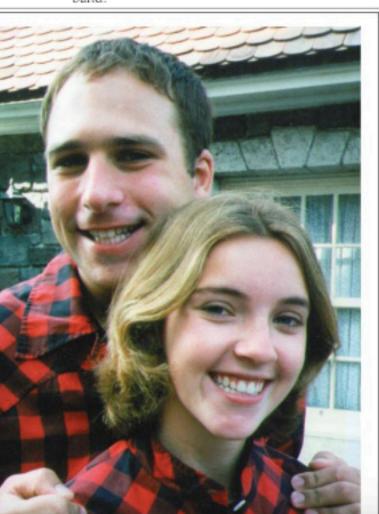


for all the people who work diligently behind the scenes, often for free, to ensure that their programs and events run smoothly from start to finish. There are countless committees and organizations with dedicated workers who simply glow with a genuine passion for what they do.

One of these organizations was Nemo 7G, a committee formed to develop and support a proactive generational plan for the future preservation and education of the Mount Nemo Plateau. Mr. Burlington's Adventure # 38 took place on Mount Nemo Day, when admission to the public is free once a year. Five kilometers of lush hiking trails provide stunning views from atop the limestone cliffs, and soaring turkey vultures glide overhead as you make your way along the winding forest trails-a definite must-see.

If you're fit and fearless, brave bunches of climbers also converge on Mount Nemo, eager to conquer their fears. With route names like "Fat Man's Honor" and "I Owe a Lot of Money to a Guy Named Guido" you'll be sure to get a laugh just reading the map.

Adventure # 26 gave Mr. Burlington and his family an inside look at the Burlington Teen Tour band, Canada's oldest and largest youth marching band



They sat in on a rehearsal at the Burlington
Music Centre, and went on a personal guided tour,
hosted by the band's passionate ambassador, Chris
Harrison, Senior Drum Major. Chris's animated
stories succeeded in bringing the bands colourful
sixty-six year history to life. The family also went
on a special tour of the mini-museum, filled to the
brim with mementos of their incredible travels as
award-winning musicians representing
Burlington around the globe.

Thanks to resources supplied by the Burlington Historical Society, Adventure #23 took them downtown on a walking tour published by Heritage Burlington. They visited a number of impressive heritage properties, including a gingerbread house with a window in the chimney, and stopped in at the Lakeshore Coffee Shop,

"I wanted to encapsulate once the home to Vaudeville style stage shows.

Mr. Burlington enjoyed reading about the interesting history behind the Queen's Head Pub at the corner of Elgin

and Brant, a striking three-story brick house that has continuously operated as a tavern since it opened in 1860. Once upon a time it was called The Queen's Hotel, and was a radial line stop for the electric streetcars that ran from Hamilton to Burlington and Oakville.

the experience of life's

local adventures."

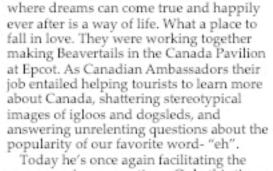
Adventure #9 was a particularly memorable one for the family, taking them snowshoeing MEC-style along the Bruce Trail; Canada's oldest and longest footpath. It's maintained by thousands of volunteers dedicated to upholding its successful land conservation efforts. Also connected to the Bruce Trail is Kerncliff Park, beside the Niagara Escarpment, the original site of the Nelson Quarry. It's now been transformed into a peaceful place to escape. With outstanding views of our city and Lake Ontario, it's no wonder it's a favourite spot. You can wander aimlessly through the deciduous forest or watch for wildlife along the wetland boardwalks.

With Adventure #50 recently completed there's no stopping this train. The countdown to #100 is on! They're relishing the new found connection with their community and taking it all in day by day. Of course with anything worthwhile there's always a few bumps in the road. Luckily Mr. Burlington can rely on his sense of humour to get through the rough patches. "I don't know if you've ever tried a long hike with a toddler and a chatty six year old in tow, but let's just say it's not quick going!" he says. A little comic relief along the way is always a welcome bonus.

Life often comes full circle. Mr. Burlington met his wife at Walt Disney World, a magical place

Mr. and Mrs. Burlington at Epcot Photo courtesy of Mr. Burlington





same genuine connections. Only this time it's closer to home, enabling a real-life introduction to the incredible amount of undiscovered beauty and adventure that can be found in Burlington and the surrounding areas. He was tired of constantly hearing, "I wish I'd known about that." He wanted live action, taking the experiences we peruse on a page in the newspaper and transforming them into reality. How clever. With a growing following of almost five thousand friends on Facebook, and one thousand on Twitter, word is on the street-literally. He's still getting used to people stopping him in the strangest of places. Luckily for his fans he's all smiles and doesn't mind posing for a picture. "Everyone has a story" he says, "I like hearing about them all." With his friendly face and an easy-going swagger it's no wonder people are gravitating in his general direction. He's one of the good

Mr. Burlington is following his heart, expanding his social circle, and inviting others to hop aboard. He's discovered the true essence of living, taking the time to fully experience life's moments in the now as they unfold. Living isn't a dress rehearsal, it's the main act, and we only have one shot at it. He's aware that the most insightful outcomes often stem from





Mr. Burlington on his 50th adventure on Canada Day, 2013

the simplest of experiences, and he's simultaneously succeeding in bringing attention to a number of important issues. Boldly promoting his city has also allowed him the opportunity to participate in a number of community events, such as being the Keynote Speaker for the Burlington's Best Awards Committee in May 2013.

Mr. Burlington proves that our capabilities are truly without limit. What we dare to dream we can just as easily make happen. It's that simple. It's a process of choice, of taking something in from the outside, bringing it into your life, and making it into something new. The foundations for change are ultimately constructed by the voices of those who choose to be heard. Serendipitous events occur in mysterious ways when we let it go and let it be. Magical things do happen, and not just at Disney.

Mr. Burlington is living, breathing proof of that. Dorothy in Kansas knows the secret too. Every life is a journey of self, and, " There's no place like home." (3)



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