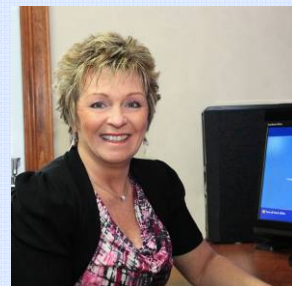


# The Dianna Mandzuk Team

March 2011

Caught in the Act below:  
Dianna Mandzuk hangs  
a sold rider.



## Team Member Profile

### Kim Bound

Sales Representative

Kim Bound brings to the Dianna Mandzuk Team one of the most important skills a REALTOR® can have, her strong ability to relate to people of all walks of life. Clients find Kim to be a caring and positive individual, combined with an abundance of energy.

Through commitment, hard work and unwavering professionalism, Kim ensures her client's needs are taken care of from the moment they first speak!

Born, raised and continuing to live and work locally, Kim has an extensive knowledge and understanding of the Durham Region.

You can contact Kim directly at:

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

## DRAR'S® LATEST MARKET WATCH

Home sales in Durham Region climbed by 29% from 505 in January to 653 in February reported Dierdre Mullen, President of the Durham Region Association of REALTORS® (DRAR®). This still represents a reduction of 20% from 819 sales in February 2010 when there was a rush on to purchase before the implementation of HST.

The average price for February of \$301,855 was virtually the same as January's yet also reflects a 5% increase from \$286,635 last February.

Listings available on the Multiple Listings System® (MLS®) remain relatively low at 1640. There are 13.7% more homes for sale since January (1415) but when compared with February 2010's 1716, the inventory is still 4% lower.

Dierdre Mullen commented that "with sales activity on the rise and home prices stabilizing since last autumn, we expect Sellers who hesitated to get into the market in 2010 to list their properties in 2011. With sales and new listings increasing in tandem, the market has remained balanced."

## Treat Your Dry Winter Skin!

Dry skin is a very common skin problem and is often worse during the winter when environmental humidity is low. It can occur at all ages and in people with or without other skin problems.

An important aspect of treatment is to identify and tackle any factors that may be contributing to the dry skin. Water alone (especially hot water) can actually worsen the problem of dry skin by removing the normal, protective skin oil; hot, soapy water depletes the natural skin oils to the greatest degree. However, water followed by the application of oil such as a moisturizer is of great benefit for dry skin. The oil in the moisturizer helps trap and seal water in skin and makes it softer, smoother and less likely to become dry, cracked and itchy.

Remember, because hot water and soap remove protective skin oils so well, the most important time during the day to use a body moisturizer, is right after a bath or shower.



Get rid of dry winter skin with an invigorating home-made body scrub. It's easy, all-natural, and inexpensive.

Combine 1 cup of body oil with 2 cups of Epsom or sea salts or organic cane sugar (depending on how fine a grain you like). Add lemon zest for colour and fragrance. Package in jars.

**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

10308 Old Scugog Rd.,  
Burketon

**NEW  
PRICE!**



**\$299,900!**



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

2786 Solina Rd. N.,  
Bowmanville



**3 ACRES**

**\$624,900!**



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

4576 Concession Rd. 6,  
Kendal



**10 ACRES**

**\$679,900!**



For more details, please call or  
visit: [www.dmandzuk.ca/4011.htm](http://www.dmandzuk.ca/4011.htm)



### An Ounce of Prevention...

The approach of spring is an excellent time to view the exterior of one's home to ensure that it is adequately protected from the elements. The old adage "an ounce of prevention is worth a pound of cure" applies fittingly to a house. In many cases, a small repair today will prevent a much larger expense in the future. Take a few minutes every spring to walk around your house (and on top of it if possible) to ensure that the exterior siding, window and roofing materials are performing their functions as designed. The following examples are typical sources of water seepage problems in a house:

- 1) Walk the perimeter of the house and verify that the soil, patios and walkways are sufficiently sloped away from the exterior walls. Surface water should flow away from the house during a heavy rain or when snow is melting; otherwise water will pool near the foundation and potentially seep down beside the walls and flow into the basement (possibly leading to the expense of repairing the interior finish and damp-proofing the foundation walls). This is particularly important in areas with clay soil.
- 2) A sufficiently sized and effective eavestrough and downspout system should be present on all homes. The system is designed to collect roof run-off and direct the discharging water well away from the home. If the system is clogged, poorly designed or undersized, the water will simply overflow and cascade down onto the ground, causing damage to siding materials and window and door frames. Also, water seepage problems in basements can often be sourced to ineffective eavestrough systems. Downspouts that discharge into underground pipes are prone to

clogging with tree roots or leaf debris. If the grade around a home permits, disconnecting downspouts from damaged underground pipes and extending them onto the ground is an inexpensive solution to a water seepage problem in the basement.

- 3) The roofing membrane(s) should be accessed to verify the condition of the materials and flashing. Most seepage problems can be corrected without having to replace the roof; often leaks are a consequence of water penetrating a flashing intersection. Roofs are an excellent example of a system that is only as good as its installation. Many properly installed asphalt shingle roofs do last in excess of twenty-five years. Similarly, a new roof can leak prematurely if proper attention is not paid to flashing details during installation. All flashing in the roofing membrane should be examined and resealed if necessary. In particular, attention should be paid to: intersections between vertical walls and the roof, flashing around plumbing stacks and chimneys and valley flashing between different sloping sections of a roof. Localized repairs today can often extend the life-span of a roof by several years. Ignoring an obvious flashing problem may result in costly repairs to the interior finish as well as the expense of replacing a roof.
- 4) Windows and doors should also be examined to ensure a good seal around the perimeter. Caulking should be present between the window frames and the siding materials, and drip flashing should be provided above the opening to prevent water from flowing down behind the frame into the wall cavities. All bare wood should be painted with good quality paint.

So take a few minutes today and walk around your home, make note of obvious issues related to the items discussed above and plan for someone to complete the repairs over the summer months.

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

## Lemon Yogurt Loaf



### Ingredients:

1½ cups all-purpose flour  
 1¾ tsp baking powder  
 ½ tsp baking soda  
 ¼ tsp salt  
 ¾ cup granulated sugar  
 1¾ tsp finely grated lemon rind  
 2/3 cup plain yogurt  
 3 eggs  
 1/3 cup vegetable oil

### Syrup:

¾ cup icing sugar  
 1/3 cup lemon juice



### Directions:

In bowl, whisk together flour, baking powder, baking soda and salt.

In large bowl and using fingers, rub sugar with lemon rind. Whisk in yogurt and eggs; whisk in oil. Stir in flour mixture in 2 additions. Scrape into parchment paper-lined 8 x 4 inch loaf pan.

Bake in 350°F oven until cake tester inserted in centre comes out clean, 40-45 minutes. Let cool in pan on rack for 5 minutes. Remove from pan; place on small tray.

### Syrup:

In small bowl, whisk icing sugar with lemon juice until dissolved. Brush over top and sides of loaf, moving loaf around to absorb excess liquid. Let cool on rack.

## Motivational Words to Help You Shake Off the Farch\* Blues!

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, body thoroughly used up, totally worn out and screaming "WOO HOO, what a ride!"

*Maxine*

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bow lines, sail away from the safe harbor, and catch the trade winds in your sails. Explore. Dream.

*Mark Twain*

Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new.

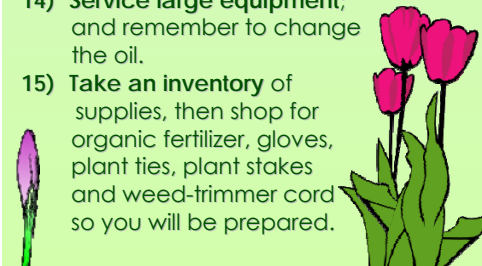
*Brian Tracy*

\*Farch: the yucky grey days of February & March!



Here are some great tips to help you get ready for gardening:

- 1) **Sharpen and clean your tools:** pruners, shovels, edgers and lawn mowers. Sharp tools make the jobs easier on your back and arms, and do a better job.
- 2) **Oil hinges,** including garage and shed doors, trimmers and shears.
- 3) **Repairs leaks** in hoses and irrigation systems.
- 4) **Wash, repair or replace** solar lamps.
- 5) **Compost** debris piles.
- 6) **Wash out** planters and containers.
- 7) **Dig up** any plants that may have been lost, discard in compost if disease free.
- 8) **Stir up that compost pile;** add some molasses to help it break down.
- 9) **Get seed, bulb and plant orders** in early before supplies run out. If you have a must-have wish list, contact your local garden centre early for special orders.
- 10) **Wash tool-shed windows;** repair roof or gutters as needed.
- 11) **Organize the shed,** donate anything you haven't used in three seasons.
- 12) **Dispose of expired chemicals** or paints at your recycling centre.
- 13) **Repair, replace or pump up** flat tires on wheelbarrows and lawn mowers.
- 14) **Service large equipment;** and remember to change the oil.
- 15) **Take an inventory** of supplies, then shop for organic fertilizer, gloves, plant ties, plant stakes and weed-trimmer cord so you will be prepared.



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 FEBRUARY 2010	AVG. SELL. PRICE FEBRUARY 2011	CHANGE	AVG. SELL. PRICE JANUARY 2011	AVG. SELL. PRICE FEBRUARY 2011	CHANGE
WHITBY E15	309,760	309,500	-0.1%	321,435	309,500	-3.9%
OSHAWA E16	226,187	241,319	+6.7%	237,038	241,319	+1.8%
N. WHITBY/ N. OSHAWA E19	382,956	350,947	-9.1%	350,577	350,947	-0.1%
BOWMANVILLE/ COURTICE E17	247,122	262,615	+6.3%	252,463	262,615	+4%
NEWCASTLE E20	235,494	280,838	+19.3%	357,200	280,838	-27.2%

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.

# Important Stroke Information!



All of us know what a stroke is, but do we know what a stroke feels or looks like? The following are the most common symptoms of a stroke, which you may already know, but we have also included a new stroke indicator, which you may not know about.

Common symptoms of a stroke victim include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. The loss of voluntary movement and/or sensation may be complete or partial. There may be an associated tingling sensation in the affected area.
- Sudden confusion or trouble speaking or understanding. Sometimes weakness in the muscles of the face can cause drooling.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

But how do you recognize the symptoms if you aren't the victim? Regrettably, we all know someone who has been affected by a stroke, the following is an unfortunate story that could have been prevented:

During a barbeque, a woman, Sue, stumbled and took a little fall, she assured everyone that she was fine when they offered to call paramedics, she told them she had just tripped over a brick because of her new shoes.

They cleaned her up and got her a new plate of food, while she appeared a bit shaken up, Sue went about enjoying herself the rest of the evening.

Sue's husband called later telling everyone that his wife had been taken to the hospital and that she had suffered a stroke at the barbeque. Unfortunately Sue passed away, had someone at the barbeque recognized the signs of a stroke, perhaps she would not have.

Neurologists say that if they can get to a stroke victim within 3 hours they can totally reverse the effects of a stroke...totally. The trick is getting a stroke recognized, diagnosed, and getting the patient medically cared for within 3 hours, which is tough.

As a bystander, symptoms of a stroke are difficult to identify, unfortunately, this lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms.

Bystanders can recognize a stroke by remembering **STR** and asking three simple questions:

**S** Ask the individual to **SMILE**.

**T** Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (coherently).

**R** Ask the individual to **RAISE BOTH ARMS**.

Now there is a new sign of a stroke...**STICK OUT YOUR TONGUE**. If the tongue is "crooked", if it goes to one side or the other; that is also an indication of a stroke.

If the individual has trouble with **ANY ONE** of these tasks, call for emergency assistance **immediately** and describe the symptoms to the dispatcher.

While waiting for the ambulance, the following first aid suggestions may be helpful:

- The affected person should lie flat to promote optimal blood flow to the brain.
- If drowsiness, unresponsiveness, or nausea are present, the person should be placed in the rescue position on their side to prevent choking should vomiting occur.
- Although Aspirin plays a major role in stroke prevention, once the symptoms of a stroke begin, it is generally recommended that additional Aspirin NOT be taken until the patient receives medical attention. If a stroke is of the bleeding type, Aspirin could theoretically make matters worse; stroke patients may have difficulty swallowing and may choke on the pill.

**We at the Dianna Mandzuk Team hope that you never have need of these tips, but if you find yourself in a situation in which you do, we hope they help you save the life of someone you know or care about. We'd also like to thank our Client, Cathy, for sharing this information with us.**

*Thanks for the email Cathy!*

## In this month's newsletter

- Treat Your Dry Winter Skin!
- Team Member Profile:  
*Kim Bound*
- An Ounce of Prevention...
- Spring is Just Around the Corner!
- February Market Stats
- Motivational Words
- Important Stroke Information!



Dianna Mandzuk\*

## The Dianna Mandzuk Team



[www.dmandzuk.ca](http://www.dmandzuk.ca)

DIRECT: 905 433 2579



Each Office Independently Owned and Operated

\*Sales Representative



Kim Bound\*



Heather Cowie\*



Tracey Thate\*



Paula Kennedy



Colleen Miller\*



Lori Felix