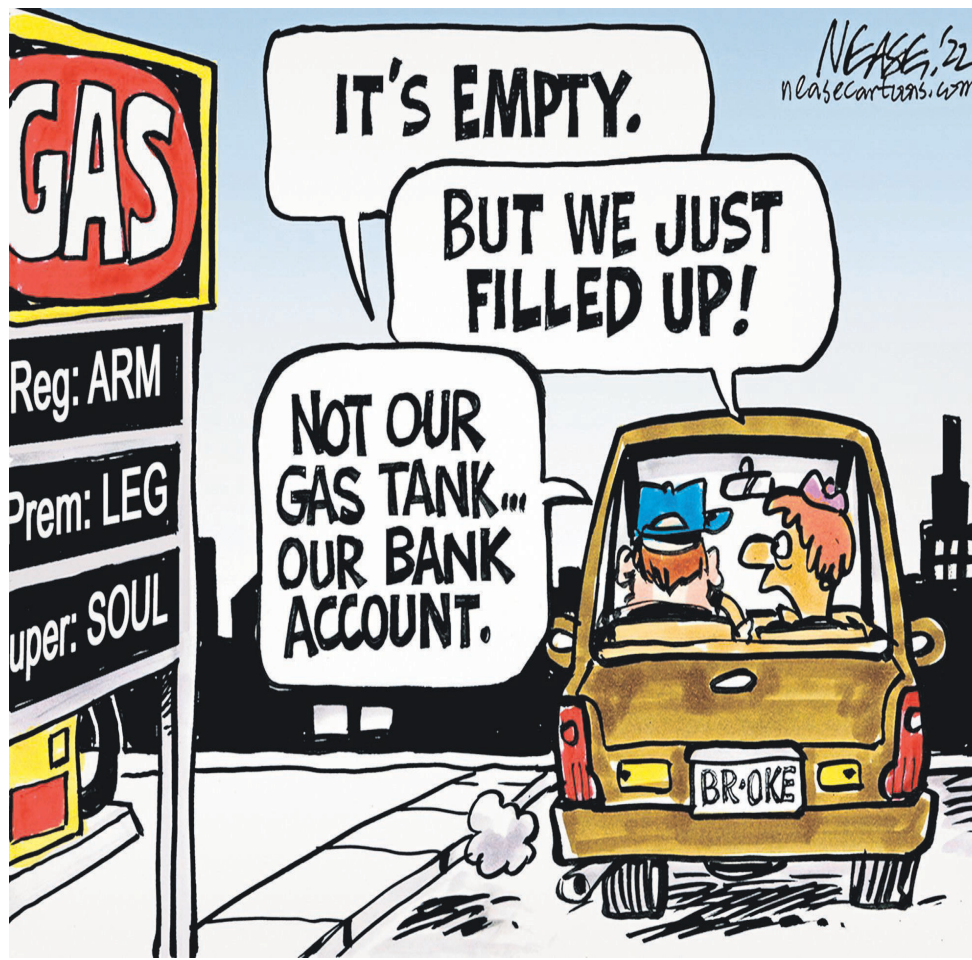
- enrolling in the free online course on Indigenous Canada offered by the University of Alberta;
- taking a virtual tour of the Woodland Cultural Centre, a former residential school that is now a museum;
- visiting the National Centre for Truth and Reconciliation's website for resources about the residential school system;
- finding stories and experiences told by women, girls and 2SLGBTQQIA+ through the National Inquiry into Missing and Murdered Indigenous Women and Girls website.

You can also join the conversation online by using the hashtag #NIHM2022.

For more information about Halton's work to build meaningful relationships with Indigenous people and communities, please visit halton.ca. By celebrating National Indigenous History Month this June, we honour all Indigenous peoples and recognize their many contributions to making Halton a great place to live, work, raise a family and retire.

Gary Carr is Regional Chair of Halton Region. He can be reached at gary.carr@halton.ca.

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OLDER ADULTS FACING FINANCIAL CHALLENGES



PETER WATSON
Column

Interest rates have been extremely low for years, and that has hurt investment returns from income-bearing investments like Guaranteed Investment Certificates.

Many older adults rely on this type of investment.

The result of this extended period of low investment returns means their money has not grown very quickly.

Among the challenges facing retirees are:

Inflation: It has sudden-

ly come roaring back. Making ends meet is becoming more difficult.

Medical costs: Many health-care related costs, including the reality of growing old and needing extended medical services, are not covered by our government.

Longevity: The positive reality of better health care and healthy living is people are living longer.

From a financial perspective, a longer life means more years of paying for living expenses.

Depending on the accommodation chosen, the cost can range from expensive to very expensive. Also, as they continue to live in an assisted living facility, seniors are more likely to require additional care services at an additional cost.

As house prices have be-

come exorbitant, many parents have provided financial assistance to their children to purchase their own place to live. Some retirees, through their own generosity to their children, might find they are short of funds to finance their own living costs.

Growing old does present some financial challenges. We recommend you consider these and plan accordingly.

Peter Watson is registered with Aligned Capital Partners Inc. (ACPI) to provide investment advice. Investment products are provided by ACPI. ACPI is a member of the Investment Industry Regulatory Organization of Canada. The opinions expressed are those of the author and not necessarily those of ACPI. Watson provides wealth management services through Watson Investments. He can be reached at www.watsoninvestments.com.

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