

possibilities

unleash your imagination

Connected by kindness

The grocery store, even with several hundred people milling about the increasingly cavernous aisles, can be a pretty solitary place, with everyone robotically going about the business of comparing prices, reading labels, and filling carts. When we hit the checkout lines we finally acknowledge the presence of others, but see them as competition as we snag a place in one line then constantly watch the other lines looking for a better position.

While Ellen and I were standing in the 1 to 10 items express checkout line recently at the local grocery store, a young boy, barely tall enough to see over the counter, was paying for two candy bars – one for him, and one for his friend who was waiting eagerly nearby. The cashier scanned both items, and announced the total. His money was already on the counter, and the cashier looked down into the boy's eyes and asked, "Do you have any more? That's not enough." It was obvious the boy didn't. For a brief moment the boy fidgeted, uncertain what to do. But before either Ellen or I could react to the situation, a burly man immediately behind the young boy in line reached into his pocket, while saying cheerfully, "I'll pay the difference, how much does he owe?"

It was as if someone had just turned on the lights. The boy smiled and said a polite thanks. Then the cashier thanked the man and gave him an extra big smile while scanning his items. I wasn't the recipient of this man's generosity, and yet I felt an overwhelming urge to thank him as well.

The smiling continued when we reached the counter, and our glowing faces reflected the sunny disposition in which we were all awash.

We had witnessed a simple act of kindness, and suddenly, we were all connected. What's sad about this story is the fact that it stood out so brightly against the usual dull gray backdrop of life in big public spaces. The more people we encounter in a day, the more likely we are to experience a steady dose of indifference, and the more unconnected, and even lonely, we become.

But the world needn't be quite so cold. Kindness is the cure. When we are kind, even in the simplest way, we show others that we care. They feel recognized and respected. You know those feelings – I'm here, and I matter. Kindness is an energy that flows, and once started, it can't be stopped. It spreads from one person to another, and then to many, lighting up eyes, lifting hearts, and connecting us like family.

Kindness is so important. Simple things. Holding the door. Saying hello. Looking into people's eyes. Showing gratitude. Offering a little help when it's needed. The positive energy you create by these simple acts can't be contained. It literally changes the world around you. It turns on the lights.

Yes, you might appear overzealous if you say hello to every person you see at the grocery store. And it could indeed make your shopping trip run several hours in duration.

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possibilities

... Connected by kindness (cont)

But this is something that truly is in your control. If you want to experience a world in which everyone is kind, all the time, you can. Just *be* kind, all the time.

Be kind, and watch as the world around you fills up with positive energy and kind, caring people. Truly look at the

people around you. For whatever reason, we are sharing this time and this place. Be kind, and experience an often hidden truth – we are all connected. We are in fact, all family.

Bill

The Blue Footed Boobies raise \$17,700!

On September 9th and 10th I walked 60 kms with 5 wonderful friends in The Weekend to End Breast Cancer. There were 5,382 walkers and in total we raised \$17.2 million. Our team of six, called The Blue Footed Boobies, raised \$17,770. We had tremendous support from Bell Financial friends, clients and colleagues. Thank you so much!

It was an exhausting but fulfilling weekend! Full of blisters, aches and lots of tears of joy and heartache, remembering those who we have lost to breast cancer and those who continue to fight to beat this terrible disease.

During the weekend one of our friends, Iza Sacco, was in St. Mike's Hospital fighting for her life from breast cancer. Every step was for her. She lost her battle Monday

morning...only hours after we crossed the finished line. She was 43 years old and left behind 5 beautiful children.

According to the National Cancer Institute of Canada, approximately 20,500 Canadian women will be diagnosed with breast cancer this year, and about 5,400 will die from the disease.

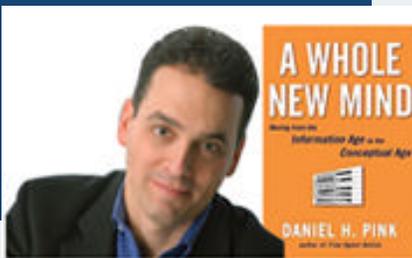


Thank you to all of our supporters for sponsoring our team. Every step and every dollar brings us closer to a cure!

Laurie

At the finish line!

Read this!



Daniel Pink presents a compelling argument for why right-brainers will lead us out of the left-brain dominated Age of Knowledge, and into the Conceptual Age. Then, just in case you get worried about the fact that your right-brain has been on an extended vacation, and may be suffering from lack of use, he presents an engaging and entertaining guide to surviving and thriving in “the age of art and heart.”

Grab your crayons and head on into a world of feelings, play, and meaning. You might want to leave your calculator at the door.





unleash your imagination

Choosing your legacy



Alfred Nobel (1833 – 1896) was a Swedish chemist and engineer who discovered a way to manipulate nitroglycerine to make it safer and hence more

usable. He patented this discovery in 1867 as dynamite. In subsequent years he went on to patent increasingly powerful explosives, including gunpowder, and amassed a fortune in the process.

In 1888 Nobel's obituary mistakenly appeared in a French newspaper, calling him "the merchant of death." It went on to say that he "...became rich by finding ways to kill more people faster than ever before..." Upon reading this, he became determined to leave a better legacy. In his will, Nobel left the bulk of his estate to establish the Nobel Prizes. There would be five in all for excellence in physical sciences, chemistry, medical sciences, literature, and peace.

Today, few people know that Alfred Nobel is the inventor of dynamite. But everyone knows that the Nobel Peace Prize is the highest honour one can receive for the rendering of service to the cause of international peace.

Great Minds, Great Thoughts

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

Henry James

Kindness is the golden chain by which society is bound together."

Johann von Goethe

"Always be a little kinder than necessary."

Sir James M. Barrie

The 2006 Nobel Prize



Physiology or Medicine

To Andrew Z. Fire & Craig C. Mello

for discovering a mechanism for controlling the flow of genetic information.

Physics

To John C. Mather, & George F. Smoot

for their discoveries supporting the Big Bang theory.

Chemistry

To Roger D. Kornberg

for resolving the machinery that gives voice to DNA.

Economics: *in Memory of Alfred Nobel*

To Edmund S. Phelps

for changing perceptions of the tradeoffs between economic objectives.

Literature: will be announced October 12th

Peace: will be announced Oct 13th

To learn more go to <http://nobelprize.org>

"Wherever there is a human being, there is an opportunity for kindness."

Marcus Annaeus Seneca

"I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do for any fellow being, let me do it now...as I shall not pass this way again."

William Penn



risk management

group services

My Name is David, and I Am a Consumer

The new sofa and loveseat are being delivered this evening. They are leather and creamy white. The outgoing pieces have seen better days: the loveseat, in particular, has been singled out for destruction by one of our cats, who has derived great pleasure in scratching the arms until the white stuffing has bled through. We considered re-upholstering (again), but the general wear and tear was such that a cosmetic fix would only have delayed the inevitable. So, after a great deal of debate and procrastination, we went shopping.

Curiously, the decision to purchase living room furniture did not stem directly from its state of deterioration. In fact, until recently I would have referred to the sofas as “comfortable” or “lived in”, and had given little thought to their replacement. It was only when the new area rug was laid in front of them did I begin to see our sofas as shabby and worn. Or perhaps it was the new painting hung in the adjoining dining room. Or maybe it was the new front door...

It's only natural that when something new is introduced into the home, other more dated articles can appear tired by comparison. The problem is that home renovation or renewal can become a costly and endless loop, with the new constantly jutting up against the old. This may be in part why the home improvement industry is booming, from HGTV and home décor publications to retail giants like Home Depot. It is very hard, once a project has been completed in one part of the house, not to begin plans for the next one, regardless of whether there's room left in the budget.

Take our new door, for example. Although the reasoning (rationalization?) behind the decision to replace the old front door now escapes me, the installation, which involved cutting through brick and drywall to fit the larger door, revealed that the walls in the foyer and up the stairs were originally wallpapered and then painted over. We could have avoided another costly project by simply painting over the paper once again, but we were discouraged from doing so by the contractor who (rightly) pointed out that since we would likely need to

remove the paper eventually, why not do it right the first time and remove it now, prior to painting? At that point I realized that we had taken on another “need to” project that definitely wasn't in the original budget estimate.

The Merriam-Webster Online Dictionary defines “consumerism” as “the theory that an increasing consumption of goods is economically desirable.” It is also defined as “a preoccupation with and an inclination toward the buying of consumer goods.” It is the latter definition that has me a bit worried. While it may be normal to want a new flat screen, high-definition television (after all, the resolution is so sharp that you can see each blade of grass on the football field!), it is when the “want” becomes a preoccupation and distorted into a “need” that consumerism, while economically desirable to society as a whole, can be financially undesirable to the consumer.

When I worry that I'm spending too much and can't see where it will all end, that's when my inner voice chimes in. It is the voice of moderation, of “all things in good time”, of fiscal restraint. It pulls me back from the brink of excess. So I make deals with myself; I compromise. “I'll replace the garage door this year, but repaving the driveway can wait until next year...” “The fence does need to be stained, but I'll do it myself instead of contracting it out, and I'll do it in the spring...” Perhaps I'm only fooling myself into thinking that I'm spending more wisely. But I do know that sometimes I manage to stop myself just long enough to ask the question: “Do I *really* need that?” And sometimes I don't.

Which brings me back to where I began. The sofas have arrived, and they look wonderful. My inner voice has left me in peace to enjoy them while I can. The cat has arrived, and she has that look in her eye.

David

Aurora

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