

Quote of the Month:

"Now that you don't have to be perfect, you can be good."

John Stienbeck, writer

Congratulations on 5 years, Anthony!

Barbara Waldo requested that I write something down because it is my 5-year anniversary with Waldo Real Estate. I did not realize that it has been that long because time flies when you're having fun and enjoy working with people.

In reflecting at the time, I am truly grateful for the incredible people that I have met during my time as a real estate agent. From older couples purchasing their first home to younger couples being first-time home buyers. I have also learned a great deal of knowledge visiting with our farmers and ranchers about their properties regarding the selling to even the purchase of farm ground. Through this I have enjoyed learning the history of families in the area and how our valley has grown.

One thing I enjoy is to see the joy and happiness in my clients' faces when I hand them their new house keys or calling the sellers to let them know their property has funded and recorded.

It was also an honor to be taught by Barbara Waldo and John Faw, I appreciate everyone's help in Waldo Real Estate, and everyone in Waldo Agencies. If it wasn't for their kindness and grace I would not be here today.

I have made many friends over the last five years and I would also like to thank everyone for their friendship in return.



Our Annual Reminder:

The Theory of the Dipper and the Bucket

Each of us has an invisible bucket. It is constantly emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great. When it's empty, we feel awful.

Each of us also has an invisible dipper. When we use that dipper to fill other people's buckets – by saying or doing things to increase their positive emotions – we also fill our own bucket. But when we use that dipper to dip from other's buckets – by saying or doing things that decrease their positive emotions – we diminish ourselves.

Like the cup that runneth over, a full bucket gives us a positive outlook and renewed energy. Every drop in that bucket makes us stronger and more optimistic.

But an empty bucket poisons our outlook, saps our energy, and undermines our will. That's why every time someone dips from our bucket, it hurts us.

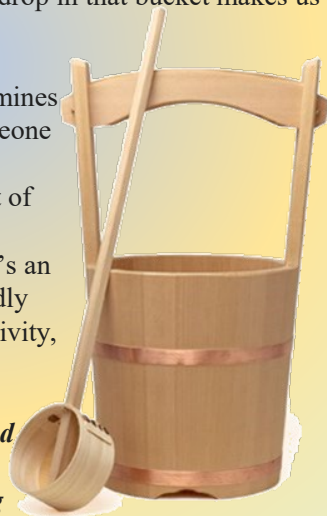
So we face a choice every moment of every day: We can fill one another's buckets, or we can dip from them. It's an important choice – one that profoundly influences our relationships, productivity, health, and happiness.

When someone fills your bucket, accept it – never just brush it off and diminish what the person is doing.

Fill their bucket in return by saying "thank you" letting them know you appreciate the compliment or recognition.

Are you filling buckets on a regular basis?

Source: Tom Rath & Donald O. Clifton, ph.D x



**** Riddle ****

What is special about these words:

job, polish, herb

The sender of the first correct answer received by Barbara at bjwaldo@waldore.com will receive a \$10.00 gift certificate to Jolts & Juice Coffee Co.

JANUARY EVENTS

- 1-1 **HAPPY NEW YEAR**
- 1-7 **HAPPY BIRTHDAY John Forsyth!**
- 1-9 **HAPPY BIRTHDAY Rebekah!**
- 1-19 **HAPPY BIRTHDAY Robert!**
- 1-26 **HAPPY BIRTHDAY Mike!**

January is National Blood Donor Month

Great home in the country. Home is set off the road down a private drive on 10 acres. Home has 3-bedrooms, 2.5 baths and 2 car garage. Two decks to enjoy the view of Vale. Room for RV parking, garden, and animals.

\$385,000. #485-20

Anthony Hackman, Broker, OR/ID

541-216-0101 cell

John Faw, Principal Broker, GRI, OR/ID

208-739-2925 cell

See this property at

<http://www.waldore.com/>

Waldo Real Estate

378 W Idaho Ave

Ontario, OR

541-889-8160



Carla Bourque
Sales
Assoc., ID

"Carla was amazing!! She really did go the extra mile, especially regarding a snag that came up."

~ Michelle Meyer

**Local
Friendly
Professional**



Handling Pressure: Lessons from an Olympic Coach

Olympic-level athletes work their way to the podium thanks to years of physical training, but world-leading peak performance psychologist Dr. Don Greene knows exactly what it takes to keep their minds in top shape, too.

Whether it's nailing an investor pitch or preparing for a speaking engagement, Greene's tried and tested methods can help you handle high pressure situations in your work life too.

Greene begins by getting his clients to raise their heart rates and take part in vigorous activities like jumping jacks before undertaking practice runs without stopping. By learning to loosen up before each practice, you'll be able to train yourself to keep a similar sense of calm when you need it most.

He also highlights a key difference between "practicing practice" and "practicing performing," the former being the mechanics of learning something and the latter being a nonstop run-through that simulates the adrenaline you'll no doubt feel.

In the same vein, treat adrenaline like an old friend and harness it. If you're doing something you care about, adrenaline will surely show up, so there's no point in trying to bottle up nervous energy. It will simply hamper your performance.

Perfection is the enemy of progress. Greene advises to strive for excellence and not perfection, as the obsessive tendencies that arise can become crippling. He urges clients to try not to fixate on things outside of their control, and, once it's all over, to celebrate all the things they did well, too!

**HAPPY
NEW YEAR**

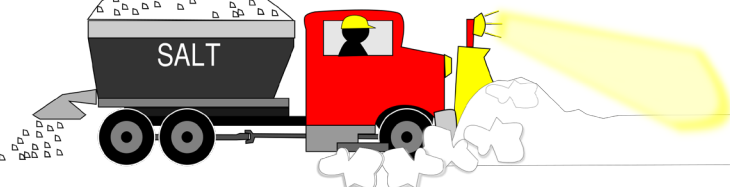
A blonde driving a car became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her.

"If you ever get stuck in a snowstorm, just wait for a snowplow to come by and follow it."

Sure enough, pretty soon a snowplow came by and she started to follow it. She followed the snowplow for about forty-five minutes. Finally the driver of the truck got out and asked her what she was doing. She explained that her dad had told her if she ever got stuck in a snowstorm, to follow a plow.

The driver nodded and said, "Well I'm done with the Wal-Mart parking lot. Do you want to follow me over to Best Buy now?"

Source: Unknown



Banana Bread

1 1/4 cups sugar	1/4 cup butter	3 egg whites	3-4 ripe bananas (1 1/4 cups, mashed)
3/4 cup vanilla or banana yogurt		1 tsp. vanilla (or banana liqueur)	2 3/4 cups flour
1 1/4 tsp. baking soda	1 tsp. salt	1 tsp. cinnamon	3/4 cup walnuts, pecans or macadamia nuts, chopped

Preheat oven to 350°F. Line the bottom of 2 9x5x3-inch loaf pans with wax or parchment paper and butter the bottom only of the pan. Cream together sugar and butter. Stir in egg whites, yogurt, mashed bananas and vanilla. Beat for 1 minute. Stir in remaining ingredients except nuts, stirring only until blended; add nuts. Transfer batter to prepared pans and level the surface of the batter with the back of a spoon. Bake for 1 to 1 1/4 hours or until a cake tester inserted in center of loaf comes out clean. Cool for 5 minutes, then run a butter knife along the edges to free the bread from the pan. Allow to cool on wire racks for 30 minutes before slicing. Spread each slice with whipped cream cheese before serving.

Source: cooks.com. Submitted by: CM



SAVE LIFE — GIVE BLOOD



January is National Blood Donor Month

Great advice for all managers

(All of us are managers of our own lives)

It's said that when former Atomic Energy Commission Chairman Gordon Dean died in a plane crash in 1958, an envelope was found among his personal effects. On the back of the envelope, Dean had scribbled nine lessons that he had learned in life. Every manager would be wise to take note of each one:

- ⌘ Never lose your capacity for enthusiasm.
- ⌘ Never lose your capacity for indignation.
- ⌘ Never judge people—don't type them too quickly. But in a pinch never first assume that a man is bad; first assume that he is good and that, at worst, he is in the gray area between bad and good.
- ⌘ Never be impressed by wealth alone or thrown by poverty.
- ⌘ If you can't be generous when it's hard to be, you won't be when it's easy.
- ⌘ The greatest builder of confidence is the ability to do something—almost anything—well.
- ⌘ When confidence comes, then strive for humility; you aren't as good as all that.
- ⌘ The way to become truly useful is to seek the best that other brains have to offer. Use them to supplement your own, and be prepared to give credit to them when they have helped.
- ⌘ The greatest tragedies in world and personal events stem from misunderstandings. So communicate!

Try these year-round common cold remedies

You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies.

Try these:





- **Honey.** Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- **Zinc.** Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- **Hot liquids.** Hot tea or water can loosen up congestion in your chest and sinuses.
- **Salt water.** Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- **Vitamin C.** Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



...Surprising Things You Didn't Know Were Considered *Bad Luck*

Not to freak you out, but you're probably doing some of them all the time.

- When eating fish in some regions of China...Flipping over the fish is said to correspond to the motion of a boat capsizing. To avoid triggering such a disaster, many people in China reach the meat on the underside of the fish with chopsticks instead of rotating it. 
- According to an old wives' tale, if you turn a mattress on a Friday, you'll be cursed with bad dreams. Another variation says that changing your bed on a Sunday is bad news too... 
- What could possibly be bad luck about getting a new boat?! Well, if you alter its existing name, you could be tempting fate. This legend dates back to ancient times when sailors believed that the name of every single boat was written down in the immutable ledger of Poseidon. If you dared change the name of a boat, you'd incur the sea god's wrath. If your boat's name was one that you absolutely couldn't stand, however, there was a loophole, according to BoatSafe.com. You could successfully "erase" the old name of the boat from Poseidon's log by removing all traces of it. This meant everything from the bow of the boat to the life jackets had to be free of the old name...
- ...While Anglo-Saxon cultures see Friday the 13th bad news, in Spain, the 13th of the month is more unlucky when it falls on a Tuesday. In Spanish, the word for Tuesday is "Martes," which comes from Mars, the Roman god of war, so Tuesday spells trouble. One thing both cultures agree on, though, is that 13 is an unlucky number...
- In the Czech Republic...Supposedly, if you pour one type of beer into a mug containing another type, you're in for some misfortune...
- Another Spanish-luck superstition that recipients of saffron-colored garments will experience bad luck. According to Spanish legend, the sulfurous color of yellow is related to black magic or, for the more extremely superstitious, even the Devil himself. If you're feeling really superstitious, you should avoid wearing yellow altogether, but especially if you're interviewing for a job, taking a test, or doing something else for which good luck would be beneficial...
- In an unusual twist, it's the popularity of this Shakespeare tragedy that makes its name bad luck. Legend has it that in England when a new play was a flop, the theater would end the run early and stage a production of Macbeth instead, since the popular show was a guaranteed hit. Therefore, saying "Macbeth" in the theater was equivalent to tempting fate and implying that the production might fail. Even today, thespians dare not utter the name of "the Scottish play" within a theater's walls...
- According to an old-fashioned Welsh tradition, parents should never cut their baby's nails before he or she reaches six months old. The superstition warns that if the baby has its nails cut in its first six months of life, he or she will grow up to have sticky fingers and will become a thief.

Source: Excerpts from https://www.rd.com/list/surprising-things-bad-luck/?_cmp=stf by Megan Jones 



SAVE LIFE ÷ GIVE BLOOD



Waldo Spotlights

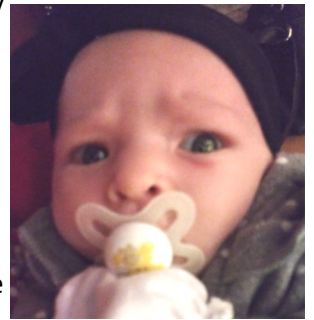


KimberLeigh Bahem successfully completed the Liberty Mutual Business Lines CSR Development Program. Nice work!



Well, well, well... The front-runners have made it over the Rockies and into the Valley in Idaho. Should be weathering well. Congratulations to you all!

Proud Mamaw, Amy Haile, snapped this photo of her new granddaughter, Archie Davyn Vieau, who was born December 8. The flash was a surprise – hence the 'angry eyebrows'.



Kadence, Dave, and Dee Anne enjoying Brundage Mountain



Jeremy and his son Aidan chillin' during an ice fishing adventure



The challenge was ON as everyone present in the office competed in old-fashioned games to preserve some sanity during the holidays. The winning team is pictured here, consisting of Lee and Dellas.

John Faw shows off his harvest



Dave and Barbara enjoy the evening in Nyssa during the Nite Lite Parade

Brendan Runnels handily filled his Muzzleloader tag

