

# The Dianna Mandzuk Team

February 2011

Caught in the Act  
below:  
Dianna Mandzuk  
creates her latest  
video blog for  
[www.dmandzuk.ca](http://www.dmandzuk.ca)



## Video Blog - Dianna Mandzuk of RE/Max Jazz



## Team Member Profile

### Paula Kennedy

Office Manager  
Photographer  
Webmaster

Paula grew up in the Victoria County area (now part of the City of Kawartha Lakes) and moved to Oshawa in 1993 to pursue graphic design at Durham College having earned a first year entry scholarship.

Paula teamed up with Dianna in 1996.

When you list with Dianna, Paula is one of the first people you will meet as she is never far behind Dianna with camera in hand to take photos of your property!

Paula manages the administrative end of things in the office and, in addition, creates feature sheets, flyers and the Team's website to help promote your listing!

You can contact Paula directly at:

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

## Featured photo:

*"Two Water Globes"*  
Award winning  
photograph by:  
Paula Kennedy

*Designation:  
Best Special  
Topic Image;  
Dancey Division*

Congratulations to our very talented in-house photographer, Paula Kennedy, for her latest award winning photo (featured above).

Paula has almost 20 years of photography experience and continues to capture stunning images, from fascinating nature studies to gorgeous interior and exterior home photos.

Our Sellers enjoy the benefits of Paula's talent when she captures striking images of their homes for the web and print.

To see more of Paula's photographs, visit her profile on Dianna's website and click on the link to her blog.

[www.dmandzuk.ca/paula\\_kennedy.htm](http://www.dmandzuk.ca/paula_kennedy.htm)



## DRAR'S® LATEST MARKET WATCH

The Durham Region Association of REALTORS® (DRAR®) reported that the average price of a home in Durham Region in January was \$302,326, a 4.5% increase from \$289,195 in January 2010. The gain from December - 2010's average of \$294,305 was smaller at 2.7%.

A total of 505 transactions took place in Durham Region area through the MLS® System in January up 9.5% from December's 461 but down 5% from sales last January of 532. The 5 year average is around 510 in January so 2011's statistic is reasonable.

Even though there were 1074 new listings in January, an increase of 128% from 471 in December, the total actives remain low at 1415 with the average of total listings on the market over the past 5 years being in the 2,000 range.

President of DRAR®, Dierdre Mullen commented that "The resale housing market is off to a reasonable start for 2011 and seems to be moving into the Seller's market territory. We don't expect that the second round of mortgage lending guidelines released by the Federal Government recently will affect the market severely and are optimistic that a slow and steady growth pattern will emerge for 2011."

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## FEATURED PROPERTIES

**10308 Old Scugog Rd., Burketon**



**\$324,900!**



For more details, please call or visit:  
[www.dmandzuk.ca/4004.htm](http://www.dmandzuk.ca/4004.htm)

**159 Willowbrook Dr., Whitby**



**\$319,900!**



For more details, please call or visit:  
[www.dmandzuk.ca/4001.htm](http://www.dmandzuk.ca/4001.htm)



### *5 Health Tips That Should Keep You Safe and Healthy This Winter!*

Infections are caused by bacteria and viruses; these bacteria have limited resistance to heat. Most of them tend to thrive well in a cold environment, so it's not shocking when we realize that we're more likely to get affected by fever during the cold months of the winter. Care should be taken in scrutinizing what we touch, eat and wear. Try following these health tips, so you don't find yourself constantly falling sick during winter.

Winter is dreaded by the majority of parents because this period is accompanied by many different sicknesses in their children. Many diseases are caused by the viruses that survive only at low temperatures. The virus has to live its full circle and die; sometimes the situation can be helped with an increase in temperature to help get rid of the virus. For example a running nose is caused by a virus that thrives at low temperatures. That explains why the winter period has so many mothers complaining of their children suffering from constant running nose.

The question that everyone seeks an answer to is how to survive the winter without falling prey to common cold, flu, fever and other similar diseases. The following

winter health tips will help equip you with the necessary information and to keep your family healthy throughout this winter.

1. Eat a balanced diet; vegetables should be an important staple in your diet and if possible ensure that you eat fruit everyday. This will go a very long way in equipping your immune system with the necessary things it needs to fight diseases. For snacks, avoid junk food and stick to dry food. Heat your food properly to ensure that no bacteria are hidden in it. Include carbohydrates in your diet as well, they will help keep you strong. Examples of healthy carbohydrates you can add are brown rice, bread, porridge etc.
2. Herbal teas should be taken both in the day and in the evening. Spices like garlic, onion, ginger and pepper should be included in your diet as they are believed to offer warmth to the body and help to strengthen immunity.
3. Keep your body hydrated; this is one of the most important winter health tips that will keep you safe throughout the entire freezing period. This can be achieved via the intake of water, soup or herbal tea; remember to hydrate in the morning, midday and evenings as we often forget to drink while we are busy.
4. Keep exercising daily. This is another way to keep your body warm and strong.
5. When stressed out, take a hot shower to calm down and relax your body and mind.

With the tips above, you can be certain that the chances of contacting those diseases this winter will be reduced.

**The Dianna Mandzuk Team wishes you and your family a happy and healthy winter!**

## Dianna's Healthy Breakfast Blueberry Muffins



### Ingredients:

2 cups whole wheat flour  
 2 tsp baking powder  
 3/4 tsp salt  
 1/2 cup light margarine, softened  
 1/4 cup honey  
 2 large eggs  
 1 cup SPLENDA® No Calorie Granulated Sweetener  
 1 tsp vanilla extract  
 1/2 cup 1% low-fat milk  
 1 tsp of white vinegar (mix with milk)  
 1 cup fresh blueberries



### Directions:

Place oven rack in top 1/3 of oven and preheat oven to 375 degrees F. Line 12 muffin cups with paper liners and lightly spray liners with nonstick cooking spray. Sift together flour, baking powder and salt, set aside. Beat margarine with mixer until creamy. Gradually add SPLENDA® and honey, beating until fluffy. Add eggs one at a time, beating until blended after each addition. Stir in vanilla. Alternately add flour mixture and milk, beginning and ending with the flour mixture. Beat at low speed and mix well. Fold the blueberries into mixture. Spoon batter evenly into paper-lined muffin cups. Bake approximately 20 minutes or until golden. Remove from pan immediately to cool.

### Special Tip:

When spooning the muffin mix into muffin liners, put a bit on the bottom and then add 1/2 teaspoon of E.D. Smit® jam (no sugar added) (only 5 calories) and cover over with the remaining muffin mix so that the jam is concealed within the centre of the muffin. The jam in the centre of the muffin adds a nice surprise when you bite into the muffin.

### Positive Thoughts from Positive Minds

He who cannot rest, cannot work; he who cannot let go, cannot hold on; he who cannot find footing, cannot go forward.

*Harry Emerson Fosdick*

Never bend your head. Always hold it high. Look the world straight in the eye.

*Eleanor Roosevelt*

You never lose until you quit trying.

*Mike Decker*

The Man who makes no mistakes does not usually make anything.

*Edward John Phelps*

Live every day as if it were your last. Do every job as if you were the boss. Drive as if all other vehicles were police cars. Treat everybody else as if he were you.

*Pheonix Flame*

## What is causing my cellar to be so cold and damp?

It is likely that the problem is due to one of three common causes:

- 1) Improper ventilation and poor air exchange in a small closed room. A vent should be present although this may result in excess condensation during humid weather in the summer months. Consider leaving the vent open during the spring and autumn months and closing it during the winter months (to prevent the cellar from becoming too cold) as well as during the humid summer months.
- 2) Condensation is a result of moist air on cold surfaces. Ideally, the ceilings of a cold cellar and at least the upper sections of the exterior walls should be insulated with rigid board insulation. The door between the basement and the cold cellar should be weather-stripped to prevent warm moist air from flowing into the unheated cold room.
- 3) Improper grade on the exterior or lack of a drip-edge on the deck/porch surface can result in water entering the room from the exterior of the house.

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.

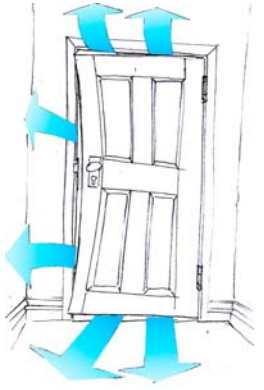
## STATS AT A GLANCE

AREA	AVG. SELL. PRICE JANUARY 2010	AVG. SELL. PRICE JANUARY 2011	CHANGE	AVG. SELL. PRICE DECEMBER 2010	AVG. SELL. PRICE JANUARY 2011	CHANGE
WHITBY E15	293,111	321,435	+9.7%	301,948	321,435	+6.5%
OSHAWA E16	228,020	237,038	+4%	226,635	237,038	+4.6%
N. WHITBY/ N. OSHAWA E19	356,977	350,577	-1.8%	383,568	350,577	-9.4%
BOWMANVILLE/ COURTICE E17	256,181	252,463	-1.5%	271,755	252,463	-7.6%
NEWCASTLE E20	311,355	357,200	+14.7%	362,180	357,200	-1.6%

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)

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

# Winter Home Maintenance Tips



Don't let winter slip away without using the cold, wet weather to help you detect where your home is leaking water and heat, giving you a chance to seal it up tight and develop a wish list for energy-saving improvements. Your first order of business inside your home is to make sure no water is getting in.

Carefully check every spot where condensation or water could enter your living areas and storage spaces. Take along a pad of paper and a pencil and take detailed notes as you scrutinize ceilings, under the roof, under the eaves and along window and door frames and ventilation seals. Be particularly careful to check under toilets, sinks,



tubs and showers. Use a flashlight to check the crawl space or basement walls and floors including the underside of the first-story floor. You're looking for visible moisture and for stains caused by moisture. When you find something, the remedy will depend on the source of the leak. You may just need to re-caulk around a tub or window, or you may need to call a plumber to replace a leaking fixture. Check all faucets for signs of dripping and change washers as needed. Faucets requiring frequent replacement of washers may be in need of repair.

Change the shower curtain. While you're checking for leaks in the bathroom, see if the shower curtain needs replacing. Damp shower curtains can grow unhealthy mold and mildew and contribute to mold problems in the tub and shower, so swap yours



out periodically and make sure to open and air out the shower enclosure when you're done bathing.

Batten down the hatches. Find and seal energy leaks. Grab a pad and pencil to note any spots that you can't address right away. Arm yourself with a tube of caulking to fill small cracks and a spray can of insulating foam sealer for larger gaps. Tour your home feeling for cold air entering through cracks in chimneys and window and door frames, and cracks around appliance vents, electrical, plumbing fixtures and furnace ducts. Remedies might include adding weatherstripping to a door frame or applying fresh caulking to window frames.



Conduct a home energy audit. If you've sealed the obvious leaks and your home is still inefficient, you'll get more detailed information from a professional energy audit. A home energy assessment, also known as a home energy audit, is the first step to assess how much energy your home consumes and to evaluate what measures you can take to make your home more energy efficient. An assessment will show you problems that may, when corrected, save you significant amounts of money over time.

The auditor can recommend energy-saving improvements and point out those that will most improve efficiency. Auditors use a blower door test, a hermographic scan and, occasionally, a perfluorocarbon tracer gas air-infiltration measurement technique to learn how weather-tight your home is. During the assessment, you can pinpoint where your house is losing energy and determine the efficiency of your home's heating and cooling systems. An assessment may also show you ways to conserve hot water and electricity.



## In this month's newsletter

- Congratulations, Paula Kennedy!
- Team Member Profile: *Paula Kennedy*
- 5 Winter Health Tips
- A Damp Cold Cellar
- January Market Stats
- Positive Thoughts
- Winter Home Maintenance Tips



Dianna Mandzuk\*

## The Dianna Mandzuk Team



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