

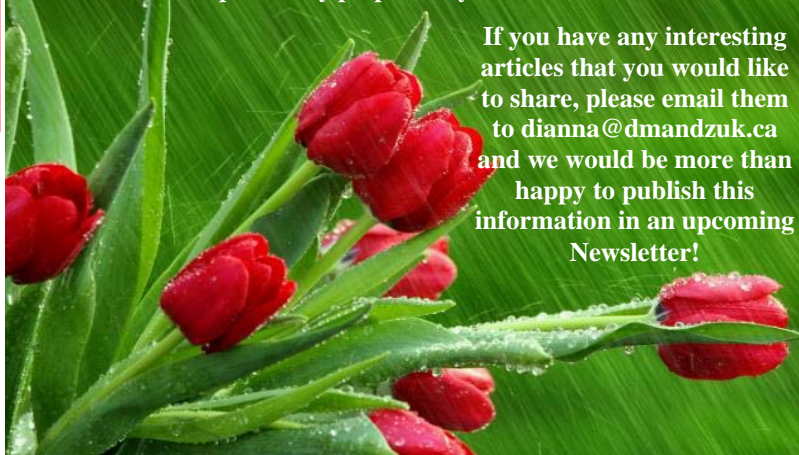
# The Dianna Mandzuk Team

April 2011

Caught in the Act below:  
Dianna Mandzuk ensures a new listing looks it's very best!

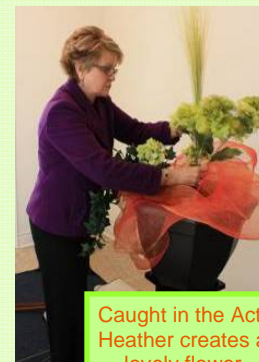


This Newsletter is personally prepared by The Dianna Mandzuk Team.



If you have any interesting articles that you would like to share, please email them to [dianna@dmandzuk.ca](mailto:dianna@dmandzuk.ca) and we would be more than happy to publish this information in an upcoming Newsletter!

## Team Member Profile



Caught in the Act: Heather creates a lovely flower arrangement for a new listing!



## Heather Cowie

Sales Representative  
Canadian Staging Professional

Heather's love of real estate and friendly, approachable manner make clients feel at ease throughout the home buying or selling process.

Her professionalism and dedication have earned the respect of clients and colleagues alike. When you work with Heather, she strives to ensure your real estate experience is successful and worry-free!

Heather previously owned her own business and brings to the Team more than 20 years of sales experience.

Heather's natural flair for interior design led to her obtaining her accreditation as a Canadian Staging Professional (CSP).

Heather has a strong knowledge of both city and country properties, making her ideally suited to help make your real estate dreams come true!

[heather@dmandzuk.ca](mailto:heather@dmandzuk.ca)

## DRAR'S® LATEST MARKET WATCH

The Durham Region Association of REALTORS® reported 981 sales of homes during March, a 5% increase from 653 sales in February and is only down 1.1% from 1110 sales in March of 2010 when consumers were concerned about purchasing before the HST was implemented. The average number of sales in March over the past 5 years was 916 so 2011's spring market is in line with previous years.

The average selling price for March of \$301,668 was virtually the same as in February and reflects a slight 1.4% drop from March 2010's \$306,140.

The inventory of homes on the market increased by 16.5% to 1912 listings on the MLS® System from 1640 in February, a drop of 10.3% from 2132 listings in March of last year.

"Homes in Durham Region are very affordable compared to the Toronto market and with the improving economic conditions, we're expecting the spring market to remain relatively strong," said DRAR® President Dierdre Mullen.

**Tip from the Team:** With the inventory of homes down 10% from last year and sales just about the same, now is a great time to get your house on the market! Don't delay, call today! **905-433-2579**



## Spiff up the Front Entry for Spring!

Few things say "spring" like freshening up the front entrance to your home. Try any or all of these improvements:

1. Remove the door mat and sweep and dust the entry and all the way around the door. Clean the threshold with soapy water and a rag and gently wipe down the door.
2. Take a hard look at the flower pots, furniture, plant hangers, toys, boots, shovels, brooms and tools cluttering the entrance; remove and store or throw away all but the most essential items. Wipe down porch and patio furniture.
3. Stand back from the entry and decide what simple steps will most improve its appearance. A fresh coat of paint for the front door? Installing new house numbers? Adding two tall pots to flank the entrance? Also consider painting the porch ceiling or floor.
4. Replace the door mat with a new one. Use mats inside and outside each door; they're not just decorative, they protect your floors from damaging grit.
5. Replace rusted or ugly exterior light fixtures.
6. As soon as the weather permits and the wood has dried, repaint front steps with deck paint or other surfacing made for heavy traffic. Ask paint store professionals for recommendations. Take care to choose a colour for the steps that works well with the house and front door colour.
7. Wipe down railings; sand, prime and repaint flaked, chipped or bubbled paint.
8. Add another note of colour by planting spring flowers in pots at the door, at the top of the steps or marching down the steps.



**The Dianna Mandzuk Team**  
Professional Offices located at  
203 Bond St. E.,  
Oshawa, Ontario  
L1G 1B4



Direct: 905-433-2579  
Office: 905-728-1600  
[info@dmandzuk.ca](mailto:info@dmandzuk.ca)  
[www.dmandzuk.ca](http://www.dmandzuk.ca)



## FEATURED PROPERTIES

**1703 Carmel Line.,  
Baillieboro**



**\$274,900!**



For more details, please call or  
visit: [www.dmandzuk.ca/4022.htm](http://www.dmandzuk.ca/4022.htm)

**2786 Solina Rd. N.,  
Bowmanville**



3 ACRES



**NEW  
PRICE!**

**\$599,900!**



For more details, please call or  
visit: [www.dmandzuk.ca/4010.htm](http://www.dmandzuk.ca/4010.htm)

**20 Orr Crt.,  
Bowmanville**



**NEW  
PRICE!**

**\$329,900!**



For more details, please call or  
visit: [www.dmandzuk.ca/4018.htm](http://www.dmandzuk.ca/4018.htm)

## Gorgeous Baseboards made Easy!

Are you paying attention, because we're about to divulge some serious decorating secrets, and it's all about faking it! That's right, we all love the 12" baseboards we see in historical homes, but really, who can afford their hefty price tag? Here's a way of getting the look of historical baseboards at a fraction of the price.

Start with a standard 6½" baseboard. The first image below is from Home Depot and costs less than \$2.00 per linear foot.

To add a little height, add a ¾" panel moulding (sometimes called chair rail moulding). The moulding in the second image below is about \$1.50 per foot. You've now got an 8¼" highly profiled baseboard.

Feeling a little bolder? Try placing the panel moulding an inch or so above the first baseboard, and painting the baseboard, section of the wall and top moulding the same trim colour. Have a look at the third image below; you've now got a baseboard that's almost 10". Not only is it really difficult to find trim that's taller than 8" at standard big box stores, if you do find one at a premium lumber store, you can bet it'll set you back more than \$3.50 per foot.

So try these tips and give your home that "WOW" factor that we all love about historical homes!



## Stop Chewing the Fat!

FAT, some is good, but more isn't better. Despite talk about reducing fat intake, many Canadians still eat too much fat.

It's not about giving up fat altogether, but cutting back to a healthy amount. For the average woman, that translates to no more than 65 grams of fat daily, and no more than 90 grams of fat per day for the average man.

Lower-fat eating should be just about that – lower in fat, not lower in taste. Here are some things you can do to decrease your fat intake without sacrificing taste:

- Top waffles or pancakes with sliced fresh fruit and syrup, honey or lower-fat yogurt.
- Choose jam or honey more often in place of butter, margarine or cream cheese on toast, English muffins or bagels.
- Add flavour and moisture to sandwiches with salsa, mustard, horseradish, low-fat mayonnaise or salad dressing.
- Add lemon juice to tuna or salmon salad, instead of mayonnaise.
- When making salad dressing, add a little bit of sweetener to vinegar to reduce the sourness and use less oil.
- Sprinkle cooked vegetables with lemon juice, herbs or a little bit of parmesan cheese instead of butter or rich cheese sauce.
- When making muffins or a loaf from an old family recipe, reduce the fat by up to half by replacing it with applesauce, plain yogurt or orange juice. Note: don't reduce the fat if you are using a low-fat recipe.
- Bake, broil, roast, barbecue or microwave meat, fish or poultry instead of frying. Remove all visible fat before cooking and don't eat the skin on poultry.
- Replace cream with milk or partly-skimmed evaporated milk in sauces, soups and desserts.

Small reductions in your fat intake everyday can add up to big savings over time. Remember that every little bit counts, and it may lead to significant health benefits in the long run.

Not intended to solicit properties already listed for sale nor Buyers signed under a Buyer's Agency Agreement. E. & O.E.

# Even Your Body Needs Spring Cleaning!

Starting spring with a cleanse is a natural and helpful way to get your body moving into the warmer months of the year. Cleansing is not about depriving your body of food or nutrients – instead, it is a chance to retrain your palate to acquire a taste for whole foods in their natural state. A cleanse is about basing all of your meals on fresh whole foods as well as eating more salads, drinking more smoothies, and downing lots of fresh water throughout the day. At the very least, start your day with a glass of warm water with lemon juice to get the process going – this is the easiest and best thing you can do to start your cleanse today!

## Four reasons why you need to cleanse:

**1. To give your body a hand:** A cleanse can help your body out as it neutralizes and eliminates toxins through major organs such as the colon, liver, kidney, lungs, lymph nodes, and skin, which our bodies already do every day! But if our self-cleansing system is overloaded by our unhealthy lifestyles and exposure to environmental toxins, then it becomes difficult for our body to do all this on its own.

**2. To give yourself a break:** There are many factors that contribute to toxicity in the body, such as processed and packaged foods, environmental pollution, and chemicals in the home (e.g. shampoo, makeup, kitchen and bathroom cleaners, and detergents). Give your body a little break from these toxins and you will feel much better as a result.

**3. To take charge of your health:** We have limited control over the environment to which we are exposed, but we have total control over the food we eat and the products we use on our body and in our homes. So make new, fresh, and healthy choices, starting with what you eat!

**4. To prevent illness:** We are over-exposed to chemicals through dietary ingredients like animal protein, saturated fat, caffeine, alcohol, and sugar, as well as through the environment. Even if you already have a good diet, a cleanse can restore your immune system, protect against environmental toxins, and help you resist disease-causing bacteria, viruses and parasites.

## How to get maximum results from your cleanse:

- Eliminate bleached and refined flours, choosing whole or gluten-free grains instead
- Use natural sweeteners like honey or maple syrup instead of refined sugars like high-fructose corn syrup

- Eliminate table salt and choose sea salt instead
- Eliminate trans fats and refined oils (e.g. processed corn, canola, sunflower) and use healthy essential fats like olive oil, flax oil, hemp oil, and coconut oil
- Minimize meat intake, eliminating or reducing meats treated with hormones or antibiotics, and farmed fish and adding wild and organic choices
- Eliminate foods sprayed with pesticides and herbicides and choose local and organic varieties
- Eliminate conventional dairy products, instead choosing organic varieties, goat's and sheep's milks, or dairy alternatives like hemp, rice, and almond milk
- Avoid food and oils made from genetically modified (GMO) organisms, looking for non-GMO labels
- Avoid additives and preservatives (e.g. nitrates, sulfites, flavorings and colourings) by reading your food labels
- Avoid fast food and fried foods
- Avoid sodas and juices with added sugar
- Avoid coffee, cigarettes, and alcohol

The bottom line is to eat whole foods, fresh foods, and lots of green leafy vegetables, salads, smoothies, whole and sprouted grains, nuts, seeds and other healthy oils. These foods should make up the bulk of your diet. Fill in the gaps with herbal tea and fresh lemon water and you are on your way to superior health!

Here is a great recipe that includes many seasonal spring vegetables and is full of healthy ingredients that will support your cleanse, but still satisfy your hunger:

## Kale Slaw Salad



### Ingredients:

- 1 bunch of kale (any variety), chopped into bite sized pieces with ribs removed
- 1 fennel
- 1 head red cabbage
- 2 carrots
- 1 beet
- 2 tbsp hemp seeds
- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 lemon, juiced
- 2-4 tablespoons raw or unpasteurized honey
- 1 tsp sea salt

### Directions:

Shred cabbage, carrots, beets and fennel in a food processor with a shredding blade, or use a mandolin or hand slice into thin strips. Toss all the raw vegetables in a mixing bowl. In a separate bowl, mix together the oil, apple cider vinegar, lemon juice, honey and sea salt, then combine with vegetables and toss until they are well coated. Allow salad to marinate in the fridge for a few minutes up to an hour, and mix in hemp seeds just before serving.

Here at the Dianna Mandzuk "Green" Team, we respect the environment. Here are a few ways you can help with this newsletter!

**REDUCE.** Did you receive a paper copy of this newsletter? Why not sign up online to receive the pdf version by email instead? Sign up at [www.dmandzuk.ca](http://www.dmandzuk.ca)

**REUSE.** After you are done reading this newsletter, pass it on to a friend or family member. Dianna and her Team are experienced sales people covering many different areas, from Scarborough to the Kawartha Lakes and all points in between!

**RECYCLE.** Please put this newsletter in your recycling bin when you are done reading it.

## STATS AT A GLANCE

AREA	AVG. SELL. PRICE MARCH 2010	AVG. SELL. PRICE MARCH 2011	CHANGE	AVG. SELL. PRICE FEBRUARY 2011	AVG. SELL. PRICE MARCH 2011	CHANGE
WHITBY E15	329,751	318,211	-3.6%	309,500	318,211	+2.8%
OSHAWA E16	235,475	239,356	+1.6%	241,319	239,356	-0.8%
N. WHITBY/ N. OSHAWA E19	404,471	410,373	+1.5%	350,947	410,373	+16.9%
BOWMANVILLE/ COURTICE E17	259,398	269,602	+3.9%	262,615	269,602	+2.7%
NEWCASTLE E20	311,724	298,060	-4.6%	280,838	298,060	+6.1%

The Durham MLS Statistics provided are compiled by the Durham Region Association of REALTORS® and are based on total home sales. These statistics are for information purposes only. For more detailed stats, please call 905-433-2579, or visit our website [www.dmandzuk.ca](http://www.dmandzuk.ca)

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## The Miracle of Green Tea

*"Better to be deprived of food for three days, than tea for one."*

(Ancient Chinese Proverb)

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- cancer
- rheumatoid arthritis
- high cholesterol levels
- cardiovascular disease
- infection impaired immune function



### What makes green tea so special?

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy

tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and strokes.

Links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. The answer was found to lie in red wine, which contains resveratrol, a polyphenol that limits the negative effects of smoking and a fatty diet. In a 1997 study, researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar health-giving properties? Green, oolong, and black teas all come from the leaves of the *Camellia sinensis* plant. What sets green tea apart is the way it is processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting various diseases.

### Other Benefits

New evidence is emerging that green tea can even help dieters. In November, 1999, the *American Journal of Clinical Nutrition* published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine or a placebo.

Green tea can even help prevent tooth decay! Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacteria that causes dental plaque. Meanwhile, skin preparations containing green tea - from deodorants to creams - are starting to appear on the market.

### Harmful Effects?

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea contains less caffeine than coffee: there are approximately thirty to sixty mg of caffeine in six - eight ounces of tea, compared to over one-hundred mg in eight ounces of coffee.

**In this month's newsletter**

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## The Dianna Mandzuk Team




*...the rhythm of the Region!*

21 Drew St.,  
Oshawa Ont.  
L1H 4Z7

Each Office Independently Owned and Operated





**DIRECT: 905 433 2579**



Kim Bound\*



Heather Cowie\*



Paula Kennedy



Colleen Miller\*



Lori Felix

\*Sales Representative