

MERRY CHRISTMAS

Christmas 2007

Royal LePage Lifestyles Realty— Helping **you** is what we do!

Wishing you and your family a very Merry Christmas and a wonderfully blessed 2008. Michael & Sandi Gouchie

Attitude of Gratitude This Christmas Season

- ✚ "There is a calmness to a life lived in gratitude, a quiet joy." Ralph H. Blum
- ✚ "He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus
- ✚ "Not what we say about our blessings, but how we use them, {that} is the true measure of our thanksgiving." W.T. Purkiser
- ✚ "Gratitude unlocks the fullness of life. It turns what we have in to enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, bring peace for today, and creates a vision for tomorrow." Melody Beattie
- ✚ "To **speak** gratitude is courteous and pleasant, to **enact** gratitude is generous and noble, but to **live** gratitude is to touch Heaven." Johannes A. Gaertner
- ✚ "Stand up, on this **Christmas Day**, stand upon your feet. Believe in man. Soberly and with clear eyes, believe in your own time and place. There is not, and there

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy

never has been a better time, or a better place to live in." Phillip Brooks.

- ✚ "Walking with a friend in the dark is better than walking alone in the light." Helen Keller

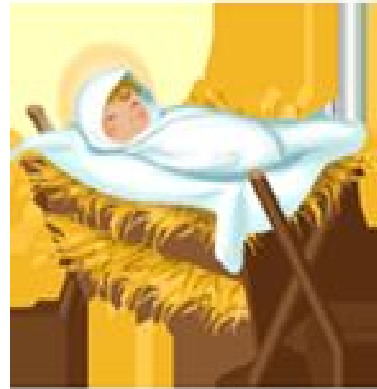
- ✚ "You only meet your once in a lifetime friend... once in a lifetime." Little Rascals

- ✚ "In the end, we will remember not the words of our enemies, but the silence of our friends." Martin Luther King, Jr.

- ✚ "Friendship is a present we give to ourselves." Robert Louis Stevenson

- ✚ "The better part of one's life consists of his friendships." Abraham Lincoln.

- ✚ "He who has a thousand friends has not a friend to spare. And he



Merry Christmas to your Family from the Gouchie's

who has one enemy will meet him everywhere." Ralph Waldo Emerson

- ✚ "If the only prayer you said in your whole life was, **"thank you,"** that would suffice." Meister Eckhart

- ✚ "No duty is more urgent than that of returning thanks." Unknown author

And the most important reason to be thankful this Christmas Season while enjoying the holidays with family and friends:

For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish but have everlasting life. **John 3:16**

And she brought forth her firstborn Son, and wrapped Him in swaddling clothes, and laid him in a manger, for there was no room for them in the inn. **Luke 2:7**

Then the Angel said to them, "do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord **Luke 2:10-11**

Great words to ponder and give thanks for the Christmas Season.



"And **the Grinch**, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more. "
Dr. Seuss

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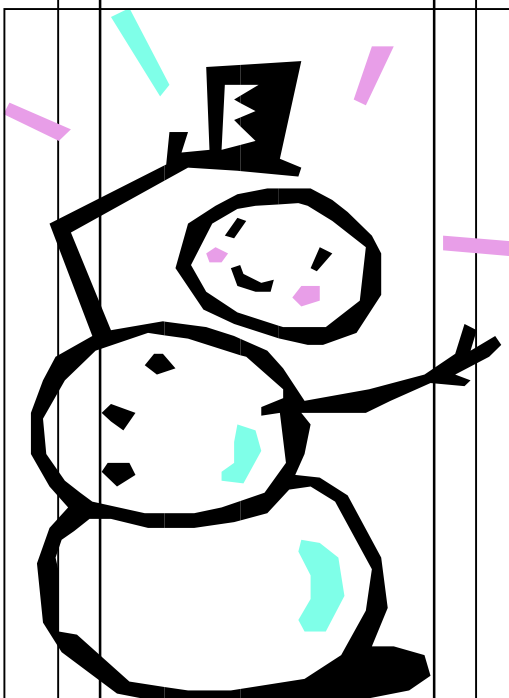
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Prepare your home for winter

1) **Inspect the roof.** If possible, go up onto the roof to check its condition. Look for cracked or missing shingles, bald spots on shingles, missing or damaged flashing or any spots that may lead to leaking. 2) **Check the gutters.** If they are clogged with leaves and debris clean them out. Gutters prevent basement and foundation flooding and water damage to siding, windows and doors. 3) **Look at the siding.** Check for cracks or damage. Seal up any leaky spots with clear caulking compound. If there is blistering, peeling, wrinkling or chalking it might be best to call a contractor to touch things up. 4) **Investigate weather stripping.** Weather stripping will prevent drafts and winter

heat loss. If weather stripping is damaged, its usually easiest and most effective to entirely replace it rather than to repair it. 5) **Check your heating system.**



Most furnace manufacturers recommend at least annual inspections. 6) **Sweep your chimney.** Cleaning is generally recommended at least once a year for an active fireplace. 7) **Trim the trees.** Trim the trees away from the house. 8) **Check the smoke and Carbon Monoxide detector.** Change batteries once per year and test smoke and carbon monoxide detectors to make sure they work and buy a fire extinguisher or replace an extinguisher older than 10 years. 9) **Store plenty of salt.** Make sure you are stocked up with salt, shovels etc. 10) **Drain and shut off outdoor water faucets.** Also remove and store garden hoses. 11) **Examine the basement floor and walls** for cracks and leaks and seal as needed.

Christmas Trivia

- 1) In the early 1900's what was so expensive that it was rented?
- 2) December 25th was chosen for the Christmas celebration by?
- 3) Who is suppose to open the first Christmas gift?
- 4) What does the X in Xmas stand for?
- 5) Who was the Christian leader from Myra?
- 6) What were the first tree ornaments?
- 7) In the Grinch that stole Christmas, what was 2 sizes too small?
- 8) What gifts were presented to baby Jesus?
- 9) What direction did the kings see His star?
- 10) What letter does the Christmas candy cane resemble.
- 11) What does the white in the candy cane represent?
- 12) Is Deck the Halls a true Christmas Carol?
- 13) What is the meaning of "A partridge in a pear tree"?
- 14) Name the famous Christmas movie which was in New York?
- 15) Whose birthday is being celebrated on Christmas Day?

Answers: 1) Christmas lights. 2) Pope, Julius I, in the 4th century. 3) The youngest child. 4) Xristos—Greek word for Christ. 5) St. Nicholas. 6) Apples & other fruit. 7) The Grinch's heart. 8) Gold, Frankincense, Myrrh. 9) East. 10) J—for Jesus. 11) White—for Christ's purity. 12) No—A true Christmas Carol must have a religious theme. 13) The one true God revealed in the person of Jesus Christ. 14) Miracle on 34th street. 15) Jesus

For more trivia go to:

www.riversongs.com/Christmas/quiz

Are you Emotionally Challenged?

Getting shut eye is proving to be more and more difficult in this fast paced world. New research has some interesting finds:

1) Lack of sleep is connected to an inability to cope with normal **emotional challenges** 2) with lack of sleep the brain was un-



able to put emotional experiences into context and produce controlled, appropriate responses. 3) emotional centres of the brain were over 60 % more reactive under conditions of sleep deprivation than in subjects who had obtained a normal night of sleep.

The researchers conclusion pointed to a connection between sleep disruption and mood disorders, bipolar disorder, anxiety and depression. Sourced from the Oct. 22 journal "Current Biology"

I think I need to go take a nap!





Title insurance rant

Here we go again. This world is going crazy. Just recently in Calgary a lady had her home for sale through the MLS system and with a Realtor (I use the term lightly). The home never sold and the lady took her home off the market. Several months later she received a phone call from a bank asking why her mortgage payments were behind and that she needed to start making her payments or the bank would start foreclosure proceedings. The lady responded her house was free and clear and she had no mortgage. Well it turns out the crooked Realtor and a Mortgage Broker registered a fraudulent mortgage

on the home for \$300,000. Here is where the law is insane. The courts gave the bank the right to collect on their mortgage so the homeowner is paying off the mortgage or she will lose her home. It makes no sense but that is what is happening all too often in Canada. Ontario is in the process of making a law that would protect the lawful home owner against fraudulent mortgages. But that is a ways away. The only protection a homeowner has at the current time is Title Insurance. Title Insurance will restore your mortgage and pay the legal costs associated with removing the fraudulent mortgage. Also since

identity theft is becoming a huge money making and growing crime for criminal organizations for \$39 you can get identity theft insurance as well. So get yourself Title Insurance and Identity Theft Insurance and while you're at it check your credit bureau at least once a year to ensure there are no fraudulent loans or credit misuses registered against you. You can write Equifax and Transunion for a free credit bureau or you can do it on line for a small fee. I can pull your bureau for around \$15.00 if that is easier for you. It is well worth the time and effort in this day and age.

SMALLEST HOUSE IN TORONTO UP FOR SALE!



Priced at \$179,900

Listed Features

Completely re-done top to bottom, front to back, Tumbled stone entrance walk—Renovated bath—Renovated kitchen with newer stove, new cabinets and new stacked

Its always been sound advice to by the smallest house on the block as an investment but this may be a stretch

washer & dryer. Bedroom with Murphy bed + build ins doubles as den—Walk out to fenced patio— 100 amp



Low maintenance yard.

service—2 satellite dishes and receiver—Window Air conditioner available

This house, located near the intersection of Dufferin Street and Rogers road is believed to be Toronto's smallest house. Occupying what used to be a driveway, it's a one-bedroom, one-bathroom house that sits on a parcel of land 7.25 feet wide and 113.67 feet long and has an interior area of just under 300 square feet.



Warm and cozy. Set up for a close couple.



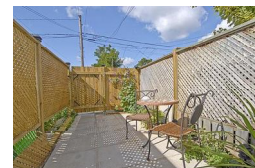
No space wasted. Voila living room is now the bedroom.



Tastefully decorated but not cluttered.



Getting along with neighbors a definite asset.



Fenced and landscaped.



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Keep them coming !

We can't live without them. Last year roughly 2/3 rd's or 67% of Royal LePage Lifestyles business came from **referrals** from you: our friends, family, previous clients, and customers. We are very appreciative and cognizant of how much your trust means to us. We will ensure they receive the same professional service with which you have come to know us for. Thank You again.

Royal LePage Lifestyles Realty— Helping
you is what we do!

Royal LePage Lifestyles Realty

Kenya 2008

Humanitarian Voyage

March 12 - 28
Tentative

Hosted by
Michael & Sandi Gouchie
403-782-3171

SPEND 15 UNFORGETTABLE DAYS IN KENYA WITH A BETTER WORLD

- Visit Lake Nakuru National Park, the Masai Mara, and Lamu Island on the Indian Ocean.
- Assist with humanitarian projects and experience the joy of giving hope to the underprivileged children of Kenya.
- A Better World is a Central Alberta humanitarian organization 100% operated by volunteers. To date over 500 people have travelled to assist with various projects around the world.

CALL OR E-MAIL FOR AN INFORMATION PACKAGE

A BETTER WORLD
(403) 782-1140
erajah@rttinc.com
shanelle@advanced-systems.net

DATES are set tentatively as March 19th to April 3rd 2008. DAILY ITINERARY AVAILABLE. Please join us. Call Sandi or Michael for information on this amazing adventure.

FOOD FOR THOUGHT

"I believe that each of us has an obligation to level the playing field of life—Schools that have no books, communities without water, and people without access to medical care are not someone else's problem. We all have the capacity to make a difference somewhere. We just have to decide if we have the will to do it."

Mark Grashow—founder of "US-Africa Children's Fellowship"

Merry Christmas

It has been a whirlwind year for our family. Erica started 2007 still living in France. Then Danielle went over and joined her for a few weeks where they toured through Italy, France and England together. Then they joined the rest of us at the London airport in March where we all tagged along with Eric Rajah and the "A Better World" foundation and spent an amazing 3 weeks in Africa on a Humanitarian mission /holiday. Where I think it is safe to say our whole families lives were changed. Danielle then worked for a few months to gather enough money and headed back to Kenya where she lived in an orphanage for close to four months and volunteered in the orphanages nursery.

Then it was back to reality . Work and school. September came around and it was back into the hockey rink for Alyssa and Noelle who are in the midget hockey program.

For the first time in a long time all the girls are back home and living under one roof again. Between our world travelers

Erica and Danielle the population of our house fluctuated from 6 to 5 to 4 to 5 to 6 to 4 and now back to 6 with all our 4 girls calling our humble abode home. For how long who knows. Erica is talking about college, Alyssa is in her last year of high school and Danielle is looking at different options for her life direction. So for now Sandi and I just enjoy the calamity of our lives.

We have been blessed beyond belief and are thankful everyday for this. (You'll note we said blessed but far from normal and always on the brink of dysfunction and chaos as all of the girls are quick and eager to point out.

Christmas is upon us and once again we have left most everything till the last minute. The dream of having all Christmas presents decided on and secured by the beginning of December once again provided much laughter and derision from those who know us better. One day though it will happen!

Once again Sandi and I feel we have been



blessed and count you, our friends and clients as a large part of our blessings. The Lord's timing and messages often do not always mesh or perfectly fit in with our timing and wants but we trust in his wisdom. Our family is healthy and together for this Christmas season and really what more in life can you want.

Our prayer is that you and your families have a fun, joyous Merry Christmas and a blessed 2008.