



From the desk of
Mathilde Lewis



Selling your home is a big decision and using the right agent is vital.

At Summit Property Group you will receive a professional and friendly service that will achieve your goal, whether you are buying, selling or renting.

We specialise in properties in Lower Beechmont, Advancetown, Beechmont and Binna Burra plus surrounding areas.

You deserve great service whether you are looking for your first hinterland home, upgrading, selling your tenth home, or exploring investment opportunities. I will help you understand what is happening in the hinterland real estate market.

I am an expert at helping both buyers and sellers but even if you're not ready to buy or sell a home right now, we like to keep you up to date and informed through this newsletter and property guide.

Best wishes, and I'll write again soon.

Mathilde
0412 756 958



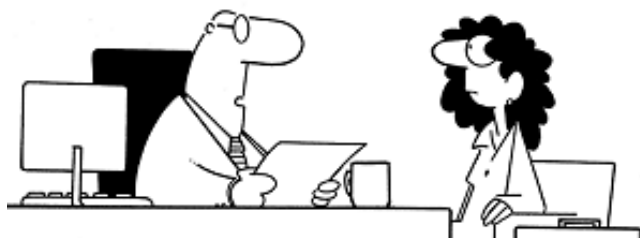
Looking for respite support for your family?

Sunhaven has begun its unique Respite Service at picturesque Lower Beechmont in a beautiful rural farm setting

The activities at 'Raphael House' by qualified staff operate from Friday afternoon at 5pm until Sunday afternoon at 5pm and is open to all families requiring respite for their children between the ages of 3 and 18 years old.

For all enquiries: **SUNHAVEN**
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NEW!
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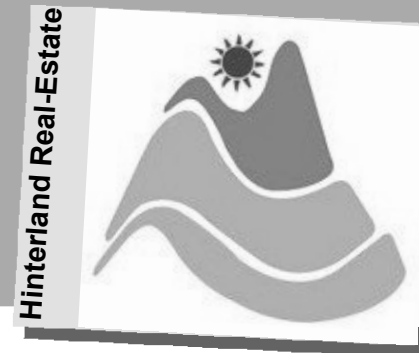
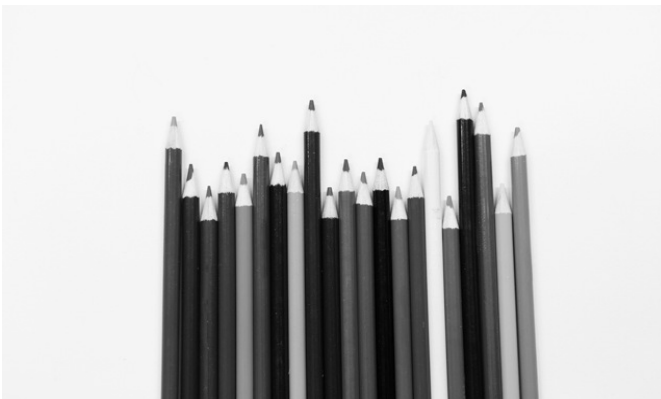


"Of course we have an employee fitness room. That's where we send our executives to run with the wolves, swim with the sharks, and soar with the eagles!"

Some unusual ways to spike your creativity

Everyone, it seems, wants to be more creative. But how? Here are few ways to spark the creative juices and kick off some creative adventures. Shake things up a bit—so that you become less dulled to the experiences you have:

- Write a letter to a younger person to save them from some trouble in their lives.
- Take down all the artwork in your house and replace it with blocks of rectangular colour. Change the colour each week and check out your response.
- Trade your couch with your neighbour's couch for a month.
- Get a camera, some pads of paper and a couple of friends. Select someone on the street. Go up to that person and start taking pictures and asking for that person's autograph.
- Buy some cheap flowers and hand them out to strangers during the day.
- Stop a stranger on the street and give him or her \$5.
- Write poetry on the street corners with coloured chalk.
- Secretly do something nice for a friend. Do the dishes, fold a load of clothes.



Hello!

This issue of *In Touch* is being sent to you courtesy of the **Summit Property Group**

It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends, staff and colleagues

Enjoy!

Mathilde Lewis
0412 756 958



Funny Bone



THE COMA

The woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, "You know what? You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When we lost the house, you stayed right here. When my health started failing, you were still by my side. You know what?" "What dear?" She gently asked, smiling as her heart began to fill with warmth.

"I think you're bad luck."

Ambition—Desire and Motivation

Humans have the remarkable ability to get exactly what they must have. But there is a difference between a "must" and a "want"

The best motivation is self-motivation. The guy says, "I wish someone (or something) would come by and motivate me." What if nobody shows up? You've got to have a better plan for your life.

When you know what you want, and you want it bad enough, you will find a way to get it.

Motivation alone is not enough. If you have an idiot and you motivate him, now you have a motivated idiot.

Without a sense of urgency, desire loses its value.

When all is said and done about motivation, more is generally said than done. Motivation is an ongoing, constant activity you must work at. Motivators aren't born - they are made. And they are made by constantly looking for opportunities to share a positive, enthusiastic attitude with the team.

Treat your body like a temple, not a garden shed. The mind and body work together. Your body needs to be a good support system for the mind and spirit. If you take care of it, your body can take you wherever you want to go, with the power and strength and energy and vitality you will need to get there.

Did You Know; The skin is the largest organ of the body and has a surface area of around two square meters. It is thinnest on the eyelids and thickest on the palms of the hands and the soles of the feet.



Trivia

Although a number of suggestions for the derivation of the word "OK" have received academic support over the years, the most likely is that it comes from the Greek "ὅλα καλά" (pronounced "ola kala"), meaning "all good" or "all well." Documents dating back to 1815 use "OK" in precisely this context.



Calender Our community

- Beechmont Community Markets Sunday 15th August 8am > Midday at the Beechmont community centre
- Jeans for genes day 6th Aug
- Gold Coast Show Public Holiday Friday 27th August
- Daffodil Day 27th August
- We have a new land-line phone number effective immediately Phn 5533 3110

Obligation Free Appraisals

Hinterland Real-Estate

Are you thinking of Selling?
If so, we would LOVE to talk to you.

Top 7 Reasons you should use Summit Property Group to sell your Home

- 7 We offer you excellent high quality service that you deserve
- 6 Your property will be listed on our, as well as realestate.com and other web-sites for potential buyers to see 24/7
- 5 We constantly monitor the market to make sure your home stays competitive, we provide you with regular analyses.
- 4 We provide regular feedback so you are never left in the dark wondering what buyers thought of your property.
- 3 You will always have someone available to help you. We ensure that you are taken good care of.
- 2 We will do our absolute best to ensure that you get the most money in the shortest time with the fewest problems.
And...

The #1 reason you should use Summit Property Group when selling your home...

- 1 We offer a 100% Satisfaction Guarantee! If you are not completely happy with your service at any time, you can terminate your contract with us at no cost.* Some Conditions apply

For further information, please call me,
Mathilde on 0412 756 958
between 8:30am to 6pm, 7 days per week

Same day property inspections are normally available to buyers within 25 minutes so you can see the entire property and have all your questions answered. With no sales pressure—guaranteed!

Norco Community Ca\$h Caps

Norco has been part of our local community since 1895
Every Norco Milk lid is worth 10 cents to the School.

While it doesn't sound much, it is amazing how these Milk lids mount up. Our Beechmont children benefit from the \$ that the School is paid.

We have been able to update our sporting equipment on a regular basis with the money we have been allocated through this scheme.

There is a container at the Beechmountain General store (Thanks Dena) for you to drop your lids into or you can drop them off at the School, or you can call the School and we can arrange for them to be picked up from your place.

Collecting these lids really helps our school, so ask your friends and family to help collect the specially marked caps.

Thankyou for you efforts to help your local, Beechmont State School.



Norco Community Ca\$h Caps

A great fundraiser that's EASY and HEALTHY!



Question: Before Mount Everest was discovered, what was the tallest mountain on Earth?

Answer; Mount Everest.
It just hadn't been discovered.

How to Lose Those Love Handles

Love handles, despite sounding as though they ought to be something attractive, are those unsightly fat deposits that appear on our sides, just below the waist and above the hip bones. Although mainly caused by the build-up of excess fat, they can also appear as a result of gravity when middle age creeps up and the skin begins to lose its elasticity. Anyway, enough of what love handles are. How can you get rid of them?

Although some people swear by a single approach, we are talking fat here, and the best way to turn fat into muscle is to tackle it from three different angles – diet, cardio exercise and weight training. Here's how:

Adjust your diet to cut out foods that are high in carbohydrates and sugar. No more junk food!

Take a brisk walk for at least 20 minutes a day, at least four times per week, or, alternatively, run, cycle, swim or take an exercise class. Remember that whichever option you choose, the aim is to increase the heart rate, burn off calories and increase your metabolic rate.

Look for weight training exercises that work the obliques, but do take advice on how to do them properly so that you don't injure your back.



Stay-at-Home Dads

As any stay-at-home dad will appreciate, this isn't exactly the easiest of jobs. Not that it's very much easier for mums, but in many ways the female of the species is much better prepared for the challenges ahead. Here then, are a few practical tips for any dads who are just about to take up their new role or who are already finding themselves struggling.



Take off your rose-tinted glasses. Taking care of children really is a full-time job, so don't expect to fit too much else in.

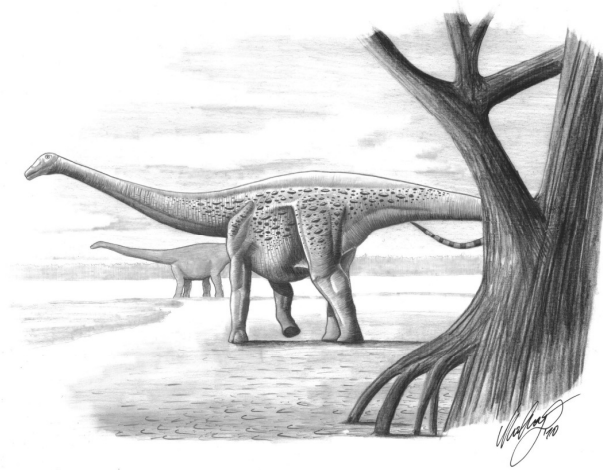
Build yourself a support system. Whilst being extremely rewarding, being alone with a child and nobody else all day, every day can be a lonely experience, and this is especially true for dads. Try to connect with other stay-at-home dads, visit family or just meet mum for lunch.

Get into a routine. Kids need routine, otherwise they are liable to get cranky. You don't have to be ruled by the clock, but try to create and maintain a basic structure to the day.

Don't be a slave to the housework. Your home may have looked like something from *House & Garden* magazine before junior came along, but it's unrealistic to expect the same now. Do what you can and the rest can wait until tomorrow.

Enjoy! It might not feel like it now, but your time at home is short. Get out and experience the world through junior's eyes. It will be a revelation!

Scientists confirm existence of dwarf dinosaur



Most of us think of dinosaurs as huge reptiles thundering across the landscape, towering over trees and smaller animals. Though some were indeed huge, others weren't—even in the same dinosaur family.

The *Magyarosaurus dacus*, a member of the titanosaur dinosaur group that included some of the largest plant-eating dinos, was only the size of a small horse when it roamed what is now Transylvania some 70 million years ago. The remains of the *M. dacus* were debated for years by paleontologists who couldn't decide whether a specimen dug up in 1895 represented a full-grown (but small) dinosaur or a youngster. Scientists at the University of Bonn, Germany, recently analysed the bones of all known specimens of *M. dacus* and concluded that they were indeed "dwarf" dinosaurs, who probably didn't evolve to massive heights because of the environment on the island where they're believed to have lived.

Does this deal smell bad to you?

A real estate agent was showing a home to a young couple.

"Now, I'm going to be honest," she said. "This house has some disadvantages and some advantages." "What are the disadvantages?" asked the husband.

"Down the street to the west, there's a waste processing facility. And a few blocks away to the east, there's a factory that makes organic fertilizer."

"What are the advantages?" asked the wife.

"You can always tell which way the wind is blowing."



A solemn duty

A young minister was asked to hold a graveside funeral service for a homeless man with no family or friends. The funeral was to be at a new cemetery out in the country, and this man was the first to be laid to rest there.

The minister had trouble finding the location, but after driving country roads for an hour he spotted a backhoe, an open pit, and two workers eating lunch. He parked and introduced himself as a minister, and he asked the two workers to accompany him while he performed this sacred duty. In the pit he saw the metal covering of the casket, and he performed a brief but sincere funeral service.

When he was done, the minister thanked the workers and started walking back to his car.

Over his shoulder he heard one of the workers say, "I never saw anything like that before, and I've been putting in septic systems for 20 years."