

## Thankful to be Celebrating Thanksgiving!

Earlier this year I was fortunate to listen to a wonderful speaker who openly shared his philosophy on life, and his words managed to alter a lifelong perspective. He made reference to the old adage that with most people the glass is either 'half full or half empty'. What he said next was rather profound and gave me reason to rethink how I looked at life. He stated that he didn't do either because he was simply thankful to have a glass at all! No truer words could ever be spoken. Aren't we all fortunate to even have a 'glass'? The symbolism was not lost on me and I expect that the majority of us walked away from his presentation consciously grateful for simply being alive.

However, the seed of thought was planted. Do we really take time to appreciate our gifts of abundance? Our quality of life in Canada is sought after around the world. We are fortunate to have fresh, clean air to breathe; to drink and clean ourselves with unpolluted water; to enjoy miles and miles of wilderness filled with diversified forests and healthy wildlife; our land is fertile so we are able to grow enough food, not only for us, but for sharing with others as well; and perhaps more importantly, there is an overall kindness and generosity to be found within the majority of Canadians. The world looks upon our country as a place of tolerance, patience and compassion. We can only hope that our forefathers who populated and made sacrifices for this country are as proud of us as we are thankful of them.

We are not only proud to be Canadian but we should be thankful to be Canadian. Like many my grandparents arrived in Canada as immigrants. Because of their courage to leave a country of comfort and family support, my parents, myself, and my children were blessed to be born in this wonderful country. I think of this at a time when so many people are turned away from their native lands forced to find a place that will accept them. We watch as thousands of people from many nations, with diverse cultures and various religions, are looking for a country that will welcome them simply as people. People who want to not only survive but thrive in their new environment. Their needs are simple and their wants are few; food, shelter and peace. It is easy to understand the lengths a parent would go in order to ensure their children can live a life without fighting, where they have quality food to grow healthy bodies and minds, and a safe place to educate their young so their children can have opportunities that weren't available to them. As we celebrate the last 150 years, let's hope that a legacy of tolerance will carry forward for many generations to come.

I am not only thankful to be a Canadian, but I am also thankful for the gifts in my life, tangible and intangible; such as the love, caring and support of family and friends, and especially the many awesome people that I am fortunate enough to work with on a daily basis. Whatever this past year has brought you, I hope that your heart is full and your glass is over-flowing. May you feel the joy of abundance this Thanksgiving as we raise our glass to celebrate the fact that we are so blessed to actually have a glass.

*Wishing You and Your Family a Very Happy Thanksgiving!*

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