

IN TOUCH

The **ULTIMATE** Customer Newsletter!



From the desk of
Mathilde Lewis



I'm in love!

Now, before you jump to conclusions and think I'm having a mid-life crisis, let me explain...

I'm in love with life...

After spending a couple of days on holiday with the family just relaxing and doing the things I normally never get time to do—like reading a book and walking along the beach, then I would have to say life is sweet.

-And really, when you think about it, isn't it the people around us who contribute so much to our enjoyment of life?

I guess this has also been drawn to my attention lately with the flood of emails from customers like yourself. ...letters that are so encouraging to receive, and make me feel that the effort we put in as a team at Summit Property is really worthwhile, especially when our lives can be so busy.

So I genuinely wanted to thank you for being part of the Summit Property 'family' - you are greatly appreciated.

February is the month of love, and we have a romantic Valentines Promotion for special neighbours like you. See page 3 of this newsletter for further details.

Valentines day is a great opportunity to strengthen bonds of love with family, friends, colleagues and customers with simple acts of love and kindness.

Wishing you a wonderfully romantic Valentines day, I will write again soon and I hope you too have a love for life, like I do.



Best Wishes

Mathilde

M: 0412 756 958

PS: We are urgently looking for property listings to sell, and for rental management in Beechmont, Lower-beechmont and Binna Burra as well as the greater hinterland area.

Summit Property Group

For more information

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MCHUMOR.COM by T. McCracken



"It finally happened. The school hired a nutritionist and I really did flunk lunch."

An occasion to celebrate love

Valentines day—the popular day of love and romance traces its origin to ancient Roman festival and legends.



It is said that in the Rome of ancient times people observed a holiday on February 14th to honour **Juno**—the queen of Roman Gods and Goddesses.

The Romans also regarded JUNO as the Goddess of Woman and Marriage.

During the Roman Fertility festival, the names of young girls were written down and placed into a jar. A young man drew out a girls name and was paired with the girl for the duration of the festival, or until next years celebration.

Quite often the couple would fall in love with each other and later marry and this set the mood of the Valentines day as we know it today.

But it was actually priest St Valentine who defied Emperor Claudius II who cancelled all marriages and engagements because Rome required more soldiers. Men did not join the army because they did not wish to leave their wives and family.

St Valentine defied Claudius's unjustified order and secretly married couples. When his defiance was discovered, Valentine was brutally beaten and put to death on February 14th 270AD. After his death Valentine was named a Saint.

Summit Property Group Presents

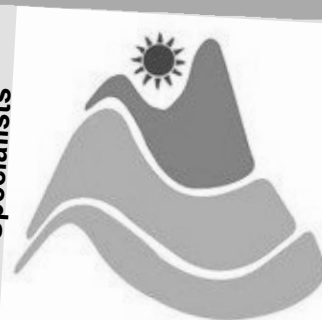
February 2010

IN TOUCH

Community Newsletter

Summit Property Group is helping people to buy, sell or invest in Real Estate in the Gold Coast Hinterland

Hinterland Real-Estate Specialists



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



Funny Bone

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.



His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing.

The man says "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.

4 Green ways to keep your house fresh

Avoiding aerosols is as important as avoiding a typical room air-freshening sprayer. You can achieve the same effect -- a clean, fresh-smelling house -- with your own nontoxic concoctions. As an added bonus, you can mix and match scents to suit your own fragrance tastes!



4. DIY Freshener

The human sense of smell is a very sensitive thing, so much so that a clean-smelling home can play a large part in your emotional and physical health. Make your own earth-friendly freshener spray by mixing equal parts lemon juice and water and storing it in a spray bottle you've salvaged from some of your old cleaning products (make sure to rinse it out well first). Spray this around your home once or twice a week for odour control, or as needed when cooking or to get rid of smells that have seeped into the curtains, couch, and other fabrics.

3. Simmering Scents

One way to spice up your home is by simmering a little cinnamon, cloves, fresh ginger, and the herbs of your choice in a bit of water on your stovetop. For a more summery smell, try adding a handful of mint leaves to 8 cups water. Bring the mixture to a boil first and then turn down to a simmer. You can also use essential oils in combination with these spices, or alone.

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Whispering Sweet Nothings

When you decide to declare your true love, make sure you whisper those three magic words in your lovers left ear. Research found that we're more likely to remember emotional words if they're spoken into our left ear. Why? The left ear is controlled by the right side of the brain. And the right side of the brain is responsible for processing emotional stimuli.

If you could talk to the animals . . .

The TV collie Lassie may have barked to let people know that Timmy had fallen down the well (again), but animals in the wild have many different ways to communicate. Here's what scientists have observed:

- Ants. Some ants emit a chemical scent to tell other ants it's alive. When it dies, so does its aroma, telling the other ants it's time to discard the body before it shows any sign of decay.
 - Elephants. The elephant's trumpet is well known, but these massive beasts can also emit a sort of "silent trumpet" that humans can feel but not hear, signalling their presence to other elephants up to five kilometres away.
 - Urban birds have developed a short, fast "rap style" of singing, different from their rural counterparts.
 - The fingertips of Koala bears are similar in pattern, shape and size to the fingerprints of humans.



Calender

- 26th January—Australia Day
- 27th Jan 1st day of school for 2010
- 10th Feb P&C AGM 7pm Beechmont School Library
- 14th Feb Valentines Day
- 21st Feb Beechmont Country Markets

We are actively looking for property listings to sell in; Lower Beechmont & Beechmont Binna Burra

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 excellent service, because we are new, we try harder.
- 6 Your property will be listed on our, as well as the realestate.com website 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 weekly 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!



Internet is a great place to "get your ducks lined up" before jumping into the market.

When it's time to get serious about buying a home, though, there's no substitute for a living, breathing (and qualified!) real estate professional. Consider, for example, that new listings seldom show up on real-estate websites immediately. That means buyers working with agents (who know about new listings early) have a "first look" advantage.

We also offer many other services that simply aren't available online: taking you through the homes you're interested in, negotiating with sellers for your best interests, ordering building and pest inspections, keeping your deal together through settlement, and more.

Feel free to call on us on 07 5533 1200 for any information you need and when you're ready to start your home search, we'll do everything we can to help you find your perfect home.

Gadgets in the sky

The increased security in airports and on airplanes has given rise to some confusion over which electronic devices can be used where and when. Here are guidelines for electronic device usage when travelling by air:

Devices that may be operated at all times:

- implanted medical devices like pacemakers
- hearing aids
- electronic nerve stimulators
- electronic watches



Devices that may be operated in-flight, but must be turned off and properly stored prior to departure from the gate, during taxi, takeoff and landing:

- portable computers with an umbilical cord or mouse
- electronic calculators
- audio recorders or MP3 players
- handheld electronic games, like the Nintendo DS
- electronic cameras
- global positioning satellite receivers
- DVD players and iPods
- personal digital assistants, like PalmPilots and iPhones with an 'in-flight' mode setting

Devices that may not be operated inside an aircraft at any time:

- handheld scanners
- two-way radios, such as walkie-talkies
- remote-controlled toys
- wireless mouse or joystick
- watches capable of transmitting data

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2. Scent on the Spot

For rooms that need freshening in a jiffy, soak cotton balls in vanilla extract or an essential oil. Place the cotton in a pretty dish or jar wherever you need to refresh the air. You can also just pour a little vanilla extract into a small bowl and place it where needed.

Eco-fact

-One tree releases enough oxygen into the air to support two human beings.

1. Houseplants

-NASA has determined that some common houseplants can do a world of good at eliminating nasty toxins that may be in your home. After all, indoor air quality is a matter of some concern: Along with everyday carcinogens such as second-hand smoke (which contains sulfur dioxide), common household products may also be emitting chemicals into the air we breathe. One of these chemicals is formaldehyde, which can be found in clothes, plywood, and carpeting, leading to headaches and breathing problems.



NASA studied three common indoor pollutants -- trichloroethylene, formaldehyde, and benzene -- and concluded that the average home could benefit from keeping about 15 plants around. Plants work to gently remove these toxins from your indoor air by producing oxygen, adding moisture to the air, and absorbing the bad stuff through their leaves. Consider them nature's filter!

Air Fresheners are linked to many volatile organic compounds and chemicals which can cause cancer and can release toxic levels of pollution. So don't use them excessively in small spaces and you must keep air circulating through the area as a precaution.

List your property exclusively for sale with us and receive a romantic dinner for two valued at \$50.00

With compliments from Summit Property Group

Call us on 5533 1200
For an obligation free appraisal of your home



This offer is only available until 5pm February 12th 2010
To take advantage of this great offer, simply call 0412 756 958 during business hours.

VALENTINES PROMOTION

FREE
Romantic Dinner
Valued at \$50

ACT NOW!

For listing your property before the 12 February

Where: Laurel Cottage Garden Café & Restaurant
707 Beechmont Rd. Lower Beechmont

Mathilde Lewis 0412 756 958

E: info@summitpropertygroup.com.au

Web: www.summitpropertygroup.com.au



What you eat may save your life

Can you avoid cancer through diet?

There's some evidence that certain foods can cut your risk. Although there's no hard proof that the right diet will guarantee a long life free of cancer, chances are you'll be healthier longer if you include some of these choices in your everyday meals:

• Beans. Add kidney beans, pinto, navy beans, chick peas, black-eyed peas, and lima beans to your diet. Legumes such as lentils and peas are high in fibre, which may help your body eliminate carcinogens. Fibre has also been shown to reduce cholesterol and lower the risk of heart disease.

• Berries. These are a good source of antioxidants that protect your body against tissue damage and may help reduce your cancer risk. Blueberries are high in antioxidants. In addition, strawberries and raspberries contain ellagic acid, which may help to prevent cancers of the skin, bladder, lung, and breast.

• Vegetables. Cruciferous vegetables such as broccoli and cauliflower have been associated with a lower risk of lung, stomach, and colorectal cancers. Dark green, leafy vegetables (spinach, romaine lettuce, and kale) are high in fibre and antioxidants. The carotenoids in these vegetables appear to be effective in slowing the formation of some tumours.

Using Common Leftovers

Don't waste food. Put these common leftovers to practical uses:

- Stale bread _ bread crumbs, French toast, croutons, stuffing
- Rice _ rice pudding or as an added ingredient in casseroles and soups
- Potatoes _ potato pancakes
- Pasta _ pasta salads
- Fruit _ jam, jelly, pies, tarts
- Meat bones _ broth or stock
- Wine _ Pour the wine into an ice cube tray and freeze it. Then simply add a cube or two when you cook soups, stews and sauces.