



Do 3 Things for Canada to Celebrate our Country's Birthday!

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For Immediate Release

VICTORIA, BC — Imagine if every Canadian did three things for their neighbourhood, their nation, and their world this year. This would equate to more than 100 million acts of community building. To celebrate Canada's 150th, Canadians are invited to give a gift of three things — three acts of service, large or small, to help their community. The City of Victoria is joining the *3 Things for Canada* initiative to mark Canada's 150th birthday this year.

"We are honoured and excited to be participating in a national campaign that inspires acts of community service to mark Canada's 150th," said Mayor Lisa Helps. "We invite Victoria citizens to do three things to support or improve their neighbourhood in 2017 and inspire others to do the same."

3 Things for Canada is a national campaign created by the Mayor's Civic Engagement Committee of The City of Calgary after a challenge from Mayor Naheed Nenshi to get all Canadians to become more involved in their communities.

"I am thrilled Victoria is joining us in our birthday gift to the nation," said Mayor Nenshi. "If everyone just thinks about what they are passionate about and what they can do to help and then does just three acts of service, we can change the world."

Examples of what people may choose to do include holding a neighbourhood BBQ or block party, getting to know neighbours at a coffee gathering, initiating a little library on a local street, volunteering for a non-profit organization, bringing a hot lunch to a senior in need, and more. Citizens are encouraged to be creative as they do these acts of service for their neighbourhood, their nation, or the world.

In addition to doing three acts of service, citizens are asked to share these good deeds and spread the word, whether it's posting a photo, video or comment on the [3 Things for Canada Facebook page](#), using the hashtag #3ThingsforCanada on Twitter, Instagram and Facebook, or [sending a digital postcard](#) to a friend.

In October 2016, Mayor Naheed Nenshi visited Victoria to participate in the Victoria Foundation-led panel discussion *Wellness Matters: A Dialogue on Connection, Belonging and the Power of Well-being*, moderated by Mayor Helps at the Victoria Conference Centre. At the event, Mayor Nenshi spoke of the success of his *3 Things for Calgary* volunteer-based campaign, on which the *3 Things for Canada* national initiative is based.

For more information, visit: www.victoria.ca/3thingsforcanada and www.ThreeThingsforCanada.ca

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