

KEEPING **IN TOUCH**

Community Newsletter

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



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



A boy had reached four without giving up the habit of sucking his thumb, though his mother had tried everything from bribery to reasoning to painting it with lemon juice to discourage the habit.

Finally she tried threats, warning her son that, "If you don't stop sucking your thumb, your stomach is going to blow up like a balloon."

Later that day, walking in the park, mother and son saw a pregnant woman sitting on a bench. The four-year-old considered her gravely for a minute, then spoke to her saying, "Uh-oh ... I know what you've been doing."

The controversial new pool fencing laws

Unit owners could be forced to fork out for hefty legal costs if pools in their buildings are not inspected and decreed safe.

The State Government's new pool fencing laws require all pools in homes, resorts and apartment buildings to be inspected and certified.

Residential home-owners must ensure their pools are compliant when leasing or selling a property, but otherwise have five years to get their pools up to scratch and pass an inspection.

Body corporate managers for buildings have until May 2011 to get pools certified.

Unit owners could be the ones to suffer if pools were left uncertified.

If someone was to drown in an uncertified pool, individual owners could be the ones liable, if the insurer denies a claim arising out of a mishap.

If you are selling your home, an inspection must be done immediately. The cost of pool inspections will vary from \$200 to \$400



There was a blonde, a redhead and a brunette.

They decided to go to the bar and they all had fake IDs because they were underage. So they go in and the bartender knows they are underage so he calls the cops. The redhead informs the girls that the bartender has called the cops and they have to leave.

So they go out the back door and they see a farmers barn.

They go inside and the redhead notices 3 potato sacks on the floor.

She tell this girls to each hide in a potato sack.

Then the police arrive in the bar, and the bartender takes them out back to look around. They go into the barn and look everywhere.

One cop says "they might be in those potato sacks."

So he kicks the first one containing the redhead and hears "woof woof".

That's a dog, he thinks to himself.

He kicks the second bag containing the brunette and hears "meow, meow"

Well that must be a cat, he thinks.

Finally, he kicks the last bag containing the blonde and hears in a slow voice "po.. ta.. to..es"

Calender *Our community*

- Beechmont Community Markets Sunday 20th March. 8am > Midday at the Beechmont community centre
- Book & Op Shop at the Beechmont Old School Library 20th. proceeds go back to the community 5533 3358
- St Patricks day 17th March
- The worlds greatest shave— Leukaemia foundation
- **Summit Prize draw, Be in it to win it** 11am 26th March at Graceleigh park.
- Summit Easter Egg Hunt 22nd April

Obligation Free Appraisals and pricing advice

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!

Researching Your Family Tree

Many people reach a point where they become Curious about their family history. For some, there is a deeply felt need to make sense of their own lives and understand where they fit into the big picture, while for others there might be more practical reasons for researching their family tree, such as the investigation of either fatal illnesses or conditions that might have emerged through the generations.



Before the Internet, trying to trace family roots could often be a lengthy and expensive exercise, but nowadays there are numerous, excellent online resources that make the task both easier and cheaper. Here are just some of the records that you might want to investigate, many of which now exist in online databases and can either be searched for free or at a minimal cost, like ancestry.com.au

- Census records
- Land title records
- Military service records, including pension records
- Cemetery, Will and probate records
- Registers of births, deaths and marriages
- Newspaper obituaries
- Passenger and immigration records
- Records of federally recognized names by location
- Records of those who went missing during active service

Many towns, states and countries are running their own projects that have already done much of the work in tracing local ancestry, and of course there are also numerous clubs and societies that can help amateur genealogists to start on their family trees.

Just How Many Calories Does Your Body Need?

The human body, at different stages in life, requires an optimum number of calories if it is to operate at peak performance levels. If the human body receives too many calories, there is the risk of anything from heart disease to mobility problems; if the human body receives too few calories, the body's metabolic rate slows down in its attempt to conserve energy, and the body actually begins to store fat in anticipation of not being properly fed.



Researchers believe this is why many who drastically cut their calorie intake as part of a weight-loss diet but fail to take part in calorie-burning exercise eventually reach a plateau and stop losing the kilos. In addition, those who do so risk suffering from low blood pressure, anaemia, heart rhythm abnormalities, dizziness and depression, among other things.

Asking how many calories the human body needs is like asking how long is a piece of string, because so many factors play a part in deciding each person's optimum requirement. Age, height, natural metabolic rate and normal activity levels are all relevant, as is whether the individual wants to gain, lose or maintain his or her current weight. Beware of guides that indicate the ideal number of calories without taking all of these factors into consideration, and only use reliable online or offline sources of information; otherwise, you could find your health regime or weight loss diet going awry.

A Different Kind Of Retirement Planning

People over 40 shouldn't just plan for retirement, they should rehearse for it. Because retirement can last 20 to 30 years, it's more important than ever that "pre-retirees" (those who plan to retire in five to seven years) practice how they want to live without work as the organizational focus of their lives:

- Try out different retirement lifestyles. For example, many people dream of selling the family home and travelling in a mobile home around Australia. Practice this by renting a camper and going on the road for a long holiday. You may discover that travel is exhausting or boring. The same holds true for relocation dreams. Rent a home where you think you may want to retire to see if it really is where you'd like to move. The weather may not suit you, or the community may not be your cup of tea. Work these details out before you commit to an expensive change.
- Live with your spouse 24 hours a day. Most couples spend much of their early years working and, thus, spending much of their time apart. It may take some time to get used to the other person's schedule habits, and routines.
- Practice living on a retirement budget. Most retirees' income is significantly less than their pre-retirement income. Calculate what you can realistically expect to live on each month. Then live on that amount for a month to determine what changes, if any, you need to make to your plans.

Win your commission for FREE

Summit Property Group are giving away a massive \$15,000 to one lucky seller; Wouldn't it be great not to pay the commission?

What would you do with the money?

Some ideas...

- Buy a new car
- Go on a much needed holiday
- Invest OR save the money
- Buy your wife / girlfriend / partner a ring or jewellery
- Spoil hubby with new tools or "Toys"
- PARTY!!!
- Spend it on the kids
- Pay bills...boring but essential
- Donate it to a charity
- Spend it all on yourself

For more information, please call Summit Property Group on 5533 3110 or Maddy 0412 756 958

Price Drawer 11am
Saturday 26th March 2011
Graceleigh Park

Don't miss out, make sure that you are part of this promotion!

1. List or re list exclusive with Summit Property Group only to be in the draw, please call me if you're not listed with Summit or would like to list with us to be in the draw to WIN.
2. Tickets are free – just write your name on the ticket and pop it into the draw on the day, we will be there to help you enter.
3. You will have a good chance (currently about a 1 in 30) to win, that's good odds.
4. **The winner "Pays NO Commission" up to the value of \$15,000 inc GST**
5. Mr David Murphy the Principal of Beechmont State School will pull the name out of the barrel.



*Conditions: You must be present at the draw to win. One entry per property, an authorised family member or friend can enter on behalf of the owners. The winner will not be charged any commission if the standard commission is below \$15,000 incl GST. If the winner's property commission is over \$15,000 then the amount of \$15,000 incl GST will be deducted from the total amount upon the successful sale of the property. This offer is not for sold properties, only for current (60 day) exclusive listings with Summit Property Group current at the time and day of the draw. The winner or authorised representative must be present at the draw to win on Saturday the 26th March 2011. Graceleigh Park



The Smart Fetus

Human beings are pretty amazing, and actually our enormous capabilities begin to show themselves long before we are even born.

Our ability to hear, for example, develops during the 18th week of pregnancy, and babies are believed to listen actively from about 24 weeks onward. What we hear at this stage of our development, though, is not forgotten after we make our entrance into the world.

Parents who read stories or sing to their babies while they are still in the womb frequently find that their children respond in positive ways, notably by becoming calmer, when they are exposed to the same stories and songs after birth.

Furthermore, fetuses that are exposed to classical or baroque music throughout pregnancies are even said to be more likely to play music themselves in later life, or even to grow up smarter.



Through what has come to be known as the "Mozart effect," some scientists believe that listening to the maestro's music prior to birth increases the number of neuron pathways in the brain and positively affects the baby's intelligence.

Whether or not an individual's IQ can be affected in this way, however, it is certainly the case that more than one modern-day musical child prodigy has been born as a result of their parents playing classical music to him or her before birth.

Keeping

IN TOUCH

The **ULTIMATE** Customer Newsletter!



From the desk of
Mathilde Lewis

Congratulations to Katrina Nick and Jacob on the Arrival of their new baby girl "Chelsea May"

Don't forget our exciting draw of the "Win your Commission for FREE" on Saturday 26th March 11am at Graceleigh park. I look forward to seeing you on the day, and Good Luck Everyone!

Mathilde

0412 756 958

For Children Big and Small **The 2nd Annual Summit Property Group Easter Egg Hunt**

EASTER EGG HUNT

When: Friday 22nd April 2011
10am

Where: Graceleigh Park
Next to the Beechmont State School

Find the **GOLDEN EGG**
and win a \$100
Gift Voucher

Toys R Us

 Summit Property Group

YOGA AT BEECHMONT

Your first class is on me
Day and Evening Classes

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Member of Australian Counselling Assoc,
Aust Traditional Medicine Society, International Dru Yoga Association

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I learned about stress management from my kids. Every night after work, I drink as much chocolate milk as my stomach will hold, eat handfuls of sugary cereal straight from the box, then run around the house in my underwear squealing like a monkey.

Bullying whether it is verbal, physical, emotional or Internet-based (cyberbullying), can have devastating effects on a child's self-esteem and can cause depression, anxiety, loneliness and even thoughts of suicide. Therefore, if you know that your child is being bullied, it is imperative to act quickly. Here are some tips on how to respond to the child and deal with the source of the problem:

- Never advise a child to ignore bullying behaviour, and never blame the child by suggesting that he or she provoked it.
- Get your child to tell you precisely what happened, where it happened, when it happened and who was involved. Also, establish whether anyone witnessed the incident(s).
- Praise your child for telling you about the bullying, and let the child know that it is not his or her fault. Never suggest that your child handled the situation badly.
- Explain that you will think about how to deal with the situation and will let him or her know how you intend to handle it.
- Never encourage physical retaliation.
- Contact your child's teacher or the principal and unemotionally explain the details of the incident(s). The school has an obligation to deal with the matter effectively, but explain that you want to work with them to put a stop to the bullying. Don't contact the bully's parents directly.