

The Bean Counters' Quarterly

Steve Kirkham C.A. Professional Corporation

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Greetings!

Welcome to the September 2016 issue of The Bean Counters' Quarterly!

Farewell Summer, Moving On Towards Next Summer!

It's time to move into the new season and maybe, some would say, embrace the Fall season. While it's true that the Fall season has a lot to enjoy and be 'thankful' for, with the beauty of the changing leaves, the warmth of sweaters and fireplaces, and a season to give thanks, but it's still hard to say good-bye to summer. See Steve's section in the About Us to read how he really feels about it and if you question both Steve and Derek, you'll find out they still want to be wakeboarding! Sherry also struggles with the question in the Dialogue section: Fall-lover or Fall-hater? and her answer even surprises her!

Also in our About Us, you can read about how most of the team stayed in Ontario, but went all over with lots of activity and fun and family and friends, and hear about some plans for the fall/thanksgiving season.

There's also an interesting section below about Giving Thanks and the science of Gratitude!

And then in the Reading section, we hope you enjoy 'reading' about how to give the powerful 'talks', and by watching 'videos' of these talks - we're talking about TED Talks! If you haven't read the book or seen any TED Talks yet...you're about to be amazed and inspired! Very coincidentally, this ties into something in Derek's About Us section.

On behalf of the team at Kirkham CA's, we wish you a wonderful Fall and Thanksgiving season.

Best regards,

Steve Kirkham

The Dialogue Department!

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:

"You hear both sides of the Fall-lovers and Fall-haters conversation (or some are just the I-can't-get-over-missing-the-summer-so-I-can't-embrace-Fall people), so which side do you 'fall' on and why?"

Our reply for this quarter is from **SHERRY SKIPPEN**

: "For the first time in my life I am not disappointed to see summer end and fall begin. I love the heat but I find I'm getting easily over heated these days. It's been too hot to bike to work this year and I was really looking forward to it too. I am also looking forward to the end of the air conditioning. The constant cold air coming through the vents was body numbing compared to the heat on the other side of the walls. Normally there is nothing better than fresh air but not this year. Our gardens and grass will finally be able to breathe again as well. They've really taken a beating this year and no amount of water could save them. So, it turns out, I'm a Fall person. Who knew?"

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

Trump Presidency Could Make Big Gains For Canada

A Trump Presidency Can Mean Big Gains For Canada [RBC Report] Well, the first thought that might come to mind as you read that headline is, okay, but is it worth it? But maybe that's a question for you to answer based on your own political views.

According to this RBC Report, posted on Huffington Post Canada, **a Donald Trump presidency could be good for Canada from a business standpoint**, according to an RBC strategist.

Matthew Barasch, who works with RBC Capital Markets, published a report showing that the Great White North has plenty to gain if the Donald delivers on his campaign promises.

Barasch looked at every Trump promise and evaluated them for how they'd affect Canadian investors.

For example, Trump has pledged to "reduce taxes across-the-board, especially for working and middle-income Americans." **But Canada also has lots to lose if Trump ends up in the White House**, Barasch noted.

A corporate tax reduction could prove problematic for Canada, as it would make the northern country's own corporate tax rate less competitive.

Trump's proposal to lower the highest marginal tax rate could also make it more difficult for Canada to compete for labour, "especially if we return to the days of higher oil prices and labour shortages."

Trump has also said he wants to cancel the Paris Climate Agreement and invest in coal and natural gas. The candidate has also said he wants to ask TransCanada to "renew its permit application for the Keystone Pipeline."

Barasch said this might not be such a bad thing for Canada's economy, if you disregard the impacts on the atmosphere.

Approving Keystone would help bring more Canadian crude to market, and even "spur some new investment in the oilsands," the strategist wrote.

And as for the stock market, investors could initially react negatively to a Trump presidency, but his policies, even if only partially adopted, could be a "net positive for Canadian stocks," Barasch said.

Overall, Barasch sees more positives than negatives for Canada from a business perspective.

But by no means is he endorsing Trump for the White House.

Who would lose with his immigration plan to deport millions of people and build a wall along the Mexican border?

"**Humanity**," Barasch wrote.

[Trump Presidency Could Make Big Gains For Canada](#)

Spotlight On GRATITUDE!!

SPOTLIGHT ON GRATITUDE!

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude. ~E.P. Powell

Why Gratitude is Good

Robert Emmons, Ph.D., the world's leading scientific expert on gratitude, reveals why gratitude is good for our bodies, our minds, and our relationships.

With Thanksgiving approaching, we'll all soon be taking time to acknowledge what we're grateful for. It's a nice gesture, of course, but why do we do it? What good is gratitude?

For more than a decade, I've been studying the effects of gratitude on physical health, on psychological well-being, and on our relationships with others.

In a series of studies, my colleagues and I have helped people systematically cultivate gratitude, usually by keeping a "gratitude journal" in which they regularly record the things for which they're grateful.

Gratitude journals and other gratitude practices often seem so simple and basic; in our studies, we often have people keep gratitude journals for just three weeks. And yet the results have been overwhelming. We've studied more than one thousand people, from

ages eight to 80, and found that people who practice gratitude consistently report a host of benefits:

* Gratitude brings us *happiness*: Through research by Robert Emmons, happiness expert Sonja Lyubomirsky, and many other scientists, practicing gratitude has proven to be one of the most reliable methods for *increasing happiness* and life satisfaction; it also boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions.

* On the flip side, gratitude also *reduces anxiety and depression*.

* Gratitude is *good for our bodies*: Studies by Emmons and his colleague Michael McCullough suggest gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains. It also encourages us to exercise more and take better care of our health.

* Grateful people *sleep better*: They get more hours of sleep each night, spend less time awake before falling asleep, and feel more refreshed upon awakening. If you want to sleep more soundly, count blessings, not sheep.

* Gratitude makes us *more resilient*: It has been found to help people recover from traumatic events, including Vietnam War veterans with PTSD.

* Gratitude *strengthens relationships*: It makes us feel closer and more committed to friends and romantic partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship. Gratitude may also encourage a more equitable division of labor between partners.

* Gratitude *promotes forgiveness*-even between ex-spouses after a divorce.

* Gratitude makes us "pay it forward": Grateful people are more *helpful, altruistic, and compassionate*.

* Gratitude is *good for kids*: When 10-19 year olds practice gratitude, they report greater life satisfaction and *more positive emotion*, and they feel *more connected* to their community.

* Gratitude is *good for schools*: Studies suggest it makes students feel better about their school; it also makes teachers feel more satisfied and accomplished, and *less emotionally exhausted*, possibly *reducing teacher burnout*.

How To Cultivate Gratitude:

Are you a natural pessimist? Take heart: The benefits of gratitude aren't only available to people with a naturally grateful disposition. Instead, feeling grateful is a skill we can develop with practice, reaping its rewards along the way. Here are some specific, science-based activities for cultivating an attitude of gratitude:

* Gratitude Journal: A way to tune into the positive events in your life by writing each night, three good things that happened during your day.

* Gratitude Letter: Write a letter expressing thanks, and deliver it in person.

* Mental Subtraction of Relationships: Appreciate a loved one by imagining your life without them.

* **Savor** the good in your life-don't just gloss over the beauty and pleasures that come your way.

For more information about Robert Emmons work, as well as tools, quizzes, and resources about the science of gratitude, please see the link below.

[What Good is Gratitude - Robert Emmons](#)

Recommended Reading:

TED Talks: THE OFFICIAL TED GUIDE TO PUBLIC SPEAKING By Chris J. Anderson

The inside secrets to giving a first-class presentation from the man who put TED talks on the world's stage

Amid today's proliferating channels of instant communication, one singular skill has emerged as the most essential way to communicate - a brief, polished, live-audience video talk. Since taking over TED in the early 2000s, Chris Anderson has tapped the world's most brilliant individuals to share their expertise. Anderson discovered early on that the key to getting an audience to sit up and pay attention is to condense a presentation into 18 minutes or less, and to heighten its impact with a powerful narrative. In other words, to tell a terrific story.

TED Talks is chock full of personal presentation suggestions from such TED notables as Sir Ken Robinson, Mary Roach, Amy Cuddy, Bill Gates, Elizabeth Gilbert, Dan Gilbert, Matt Ridley, and dozens more - everything from how to distill your speech's content to what you should wear on stage. This is lively, fun read with great practical application from the man who knows what goes into a great speech.

In TED Talks, Anderson pulls back the TED curtain for anyone who wants to learn from the world's best on how to prepare a top-notch presentation.

[TED Talks: The Official Ted Guide to Public Speaking](#)

Stuff To Know About Our Team

Sherry says that this summer has been great! July was relaxing compared to August. In August her 2 nieces arrived from Grande Prairie, Alberta. They went to Matilda, Ripley's Aquarium, Taste of the Danforth, Niagara Falls, Ziplining, and the movies a couple times. They had their pictures taken outside City Hall in the big TORONTO sign and did some shopping at Eaton's Centre too. After the girls left Sherry and her husband went to Meaford to celebrate Grant's Aunt and Uncle's 50th Wedding anniversary. Sherry also spent a weekend at Linda's cottage with Linda, her mother in law and sister in law. They always have a blast when they get together. Now it's September and she's actually glad to get back to work. She's exhausted. Haa haa.

-**Linda** says she's looking forward to spending Thanksgiving with family at a cottage in Haliburton; hopes to get some fishing and hiking in. And really hoping the fall colours will be at peak by then!!!

-**Ana** says she can't believe summer is over. She loves the heat & the relaxed atmosphere but she also loves the fall with all the changing colours and the cooler nights (meaning no air conditioner & open windows). This summer's vacation was

spent at the family cottage where Ana and her husband did some fishing (not a very good year for fishing), walking and playing in the water. While up at the cottage some friends joined them as well. They all went to Kingston where they cruised around the islands. She also learned how to play JENGA. Then at the end of August she had some family over from Italy, whom she hadn't seen in a very long time (since the mid-seventies). It was wonderful to reconnect with them and their children. The best part of her summer was when the renovations were completed on the master bathroom. Order has finally returned to her home. Now however her husband has brought up the idea of renovating the kitchen. She told him she would rather move!

Andre says that he and his family did not go anywhere over the summer. His wife was very busy as the real estate market is hot and she had lots of closings. Andre needed to drive in and out for the kids to go to swimming, badminton and camps. He's kept going to badminton himself every week, and dropped in to the soccer field sometimes, and to his pleasant surprise found that he could still score a few times. You just never know how far you can go.

-Derek says Happy New Year! He had a client say this to him when he saw them for the first time in September. After he thought about it for a while he realized that they were right. September is more like a new year than January. Everything seems to change. The kids go back to school, the weather gets a little cooler, we wear different clothes, the traffic gets a little (or a lot) heavier and we start to think about the things we're going to do differently. Right now he's putting together a presentation for a non-profit conference that he'll be presenting at in November. Public speaking isn't really in his comfort zone but he thought he'd use his 25 years of audit experience to teach others about the Top 10 Internal Controls. Here's a teaser for you: #3 Dually signed cheques. It's a great idea but DO NOT pre-sign the cheques. He can't tell you how many times he's had clients tell him they pre-signed a bunch of cheques because they were going to be in Florida for X weeks.

-Steve says WOW! He can't complain much about that summer! Fortunately he was able to take advantage with some time off in August by parking himself right by the water (quite warm water at that). Some good family fun was had down at the cabins with all 5 of them being able to get some time in together. The boat was kept busy pulling wakeboarders, wakeskaters, and wakesurfers (and tubers, including Steve's 3 older sisters that had quite the ride!). They also managed to get in a "little" surprise party for his wife Sherry's big birthday with some unexpected friends and family making the trip down to Bob's lake.

Settling back into the September routine has been tough after such a great time off. The house is a bit quieter with Justin now off to Laurier for his first year in Economics. Erin finished up an enjoyable work term in Sudbury and is back at Waterloo for her final 8 months. Gavin took no time to move downstairs into Justin's old room in the newly renovated basement and has taken over the nice new bathroom as well! He's back on the volleyball team at school so Dad is looking forward to watching a few games. Besides Sherry's party at the lake, she also managed a trip to Kingston and one to the Magdalen Islands with friends. Steve also snuck in another fishing trip in September to Manitoba with his buddies where a great time was had by all with plenty of large fish caught (and released). Time to roll into Fall, but looking forward to next summer!

Quick Links...

- [The Bean Counters' Quarterly Home Website](#)
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