

Donna's Winning Edge Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Fax this form to 416-443-8619 or mail it to:

Donna Lam, 8 Sampson Mews, #201, Toronto, Ontario M3C 0H5 or just call me at 416-562-6062!
Royal LePage Signature **email: dolam@trebnet.com**

Name: _____ Phone: _____
Address: _____ Email: _____
City: _____ State/Province: _____ Zip/Postal: _____ Fax: _____
Please send me the requested free information selected below via Mail Fax Email.

Free Reports

- Protect Your Home From Burglars
 Five Deadly Mistakes Home Sellers Make
 Making the Move Easy On the Kids
 How Sellers Price Their Homes
 How to Stop Wasting Money on Rent
 How to Sell Your House For the Most Money In the Shortest Possible Time
 The 10 Dumbest Mistakes Smart People Make When Buying or Selling a Home

Free Information

- Send me information about your free, no-obligation HomeFinder service.
 Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address: _____, City: _____ or in the _____ area.
 Please let me know the listing price and features of the home at the following address: _____
 Please let me know the selling price of the home at the following address: _____
 Please call me to arrange a free, no-obligation market valuation on my house.

Do you have a family member or friend who would enjoy a free subscription to (Donna's Winning Edge)? Just provide me with their contact information, and I'll add them to my mailing list.

Name: _____
Address: _____
City: _____ State/Province: _____ Zip/Postal: _____

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Not intended to solicit buyers or sellers currently under contract with a brokerage.
Article source: Toronto Real Estate Board

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Donna's Winning Edge

A PASSION FOR MAKING DREAMS COME TRUE

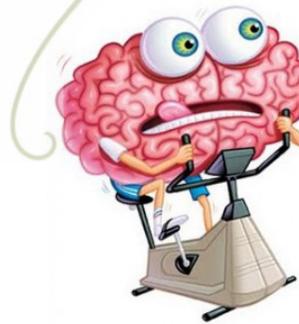


NEWS FROM YOUR REAL ESTATE CONSULTANT

July 2010

How To Exercise Your Brain

Like any other part of your body, your brain needs exercise to stay healthy. Although physical exercise can encourage the growth of new brain cells, mental exercises will also help your mind stay sharp. So...



- Mix up your routine. When you take the same route to work every day, or even fix the same peanut butter sandwich for your lunch, your mind stops stretching itself. Look for different activities that force you to think actively about what you're doing.
- Stay mentally active. Crossword puzzles, sudoku, and other games can keep your mind in shape. So can taking a class, learning a new language, or reading something challenging in a book group.
- Reduce your stress. Easier said than done for many of us, but meditation, yoga, and getting plenty of sleep can relieve pressure that interferes with the ability to form fresh memories.
- Socialize. Don't let yourself get isolated. Talking to people and making new friends will stimulate your brain and give you more opportunities to learn and grow.
- Test yourself. Make up a few simple mental exercises. For example, try to identify the coins in your pocket, or the keys you carry, by touch instead of sight.

Take Time For Poetry



Are you a fan of poetry? If your response is, "I don't know much about it..." then this is the month for you. April is National Poetry Month in the U.S. and Canada, when publishers, booksellers, literary organizations, libraries, schools and the poets themselves band together to celebrate poetry and its vital place in our culture.

From Shakespeare to Silverstein, from Angelou to Austin, there's such breadth, depth and variety in poetry that there really is something for everyone to enjoy and appreciate. Learn more about National Poetry Month at www.poets.org and www.poets.ca.

fruits of labour

VISIT US AT WWW.FRUITSOFLABOUR.CA

Non-Stick Pans May Pose A Risk

We love our non-stick cookware – so easy to clean! But did you know that non-stick cookware coated with polytetrafluoroethylene (PTFE) may cause respiratory conditions?



When these pans are heated to very high temperatures (518 degrees or higher) – or even normal temperatures if the pans are scratched or

damaged – the chemical coating can break down and emit hazardous fumes. In humans and cats and dogs, exposure can cause flu-like symptoms. For pet birds, it's often fatal. Here are some steps to consider:

- If you have non-stick drip pans under the stove burners, dispose of them. They can reach dangerously high temperatures during normal use because of their close proximity to the heating element.
- Don't boil water in a PTFE-coated pan.
- Don't leave the kitchen when a PTFE-coated pan is in use.
- Cook at low or medium heat when using non-stick pans.
- Use a food thermometer to determine the temperature to which your PTFE-coated appliances (deep fryers, waffle makers) rise. If it exceeds 518 degrees, dispose of the appliances.
- Make sure your kitchen is properly ventilated, preferably with a stove hood that vents outdoors.
- Don't keep your pet bird in or near the kitchen.

Let's Recycle Large Appliances

Did you know that about 95 percent of a refrigerator can be salvaged or recycled? Here's a list of materials that can be saved in a typical large appliance:

Steel; glass shelves; liners (plastic); copper and aluminum components; polyurethane foam insulation; compressor oil; and CFC refrigerants.

HOME FINDER

If you are starting to look for a new home and you want to find out about New Listings as soon as they come on the market, ask about our FREE Home Finder System.

Our computers will search and match your exact wants and needs with all of the new homes that come on the market each day.

For more information, just call me at 416-562-6062 or e-mail at dolam@trebnet.com

SOLD OVER ASKING!

**Bloor West Village
93 Kennedy Ave.**

Charming Swansea 3.5 detached with el place and and 1... win-... an amazing setting.



MARKET WATCH

See and interesting home?

No need to wonder about the price. No need to call a high-pressure sales agent who will just make you feel obligated. My computers can send you the information quickly and easily for any house, listed or sold, anywhere in town. Just ask me!

It's all part of my FREE, no-obligation Market Watch Service.

Leave the address on my voicemail **1-800-788-5982 205#**, anytime, 24 hours a day, and I'll fax, mail or email all the information on that listing within 24 hours.

Welcome New Clients!

Here are some of the new clients who became members of our "Real Estate Family" this past month. Welcome and best wishes!

Tony and Fay McKnight
(referred by Bob Adourian)

We love giving recognition to our new friends and our wonderful existing clients who are kind enough to refer their friends, family and neighbors to us.

Help Us Find a Buyer for these Properties

- 3 Industrial lots, 146'x495' each, Fenlon Falls - 150K
- 3 acres Lindsey - \$2.2M
- 3 Bdrm Mississauga Bungalow, completely redone - \$595K

If you have a buyer that may be suitable, **give me a call at 416-562-6062.**

Find Us a Home

- Wanted: 2 Bdrm Condo 1700-2200 sq. ft. high floor, newer building. Up to \$1M

If you have a property that may be suitable, **give Donna a call at 416-562-6062.**

FIND A LOCAL BUSINESS THAT GIVES PROVIDES OUTSTANDING SERVICE.

Each month we feature a small business that has a proven track record. Let us know if there is company you recommend. *This month it's:*



TOP TEAM MOVERS

For all your Toronto Moving and GTA relocation needs.

Contact Mike (Top Team Movers) at 416-497-6467 and mention Donna for your 10% discount.

GO GREEN: RECYCLE THIS NEWSLETTER!



After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

cheering to your success