

In this issue

- [The Dialogue Department!](#)
- [Gratitude](#)
- [Spotlight On ACTON GROUP UXBRIDGE](#)
- [Recommended Reading:](#)
- [Stuff To Know About Our Team](#)

Greetings!

Welcome to the September 2018 issue of The Bean Counters' Quarterly!

Hope you had a great Summer! Time for a happy and busy Fall!

Are you Happy about Fall? Or just too sad to see Summer go? Or do you like the changing seasons and want to embrace them all? Everyone seems to have a strong preference! There's so much to do and enjoy in the Fall.

First we have Thanksgiving coming up in a week or so, and who doesn't like Thanksgiving? We've even posted an article below, about the benefits (there are so many) of a Thanksgiving/Gratitude attitude. And surrounding this holiday, you have everything pumpkin, from Latte's to pies, as well as falling colourful leaves, corn maze's, and harvest time! We hope you'll be able to share the time with family and friends. Then we move toward Halloween. There's so much fun associated with Halloween, enjoy all the parts that are fun for you. After that, yes, we do move towards the next season, which will likely include snow and cold weather, but we'll address the fun parts in our December issue.

We've asked Ana what kind of Fall activities she participates in to help her like the season...check her answers in the Dialogue section, she may convince you that Fall is definitely a nice time.

Also in our About Us section, you can read about how most of the team absolutely LOVED their Summer! By all accounts - it was fantastic!

We also have a quick introduction to one of our clients, in our Spotlight section. *Acton Group Uxbridge* specializes in site servicing, excavation, and septic installation. Their business has been built on 4 cornerstones of success - see below for their story.

And in the Reading section, we hope you enjoy "*Shift The Work: The Revolutionary Science of Moving From Apathetic to All in Using Your Head, Heart, and Gut.*" By Joe Mechlinski." 70% of the American workforce are disengaged. A growing epidemic of apathy and anxiety is in our workplace environments, and affecting life outside of work.

On behalf of the team at Kirkham CA's, we wish you a fun, active, and thankful Fall.

The idea is to open the lines of communication on a topic or question that may be light and breezy or deep and serious, in an otherwise busy and hurried world. We'll start on our end by telling you about our thoughts on a particular topic or question, and then we'll wait to hear back from you - just hit the link "Here's What I Have to Say" and send us a quick reply.

Here's our question/topic for this issue:

"As we turn the calendar to the Fall months, what is your favourite event or activity during the Sep-Nov period?"

Our reply for this quarter is from **ANA MANCINI:**

"My most favourite activity at this time of year is hiking/walking! The wood trails are always prettier and all the woodland animals are rushing to prepare for winter, no annoying bugs and at night you can relax inside with a nice cozy fire and a drink (wine - Ana's favourite)."

."

Here's What I Have To Say - (send reply to) steve@kirkhamca.ca

3 Reasons You Should Adopt an Attitude of Gratitude

Adam Toren, VIP Contributor, co-founder of YoungEntrepreneur.com November 20, 2014

Adopting a gratitude practice isn't just something that sounds nice at Thanksgiving -- it's a lifestyle and mindset choice that will drastically change your life and your business as an entrepreneur.

Here are the three biggest reasons why you need a gratitude practice.

1. Gratitude shifts your mindset

For something to change in your life, one of two things has to happen: your life changes, or you do. Waiting for life to change is a pretty passive solution. When you're stuck in a problem mentality you miss out on all the opportunities for solutions that are knocking on your door every day, simply because you don't even hear them or see them.

Open your eyes to a gratitude practice and all of a sudden things start to fall into place for you and for your business. Being an entrepreneur means being proactive, not passive, so switch your mindset and see life change. How? Start by keeping a daily list of events that you are grateful for each night. Some call it a gratitude journal. You can call it whatever you want. But focusing on who came to your aid that day, what

opportunities arose and how the day planted fruitful seeds for a better tomorrow will prove to you day after day that you are well taken care of and capable of succeeding with all the help that surrounds you.

2. Gratitude creates solutions

Adopting a gratitude practice takes you out of problem and toward a solution. It removes you from complaining mode and into a best-outcomes mindset. That's a skill you need in your life and in your business decision-making. Whole companies and industries have been created from seeing solutions where others only saw obstacles. What will your contribution be?

How? Simply start by keeping a mental checklist of your triggers. We all have our things that set us off into complaining or annoyance. What are your complaint triggers during the day? Just observe them for a few days and keep a list as they pop up. Then try to set some time at the end of the week, 15 minutes should be enough, to look at those triggers and brainstorm solutions.

This can be part of your integrated gratitude practice because if you can see the opportunity in the challenges you face, you will probably be onto to solving a pain-point for many other people as well. Gratitude has a ripple effect that could just echo through your startup.

3. Gratitude is contagious

I can't speak for you, but I personally don't like being in business with jerks. I don't like whiners, complainers or otherwise unpleasant-to-be-around people. There are too many smart, talented and pleasing-to-be-around individuals in this world for me to want to work with or hire the ones that aren't.

When you're grateful you tend to exude and share that contagious positive energy. People like me like that and we tend to be drawn to you. Our energy is contagious and we do good things together and are better for having come together. That's pretty much the only contagious thing happening in the world right now that you can get excited about.

How? Watch your words. What you say is usually how you act, so be aware of complaining and replace whines with positive words. Start with you, be the change and watch as the world changes around you and your gratitude practice.

[Attitude of Gratitude](#)

Spotlight On ACTON GROUP UXBRIDGE

Site Servicing, Excavation, and Septic Installation

Acton Group Uxbridge Inc., is a site servicing, excavation, and septic installation contractor serving the GTA for over 60 years. The first Acton company was started by Harvey Acton who bought his first dump truck in 1947 and began hauling gravel and aggregates throughout the area. He bought his first backhoe in 1962, a Case 530.

Today, owners Gord Bell and Brandon Sitarski offer much more than a backhoe and dump truck. Recent projects include rock blasting and crushing into limestone,

commercial water systems and water treatment plants, cistern tank distribution, roads, parking, and the list goes on.

Innovation, careful planning, integrity and diversification are the cornerstone of Acton Group's success. Their goal for every project is the same: Build it safely, on time, on budget, and with no surprises. Their commitment to these principles is reflected in the success of projects and repeat business through their client's satisfaction. All Acton Group employees are a vital part of their success, and include Project Managers, Site Supervisors, Operators and Labourers who have the capability to meet the needs of their clients.

If you'd like to discuss any of our services, please contact us and we'll set up an introduction. **Please call 905-852-3155 or email brandon@acton-group.com**

If you'd like an opportunity to showcase your business and services in this SPOTLIGHT section, please let us know. We'd be happy to share your information.



Recommended Reading:

SHIFT THE WORK

by Joe Mechlinski

The Revolutionary Science of Moving From Apathetic To All In Using Your Head, Heart, And Gut.

70% of the American workforce is disengaged.

With every tick of the clock, millions of people inch closer to their breaking points—a growing epidemic of apathy and anxiety in the workplace that is affecting life outside of the office. But meaningful work-life integration is possible.

In Shift the Work, Joe Mechlinski, the New York Times bestselling author of Grow Regardless, shares his personal journey to find purpose, and how it influenced him to take a deeper dive into the science of human behavior. Inspired by neuroscience research about the connections between the brains in the head, heart, and gut that drive human perspectives and conduct, Joe shares how everyone can re-engage with their work and impact the world.

Shift the Work is filled with actionable strategies and inspiring true stories. It is an indispensable guide that motivates readers to seek fulfilling opportunities, reconnect with their passions, and recognize their power to make a difference.

[SHIFT THE WORK](#)



Stuff To Know About Our Team

-Sherry says that she's glad she made it through the summer. She had a lot going on and it feels good to know that she did it! So now comes the fall. She still has a lot going on. She and her husband are in the middle of a kitchen renovation. Grant is doing the demolition, and they've hired a contractor to do the rebuild. They should have a new kitchen by the end of October, if everything goes well. On top of that,

Grant's niece is getting married Oct 19th and she'll get to help participate in the festivities. She hasn't been to a wedding in many years so it's very exciting for her. Then there is her social calendar. The Women's golf league is coming to an end October 1st with a dinner at the club and Curling starts up as soon as they can get the ice to freeze up (hopefully by September 24th). Needless to say, she is very grateful for her life right now!

Linda explored the North Bruce Peninsula and completed scenic portions of the Bruce Trail and watched amazing sunsets over Lake Huron. What a way to end the summer of 2018!

Ana says that she has always loved the Fall. All the different colours, the crispness in the air, roasting chestnuts and the smell of fermenting grapes. She grew up remembering that fall meant it was time to make wine, can tomatoes, and cure the pork shoulder to make prosciutto. In recent years, she has attempted the canning of tomatoes (only once) and realized that it was way easier to buy the finished product. She has never attempted to make wine (though she really enjoys drinking it). And she has never attempted to make prosciutto (again easier to buy). As she told us in the Dialogue section, what she loves most is hiking/walking in the fall. When they had their cottage, she enjoyed going up in the fall verses the summer. And she really loves the fall because that's when she got married! (Happy Anniversary Ana!)

Andre probably had a great summer, we'll get an update for the next session.

Derek says Wow, what a summer! It's hard to top that one (he says thank you to global warming!). He didn't get many projects done with the warm water calling to him. He and Paige went to the World Waterski Show Tournament at Deerhurst, this past September. Canada finished 3rd (USA 1st) but they put on a great show. It's the first time he has ever seen a barefoot pyramid. Laura continues to be busy with Muskoka real estate. There's a shortage of listings so it's a sellers market. Paige was hit with a reality of back to school and her various activities. She's trying the electric guitar. Fingers crossed that she keeps it up.

Steve says not gonna lie - that was a great summer! The weather was great, water was warm, what else is there? Started out with a trip to Portugal with Gavin to a wakeboard camp where they were on a boat twice a day with some great coaches and other riders. It was quite the experience for both of them. Back home and Gavin was off to an OVA volleyball camp at Nippising U for a week. Another week end of July at the cabins, then three full weeks to close out August at cabins with most of the family being there for at least two of those weeks. Sherry completed her Camino excursion, spending almost 8 weeks throughout Spain, back in time to enjoy the cabins as well. Erin really enjoyed her tree planting and is already planning on returning next year. Now she's back to working locally, saving up for her future plans of travelling. Justin picked up some summer courses but was still able to enjoy the cabins for a few weeks end of summer and had a few friends up. He's started his 3rd year at Laurier and has a very solid social community there and really enjoys it. Gavin has started grade 10, looking forward to getting back on the court with his Pakmen vball club. Sherry too is settling back into routine after her 'exhausting' summer. All looking forward to do it all (or most of it) again next summer!

Quick Links...

• [The_Bean_Counters'_Quarterly_Home_Website](#)

• [More About Steve Kirkham C.A. and Our Team](#)

- [Canada Revenue Agency - for Business](#)

- [View previous issues of our Bean_Counters'_Quarterly](#)

email: steve@kirkhamca.ca

phone: 647-723-6195

web: <http://www.kirkhamca.ca>

Steve Kirkham C.A. Professional
Corporation, 2 - 2345 Wyecroft Road, Oakville, Ontario L6L 6L8 Canada

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by steve@kirkhamca.ca in collaboration with

Constant Contact 

[Try it free today](#)