

The **ULTIMATE** Customer Newsletter!



FREE Apple iPad*



October
Halloween Promotion

List your property for sale exclusively with
Summit Property Group
before 31st October 2010



And receive a FREE 16GB Apple iPad
Upon the successful sale by Summit

Mathilde
0412 756 958

* This offer is only valid for new "exclusive listings" received between the 1st and 31st October 2010 iPad valued at \$649

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

**Real-Estate Sales and
Property Management**

**At Summit Property Group
We focus on people**

and provide quality service in all that we do.

So come and speak with us, You're always welcome at
Summit Property Group—
'your friends in the real-estate business'

We listen to you, we work for you

**Straight forward honest advice,
solid professional service**

Summit Property Group

24 Flemington Road, Beechmont

Mathilde Lewis: 0412 756 958

P: (07) 5533 3110 F: (07) 5533 3119

E: info@summitpropertygroup.com.au

www.summitpropertygroup.com.au

McHUMOR.com by T. McCracken



"It was humming. What did you expect me to do? Teach it the words?"

Halloween

Halloween is observed on October 31.

Common Halloween activities include trick-or-treat, wearing costumes and attending costume parties.

Halloween is linked to the 16th century Celtic festival of Samhain, derived from old Irish and means "Summer's end"

The Irish festival celebrated the end of the "lighter half" of the year and beginning of the "darker half", and is sometimes regarded as the Celtic new year.

The ancient Celts believed that the borders between this world and the otherworld became thin on Halloween allowing spirits to pass through.

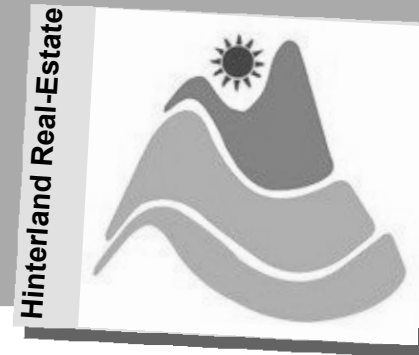
It is believed that the need to ward off harmful spirits led to the wearing of costumes and masks. The purpose was to disguise oneself as a harmful spirit and thus avoid harm.

Halloween was also a time to take stock of food supplies and slaughter livestock for winter.



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



ANDREW WINTER on the Gold Coast

Property guru, author and host of 'Selling Houses Australia' Andrew Winter moved his family from the UK and settled on the Gold Coast. He shares his local insight with Jeni Bone.



Andrew Winter lives at Mount Tamborine with his wife & Children

What makes the Gold Coast property market unique?

A combination of things. One would be the fact that it is so close to a major city (Brisbane) and really easy and quick to get to Sydney, so this is not a "cut-off" place. That makes it a place many people can live, even if their main income or business interests are elsewhere.

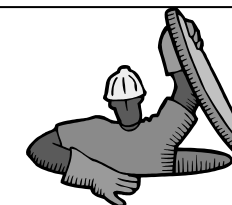
The other major difference is a huge number of its residents made a lifestyle choice to move here, both migrants and those from interstate. Those types of moves are not always economy-led. So geography and climate all play their part in this unique market.

What are the pros of buying here? If it is to live here, the pros are obvious.

We all love living here, the pros are the lifestyle—a very overused term, but it is real. Where else can you have kids in school and a workplace a few kilometres away and choose if you want to live in a beachside unit, resort house on water, in a normal suburban street, on a mountain, on acreage and the kids can stay in the same school and you can keep the same job? The housing variety, the ease of getting around, no pollution, with mountains, beaches, ocean and a great spectrum of things to do all add to the pros.

Why do you love living here? The climate does have a huge impact on me, coupled with the beauty of the surroundings. People often think we are all about Surfers, but we know that is not the case. Beaches, warm ocean, the waterways, the ease of getting around, the huge array of facilities, the hinterland—but we find one of the best things is the fact it's such a friendly place to live. So many new residents, all keen to settle in, making good new friends. WWW.ANDREWWINTER.COM.AU

The common wisdom as to why manholes and their covers are round is that no matter how they are dropped, the cover can never fall through the hole—and on top of a worker below.



"If you have an apple and I have an apple and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas." George Bernard Shaw

Funny Bone

There once was a chicken that wanted to cross the road.



On the other side of the road was a man. The chicken asked who are you? The man replied "Bond, James Bond". The man then asked the chicken, Who are you?

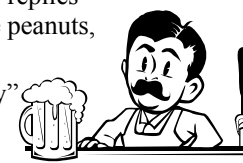
The chicken replied "Ken, Chick Ken"

A guy walks into a bar, Sits down and hears a small voice say "You look nice today"

A few minutes later, again he hears a small voice "That's a nice shirt"

The guy asks the bar tender, "Who is that?"

The bar tender replies "Those are the peanuts, They're complimentary"



Calender Our community

- Beechmont Community Markets Sunday 17th Oct. 8am > Midday at the Beechmont community centre
- Broadband for Seniors at the Old School Site— By appointment contact 0422 705 132
- Beechmont 'sports association' Community family fun day. 1pm Sun 24th Oct. Graceleigh Park. For info call Chris 5533 3530 Kim 5533 3413
- Halloween 31st October

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!

Laughter—The Best Medicine

Laughter – it's natural, it's free and it's totally contagious. It helps to bring people together, aids communication and reduces conflict. Did you know, though, that a daily dose of laughter is good for your physical health too?

When we laugh, our bodies release endorphins, commonly known as “feel good hormones.” These chemicals not only promote an overall sense of well-being, but they can even help to provide temporary pain relief. At the same time, levels of stress hormones are reduced and our muscles loosen up so that both mental and physical relaxation is achieved. The production of immune cells and antibodies that are necessary to fight infection receives a boost, making our immune systems stronger.

As well as lifting our spirits and making our hearts feel lighter, laughter also increases the blood flow around the body, and researchers have found that it may even protect us from developing heart disease. By causing the lining of the arteries to expand, a good chuckle effectively allows blood to circulate more quickly, keeping not only the heart but the rest of the body well supplied and reducing the potential for blockages to form.

Studies carried out in the health care fields, in the workplace and in the classroom have all demonstrated the benefits of laughter, so what are you waiting for? Go and dig out that favourite comedy movie and laugh your way to better health!



Swim Your Way to Health

Although there are plenty of folks who are more than happy to spend endless hours at the gym getting into shape, it's certainly not everyone's idea of fun, and for many it just feels too much like hard work.

For others, the high-impact exercise that is involved in most other workout regimens can put too much of a strain on the heart or on injured muscles. Swimming, on the other hand, provides great overall exercise while still being low-impact.

Rather than working one particular group of muscles, swimming exercises the upper body, lower body and legs all at the same time. Different swimming strokes will have different levels of impact on different muscles, so it can be beneficial to change strokes rather than stick with just one. In addition to working the muscles, swimming also gives your heart a workout and is known to reduce blood pressure and cholesterol levels. For the greatest benefit, you need to swim fairly energetically, and it is estimated that a 70kg individual who does so for 10 minutes will burn off 360 calories, the same as would be achieved by running at almost 10km per hour for the same length of time.

Many people find swimming a far more comfortable form of exercise purely because the water helps to cool the body and stops it from overheating. Don't forget, though, that you are still losing fluids, so you will need to top up with clear, still water afterward.

Take a moment

Take a moment to listen today to what your children are trying to say, Listen to them, whatever you do or they won't be there to listen to you.

Listen to their problems, listen to their needs
Praise their smallest triumphs, praise their littlest deeds;
Tolerate their chatter, amplify their laughter,
Find out what's the matter, find out what they're after.

If we tell our children all the bad in them we see,
They'll grow up exactly how we hoped they'd never be;
But if we tell our children we're so proud to wear their name,
They'll grow up believing that they're winners in the game.

So tell them that you love them every single night;
And though you scold them make sure you hold them
and tell them they're all right, “Good night, happy dreams,
Tomorrow's looking bright.”

Take a moment to listen today to what your children are trying to say
Listen to them whatever you do, and
They'll be there to listen to you

An excerpt from the seeds of greatness by Denis Waitley

“It is not in the pursuit of happiness that we find fulfilment, it is in the happiness of pursuit” - Denis Waitley

How do you want to be remembered?

Work is an undeniably important part of our lives, and not solely because it provides us with an income. It is not however, the only aspect of our existence that merits our time, effort and energy. We have family, friends, hobbies and interests that all have enormous potential to contribute to our happiness. Sometimes though, these people and activities can take a back seat as we devote everything to our careers.

Keeping things in perspective is vital if we are not to lose all sense of balance in our lives, and sometimes that means stopping to do a quick reality check. If you feel as though work is dominating your life to the exclusion of everything else, take a minute or two in quiet contemplation to think about how you want to be remembered in life. Imagine a memorial service being held in your honour and think about what you would like to hear others say about you.

As we progress through life, it can be all too easy to lose sight of the things that are important to us, or to get sidetracked along the way. By imagining the end of our lives and understanding where there is potential for regret, it can be much easier to refocus our efforts and thus make every aspect of our lives more meaningful.



Do you have work/life balance?

Healthy does not mean boring

There is a nasty rumour that healthy eating makes for boring meals. Nothing could be further from the truth!

It is easy to cut down on fats and kilojoules without sacrificing anything in the way of taste and pleasure.

Sure, you have to think a bit more about what you are going to eat and how it is prepared, but you will soon find that healthy eating is also flavourful and enjoyable.

The key to a diet that is both healthy and delicious are to select a variety of quality ingredients, then add flavours that enhance the taste of every dish.

First, stock up your pantry with herbs and spices, the plainer the food, the greater will be the impact of the flavours you add. Keep lots of fresh vegetables and fruits on hand and toss out all the junk or processed food in your home.

You do not have to give up your favourite meats, just go for the cuts that are lowest in fats. Start with lean cuts of beef, pork and lamb, or choose the white meat of poultry like chicken and turkey.

Oily fishes like salmon and trout are also ideal as meal bases because of their high omega-3 fatty acids content that reduces the risk of heart disease.

Now you can add the tastes that make your healthy meals memorable. Rosemary and fennel go well with chicken, mint can be rubbed into pork, pepper, lemon & mint can be put onto fresh fish. Marinades are a great way to add taste to any meat.

Healthy eating can even include desserts. Fruits like berries or bananas are always welcome, topped off with low fat vanilla yogurt.

Over time your palate will adjust to the new, healthy recipes you are eating and you will find that some of the dishes you once enjoyed now taste fatty or heavy.

When you start eating meals prepared from fresh ingredients your taste buds will return to their natural state and you will really appreciate the new flavours of the healthy meals you are now enjoying.