

Keeping

IN TOUCH

The ULTIMATE Customer Newsletter!

Summit Property Group

24 Flemington Road, Beechmont

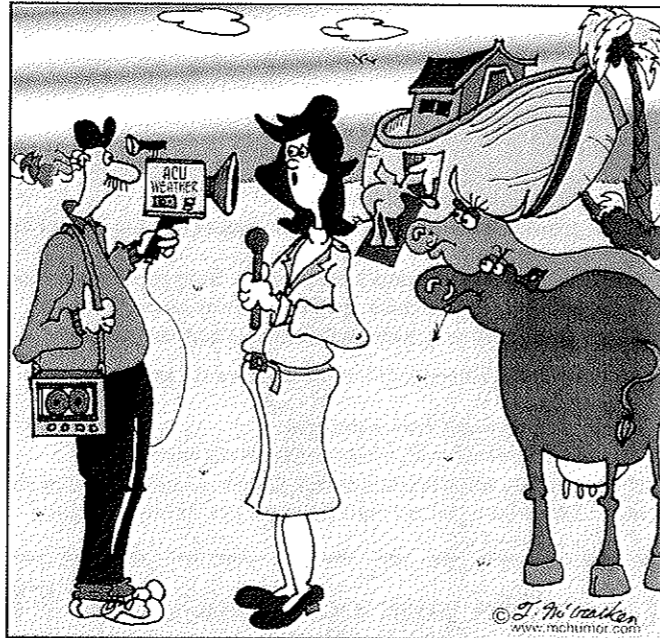
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McHUMOR.com by T. McCracken



"Although the Weather Service hasn't predicted rain, certain indicators can't be ignored."

Valentine's Day Decorating Ideas



Decorating your home for Valentines Day is fun and it allows your creative side to show through.

One of the main decorations used for Valentine's Day is hearts and cupid's. You can cut your own designs out of cardboard to create unique designs—hang them on the walls or from the ceiling or anywhere else throughout the home. Balloons can add texture and brighten things a bit more. You can also write loving and interesting messages on the balloons for your loved ones and friends to read, be creative and make it interesting.



Flowers always add beauty to the décor anytime of the year but especially on Valentines Day. If you are looking for something more romantic, you can use the ideas above and add some candles throughout the home. Aroma candles are excellent choices because they add a warm and inviting scent as well as a romantic glow. It is a great idea to have soft music playing in the background to help set the mood along with the candles.


If you are planning a romantic dinner, decorate the table with a candle or flower centrepiece. Everywhere that you add a splash of colour or decoration will liven up and give your home a more romantic feel, so cut loose and let your creativity shine through.

From the desk of Mathilde Lewis

Sincere and best wishes to all the families and people affected by the QLD floods, our thoughts are with you.

Mathilde
0412 756 958



"THE BEECHMONT EXPERIENCE"

Friday 11th February at the Beechmont State School @ 5:45pm

This night celebrates the start of the school year and celebrates all that is great about our local school.

All classes enter the Covered area to the strains of "Teach your children", as they are announced by the student leaders

All the new students to the School are introduced including the new Prep students. The Year 7 student leaders are also introduced and they sing their Leadership song to the audience. What is that song this year? After the rocky 'We weren't born to Follow' by Bon Jovi in 2010, the Year 7 song is Sorry you'll have to come along on the night to hear the vocal rendition.

Each class gives a short presentation of the overview of their activities they are planning for the year. Our Senior Band performs with the help of some past pupils from 2010.

Your P&C Executive is introduced and the P&C will provides a free BBQ for all Parent, family members & students. Mr Murphy also addresses the crowd, telling one of his famous stories.

The Year 7 Leaders let us know the outcomes of their Leadership Camp and share their Mission Statement with us. This is a great night to celebrate all that is great about our school.

YOGA AT BEECHMONT

Your first class is on me

Term 1; January 19th

Day and Evening Classes

NEW—Meditation Classes commencing

Saturday January 29th at 8:30am

FREE COPY—Meditate or Detonate

How to Avoid the Stress Explosion

Download from www.shirleyhicks.com.au

Shirley - 5533-3753

Grad Dip Couns, Dip Som Psych, ND, Dip Dru Yoga
Member of Australian Counselling Assoc.
Aust Traditional Medicine Society, International Dru Yoga Association

The "In Touch" NEWSLETTER is designed and produced by www.inncorp.com.au for Summit Property Group

Summit Property Group Presents

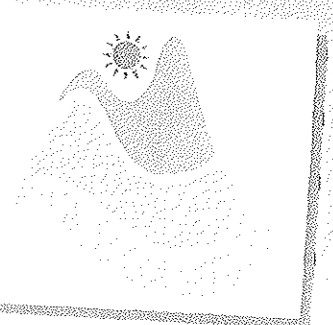
February 2011

KEEPING 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



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

TEXAN IN AUSTRALIA

A Texan farmer goes to Australia for a holiday. There he meets an Aussie farmer and gets talking. The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large".

Then they walk around the farm a little, and the Aussie shows off his herd of cattle. The Texan immediately says, " We have longhorns that are at least twice as large as your cows".

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping through the field. He asked, "And what are those"?

The Aussie replies with an incredulous look, "Don't you have any grasshoppers in Texas"?

The 2011 Queensland floods

House prices in flood-hit communities will plummet, and some homes will be "unsellable" for more than a decade. It could be 10 to 15 years before some flooded suburbs regain their popularity.



Rents around the South-East are expected to soar in line with the surge in demand from displaced residence as tens of thousands of homes have been damaged by floods. This will in turn increase property values of homes located outside the flood zone, including parts of the Gold Coast.

The Real Estate Institute of Queensland (REIQ) has reviewed the way the property market behaved after the devastating 1974 floods, and the news for home owners living in flood effected areas is not great. It will be a case-by-case basis, but for most people low-lying suburbs will be a negative factor.

Real-estate agents are expecting huge prices for rental properties across flood-affected South East Queensland. This rental demand will put upward pressure on some properties and will also see many opportunities for investors who are able to act quickly because of the fact that so many people need to find alternative accommodation.



Queensland Premier Anna Bligh said that up to 28,000 homes would need to be completely demolished but many banks are unwilling to lend for reconstruction due to future flood risk and equity/value ratios.

As we've seen before with 1974, time goes on and the concern will decrease but again that could take 10 or 15 years to occur. After 1974's floods, it took the next generation to forget or not see it as a concern.

A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR OUR CUSTOMERS February 2011

Calendar *Our community*

- 11th Feb. Beechmont State School Beginning year assembly 6pm
- Beechmont Community Markets Sunday 20th Feb. 8am > Midday at the Beechmont community centre
- Book & Op Shop at the Beechmont Old School Library 20th Feb. proceeds go back to the community 5533 3358
- Enrolments, African Drumming & Dancing 1st Feb Phn 5533 1280
- Valentines Day—14th February
- Summit Prize draw, 11am 26th March

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 our 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!

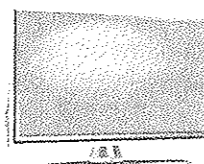
Yawning; Why Do We Do It and Why Is It Contagious?

Yawning is one of the most natural things in the world and something that we do even before we are born, but why do we yawn and why is it so contagious?

Theories abound in the medical world as to why humans and some animals yawn. While some scientists believe that it was a method used by our ancestors to warn off enemies by baring our teeth, others see it as nothing more than an involuntary reflex to demonstrate boredom. Researchers, however, suggest that its purpose is to help keep us awake, hence the reason for it happening when we are tired. Scientists believe that by drawing more oxygen into the body and expelling more carbon dioxide, the brain is cooled down, allowing it to function more efficiently and helping us to stay awake.

Why do we yawn when we see others yawning? Scientists' theory on contagious yawning is that it is not merely an act of copying others, but that it developed as a means for groups of our ancestors to remain alert and detect danger.

Although it certainly is an unconscious action, the alertness theory does seem to hold water. Watch athletes before they run a race and you will notice that more than one of them yawns, and it has also been observed that paratroopers yawn before jumping, and presumably not out of boredom!



Did You Know?

The percentage of the population that dreams only in black and white is said to have begun dropping with the advent of colour television.

Working With Your Natural Rhythms

We have all heard people describe themselves as either "morning people" or "night owls," and in fact all of us have particular times of the day when we feel more energetic and alert. While some workers are beavering away at their desks at the crack of dawn but are flagging come lunchtime, others crawl in bleary-eyed but hit their stride when it is almost time to go home.

Identifying your body's own natural rhythms and the parts of the day when you are in top form is vital in order to be at your most productive, as these are the hours when your focus and concentration will be at their peak. When you know which times are your best, try not to squander them — arrange your working day so that the tasks that require the most energy and application make the most of these high points. Routine tasks that can be carried out with your eyes closed (metaphorically speaking), such as checking e-mails or filing, can then be fit in during the hours when your energy levels are low and your brain is less alert.



Stranger Danger

As parents, it can sometimes feel as though everything is a potential danger to our children. Cars, hot kettles, sharp knives, small objects, strange dogs — you name it and we'll fret about it. Of all the scary inanimate and animate things, however, other people are perhaps the scariest of all. As our children grow and become more independent, teaching them about stranger danger is vital not just for their safety, but also for our own peace of mind.

Simply telling children not to speak to strangers can cause confusion, such as when they start school and are faced with an unknown teacher. So here are a few of the things that you can say to help your child make sense of different situations.

Stay close to Mommy and Daddy
or the grown-up you are with in public places like the park or the shops.

Always stay at least an arm's length away from someone you don't know.
If a grown-up gets too close, then move away or run for help.
If they try to grab you, kick and scream as hard as you can.

You can talk to someone if I'm with you or if I say it's okay.

Never take anything from a stranger.

Never go anywhere with someone you don't know.

If you get lost, ask a teacher, police officer, security guard or shop assistant for help. Stay where you are until someone you know finds you.

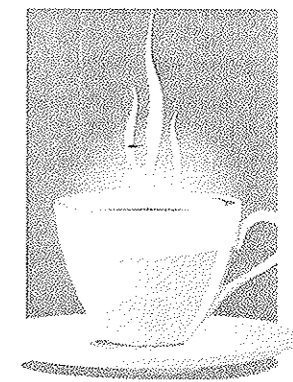


Cut Out Caffeine for a Healthier Body and Mind

Reaching for hit after hit of coffee in the morning might feel like just what the doctor ordered to get mind and body racing into overdrive, but what some see as "nature's wonder drug" can actually play havoc with the human body. Numerous studies have shown that excess caffeine can cause, among other things:

- Rapid heartbeat or palpitations
- Insomnia and sleep disorders
- Restlessness
- Headaches
- Diarrhea
- Irritability
- Nervousness
- Anxiety
- Nausea
- Muscle twitches
- Light-headedness
- Mood swings
- Panic attacks
- Learning and memory impairment
- Male and female fertility problems

The body's tolerance to caffeine develops very quickly, and subsequently limiting consumption can often result in withdrawal symptoms such as headaches, fatigue, mood swings and feelings of depression. Of course, it is not just coffee drinkers who are at risk of caffeine addiction and withdrawal, but also those who drink excessive quantities of tea, caffeinated soft drinks and energy drinks.



Although decaffeinated coffee and tea are both readily available, many regular tea and coffee drinkers find these quite unappealing, although in some cases this may be because the similar taste leads them to expect effects similar to those of the caffeinated versions. A better idea may be to replace tea and coffee with herbal teas, most of which are caffeine-free and are made from other plant species.

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

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.

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

Price Drawer 11am
Saturday 26th March 2011



*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.