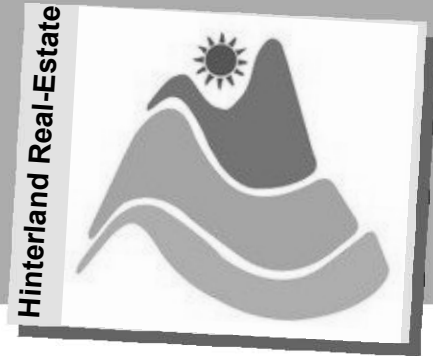


KEEPING **IN TOUCH**

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

Class reunion

While waiting for her first appointment with a new dentist, Jane noticed his certificate hanging on the wall of the waiting room. The name seemed familiar, and after a few minutes she remembered that it was name of a tall, handsome boy she'd gone to high school with.

When she sat down in the dentist's chair and took a good look at him, she was uncertain. The dentist was a balding, gray-haired man with a deeply lined face. He seemed far too old to have been Jane's classmate.

But after he had looked at Jane's teeth, she decided to ask if he had attended the local high school.

"Yes," he replied.

"What year did you graduate?"

Jane asked.

"In 1972."

It was him! "Why, you were in my class!" Jane exclaimed.

The dentist looked at her closely.

"What did you teach?"



Gold Coast real-estate

It is well documented that the Gold Coast was the fastest growing area in Australia prior to the GFC. Aside from the two main industries which drive our local economy (tourism and construction), population growth has been the lynch pin in the economic growth and the underlying performance of the real estate market of this region for some time.

The Gold Coast's current population of 530,000 is expected to continue to grow by more than 13,000 people per year. By 2026 the Gold Coast will be home to more than 730,000 people.

13,000 new people per annum, required approximately 85 houses/units per week (based on an average of three people per dwelling).

Due to the slowdown in new construction, the 4350 homes needed per year to house all the new people coming to the Gold Coast will increase demand on existing homes listed for sale.



Supplements Are Meant to Supplement, Not Replace

The human body is the most finely-tuned instrument created by Mother Nature and in order for it to stay healthy and perform at its peak it requires a careful balance of essential vitamins, minerals and other types of nutrients. Like a car which needs the right balance of fuel and air to make it start and run smoothly, if our bodies don't receive the right proportions of the various types of nutrients, they too will respond with less than ideal performance.

In today's hectic society in which so many people rely increasingly on tinned, packaged and processed foods, sales of vitamins and supplements have soared. All too often though, what are intended to be complements to our diets are used as replacements for the foods that our bodies need to remain in tip-top condition. In many cases, the concentrated doses of single nutrients that people are using though, are knocking the body's fine balance out of kilter. Instead of the body receiving the variety of nutrients which are contained within each of the different types of foodstuff or different food groups, they only receive a single one.



Human beings weren't designed to live on pills, but on real food which contains a variety of nutrients in their proper proportions. While a single multi-vitamin tablet taken every day may well be beneficial to overall health, always check with your doctor before taking supplements of individual nutrients, and always be sure to maintain a properly balanced diet.

Calender *Our community*

- 9th July Canungra Rodeo
- Beechmont Community Markets Sunday 17th July. 8am > Midday at the Beechmont community centre
- Book & Op Shop at the Beechmont Old School Library 17th. proceeds go back to the community 5533 3358
- CRAFTERS 1st & 3rd Wednesday of the month 9:30am at the Old Beechmont hall Contact Sandra Phone 5533 3639

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 the 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!

Through the Eyes of a Child



It might be impossible (and even undesirable) to avoid the responsibilities of life, but how we choose to view the world that we live in can mean the difference between a life filled with happiness, optimism and enthusiasm and one that is laden with misery and depression. When things begin to feel a bit lackluster and wearing, looking at the world through the eyes of a child can prove to be hugely inspiring and can be a great way to

remind yourself of what life has to offer.

Kids might drive their parents crazy with all their “whys” and “what fors,” but actually when they become adults they start to lose their natural curiosity and stop asking these questions, it is then that the light in their eyes starts to fade and they become world-weary.

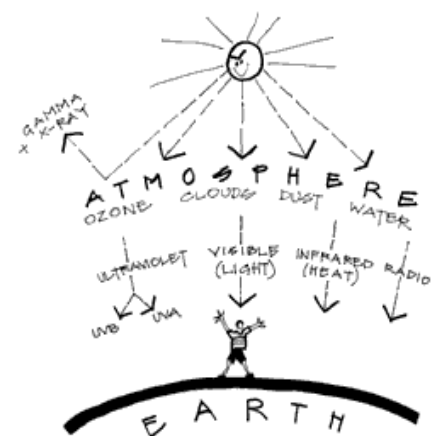
Try looking at the world through a fresh pair of childlike eyes – eyes that take nothing for granted. Allow yourself to wonder how Mother Nature performed her miracles and how things work and why things are done in the way that they are. Who knows, you might even discover passions for things that you had barely even noticed before, which in turn could lead to hobbies and careers that bring all the excitement and fulfillment that is missing back into your life.

Fear of radiation: Learn the causes and the facts

Since the beginning of the nuclear age, nuclear power has generated fears of radiation and the damage it can cause.

The crisis at the Fukushima power plant in Japan brought those fears home to many people around the world, and it has sparked intense discussion about the pros and cons of nuclear power.

But what exactly is nuclear radiation? A better understand of its causes and effects can help everyone evaluate the risks better.



Radiation is generally defined as energy that moves at very high speeds. Electromagnetic radiation, including radio waves, microwaves, and visible light, can be dangerous at certain levels. The other type of radiation, produced by nuclear power plants (and any other kind of radioactive decay, as well as cosmic rays), is called ionizing radiation because it strips electrons away from atoms or molecules—turning them into ions. The process can break chemical bonds and cause cellular damage, and the body’s attempts to repair this damage can lead to cancer.

High doses of radiation can cause severe burns, cataracts, sterility, and diminished organ function. Lower exposure over the long term can cause cancer and genetic damage.

But don’t panic. Most of the radiation we’re normally exposed to in low doses comes from natural sources and poses little threat to health. Still, you’re wise to be careful about exposure to any amount of radiation, no matter what the source.

Lunch Breaks Aren't Just for Wimps

Back in the “yuppie” era in the 1980s, anyone who took a lunch break at work was considered to be a wimp, and no self-respecting young upwardly mobile professional would have dreamed of indulging in something as nonconstructive as eating or resting. Although it might be easy to imagine that those days have long since passed, in fact a study carried out in 2007 showed that this wasn't the case. Almost one in five workers still wasn't taking any time out at all in the middle of the day.



The last few years, of course, have seen countless workers faced with increased workloads, which in many cases have come about due to the downsizing of workforces. This added pressure of work almost certainly accounts for why so many people still don't take the rest breaks that are required by many state laws. Actually, not taking the opportunity to move away from the workstation, eat a proper lunch and perhaps take a short walk in the fresh air can have a negative rather than a positive effect on productivity. Brains get tired and concentration starts to lapse, which typically means more mistakes, less creativity, greater anxiety and a more sluggish overall performance.

Even leaving aside any legal requirement to take a lunch break, not doing so can be extremely counterproductive and can ultimately affect all areas of life, so do yourself a favor and take those breaks!

Row, Row, Row Your Boat...

If high-impact sports really aren't your thing and you want to take up a sport that exercises all of the major muscle groups, then why not consider rowing? Estimated to use up twice as many calories over 2 km than running a 3km distance, rowing is the perfect way to lose weight and get thoroughly fit and toned without damaging those precious joints.

Although any kind of rowing that is executed properly is beneficial in terms of healthy exercise, slide-seat rowing is considered to be the best of all, as this works the muscles in the arms, legs and back. Of course, if you haven't got your sea legs or live somewhere that is

miles away from the nearest stretch of water, you can still reap the benefits of rowing by investing in a rowing machine or using the one at your local gym. Some of the machines that are available really capture the rhythm and feel of rowing on water, so you can just close your eyes, imagine that you are on your favorite lake and tone your body to perfection all at the same time.

STRONG COMPETITION



Depreciation

Depreciation is an accounting term and describes the general wear and tear of an asset.

When talking about an investment property, depreciation can apply to both the actual building as well as to contents such as the oven, air conditioning and so on.

Depreciation is an important factor in property investing as it allows an investor to increase the expenses of owning the investment property and therefore reducing the profit (or increasing the loss) without having to actually pay the amount of the depreciation.

This allows the property owner to pay less income tax.

Sadly, we see too many people who are not taking advantage of this. Further information can be obtained from the ATO website.

**WHEN OPPORTUNITY
KNOCKS,
ANSWER THE DOOR**

Forget the doom and gloom!

There is so much doom and gloom in the news at the moment that it's so easy to just sit tight and say that everything is too hard.

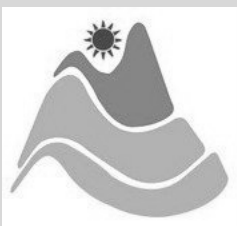
We have one client who has said that she is not going to listen to this and has gone out looking for properties and has been overwhelmed by the opportunities that are out there.

So much so that she has a contract on a property for \$345,000 with a rental estimate of \$380 per week. Not a bad investment at all!

Keeping

IN TOUCH

The **ULTIMATE** Customer Newsletter!



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 Hinterland properties in Lower Beechmont, Advancetown, Beechmont, Canungra, Binna Burra, Tallai, Worongary, Springbrook, Tamborine 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

PS: We are currently seeking rental properties

Come Grow With Us

Babies School Age -Before and After School Care.
Vacation Care. High Quality Accreditation
Family Owned Centre— Long Term Staff
Educational & Development Appropriate Programmes
Government Subsidy for all eligible Families
Nutritional Morning Tea, Lunch and Afternoon Tea



OPEN 6am—6pm

Nerang Early Childhood Centre
76 Yarrimbah Drive,
Nerang, 4211
Ph/Fax: 5596 5961
Email: necc123@bigpond.net.au

Give your child a head start for School with our pre-prep program

Summit Property Group

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MCHUMOR.COM by T. McCracken



“Now that looks like a guy I could pre-nup with.”

Let YouTube Be Your Guide

No matter whether you are trying to learn how to use pivot tables in Excel, how to format a Word document, how to carry out an effective Internet search or how to register with Facebook or LinkedIn, there are numerous resources that you can use to help you find your way around. Ask your techno whizzkid teenager to help you out though, and the chances are that they will race through their instructions so quickly that it makes your head spin, and look it up in a 500 page manual and you could literally be there for hours and still get no further forward.

One of the most fantastically quick and easy ways to find out how to do virtually anything on a computer is by using YouTube videos. Not only do the makers of these short video clips normally provide clear and simple verbal instructions, but you also have the added benefit of being able to see what every single screen looks like so that you can follow the step by step instructions as they appear. After each step has been outlined, just pause the video and follow that step in your own document until you have worked your way through to the end.

To find relevant YouTube clips, just type, for example, ‘youtube how to create pivot table excel’ in to your search engine, and the version of the application such as Excel 2007.