

REMEMBRANCE DAY NOVEMBER 11

How to appreciate veterans all year

According to Veterans Affairs Canada, veterans' well-being improves when they feel recognized. You can show your appreciation for Canadian Armed Forces veterans, as well as members currently serving around the world, any day of the year. Here are some suggestions.

Become a Royal Canadian Legion member: Any Canadian citizen, or citizen of an allied nation, aged 18 or older is welcome to join. Your membership fees go toward veteran outreach, mental health and financial supports, advocacy, education, and national remembrance and commemorative initiatives. Members receive an official Legion membership card and pin, plus perks such as a subscription to Legion Magazine and thousands of discounts and special offers from local and national stores and restaurants. You can also find volunteer opportunities through your Legion branch.

Make a donation: Improve the lives of Canadian Armed Forces members, veterans and their families by giving to an official charity such as Support Our Troops or the

Legion's Poppy Campaign.

Attend a fundraising event: Visit supportourtroops.ca to find an event in your community, and get involved! You can take part in the Navy Bike Ride, the Canada Army Run, Operation Santa Claus and more.

Send a message to the troops: Visit canada.ca/en/department-national-defence/services/contact-us/write-troops.html to post an online message to Armed Forces members worldwide. Our troops do read these, and your message is sure to brighten their day! You can also read the messages of thanks others have left.

Check out the library: Honour veterans by learning about the conflicts in which they fought and the sacrifices they made. Many libraries will set up a display of military history books for both adults and children at this time of year. You can also search the online collection at Library and Archives Canada (library-archives.canada.ca) to view photos and original documents, or stream military documentaries for free on Kanopy.com or the National Film Board of Canada website (nfb.ca).

Visit a military museum: History comes to life when you're standing next to a Lancaster bomber at the Canadian Warplane Heritage Museum in Hamilton, or viewing Sir Isaac Brock's scarlet coat from the Battle of Queenston Heights at the Canadian War Museum in Ottawa. There are more than 70 military museums across Canada supported by the

Armed Forces and volunteers.

Say thank you to a veteran: If you know a veteran — perhaps a friend, family member or work colleague — let them know you appreciate their service, and that you are making an effort to learn about Canada's military history and how Armed Forces members continue to serve today. You might ask them about the unit in which they served and their role within it, and the places to which they have travelled. Don't push for details that might be personal, but do listen to the stories they wish to tell.



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