



## Canada Home Resale Prices Rise Again in June

TORONTO (Reuters) - Canadian home resale prices rose in June for a third straight month across all six metropolitan areas surveyed, according to a report on Wednesday.



The Teranet-National Bank Composite House Price Index, which measures price changes for repeat sales of single-family homes, showed overall prices rose 1.5 percent in June from May, the largest monthly rise since last August.

Prices were up 13.6 percent from a year earlier, an identical gain to May's year-over-year advance.

The index tracks home prices over time for repeat sales, so properties with at least two sales are required in the calculations. The report did not provide actual prices.

## Want More Energy In Your Workday?

Maintaining your energy level all day can be a challenge. Don't ignore physical or mental fatigue, but don't surrender to it, either. Try these tactics for recharging:

**Move around.** Take a walk, even if it's just a quick stroll around your office several times throughout the day. Getting your blood flowing speeds delivery of oxygen and nutrients to your body.

**Take a deep breath.** Several, actually. Sit up straight to open your chest cavity and get more oxygen into your lungs. Here's an exercise: Breathe out through your mouth completely. Then inhale through your nose for four seconds. Hold it in for seven seconds, and then exhale for a count of eight seconds. Do this four times to refresh yourself.



**Drink sufficient fluids.** Water, like air, delivers oxygen throughout your body. If you're dehydrated, you'll feel tired. Drink plenty of water or a low-calorie sports drink.

**Get outside.** Sunshine and fresh air can have a rejuvenating effect, along with the exercise benefits of taking a short walk.

**Learn something new.** Spend a few minutes with a book or on the Internet researching a subject that's of interest to you. You'll stimulate your mind and make new mental connections.

## Don't Trash Those Batteries

You probably don't even think about it. You're replacing the battery in a flashlight, hearing aid, lap top, smoke detector or toy, and you toss the old battery in the trash. You're not alone: The average person owns 12 batteries and throws out about eight per year.



Batteries – so necessary to our lives, so nasty to the environment – can contain heavy metals such as mercury, lead, cadmium and nickel, which, when improperly disposed of, can contaminate our land, air and water. Rechargeable batteries result in a longer life span and use of fewer batteries, but they also may contain heavy metals that can hurt the environment.

Guidelines for safely disposing of batteries vary depending on the type of battery and where you live. Some hardware stores, drug stores, and electronics retailers now act as collection points for batteries. Your area's recycling center and hazardous and/or e-waste collection department should have information, as do Web sites such as earth911.com, www.canadianenvironmental.com, and call2recycle.org. A little research now will pay off big time for our planet!

## Do We Over-Share?

Some employers are worried about what their workers are saying on Facebook and other social networking sites. A survey by Travelers found that one out of eight people share work-related information on social media sites, and 30 percent say they don't think posting information about their employer is a problem as long as they believe the information is true.

"An employee could inadvertently post confidential information that could cause irreparable harm to a business," says Kathy Swendsen, President of Travelers Global Technology. "In addition, the speed and ease of publication to a wide audience makes it virtually impossible to remove the information once it's posted."

## 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](mailto:dolam@trebnet.com)**

## 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:*

**End of the Roll Carpet** - [www.endoftheroll.com](http://www.endoftheroll.com)  
Canada's Flooring Leader home to a stunning in-stock selection of brand name flooring options to fit every room in your house.



Contact Bill Pickle at  
905-720-1056

**JUST LISTED!****59 Clouston Ave.**

This charming century home in Weston Village has been lovingly restored. It features 9' ceilings, original pine floors and an eat-in kitchen with a separate pantry.

**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!

*Gerry Hughes*

*Jennifer Diep*

*Donald Hum* (referred by Bob Adourian)

*Gopi Surya Narayan* (referred by Preana Prasad)

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, Fenelon Falls - 150K
- 3 acres Lindsey - \$2.2M

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.**

**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*

## 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](mailto: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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